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May 2018

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NEW HARTFORD MEMORIAL DAY PARADE AND NHFD OPEN HOUSE

Monday May 28, 2018 ~ Starting at 7:00 PM

Sponsored By:

*The New Hartford Volunteer Fire Department; The Village of New Hartford;
The New Hartford Chamber of Commerce*

Annual Spring Plant and Bake Sale

The Sauquoit Valley Garden Club will host their annual Spring Plant and Bake Sale on Saturday, May 12th 9:00 a.m.-5:00 p.m. The sale will take place at the town garage on Pinnacle Rd. across from Reilly's Dairy. A variety of annuals and perennials will be sold including hanging plants, houseplants, herbs and vegetables. Town of Paris garage (across from Reilly's Dairy) Pinnacle Rd. Sauquoit. The Bake Sale will be held across the street at Reilly's Dairy. A variety of homemade baked goods will be available. The proceeds to benefit scholarship programs.

**PARIS HILL
GARDEN CLUB
SATURDAY, MAY 12TH**

9 – NOON

**PARIS HILL FIRE STATION
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Event Day Registration: 9 a.m. **COLOR BURST:** 10 a.m.
Post-Splash Party: Vendors, Raffle Auctions, Food & Much More!

DETAILS & REGISTRATION FORMS:

<http://pathfindervillage.org/get-involved/splash-path>
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Registration Fees (thru 5/5): Kids under 5 FREE;
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**NEW HARTFORD MARCHING BAND
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**SATURDAY, MAY 12TH
PERRY JUNIOR HIGH SCHOOL**

1st Annual Marching Spartan Vendor Extravaganza!
10:00 am – 4:00 pm

Bottle Drive
9:00 am – 12:00 Noon



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THE TOWN CRIER

8TH ANNUAL FUR BALL

MAY 2018

The Meaning of a “Fur Ball”

The 8th Annual “Fur Ball” presented by Staffworks to benefit Stevens-Swan Humane Society (SSHS) is almost here! This year’s fundraiser is all about the “fur balls” that need your help! Join Event Chair, Jackie Romano, and other animal lovers on Friday, May 18th, 7:00pm to 11:00pm at Yahnundasis Golf Club.

This year’s “Fur Ball” hosts, Kristen Copeland, Chris Walsh, Don Shipman and Adam Lawless, were thrilled to be a part of this event. Not only do they have a passion for our community and its people, but they also have a love for its animals. They each adopted their own fur balls from Stevens-Swan Humane Society.

Don and Adam love their fur ball, Bella, “Our Bella was rescued from the SSHS. My husband and I still remember vividly the day we brought her home. She was so nervous, but quickly became a part of our family. Adopting Bella was one of the best decisions we made. I can say for both Adam (Don’s husband) and I, there is nothing better than coming home to the unconditional love that Bella exudes every day. We are truly grateful for the work being done at SSHS.”



“Adam Lawless, Don Shipman and their dog, Bella, in their home.”



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and its fur balls!

Your ticket gets you champagne, beer and wine, delicious food stations and heavy passed hors d’oeuvres, desserts and a night of dancing to music from live band, Stage Road. If that isn’t enough to make you want to wag your tag, you’ll have the chance to win various vacation packages through a silent auction, 50/50 and jewelry raffles!

The 2018 “Fur Ball” is brought to you by Event Sponsor and Corporate Partner Staffworks, Ingrid Arneberg and Will Marin, Carbone Auto Group, The Fountainhead Group, Roser Communications Network, Save of the Day Foundation, WKTV NewsChannel 2, Gilroy, Kernan and Gilroy, PJ Green and Putrelo Building Enterprises.

Tickets are \$75 per person or \$125 per couple. You can have a ball at this event by purchasing tickets online at <https://www.stevens-swan.org>, by calling 315-738-4357 ext. 0 or by visiting the shelter at 5664 Horatio Street, Utica, NY 13502. Contact SSHS if you would like to join some of the generous sponsors or would like more information about how your donation helps hundreds of animals every year.




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MAY 2018

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THE TOWN CRIER

3



Resistance is a Good Thing

submitted by James LaFountain, All American Fitness Center

It is projected; America's senior population will exceed its youth population in 5-6 years. Until a few

years ago, cardiovascular exercise was the panacea for physical fitness. Experts are now telling us, resistance training must be included 2-3 days a week. Older adults especially benefit from regular bouts of resistance work, but why?

*Building even small amounts of muscle combats the ill effects of aging.

*It improves joint integrity that helps ward off injury and improves physical mobility.

*It revs up our metabolism while exercising and at rest.

*It enhances mental acuity and improves self esteem

A major challenge facing older adults, who embark upon a resistance workout, is safety.

"There's only so much tread on a tire" is a sentence that rings true for us "chronologically challenged" Americans. Regardless of our youthful history, joints become damaged or simply worn out over the years. For most of us, the use of heavy weights is out of the question. THE most important component in resistance training for older adults is form. We must be cognizant of the way each repetition is performed.

*Taking two seconds to move a weight through a full range of motion, with a one second pause to reduce momentum, followed by a four second return to the starting position is a prudent method.

*Higher repetitions, using lighter weights is, also a good idea. Although sets of 15 or more repetitions produce improvements in muscle endurance, it still includes a muscle building affect.

*"Pre-Exhausting" a multi joint movement with a prior single joint movement forces the use of lighter weights. For example, performing side lateral raises before an overhead press forces the use of much lower resistance in the press.

*Performing "Super Slow" repetitions is also a safe way to resistance train. Taking 10 or more seconds to move a weight reduces harmful momentum.

*Elastic Bands provide a safe, yet productive method for adding resistance training to a workout.

It offers variable resistance in a "joint friendly" manner.

Training the entire body on 2-3 non-consecutive days a week allows for adequate recovery.

Each workout should begin by addressing the largest muscles (Legs, Upper Back, Chest &

Shoulders) and finish by addressing smaller groups of muscles, performing 1-3 sets per exercise. Regardless of what mode of resistance you use, Barbells, Dumbbells, machines or elastic bands, proper form is the most important ingredient.



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 Governor's pardon in New York is always public, and the

public has a chance to comment before a pardon or commutation is granted.

REALITY: In New York State the governor alone has the power to pardon a convicted person. This is given to the governor by the New York State Constitution. No one else can do this. The Governor does not need permission of anyone to do so. In fact, (s)he may grant a pardon and then keep the names private from the public. In 2017 the current Governor granted pardons and commutations to sixty people, including eighteen immigrants at risk of deportation and two men who had been imprisoned for murder and attempted murder. The latter were sentenced to a minimum of 25 years in prison. This is a number of pardoned or commuted sentences without precedent. Some suggest this action comes as a response to the current President's plan to deport immigrants. The Governor's office has suggested that to publish the names of the immigrants would subject them to targeting for deportation. The remaining of those pardoned were convicted of minor or non-violent crimes when they were 16 or 17 years old. Reasons given are, among others, it would be an invasion of the privacy of those pardoned to publish names. Governors in many states including New Jersey and California regularly release names of people who receive commutations or pardons.

MYTH: When an undocumented immigrant is in jeopardy of immediate deportation, regardless of family in U.S., lack of criminal record or work status, (s)he may seek asylum in a U.S. sanctuary city and remain safe from deportation.

REALITY: "Sanctuary" is an ancient right. At least as early as the year 1000 in Europe individuals and even whole families and communities could seek sanctuary in churches or cathedrals and be safe from authorities. This was before the days of separation of church and state. Today we still call part of a church the "sanctuary". In modern times certain US cities have sought to provide a safe haven (sanctuary) to undocumented residents and

their families to be safe from deportation until all issues can be legally addressed and fairness applied to each individual case. New York City Mayor Bill DeBlasio has narrowed the concept, stating that it is to make undocumented victims or witnesses to crimes feel safe to report crimes to the police without fear of deportation. Mayors of some sanctuary cities have vowed to resist the current U.S. administration's goal of deportation of all undocumented immigrants regardless of individual personal lives and despite the federal government threatening to withhold millions of dollars in federal funding for law enforcement programs unless the cities comply with the deportation efforts. New York State estimates that approximately 500,000 residents are undocumented. Now the proposal is that each resident must state under oath his (or her) immigration status in the upcoming census, thereby making it a crime if one lies on the governmental form. This may lead to criminalizing those heretofore not criminals, or to seriously under reporting in the census. Under reporting has serious consequences, not the least of which is under representation in elections. Some argue that this serves some special interest purposes. Immigration officials have been appearing in courthouses, at residents' front doors and at churches seeking those undocumented. Long established families in the U.S. are being torn apart, in some cases separating parents from young children born here, leading to family tragedy and children thrown into the foster care system to be supported by taxpayers. Many people believe that New York City is not actually a sanctuary city since the immigration authorities have access to all personal data that can be used to find the undocumented. Immigration arrests of residents without criminal records more than tripled in New York in the last year. Of the 2976 arrested in 2017, 899 were of people without criminal convictions, up from 250 in 2016. (Source of statistics is the NYS Office of Court Administration.) Some people believe that no one is above the law and there should be no exceptions. Others believe that sanctuary is an ancient human right and an important part of the people's liberty and that sanctuary now joins the array of ancient liberties denied to residents of this country in modern times. They believe that fairness should be applied to each family individually. The matter may need further clarification by the legislature. It is not likely that the courts can be involved since few undocumented are willing to risk deportation by bringing a lawsuit.

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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8/6-8/10 Take a Hike (with special guests, the authors of the Adirondack Kids Series!)
8/13-8/17 A Roaring Good Yarn
8/20-8/24 Little People, Big Dreams
8/27 - 8/31 DIY Graphic Novels

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NH Public Library

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New and Noteworthy Non-Fiction

1. This is Me: Chrissy Metz
2. Russian Roulette: The Inside Story of Putin’s War on America and the Election of Donald Trump: Michael Isikoff and David Corn
3. Faith: A Journey for All: Jimmy Carter
4. The Minister’s War: John W. Mears, the Oneida Community, and the Crusade for Public Morality: Michael Doyle
5. The Library: A Catalogue of Wonders: Stuart Kells
6. The Age of Eisenhower: America and the World in the 1950s: William I. Hitchcock
7. The Perfectionists: How Precision Engineers Created the Modern World: Simon Winchester
8. In the Shadow of Statues: A White Southerner Confronts History: Mitch Landrieu
9. A Higher Loyalty: Truth, Lies, and Leadership: James Comey
10. Nobody’s Girl Friday: The Women Who Ran Hollywood: J.E. Smyth
11. Meghan: A Hollywood Princess: Andrew Morton
12. Cousins Main Lobster: How One Food Truck Became a MultiMillion-Dollar Business: Jim Tselikis and Sabin Lomac

New and Noteworthy Fiction

1. The Disappeared: C.J. Box
2. Accidental Heroes: Danielle Steel
3. Red Alert: A NYPD Red Mystery: James Patterson and Marshall Karp
4. To Die But Once: A Maisie Dobbs Novel: Jacqueline Winspear
5. The Punishment She Deserves: Elizabeth George
6. The Escape Artist: Brad Meltzer
7. The Rising Sea: Clive Cussler and Graham Brown
8. Alternate Side: Anna Quindlen
9. The Bishop’s Pawn: Steve Barry
10. After Anna: Lisa Scottoline
11. The Lying Game: Ruth Ware. Hello Stranger: Lisa Kleypas
12. Red Sparrow: Jason Matthews
13. Night Moves: Jonathan Kellerman
14. The Hush: John Hart
15. Mrs. Osmond: John Banville
16. The Whispering Room: Dean Koontz

IMPORTANT Library Closure Dates
The New Hartford Public Library will be closed May 13, May 27, May 28 in observance of Mother’s Day and the Memorial Day holiday.

2nd Annual Egg Hunt was a Success!
Thank you to the 60+ children and families that joined us for our Egg Hunt in the Library Garden. We hope you had as much fun as we had!

The Summer Program Guide
Now up on the New Hartford Public Library Website. Check it out!!

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.

Kids Read to Therapy Dog
Meet Dixie...a Certified Therapy Dog from the “Tail Waggin’ Tutor” program. Dixie has been trained to be a good listener, and she wants to help you read! Dixie and her human Karen, will be visiting the library on Mondays from 4-5pm. Come to the library and read to Dixie. Call the library for more information 733-1535.

The Very Hungry Caterpillar Kid’s Adventure Yoga
Join instructor Dawn Wheeler for a fun class of The Very Hungry Caterpillar themed Yoga on Friday, May 18 4:30-5:30. Kids ages 4-6, limited to 15. Please bring a yoga mat. Registration is required. Call the library at 315-733-1535 to register.

Save the Date! Touch the Trucks
Saturday, June 2, 10:00-12:00. Drop in.

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!

May Artist on Display - Stacey Law & Reception
Local artist Stacey Law is a poet and a Fine Arts Major in painting. She took one year in Munson Williams Pratt and is continuing art classes for the retired at SUNY. An Art Reception for Stacey will be on May 14, 5:30-8:30 with public invitation. Refreshments will be served.

April Display Case for May
Tramp and Trail Club

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.

Back by Popular Demand! Senior Level Yoga Classes
The New Hartford Library will be hosting a senior level yoga class. It will begin at 3:00pm Monday, May 14th and continue for 8 weeks. Classes will end on

July 9th. Each participant will be required to bring their own yoga mat. The classes will be conducted by Bill Skinner. He 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

American Red Cross Blood Drive
Join us on Friday, May 11th from 10:00-6:00 and donate blood. The American Red Cross appreciates your donations. Please call [315-733-1535](tel:315-733-1535) to sign up for a time slot or feel free to just walk in!

Join Ruth Anne Kane for Knitting and Ccrocheting 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.

Tai Chi Classes at the Library
Classes resume on March 22 - May 10th. The Beginner Class meets from 10:00-11:00, and the Advanced Class meets from 11:15-12:15. No registration required.

UPCOMING EVENTS

Trash and Treasure Flea Market
Sat., May 19, 10-4 p.m.

Ice Cream Social
Wed., July 11, 7-9 p.m.

Vintage Books and Bordeaux
Fri., Sept. 21, 6-8 p.m.

The Bill Bonsted Indoor
Miniature Golf Tournament
Sat., Nov. 3, 11-4 p.m.

FRIENDS MEETINGS

Please mark your calendar! All are welcome: May 12, 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



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MAY
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THE TOWN CRIER 5

Trash & Treasure Flea Market

Sponsored by Friends of the
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Saturday, May 19, 2018

10AM to 4PM

at the New Hartford Recreation Center
Mill St, Village of New Hartford

12 X 12 space \$35.00

tables \$10.00 (limited supply)

Applications accepted through May 15

Full payment due with application

Set-up 7:30AM

No breakdown till after 4:00PM

first come--first served

No refunds for cancellations

Dana Del Genio Inducted into Chi Alpha Sigma

Dana Del Genio of New Hartford, NY, was inducted into the Chi Alpha Sigma National College Athlete Honor Society on April 5. Del Genio, who is majoring in Criminal Justice, is a member of the Softball team at SUNY Oneonta.

