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June 2018

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Carmella's Café Boilermaker Pasta Challenge!

Can you eat as fast as you can run?

If you are a fast eater, love pasta and enjoy a challenge, then this is the event for you! Sign up for the Carmella's Café Boilermaker Pasta Challenge which is held during The Fitness Mill Health & Wellness Expo at MVCC on Saturday, July 7. All are welcome to participate in this "super bowl" of pasta eating contests. We are in our 3rd year and growing in popularity.

After you pick up your race packet, be sure to stop by the tent in front of the IT Building at MVCC where you can register for the Pasta Challenge. There will be music by DJ Cory Cobane and prizes for all participants. The winning team will receive dinner for two every month for a year at Carmella's Cafe!

Don't want to eat! Come join us for some music and truly fun entertainment as you cheer on your favorite team! For more information contact Bill Eichinger at 315-527-1615 or email cindy@boilermaker.com.

Utica College Physical Therapy Society presents...
Sunday, June 3rd
10:00am

Everyone Can Play 5k

5k
1 mile
1/2 mile
Run & Walk

Location:
Sherrill Brook Park,
New Hartford, NY

Race Details:
Pre-register online or on race-day.
T-shirt included in price.
5k @ 10:00am
1.0 & 1/2 mile @ 10:45am
Food & drinks!
Events, prizes, raffles!

Everyone Can Play 5k

Easily accessible with convenient parking.
Pavilions Available for gear and seating
5k is 3 loops. 1 mile is 1 loop. 1/2 mile is out-and-back

Packet pick up!
- Saturday June 2nd @ The Sneaker Store from 10am to 7pm
- Race Day Pick-up @ Sherrill Brook Park from 9-10am

T-shirt Sizes guaranteed through May 24th

Register online at:
runsingup.com/Race/NY/NewHartford/EveryoneCanPlay5k
OR
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OR
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Learning by Growing

Submitted by Shelley Corey, Owner of The Mum Farm

Gardening and cooking are a lot alike. I think that’s why I like them both. But no matter how many cookbooks I amass in my collection, that doesn’t make me a better cook. There is nothing like actually learning how to roast vegetables, sear meat, or make a pizza at home! I’ve spent the past winter cooking and entertaining and I believe I’ve become a better cook. It’s the same for the years and years of experience I’ve had growing flowering plants. I am a better grower. I’ve learned a lot through experience.

After graduating from Cornell, I really thought I knew a lot about floriculture, I really, really did! I guess that can be said about most college graduates! But experience tends to be the best teacher, not the books. I remember the wise words from a salesman (who just recently passed away at the ripe age of 90) who told me that you can tell the health of a plant from the roots. I remember those wise words daily as I can often be seen tipping a plant out of its pot to examine the roots.

So taking care of those roots is the key to healthy plant growth. That’s why in previous articles I have stressed the importance of thoroughly watering the root zone, then allowing the soil to dry out (but not to the point of the wilt). Daily watering just the top few inches of soil does nothing to promote healthy roots, nor does keeping the soil constantly wet. Roots need water and air to survive.

Learning to fertilize your plants comes with experience. Try to fertilize your plants when they are in need of a watering...when the soil is slightly dry and the roots will suck it right up. If it’s a sunny day you might even swear you see the plants growing! I suggest fertilizing once a week with a soluble fertilizer that you mix with water and irrigate your plants with. There are many different formulations. Don’t be overly concerned with the numbers... remember the fertilizer

companies are trying to sell fertilizer. They want you to think that you need more than one. It’s really more important that you use a fertilizer rather than which one!

I know that when I took over this farm from my parents I made mistakes. I’ve forgotten most of them, but what I do remember more vividly are the successes, all the times that everything has worked out. In cooking we might remember that one horrible ground beef casserole made from a magazine with a Frito corn chip topping (it looked good in the picture!) But what really matters are remembering all the delicious family meals that were shared, all the successful crops grown...

So as you embark on another gardening season, remember the successes and learn from the mistakes. May your flowering plants bring you loads of joy this summer and your vegetable gardens produce enough to share with friends and neighbors! Smile, it’s time to garden!



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Fitness Ego
submitted by Jim LaFountain, All American Fitness Center

Americans are obsessed with their body and seldom in a positive way. Depending on what research we site, it's safe to say 9 out of 10 Americans are NOT satisfied with their body. Those who exercise and follow a prudent diet are also included in that lot. Although regular exercise has many benefits, it often becomes an "Ego Trip" and produces minimal results.

Ego Trip #1
Cardiovascular Exercise: Hang out with any group of bicyclists, runners, swimmers, rowers etc. and the conversation is dominated by exercise volume, i.e., miles, yards. Regardless of the intensity in which these distances are covered, the shear accumulation of mileage or yards is their primary focus. Endless, low intensity exercise is not only counterproductive, but injurious.

SOLUTION: Include 1-2 high intensity bouts per week at 80-85 percent of your maximum heart rate. Higher intensity sessions, must be shorter, yet address the critical left ventricular wall of the heart. Two, longer, low intensity sessions a week will stimulate improvements in the smaller vessels at the body's periphery. A couple rest days a week is essential for recovery.

Ego Trip #2
Resistance Training: Weight lifters, bodybuilders and average resistance training devotees, fall into the same trap as the cardio group. Sloppy repetitions, endless sets, performed six days a week is a recipe for disaster. Muscles respond best to quality repetitions (2 seconds to move the weight, followed by a 1 second pause to reduce momentum, concluded with a 4 second return to its starting position) and reduce the risk of injury. The number of repetitions is a useless measurement, when weights are "thrown" through a range of motion.

SOLUTION: Volume is a poor measure of effectiveness. Performing less sets, to the point of momentary muscular failure (when another repetition cannot be completed in good form is impossible) is how weight lifters get stronger, bodybuilders gain muscle and average fitness buffs become safely fit.

Ego Trip #3
Diet: "I can eat whatever I want because I work out." This age old fitness mantra is without question, the biggest mistake any fitness enthusiast can make. In fact, exercise is a painfully slow and ineffective way to drop those unwanted pounds. I would venture to say, around 70-80% of fat loss is controlled by one's dietary lifestyle.

SOLUTION: Eliminate anything "white" from your diet, primarily sugar and bleached flour products. A pancreas overwhelmed by these products must overload our blood with insulin, which eventually triggers fat storage.

Dump your ego and get into shape!



Judge Joan Shkane
This is a continuing discussion of Legal Myths and Reality, because an informed citizen is always the most successful citizen:

MYTH: A pardon for a crime by a U.S. President will pardon the criminal for all purposes, so that a convicted criminal will never be punished on that conviction.

REALITY: We are all subject to two types of law, state law and federal law. Sometimes they are different, sometimes they are very similar. Generally criminal law is each state's authority to decide, but there are also many federal laws that we must obey. A U.S. President does not have the authority to pardon a criminal for violating any state's offenses. Therefore, under this law, a state could still prosecute and convict and then sentence for violations of its own criminal laws, and expect the criminal to serve his/her sentence unless a state governor pardons him/her. However, there is a path that the federal government could use to get around a state's power to enforce its own laws. The U.S. Constitutional clause against double jeopardy (being tried twice for the same offense), could prevent prosecution and/or serving a sentence through a state court after a U.S. Presidential pardon. The New York State Attorney General's office, all attorneys, does not believe that the double jeopardy clause was intended originally by the founders of the country to prevent a state from being able to pursue violations of its own state law. Legislation will be introduced in the New York Legislature to prevent a blanket pardon, and to insure that in New York no one is above New York law, regardless of what the federal government choses to do or excuse. The new legislation is suggesting that unlawful acts in New York will not go unpunished. Those supporting the state law believe that the federal legal system and federal government should not provide a basis for wrongdoers to escape state justice.

MYTH: The public has little input or participation in making court policies, and has little impact on legal policy except through elected representatives.

REALITY: Oneida County residents participated as "court watchers" several decades ago. They would attend courts, make notes, and use that participation to appropriately comment on procedures. It has been years since any local group has done this. Now, Court Watch NYC in January began training court watchers for Manhattan and Brooklyn. These residents sit in the audience on criminal cases and take notes on bail issues, the accused's language skills, racial biases and other issues in the proceedings. Many see this plan as supporting one of the premier and most ancient rights in a democracy, that is, the public's right to participate in forming and enforcing legal policies and procedures. So far, the project has trained over 150 court watchers who serve in shifts. Their immediate goal is to influence judges and prosecutors to change bail procedures. They believe that "power shift is going to change the way that justice is meted out on a day-to-day basis." Other communities in California and Chicago have similar projects. The results will be shared in weekly reports on their websites. They believe that the ultimate goal

is about community engagement and participation in the system. Some local unofficial court watchers have wondered if it is time to re-engage in upstate New York communities.

MYTH: Identity theft is an easy crime to prosecute and prove.

REALITY: Up until a recent decision from New York State's highest court, identity theft was a very difficult crime to prove. The paraphrased law reads as follows: A person is guilty of the crime of identity theft when (s)he knowingly (not by accident), and intending to defraud another, assumes the identity of another person by pretending to be that other person, or by using personal identifying information of that person. Some legal scholars read this law to say that the prosecution must prove that the accused BOTH used the victim's personal identifying information AND also pretended to be that other person. The Court now said that simply using the personal identifying information of the victim will be sufficient to prove that the accused assumed the victim's identity. This is a developing area of the law and the Court is seeking to make the crime easier to prove in order to convict. Many people believe that this is a serious crime of which anyone can easily be a victim, and should be treated as such.

Giving attention to legal myths is not wrong. It can be a starting point for developing an interest in the law. However, if legal issues are important in your life, for instance regarding custody of your children or money payable for any reason, it is wise to consult a lawyer who can advise you on the truth of legal myths. This discussion is not intended to render legal advice on specific cases or to express an opinion on any specific case.



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Typeset by: *The Town Crier*
 Printed by: The Leader-Herald, Gloversville, NY
 Sales: Andi Dinerstein
 Editor and Publisher: Kristi Zbytniewski; P.J.Green Inc.

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4 THE TOWN CRIER

LIBRARY NEWS

JUNE 2018

NH Public Library

2 Library Lane 315-733-1535

New and Noteworthy Non-Fiction

1. Fascism: A Warning: Madeline Albright
2. The Assault on Intelligence: American National Security in an Age of Lies: Michael V. Hayden
3. Above and Beyond: John F. Kennedy and American’s Most Dangerous Cold War Spy Mission: Casey Sherman and Michael J. Tougias
4. Butterfly: From Refugee to Olympian – My Story of Rescue, Hope, and Triumph: Yusra Mardini
5. Multicooker Perfection: Cook it Fast or Cook it Slow – You Decide: American’s Test Kitchen
6. Make Trouble: Standing Up, Speaking Out, and Finding the Courage to Lead – My Life Story: Cecile Richards
7. The Feather Thief: Beauty, Obsession, and the Natural History Heist of the Century: Kirk Wallace Johnson
8. Gator: My Life in Pinstripes: Ron Guidry and Andrew Beaton
9. Blueprint for War: FDR and the Hundred Days that Mobilized America: Susan Dunn
10. An American Quilt: Unfolding a Story of Family and Slavery: Rachel May
11. China RX: Exposing the Risks of American’s Dependence on China for Medicine: Rosemary Gibson and Janardani Prasad Singh

New and Noteworthy Fiction

1. The 17th Suspect: James Patterson and Maxine Paetro
2. The Fallen: David Baldacci
3. Twisted Prey: John Sanford
4. The Perfect Mother: Aimee Molloy
5. The Forgotten Road: Richard Paul Evans
6. Adjustment Day: Chuck Palahniuk
7. Circe: Madeline Miller
8. Love and Ruin: Paula McLain
9. Shoot First: Stuart Woods
10. The Other Lady Vanishes: Amanda Quick
11. I’ve Got My Eyes On You: Mary Higgins Clark

Beyond Bestsellers: Hidden Gems in Your Library’s Stacks

While big name titles on national bestseller lists naturally attract attention among our library’s patrons, lesser known books can take readers on rich literary and educational adventures. Although works of fiction are most popular at New Hartford, consider visiting our non-fiction stacks and sampling their offerings. You may be pleasantly surprised at what you discover.

We continually upgrade our collection with excellent

titles. Here are a few non-fiction “hidden gems” that you may enjoy.

The New Hartford Library has been blessed by abundant donations of books by community members. Recently, the Sloan family gave copies of Julie Sloan’s *Lightscreens: the Leaded Glass of Frank Lloyd Wright* (2001) and *Frederic Crowninshield: Renaissance Man in the Gilded Age* (with Gertrude Wilmers, 2010). Ms. Sloan, an expert on stained glass, created these beautiful, scholarly volumes and we are proud to add them to the NHPL’s collection. They should be on our shelves by June 15.

Summer is a great time to experiment with cuisine. The library recently added Lidia Bastianich’s *Celebrate like an Italian*, a succulent book with over two hundred “foolproof” recipes. Check out Lidia’s show on PBS and marvel over her tantalizing, yet simple, kitchen creations. If you don’t feel like cooking, but worry about staying in shape, Fred Bollaci’s *The Restaurant Diet: How to Eat out Every Night and Still Lose Weight*, may be just the ticket.

If you’re traveling to the Massachusetts coast this summer, the library’s *Foder’s Boston* (2018) is a must read, complete with the latest about “Beantown” destinations. Journeying across the pond for some royal festivities? *Foder’s 2018 London* can facilitate your trip.

Relaxing on the front porch with a fascinating history book can be an ideal way to idyll away a balmy summer’s day. Among our library’s recent acquisitions are: *The Source: How Rivers Remade America and America Remade its Rivers* (Martin Doyle) and *Eisenhower vs. Warren: the Battle for Civil Rights and Liberties* (James Simon). If you enjoy European history, try D.K. Wilson’s *A Magical World: Superstition and Science from the Renaissance until the Enlightenment*.

The NHPL adds new and donated titles to its collection every week. A great percentage of these are hidden gems like those cited above. Stop in and check out the library’s offerings. If you can’t get here, call us at 733-1535. The NHPL is *your* library - and its staff delights in serving *you*.

