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the TOWN Crier

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June 2019

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Regina Leonard Benefit

Sunday, June 2, 2019 | 1:00pm - 5:00pm

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Tickets | \$20 per person (kids 12 and under free)

Food | DJ | Photo Booth | Raffles | 50/50

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For ticket information, please contact:
Jason Allen-Leonard (315.327.6631)
Nicole Leonard (315.542.7063)
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Regina was diagnosed with an aggressive form of Non-Alcoholic Cirrhosis of the liver in 2015. She has since developed complications which has resulted in the need for an immediate transplant. Frequent hospitalizations, doctors visits and trips to facilities throughout New York State have lead to an incredible financial burden. We kindly ask our friends, family and local community to come support Regina on her continuing battle.



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JUNE 8TH & JUNE 9TH

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SATURDAY, JUNE 8TH
Starting at 11:00 a.m. enjoy the full Potter experience! \$10 admission includes a wand from Olivanders, candy from HoneyDukes and game tokens from Gringott's. Owl exams, quidditch games, spells, transfiguration and divination classes throughout the day!

SUNDAY, JUNE 9TH
From 10:00 a.m. to 1:00 p.m. enjoy Sunday Brunch with all your favorite characters! \$15 for kids and \$20 for adults include all you can eat, a serving of Unicorn Blood (mimosa for the adults) and Pumpkin Juice for the kids, along with the same events held on Saturday!

RESERVATIONS ARE NECESSARY AS SEATING IS LIMITED AND TIMED.

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Keep Your Annuals Growing

submitted by Shelley Corey of The Mum Farm

I'm hoping that by the time you read this, the lawns have finally dried out enough to allow us to mow at a normal pace and that you have at least started to plant flowers and your vegetable garden!

Maintaining your annual plantings takes some work. It's not just a plant and walk away kind of deal. If properly cared for, your annuals should last well into the fall, or at least until mum time when you want to switch seasons.

First off, let's once again review the watering...it's best to thoroughly soak the root zone and then let it dry, but not to the point of wilt. If we allow our plants to wilt repeatedly, they will be weak and not have the bushy robust habit that is optimum. They will also be more prone to be attacked by insects and diseases. Let me repeat that fact; weakened plants are more likely to attract pests! This point alone should make you want to water your plants properly. Remember...not a small

amount of water everyday...a thorough soaking when needed is best.

Nothing will kill plants quicker than having their roots in standing water. Always remember to check that the drainage hole is not plugged in your pot, or if it's a new pot, that you remembered to "punch" out the drainage holes or remove the plug. Roots require air and water to thrive and you need the correct balance to have a healthy plant.

Fertilizing is a must. Now is the time to start fertilizing weekly with a water soluble fertilizer. Remember to fertilize even if the weather has been nothing but rain. You would think that it would make sense to wait until the soil dries out and then fertilize, but you really should fertilize the first sunny day after a rain...the soil in your container can only hold so much moisture...if you add more, the extra will come out the drain holes. If you add fertilizer, you will be forcing rain water out the drainage hole so that the roots will immediately begin sucking up much needed nutrients from the soil. The key is simply to remember to fertilize. You need proper nutrition, and so do your plants!

Yellowing leaves are a sign of either; too wet, too dry, too much fertilizer, or not enough fertilizer. When I tell customers this, they usually can tell me which one they suspect it is... they know what they have done!

Most annuals will benefit from a "haircut" or trimming to promote lush, bushy, new growth. This can be as simple as a "pinch", as what a coleus plant might need to keep the flowers from forming or as drastic as pruning back around a hanging basket because you are no longer able to keep it watered even with watering twice a day. Remember...if that hanging basket gets to be too much to maintain...simply replant it into a bigger pot and use it as a statement planter next to your front door or wherever you need a huge "splash" of color!

Keeping your annual plants strong and healthy will make them last the entire season and make them so worth their initial investment. The small amount of time that you invest in caring for your plantings will reward you with constant color. Remember to stop, take time to admire individual flowers, breathe deeply and smile...it's our time to garden once again!