Del Genio was one of 31 scholar-athletes inducted into Chi Alpha Sigma during a luncheon held in celebration of National Student Athlete Day and NCAA Division III Week. To qualify for induction into Chi Alpha Sigma, a student must have achieved at least junior standing with a cumulative 3.4 grade point average while earning two varsity letters in an NCAA intercollegiate sport. Each student athlete must also be of good moral character and have the endorsement of both the head coach of his or her sport and the chapter president.

SUNY Oneonta features outstanding and accessible faculty, students committed to academics and community service, exceptional technology, a modern field house and athletic facilities, and a beautiful campus. Athletes compete on 21 teams at the NCAA Division III level, and the college is a member of the SUNYAC conference.

A liberal arts institution with a strong focus on undergraduate research, SUNY Oneonta continually gains recognition for delivering excellence and value. The college has been included on Kiplinger’s list of “100 Best Values in Public Colleges” and Kiplinger’s list of “10 Best Public Colleges With Lowest Debt at Graduation.” The College is also included on U.S. News and World Report list of the best public institutions in the region.

Located in the hills of Central New York, SUNY Oneonta is a mid-size, public, liberal arts and sciences college with a pre-professional focus. The college enrolls approximately 6,000 students in a wide variety of bachelor’s degree programs and a number of graduate certificates and degrees.



Eagle Court of Honor

On March 24th at Danielle’s in New Hartford, Nate Berntson, left, and Liam Evans of Troop 4 New Hartford received their eagle rank pins with over 100 people in attendance. Nate’s eagle project was to update the woods trail, including a bike and pet wash, in the NH town park. Liam spearheaded a project to build benches at the Fort Stanwix Memorial Monument. Troop 4 has groomed 67 scouts to the eagle rank in the past 50 years. Interested individuals can contact Leatherstocking Council at 315-7354437 about scouting.

Hofstra Recognizes Pair of Local Scholars

The following students have been named to the dean’s list for the fall semester at Hofstra University: Jacob Fleming, of Rome; and Brianna Fuccillo, of New Hartford.



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

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

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6

THE TOWN CRIER

COMMUNITY NEWS

MAY 2018



Chamber Music Society of Utica Presents Frisson—the New Faces of Classical Music

Chamber Music Society of Utica presents Frisson—The Ensemble on Sunday, May 6, 2018, 2:30 PM, at Munson-Williams-Proctor Arts Institute in Utica.

Performing for the first time in Utica, Frisson's program includes Beethoven's Septet in Eb, Op. 20, for strings and winds; Martinu's Nonet for strings and winds; and Ravel's Le Tombeau de Couperin for wind quintet.

Tickets will be available at the door: \$20 General, \$10 Student with ID. Please note that seating in the MWPAI auditorium is first come-first served. For more information, phone 315-507-3597 or 315-794-9741.

Led by Artistic Director and oboist Thomas Gallant, the NYC-based Frisson is comprised of rising stars—the best and brightest of recent graduates from top music schools. Intentionally designed to present all sizes and shapes of chamber music, the core group of nine musicians expands and contracts into a variety of ensembles. Frisson performs quintets, sextets and nonets featuring combinations of strings—violin, viola, cello and double bass—and winds—flute, oboe, clarinet, bassoon, and French horn. Frisson debuted in cities across the United States during this 2017-18 season.

See Frisson's Facebook page @ensemblefrisson and their website www.frissonensemble.com for the performers' biographies, excerpts from performances and their touring details.

While the May 6 performance will be Frisson's first in Utica, CMSU's veteran audience members will remember Frisson's oboist and Artistic Director—Thomas Gallant—and his collaboration with the Adaskin String Trio. Gallant and the Adaskin Trio's recording of Mozart's Oboe Quartet in F, K. 370, was reviewed by Gramophone: "Gallant's ripe timbre is particularly welcome in the glorious buoyancy and poetry of the Oboe Quartet in F, K370. Mozart sends the oboe in every direction, leaping merrily and soaring on high, while darkening the sky for the second movement's poignant, almost operatic lines. Whether singing like an early incarnation of the Countess or bouncing nimbly about, Gallant is a master of the work's inspired content." Gallant also performs with the trio Ensemble Schumann, which includes Steve Larson, viola, and Sally Pinkas, piano.

For information on all CMSU concerts—past, present and future—phone 315-507-3597 or 315-794-9741, or see CMSU website www.uticachambermusic.org.

Help Wanted: Church Office Manager Stone Presbyterian Church, Clinton

Stone Church is looking for a part time (20 hrs/week) Office Manager to fulfill the administrative, clerical and bookkeeping aspects of a Church office. Necessary skills include: proficiency in the Microsoft Office Suite; ability to utilize QuickBooks for bookkeeping responsibilities; excellent communication skills; professional appearance & conduct; ability to multi-task and prioritize efficiently; knowledge of general office procedures and equipment; strong follow-up and follow-through on assigned tasks.

For more detailed information, please email a letter of interest with attached CV or Resumé to stonechurchpsc@gmail.com.

The Good News Center

The following groups meet at 10475 Cosby Manor Road, Utica.

Separated & Divorced Support Group

Meets every other Sunday, 5:00-6:30 pm; upcoming meetings and April 22nd, May 6th and May 20th at The Good News Center, 10475 Cosby Manor Rd., Utica. The group meets in a warm, caring, confidential environment designed to help you learn skills and practical information that will guide you in rebuilding your life after your separation or divorce. Free and open to all. For more information contact Judy at 315-735-6210, judy@thegoodnewscenter.org, or visit us at www.thegoodnewscenter.org.

The Third Option

Meets every other Sunday; upcoming meetings April 22nd, May 6th and May 20th, 6:30-8:30 pm at The Good News Center, 10475 Cosby Manor Rd., Utica. WISH YOU HAD A BETTER MARRIAGE? Learn to handle anger more constructively, resolve conflicts, and communicate better. Hear couples share how they overcame problems in their marriages. The Third Option support group for married couples. For more information and to register call 315-735-6210, info@thegoodnewscenter.org or visit us online www.thegoodnewscenter.org.

National Day of Prayer

The National Day of Prayer is an annual observance held on the first Thursday of May, inviting people of all faiths to pray for the nation. It was created in 1952 by a joint resolution of the United States Congress, and signed into law by President Harry S. Truman. The National Day of Prayer has great significance for us as a nation as it enables us to recall and to teach the way in which our founding fathers sought the wisdom of God when faced with critical decisions. This year's National Day of Prayer falls on Thursday, May 3rd. A local observance will take place in the form of a breakfast at Hart's Hill Inn at 7:30 AM on that day. The cost is \$14 in advance and \$15 at the door. You may purchase tickets at Big Apple Music or the Good News Center or by calling 315-735-6210. You may also purchase tickets online at www.thegoodnewscenter.org.

Utica Dance Spring Dance Concerts 2018

The Ballet Program of the Spring Dance Concerts will be held on Thursday, May 24 at 7:00, and Saturday, May 26 at 2:00 and the Jazz/Tap/Contemporary Programs will be held on Friday, May 25 at 7:00 and May 26 at 7:00. All performances take place in the Wellin Hall, Schambach Center, Hamilton College, Clinton, NY.

Tickets available at UticaDance.com for \$12, or at the door.

The Thursday night and Saturday matinee repertory programs open with a suite of classical dances: "Napoli" (Choreography by Auguste Bournonville), "Emperor's Waltz" and "Classic Variations." "More Thank Me," an original work by Lindsey LaFountain will complete the first half of the program. And the program culminates with the fantastic story ballet, "Alice in Wonderland," where the youngest dancers join the seasoned senior dancers as they get to have fun portraying all the zany character roles from the Mad Hatter to the Queen of Hearts!

The Jazz Program, a compilation of exuberant jazz, tap, and contemporary works, will be performed on Friday and Saturday at 7:00pm and features the revival of Kathy Ryan's crowd pleasing choreography with a theme of celebration and partying for the student dancers, guest artists, and several alumni.

Setting the tone for this fun program is "Wild, Wild Party" where the advanced dancers will be joined by returning alumni in this outrageous and colorful dance. Our highly skilled youngest concert dancers will take center stage in "R.S.V.P." where one group after another will amaze the audience with their infectious dancing. The four graduating seniors lead the full ensemble in the elegant and ethereal "Solstice."

The second half of the program brings back some of our favorite choreography by Kathy Ryan; "Formerly Known As" illustrates the evocative and deeply rich music and movement of an era.

Exuberance abounds in the final dance celebration, "Swing It Kids!" which Kathy Ryan first presented in 1996. Under the tutelage of our resident Jitterbug King, Phil Horzempa, the cast swing dance to great jazz standards of the 1940's. The advanced ladies in the swing dance are joined by ten men, including Phil Horzempa and Dan Goldman. "Swing It Kids!" will lift the spirits of the entire audience!

New Hartford residents include: Kaeli and Katrina Ahn, Melania Bohach, Ada Gouse, Anita Grant, Caroline Huang, Abby Kantor, Sean Morris, Nova O'Donnell, Julia and Finley Peplinski, Kristina and Sofia Pejic, Elizabeth and Lillian Roopra, Olivia Sonson.



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and cleaning up all the broken branches from winter. Time to clean up the perennial beds and maybe mulch to keep your weeding to a minimum, make sure the mower starts, and bring out the outdoor furniture! Really this is what we all wait for!

Lettuce (haha, a little plant humor) review some container gardening tips. Container choices are endless, but make sure it has drainage...nothing kills a plant quicker than having its roots sitting in water. I'm going to go around the farm and look for cool things I might be able to plant in...make it a scavenger hunt! I already planted up some echeverias in an old pair of kids boots, and some more in an old flour canister that graced my grandmothers' countertop. Last year I planted up an old tea kettle and it spent the winter in my kitchen adorning my stove when I wasn't cooking! Let your creativity flow! Sometimes we have to look at things differently to gain perspective...that goes for everything in life!

Good potting soil is a must, not top soil. Always buy plants that will grow where you are intending to place them. My first question to a customer is usually "will it be in sun or shade?" Remember sun means either all day sun or sun from noon on. If it gets only sun until noon or one o'clock, that's an east location and that means a shade plant will do best there.

Now the real fun begins as you travel around to see what the growers have been growing for you. Plant choices are almost as endless as those for containers. Growers tend to grow

Spring Excitement

submitted by Shelley Corey, The Mum Farm

Ever notice how when the sun is shining and the weather warms up, even strangers lift their heads to smile and greet you? That's all part of the spring excitement that everyone feels once we transition into springtime. I myself have been in that springtime mode since March. Even though the weather outside was dreadful, inside the greenhouses springtime was evident. I often have friends that stop by to check on me and get a glimpse of spring, smell the earthiness of the greenhouses and marvel at how the plants grow so quickly in that environment. Mother natures' miracle at work...I'm just one of her helpers!

Well, the time has come to remind you that now is the time for trimming the shrubs (all those that are not spring bloomers),

different plants. My business focus is finding new, interesting and great performing annual plants for your container or garden plantings. I've grown loads of varieties of coleus this year. I have 4 different trailing varieties! The newest coleus varieties will take sun or shade making them fabulous additions to containers. This is the third year I've grown the new shorter cannas that make a stunning addition to a big pot, or are equally dramatic in the ground. They bloom non-stop all summer and are real show-stoppers from a distance! The new salvia "Saucy" grows 24 -30" tall, blooming continually and I've grown it in the brand-new coral color! I've also grown tall and short grasses to add texture to your plantings, along with trailing plants to add that "spiller" element. What fun you will have choosing! I tell customers to just walk through and pick up plants they like...more often than not, those combinations are some of the most interesting and unique!

Remember...Smile....enjoy the excitement...it's gardening season once again, and gardeners are some of the happiest people on earth!