NHPL News

The Summer Program Guide is now up on the New Hartford Public Library Website. Reminder: *Four* of the Summer Programs are registration required. Registration for *Preschool Music and Movement* begins June 1, for up to 15 children. Registration for *Dramatic Fanatic “Summer Camp Mystery”, Level Up AdkOps Sphero Boat Obstacle Challenge*, and *Social Artworking Mom/Dad and Me Painting Party*; begins on June 12th. Call 315-733-1535 or stop in to register.

Story Time

For preschool age children continues on Tuesdays and Thursdays at 10:30. Story time is a program of stories, songs, and crafts.

Rocking Chair Reader Story Time

Volunteers read to children every Friday at 10:30. Thank you to all of the wonderful volunteers that have taken part in reading to the children. If you are interested in becoming a Rocking Chair Reader, call the library at 315-733-1535 and ask for Ashlyn.

Touch the Trucks

Saturday, June 2, 10-12:00 in the library parking lot.

Make It Snappy: Snap Circuits at the Library

Monday, June 11, 6:30-7:30. Are your kids interested in learning how electronics work? Do they like to

build exciting projects? If so, join us in learning how simple circuits work using Snap Circuits. Ages 8-12. Call 315-733-1535 to register.

Donuts with Dad (or Mom)

Saturday, June 30, 10:30-11:30. Kickoff to summer reading! Join us for donuts, a Libraries Rock craft, and to pick up your summer reading log!

June Artist on Display - Joan Dewar

Joan took art classes from Easton Pribble at Munson Williams Proctor Art Institute for over 20 years and also studied at Kirkland Art Center with Chris Cirillo. Joan has won awards for her oil paintings at the Utica Art Association Tri County Show and at the SUNYIT Regional Art Show. An Art Reception for Joan will be on Sunday, June 3, 3:00-4:30 with public invitation. Refreshments will be served.

May Display Case - Freedom Guide Dogs

2018 Artists Needed To Display

The New Hartford Public Library has several months still available to exhibit your artwork in 2018. If you are interested in displaying your artwork, call the library at 315-733-1535.

Author Mike D. Burke Author Reading & Book Signing

Mike D. Burke will be at the New Hartford Public Library on Saturday June 2, 12:30-2:30 to read from and sign his newest book, *Fragments of a Disturbed Mind*.

Mike is a writer from Utica, NY, who has published four books, worked as a journalist for EDITOR magazine and who in 2016 had his original comedic play, ‘First Date’ premier on the Players of Utica stage, of which he also performed in and worked on the artwork. He studied at MVCC. In 2018 he is releasing his second collection of poems and his newest book, *Fragments of a Disturbed Mind*, published through Lulu.com, a self-publishing platform.

New Hartford Public Library Meets with Students at Perry Junior High

Anne DuRoss and Amy Benson of the New Hartford Public Library met with the 7th, 8th, and 9th graders at Perry Junior High on Monday, May 14th to share the services and resources that the library has to offer this age group. They returned to the school on Tuesday, May 15th to help students navigate the eResources that the library has available. Many thanks to Perry Junior High Librarian Janice Murray and Principal Riccardo Ripa for coordinating this opportunity and allowing us to speak with the students.

If you would like representatives of the library to come and share all that the library has to offer to your school or organization, please call Anne DuRoss (315-733-1535).

Teen Readers’ Advisory Board

The New Hartford Public Library is creating a Teen Readers’ Advisory Board!

Teens volunteering on our Teen Advisory Board will serve in the following capacities: Offer title suggestions to increase our collection of YA materials; Collaborate with NHPL Staff to develop and implement YA programs; Offer input to NHPL Staff for the development and implementation of collaborative YA; Programs with Community and School District Partners.

The benefits of serving on the Teen Advisory Board include: Development of leadership, interpersonal, and collaborative skills needed for college, employment, and

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**JUNE
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LIBRARY NEWS

THE TOWN CRIER

5

the rest of life! Looks great on college applications! Watching something that you've worked hard on come to life is very rewarding!

The benefits to the NHPL include:

Access to a level of expertise that we didn't have before (because you're young and we're not!). The development of a new generation of library users and lovers who will help the NHPL be the community resource we envision.

If interested please call the Library to sign up (315-733-1535) or visit our website (www.newhartfordpubliclibrary.org/2018/05/11/teen-readers-advisory-board/). Thank you!

Learn to Play the Djembe & Rhythms of West Africa

Beginning Drumming for Adults on Saturday, June 30, 11:00-1:00 and Saturday, July 7, 11:00-1:00. In this 2-part class, you will learn the basics of how to play the djembe drum and be introduced to 2-3 West African rhythms in a small class setting. Participants must be available for both dates. This class is taught by Tracey Clark. Tracey has been teaching drumming in Colorado since 2011. Class size limited to 6. Call 315-733-1535 to register.

Senior Level Yoga Classes with Bill Skinner

Classes continue on Mondays, June 4 – July 9, 3:00-4:00. Each participant is required to bring their own yoga mat. The classes are conducted by Bill Skinner. Bill received his training at The Savannah Yoga Center in Savannah, GA and has 4 years experience teaching senior yoga. Class is limited to 25 participants. Please call [315-733-1535](tel:315-733-1535) to register.

Join Ruth Anne Kane for knitting and crocheting lessons!

She will be teaching the basics of knitting and crocheting. Class meets on Thursdays from 1:00 - 2:30. All supplies are included but space is limited. Please call 315-733-1535 to register.

Does your Group or Club Need a Space to Meet?

The New Hartford public Library has meeting rooms available for the public to use. Have specific technology needs for your meeting as well? Let us know and we can try to accommodate those as well. Please call Amy at [315-733-1535](tel:315-733-1535) to book a space.

Important!!!!

Tai Chi Classes at the library are on hiatus. Classes will resume on September 13, 2018 and continue for 8 weeks.

Friends of the New Hartford Public Library

Upcoming Events

Ice Cream Social

Wed., July 11, 7-9 p.m.

Goosey sundaes, homemade cake, The New Hartford Citizen's Band, Bubbles the Clown, children's raffle baskets (each child gets a free ticket at the door), 50/50 raffle. HELP NEEDED!

Signup sheets will be at the circulation desk in June. The event will take place at the New Hartford Recreation Center from 7-9 p.m.

Vintage Books and Bordeaux

Fri., Sept. 21, 6-8 p.m.

A silent auction of distinctive and vintage books. Many autographed.

The Bill Bonsted Miniature Golf Tournament

Sat., Nov. 3, 10-4 p.m.

18 holes of indoor miniature golf in the library. Prizes, trophy for best team score. Sponsors and hole designers needed.

Upcoming events are sponsored by Friends of the New Hartford Public Library. All proceeds benefit the library.

Friends of the New Hartford Public Library Meetings

Please mark your calendar! All are welcome: June 30, July & August: no meeting, Sept. 15, Oct 20, Nov. 17

If you are interested, the following items are available at the library circulation desk:

Friends of the NHPL Cookbooks: \$5.00

NHPL Library Tote Bags: \$2.00



From left, Kari Johnson, case manager, CNYVOC; Jennien Colozzi; Jennifer Martin, program manager, CNYVOC.

Colozzi's Presents Check to CNY Veterans Outreach Center

In support of local veterans, Sam and Jennien Colozzi of Colozzi's Cards, Gifts and Collectibles, with locations at the New Hartford and North Utica shopping centers, recently presented The Central New York Veterans Outreach Center with a check for \$2,000. During the holiday season, Colozzi's offered a \$5 coupon on any purchase more than \$15, and 15 percent of the total sales went to benefit the Central New York Veterans Outreach Center. Owner Sam Colozzi, himself a veteran, said it is important to give back to the community and has been an avid supporter of the CNYVOC. Each year the CNYVOC continues to advance its mission of enriching all veterans' quality of life by providing comprehensive support services to all veterans and their families. All donations received are used for services that include but are not limited to, its food pantry, donation room, holiday baskets, transportation and general funds assistance.



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After 52 years of coaching the youth of St. John's and the greater New Hartford community, Coach Kazanjian is retiring!

Please join us on Sunday, June 10, 2018
at St. John the Evangelist on Oxford Road.
12:15pm reception in the Church Auditorium.
No cost, refreshments will be served.
All are also welcome to join us for 11:15am Mass.

Do you have photos, a favorite story or would you like to send a well wish to Coach for a memory book?
Please email Dick Vetere at dveter@syrdio.org

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NH Class of 1968 Reunion

Class of 1968 New Hartford High 50TH Reunion dinner will be held on October 13, 2018 at the Yahnundasis Golf Club. Other activities are planned. For details email Ken Jackson at kjackson@rochester.rr.com.

Please come to help us celebrate!

We are unable to contact the following people:

Randy W Bullock, Kathleen Callan Corr, Barbara Fisher Lewis, Susan G Harrington, Neal G Heiman, George Hopkinson, John R Johnson, Celeste Peters Pylman, Donna M Peters.

Please email Ken if you have any contact information for these classmates.



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JUNE
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COMMUNITY NEWS

THE TOWN CRIER 11

New Hartford School Board Member Cindy Chan Phillips Recognized with Board Achievement Award

Submitted by Robert J. Nole, Superintendent of Schools

The New York State School Boards Association (NYSSBA) has awarded New Hartford Board of Education member Cindy Chan Phillips with the Board Achievement Award, which recognizes the extensive time and effort required of school board members who continually strive to expand their knowledge and skills for better board governance.

Per Superintendent Robert Nole, "Cindy has devoted much of her time to ensure quality education is provided to the students of New Hartford. The vision and information that she brings back from training sessions is immeasurable."

Phillips has been on the New Hartford School Board since July 2017. As a NYSSBA member, she has participated in numerous "School Board U" leadership training opportunities including the Annual Convention and regional workshops. She was presented with a certificate at a recent Board of Education meeting.

Erin Donovan Honored for Academic Achievement

Erin Donovan, of New Hartford, NY, was recognized by The College of Saint Rose on March 24, 2018, at the annual Honors Convocation.

Donovan received the Outstanding Senior in Law/History and Political Science Award. The award recognizes graduating seniors who have at least a 3.50 GPA and who meet other criteria specified by the departments in which they study.

New Hartford 2nd Ward Candidate Request

The New Hartford Democratic Committee is looking for people who are interested in serving on the New Hartford Board.

If you are a registered Democrat in the New Hartford 2nd Ward and are willing to commit your time and energy to an election campaign, please consider running for public office.

If interested, please submit a letter of intent along with your resumé to: New Hartford Democratic committee, 45 Willis Dr., New Hartford, NY 13413. The deadline for applications is 1 June 2018.

Mammone Graduates From Masters Program

Tyler Mammone, daughter of Susan Jordan, and Grand Daughter of Richard & MaryAnn Jordan of New Hartford, has graduated from a Masters Program.

Tyler is a 2009 graduate of NH High School and a 2013 graduate of St John Fisher College, Rochester, NY, with a Bachelors degree of science in nursing. She is also a 2018 graduate of Fairfield University, Fairfield, CT, with a Masters degree in science as an Advanced Practice Registered Nurse.

Since 2013, she has worked as an RN in the Yale Clinical Neuroscience Research Unit at Yale University.

She plans to sit for the Family Nurse Practitioner exam and practice in Dermatology.



New Hartford Central School Retiree Honored with the Mike Corn Award

Doreen Markson, a retiree from the New Hartford School District, was the annual recipient of the Mike Corn Outstanding Service Award on May 10th at NYSUT's Retiree Council 8 spring luncheon. The luncheon was held at the Franklin Hotel in Rome.

The award is given in memory of Mike Corn, who was a passionate union advocate for teachers and retirees.

The recipient, Doreen, has been a teacher and union leader for many years. She is highly involved in union, political and community service activities. She has been an advocate for change throughout her career and in retirement. Social causes are an integral part of her life. Doreen continues to work tirelessly to support others and make their lives better.



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Summer Love “It’s never too late to date”

Submitted by: MaryJo Timpano

Community Wellness Partner’s (CWP) showing of the documentary, “The Age of Love” in April was an opportunity to showcase our commitment to change the experience and perception of aging. It shined a light on our culture of growth, engagement and purpose for every person regardless of their age or level of living. The film followed the adventures of thirty older adults in Rochester, NY as they navigated a first-of-its kind speed dating event for 70-90 year olds! The purpose of the film was to challenge aging stereotypes and discover common ground among generations. At Community Wellness Partner’s we believe in possibilities. Every day we challenge the status quo about what it means to grow older in our society and create opportunities to live life to the fullest.....like hosting our very own “first-of-its kind” speed dating event right here in our community.

The Age of Love is also about possibilities. It disrupts our pre-conceived ideas about what it means to grow older and how our feelings of romantic love, companionship and friendship change, or don’t, as we age. Imbedded in the humor and entertainment value of the film is a powerful message that resonates with people across age groups. We’re going to bring this idea to life as we invite you to participate in Community Wellness Partner’s speed dating event at Preswick Glen in August. If you are 60 years old or older and are interested in the possibility of finding love, companionship or friendship please consider signing up for this event. Space will be limited so please contact Leslie Nappi at lnappi@lutherancare.org or (315) 235-7181 to answer a few short questions and pre-register.