Congratulations!



Midland Collision Celebrates 35 Years in Business!

Midland Collision was established June of 1984 by Cy Rotundo and Nick Mariano, Jr. At that time, we started with 1 part-time employee and owned 1 tow truck.

To date, the business has grown to 4 tow trucks, 2 flatbeds, and 10 employees.

Midland Collision is part of AAA's "Preferred Provider" program. We also do emergency road services, all local municipalities, NYS police calls, many private businesses and insurance calls in our area.

In 2001, Midland Collision started a much-needed service to the area. We opened a Priceless Rent A Car franchise specializing in Insurance and Warranty Replacements.

In 2011, Midland Collision joined the ranks of "Wreckmaster Certified". Wreckmaster is a group of elite towing professionals that specialize in the latest techniques of the towing industry.

Finally, Midland Collision has a "state of the art" autobody repair shop. Our workmanship comes with a written Lifetime Warranty. Once your damaged vehicle is repaired, your vehicle will look like or better than before the damage occurred.

Midland Collision is located at 1 Ontario Ave, New Hartford. They can be reached at 315-797-7426. Their hours of operation are: 24/7 Towing and the Shop is open Monday-Friday 8am-5pm.

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2019 Summer Camp Themes
7/8-7/12 Treehouse Time Travelers
7/15-7/19 Game on! (Board, team, video games)
7/22-7/26 Summer Spy School
7/29-8/2 Farm to Table (Farming and Cooking)
8/5-8/9 Mad Science
8/12-8/16 Pottery and Ceramics
8/19-8/23 Legend...ary (Myths and Legends)
8/26 - 8/30 Nature Club (Be Green... and Blue, too!)

Camp is open to kids ages 5-12
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Great Expectations

Submitted by James LaFountain, All American Fitness Center

Marketing “hype,” combined with a generous amount of “mistruths,” are present in nearly all fitness promotions. Unfortunately, it is doing more harm than good.

Crazy statements, like, “Lose 10 pounds your first week,” dominate the airwaves and create unrealistic expectations, yet generate huge profits. Fitness is a billion dollar industry! But, lies are still lies and someone needs to tell the truth. Here’s my stab at the truth, as it relates to fitness, nutrition etc.

*Weight Loss is NOT always Fat Loss: Monitoring one’s scale weight” is certainly a convenient method for measuring loss of girth and taking bodily measurements, is also somewhat convenient but, it does not tell the real story. Americans are not a patient lot, so slow and healthy “fat loss” is a challenge. Fast weight loss=Fast weight gain. Slower loss=Fat loss.

Regular exercise is essential, yet using it exclusively as a fat loss method is painfully slow. It’s important to remember, there are 3,500 calories in a pound of fat. Burning 500 calories in a 30-45 minute bout of exercise equates to a measly one pound loss every seven workouts. If combined with a 500 calorie a day caloric intake reduction, it is still a slow process. Increasing muscle mass with resistance training does allow our body to burn a few more calories during a workout and at rest.

*Enormous muscle gains are physiologically impossible: In spite of muscle magazine stories of large muscle gains, increases in lean tissue is also painfully slow. Experts tell us, lifetime lean muscle gains, without pharmacological aids (Steroids, Human Growth Hormones) will not exceed 15 pounds for men and 7 pounds for women.

*Aging is NOT a myth: Researchers report, the aging process begins at the age of 25. Loss of lean muscle, flexibility, muscular power, muscular strength, neuromuscular efficiency, bone tissue and cardiovascular performance is 2-3% per decade after age 30. Those who are sedentary may lose 4-5% per decade!