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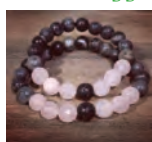
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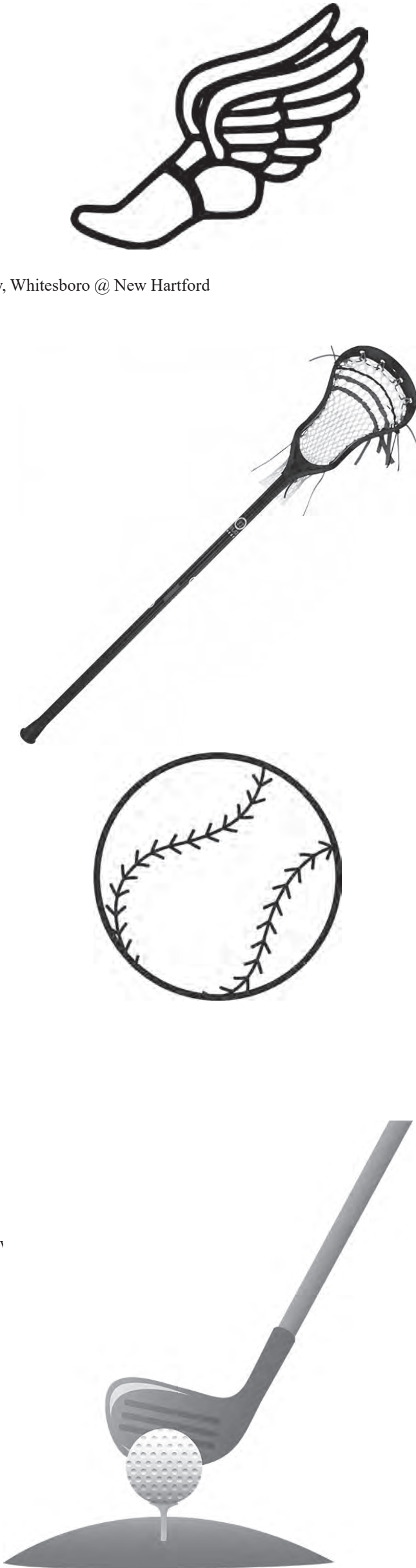
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- 5/1 - Lacrosse: Girls Modified - 4:15pm vs. Vernon-Verona-Sherrill @ Myles Elementary
- 5/1 - Baseball: Modified - 4:15pm vs. John F. Kennedy @ Perry Junior High School
- 5/1 - Baseball: JV - 4:30pm vs. Camden @ NHHS
- 5/2 - Golf: Girls Varsity - 3:30pm vs. Camden, Utica Notre Dame @ Stonebridge Golf Club
- 5/2 - Track: Boys Varsity - 4:00pm vs. Central Valley Academy, Oneida @ New Hartford
- 5/3 - Unified Basketball: Varsity Game - 4:00pm vs. Central Valley Academy @NHHS Gym
- 5/3 - Softball: Modified Game - 4:15pm vs. Utica Notre Dame @ Perry Junior HS
- 5/3 - Baseball: Modified Game - 4:15pm vs. Utica Notre Dame @ Perry Junior HS
- 5/3 - Baseball: Varsity Non-League - 4:30pm vs. Camden @ NHHS
- 5/4 - Track: Boys Varsity Invitational - 4:30pm vs. Camden, Cicero-North Syracuse, Hamilton, Solvay, West Canada Valley, Whitesboro @ New Hartford
- 5/5 - Softball: JV Non-League - 10:00am @ Mudville Softball Complex
- 5/5 - Softball: JV Non-League - 2:00pm @ Mudville Softball Complex
- 5/5 - Softball: Varsity Tournament - 2:00pm @ Mudville Softball Complex
- 5/5 - Lacrosse: Boys Varsity Non-League - 4:00pm vs. Skaneateles@ NHHS Turf
- 5/5 - Softball: Varsity Tournament - 10:00pm @ Mudville Softball Complex
- 5/7 - Golf: Girls Varsity Game - 3:30pm vs. RFA, VVS @ Stonebridge Golf Club
- 5/7 - Baseball: JV Game - 4:30pm vs. Central Valley Academy @ NHHS
- 5/8 - Track: Boys Modified Game - 4:00pm vs. John F. Kennedy, Whitesboro @ NHHS
- 5/8 - Lacrosse: Boys JV Game - 4:15pm vs. Vernon-Verona-Sherrill @ Perry Jr High
- 5/8 - Lacrosse: Girls Modified Game - 4:15pm vs. Clinton @ Myles Elementary
- 5/8 - Baseball: JV Game - 4:30pm vs. Utica Proctor @ NHHS
- 5/8 - Lacrosse: Boys Varsity Game - 6:00pm vs. Vernon-Verona-Sherrill @ NHHS Turf
- 5/9 - Golf: Girls Varsity Game - 3:30pm vs. CVA, Utica Proctor @ Stonebridge Golf Club
- 5/9 - Track: Girls Varsity Game - 4:00pm vs. CVA, Utica Proctor @ New Hartford
- 5/9 - Lacrosse: Boys Modified Game - 4:15pm vs. RFA Black @ Perry Junior High School
- 5/9 - Lacrosse: Boys Varsity Game - 6:30pm vs. Utica Proctor @ NHHS Turf
- 5/10 - Tennis: Boys Varsity Game - 3:30pm vs. Whitesboro @ NHHS Tennis Courts
- 5/10 - Softball: Modified Game - 4:15pm vs. CVA @ Perry Junior High School
- 5/10 - Lacrosse: Girls Varsity Game - 4:15pm vs. Rome Free Academy @ NHHS Turf
- 5/10 - Lacrosse: Boys Modified Game - 4:15pm vs. Whitesboro @ Perry Junior High School
- 5/10 - Baseball: Modified Game - 4:15pm vs. Central Valley Academy @ Perry Junior High School
- 5/10 - Softball: Varsity Game - 4:30pm vs. Whitesboro @ Washington Mills Athletic Park Field #1
- 5/10 - Baseball: Varsity Game - 4:30pm vs. Whitesboro @ NHHS
- 5/10 - Softball: JV Game - 4:30pm vs. Whitesboro @ Washington Mills Athletic Park Field #2
- 5/10 - Lacrosse: Girls JV Game - 6:00pm vs. Rome Free Academy @ NHHS Turf
- 5/11 - Golf: Boys Varsity Game - 3:30pm vs. Whitesboro @ Skenandoa Golf Club
- 5/11 - Track: Girls Modified Game - 4:00pm vs. Central Valley Academy, Donovan @ New Hartford
- 5/12 - Lacrosse: Girls Modified Game - 10:00am vs. Vernon-Verona-Sherrill @ Myles Elementary
- 5/14 - Golf: Boys Varsity Game - 3:30pm vs. Rome Free Academy @ Skenandoa Golf Club
- 5/14 - Track: Boys Modified Game - 4:00pm vs. John F. Kennedy, Oneida @ New Hartford
- 5/14 - Baseball: JV Game - 4:30pm vs. Rome Free Academy @ New Hartford
- 5/15 - Unified Basketball: Varsity Game - 4:00pm vs. Whitesboro @ NHHS Gym
- 5/15 - Lacrosse: Boys JV Game - 4:15pm vs. Rome Free Academy @ Perry Junior High School
- 5/15 - Lacrosse: Girls Modified Game - 4:15pm vs. Rome Free Academy @ Myles Elementary
- 5/16 - Lacrosse: Girls Varsity Game - 4:15pm vs. Central Valley Academy @ NHHS Turf
- 5/17 - Unified Basketball: Varsity Game - 4:00pm vs. Oneida @ NHHS Gym
- 5/17 - Softball: Varsity Game - 4:30pm vs. Utica Notre Dame @ Wash. Mills Athletic Park Field #1
- 5/17 - Baseball: Varsity Game - 4:30pm vs. Utica Notre Dame @ NHHS
- 5/17 - Lacrosse: Boys JV Non-League - 5:00pm vs. General Brown @ NHHS Turf
- 5/18 - Golf: Boys Varsity Game - 3:30pm vs. Utica Notre Dame @ Skenandoa Golf Club
- 5/18 - Track: Boys Modified League Meet - 4:00pm - John F. Kennedy, Rome Free Academy, Whitesboro, Donovan @ New Hartford
- 5/18 - Softball: JV Non-League - 4:30pm vs. East Syracuse/ Minoa @ Wash. Mills Athletic Park Field #2
- 5/18 - Softball: Varsity Non-League - 4:30pm vs. E. Syracuse/Minoa @ Wash. Mills Athletic Field #1
- 5/21 - Softball: Modified Game - 4:15pm vs. Vernon-Verona-Sherrill @ Perry Junior High School
- 5/21 - Baseball: Modified Game - 4:15pm vs. Vernon-Verona-Sherrill @ Perry Junior High School
- 5/22 - Track: Girls Modified Game - 4:00pm vs. Central Valley Academy, VVS @ New Hartford
- 5/22 - Lacrosse: Boys Modified Game - 4:15pm vs. Clinton @ Perry Junior High School
- 5/24 - Track: Girls Modified Game - 4:00pm vs. Oneida, Rome Free Academy @ New Hartford
- 5/24 - Lacrosse: Girls Modified Game - 4:15pm vs. Whitesboro @ NH - Myles Elementary
- 5/29 - Baseball: Modified Game - 4:15pm vs. Camden @ Perry Junior High School
- 5/29 - Softball: Modified Game - 4:15pm vs. Camden @ Perry Junior High School
- 5/31 - Softball: Modified Game - 4:15pm vs. Whitesboro @ Perry Junior High School
- 5/31 - Baseball: Modified Game - 4:15pm vs. Whitesboro @ Perry Junior High School
- 5/31 - Lacrosse: Boys Modified Game - 4:15pm vs. Utica Proctor @ Perry Junior High School







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Atkinson Joins Firm as Associate Attorney

The law firm of Getnick Livingston Atkinson & Priore, LLP, is pleased to announce that Justin T. Atkinson, Esq. has joined the firm as an associate attorney.

A native of New Hartford, Mr. Atkinson graduated *summa cum laude* from the State University of New York at Cortland and received his law degree from the University at Buffalo Law School in 2015. He is a member of the Oneida County and New York State Bar Associations and serves on the Board of Hope House.

Mr. Atkinson concentrates his practice in the areas of matrimonial law and domestic relations. Founded in 1986, Getnick Livingston Atkinson & Priore, LLP has represented a wide range of businesses, financial institutions, and individuals throughout Central New York. The firm’s nine (9) attorneys represent clients in all areas of civil practice including estate planning, personal injury, appellate practice, labor and employment, complex litigation, education law, family law, banking and financial services, creditors’ rights, and real estate transactions.

Utica City School District Hosts Third Annual Fine Arts Festival

On Saturday, May 12th, 2018 from 11:00am- 3pm Utica City School District will be hosting its third annual Fine Arts Festival in the Main Gym at Proctor High School. Guests will enter through the Arcuri entrance of the school and festival attendants will be greeted by a carnival style display of treats, face painting and a variety of fair themed activities in the first floor cafeteria. Student artwork will be on display in the halls leading up to the gym, where the rest of the exhibit will take place. This is a K-12 art exhibition, and all 13 schools in the Utica District will be represented at the event. Musical performances will take place throughout the day featuring the Proctor High School Band, Choir, Moose Ensemble and Elementary Ensembles. There will be caricatures by artist Andrew Buffington, and the Ziyara Zanies will be present to entertain guests. MVCC will have a Camera Obscura set up so that festival attendants can experience what it is like to be inside of a camera. It is anticipated to be a day of celebration and family fun for the Utica City School District community.

Festival goals:

To create an arts based celebration in the Utica school community

To showcase the artistic and musical talent of Utica City School District students

To provide the community with a family friendly way to experience the arts, music and the diversity of arts programming offered by the Utica City School District

Safety Efforts Earn New Hartford Central School Utica National’s Top Level Safety Excellence Award

Submitted by Robert Nole, Superintendent of Schools

New Hartford Central School District has received Utica National Insurance Group’s “School Safety Excellence Award” for 2018 at the Titanium with Honors level. The district has earned this distinction--the highest awarded by Utica National--for the past five years.

The honor is presented annually and recognizes school districts’ efforts as they work to help keep students, staff and visitors safe. District officials accepted a certificate to commemorate the district’s safety efforts, as well as a \$500 award to further those efforts, at Utica National’s 38th annual school safety seminar at the Syracuse DoubleTree Hotel.

“Districts that go ‘above and beyond’ to provide a safe, healthy, and focused culture of learning are to be applauded,” said Brian Saville, Resident Senior Vice President in Utica National’s Educational Institutions Unit. “We’re pleased to count New Hartford Central School District among them.”

New Hartford Central School plans to enhance its School Safety Officer program and continue to nurture its essential partnership with the New Hartford Police Department. The District also plans to implement new safety technologies, update safety procedures, and expand its District Safety Committee.

“The safety and well-being of our students and staff has been, and will continue to be, our highest priority,” Superintendent of Schools Robert Nole said. “It is very gratifying to know that community partners such as Utica National Insurance Group recognize the efforts by the entire school community in this regard.”



Jeff Ball, Bill Barry, Steve Cox, Linda Voce and Heather Payne, Brittany Bassett and Janie Bassett

GAIF Coat Drive

Great American Irish Festival members came together during the cold of winter to help keep others warm. A coat drive was held on Jan 12 and members of the GAIF Board and Committee participated by collecting as well as donating items. A generous supply of gently worn coats and other warm weather gear were collected and donated to the Veterans Outreach Center in Utica.

Route 20 Association Putting Together “New York State’s Longest Garage Sale”

Do you have a community or town-wide garage sale in your area? If so, you may want to become part of New York State’s longest garage sale taking place over the next few months from LaFayette (I-81) to Duanesburg (I-88) and maybe a bit beyond.

The “sale” will feature a calendar of community sales and their corresponding dates and posted on the Association’s website, www.nyroute20.com. For more information, please contact Bill Kwasniewski at 315-271-8111 or wwstar@twcny.rr.com.

The Route 20 Association of New York State is a 501c(3) volunteer and membership organization formed in 1999 to promote and preserve the unique and historic character of the Route 20 corridor and its many communities. It also serves as stewards of the NYS Route 20 Scenic Byway that extends 108 miles from Duanesburg (I-88) to LaFayette (I-81). More about the Route 20 Association and its activities and membership opportunities may be found at www.nyroute20.com and on Facebook.




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

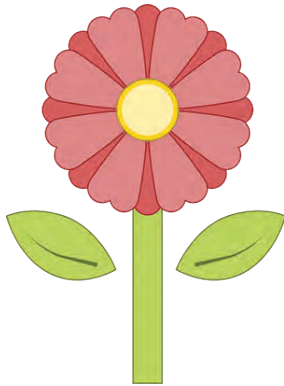
*“Dare to love yourself
as if you were a rainbow
with gold at both ends.”
~~Aberjhani~~*



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Gates-Cole Adds New Staff Members

Gates-Cole Insurance has recently added Mary J. Wilson, Lisa Marchitelli and Andrea DiSalvo as account managers/agents.

Wilson brings more than 28 years of experience with various agencies to the position. She received her CISR (Certified Insurance Service Representative) designation in 2011 and CIC Certified Insurance Counselor designation in 2017. Wilson lives in Oriskany with her daughter.

Marchitelli brings over 23 years of customer service experience with a background in insurance, instructing and the travel industry. She was born, raised and resides in New Harford.

DiSalvo brings more than 11 years' experience, where she has worked as a personal lines customer service representative and Billing specialist. DiSalvo lives in Oneida with her husband Matt, and their two sons.

Gates-Cole Insurance is an independent insurance agency with 50 employees in 11 locations throughout Central New York. Gates-Cole represents more than 45 regional and national insurance companies.



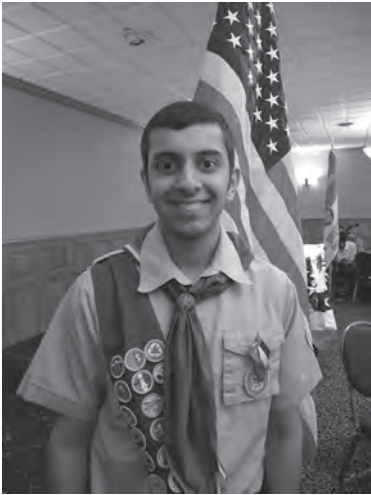
Mary J. Wilson



Lisa Marchitelli



Andrea DiSalvo



Grover Presented with Eagle Scout Rank

Kyle Grover from Troop 4 New Hartford, sponsored by American Legion Post 1376 was presented with his Eagle Scout rank at a Court of Honor Ceremony. His eagle project entailed building benches for the Thea Bowman house in Utica. Kyle is a 9th grader at Perry Junior High School.



Price Points

A prospective client recently came to us looking for a second opinion on their portfolio. After a reviewing the portfolio and some financial planning topics, the time came to discuss our services and the associated costs. The client stated “I’m pretty sure I don’t pay anything right now”. Knowing this was unlikely, we dug further and discovered the client was not only paying fees, but those fees were substantial. To top it off, the client didn’t have much of a relationship with the advisor.

While cost alone should never dictate which advisor you partner with, it is a key component that must be communicated to you clearly and simply. Here are a few easy questions to ask about costs and services.

How is my advisor compensated? This question sounds basic but based on our example clearly needs to be asked. From commissions, to delayed sales charges, to annual expenses based on assets or service, there are multiple ways an advisor can be compensated. Be sure that the compensation is disclosed fully, the method aligns with your best interest, and that you understand it.

What are all my all-in costs? Again, this seems simple, but in a world filled with all sorts of financial institutions and investment options, there are often more pieces to the puzzle. An advisor may select investments or products with additional associated expenses and trading activity could add to the total. You should understand what those costs are, and

how your advisor has factored those costs into their approach.