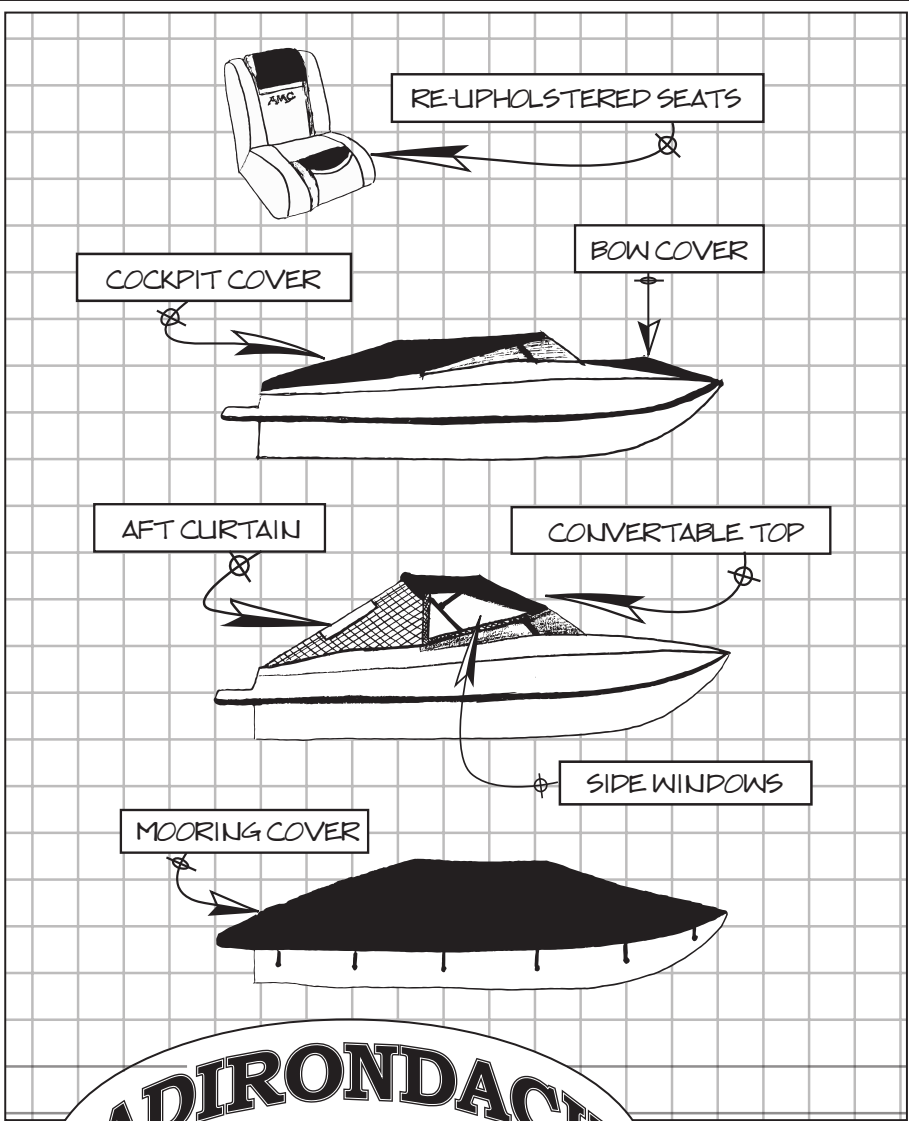
Combining nearly 150 years of service, Community Wellness Partners is a faith-based 501 c (3) nonprofit affiliation of LuterhanCare and Presbyterian Homes & Services. Offering the most comprehensive post-acute continuum of services in Oneida County, NY, Community Wellness Partners employs 980 team members and serves over 1,000 older adults each day throughout our continuum, which includes Home Care, Independent Living and Assisted Living, to Rehabilitation, Skilled Nursing, Wellness Center and more.

“You are never too old to set another goal or to dream a new dream...” C.S. Lewis

Angels Among Us Food Pantry Helping People

Submitted by Olivia Fowler and Brianna Wheelock

Thousands of food pantries within the United States help local citizens support themselves and their family maintain a healthy diet. Angels Among Us food pantry at St. John the Evangelist Church helps several locals in their daily lives. Food pantries help eliminate hunger in the community and increase food security for families, children, and the elderly. A local food pantry in New Hartford such as Angels Among Us is affiliated with the Central New York Food Bank located in Syracuse. At the pantry, the food is organized by grains, vegetables, fruits, proteins, and meats. Much of this food is wholesale foods or USDA foods. The environment at the pantry is similar to a grocery store. New customers must answer a few questions including their name and age, what appliances they have available, and what their income is. After interviewing a few customers, it is understood that the local food pantry is a great help to many people in the community. Tom McCauley is a returning customer who says, “I couldn’t make it through the month without this.” Another returning customer, Jennifer stated that Angels Among Us is “A wonderful, great service that provides a lot to the community.” The food pantry helps many locals, and it’s important to know that you can help too. St. John the Evangelist food pantry accepts monetary donations so they can continue purchasing food for the good of the community. At any time you can also bring your non-perishable goods into the rectory of St. John’s church on 66 Oxford Road, New Hartford, NY. The pantry is open the second and fourth Saturdays of the month from 10 am to 12 pm. Tom Onisk is the Pantry Coordinator. If you have any questions you can contact (315) 732-8521.



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JUNE
2018

COMMUNITY NEWS

THE TOWN CRIER 13



Elective Credits

Recently, we received an inquiry about purchasing REE savings bonds as a college savings vehicle for a new grandchild. After a reviewing the bonds, which are currently paying a mere 0.10% in interest, we discussed other options. The decision was to open a 529 savings plan. Tax advantages, and offerings in all 50 states, placed 529 plans atop the college savings class. Today's commencement program aims to shine the spotlight on the lesser known "salutatorian" 529, the Private College 529 Plan.

Pre-Paid Tuition: Instead of investing money to use for future college expenses, Private College 529 Plan participants purchase "certificates" which convert to college tuition credits. By purchasing, instead of investing, you can "lock-in" today's prices for future use. This feature is appealing when recalling tuition increased over 750% since 1983. The increased value of certificates and distributions to pay for college are federally tax-free.

Smaller Pool: Only around 300 schools participate in this program, ranging from Ivy League, to large research universities and smaller regional colleges. When a beneficiary is admitted to a participating school you simply apply the certificates towards tuition. Certificate conversion rates are based on the price of that colleges' tuition when originally purchased. If you don't pick a school that participates, contribution value plus a small interest credit could be rolled over to a traditional 529 savings plan.

Noteworthy: This plan is just for undergraduate college and covers tuition/mandatory fees only, so you can't lock in future room and board rates. The same rules apply for funding contribution limits and annual gift tax limits as with traditional 529 plans. The Private

College 529 Plan is not run by a state, but instead is owned by the participating schools, which guarantee the pre-paid tuition.

Options create opportunities, so be sure to explore them all and see which one is best suited for you. If you'd like to learn more visit www.privatecollege529.com

Original content provided by Aaron R. Evans, CFA, CFP® a Senior Advisor at Strategic Financial Services

This material does not constitute the advice or recommendation of Strategic Financial services, and should not be used as the basis upon which to make investment or financial decisions. Strategic Financial Services provides advice and makes recommendations based on the specific needs and circumstances of each client. This material is not intended to provide professional tax advice, which should be obtained from a certified tax professionals.

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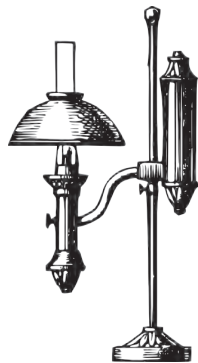
14 THE TOWN CRIER

ANTIQUe TALK

JUNE 2018



Victor J. Fariello Jr.



Antique Talk Rockefeller Collection Sets Record Highs

The recent auction of the Rockefeller collection at Christie's set many sales records including the largest sale of a single collection in history.

If anyone had any doubts about the market for fine antiques and art work, they were laid to rest with the recent auction of the Peggy and David Rockefeller collection at Christie's which realized a record \$832.6 million dollars. It enters the record books as the largest auction of a single collection.

The sale easily surpassed the pre-auction estimate of \$500 million, as bidders from 53 countries competed for a piece of Rockefeller family history. Interestingly, many items sold for 10 and as much as 100 times their estimate.

Here are some of the sales achieved at this important sale:

A money clip with the outline of Rockefeller Center was estimated to sell for \$800 to \$1200 but sold for \$75,000.

David Rockefeller's martini shaped cufflinks, estimated at \$400 to \$600, went for \$13,750.

A picnic set given to the Rockefellers by the king of Morocco was estimated to sell for \$5,000 to \$10,000 but sold for \$212,500.

A set of china used by Napoleon, estimated at \$150,000 to \$250,000, went for \$1.8 million.

Lest you think the Rockefeller family has fallen on hard times and was forced to sell their valuables to make ends meet, you will be pleased to know that all



of the proceeds will go to charities that were selected by David Rockefeller before his death in 2017. The beneficiaries include Harvard University which will get \$100 million and the Museum of Modern Art which will also get \$100 million.

In all, 22 records were set at this sale, including the highest price for a Monet, \$84.7 million and the highest price for a painting by Matisse which fetched a hefty \$80.7 million.

Madison Bouckville Antique Show June 1-3

The June Madison Bouckville Antique Show on Route 20 is June 1, 2 and 3, 2018. This weekend event is a mini version of the huge August event, but still a great show with lots to see. This show never disappoints and will be well worth the short trip!

Keep Those Cards and Letters Coming!

If you have any questions on anything relating to antiques or collectibles, or just want to share information about something you own, please drop us a line at Antique Talk, PO Box 194, Washington Mills, NY 13479 or email vjafariello@gmail.com. I look forward to hearing from you.

Support the NH Historical Society

Dues are only \$12 for an individual and \$17 for a family. Send a check payable to New Hartford Historical Society, PO Box 238, and New Hartford, NY 13413. Check out their new website at www.newhartfordhistory.com. Help keep New Hartford's history alive. Send your membership today!

Victor J. Fariello Jr. is a lifelong resident of New Hartford and has been a collector and dealer of antiques for many years. He is a past officer and member of the New Hartford Historical Society and is in the process of organizing the Jedediah Sanger

Chapter of The Questers, an International organization for people who love antiques and have a commitment to preservation. Questions on anything related to antiques can be sent to him at PO Box 194, Washington Mills, NY 13479 or by email to vjafariello@gmail.com. Any photos submitted will be returned upon request.

Everyone Can Play 5K

Submitted by: Erik Winberg, Everyone Can Play 5k Race Director/Event Coordinator.
315-338-3963 etwinber@utica.edu

The Utica College Physical Therapy Society (UCPTS) is excited to announce a new summer event. We are partnering with The Sneaker Store to host the 1st annual Everyone Can Play 5k run/walk. This is an all abilities event which encourages participation regardless of physical or cognitive ability. As the name implies, our purpose is to host an event that is all inclusive with a goal focused on breaking stereotypes of athletic participation. The foundation of human life is the ability to move, and thus participate in a community with others. Yet, when it comes to athletic events, those who have certain disabilities are often left out. Our event shifts the focus and offers event ranges that better engage individuals at their level of function, with the purpose of inclusion in running/walking events. This goes beyond a donation FOR a cause; in this event you run WITH the cause.

These individuals will directly benefit from your sponsorship of our event because they themselves will be able to participate in it! Thus, your organization has been chosen for this significant opportunity. We believe that this experience will benefit our community members, your organization, and our group. There is a lot that your business has to offer, and this is an opportunity for you to reach out to people and spread influence in our local community.

We ask simply for a monetary donation in order to host this years' event. Your sponsorship will be included on t-shirts for the event, and your organization will be recognized during the event as well. Your donations will go directly towards funding this event, multiple charities, and this organization in order to host it in subsequent years. There are two levels of donation tiers. **For \$100**, we will place your name on the back of our t-shirts, and our sign-up page as a sponsor. **For \$200**, we will place your logo, and name in the back and center of the t-shirt, as well as advertising on our sign-up. Each person who signs up for this event receives a t-shirt with your logo or name along with other sponsors.

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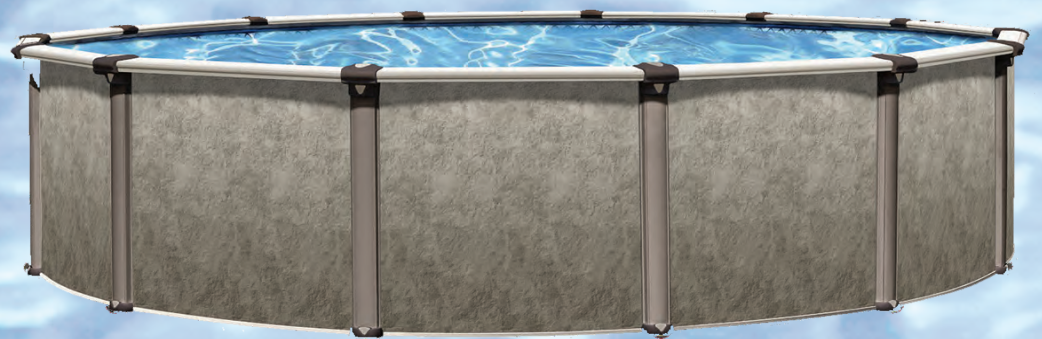
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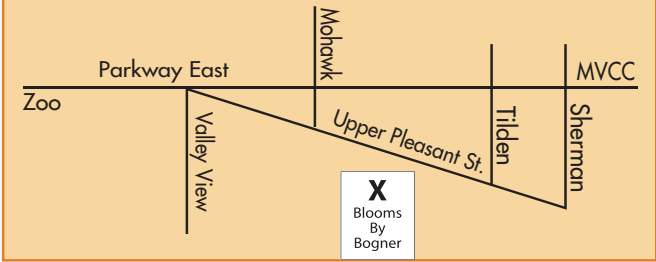
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Ninth Annual NHCS D Fine Arts Festival Celebrates Student Art

The New Hartford Central School District held its ninth annual Fine Arts Festival on May 12, 2018. The festival is sponsored by the school art department and New Hartford PTA Council. As is tradition, the festival featured artistic works by every kindergarten through grade 6 student from Bradley, Myles, and Hughes elementary schools, as well as art by most of the grades 7-12 art students. Community volunteers provided henna (temporary artistic tattoo) painting and mentored students who contributed to a community mural painting. Some of the other festival highlights included a virtual reality painting demonstration by Derek LaLonde of the Mohawk Regional Information Center, and a gallery of works by members of the Class of 2018.

Art department chairperson Holly Parker noted that hundreds of community members attended the festival this year, and many attendees enjoyed the senior class portfolios. "With the addition of AP Art to our program this past year, the quality and quantity of student artwork on display is impressive," Parker said. She also noted that the success of the festival truly depends on the volunteer efforts of the New Hartford faculty, community members, and the New Hartford PTA Council.