*There is no “magic” machine that will get you fit in record time: Neither new nor preowned equipment can talk. Proper instruction is the most important ingredient in fitness improvement. Barbells, dumbbells, machines, rubber chords and any other resistance will produce lean muscle gains, if used properly. Equipment that involves the use of large muscles in a rhythmic fashion for 30+ minutes will also encourage cardiovascular improvement. Fitness equipment companies do not have to tell the truth and seldom do. They’re in business to generate a profit, period. In addition, cardio machines are designed to overstate distance traveled, speed and calories burned in order to sell their product.

Summer Special

3 Months

\$99



Judge Joan Shkane

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

MYTH: If you are a victim of property fraud of your land and/or house, and the person or company who engaged in the fraud is convicted of that fraud,

you automatically get your property back.

REALITY: If you are in default or foreclosure for failure to pay your mortgage, your property is gone, and you are stuck. This is true even if you have been a victim of “deed theft”. Deed theft usually happens in one of two ways. The first most common way is when the thief forges your signature and then the thief records the deed, usually in the County Clerk’s office where the property is located, showing a phony transfer of ownership from you to the thief. The other common way of deed theft is when a bad actor identifies a homeowner facing foreclosure or other financial burden. The bad actor then pressures the victim homeowner to take part in a quick, cheap sale by pretending to be the authorities, or by making outrageous promises. The companies who engage in this often target seniors, homeowners struggling financially, and those for whom English is not their first language. Sometimes these bad actors will pretend to be police or government representatives. They will also claim that the deed transfer is only temporary. This is happening more often especially downstate where neighborhoods are being developing into upscale properties. But it can and does happen anywhere. A new bill has passed both the New York State Assembly and Senate, and is waiting for the Governor to sign. It provides, among other things, that if a district attorney successfully prosecutes the bad actor, so that he/she/ it has a criminal conviction for fraud regarding the homeowner’s property, then the district attorney can ask the court to throw out the illegal deed and return the house/land to the owner victim. If this bill is signed or otherwise becomes law, those victims will finally be able to get their stolen property back. Without this law, they may not be able to get it back, even though they were innocent victims.

MYTH: New Yorkers are governed only by New York law.

REALITY: We are governed by many sets of laws. First and foremost are our State courts. State courts have “general” power, which means that they have the power to deal with cases of all kinds, including cases that involve interpretation of our New York State Constitution. They have many divisions, including Supreme Court, Family Court, County Court, Surrogate (deceased persons cases), etc. All cities have a City Court, often divided into other courts including Veterans Court, Debtors Court, Drug Court, Housing Court, etc. Each town and village is entitled to have a court with the power to hear minor criminal cases, minor property disputes, and traffic cases. Clearly the variety of cases across the State is varied and covers nearly every facet of life in this State. New York State courts hear more than three million cases every year.


Those living in New York State are also subject to Federal laws. Federal Courts handle alleged violations of federal laws, including some federal crimes, and lawsuits among people and corporations. They are

called courts of “limited” power because they can only handle cases that are governed by the U.S. Constitution, and federal laws such as the Bankruptcy Code, and including cases between residents or businesses of different states. The courts are divided into districts. In New York State we have four District Courts, the Southern, Northern, Eastern, and Western. They are often referred to by initials, that is, the Southern District of New York (SDNY), and the Northern District of New York (NDNY), etc. In this area we are governed by the NDNY. The SDNY is often in the political news lately because they hear cases coming out of parts of New York City. The US has 94 District Courts.

MYTH: Asking your lawyer to hold or disburse your money is risky business.

REALITY: Under the ethical rules that govern all lawyers, there is no risk. A lawyer is held to a very high standard when he/she holds a client’s money in escrow. The lawyer must keep records of all deposits into or withdrawals from any escrow account, including the date of each deposit or withdrawal, to whom it was disbursed, and a description of each disbursement. The lawyer must keep all related bank statements, and all other related bank documents. The account must be for each individual client only, and the funds cannot be mixed with other clients’ money. A lawyer may delegate an employee, such as a bookkeeper or secretary, to be responsible for the escrow account. However, the lawyer must adequately supervise the work of the non-lawyer. A client should feel free to ask his/her lawyer for a full accounting of the money and the lawyer must quickly respond to the request. Failure in any of these areas will subject the lawyer to discipline, including suspension or revocation of the license to practice law.