Are costs commensurate with the services being provided? Warren Buffet states “Price is what you pay. Value is what you get” It’s important to know what that value is. Is your advisor a fiduciary who must always act in your best interest? Do they provide investment management services or comprehensive financial planning and coaching? What additional resources will you have access to? How will the long-term relationship work?

As with any purchase of goods or services, more information makes for better decision making, so don’t be afraid to ask for it.

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.

Captain and Crew Charity Golf Outing

The Sauquoit Valley Foundation is hosting their fourteenth annual captain and crew charity golf outing Monday, July 16th, 2018 at the Cedar Lake Golf Club. Cost is \$100 per player and includes 2 meals and 18 holes of golf. Register now at <http://sauquoitvalleyfoundation.org/golf-tournament/>

Utica College Professor to Speak About China on May 17

Dr. Jun T. Kwon, professor of Government and Politics at Utica College, will speak about China and America: The New Geopolitical Equation on Thursday, May 17, 7:00 p.m. at Unitarian-Universalist Church, 10 Higby Road, Utica. This program is free and open to the public, refreshments are served, and questions and discussion are welcome. Professor Kwon earned a Ph.D. in political science from the University of Georgia and an M.A. degree in Asian studies from Cornell University.

China is implementing wide-ranging economic, military and diplomatic capacities. What are Beijing’s objectives and what leadership and political conditions underlie growing Sino-American tension? Though we are competitors on the world stage, there are many potential advantages to be gained from collaboration.



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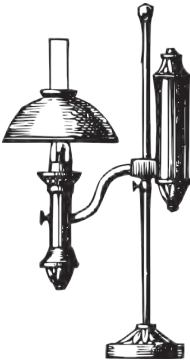



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Victor J. Fariello Jr.



Collecting Postcards

After stamp collecting (which is #1) and money (coins and paper), collecting post cards is the third largest collectible category in the world! Given the abundance and variety of subjects and affordability (for the most part), it’s not hard to understand why this is the case.

The first commercially produced post cards were introduced in the U.S. in 1893. They debuted at the Columbian Exposition in Chicago. Some of these early postcards are of exquisite design and are the most sought after by collectors. Fine specimens in pristine condition can command hundreds of dollars for a single card. Fortunately though, the vast majority of antique and vintage postcards sell in the \$3-15 range making them within reach for the average collector.

The subject areas for postcards is as varied as the cards themselves and several collectors choose to limit their collections to a certain category such as animals, landscapes, automobiles, trains etc. Most collectors though do not limit their collecting to a single category, preferring to collect a variety of subjects and designs. Either way, there is such a large availability of them in the marketplace that it makes for an enjoyable hobby that can offer many hours of enjoyment.

Those interested in learning more about this interesting and fulfilling hobby can find many books on the subject. Check the library first or browse through the many selections on Amazon.com.

It’s Not Too Early To Think About Madison Bouckville

The dates for the June and August Madison Bouckville Antique Shows on Route 20 may seem far off, however they will be here before you know it. The June Show will be 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.

The Antique Week will be August 13-19, 2018. This mega show which features 2,000 plus dealers is the antique event of the year.

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 vjfariello@gmail.com. I look forward to hearing from you.

Support the NH Historical Society

If you haven’t already done so, now is the time to renew your membership in the New Hartford Historical Society or start one if you haven’t already joined. 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. Your membership helps this great community asset. 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 vjfariello@gmail.com. Any photos submitted will be returned upon request.



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Prior sales excluded.

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One coupon per person.
Cannot be used in conjunction with any other offer.
Prior sales excluded.

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Good May 27th through June 2nd

\$40 OFF
Any single regular-priced Crabtree & Evelyn

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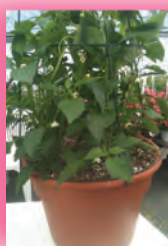
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Hanging Tomato & Cucumber Baskets.....\$11⁹⁹ ea.
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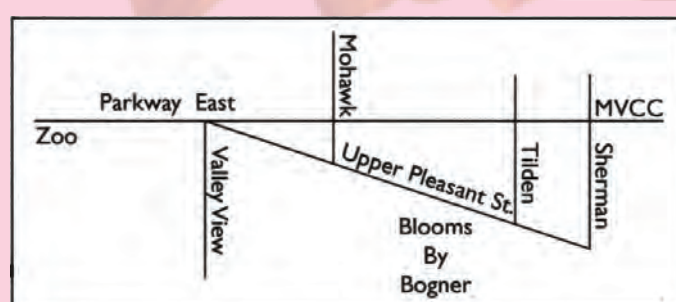


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The New Hartford Central School District's Art Department,
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The District Art Show/ Fine Arts Festival

Saturday, May 12th from 12:00-4:00PM

in the Senior High School gymnasium

Admission is free!

Art pieces will be on display from students throughout the district, including every elementary student and all secondary art students. This event is an exceptional showcase of the many talented students from all five buildings and the art department. Snacks and refreshments will be served! Please stop by!

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COMMUNITY NEWS

THE TOWN CRIER 19

The 5th Annual Baby Fest at Sangertown Square

Sangertown Square will host its 5th Annual Baby Fest on Saturday, May 5th from 11am – 2pm.

Baby Fest sponsored by Fidelis Care will have everything parents and expectant parents want or need including baby and toddler clothes, products, services, health information and more. Kids can meet Jeremiah B. Frog from Big Frog 104 from 11am – 1pm and Kids Yoga will take place in Center Court at 12pm.

“As a parent myself, I understand the endless questions and concerns that arise while raising little ones.” said Victoria Orilio, Marketing Director at Sangertown Square. “To help alleviate some of the stress, the Town of New Hartford Police Department will conduct car seat inspections in the parking lot outside of the Boscov’s Children’s Department.”

Sangertown Square continues to provide the Mohawk Valley with various child related organizations and service by hosting Baby Fest annually. This year’s vendors include: Baby’s Debut, Boscov’s, Cajun Café, China Express, Fidelis Care, H&M, HomeGoods, In Bloom Yoga, JCPenney, JCPenney Portrait Studio,

Life Power Chiropractic, Mohawk Valley Community Action, Mohawk Valley Perinatal Network, New York Life Insurance, and The Neighborhood Center, and Vernon Downs Casino.

Hundreds of dollars in prizes will be given away. Visitors can register to win prizes while attending this free event throughout Sangertown Square, a Pyramid Management Group property.

For the latest updates and information on upcoming mall events please visit our website, sangertown.com/ like us on Facebook, facebook.com/SangertownSquare, and follow us on Twitter, twitter.com/

Women in the Mohawk Valley: A History Conference Tickets On Sale Now

Celebrate women's history this May 18-20 and join us at Women in the Mohawk Valley: A History Conference; a 3-day event aimed to highlight the role of women in local history and promote women's issues in the greater Mohawk Valley.

Women in the Mohawk Valley: A History Conference is a three day event aimed to highlight the role of women

in local history and promote women’s issues in the greater Mohawk Valley. This three day event features an opening reception at the Fort Schuyler Club with a tour of the renovations of the New Century Club, a full day of presentations from local experts, and a bus tour showcasing sites relevant to women’s history around the greater Mohawk Valley. Attend all three days, or choose your favorite events.

Registration can be complete online at www.WomenInTheMohawkValley.com. Physical registrations forms can be obtained by contacting the history center at 315-735-3642 and mailed to the Oneida County History Center, 1608 Genesee Street, Utica, NY 13502.

K-12 educators are eligible to receive CTLE credit through Oneida-Herkimer-Madison BOCES for Day 2 & 3 of the conference. Educators should register on ‘My Learning Plan’ in addition to registering on www.womeninthemohawkvalley.com. The events are listed under ‘Women in the Mohawk Valley History Conference - Lectures’ and ‘Women in the Mohawk Valley - Bus Tour.’

Speaker information, detailed schedules and online registration are now available on www.WomenInTheMohawkValley.com.

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RSVP by May 8th

315-796-1520 or at www.NewHartfordChamber.com

Thursday

May 10th 2018

at

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Cocktail Hour

5:30 - 6:30pm

Dinner & Program

6:30 - 8:30pm

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Welcome New Members!

The New Hartford Chamber of Commerce proudly
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Living Against Momentum

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We welcome all businesses and individuals in New Hartford (and surrounding areas) to join our Chamber of Commerce and take advantage of networking opportunities, training, advocacy and marketing opportunities. Locally-owned businesses located in New Hartford enjoy very affordable membership dues:

0-9 Employees: \$50 ~ 10+ Employees: \$100

Individuals: \$25

Please call The Chamber at 796-1520 for more information.

May Chamber Night



8549 Seneca Turnpike New Hartford

Tuesday, May 22, 2018

5:30 - 7:00pm

Join us for Chamber Night at NBT Bank on Seneca Turnpike! Enjoy happy hour beverages and appetizers with your fellow chamber members, their guests and prospective members as you learn more about this longtime member of the Chamber.

Chamber Nights are open to the local business community and a great opportunity to network with chamber members and local business leaders. Admission to Chamber Night is \$10 for members, their employees and their guests, as well as members of Chamber Alliance organizations. Non-member admission is \$15.

Registration is required so as to provide the hosting member with an accurate headcount. Please register at NewHartfordChamber.com or call 315-796-1520.

Spring is the time of plans and projects!

Now that the spring months are upon us, what's your plan for your yard? Are you just looking for a spruce up by a professional so you can relax? Or maybe you'd like a complete makeover with an outdoor kitchen? Whatever your plan is, make sure you include us...call us today for your free estimate!

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Sat/May 26, 7 pm



Photography: James Scherzi

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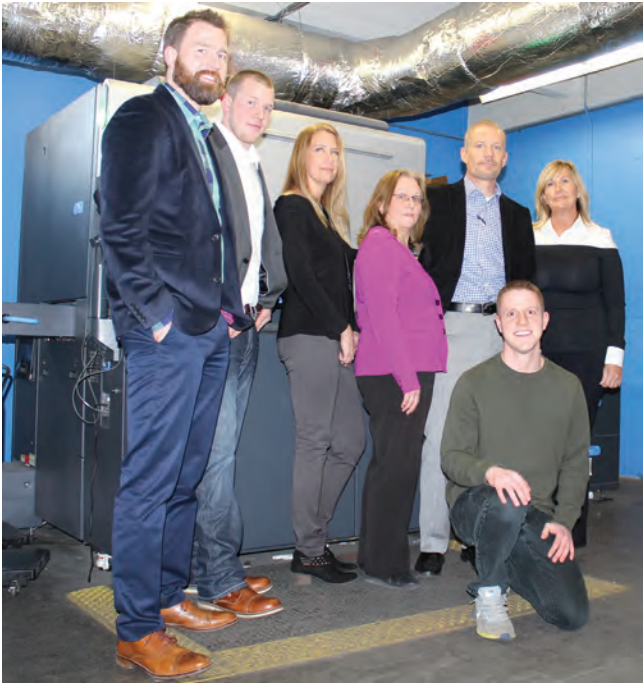
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LtoR: Rob Reynolds, Customer Relations; Andrew Reynolds, Printing Department Supervisor; Kristi Zbytniewski, Editor and Publisher of New Hartford Town Crier; Kerry Gradel, Database and Programming Manager; Rick Green, Sales Manager and Vice President; and Marianne Reynolds, President and Accounting and Human Resources Manager; Bill Williams, IT Specialist (kneeling).

The Green Machine Turns 90

Story and photos by Richard Barrett

Philip J. “PJ” Green, who started a small print advertising business out of his garage on Albany Street in East Utica back in 1928, wouldn’t recognize it today.

“It has come a long way,” says PJ Green’s grandson Rick, who is in charge of sales for the variable printing and mailing company that is celebrating its 90th anniversary this year. “We’ve seen a lot of changes.”

Philip’s sons, Terry and Pat, joined their father in business and then ran the company after his death in 1982. They continued to build the business, which was then taken over by Terry’s four children following his death in 1990.

Rick Green and his three siblings now run PJ Green’s day to day operations. Marianne Reynolds is president and handles accounting and human resources; Kerry Gradel is responsible for programming and database management; and Kristi Zbytniewski is the editor and

publisher of The New Hartford Town Crier, which the company purchased several years ago. Marianne’s sons Andrew, a print department supervisor, and Rob, a customer relations representative, and Rick’s son, Bill, an IT specialist, are also involved.

“We’ve all been doing this long enough where we know how to work well with each other,” he said.

Rick and Marianne remember sweeping floors and stuffing envelopes when they were kids.

“Lots of paper cuts,” Reynolds joked. “On hot jobs, our father brought work home to us and we sat around the kitchen table and stuffed envelopes while our friends were outside playing.”

PJ Green moved into the former Murray Warehouse on Whitesboro Street in 1988 and reconfigured it for their specialized printing presses and bindery, finishing, and mailing operations. In addition to their 125,000 square-foot headquarters in Utica, where the bulk of production takes place, they operate a small addressing facility in Syracuse, a sales office in Albany, and the Town Crier office in New Hartford.

The company made a number of upgrades to the main building over the years that allowed them to handle a greater volume of printing and mailing, to the extent that they have their own U.S. Post Office substation on-site. It’s one of the features that set them apart in the highly competitive print and direct mail market.

“We combine custom printing, which has personalized information, with our mailing expertise,” Green explained. “It’s very difficult for others to do because of the postal regulations, but we have that ability with our mailing software and postal knowledge. They check everything before it goes out to make sure all the pieces are in compliance with their regulations.”

When PJ Green’s direct mail business started to dwindle due to postal increases, it was their decision to go into digital printing that helped sustain and grow the company, and it quickly became their niche. They further diversified by introducing promotional items into their product line and are in the process of developing an online storefront with customer ordering capabilities. Sales more than doubled since they entered the digital printing market and diversified, Green said.

Due to the specialized printing it does for clients such as SUNY, PJ Green possesses rare camera and barcode reading technology that provides a competitive advantage when bidding on contracts.

“It allows us to bid on jobs that we would otherwise

be excluded from because our customers understand the importance of having it,” Green said. “We’ve been audited by organizations and only have gotten jobs because we have it. They come here and verify that we have it. State bidding requires this specific technology and we’re one of the few that has it.”

Three of the principals have also applied for casino vendor licenses and Marianne received Women’s Business Enterprise (WBE) certification last year, all of which positions the company well for future business opportunities.

The sheer volume of printed and mailed pieces is already staggering. Green estimates it’s well in excess of 20 million a year, with one notable distinction.

“Each one is different from the one after it,” he pointed out.

“Every piece off the press has a variable component to it with personalized information.”

PJ Green, which incidentally is a green operation that uses environmentally-safe inks and produces no toxic emissions, runs two HP Indigo presses and a few smaller units to produce that kind of volume. Reynolds noted that they are consistently recognized for their impressive production numbers and print quality.

“HP dials in remotely daily at any given time and sends us scores that compare us regionally, nationally, and globally,” Reynolds said. “A few times we were ranked #1 and we’re often in the top 10 in the world.”