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Mr. Romanow and his students. Photo credit: JF Walters

NHCS D Math Teacher Matthew Romanow A 2018 Rotary Outstanding Teacher

The Rotary Club of Utica has hosted a luncheon and awards ceremony to honor outstanding teachers from throughout the region since the early 1990s. Matthew Romanow, a mathematics teacher at New Hartford Senior High, was one of the teachers honored this spring with a 2018 Outstanding Teacher Award. One of the reasons this award is special amongst educators is that nominations come directly from students. "I consider myself to be very lucky to work in a district surrounded by like-minded educators," Romanow said, "to be in a classroom with genuinely curious and kind students, and to be in a community that values what takes place outside of the classroom as much as inside." Romanow is a graduate of New Hartford Senior High, returning to his alma mater to teach after earning a bachelor's degree at SUNY Geneseo and master's degree at SUNY Albany. He has taught several courses in the mathematics department, including AP Computer Science, a program he developed for the district, and serves as an assistant Boys Bowling Coach as well as the advisor/director for Masque high school musical productions. Next year, Romanow looks forward to implementing a new STEM-themed elective, Math for Coding.

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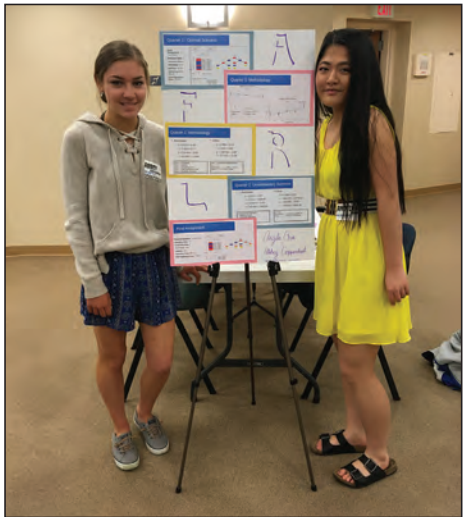
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JUNE
2018

COMMUNITY NEWS

THE TOWN CRIER

19



Engineering Competition

Over spring break, Angela Chen and Abbey Copperwheat, both juniors at New York Mills High School, joined Physics teacher, Michael Eramo at the 2018 Air Force Research Laboratory's Engineering Competition in Rome, New York. While it is an engineering competition, the weeklong event is much more a practice in high level thinking. Angela and Abbey worked all week long on a complex problem that involved optimizing a distribution network given multiple unknown variables. They had to use various skills to comprehend the problem, research a solution, overcome their own self-doubt, and present and communicate their thoughts. The girls performed exceptionally and took 2nd place overall against some of the best and brightest students in the region. They both won a Microsoft Surface Pro 4 and a paid summer internship at the Griffiss Institute.

Utica Beers Recognized in State and National Tastings

Recently, Utica beer has been recognized nationally and across the state as award winning, unique, and exceptional examples of craft beer! In order to rank beers, judges often participate in blind tastings where they will taste several beers belonging to various styles of beer such as IPA, pale ale, or stouts without knowledge of what beer or brewery they are tasting. This allows judges to objectively score and rank beers according to style guidelines and preferences.

On April 23, Paste Magazine released a list of the top 50 Best Pale Ales from across the country after a blind tasting of 151 different pale ales. Among those 151 pale ales are several award winning beers from recognized breweries and strong competition but two were chosen from Utica! Saranac's Pale Ale was selected as #38 and described as "just about everything you expect from classic American pale ale." The judges appreciated its "pine and grapefruit citrus are wonderfully balanced on the nose with hints of toasty malt sweetness and a touch of woody resin." Just outside of the top 10, Woodland Farm Brewery's Up All Night was chosen as #11! This pale ale was described as "a 'farmhouse pale ale,' possessing some of the qualities of Belgian/saison yeast, without a ton of the wilder funk of *brettanomyces*." One judge even said this beer is "unique and excellent from front to back." Saranac Pale Ale is available year round and Woodland Farm Brewery's Up All Night will be returning on tap very soon!

In another blind tasting competition at the Tap New

York Craft Beer and Food Festival hosted at Hunter Mountain on April 28 and 29, Saranac and Woodland Farm Brewery were recognized once again for their quality beer and were awarded medals to bring home to Utica! Saranac won two gold medals with their Basking in Bourbon in the barrel aged category and Green Thumb in the Double IPA category! Basking in Bourbon is an imperial stout aged in Kentucky bourbon barrels which boasts flavors of bourbon, dark chocolate, molasses, charred oak, vanilla, and caramel with a liquid chocolate mouthfeel. Green Thumb is a DIPA that is dank, piney, citrusy, and resinous and brewed with a healthy amount of Columbus, Simcoe, Ekuanot, and Citra hops. Coincidentally, a limited run of Green Thumb bottles were just released on April 20 and can be found at the brewery and select accounts that carry Saranac products along with Basking in Bourbon! Woodland Farm Brewery also brought home medals for two different beers. Oak Woden, an old ale aged in oak barrels from Adirondack Barrel Cooperage in Remsen, earned Woodland a gold medal in the Old/Strong Ale style as well as the John Calen Memorial Award. Oak Woden has loads of toffee and caramel flavor balanced with the roast and char of oak. Nutser, a schwarzbier or black lager, earned Woodland a bronze medal in the Amber/Dark lager category. Nutser is a deceptively easy drinking lager despite its dark color with flavors of cocoa, caramel, and a rich warm nuttiness from conditioning on top of hand roasted NYS Black Walnuts! Nutser is currently on tap at Woodland and Oak Woden is slated to return in a few weeks for a bottle release along with a Kentucky Bourbon version of the same base beer!

We are fortunate to live in a city where people love to drink and brew great beer!

The goal of Woodland Farm Brewery is to provide a great atmosphere for beer and outdoor enthusiasts alike. The brewery provides locally handcrafted beer with ingredients grown in New York State. Woodland Farm Brewery lives to enjoy the outdoors and drink a good beer! More information available at woodlandbeer.com.

The Susan Callahan Memorial Tennis Event



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One Registration Form Per Person

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ALL ARE WELCOME!

Please register at www.NewHartfordChamber.com or call 796-1520

Chamber Annual Meeting 2018

The 2018 Annual Meeting was held on Thursday May 10th where we honored Jack Jones and Bill Randall for their many years of service to the Chamber and our community. Former Chamber presidents, Steve Scanlon and Bob Wanamaker were remembered during various speeches. The event was held at Valentino's Banquet Hall and the New Hartford High School Jazz Ensemble provided entertainment. The meeting was concluded with a State of the Town address by Town Supervisor, Paul Miscione. Special thanks to Community Wellness Partners for sponsoring the event.





Living Against Momentum

Growing up as a young child, Marquis Bradford watched his mother struggle with chronic illness, which made her life difficult to live, without help. In turn, it was difficult for Marquis to watch his mother in pain during his childhood, at a time when he needed her most.

It is because of these experiences that he had, trying to help his mom feel better, that Bradford chose a career in helping others by starting his own company, Living Against Momentum.

His goal is to provide assurance, guidance, and confidence in everyday life. The company is focused on providing emotional support for anyone who needs it. Bradford hopes to be able to eventually expand and reach as many people as he can. He is selling clothing on his website, www.livingam.com to help with costs,

and provide funds for people in need.

This 22 year old New Hartford man wants to make a difference and show people that if they think no one is there for them, think again! Marquis will visit individuals who are suffering. He will listen to their stories and help them through their pain, by being there and offering advice, or just the emotional support, that is often needed most. His plan involves making a difference through his Living Against Momentum, not only in our community, but worldwide.

Marquis is a Youth Advocate Counselor, where he helps children with disabilities, from ages 8 to 21. Day job or dream job, this young entrepreneur is doing his part to help our community. For more information and how you might help, please visit their Facebook page at [living against momentum](https://www.facebook.com/livingagainstmomentum) or their website at www.livingam.com.

The New Hartford Public Library Wants Your Opinion!

The NHPL is conducting a user and community survey and needs your input. Your responses will help shape our long range goals. Surveys can be located on our website or can be picked up in person at the New Hartford Public Library. All responses are anonymous. Thank you in advance for helping us to become a space that reflects our community.

NH Citizens’ Band

The New Hartford Citizens’ Band, under the direction of Michael DiMeo, will kick off it’s 2018 concert season on Wednesday, June 27, in the New Hartford Village Park at 7:30. The other concerts will be each Wednesday in July, with the exception of July 4. The first rehearsal is scheduled for June 6 at 6:30 at the New Hartford High School.

Pickleball at the Sherrillbrook Town Park!

There are now 2 Pickleball courts at the Town of New Hartford Sherrillbrook Park, Rte. 12 South. The courts are free. Organized open play session times/days are yet to be determined. The park is open from dawn to dusk. For more information or to get on the Pickleball email list, contact Wendy at karwen@roadrunner.com.

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Sitrin's OPAL Program offers both a social model, which is available weekdays, and a medical model. The medical model, available seven days per week, is customized for those who may require medical supervision or monitoring. These individuals receive medication administration, therapy sessions, and licensed nursing services, and also participate in specialized recreational activities with their peers.

Individuals taking part in the program enjoy cooking workshops, live

entertainment, theme celebrations, arts and crafts, gardening, shopping, luncheons, casino trips, and many other social activities. Participants also like exercising and relaxing in Sitrin's warm-water therapy pools. Some have even formed a group bowling league, and compete against other local daytime adult programs.

On Friday afternoons, OPAL registrants enjoy happy hours featuring music and cocktails. Additionally, they are provided with meals and snacks throughout the day, and experience food theme days, including Taco Tuesdays, burger bar, and sundae creations.

"Sitrin's OPAL Program provides that necessary link for anyone wishing to remain independent by living in their own homes, but who need some form of assistance during the day," says Lisa Markle, director of adult day health care at Sitrin. "Just as important are the opportunities for program participants to stay connected to the community through social activities while building long-lasting friendships with one another; life is never dull in the OPAL Program!"

As an added bonus of the program, Sitrin does all of the driving! Transportation is available to and from a person's home. The transportation vehicles are handicapped-accessible, and Sitrin staff members can assist individuals in their homes and with entering and exiting the vehicle, if necessary.

For more information on Sitrin's OPAL program, or to schedule a private tour, visit sitrin.com/opalprogram.

In addition to the OPAL Program, Sitrin provides myriad services including comprehensive medical rehabilitation (inpatient and outpatient), long-term care, independent living (Georgian Court Estates), assisted living and enriched housing (Cedarbrook), a NeuroCare program, residences for people with intellectual disabilities and medically complex conditions, health & wellness clinics, a military rehabilitation program, adaptive sports, a dental clinic, wellness center and child care center.

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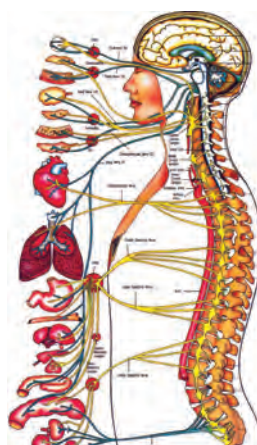
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The Abraham House is Pleased to Announce their First Charitable Golf Tournament:
The Hummingbird Classic

This golf scramble will take place on Saturday, July 28, 2018 at Stonebridge Golf and Country Club, 2340 Graffenburg Rd, Frankfort.

Abraham House is a non-profit comfort home that provides terminally ill guests and families a safe and loving home with all the support needed for dignified end-of-life care free of any financial burdens. Since we do not charge for our services nor receive insurance reimbursement, the sustainability of Abraham House is based on volunteers, donations, small community grants, and fundraising. Fundraisers such as The Hummingbird Classic are paramount to our success.

Golf Foursome - \$340.00. 18 holes of golf/cart, lunch, complimentary gift bag. Cocktail hour & dinner banquet for four players. Tournament prizes will be awarded! A variety of games, course prizes and activities are planned for the holes. Skins available for purchase at check in. Enjoy a complimentary breakfast snack and coffee. Lunch will be delivered to teams midday and drink carts (alcoholic and non-alcoholic) will be circulating throughout the day. After golfing, have your family and friends join you for an open bar cocktail hour, dinner stations, winner announcements, raffles and auction items. Fore!!!

Hummingbird Classic Co-Chairs: Martin Ciaccia & Kim Todd. Committee: Maria Brindisi, Joseph DeSarro, Jeff LaGase, John Migliore, Jeana Nicotera, Greg Raab. Abraham House Executive Director: Gina Ciaccia. Board of Directors: Aricca Arcuri, Maria Brindisi, Judy Galimo, Geoff Henderson, Anthony LaPolla, Greg Mattacola, Ron Paradis, Joyce Rossi, Al Shaw, Don Shipman, Carol Szatko, Vicki Vomer.

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The New Hartford Class of 1958 will be having their 60th Class Reunion
Friday and Saturday, August 10th and 11th

We celebrated our 50th Reunion ten years ago, and thought it may be our last. Because we have held reunions every five years since graduation, our classmates have wanted to keep it going!

We are unable to contact the following classmates: Joan Bogner Lyons, Nancy Barthamley Lobel, Kenneth Brooks, Ed Kanfoush, Nancy MaMahon Stark, Paul Temple, Linda Tischler Hartle, Curtis Upham, Laney White Smith

Please contact Cynthia Rinaldo Stevener at 315.733.2043 if you have any information on these classmates.

We welcome New Hartford graduates from any class- once a Spartan, always a Spartan!

Please contact Cynthia at the number posted above if you'd like to attend!



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JUNE
2018

COMMUNITY NEWS

THE TOWN CRIER 25

Some Tips For Improving Our Presence With Children

My almost 2 year old recently started spitting. Literally just spitting. I was washing the dishes and I heard a sputtering sound. I turned around, and the floor in front of him was covered in bubbly liquid.

My immediate thought?...

“WTF?!” And then I sternly said “The floor is not for spitting on.”

He looked at me, and spit again. I scooped him up, which was inconvenient because I was right in the middle of trying to get the dishes done, and tried to explain to him why he could not spit on the floor. He looked at me again, and laughed.

Sometimes our children want our attention at the worst times. Like right in the middle of an important phone conversation with customer service, after we have waited a half hour to get someone to pick up. Or when, after being home with them all day, you have to leave for an appointment and now they need to ask you something?

I am not saying there is a way to stop this. Heck, in fact, maybe these instances serve as a way to help us be more present as a parent. Either way, there are things within our control that we can try, in an effort to make these situations less annoying. Things that when implemented, may even help decrease the times of interruption, regardless of your child’s age.

Put it into perspective. Can the dishes honestly wait? Is that Facebook/Instagram/Snapchat photo not going to be there later, after they are in bed? Will the world end if you are 10 minutes late?