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.



Cynthia Davis, LCSW-R

Licensed Clinical Social Worker-Registered

“If everyone demanded peace instead of another television set, then there’d be peace.”
~ John Lennon

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4 THE TOWN CRIER

Library News

JUNE
2019



2 Library Lane 315-733-1535

Town of New Hartford Farmers Market

Look for the New Hartford Public Library at the Town of New Hartford Farmers Market. The farmers market will be held at Sherrill Brook Park on Tuesdays from 3:00-7:00pm, starting June 4th through September. For more information, go to www.newhartfordfarmersmarket.com

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 11:00. 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.

Reminder!!! Sign-up for Kids' Summer Programs

Sign-up for all summer programs that require registration beginning on June 10th! Call us at 315-733-1535 to sign up your child!

Touch the Trucks

Saturday, June 8, 10:00-12:00. Join us as The New Hartford Highway Department bring some of their best big trucks to the library parking lot for the children to see and explore!



Kick-off to Summer Reading Universe of Stories!

Saturday, June 29, 10:30-11:30. Join us to decorate Universe of Stories Galaxy cookies and to pick up your summer reading log! If you read for 10 hours and turn in your summer reading log; you can come in to the library and pick out a free book of your choosing!

*You do not need to register for a summer reading log!

Check Out an American Girl Doll

The Heritage Doll Club has generously donated an American Girl doll with her own travel case to go home with any borrower who would like to give her a two week vacation. She comes with accessories and a good book. She waits for you behind the circulation desk...just come in and ask to check her out!

Yoga for Seniors with Bill Skinner

Classes will begin on Monday, June 3rd from 3:00-4:00 and continue through the end of the year. Each participant is required to bring their own yoga mat. The classes are conducted by Bill Skinner. Bill received his training at The Savannah Yoga Center in Savannah, GA and has 4 years' experience teaching senior yoga. Class is limited to 25 participants. Please call [315-733-1535](tel:315-733-1535) to register.

Book Signing with Local Author Jordan Elizabeth

Drop by the NHPL on Saturday, June 1, 11:00-1:00 to see local author Jordan Elizabeth and have her sign your copy of her newest book, Delta. Delta is a YA

historical fiction title that takes place in the village of Delta, just outside of Rome, NY, and follows Lottie as she and her family navigate the destruction of her village so that a reservoir can be built.

AARP Defensive Driving Course

The AARP will be hosting another AARP Smart Driver Course on Thursday, June 6, 10:00-6:00, \$20 for AARP members (bring your card), \$25 for non-members. Bring a bag lunch and your NYS driver's license. Limited to 25, please call 315-733-1535 to register.

Mystery Book Club

Saturday, June 8, 11:00am-12:30pm; this month's title is Uniform Justice by Donna Leon. Copies are available to be checked out at the circulation desk. Stop by to get yours today!

Wanderlust Book Club

Tuesday, June 18, 5:30; June's selection is Clementine by Sonia Purnell

NHPL Book Club

Thursday, June 27, 1:00-3:00pm; June's selection is TBA.

June Art on Display

Michael Landau is a local artist who has exhibited for many years and is the recipient of awards, including Best of Show at SUNY Utica-Rome and was featured in 'Artist's magazine,' a national publication. He works in acrylics and oils and also draws with graphite and charcoal. He enjoys painting still lifes, rural landscapes, and cityscapes of the Central New York area.

Display Case June Heritage Doll Club

2019 Artists Needed To Display

The New Hartford Public Library has several months still available to exhibit your artwork in 2019. If you are interested in displaying your artwork, call the library at 315-733-1535.



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Library News

THE TOWN CRIER

5

Join Ruth Anne Kane for knitting and crocheting lessons!