In Rick Green’s eyes, the ability to adapt to changing business climates and the times in which we live have been responsible for the company’s longevity. It’s also because of “a very dedicated staff of long-standing employees.” The company employs 82 in its four locations.

Green said he never sees the company leaving Utica, despite considering opportunities over the years to relocate. The centralized location and convenient Thruway access are ideal and the family appreciates the transformation that’s taking place here. It’s good for business and it’s improving the quality of life here.

“It’s exciting,” Reynolds said. “We’re getting a lot of exposure partnering with high profile organizations and we are very active in the community that supports us. We’re very encouraged by what we’re seeing.”

And the Green Machine will keep on rolling.



Airiina Kolehmainen-Luttinen

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Helen Slymon-Hage

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MAY
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COMMUNITY NEWS

THE TOWN CRIER

23



Team Hannaford

The Hannaford Team that participated in America's Greatest Heart Run & Walk held at Utica College on March 3rd, had another good showing for America's Greatest Heart Run & Walk. Between their very giving & caring customers and associates, they raised \$9,373 from their 5 local Hannaford store teams. The 5 stores include Mohawk Street in Utica, Commercial Drive & Kellogg Road in New Hartford, Clinton and the Herkimer store. The money was raised through associate pledges, associate fund raisers, kiosk dollars, registration dollars & heart sales through the registers.

The Hannaford Team participated in the 3 mile walk. This was all made possible by an amazing group of dedicated Hannaford associates and our amazing customers.

CORRECTION FROM APRIL 2018 ISSUE



New York Mills Junior/Senior High Students Inducted into National Honor Society

On March 12th, 7 senior high school students were inducted into the National Honor Society with a dinner honoring them at Hart's Hill Inn.

Picture of the seniors from left to right are: Nicholas Briggs-Ellenberger; Kaliana Sobolewski; Grace Reilly; Chloe Cattadoris; Katrina Briody; Kailey Brown; Shaun Crist.

First year inductees were: Gillian Biel, Gretchen Biel, Kaitlyn Carman, Angela Chen, Abbey Copperwheat, Nicholas Despina, McKenzie Keator, Mary Grace Kehrli, Kaitlyn Kulawy, Morgan McGauley, Sarah Sharpe, Karilynn Tramacera.

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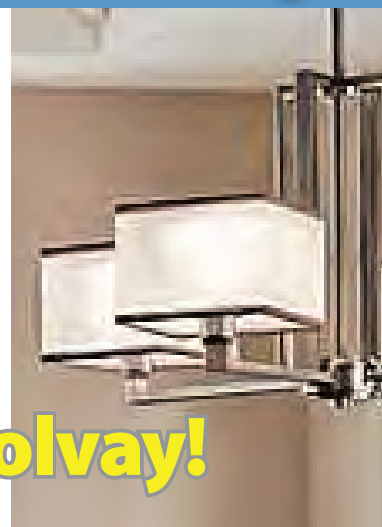


*Annual Percentage Yield (APY) is accurate as of April 1, 2018. Offer available in New York for accounts opened from 4/1/2018 - 05/31/2018. Funds to open this account cannot presently be on deposit at NBT Bank and the minimum balance to open an account and obtain the APY is \$1,000. At maturity, this account will renew into our regular CD product at the current rate available. A penalty will be assessed for early withdrawal.

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**Landmarks Society Sponsors
Victorian Springtime Tea**

Local Realtor Betty Abel and The Landmarks Society of Greater Utica, will be hosting a High Tea and Talk on Saturday May 12th, 2018 at 11:00 am (morning) & 1:30 pm afternoon in Rutgers Park.

This *Victorian Springtime Tea*, held at Rutger No. 3 Mansion will focus on the lifestyle of the women of Rutger Park during the 1800s. One of the famous women who lived in Rutger Park during this era was Julia Seymour, wife of Senator Roscoe Conkling.

The event will feature tea tasting and finger sandwiches and sweets, with a background of beautiful music and décor. There will also be a raffle for a number of exciting gifts.

So for one afternoon, take a step back in time with our classic Spring Time Victorian tea. Tickets can be purchased from our website Uticalandmarks.org or by sending your check made out to Landmarks Society of Greater Utica and mailed to Karen Day C/O LSGU 11029 Miller Road Deerfield, NY 13502

Ticket prices are \$20 for an individual,, or a table of 8 for \$150.

The Landmarks Society of Greater Utica is dedicated to the preservation, education, and restoration or our area's most treasured landmarks.

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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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MAY
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HIGHWAY DEPT. NEWS

THE TOWN CRIER

25



New Hartford Highway News

Submitted by Highway Superintendent Richard Sherman

We have some new exciting announcements to share as we head out of March madness and April showers!

The 2018 Season Dumpster – Drop-Off Collection Schedule is complete and available on the Town's website. Remember our program this spring is expected to begin April 2nd and end September 24th. For those items which you would like your Highway Crew to pick-up, please remember you need to purchase tags from the Town Clerk Office by the last Friday of the month. The cost will remain the same as last year, \$5.00 per item. The Town Clerk's Office is open Monday-Friday 8:00am to 4:00pm. Additionally, we will have the dumpster drop off along with the tag pick up for the months of April, May, July, August, and September at the Highway Garage. The regular drop off is still every Monday 6:30 -2:00 and every second Sat of the month except the month of June.

Tags and the trash drop off at the Highway Garage will be suspended for the month of June, as the new curb side pickup throughout the town will take place then. As noted by individual streets on the Town's website (Services/Highway/CurbSide Pickup), curb side pick-up is scheduled as follows:

Area A (vicinity of Applewood, Clinton Rd/St, Cherrywood, Clintonview, Collins, Manors, Merritt, Middle Settlement, Seneca Tpk,) will be the week of June 4th through June 8th. So please have your trash out in front of your residence by Sunday evening June 3rd,

Area B (vicinity of Phippenwood, Woodberry, Imperial, Sherrill, Sanger, Slusser, Root) will be the week of June 11th through June 15th have your trash out on Sunday evening June 10th,

Area C (vicinity of Arlington, Augusta, Benton, Chapman, Deerpath, Higby Hills, Narla, Taber, Tilden, Stonebridge, Wadsworth) will be the week of June 18th

through June 22nd. Please have your trash at the curb side by Sunday evening June 17th, and

Area D (vicinity of Grange Hill, Mallory, Mohawk, Sessions, Tibbitts, Chadwicks) will be the week of June 25th through June 29th. Please have your trash at the curbside by Sunday evening June 24th.

We ask that you please adhere to the weekly schedule as noted above because your Highway Crew will be staying on schedule in the various areas. The things that we will not take on curb side pick-up are no tires on rims, paint cans, propane gas tanks, dirt piles, and rocks, etc.

Another exciting new change is the way brush will be picked up at your curb. We will no longer be on a schedule as we have been the past couple of years. Instead your Highway Crew will be in front of your residence weekly. This is a result of your Town Council purchasing two new compactors that will be split evenly across the Town. One truck will do Areas A & C and the second truck will do Areas B&D.

The Highway Department is asking every residence to PLEASE use containers (garbage cans) for the brush (branches) etc. and green waste so that the container can be dumped easily into the compactor. The containers are used for small pile of twigs and green waste only. The big brush piles stay the same as last year. The larger tree limbs can be 6" in diameter and 6-8' in length. Place the limbs in a neatly pile at the edge of the roadway. If you have a tree come down that is larger, call the Highway Department to schedule an appointment and we will stop by with the new Town Council approved chipper to chip the larger limbs. The heavy pay loaders with clam buckets will no longer be picking up the brush making lawn divots and road divots with the bucket. The pay loaders not on the street will save wear and tear on these machines. If you have any questions please call me

As always, please ensure that no objects such as rocks or metal be mixed with the brush and green waste piles or unfortunately we will not be able to take it from your curb. Working together, the new changes will help your Highway Department in keeping our streets clean and safe.

Finally, please don't hesitate to email anytime with questions or issues at rsherman@town.new-hartford.ny.us or my cell at 315-534-2998.



The Very Reverend Joell Szachara

Many of you know Reverend Joell as our "Ashes to Go" Priest. For five years now she has literally reached out to our community to distribute ashes on Ash Wednesday!

On Wednesday, May 23rd, Reverend Joell will celebrate her 20th Anniversary of the priesthood. On Sunday, May 20th, there will be a reception after the 10 a.m. service at St. Stephens Church, 25 Oxford Road. All are invited to attend; Reverend Joell would love to see you!!

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News From the Town of New Hartford Codes Department

Codes Enforcement Officer Joseph A. Booth would like to remind residents in the Town to contact the Codes Office before any new construction, remodeling, or additions to existing structures commences to insure the proper use of Building Codes and Zoning Laws. Each area of the Town has different zoning requirements, which include setbacks from the front, side, and rear yard property lines, as well as square footage requirements.

Additionally, the Building Codes have changed dramatically as the State has aligned State Building Codes with the International Building Codes. These must be complied with before a Building Permit can be issued and construction begins.

Building Permits are also required for interior renovations where (plumbing, electrical, structural elements are altered, room sizes are enlarged or basements are renovated), fireplace and wood stove installations, decks (covered and uncovered), swimming pools (both in ground and above ground), storage sheds and fences. (Fence permits require a survey).

Swimming Pools

Spring is here and now is the time for you to start thinking about that pool. Whether you are about to install one for the first time or you already have one, remember there are Codes in place for the safety of you, your family and neighborhood and these apply whether you're in an agricultural district or a residential neighborhood. All swimming pools, whether they be in-ground, above-ground, portable, or hot tubs with a water depth greater than 24", are required to be guarded by a fence at least 4 feet tall or an Approved Safety Cover complying with ASTM F 1346 and equipped with an alarm. New installations require a Building Permit, third party electrical inspection, pool alarm, and a guard (fence) that provides a minimum 4 feet high barrier (other Codes may apply).

The affordability of portable pools with water depths in excess of 24" has presented the Codes Department with an unusual amount of violations in the past. In most cases, these portable pools present more of a threat to the safety of our youth than larger pools.

Please be wary of the manufacturer's warnings and consult with our department before installing.

Think SAFE! Swimming Alarms Fencing Electricity.

Garage Sale Signs

Please note that posting garage sale signs on/in public rights-of-way, especially utility poles, etc. are prohibited. Signs may be placed on the homeowner's lawn only. If signs are placed on utility poles or posted in public rights-of-way, the signs will be removed.

Also, all residents who are planning to have a garage sale must get a permit from the Town Clerk's Office. The permits are free and can be obtained at Butler Hall; for further information, please call Gail Wolanin Young's office at 315-733-7500, Ext. 2323.

New Code

The Town of New Hartford has adopted a new Code that only allows Registered and Certified Electrical Inspectors to perform electrical inspections. To date, we have three registered agencies:

CNY Electrical Inspection Services, Inc.
7910 Rinaldo Boulevard West, Bridgeport, New York 13030
Mr. Larry Kinne (315-633-0027)

The Inspector LLC
5390 State Route 11, Burke, New York 12917
Mr. Steve Glessing (315-240-1575 or Mr. Tim Wilsey (315-247-9162)

Middle Department Inspection Agency
410 Troy Schenectady Road, Latham, New York 12110
Mr. Aaron Bellows (315-706-6762)

If you have any questions, contact Codes Officers Joseph Booth or Eric Barcomb, or Dory Shaw, Secretary, at the Town of New Hartford Codes Department, 111 New Hartford Street, New Hartford; Telephone: 315-724-4300, Ext. 2.

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MAY
2018

COMMUNITY NEWS

THE TOWN CRIER 27



Third Annual STEAM Fair Takes Place at New Hartford Central School

Students and parents gathered in the senior high gymnasium on April 7 to participate in the third annual SpringSTEAM Fair. Students were eager for hands-on learning activities ranging from the physics of hockey to the chemistry of Cafe CaNole's perfect cannoli recipe. Sixteen community partners, such as Stronghold Animation, Sculpture Space, and the Air Force Research Laboratory, provided immersive, cross-disciplinary lessons to challenge student problem-

solving skills. Bradley Elementary School Librarian Adrienne Ciampi said, "Along with my colleagues, I was thrilled to bring the Makerspaces of the New Hartford Central School Libraries to the Fair and meet students from across the district. It is a lot of fun to help the students work through the creative design process and see their ideas come to fruition."



Three New Hartford Teachers Earn Engineering Certificates

Dovetailing with the District's STEAM (Science, Technology, Engineering, the Arts, and Math)

initiative, three New Hartford Central School teachers recently completed graduate teaching certificates in engineering education. Elementary school teachers Kathy Donovan, Melissa Gehringer, and Lisa Meyers, spent the last 18 months as part of Tufts University's Teacher Engineering Education Program. Each participant concentrated on research and teaching methods that bring New York State's new K-6 pre-engineering learning standards to life in the classroom. Tufts notes that the tools gained in the program "enables any teacher to use the power of engineering education to prepare their students to change the world." For more information on the program visit <http://teep.tufts.edu/program/>



Painting Donation to Mohawk Homestead

Current resident of The Mohawk Homestead, Trudy Blackwell and her son David Blackwell stand next to a painting Mr. Blackwell painted specifically for The Mohawk Homestead. Residents gathered on March 26th for an unveiling and were given an opportunity to put in suggestions to name the painting. David explained how he got started painting and how he felt the need to paint something for the residents and staff to enjoy. "I wanted to show The Mohawk Homestead how much I appreciate the love and care they give my Mother and to the other Moms & Dads who reside at the homestead". Consider the homestead for your loved one. Rooms are available. For information, go online to www.mohawkhomestead.org.

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THE TOWN CRIER

HAPPY MEMORIAL DAY!

MAY 2018

Seats are Available for An Exciting Bus Trip

The Seed and Weed Garden Club is hosting a one day bus trip to Buffalo on Wednesday, June 13 to see the “Darwin Martin House” designed by Frank Lloyd Wright. The highlight will be a tour of the house and gardens. This home is the most substantial and highly developed of Wright’s Prairie style houses in the Eastern U.S.

After enjoying lunch at the Buffalo Yacht Club, the afternoon may be spent either at the Buffalo Botanic Gardens OR The Lady of Victory National Shrine and Basilica. This Basilica rivals many European churches.

The cost of the trip is \$120 and includes all admissions, lunch and all gratuities. The bus departs from the New Hartford Shopping Center and also Thruway Exit 33. For information and reservations please call 315- 797-2422 or visit the website at seedandweedgc.weebly.com.

Seed and Weed Garden Club is a community based club that is affiliated with the National Garden Club and the Federated Garden Clubs of New York State. We have created and continue to maintain a beautiful garden at Sherillbrook Park (behind the former office) which is a quiet spot to enjoy. The club gives scholarships to high school students each year for the NYS Department of Environmental Conservation summer camps as well as sponsoring the Smokey Bear poster contest in the elementary schools. Seed and Weed also supports local botanical gardens. New members are always welcome.



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The United Methodist Women are holding a Rummage Sale with some used furniture! See you there!