Manage your expectations and emotions. I know that I can’t possibly expect my toddler son to be on his best behavior while I complete my adult tasks. This doesn’t mean I allow him to monopolize all of my time. It also means I don’t allow myself to monopolize all of his. It is possible to have a balance. And this is allowed to be a work in progress.

Commit to paying attention when you are spending time with them. It’s impossible to be in tune with our children 100% of the time. But I encourage you to take an honest look at what you are paying more attention to. Are you in the moment or are you thinking about work? Are you actually playing the game, or secretly Snapchatting a pic, watching the TV above your child’s head, or scrolling Instagram? Just like you notice when someone is staring at their phone when you are trying to have a conversation with them, children know when you are not paying attention. We are constantly role modeling for our children. It’s important to teach them how to communicate respectfully, and paying attention to the person speaking to you is a vital communication skill to learn.

If the environment is too hectic, move with them to another room to eliminate distractions.

Get down to their level and look them in the eye, really take in their facial expressions and the way they say their words.

Engage with them, nod your head.

Don’t jump in or try to hurry them along. Sometimes small children, and even older kids, need time to get their words out. Rushing them only causes frustration and communicates to them that you don’t have the time. Which can increase the instance of them vying for your attention (think vicious cycle here).

As parents our time is limited. We are often pulled in

multiple directions. Try committing to a special time with them when you can be fully present.

Take time for yourself. It’s easy to justify that we don’t have time to go to the gym, or out with friends, or whatever it may be that we used to do to take care of ourselves pre-children. There will always be something else to do, or something our children need us for. But I argue that our children NEED us to find time for ourselves. You can’t give what you don’t have. By scheduling time for ourselves (self-care as this is popularly called) we end up increasing our ability to give to others.

Practice, try again, don’t give up. We rarely get it right the first time. Be forgiving of yourself.

There is no magic wand or silver bullet. Your relationship with your child happens in the moment by moment interactions you have with them. Working on your ability to listen and be present will help strengthen this relationship.

The moral of the story: My son is still spitting. And it still drives me crazy.

But, I am finding, the more I look at his behavior as communication, I see that it happens when he is trying to get my attention, when he’s hungry, when he’s tired, when he wants me to play. The more I nurture our relationship, the less its happening. And bonus, he’s even started spitting into the sink and into the garbage can!

Was this helpful? Email me your thoughts at jennie@jenniemazzajones.com.

Are you feeling like the daily struggle is just too much? Are you worried your child may have needs that extended beyond what you are currently able to offer them? Do you live in Central New York? If you are interested in learning more about psychotherapy and play therapy for your child I can be reached at 315-737-3094 or jennie@jenniemazzajones.com

Jennie Mazza Jones, LCSW, RPT, CCPT has a private practice located in Clinton NY, where she specializes in providing psychotherapy to children and their caregivers utilizing Play Therapy. Jennie helps kids who long to feel accepted, want to do well, and wish they could control their worries, anger, and behaviors, but struggle because they communicate in a way that many adults don’t understand. She also helps parents/ caregivers who want to help the important children in their lives reach their truest potential, but are afraid to make the wrong move, fear the worst, or are just unsure of what to do next. Jennie can be reached 315-737-3094, jennie@jenniemazzajones.com and www.jenniemazzajones.com.

New Hartford 2nd Ward
Candidate Request

The New Hartford Democratic Committee is looking for people who are interested in serving on the New Hartford Board.

If you are a registered Democrat in the New Hartford 2nd Ward and are willing to commit your time and energy to an election campaign, please consider running for public office.

If interested, please submit a letter of intent along with your resumé to: New Hartford Democratic committee, 45 Willis Dr., New Hartford, NY 13413. The deadline for applications is 1 June 2018.



Members of the chorus from the Utica Maennerchor recently sang during services at New Hartford Presbyterian Church. The Maennerchor chorus sang the Schubert *Sanctus* in German, and combined with the church choir to sing *Thanks Be to Thee* by Handel.

New Hartford Presbyterian
Church News

New Hartford Presbyterian Church, 45 Genesee Street, will host its annual Celebration Sunday on June 10. Children and young people in the Sunday School department will lead worship that day. Sunday School programs will then go on hiatus until September. Beginning on June 17th, worship will begin at 9:30 a.m. for the summer months, followed by Lemonade in Fellowship Hall.

Vacation Bible School will take place between July 30th and August 3rd. Children from age four through sixth grade, from the community as well as the congregation, are invited to participate free of charge. More information is available by calling the church office at 732-1139.

Members of the congregation will prepare and serve the evening meal at Hope House in Utica on Sunday, June 24th. Church members are also currently collecting items for children and families served by Kids Oneida and Evelyn’s House, in Utica.



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*“When we have reached the depths
of despair, only then can we look up
and see the light of hope.”*

~~Stephen Richards~~

26

THE TOWN CRIER

HISTORICAL SOCIETY

JUNE
2018

NEW HARTFORD PAST TIMES

APRIL 2018

NEW HARTFORD HISTORICAL SOCIETY



THE HUGHES FARM

PARIS ROAD, NEW HARTFORD

PART TWO OF A THREE-PART SERIES

*The following information was narrated by Mary Hughes who was raised on the
Hughes Farm, Paris Road, New Hartford. As published in the 2002 Tally-Ho Newsletter.*

CONTINUED FROM MAY 2018...

Mr. Proctor was not the only person hiring my father and his team of horses. Benjamin and Sue Gilbert had purchased a farm and had built the house where the Matts live now. They developed one acre building lots and Compton and Gilbert roads became part of the landscape. Mrs. Gilbert was a Compton and her father was a doctor who cared for the Rockefeller family in a Cleveland, Ohio suburb. Mrs. Gilbert was a vibrant friendly person, always giving us farm children a ride to school in her automobile. I never met Mr. Gilbert, but I do know that he was a sculptor. They had two children - Bingo and Susan.

Now back to upper Paris Road. There was the Tuttle farm - husband Gary and his wife Mary, they did not have any children. They owned about 60 acres which extended across the present Route 12 almost to Rock City. They had many sugar maples and in the spring time they would make a huge log fire and make maple syrup. Neighbor farmers would arrive with sap and use this fire to make their syrup. Gary was a fine man but not overly ambitious. He always worked hard to make enough money to keep body and soul together but not much more. He had a few cows and a cream separator. He sold the cream to Acklers grocery store in the village. In the summer, he would drive his small herd down the road toward the village. He owned the land which Bill Morris Sr. developed into Morris Circle and it was on this acreage that his cows pastured. I recall that most of the

neighbors were upset when the houses on Morris Circle appeared thinking it would spoil the neighborhood. It was early suburbia and how I wish that my parents could see it now.

After the Civil War, the Tuttle house became part of the under ground railroad. A black family by the name of Wills owned the property. I had a picture of Mr. Wills and gave it to one of the many families who have since lived in the little brown house. The little brown house is no longer little. Dean Gordon and his family now live there.

The Yeandles had seven children. The oldest girl, Gertrude, was married to Roy Guller and lived on Brimfield Street. All of the Yeandle children were brilliant. Two graduated from high school and one of those, Fred, had a BA from Hamilton, an MA from Yale and a PHD from Columbia University. Fred taught Spanish and French at Columbia until he retired. The Yeandles had a dairy and milk route. Toward the village, next on the east side of the road lived Jimmy Miller. He had a dairy and a milk route. Today his farm has houses in the \$200,000 plus range. For years, Jimmy was a bachelor but then married a widow who had a son George Walter. As a wedding present Jimmy gave his wife to be a new colonial house - it is still there between the two entrances to Morris Circle. The old farm house is now owned by the House of Good Shepard.

TO BE CONTINUED.

DO YOU HAVE A STORY?

Do you have a fond memory of growing up in New Hartford? A favorite place? Artifacts of times past? Please share them! Your story may be considered for publication on our website or featured in our monthly article.

Send your story and photos to:
chrismartin@newhartfordhistory.com

HELP SUPPORT US!

The New Hartford Historical Society thrives on donations both monetary and items of interest that are relevant to the community. We are always looking for new interesting items, photos and documents to display in the museum or to assist in the illustration of our town's history.

BECOME A MEMBER!

Please stop in to visit us and consider becoming a member. Membership fees are \$12 Individual, \$17 Family, \$2 Students and \$50 for Corporate members. The Historical Society is a non-profit, tax deductible organization.

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Oneida Chapter NSDAR Celebrated 125th Anniversary

The 125th Anniversary of the Oneida Chapter, NSDAR was celebrated on May 5th at the home of Julia Seymour Conklin where the chapter was organized in 1893. Her historic home is located at 3 Rutger Park, Utica. Fourteen present day members represented the 14 Charter members right down to dressing in period attire and staying in character the entire afternoon. Barbara Granato, Chapter Registrar, representing Miss Louise McAllister the first New York State Regent, presided over a delightful program introducing each of the 14 Charter members to a standing audience. A formal tea followed the program. The Mayor of Utica, Rob Palmieri attended and congratulated the chapter.

The National Society Daughters of the American Revolution was founded in 1890 to promote patriotism, preserve American history, and support better education for our nation’s children. Its members are descended from the patriots who won American independence during the Revolutionary War. With more than 165,000 members in approximately 3,000 chapters worldwide, DAR is one of the world’s largest and most active service organizations. To learn more about the work of today’s DAR, visit www.DAR.org.

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JUNE
2018

NHFD NEWS

THE TOWN CRIER 31

NHFD News

Your New Hartford Volunteer Fire Department responded to 84 alarms during the month of April as indicated by the monthly call report listed below by category:

Fires	=	2
EMS	=	42
Hazardous	=	3
Service Type	=	10
Good Intent	=	5
Other Alarms	=	11
Weather Related	=	11
Other	=	0

Total Calls for the Month of April 2018 = 84.

Total calls year-to-date through April 30, 2018 is 416.

Some of the calls listed above - such as Fires, EMS, and Hazardous - are self-explanatory. Others such as Service, Good Intent and Other Alarms are not. Service Calls includes water or animal problems, public assistance or standbys. Good Intent refers to responding but did not find anything or canceled in route. Other alarms include explosions, carbon monoxide, smoke or sprinkler detector activations.

The figures above do not include other activities by members of the department such as Fire Prevention details, training, parades, Open House and other various department committee meetings that take place throughout the year.

I am Responding...

For a number of citizens within our fire district you may have heard the term "I Am Responding" or "IAR" when your fire department has been dispatched.

Although not unique, but fairly new, the "I am Responding" system, that is utilized by your New Hartford Volunteer Fire Department, and many other departments throughout Oneida County, has played a major role in reducing response times once a call for help has been received.

The New Hartford Volunteer Fire Department has placed a monitoring system on the wall of the fire station that has assisted your department members in responding to an emergency. Through the "I am Responding" system, as a call for assistance is received, the message board notes the time of the call, the location of the call, and the situation. With a glance, department members are able to ascertain the cross roads of where the call for assistance is located. Department members signed onto the "I am Responding" system also receive a text message about the alert.

Through this system, your department knows who is responding and if they are responding to the call directly or to the fire station. This system also maps out the quickest route to the call right on a members smart phone. Additional information is also sent to assist in properly sending the right equipment to the emergency situation.

This patented system also allows your department members to know who is responding, saving critical time and reducing response times.

For more information on your New Hartford Volunteer Fire Department please visit: www.nhfd.com.



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The New Hartford Volunteer Fire Department will host an American Red Cross Blood Drive on Friday, June 8, 2018, from 1pm to 6pm at the fire station. Reservations may be made by calling 1-800-RED CROSS. Reservations are appreciated and walk-ins are always welcome.

Summer 2018

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Grand Opening of Cooper Country Automotive

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The five new vehicle lines are the latest addition to the Cooper Group, which also operates Cooper Kia in Yorkville, NY. According to Ben Cooper, dealer principal for the group, it was the perfect opportunity to expand their lineup and to offer new savings to past and future customers.

"We were ecstatic about the opportunity to blend our energy and excitement for the car buying experience with the legacy of fantastic customer service that Skinner & Damulis has cultivated for over 75 years," said Ben. "It just made sense."

It is a transition from one family dealership to another, with Skinner & Damulis first opening their doors in 1945, and the Cooper Group having been family-owned for over 60 years.

These past few weeks have been a whirlwind of excitement for Marie Skinner Guerra, former owner of the dealership who is staying on to oversee the transition. "This is an exciting new chapter for both the dealership and our local community. This is going to allow a whole new level of car buying volume, but with the same down-to-earth service our customers have come to expect."

Nestled in the rolling hills of Richfield Springs, the dealership certainly has room to expand. Cooper Country promises to stay true to its focus on customer service while offering something new - a much bigger selection.

Cooper Country will be a true destination for a new generation of car buyers. The Cooper's plan to dramatically expand the inventory and to offer a deeper selection of Ford and Ram Trucks, along with an increased line-up of all-wheel-drive SUVs and Jeeps.

"Customer response has been overwhelmingly positive," says Ben. "We look forward to serving everyone from Utica all the way to Oneonta and Cooperstown, and we encourage everyone to stop on by and check it out for themselves!"

Customers can visit the new dealership in transition at 3144 US-20, Richfield Springs, NY, or can shop online at both cooperjeep.com and mycooperford.com.

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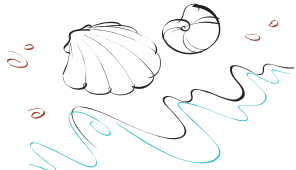
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Monday	Tuesday	Wednesday	Thursday	Friday
COMPUTER INSTRUCTION EVERY TUESDAY CALL FOR APPOINTMENT !	SENIOR ROADRUNNERS CLUB MEETS EVERY FIRST AND THIRD TUESDAY	AARP DRIVING ONE DAY CLASS JUNE 14 8:30– 3:30 Also June 28 8:30—3:30	CHAIR ZUMBA AT 10:00 EVERY THURSDAY	1 Cheeseburger 10:00 Bridge 11:00 Aerobics 10:00 YOGA
4 Sweet/Sour Meatball 10:30 Knitting/Crocheting 11:00 Aerobics 12:00 CHAIR YOGA 1:00 Sr. Theatre	5 Spinach/Mush Quiche 10:00 Bridge/Canasta, Computer I Instruction 11:15 Entertainment Keyboard 1:00 ROADRUNNERS CLUB	6 Tuscan Chicken 10:00 Yoga 11:00 Chair Yoga 11:00 OFA OUTREACH WORKER	7 Meatloaf / Gravy 10:00 Canasta	8 Tuna Mac Salad 10:00 Bridge 11:00 Aerobics 10:00 YOGA
11 Rib B Que 10:30 Knitting/Crocheting 11:00 Aerobics 12:00 CHAIR YOGA 1:00 Sr. Theater Prod	12 Lemon Chicken 10:00 Bridge/ Canasta Computer Instruction 11:15 Entertainment	13 Lasagna Roll Up 10:00 Yoga 11:00 Chair Yoga 11:15 Community Wellness Outreach	14 Roast Beef/ Gravy 10:00 Canasta Fathers Day Dinner 8:30—3:30 DRIVERS CLASS	15 Spanish Rice 10:00 Bridge 11:00 Aerobics 10:00 YOGA
18 Fishwich 10:30 Knitting/Crocheting 11:00 Aerobics 12:00 CHAIR YOGA 1:00 Theater Prod. 9:30	19 Sliced Ham 10:00 Bridge/Canasta 10:00 Computer Instruction 11:15 Entertainment 1:00 ROADRUNNERS CLUB	20 Goulash 10:00 Yoga 11:00 Chair Yoga 11:00 Scams Sargent Peter Colburn	21 Cold Plate 10:00 Canasta	22 Pulled Pork Sand 10:00 Bridge 11:00 Aerobics 10:00 YOGA
25 Bratwurst 12:00 CHAIR YOGA 10:30 Knitting/Crocheting 11:00 Aerobics 1:00 Sr Theater Prod	26 Bruschetta Chicken 10:00 Bridge /Canasta /Computer I	27 Sliced Turkey /Gravy Birthday Party Jeff Glatt 11:00 10:00 Yoga Chair Yoga	28 Salisbury Steak / Gravy 10:00 Canasta 11:00 SENIOR BAND 8:30—3:30 DRIVERS CLASS	29 Popcorn Chicken 10:00 Bridge 11:00 Aerobics 10:00 YOGA

New Hartford Senior Center News

Submitted by Eileen Spellman, director, 1 Sherman St. 315-724-8966. espellman@townofnewhartfordny.us

June brings a lot of joy to all of us. It is a happy month. Summer is here! There are many family gatherings, weddings, graduations and yes even strawberry socials, picnics, outdoor barbeques, anniversaries and birthday parties. One very special event is celebrating Father’s Day. We will have a special dinner for our Dads, Husbands and Sons. They need to be thanked and we appreciate what they do for us all year. Father’s Day is celebrated twice, Thursday, June 14 here at the Senior Center and again on Sunday, June 17th at home. These men deserve to be thanked and told how much we appreciate them. A Very Happy Father’s Day to all the Dads and those who filled in as Dads.

This area offers so much. Concerts in the village park, visiting the Town Park and walking on the Rayhill Trail plus checking out Munson Williams and our Library. For our Seniors, we have a great place to go to for lunch at a nominal cost \$2.25 or less if you cannot afford this. If you wish to give more, that is fine.

Chair Zumba is a wonderful way to get your exercise and feel great about it. It makes you laugh and is a very positive use of your time. It benefits you and that is a gift to yourself. Chair Zumba is here on Thursdays at 10:00 a.m. Come join us.

We also have Yoga and chair yoga which is very popular here. Please check the menu for the times of these activities.

Check out the Bridge and Canasta card groups, they come in every week. Canasta is Tuesday and Thursday and Bridge is Tuesday and Friday. Both start at 10:00 a.m.

Senior Wellness is the Aerobics Class which is held on Monday and Friday at 11:00 a.m. and use of the All American Fitness Center which is scheduled Tuesdays and Thursdays starting at 10:00 a.m. to Noon. For this program you do need a doctor’s permission form saying that it is ok for you to do this activity. Please stop by and pick one up or go on the Town web page under Senior Services and print it out. townofnewhartfordny.gov

We are having our Summer Mentoring program starting June 25th and ending July 25th. Monday, Tuesday and Wednesday. This is a program that has volunteers from the New Hartford Jr. and Senior High School come in to the New Hartford Senior Center to help tutor young children from grade 1 thru 6 with reading and math. This runs for five weeks starting at 9:30 a.m. to 11:00

a.m. It is free and very popular. The Student and Volunteer do not have to be here every day. If one has vacation, camp or something else important to them fine. We had 50 volunteers and 50 students last summer. This program helps the student be ready for the Fall. They practice their math facts, read and play bingo or other games if they wish. Reading text books are provided by the Higby Rd School. It is a great program and hopefully we can continue it at Gander Mountain next year. If you know someone who would like to volunteer or attend this program, call 315-724-8966.

A very special thank you to Capital District Physicians Health Plan who sponsored our Volunteer Recognition Dinner in May. Thanks to them, we were able to provide a delicious dinner, dessert, candy favors plus they also donated funding for geranium flowers to be given out to the Seniors. They have been most helpful providing nice events for our Seniors.

Another very special thank you to the family of the late Rye King. We were able to have very nice events and free dinners in her memory. Rye King will be missed, as she was very knowledgeable about the History and people of this area. She was a wonderful Lady. A plaque was hung at the senior center in her honor and the Town of New Hartford will have one hung at St. Elizabeth’s Hospital in her memory.

Community Wellness Partners Making Life about You, Breanna Colella, Transition Coordinator, will be here on June 13, 11:15 a.m. to speak about the Presbyterian and Lutheran Home Partners. This will be a very interesting and educational opportunity to come in and hear what is happening for the joining of both these nursing homes and working together to provide even better services to the Seniors who will live or go there for programs available to them.

She will also speak about Presbyterian Home Care Services Agency.

SCAMS: Every June, I ask the New Hartford Police Dept. to send someone to come and speak about scams and what is happening in this area. This is scheduled for Wednesday, June 20th at 11:15 a.m.

If you are traveling, especially in a car, do not sit longer than an hour if possible. I went to New York and stopped 2 x’s and 1 on the way back all in one day and had to go to urgent care and physical therapy because of back problems. As you get older you need to move more and I learned the hard way. I asked a physical therapist what should the Seniors know as I told her I write an article every month. She replied, practice good posture. “You have to move to keep moving”. So

here I am doing exercises to improve my posture which is hard as I work at the computer and do deskwork. But I have to stop every so often and stretch and try to keep my back straight. I often stand if possible and that helps. As we get older we think young and surprise we are not. I will always think young, but now I will make sure to do the exercises and try to keep healthy. Hope this helps as I do not want anyone to feel the way I did.

Band Concerts in the New Hartford Village Park, 6:30 to 9:30 p.m. Wednesday June 27, July 11, July 18, July 25, and Aug. 1st, If raining they will be held at the NH Recreation Center.

Christian Concert Series: Thursday July 12, 19,26th and Aug. 2,9,16, and 23rd.

New Hartford Ice Cream Festival Wednesday, July 11th. at 7:00 p.m. followed by New Hartford Band Concert.

Stay safe and have a great summer.



Rye King Dedication

Photo taken with The Rye King Family and the New Hartford Town Supervisor, Paul Miscione.



Cynthia Davis, LCSW-R
Licensed Clinical Social Worker-Registered

“We are all here on Earth to help others; what on Earth the others are here for, I don’t know.”

~~W. H. Auden~~

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What to Expect as an Executor or Trustee

Being asked to serve as an executor or a trustee for an estate is certainly an honor, but it’s also a considerable responsibility. And knowing and understanding those responsibilities can help you be prepared.

Many people don’t realize what they are taking on and all the duties required, says Lisa Montano, an Estate Planning Strategist for Wells Fargo Advisors. “Depending on the estate’s level of complexity and the assets in the estate that need to be administered, it can be very time-consuming,” she says.

Here are five things you need to know now:

It’s not an easy job. Serving as executor or trustee typically requires a significant amount of time, patience, and organization. It can take up to a year,

maybe longer, to completely wrap up someone’s financial affairs, Montano says.

You need to know what the assets are and how to find them. Ask where the will or trust is located and how you will be able to access those documents when the time comes. Also, consider asking for a detailed list of assets and where they can be found.

You can seek professional help. You can hire a lawyer to help you manage the most complicated duties or to oversee the whole process. You can also engage a CPA to help with tax issues. “Even if the estate is simple, consulting with an attorney is a good idea. There are responsibilities and deadlines you have to meet that are laid out by state law. You also need to follow the instructions as laid out in the will or trust. Sometimes people do things on their own and it gets them in trouble. The court may remove them as executor or trustee, or they may be held personally liable for actions they have taken,” Montano says.

You may be entitled to compensation. Trustees and executors are typically entitled to collect a reasonable fee, Montano says. The amount may be regulated by state law or specified in the will or trust. You may choose to waive the fee, but you might still want to be reimbursed for travel and other expenses.

You can decline to serve. It’s okay to say you are not comfortable serving, Montano says. If you do, then someone else or a corporate trustee or a third-

party executor such as a bank, trust company, or a professional who has experience dealing with estates will need to be chosen.

Our firm does not provide tax or legal advice.

Trust services available through banking and trust affiliates in addition to non-affiliated companies of Wells Fargo Advisors. Any estate plan should be reviewed by an attorney who specializes in estate planning and is licensed to practice law in your state.

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Basement Mold

Your basement is one of the most common areas of the home for mold to grow. Mold is a fungus and all it needs to grow is the presence of water and something to feed on. Basement mold is so common because these conditions are so easily created. Dry basements are notoriously difficult to create and maintain.

Basement mold can land and feed on wood, ceiling tiles, wallpaper, paints, carpet, sheet rock, brick, cement block or insulation—and that’s just to name the most common feeding materials. There isn’t a basement that doesn’t have something for mold to feed on. Of course, not all basements are infested with basement mold. Part of this is simply the randomness of living organisms, but doing your best to reduce moisture levels and water leaks will reduce the likelihood that you have to deal with basement mold.

Finding the Problem

Basement mold is usually detected by sight or smell. If you think you see or smell mold, you probably have a problem. An experienced mold remediator should not only be able to give you a more definitive assessment of the problem, but also the controls to put in place once remediation is complete to keep the area clean and dry. The first thing you should do is identify the source of water entering your basement. If you have mold, you also have a current moisture problem or previous water infiltration into the home that was not addressed properly at the time. Some causes of moisture in the basement might be: Water seepage, Clogged gutters or poor yard drainage, Cracks in the basement wall, Cracks in the foundation, High humidity, Flooding or Missing or broken basement window covers.

Where Mold Grows:

Some areas to check for signs of mold include: Walls, Building framing lumber, Ceiling, Insulation, Furniture, Pipes, HVAC vents or Personal items, especially if stored in a closet or closed storage room.

A Job Better Left To The Professionals:

Basement Mold Removal. Some forms of mold are harmless; others can be harmful to your health, especially if you have allergies or asthma. Prior to the start of remediation, a licensed mold professional will construct the proper containment and have the proper air filtration in place before removal begins to eliminate the spread of the mold to other areas of the structure.

Attic Mold

Not all discolorations on wood are molds. Almost all building products will support mold or fungi growth. On wood there are three basic fungi: decay fungi, stain fungi and mold fungi. Some dark stains can be attributed to the natural oils or acids inherent in wood that are often brought to the surface by the heat inside the attic. Stain fungi is an aesthetic problem, decay fungi damages the wood and mold fungi can be cleaned or removed.

The attic should be dry in the summer, because the heat from the roof drives moisture to the inside of the home or out through the roof vents. Attics are more susceptible to moisture problems in the winter when heat generated inside the home drives moisture from the living area to the attic. Pull down stair cases, passage doors etc. can all allow heat and moisture to reach the attic space. When moist air reaches the dew point, it condenses back to water and soaks into the rafters, decking or insulation. It is the moisture that helps to feed the mold spores and decay fungi. Mold spores will always be with you. To prevent future mold growth or decay, you need to control the moisture in the attic, inside the home and especially under the home. Use an attic fan that has a humidistat to pull moisture from the attic in the winter. Inside the home

use bathroom and kitchen vent fans that are vented to the exterior, never to the attic, garage or foundation. If you have any kind of leak, whether plumbing, roofing or foundation, repair and dry out the area immediately. If the area has been wet for some time or there is a presence of mold, do not direct any air into the area. A remediation professional should evaluate the space to determine a proper protocol for dry out and removal.

In addition, people with a mold allergy that also have asthma are at an increased risk of having their asthma symptoms triggered by a moldy environment, according to the CDC. However, Prof. Stephen Spiro, the deputy chairman of the British Lung Foundation in the UK, informed MNT that the presence of indoor mold can go further than simply exacerbating pre-existing conditions: Certain mold species can cause serious lung infections and scarring. For instance, in some asthmatics, inhaling the spores of a species of mold called aspergillus can lead to a condition called allergic bronchopulmonary aspergillosis, which can impact on the breathing. Individuals whose immune and respiratory systems are already weakened by chronic conditions would appear to be more susceptible to adverse effects from indoor mold. Prof. Spiro also told MNT that among patients with certain blood disorders, inhaling mold could even lead to fatal complications. Although more conclusive evidence is required, the CDC report that some research suggests there could be an association between indoor exposure to mold and the development of respiratory conditions in otherwise healthy people. In 2004, the Institute of Medicine (IOM) reported that there was enough evidence to connect indoor mold with the development of upper respiratory tract problems in healthy people, and some evidence suggesting the same in healthy children. More recently, the CDC state that exposure to mold early in a child’s life could be associated with the development of asthma.

For more information on any concerns, please feel free to call Disaster Services. We are a licensed NYS mold contractor and when in need of emergency services, Disaster Services LLC. offers immediate response to damage caused by water, fire, smoke and mold. We are recognized by all insurance carriers and work closely with both the home owner and insurance carrier. When calling our office, you will always speak to a certified technician not an answering machine. We realize that in your time of need you should be speaking to a live voice, not a machine. When your emergency arises, call us at 315 797-1128 day or night.