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Before joining Mohawk Valley Health System (MVHS), Dr. Mau practiced in Maine, specializing in the upper extremity, including injuries, and shoulder and elbow reconstruction and arthroscopy.

Dr. Mau earned her Doctor of Medicine at the University of Connecticut, School of Medicine, in Farmington, Connecticut. She completed a residency in Orthopedic Surgery at University of Toronto in Toronto, Canada, and a fellowship in Shoulder and Elbow Surgery at New York University in New York, New York. She is a fellow of the Royal College of Surgeons of Canada.

Dr. Mau has recently joined the MVHS Orthopedic Group and is accepting new patients.

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NHFD News

Your New Hartford Volunteer Fire Department responded to 122 calls during the month of March 2018 as indicated by the monthly call report listed below by category:

Fires	=	1
EMS	=	64
Hazardous	=	4
Service Type	=	18
Good Intent	=	1
Other Alarms	=	9
Weather Related	=	25
Other	=	0

Total Calls for the Month of March 2018 = 122.



NEW HARTFORD FIRE DEPARTMENT SCHEDULES ANNUAL MEMORIAL DAY PARADE AND OPEN HOUSE

GARY EDWARDS BUSINESS LEADER NAMED GRAND MARSHALL

The New Hartford Volunteer Fire Department, in conjunction with the Village of New Hartford and the New Hartford Chamber of Commerce, will hold its Annual seven-division Memorial Day Parade and Open House on Monday evening, May 28, 2018.

This year's Grand Marshall is Gary Edwards, owner and operator of Edwards Collision Service and Edwards Ambulance Service, has served our community since he was 16 years old, when he started working in the family business. Learning the family business, which was started in 1964 by his father and mother, Irving and Martha Edwards, was not as easy as it sounds. Both businesses are very different, but have one goal, in mind...making the community a better place to live and work. Gary took over the family business in 1984. Since then, he has continued the family tradition and values. Under his guidance, helping people is, and continues to be a way of life. He has always been involved in community organizations and believes in giving back. For example he has served as a member and president of the Willowvale Fire Company and developed the "golf cart" ambulance to assist with medical needs that may arise during the annual Boilermaker Road Race.

Gary and his wife Bonnie recently celebrated their 43rd wedding anniversary. They have two children, Greg and Mary Beth and five grandchildren, Evan, Noah, Brice, Chase, and Chloe.

The parade will also honor two members of the NHFD. They are former Chief David M. Reynolds, a US Army Veteran and a 50-year member of the department, and William J. Wren, a US Marine Corps Veteran and the 2017 recipient of the National Volunteer Fire Council's Fire Prevention and Educator of the Year.

Reynolds, who believes in giving back to his community, joined the department in March 1967, and quickly became a very active member of the department working his way through the officer ranks. He was first elected to the office of 3rd Lieutenant in 1974 and 2nd Lieutenant in 1975 and 1976. In 1977, he was elected Captain before being elected 2nd Deputy Chief, a position he held for two years. In 1980, he was elected Assistant Chief. In 1981, Reynolds was elected Chief and served in that capacity through 2005 – a total of 25 years!

Reynolds was elected to the department's Board of Directors in 2013 and continues to hold that position. Besides serving his own department, Reynolds served as President of The Oneida County Fire Chief's Association in 1990 and Chief of the Engine 11 in 1999. He currently serves as the 3rd Ward Councilman for the New Hartford Town Board, a position he has held since 2006.

Wren, a 30-year member of the New Hartford Volunteer Fire Department was also the recipient of the New York State Volunteer Firemen's Educator of the Year Award in 2016.

The seven division parade begins promptly at 7pm from the New Hartford Shopping Center. The parade will proceed North on Genesee Street, turning right onto Pearl Street, left on Sanger Ave, and left onto Oxford Road, ending at the Fire Station.

The public is invited to attend the Department's annual Memorial Service and Open House immediately following the parade. The Department's Memorial Room, with many new displays and photographs, will be open to the public. The parade and open house will be held rain or shine and refreshments will be served.

For more information please visit...www.nhfd.com.



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Sitrin Celebrates National Nurses Week

This month, while the flowers are blooming and the sun is shining outside, the Sitrin Health Care Center will be celebrating those employees who bring much sunshine and happiness to residents and patients inside – the nurses. May 6 to the 12 is designated as National Nurses Week and this year’s theme is “Nurses: Inspire, Innovate, Influence.” Sitrin’s skilled nursing team know all about *innovation*, as they continuously work to make the health care center into a warm and welcoming home.

In long-term care, residents enjoy their Cape Cod-style homes that are uniquely and thoughtfully decked out by the nursing staff. Each home has its own identity, as each nurse takes pride in adding touches of warmth and personalization. Shift nurses embellish the homes with holiday and theme decorations, fireplace mantle décor, resident art, and other accoutrements. Not only does the nursing staff provide exceptional care to residents, but this attention-to-detail enhances long-term care, bringing extra delight and comfort to the residents residing there.

Betty Karleskent, an LPN at Sitrin, has worked in nursing for nearly four decades. She spends her 3-11 shift inside Hawthorn’s long-term care home, and describes it as “almost part of heaven.”

“I always knew I wanted to help people,” says Karleskent. “Nursing has a come a long way through the years, and I am so glad I was a part of it.”

On Sitrin’s NeuroCare unit, nurses greatly *influence* the everyday lives of unit residents, bringing excitement and celebration to those affected by Huntington’s Disease and ALS. Each day, nurses assist residents in participating in fun-filled activities, including game competitions, art class, community outings, dance therapy, and everyone’s favorite – happy

hour. On Fridays, the unit holds a themed happy hour where both nurses and residents dress in their themed best, and enjoy music, dancing, drinks, and snacks. Past happy hour parties have featured a luau, margaritaville, pirate ship, and disco dance, among others. Nurses on the unit share in the fun, happy to spread joy to residents.

“I enjoy that our residents are happy and we can provide the highest level of care,” explains Kimberly Sheridan, RN and Nurse Manager on the Neuro unit. “We become their second family.”

At Sitrin, the nursing team *inspires* not only residents and patients, but also fellow employees.


“Without our amazing nursing staff, we would not be considered one of the best facilities in the area,” says Trudi Foster, who works in Sitrin’s Social Services Department. “If I had to put my life in someone’s hands, it would be a member of our nursing staff.”

Sitrin’s nursing staff currently has openings for RNs, CNAs and LPNs. Those who work at Sitrin enjoy no mandatory overtime and flexible/creative scheduling. Sitrin nurses also receive generous paid time off, competitive insurance benefits, and retirement plans with employee matching, as well as an excellent staff-to-patient ratio, specialized lifting equipment, and individualized orientation. To join the Sitrin team, apply at www.sitrinjobs.com.

Sitrin provides a variety of services for people of all ages and abilities, including comprehensive medical rehabilitation (inpatient and outpatient), long-term care, assisted living and enriched housing (Cedarbrook), independent living (Georgian Court Estates), NeuroCare, residences for people with intellectual disabilities and medically complex conditions, adult day health care (OPAL Program), military rehabilitation, adaptive sports, specialized care clinics, dental clinic, aquatic therapy, a wellness center, and child care center.

SAVE THE DATE

Celebrate Coach George Kazanjian



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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Thursday
May 3rd
9am-3pm
Bag Sale at 1:30

MAY
2018

COMMUNITY NEWS

THE TOWN CRIER 33

Food Allergy Awareness Week Aims to educate families

Imagine going to school every day wondering if today is the day your bully will send you into anaphylactic shock because he chooses to use an allergen as a threat against you.

Madeline Denison, 14, of Oriskany, deals with this type of fear on a daily basis.

"I face many challenges at school," said Denison, who was diagnosed with a peanut allergy when she was 18 months old. "I have had several bullying incidents." Denison said students sometimes put peanut wrappers near her book bag, hold peanuts near her face and ask if it's what she's allergic to, or have even texted her telling her to go eat a peanut.

As Food Allergy Awareness Week approaches May 13-19, the organizing committee of FARE's CNY Food Allergy Heroes Walk is asking parents to educate their children about the real consequences of using food allergies as a bullying tactic. The committee, which is planning the 6th annual walk on Aug. 12 at SUNY Poly, asks parents to utilize the resources offered on FARE's website, www.foodallergy.org. Food Allergy Research and Education has a program called Be A Pal, which can help children learn how to be a good friend to kids with food allergies.

"Sending a child to school with a severe food allergy feels like playing Russian roulette every day," said Matthew Denison, Madeline's father. "Just touching something that has peanut protein on it and then touching her mouth, Madeline could have a severe reaction."

Madeline said her friends and their parents are very supportive. They are always careful about what they eat around her, and they always make sure she's included, she said. Madeline has had times throughout her life that left her wondering why she couldn't eat what everyone was eating.

"One of my biggest struggles is feeling left out when everyone else is going to restaurants that I cannot go to and eating things that I cannot eat," she said.

Matthew and his wife, Michelle, said they got involved with the Food Allergy Heroes Walk because they want to educate more people about food allergies. Matthew is the owner of Impressions Limousine in Utica. Last

year he even donated the services of his photo booth to help at the walk.

As part of Food Allergy Awareness Week, on May 17 people can wear teal in support of those affected by food allergies. This will show the unity and size of the food allergy community. Share your photos on social media by using #TealTakeover.

Madeline said her food allergy affects the entire family. Her 10-year-old sister Leah has to be careful about what she eats around Madeline, and she can't get everything she wants at the store because the family doesn't have any peanut products in their house.

"I hope that someday there is a cure for food allergies," Madeline said, "because that would change so many people's lives."



Older American's Month: "Engage at Every Age"

Submitted by MaryJo Timpano

This month Community Wellness Partners joins The Administration of Aging and The Administration for Community Living to celebrate Older American's Month. The opportunity to recognize the contributions and human capital of older adults is an honor and a privilege. Yet sometimes we fail to take notice of the wisdom and wonder older adults have to offer us. We miss opportunities to engage in meaningful conversations and to learn from their experiences and stories. This may occur in part because we have the misguided perception that once we reach a certain age our best years are behind us. That perhaps we've learned all there is to learn, or worse, that no one is listening. This month, and every month going forward, let's challenge ourselves to not only listen, but to

actively seek opportunities to enrich our lives and open our minds to the unique contributions that older adults can offer us.

This year's theme for Older American's Month, "Engage at Every Age" is perfectly aligned with Community Wellness Partners vision "To Inspire and Nurture Successful Aging". Our vision recognizes that regardless of your level of living it's never too late to grow and have meaning and purpose in your life. Together with our residents and team members we work tirelessly to create a culture of possibilities and growth that will allow every person to live their best life. As a community I believe it's our responsibility to challenge ageism and create environments where older adults can continue to grow physically, intellectually, socially and spiritually, and in doing so we create a better place to age for future generations. As we continue our celebration this month, let's not miss the chance to engage with and older adult. We might just learn something!

"You are not too old, and it is not too late". Note to Self/GrowingBolder

MaryJo Timpano is a Wellness Consultant at Community Wellness Partners in Clinton NY and the Director of Health and Wellness at the Rome Rescue Mission. She has extensive experience in the wellness field and a passion for working with older adults. She has an MA in Psychology with a Health and Wellness specialization and is a Masterpiece Living certified Successful Aging Coach. She is currently in training to pursue her goal of becoming a Certified Yoga Teacher.

Hospice & Palliative Care Offers "Passages"

This group is for any adult who has experienced the loss of a loved one through accident or illness. Each person grieves in their own way and in their own time. This group is a safe place to share feelings and experiences, ask questions, seek support or just listen. It is a place to receive and give support. This group will be facilitated by Dave Roberts, LMSW, and will meet on Wednesdays from 5:30-7:00 p.m. from May 16 through June 6th. To register, contact Dave Roberts at 315-736-8684 by May 9th.

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Monday	Tuesday	Wednesday	Thursday	Friday
May 11 at 11:30 we will have a dedication in memory of Rye King	1 Sausage/Peppers 10:00 Bridge / Canasta / Computer 1:15 Senior Road Runners Club 11:15 Entertainment	2 Cheeseburger 10:00 Yoga 11:00 Outreach 11:00 Chair Yoga 11 Mark Wolber	3 Tuna Noodle Casserole 10:00 Canasta 10:00 A.m. Chair Zumba, BOCES Chicken BBQ 2:30p.m. till gone	4 Chicken Salad 10:00 Bridge 11:00 Aerobics 10:00 YOGA
7 Kielbasa w/ Mustard 10:30 Knitting/Crocheting 11:00 Aerobics 1:00 Sr Theater Prod 12:00 Chair Yoga	8 Baked Chicken 10:00 Bridge/ Canasta 10:00 Computer Class 11:15 Entertainment	9 Macaroni / Cheese 10:00 YOGA 11:00 Chair Yoga 11:00 Atty. Paul Lupia	10 Meatloaf / Gravy 10:00 Canasta / Chair Zumba 11:00 BAND	11 MOTHER’S DAY Dinner Vegetable Lasagna 10:00 Bridge 10:00 YOGA 11:00 Aerobics
14 Sweet/Sour Chicken 10:30 Knitting/Crocheting 11:00 Aerobics 1:00 Sr. Theatre 12:00 Chair Yoga	15 Swedish Meatballs 10:00 Bridge /Canasta 11:15 Entertainment 10:00 Computer Class 1:15 Senior Road Runners Club	16 Oven Brown Fish 10:00 YOGA 11:00 Chair Yoga 11:00 Living Healthier	17 Chicken Breast 10:00 Canasta /Chair Zumba 11:00 BAND	18 Salisbury Steak 10:00 Bridge 10:00 YOGA 11:00 Aerobics
21 Chicken Cacciatore 10:30 Knitting/Crocheting 11:00 Aerobics 12:00 Chair Yoga 1:00 Sr. Theater Production	22 B B Q Ribs 10:00 Bridge /Canasta 11:15 Entertainment	23 Broccoli/Cheese 10:00 YOGA 11:00 Chair Yoga 11:00 Senior Recognition	24 Sliced Ham 10:00 Canasta/Chair Zumba AARP DRIVING CLASS 8:30 - 3:30	25 Seafood Salad 10:00 Bridge 11:00 Aerobics 10:00 YOGA
28 Closed Memorial Day	29 Picnic Beef Hot Dog 10:00 Bridge/ Canasta/ Computer 11:15 Entertainment	30 Goulash/Birthday 10:00 Yoga 11 Chair Yoga	31 Turkey Tetrazzini 10:00 Canasta /Chair Zumba 11:00 Band	Senior Recognition Wednesday May 23

New Hartford Senior Center

Submitted by Eileen Spellman, 1 Sherman St. New Hartford, NY 13413 tel # 315-724-8966 email espellman@townofnewhartfordny.gov. Check out our web page townofnewhartfordny.gov

May is one of the most beautiful months of the year, and I guess it is the most appreciated after the winter we had this year.