Players of Utica Presents the Musical 110 in the Shade

Players of Utica will close its 2017-18 season with the rousing musical, 110 in the Shade. This production of the timeless musical is based on the movie *The Rainmaker* and represents the revised version of the Tony Award winning 2007 Broadway revival. This classic musical by lyricist Tom Jones and composer Harvey Schmidt takes place in sweltering Texas in the 1950’s from dawn to midnight of a summer’s day in time of a drought. Lizzie Curry played by Danielle Priore is facing another type of drought, her love life. Living with her father and two brothers, she is worried she will become an old maid with no one to love her. When a brash, handsome, charismatic stranger named Starbuck played by Chris Wagner strides into town and claims the ability to make rain in 24 hours for \$100, Lizzie suppresses her sexual attraction to him and confronts him as a fake and a con man. Little does she know her world will turn upside down and her life will change forever. The score is lively and upbeat along with its soaring ballads. The very talented 17 member cast features an exceptional mix of veterans and newcomers to Players. Lizzie’s other love interest, the Sheriff File, is played by Stephen Wagner, her father H.C. Curry is John Krause and her brothers Jimmy and Noah are Dan Burgess and Michael O’Brien. 110 in the Shade is directed by Daniel Fusillo with music direction by Karen D. Corigliano. It will be presented June 1,2,7,8,9 at 7:30pm and June 3 and 10 at 2pm. Tickets and reservations may be made at www.playersofutica.org and by calling 315-724-7624. The show’s sponsors are PJ Green, MPW Marketing, Serianni Signs, Northeast Excavating, and New Hartford Eye Associates.

Summer Sizzle 5 Mile Road Race

The Utica Roadrunners is pleased to announce the date and information for the Summer Sizzle 5 mile Road Race. The Race start is 9 AM. There will be a one mile kids run at 8:30 AM. This year’s race is being held on Sunday, June 17, 2018. The course is at the SUNY Poly campus this year. The course is entirely run on paved roads and bike paths. The terrain consists of rolling hills and is an excellent preparation for the Boilermaker.

Cost: Registration thru May 31, 2018 is \$25.00. After May 31st the cost is \$30.00

You can download an application at www.uticaroadrunners.org or register on line at www.runsignup.com

For additional information contact Race Director Jim Mott: jmott@cvalleycsd.org.

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100 Invitations or Announcements
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New Hartford Highway News

Submitted by Highway Superintendent, Richard Sherman

I start June’s newsletter by saying thank you for being patient for the last 4-5 weeks as the heavy wet snow brought down trees along with the wind storms this spring. Everyone in my crew is out picking up brush and sweeping the roads behind them. The town has picked up 195 loads of brush so far and we are still not done with the heavy amounts as of May 15th.

Just a reminder, the town board has brought back curb side pick up back to the town residences. This starts in the month of June. Area A will be picked June 4th

thru the 8th. Have your trash out on Sunday night June 3rd. Area B will be picked up June 11th thru the 15th have your trash out Sunday the 10th. Area C will be picked up June 18th thru 22nd. Have your trash out on Sunday June 17th. Area D will be picked up on June 25th thru June 29th. Have your trash out on Sunday June 24th. Please don’t put out your trash early. Wait for your week to do so. There is no Tag or drop off at the highway garage for the month of June. It will resume in the month of July. On July 14th The Town Highway will again provide the CONFIDATA DESTRUCTION SERVICE at the highway garage from 8:00am to 12:00 Noon. Limit of 5 Boxes per person.

The Town of New Hartford will be paving the roads listed below for our 2018 paving season. The town is prioritizing the roads based upon the limited financial resources available. The highway crew will begin work on these roads in the months of July and August. The roads that were paved last year will be getting a slurry coat of asphalt over them.

This process will be starting in the beginning of June by our paving vendor Suit - Kote.

Ney Ave; Harrogate Rd; Pinecrest; Bromwich; Sycamore Entrance; Gateshead Rd; Compton Rd; Ontario; Irvin Rd; N.Slusser; Willowvale Ave; N.Wilbur Rd; Brooks Lane; Ruth Ave; Kavod Tabor Ln; Erie; Oneida St under Rt 8; Gerry Ave; Ellenwood Ct; Ora; Neal’s Gulf Patch.

Slurry Roads are Ealy, Phelps, Janet Terr, Wills, Humphrey Terr, Center Terr, Bradley Rd.

In the town of New Hartford we have 7 pump stations for pumping sewage to an upper level sewer main. We have 2 in Applewood Community, 1 on Homestead Ct, 1 on Concord Blvd, 1 in The Estates Dr., 1 on Arlington Terr., and 1 on Camden Way. The residents in these area’s with pump stations, need to know that handi wipes, mop heads, plug the pumps and stop pumping. These pumps have 35-40 hp motors and the pumps still will not dissolve these. So please check which items that you are flushing down the toilets.

Town of New Hartford, NY

Curbside Brush - Weekly Pick-up



Please ensure that no objects such as rocks or metal are mixed with the brush and green waste!

Yes Place these items loose IN A CONTAINER! (a garbage can is fine)



Sticks



Grass & weeds



Leaves & flowers

"Working together, the new changes will help your Highway Dept. in keeping our streets clean & safe."
--Rick Sherman, Highway Superintendent

NO



Do not place in a pile along the road!

Larger Tree Limbs

Please place in a neat pile at the edge of the road!



up to 6 in. diameter
6 ft. to 8 ft. long
Branches

If you have a large tree come down, please call the Highway Dept. to schedule an appointment & we will stop by with our new chipper recently approved for purchase by the Town Board.

Email: rsherman@townofnewhartfordny.gov
Cell Phone: 315-534-2998

Town of New Hartford Trash Program

--Tags, Curbside & Drop-off--

Tag Pick-up Program for Bulky Items

For those items that you would like your Highway Crew to pick up, you need to purchase tags from the Town Clerk's office by the last Friday of the month!

Cost is the same as last year!



Town Clerk's office open 8 a.m. to 4 p.m. Mon. - Fri.

It's Back...

Curbside Trash Pick-up

throughout the town during the month of **JUNE**



See schedule for your area on the town website at townofnewhartfordny.gov or...

visit our website at townofnewhartford.com for a program we developed that will search for your street and give you the dates for your particular area.

Trash Drop-off

at the Highway Garage



During April; May; July; August & September

Drop-off times are:

Mondays 6:30 a.m. to 2:00 p.m.

Every second Saturday of the month...

Except the month of June!

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**July 6th - August 31st
\$179**



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**We'll teach them Basic Mixed Martial
Arts, to be used in a Defensive System -
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Choice of potato, cole slaw, roll, butter, coffee or tea.

Serving 4-7 • Donation \$10.50

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Every Thursday from 5 to 9 Offering:

Pasta Fagioli, Steak Sandwiches, Sweet and Hot Peppers, Roast Beef D'azur,
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Plus a Weekly Special

JUNE
2018

FAITH IN NEW HARTFORD

THE TOWN CRIER

37



FIRST UNITED METHODIST CHURCH

105 Genesee Street, New Hartford – (315) 733-4227
office@firstumconline.org
www.firstumconline.org

We are also the home of the Family Nursery School!

Rev. Brad Chesebro, Senior Pastor

Deacon Becky Guthrie, Congregational Care Coordinator

Worship Schedule

9:00 am Youth & Adult Sunday School

10:00 am Coffee Hour

10:30 am Worship Service

Second Saturday Service will be held on June 9 at 5:00pm

Communion offered 1st Sunday of each month

Child care provided for all Church activities

We are handicapped accessible!

Visit our website to view recent sermons.

CLINTON ROAD BAPTIST CHURCH SBC

dba Crosspoint Church

Senior Pastor, Samuel Macri

Youth Minister, Bobby Allen

140 Clinton Road, New Hartford

Sunday Morning Worship Service at 8:00

317 Oriskany Blvd, Whitesboro, 797-4520

Sunday Morning schedule:

Sunday School Small Groups, 9:00

Sunday Morning Worship, 10:30

Sunday Evening Youth, 5:00

Sunday Evening Discipleship, 5:30

Tuesday Morning, 6:30, Men's Fellowship Breakfast

New Hartford Campus

Wednesday Evening, 6:30, Praise Team Practice

Wednesday Evening, 7:00, Prayer Meeting

Thursday Evening, 6:30, College/Career Ministry

Website: crosspointchurchonline.org

Sunday Morning Services streamed live

Pastor Sam's messages available at our website

We are Handicapped Accessible

Handicapped accessible!

ST. JOHN THE EVANGELIST CHURCH

66 Oxford Road - 732-8521

Rev. Kevin Bunger, Pastor

Cheryl Smith Dir. of Faith Formation

Saturday: 8:30am; Vigil, 5:15 p.m. Confessions 4:15-5pm

Sunday Masses: 7:00, 8:55, 11:15 am

Mon-Fri Masses: 6:45am, 9am

We are handicapped accessible!

HOPE ALLIANCE CHURCH

4291 Middle Settlement Road, P.O. Box 626, N.H.

General Office: 732-1349

Rev. Andy Ward, Pastor

Sunday Services: Sunday School for entire family: 9:30 a.m.

Morning Worship: 10:45 a.m. Communion First Sunday of the

Month.

Tuesdays: Ladies Bible Study - 9:30 a.m.

Wednesdays: AWANA - 6pm

Fridays: Christian Service Brigade - 7pm

Sundays: Jr. & Sr. High Youth Fellowship.

Hope Alliance Church is handicapped accessible.

ST. THOMAS CHURCH

150 Clinton Road - 735-8381

Pastor: Rev. David Sears

Saturday Vigil: 4 p.m.

Sunday Mass: 9:00 a.m.

Confessions: Sat. 4:45-5:15 p.m.

Holy Day Schedule:

Holy Day Masses 12 noon

Adult Religious Education, Open to the Public

We are handicapped accessible!

ST. STEPHEN'S EPISCOPAL CHURCH

25 Oxford Road - 732-7462 (Parish & Rectory)

The Very Rev. Joell Szachara

Sunday Service of Holy Communion at 10am followed by

fellowship

We host:

YMCA School Age Child Care Office & Program (315-797-

4787)

Al-Anon Meetings: Sundays at 5pm & Thursdays at 5:30pm

AA Meetings: Sundays at 8pm

Yoga by Kristy: Tuesdays at 5:30pm & Thursdays at 9:30am

EGA Meetings: 1st Mondays of the Month

St. Stephen's is handicapped accessible.

ST. GEORGE'S EPISCOPAL CHURCH

9389 Elm Street, Chadwicks

tlmas@roadrunner.com

For more information, please contact Brian Johnson

at 315-736-3572

Sunday Holy Eucharist: 10 a.m.

IMMANUEL BAPTIST CHURCH

9501 Weston Rd., NH (Next to Perry Jr. High), 737-5222

www.ibcfamily.com E-mail: info@ibcfamily.com

Sunday Morning Worship Service 9:45 am

Preschol and Children's Worship Hour 9:45 am

Nursery services also available during the Worship hour.

Prayer Meeting every Wednesday at 6:30 pm

A Seder Supper and Maundy Thursday Service will be held on

Thursday, March 29th from 5:30 pm - 8:00 pm.

4/1 - Easter Sunday Service will be at 9:45 am.

All are welcome to attend.

Church is handicapped accessible.

NEW HARTFORD PRESBYTERIAN CHURCH

45 Genesee Street, NH - 732-1139

www.newhartfordpresbyterian.org

Worship services begin each Sunday at 10:30 a.m., led by the

Rev. Dr. Sue A. Riggle.

We welcomes all to worship each Sunday at 10:30 a.m. Sunday

School programs for children and adults begin at 9:30 a.m.

Child care is available.

Worship at 10:30 a.m. each Sunday, led by the Rev. Dr. Sue A.

Riggle. Communion is available on the first Sunday of each

month.

Sunday school programs for adults and children begin each

Sunday at 9:30 a.m.

OUR LADY OF THE ROSARY CHURCH

1736 Burrstone Road - 724-0402

Pastor Joseph Salerno

Saturday, Vigil Mass, 4 p.m.

Sunday: 7:30, 9 & 11a.m.

Weekday Mass Schedule:

Mon., Wed., & Fri. - 7:30 a.m.

Miraculous Medal Novena & Communion Service - Tues 7pm

Communion Service: Thursdays 7:30am

Reconciliation: Sat 3-3:30pm

Handicapped Accessible and Air Conditioned

SAUQUOIT VALLEY UNITED METHODIST CHURCH

Cor. Pinnacle Rd. & Mohawk St., Sauquoit

email: sauquoitvallyumc@aol.com

Pastor Carl Getz

Office - 737-7505

Sunday Worship 11 a.m. (Nursery Care Available)

Sunday School 9:30 a.m. For all ages.

Handicapped Accessible

FIRST BAPTIST CHURCH OF NH

7 Oxford Road - Office phone: 733-4570

Rev. James Harrieff, Pastor

Sunday Service - 9:30am

Sunday School - 11:00am

UNITARIAN UNIVERSALIST CHURCH

10 Higby Road, Utica

315-735-9930 uuutica.org

Minister: The Rev. Eve Stevens

Sunday Services/Religious Education for Children at 10:30am

June 3: The Climate Action Sub-Committee of the UU Church

will present a service called "The Elephant in the Corn-

field", highlighting the important effects of climate change on

growing food, particularly on the water cycle and soil. Barbara

Freeman will be drawing material from the Rev. Dr. Marilyn

Sewell and from Climate Reality's Right Under Your Feet.

She will spotlight good things we can all do to improve soil.

June 10: S. Brent Rodriguez-Plate, a visiting associate profes-

sor of Religious Studies at Hamilton College, will speak on the

topic, "Healing the Senses, Healing the Soul." He will offer

thoughts and guide a reflection on the smells, sounds, tastes,

and images around us, and how these can help heal us.

Annual Rummage Sale- Friday June 15 9AM to 5PM. Satur-

day June 16 9AM to Noon-bag sale. "A Little Something for

Everyone"

June 17: Annual Pilgrimage to Barneveld. The speaker, Peter

Van Cleave, PhD. is a Lecturer of History at the School of

Historical, Philosophical & Religious Studies at Arizona State

University. The title of his talk is "TheCrisis of 1826 and
the Fate of the Unitarian Church of Barneveld." The service
begins at 11 AM preceded by music by Ann Carey & Matt
Mielnick and refreshments on the lawn beginning at 10 a.m.
This is one of four services each year where the UU churches
of the Mohawk Valley worship together.

June 24 - Flower Communion, We exchange flowers to
symbolize beauty, human uniqueness, and our shared commu-
nity. Extra flowers are available, or bring your own. When the
Nazis took control of Prague in 1940, they found the Unitarian
gospel of the inherent worth and beauty of every human per-
son to be extremely dangerous. Dr. Norbert Capek, founder of
the modern Unitarian movement, was sent to Dachau, where
he was killed. His message of human hope and decency lives
on in the Flower Communion service.

The service will be followed by the Annual Picnic.

BIBLE BAPTIST CHURCH

4431 Middle Settlement Road – 797-0404

www.bbcnhny.org

Pastor J. Douglas Hanback

Sunday Services:

9:30 am Sunday School

10:45 am Worship Service & Children's church

Wednesday Prayer Meeting: 6 pm

Nursery Provided. **Handicap Accessible!**

FAITH IN CHRIST FELLOWSHIP CHURCH

3431 Oneida St., Chadwicks - 737-0753

www.faithnchristfellowship.com

Pastor : John Kelly

Sundays: Worship, 10 a.m.

Children's Church during the sermon.

Bible Study and Prayer - Wed evening 7:00 p.m.

ST. GEORGE ORTHODOX CHURCH

350 Higby Road, New Hartford, 315-292-6682

Reverend Fr. Nikolai Meyers

Sat - 5pm Vespers

Sun - 9am Matins

Sun - 10am Liturgy

Wed - 5:30pm Vespers

Bookstore hours: Open Sundays after Services.

NEWMAN CENTER at UTICA COLLEGE

1600 Burrstone Road - 792-3284

Rev. Paul J. Drobin

Saturday Vigil: 5 p.m.

Sunday: 10:30 a.m.

LIVING FAITH BIBLE CHURCH

Corner of Pinnacle Rd. and Oneida St, Sauquoit - 737-5075

David Green, Pastor

Sunday Service: 10:30 am

Junior Church available. Nursery also available

Wednesday Bible Study - 7:00 p.m.

Sunday School 9:30am

We are handicapped Accessible.

WESTMINSTER-MORIAH-OLIVET PRESBYTERIAN CHURCH

Minister Rev. Robert G. Umidi, PHD.

Music Director Richard Crawley

Worship service: Sunday 10:30 a.m.

714 Washington St., Utica

Handicapped accessible

315-732-6518, www.wmoutica.org. find us on Facebook &

Twitter

NORWICH CORNERS CHRISTIAN CHURCH

10233 Roberts Road, Sauquoit - 737-0757

WHERE JESUS IS LORD!

Pastor Walter J. Wharram, Jr.

Sunday Morning Prayer - 8:45am

Sunday School - 9:30am

Sunday morning Worship Service - 10:30

Mid-Week Bible Study - Thursdays 7pm

Summer Hours - Beginning 7/1/18:

Sunday Morning Prayer - 8:30am

Worship Service - 9:30am

Campfire Meetings -Thurs 6:30pm starting 7/12/18

TRINITY LUTHERAN CHURCH

2620 Genesee St., Utica. (315)732-7869

Fall/Winter worship:

9am - Sunday School & Adult Bible Study

10:30am - Worship is led by our Seminary Student Vicar Peter

Saie. At the conclusion of his stay with us, he will become an

Ordained Minister of the Lutheran Church - Missouri Synod.

Handicapped accessible.

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Annual Rummage Sale
Unitarian Universalist Church of Utica
10 Higby Road
Friday June 15, 9AM to 5PM
Saturday June 16, 9AM to Noon-bag sale
"A Little Something for Everyone"

38 THE TOWN CRIER

FAITH IN NEW HARTFORD

**JUNE
2018**

FIRST PRESBYTERIAN CHURCH

1605 Genesee Street, Utica 732-5111 - fpcutica@verizon.net
Opening Doors, Hearts & Minds: Serving Christ & Community
Reverend Jeanne M. Kumbalek
Sundays - 10:30 Worship
10:45 - Sunday School for Elementary Ages
Faith Enrichment for all ages
Call or email for schedule.
Nursery Care Provided
Wheelchair Accessible

ST. VOLODYMYR THE GREAT UKRAINIAN CATHOLIC CHURCH

4 Cottage Place, Utica, NY (315)735-5138
Very Rev. Michael Bundz, Pastor
Masses: Sunday 10:00 am
Saturday 5:00 pm, in English
confessions before Mass
Handicapped accessible

LIFE IN CHRIST FAMILY CHURCH & BIBLE SCHOOL

25 Robinson Rd. Clinton - 315-853-1582. www.licfc.org
Pastors Peter & Addie Forrester
Adult Sunday school 8:45 AM
Sunday Service 10 AM
(Nursery & Sunday school provided)
Wednesday Prayer Mtg 7 PM
Monday night Bible study (every 3rd Mon.) 7 PM
Operating in all of the gifts of the Holy
Spirit including 'healing'
Go on line and check out our school!
4/1 - The Joy of the Resurrection (Easter) Sunday 10am

SACRED HEART ST. MARY'S CHURCH

201 Main St. NY Mills, NY
Saturday Vigil Mass: 4:00 PM
Sundays: 7:30 AM, 8:45 AM, 11:15 AM
Weekday 12:10 PM -Tuesday, Thursday, Friday
12:10 - Communion Service Only Wednesdays

ANNUNCIATION CHURCH

7616 E. South Street, Clark Mills - 853-6138
Fr. Kevin J. Bunker
Deacon Gil Nadeau
Weekday Mass: Tues.-Thurs. 8am Mass
Fri. 8 am Communion Mass
Weekend Mass: Sat. 4pm Vigil, Sun. 8am & 10am
Confession: Sat 3:15pm-3:45pm

STONE PRESBYTERIAN CHURCH

8 So. Park Row, Clinton
Scott Leonard, Commissioned Lay Pastor
Sunday service-10:30AM
Website: www.stonepres.org
E-mail: stonepres@verizon.net
Office phone: 315-853-2933
Handicapped Accessible

CLINTON UNITED METHODIST CHURCH

105 Utica Road, Clinton
Pastor Jeff Hale
Sunday Worship Service 9:30 AM
Sunday school during worship following children's time
Office Phone: 853-3358
www.clintonmethodist.org

PLYMOUTH BETHESDA UNITED CHURCH OF CHRIST

500 Plant St, Utica (Oneida Sq, across from Dunkin Donuts)
Mike Ballman, Pastor
Sunday Mornings 9:30am
Last Sunday of the month - 10:30am
www.plymouthbethesda.com

CORNERSTONE COMMUNITY CHURCH

500 Plant St. Utica(Oneida Sq. across from Dunkin Donuts)
Mike Ballman, Pastor
Sunday Mornings: 11:15am
Last Sunday of month 10:30am
www.cornerstoneutica.com

CHRIST CHURCH (REFORMED PRESBYTERIAN)

8470 New Floyd Rd.
Rome, NY 13440
Website: www.christchurchreformed.com
Facebook: <https://www.facebook.com/ChristChurchReformed-Presbyterian>
Pastor: Aaron Goerner
Services:
Sunday School: 10AM
Sunday Worship: 11AM

Thursday Bible Study 7PM

HOLY TRINITY ROMAN CATHOLIC CHURCH

Father Canon John Mikalajunas
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Only 5 minutes from New Hartford (per Mapquest)
Saturday 5pm/ Sunday 8AM + 10AM (English Masses)
Sunday 11:30AM only all Polish Mass in Central NY
Weekday 8AM Mass followed by Rosary 7 days a week
Confessions Daily 7:45am, Saturdays 4pm
Handicapped accessible - Air conditioned

*New Life
Apostolic Church*



Service Times:
Sunday School

Sunday Adult Service: 10:00 a.m.

Wednesday Night Prayer: 7:00-8:00 p.m.

Thursday Evening Bible Study: 7:00 p.m.

Pastor Mark Waterman
315.736.1161

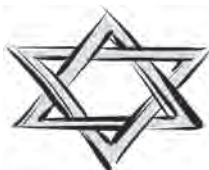
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New Hartford, NY 13413



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BEIT SHALOM

48 Franklin Square, Utica, NY 733-2867
Rabbi: Stephen Galiley
Friday Evening Shabbat Services: 7:00 pm
Oneg Shabbat
Beit Shalom is a Messianic Jewish Congregation.
All are welcome!



TEMPLE EMANU-EL

2710 Genesee Street, Utica, NY – 724-4177
teuticaoffice@gmail.com
Rabbi Peter Schaktman
Friday Shabbath Services: 7:30 p.m.
Friday Evening Oneg Sabbath sponsored by the Sisterhood of Temple Emanu-El. All are Welcome

TEMPLE BETH-EL

2710 Genesee Street, Utica, NY – 724-4751
Cantor: Kalman A. Socolof
Executive Director: Mrs. Mundy B. Shapiro
Friday Evening Services: 5:30 p.m.
Sabbath Morning Services: 9:30 a.m.
Weekly Morning Minyan Services are held Mon., & Thurs.
from 8:00 a.m. at 2710 Genesee Street.
Friday Evening Oneg Sabbath as well as the Saturday Morning
Kiddush are sponsored by the Sisterhood of Temple Beth El.
All are Welcome.

ZVI JACOB

Orthodox Synagogue
110 Memorial Parkway, Utica - 724-8357
Services are held Saturday at 9am, and on holidays.
Services may be held at other times if there is a minyan.
Visit our website www.zvijacob.org.
All are Welcome.

THE JEWISH COMMUNITY CENTER

2310 Oneida Street, Utica - 733-2343
Provides programs for seniors and recreational activities for all
ages. Open to people of all races, religions, and nationalities.



Old Path Farm

Up on Grange Hill Rd. in New Hartford, you'll see a remarkably abundant 2-acre garden full of over 40 different vegetables. Without any synthetic chemicals, this field provides luscious vegetables to 130 families who sign up for the season.

Old Path Farm has been growing vegetables sustainably for thirteen years using the subscription model. Community Supported Agriculture or CSA farms are not all exactly alike, but generally members buy a farm share, which is an entire season's worth of food. Old Path Farm offers 2 types of shares. In June through October Full Shares pick up every week (18 weeks) and the Half Shares pick up every other week (9 weeks). Additionally, a separate "Fall Share" is offered for the months of October and November.

The main reason that members enjoy the CSA is for the fresh quality and flavor of the produce. Even children begin to enjoy vegetables that they previously did not. Each week on the morning of the pick-up, we harvest, bunch and wash 6-8 vegetables. In addition, members can choose to spend a few minutes in the U-pick patch picking items such as peas, beans hot peppers, cherry tomatoes. For some, being surrounded by birdsong, fresh air, and blue sky at Old Path Farm while picking a bunch of flowers or herbs is the best part of their week.

Farmer's Nancy Morelle, Pete Bianco, and Nancy Grove grow plenty of the staple garden veggies for farm members, while also adding a few rare heirlooms.

The weekly veggie pick-ups have a community-building atmosphere, where members have a chance to chat with one another as they pick up their produce. We strive for a collaborative relationship with our members and encourage questions about how we are growing their food.

We are often asked if we use pesticides, insecticides, fungicides or genetically modified organisms. The answer is no. We avoid these because of their harmful effects to human health, soil and water. Furthermore, we have found that we have higher yields of gorgeous, flavorful, nutrient-dense produce when our farming practices focus on feeding the plants their optimum nutritional needs naturally.

How do you know if joining a CSA farm will be right for you? Some questions to consider: Do you like to cook? Will you like eating vegetables that might be new to you? Can you make a commitment to pick up your farm share weekly or bi-weekly? If a CSA sounds exciting to you contact us: vegetables@riseup.net or 315-737-8621 (no text).



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Claudia Tenney, LION Nicholas P. Montesano and Sauquoit LION Sue Hughes at the Journey for Sight Walk-A- Thon on Sat May 12 during registration.

LIONS Club News

This spring has been the busiest of the year for the New Hartford/New York Mills/Whitestown LIONS. Thurs. April 26 was our Subway Day. The Whitestown Subway agreed to give 10% of the day’s proceeds toward our club. In exchange we promoted the day through the media etc. A family of very modest means in Waterville is facing a \$4000 hearing aid bill for their 12 yr old son. Our club as well as

other LIONS clubs in the area will be looking to help. Proceeds for the Subway Day will be earmarked to assist that family.

The weekend of April 27-29, in a joint effort with the New Hartford LIONNESS, was our White Cane weekend. Members of both the LIONS and LIONNESS spent time at Herb Philipsons collecting donations. We certainly say thank you to anyone who deposited money in our bucket. Funds will be earmarked toward the Freedom Guide Dogs located in Cassville. These dogs are trained right in the home of a blind person; this personalized way of training can make all the difference for blind people who cannot, without hardship, sacrifice job income, forgo domestic responsibilities or travel.

Last, but certainly not least, is the Journey for Sight Walk-A- Thon. This occurred in Sauquoit on Sat. May 12. Through Sponsors, Ad Book and Pledges area LIONS accumulated over \$16000. New Hartford native and area Congresswoman Claudia Tenney obtained pledges and participated in the walk. We are grateful that she could take the time out of her busy schedule to engage in our cause.

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YAHNUNDASIS GOLF CLUB

2018 Sponsors









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ONE FREE GREENS Fee with the
purchase of one Greens Fee
Must purchase cart for two players
Valid weekdays only

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Vernon, NY 13476
Phone: 315.829.3210

Picnic & Basket
Raffle Fundraiser

FRIDAY, JUNE 15TH, 2018
5:30^{PM}-8:00^{PM}
12 North Sports Park

All funds raised help us to continue
to pay it forward to those in our community
with a chronic or life threatening illness!

Food, Raffles & Fun!

Admission Tickets
Adults - \$20.00
Child 6-10 years old - \$12.00
5 & Under - Free

For more information &
RSVP details visit:
www.ValleyKidsCare.com



Valley Kids
care
FOUNDATION

Helping allow those with a chronic or life threatening illness to focus on Living Life.

STEET PONTE

AUTO GROUP



The Steet Ponte Auto Group philosophy of customer service reflects its origins as a family business. Because all Steet Ponte Auto Group dealerships are owner-operated, a high degree of personal accountability remains the Steet Ponte Auto Group hallmark. Stop in and see why our customers always say, "it's so easy to do business with the Steet Ponte Auto Group!"

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Volkswagen



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