Attorney Mark Wolber will be here May 2th at 11:00 a.m. Attorney Mark Wolber provides a lot of helpful information to the Seniors and he always has the Seniors asking questions as they learn from him and they come to hear him whenever he is here.

Zumba is great. It is for those who feel comfortable sitting in a chair. You will need one as the class runs for 45 minutes on Thursdays. The class is at 10:00 a.m. and you will have a good time taking part. I recommend it highly.

We are having a Chicken BBQ, Thursday May 3rd. This is to help support the BOCES Students so they can have a prom. This starts at 2:30 p.m. till gone. The BOCES Students have been coming here, volunteering their time washing down tables and chairs and setting tables. They also water plants and dust areas that need it. We are fortunate to have them here when their schedule permits. This prom is a great cause and the students appreciate your support. The chicken is delicious, plus you do not have to cook supper. We will need volunteers for this. Thanks to the students at St. Elizabeth’s College of Nursing, we will have several from there.

Paul Lupia will be here on Wednesday, May 9th at 11:15. We are fortunate to have 2 Attorneys to help us with the information we need to be aware of and help to keep us secure and safe. Paul is here for National Healthcare Decision Day. He will speak about Health Care Proxies, Powers of Attorney, Wills, DNR, Organ donations, and Probate. He has been doing this for us for many years. Thank you Paul.

Mother’s Day Dinner will be Friday, May 11th at 11:45 a.m. Please come and bring a family member or friend if you wish. For those under 60, the cost will be \$8.

Oneida County Health Department will present another segment on healthy foods for Seniors May 16th at 11:00 a.m. Eating Healthy/Smart Seniors.

We will have our Senior Volunteer Recognition Program May 23rd. Entertainment will be the New Hartford Senior Band. This is a very important day as we thank all our volunteers who help this Senior Center and the Seniors.

A very special thank you to the AARP Driving

Instructors, income tax preparers, those who help water the plants, work on the outside gardens, volunteer in the kitchen and dining room, wipe down the tables and hand out bread, pour coffee and tea. Gary Kielar picks up the bagels every week and Marge and Terry Anweiler do this when he is not able to. Also the Utica Rescue Mission for delivering the bread and baked goods, those who donate items to the center such as cards, yarn and decorations for the changing seasons.

Robin Wheatly who drives from the Catskills every Thursday in all kinds of weather to do massages. People who bring in baked goods and tomato pies, pizzas. Wow what a great community.

Seniors who join us in the Heart walk, BOCES Chicken BBQ, Seniors donating knitted hats for the children with cancer, veteran’s hats for those who need them. Do blood pressure screenings, deliver baked goods and bagels to those agencies that need them, donate books for the Seniors and the summer mentoring volunteers who give of their time to help the younger students. This is what makes this Center extra special. The Area Clergy who come and speak at the Ecumenical Program, the St. Elizabeth’s College of Nursing Students who do the presentations on health topics and also come and volunteer their time to help us with computer work, and cleaning out closets, dusting, organizing files, and helping us now to pack for the Gander Mountain project. I appreciate their help as they work with the Seniors pouring coffee and tea, also volunteering wherever we need assistance. We are truly blessed with these wonderful volunteers.

RSVP theatre Group meets here every Monday except when they are presenting their skits to area nursing homes, assisted living homes, libraries, senior centers and wherever they are requested to perform. This is a very talented group and you will enjoy being part of it, they have fun and they are helping make the lives of others more pleasant.

Computer classes are free thanks to the Utica Public Library which sends an instructor every Tuesday starting at 10:00 a.m. till Noon. If you need help with an I pad or any other technology item that the instructor can help you with, they will. You need to call 315-724-8966 for a ½ hr. appointment.

I want to thank Kim Bywater and Maria Santa Maria for the very educational program they presented “Fall Prevention” The information is very helpful and needed as many of our Seniors are prone to fall as they get older. I know throw rugs are discouraged, however if you must use one, use double sided tape. Make sure your shoes or boots have gripping action and are not worn out. Always

hold the bannister going down the stairs. Remove clutter that could cause you to trip. Use adaptive devices (canes or walkers, wheel chairs) if needed. Do physical exercise, walk often to help build up your strength. Stay active. Remove cords that cross walking spaces. It was suggested that it is a good idea to remove some furniture if the room is too overcrowded.

Kim Bywater comes to our Health Fair every year to help Seniors with Balance problems. Her telephone number is 315-624-5400. Maria’s is the same and she is the Outpatient Physical Therapist. They make a great team and the Seniors benefit from their help and knowledge.

Chair Zumba, Chair Yoga and Mat Yoga, Aerobics and use of the All American Fitness Center under supervision comes to mind. Take advantage of the programs available to you, it will help you feel stronger and keep your blood pressure in check. The plus is it is fun.

Memorial Day: Remember those who gave their lives to give us our freedom so we can enjoy the peace we have today. New Hartford Volunteer Firemen will have their parade May 28th at 7:00 p.m. This is a time the Community comes together and honors our Veterans and past Firefighters.

God Bless You and have a wonderful day.



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Gather All Your Assets

Investment planning is like doing a jigsaw puzzle—except the pieces don’t always come in one box—often you have to gather them from a variety of sources. When putting an investment plan together, you have to combine information on assets, debt, insurance, and more to form the full picture of your financial life.

However, people often forget about or lose some of their investment planning puzzle pieces, and then the picture is never really complete. It’s one reason why many people don’t have a complete picture of their financial life, says Elizabeth “Liz” Bartley, Sales Advisory Consultant at Wells Fargo Advisors.

Why the full picture really matters

“From an investment standpoint, you don’t really have a good gauge of how much risk you could potentially be taking,” if you aren’t looking at all of your holdings in conjunction with each other, Bartley says. It’s not just investments. Loans, including any student loans, business loans, or mortgages, may impact your overall plan, too.

Without this full picture, individuals and their financial advisors end up doing their investment planning based on what amounts to faulty information. And that can result in a risk profile or asset mix that doesn’t represent your desires or needs.

This is especially common among people who have assets spread across numerous financial institutions—you may have several 401(k) accounts from different jobs maintained at a variety of institutions, some online investments in another place, and your primary portfolio you maintain with your financial advisor.

“Understanding how much debt you have versus assets is a starting point for making improvements and creating more wealth over time,” Bartley adds.

Putting the pieces together

So how do you collect everything you need? Financial advisors often start with a checklist of important information, Bartley says. Even when most

of your assets are with a single company, there’s still information to gather from other sources.

Ask your financial advisor to keep copies of this information, which can function as a backup for your records. That’s especially valuable, Bartley says, in case anything happens to you.

Your complete financial picture may include:

Investment accounts with other institutions. This could include qualified employer-sponsored retirement plans (QRPs), such as a 401(k), 403(b), or governmental 457(b), still at previous employers, and IRAs.

Checking and savings accounts.

Assets you own, such as your primary residence, a second home, rental property, and valuables—antiques, jewelry, or an art collection.

Debts, including your mortgage, credit card balances, and other loans and lines of credit.

Other investment vehicles, such as long-term care insurance, annuities, and life insurance policies.

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Mold: A Huge and Expensive Concern

Regular inspections and maintenance can prevent problems before they begin. Inspect your home from attic to basement at least twice a year looking for signs of mold. Early intervention can potentially save thousands of dollars in remediation and repair cost.

Eliminate excess moisture

Today's well-built, well-insulated homes can trap excess moisture and condensation inside, especially if you have inadequate ventilation. This unwanted moisture shows up as: musty odors, rusty stains around light fixtures, damp, sticky floors, mildew along the ceiling, wall and baseboard edges, dripping pipes, condensation on windows and cold surfaces, and mold and mildew growth.

Good preventive maintenance can help eliminate many moisture problems. Keep inside air circulating with vents and fans to avoid condensation. Use exhaust fans in the bathroom when showering. Also, make sure to exhaust all moist air to the outdoors and never into your attic or basement. Many new homeowners never realize that a previous owner may have incorrectly vented the exhaust from these appliances.

What is Mold?

Molds (and mildew) are fungi. Fungi are neither plant nor animal but, since 1969, have their own kingdom. The fungi kingdom includes organisms such as the edible mushrooms, the makers of the "miracle drug" penicillin and the yeast that makes our bread rise and our fine wines ferment. Biologically, all fungi have defined cell walls, lack chlorophyll and reproduce by means of spores. Approximately 100,000 species of fungi have been described and it is estimated that there are at least that many waiting to be discovered. The vast majority of fungi feed on dead or decaying organic matter – they are one of the principle agents responsible for the natural recycling of dead plant and animal life.

There are 4 critical requirements for mold growth – available mold spores, available mold food, appropriate temperatures and considerable moisture. The removal of any one of these items will prohibit mold growth. Let's examine each requirement, one-by-one.

Mold Spores. Ranging in size from 3 to 40 microns (human hair is 100-150 microns), mold spores are ubiquitous – they are literally everywhere. There is no reasonable, reliable and cost-effective means of eliminating them from environments that humans inhabit. So, trying to control mold growth through the elimination of mold spores is not feasible.

Mold Food. If all three other requirements are met, almost any substance that contains carbon atoms (organic substance) will provide sufficient nutrients to support mold growth. Even the oil from your skin that is left when you touch an otherwise unsuitable surface, like stainless steel, or the soap residue left from a good cleaning will provide sufficient nutrients to support the growth of some molds. And many of the most common materials found in homes like wood, paper and organic fibers are among the most preferred of mold nutrients. Thus, totally eliminating mold food from your environment is a virtually impossible task.

Appropriate Temperatures. Unfortunately, most molds

grow very well at the same temperatures that humans prefer. In addition, anyone who has cleaned out their refrigerator quickly realizes that temperatures close to freezing are not cold enough to prevent mold growth and temperatures that are much warmer than humans prefer, like those of the tropics, will grow abundant quantities of mold. Therefore, it is not feasible to control mold growth in our home environment through the control of temperature.

Considerable Moisture. Most mold requires the presence of considerable moisture for growth. Obviously, the word "considerable" is key here. The mycologists (fungi scientists) refer to "water activity" when describing the required conditions for mold growth. The various species of mold have different water activity requirements. The vast majority of mold species require "water activity" levels that are equivalent to material equilibrium moisture contents corresponding to relative humidity of at least 70%. In fact, the great majority of serious, large mold outbreaks inside buildings occur where porous, cellulose-type materials have literally been kept wet by liquid water or sustained condensation. Human beings prefer humidity levels that are below the critical relative humidity for mold growth. Thus, of the four basic requirements for mold growth, moisture availability is by far the easiest mold growth requirement to control in environments that humans like to inhabit. As you will see from the remainder of this article, and from the vast majority of the literature on mold control, the consensus regarding effective mold control strategies consists of the combination of reducing the availability of moisture and killing and removing active mold growth colonies.

Determining If You Have Mold:

Common household molds have a characteristic "musty" or "earthy" smell, somewhat like the forest floor deep in the woods. Growing colonies of mold can also be visually observed in many cases from wood framing in the attic to walls in the basement

Although most active mold colonies appear greenish to black (typical of mold growing on bathroom tile grout) in color, the characteristics of mold colonies growing behind vinyl wall covering in buildings takes on very different characteristics. These mold outbreaks typically result in pinkish to yellowish staining of the wall covering. They are quite important because they indicate serious, detrimental moisture accumulations within the gypsum wallboard behind the wall covering that cannot be removed by your air conditioning or dehumidification systems. Where these problems appear, they usually require the assistance of a professional equipped with diagnostic equipment to determine the source(s) of the moisture causing the problem and the extent of damages.

Practices That Will Minimize Mold Growth

Air Conditioner Operation: On hot and humid days, always set the fan mode switch of your air conditioner thermostat in the AUTO position, never in the ON position. Why? When set to the ON position the blower fan runs continuously and the moisture which has condensed on your air conditioner's evaporator coil during cooling is re-evaporated and blown back into your home before it can drain off the coil and out of your home. This causes the relative humidity in your home to be significantly greater than if the air conditioner thermostat fan mode switch is set to the AUTO position.

Ceiling Fans: Use ceiling fans in the summer — they allow you to be comfortable at higher air conditioning thermostat temperatures. And they will save air conditioning energy costs if you use the most efficient ones and turn them off when no one is in the room.

Measure the RH in Your Home: Invest in a digital temperature and relative humidity (RH) sensor (about \$20) and observe your indoor relative humidity during the hot summer months, with the air conditioning on, the RH should not exceed 55% during the day on a regular basis.

The highest relative humidity in your home is likely to occur during mild weather when your air conditioner is not needed during the day. For example, in Florida the outdoor relative humidity reaches very near 100% on most nights, regardless of daytime temperatures. If your home is open to the outdoors during these periods, the materials in your home will adsorb moisture from this very humid air, again regardless of the temperature. If this moisture is not removed during the following day, the "water activity" of the materials in your home can stay at or above 75% for extended periods and mold is likely to grow on these surfaces. If you have RH levels exceeding 70-75% for extended periods, and find it difficult to control mold growth on surfaces in your home in spring, fall and winter, you may need to invest in some type of dehumidification system and should consult with a qualified technician

Bathrooms: Most bathrooms, particularly tile in and around showers and tubs is regularly wet. As a result, most bathrooms grow mold and require regular cleaning. A disinfectant solution can be used to regularly clean these areas and keep them free of mold. Bathroom fans are also highly recommended to remove excess moisture during periods when it is being generated by bathing or showering.

Whole-House Ventilation Fans — Opened Windows: Avoid the use of these fans when it is humid outdoors, especially if you have noticed mold growth in your home or you are having trouble controlling the relative humidity in your home. In addition, avoid opening windows for long periods when it is humid outside..

Exterior Water Management: Redirect water away from the home's exterior — redirect sprinklers so that they don't spray on the walls. Do not landscape with hills that direct water flow towards the home. Use gutters. Keep down-spouts free of debris and direct outflow away from the home at least 6 feet.

Small Leaks: Even small water leaks will cause mold problems. Rainwater leaks from improperly flashed windows, wall and roof penetrations and plumbing leaks should be promptly repaired and evaluated for any further service. Periodically inspect under sinks and vanities for signs of water leakage. Use your nose and smell for "musty" or "earthy" odors – they usually indicate the presence of mold.

Water Damage: Water damage from flooding or other major water intrusion in homes should be dried within 24 hours if at all possible. For severe ground water flooding and sewage back -ups, a trained restoration professional should be consulted regarding cleanup procedures. Always remember to use extreme caution when entering a flooded area.

Moisture Condensation: Single-pane, metal windows, generally condense water on the inside in winter. It is good practice to remove this condensation before it can run off and be absorbed by porous materials like wood casing or gypsum wallboard. Condensation can also occur on other surfaces in homes. If condensation is noticed on interior surfaces in summer, it may indicate a number of problems, including inability to control indoor humidity; air conditioner supply registers aimed directly at interior surfaces; duct leakage problems and pressure imbalances; or all of the above. If you notice indoor surface condensation during summer, you should contact a professional to help diagnose the cause. However, during early spring when the ground is still cool, it is quite possible to experience some condensation on tile floors on slab-on-grade homes that are open to the outdoors. This should not be a regular occurrence, but only something that occurs rarely.

Exhaust Fans: Make sure the clothes dryer vent goes all the way to the outside of the home, not to the crawlspace or to the inside of the attic or the house. The same goes for bathroom vent fans. It is also important for the kitchen range hood to vent to the exterior as well. Recirculating stove and kitchen vents provide no removal of stovetop moisture and inferior control of cooking related pollutants compared with venting completely to the outdoors

Closets: Fungi like the dark and closets are rarely supplied with conditioned air as a standard part of air conditioning systems. As a result it is not all that uncommon to have mold or mildew occur in closets, especially on leather. Leaving the closet doors open to provide more conditioned air circulation or leaving the closet lights on with the door closed so as to raise the temperature (which lowers the RH) can reduce these problems.

For more information on any concerns, please feel free to call Disaster Services. When in need of emergency services, Disaster Services LLC offers immediate certified response to damage caused by water, fire, smoke and mold. We are a N.Y.S. licensed mold removal firm and recognized by all insurance carriers, working 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 or answering service. We realize that in your time of need you should be speaking to a live voice who can supply you with answers to your concerns immediately. When your emergency arises call us at 315 797-1128 day or night.



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This event offers: a brief discussion of energy healing and how it works, a chakra clearing and balancing exercise, a guided journey/meditation with Tibetan Singing Bowls, and an opportunity for questions and answers.

Participants can sit or lie down (savasana). For more information about Amanda please visit her website at www.infinitytreehealing.com.

***** Please bring the following and anything else that will help you to be comfortable: your own yoga mat and/or blankets, pillows, and eye blanket. (chairs are available upon request.) *****



Friday May 18, 2017 from 7:00-8:15 pm

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Please arrive 15 minutes early to guarantee your spot.

Check-in is at 6:45, event begins at 7 pm.

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More than half of bullying situations (57%) stop when a peer intervenes on behalf of the student being bullied.

Effects of Bullying



Students who experience bullying are at increased risk for poor school adjustment, sleep difficulties, anxiety, and depression.



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Why Morning Me Time Will Save Your Soul

by Kristy Lenuzza

This is the time of year when the mental distraction of the Bahamas can cause the best of us to lose focus and want to call it quits. The home projects that once juiced us up, the mile-long line of clients that we once prayed for, and our never-ending to-do list all seem like one big nagging foam finger hovering over our shoulder with the “Not touching, can’t get mad” raz of childhood. The feeling of overwhelm can make any of us want to delete our email accounts, throw our house on the market, and make a run for the beach without looking back.

With all of this mental chatter going on inside, no wonder our listening skills rival a toddler’s at Darien Lake. Inside we feel like a roller coaster without any breaks. While on the outside, we’re mistaken as an empty and dull shell of a human being. Call me crazy, but I’m betting this is not the look you’re going for.

How about making time in your morning to do something YOU love.

I know. I know. Mornings are CUUURAZAY. I get it. Even more of a reason to do this. You’re not a morning person. Okay. But starting your day off with an alarm blaring and your overpacked mind snapping you “Ten-Hut!” faster than you can fall out of bed, is not the best way to head into your day. Start off with time for you.

We’ve heard it before and, yet, very few people are doing it. It really matters.

(As in, REALLY matters.)

It sets the tone for your entire day. Rituals and habits are known to help us feel a clearer sense of purpose and a calmer sense of being. So, just think – you are doubling your benefit by creating a ritual and carving out time for yourself.

Here’s how: Plan what you’re waking up to do the night before, so you go to bed looking forward to your alarm (crazy thought, I know!). This way there is no struggle with groggy brain memory in the a.m. I promise that you will probably hate doing this at first (didn’t expect that one, did you?), BUT within a few days – this may just be your angel of the morning. Think of this as a listening primer. Your intuition thanks you!

Wake up 20 minutes earlier to...

- go for a walk
- doodle, paint, photograph, write
- read – an actual hard copy book... in bed (no one said you had to get out of it!)
- meet your love in the basement and make out like teenagers before the kids wake up (cause there’s nothing like a good basement make out sesh to have you feeling young again!)
- drink a whole cup of coffee/tea (while it’s hot) and daydream
- re-pot an indoor plant
- write a letter to someone you care about thanking them for being in your life

Even better, divide your week up to include more than one of the above.

It might look like this:

Monday: Write

Tuesday: Read

Wednesday: Make out* (Hello, Hump Day!)

Thursday: Write

Friday: Read

*If you think it’s ridiculous that making out has to be scheduled, then let’s talk after you are married with children. The basement doesn’t look so bad now, does it, hot shot?

It’s your turn to try just a little bit harder. What is one action above that you’re going to kick into gear?

Remember, we are the ones who are taking the chance to be better and do better. To call ourselves out and dust ourselves off. It’s hard work. It can be disruptive. Even scary. It takes a ton of freaking guts. Kudos to you for taking the chance!

Like what you read? Subscribe to Kristy’s blog by visiting www.kristylenuzza.com

Interested in booking Kristy for communication workshops, private coaching or speaking engagements? Contact her at 315.351.2392 or kristy@kristylenuzza.com.

CNY Green Cycle

CNY Green Cycle collects food waste from both residential and business customers on a weekly basis. They accept not only fruit and vegetable scraps, but also meat, bones, dairy, nuts, bread, coffee grounds, tea bags, and paper napkins. After your food waste is collected, it gets delivered to Crane Farm for the composting process. The Oneida Herkimer Solid Waste Authority plans to have an anaerobic digester in the near future. When this is available, CNY Green Cycle will bring the food waste collected to OHSWA to convert the methane gas released from the compost into electricity!

CNY Green Cycle is an affordable way to reduce the amount of food waste that gets shipped to the landfill without having to deal with the smells associated with handling compost in your own back yard.

For more information, the company’s website is <https://cnygreencycle.com/>. Or email Melissa at melissa@cnygreencycle.com. We are fortunate to now have a compost collection service available in the area!

Memorial Tennis Tournament for Susan Callahan

Last July the community at large lost Susan Callahan to breast Cancer. Susan came to the Clinton community with her husband and three girls, with a child in high school, middle school and elementary school. With her love of sports her children followed suit and tennis was a game of choice for her oldest daughter. Susan became involved with helping the tennis team by raising funds to get new uniforms which lead to her active role in The Clinton Sports Boosters. Her participation with this school activity continued to grow and she found herself and members of Sports Boosters developing scholarships and enhancing the sports community at Clinton Central School.

On Saturday June 16th a memorial tennis tournament will take place at the Clinton High School Courts to honor Susan’s commitment to Sports Boosters and the Clinton Community. The tournament proceeds will allow the opportunity to continue to provide scholarships for Clinton High School athletes that Susan was an integral part of developing and starting.

This tournament will be mixed doubles that will take place from 9am to 1pm. Lunch will be provided for 3 guaranteed games for 25 dollars a participant. A rain date is scheduled for Sunday, June 17 at 9. For further information please contact Donna Durr Arancio at 315-853-5087




United Way Honors Hospice & Palliative Care

Staff from the United Way of the Valley and Greater Utica Area stopped by Hospice & Palliative Care to celebrate their Annual Day of Thanks. Hospice staff were presented with balloons, cookies, a plaque and appreciation for their support of the United Way and our community!

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THE TOWN CRIER

FAITH IN NEW HARTFORD

MAY 2018



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www.firstumconline.org

We are also the home of the Family Nursery School!

Rev. Brad Chesebro, Senior Pastor

Deacon Becky Guthrie, Congregational Care Coordinator

Winter Worship Schedule

9:00 am Children & Adult Sunday School

10:00 am Coffee Hour

10:30 am Worship Service

Second Saturday Service will be held on May 12th 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 Bunker, Pastor

Cheryl Smith Dir. of Faith Formation

Saturday: 8am; 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 - 737-8474

tlmas@roadrunner.com

Contact During Evenings: Rev. Terry L. Sheldon 853-8124

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. Riggie.

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.

Riggie. 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.

On Thursday, May 3rd, from 9:00 a.m. to 3:00 p.m., the church

will host its Spring Rummage Sale. The sale will include

spring and summer items, electronic equipment, furniture,

household items and books.

On Sunday, May 6th, at 3:00 p.m., New Hartford Presbyterian

Church will host the Welsh Society's Gymanfa Ganu. Also,

on May 6, the chorus of the Utica Maennerchor will be sing-

ing Schubert's Sanctus in German and also joining the NHPC

choir in singing Thanks Be to Thee by Handel at the morning

worship service.

Deacons will meet at Monday, May 7th, committees on

Tuesday, May 8th and he Session on Tuesday, May 29th. Each

meeting will start at 7:00 p.m.

New member classes, "VIP – Vitally Informed Presbyterians,"

will continue each Sunday morning at 9:15 a.m., through May

20th. Child care is available. Information is available by call-

ing the church office, at 315-732-1139.

Church members prepare and serve the evening meal at Hope

House in Utica on the fourth Sunday of each month. Members

are also collecting hospitality items to be used at the Seeds of

Hope Food Pantry.

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Saturday, Vigil Mass, 4 p.m.

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

Weekday Mass Schedule:

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Miraculous Medal Novena & Communion Service - Tues 7pm

Communion Service: Thursdays 7:30am

Reconciliation: Sat 3-3:30pm

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Pastor Carl Getz

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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

May 6: After an intense six month search, we welcome our

ministerial candidate The Rev. Erin Dajka Holley. Chosen

by UUUtica's Ministerial Search Committee from a pool of

qualified ministers, Rev. Erin will spend the next week meet-

ing with our congregation to determine if she will be called to

serve as our minister. Erin bases her ministry and theology on

the power of relationship, and she seeks to express her under-

standing that no one is alone and that everyone is loved.

May 13: Join us for the second of two sermons Rev. Erin

Dajka Holley will deliver as UUUtica's candidate for minis-

ter, after which a congregational meeting will be held to vote

on approving Rev. Erin as our settled minister. In order to of-

ficially call on Rev. Erin as our settled minister, she must have

the approval of at least 90% of voting members at today's

meeting.

May 20: Rabbi Peter Schaktman of Temple Emanu-El, Utica

will be our guest in the pulpit. Rabbi Schaktman is a graduate

of Oberlin College, and is certified in Chemical Dependency

and Spiritual Counseling. Prior to becoming a rabbi, he spent

two years living in an Israeli Arab village as a community

worker in Arab-Jewish relations as a participant in the Interns

for Peace program. Rabbi Schaktman received his Rabbinic

Ordination from the Hebrew Union College-Jewish Institute

of Religion in 1989. Since that time the heart of his work has

been as a congregational rabbi, where he has found enormous

satisfaction learning, teaching, caring for members of the com-

munity and creating new approaches to meeting the challenges

of synagogue life.

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.

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1600 Burrstone Road - 792-3284

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Saturday Vigil: 5 p.m.

Sunday: 10:30 a.m.

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David Green, Pastor

Sunday Service: 10:30 am

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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.

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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

MEMORIAL DAY



42

THE TOWN CRIER

HISTORICAL SOCIETY

MAY
2018

NEW HARTFORD PAST TIMES APRIL 2018

NEW HARTFORD HISTORICAL SOCIETY



THE HUGHES FARM

PARIS ROAD, NEW HARTFORD

PART ONE 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.

It was Christmas 1912. I was 4 1/2 years old. My Father who had been a widower for three years married a widow - the owner of our house on Paris Road. There was only 13 acres - hardly big enough to be called a farm. The acreage had been part of the farm across the road. My step-mother's first marriage was to David Owens and after his death, she sold it to the Yeandle family.

My step-mother's house was built in 1905. Behind it was a carriage house and another building for pigs and hens. My father soon extended the carriage house in order to have room for six cows, a team of horses (Polly and Molly) and Gyp, our horse who pulled the cutter or carriage. This was all before the time to own an automobile.

The six cows gave almost one can of milk and my father, with a wheelbarrow, delivered the milk to the Yeandles across the road who had a milk route. We always kept a pail for ourselves. This was poured into a tin pan and kept on a shelf in the milk room of the kitchen. The cream was skimmed and with a barrel churn, made into butter. We always had cottage cheese processing on the back of the old iron kitchen range, a Stewart made in Troy, New York.

Our hens produced eggs for the three of us and we sold the rest. We had two or three pigs - one of which was always slaughtered in the fall. We cured our own ham over smoldering corn cobs and my mother made sausage and scrapple. Her scrapple was the best. Of course

we had a vegetable garden and the Home Bureau (to which most farm ladies belonged) taught my mother how to use a pressure cooker. Fruit was abundant - apples, cherries, and berries, some made into preserves for future consumption.

From the Village of New Hartford, Paris Road begins an incline and at the top is Pippen Hill, the name Frederick Proctor gave to his estate. It is the area now named Tennyson, Longfellow and Lowell roads. It really was an estate with a superintendent (Frank Wright) and a groundsman named Vito Strafella. Their houses are still on Tennyson but the green house is no longer there. It was before the days of tractors so Mr. Proctor hired my father during the summer to plow and maintain the grounds. My father went to work walking behind Polly and Molly. And Mr. Proctor bought his eggs and butter from us. About once a week he would arrive with an empty butter crock in hand and there he stood at our front door. When the bell rang, we knew who it was because no one else ever came to our front door. Farmers usually entered by the back door. Mr. Proctor was a friendly, nice man and always had time to sit in the living room and chat. He knew that my mother was interested in flowers so he taught her many botanical names. Of course, I was always in on the conversations. Mr. Proctor taught me the Latin meaning of nasturtium. It means crooked nose and I amused him when I giggled and laughed.

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!

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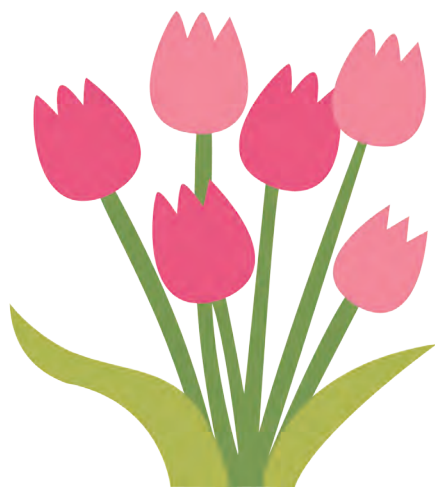
Mondays: 1-3pm
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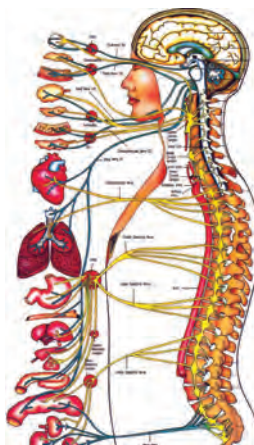
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