She will be teaching the basics of knitting and crocheting. Class meets on Thursdays from 1:30 -3:00. All supplies are included but space is limited. Please call 315-733-1535 to register.

Important!!!!

Tai Chi Classes at the Library are on hiatus. Classes will resume on September 12, 2019 and continue for 8 weeks.

Friends of the New Hartford Public Library News

ICE CREAM SOCIAL

Join us on Wednesday, July 10, 2019 at the New Hartford Recreation Center from 7-9 p.m. to experience a fun filled evening including gooey sundaes, homemade cake, the New Hartford Citizen's Band, Smiley the Clown, face painting, 50/50 raffle and childrens' raffle baskets.

Exciting News!

Childrens' raffle baskets will be displayed at the library starting June 24th until July 9th. Raffle basket tickets may be purchased at the library circulation desk.

Volunteers Needed

Bakers, scoopers, face painters, servers. Signup sheets will be available at the circulation desk in June. All proceeds are designated for the Joshua Turner Fund to benefit the Childrens' and Teen rooms for the purchase of programs, materials and books.

The Bill Bonsted Indoor Mini Golf Tournament

The Bill Bonsted Indoor Mini Golf Tournament will take place inside the library on Saturday, November 2, 2019 from 10-4 p.m. All ages are welcome.

Charity Golf Outing
The Sauquoit Valley Foundation is hosting their fifteenth annual captain and crew charity golf outing
Monday, July 22nd, 2019
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/>

Used Book Room

The used book room is in need of gently used books and we appreciate a limit of three (3) boxes/bags at a time. Thank you.

Tote Bags

New Hartford Public Library tote bags are available at the circulation desk: \$3.00

Friends Meeting

Please mark your calendar: Saturday, June 15, 2019 in the large study room, 9:30- 11:00. All are welcome!

FRIENDS MEMBERSHIP

Please send your Name, Address and Phone Number, along with your check for:

Annual Membership \$15
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Membership is tax deductible. Please make checks payable to: Friends of the New Hartford Public Library, 2 Library Lane, New Hartford, NY 13413.

New Hartford Citizens' Band

Rehearsals for the New Hartford Citizens' Band 2019 season begins Wednesday, June 12 and continues each Monday and Wednesday through June. Rehearsals are held at the New Hartford High School on Oxford Rd. from 6:30 to 9:00. New members are always welcome. Concerts are each Wednesday evening in July at the Village Green at 7:30. For further information and full schedule, go to our website (<http://ddksny.wix.com/nh-citizens-band>) or check us on Facebook.

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



"True peace is not merely the absence of tension: it is the presence of justice."
~ Martin Luther King Jr

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6 THE TOWN CRIER

Highway Dept. News

JUNE
2019



Town of New Hartford News

Submitted by Richard
Woodland

As the police department and town courts finish their move into the new Town Hall, I would like to take a moment to discuss the different ways that

residents can contact departments and/or services within the Town. The new Town Hall offers “one-stop” convenience for residents to access multiple departments and/or services. While residents have always been able to contact town departments in person or by telephone, residents can now contact departments through the town website or through email. Residents can report concerns directly through the town’s website. Residents and businesses can also sign up for an account with the Customer Portal which allows registered users to subscribe to email newsletters; subscribe to meeting calendars and event calendars; update contact information for non-emergency communication; and create, track, and manage non-emergency service requests and direct those requests to the appropriate department. The police department and parks & recreation department maintain Facebook pages. Court fees, dog license fees, reserving park pavilions, and registering for park recreation programs can all be done online. The Town Clerk has posted the various forms and permits on the town website which

allows residents or vendors to print the forms from the convenience of home or the office. The Town Supervisor and Town Board members can be contacted by phone or email as well. As always, please contact me with any suggestions, questions, or concerns you may have. I can be reached by phone at (315) 982-4936 or by email at rwoodland@townofnewhartfordny.gov.

Richard Woodland Endorsed by New Hartford Republican Committee, Conservative Party, and Independence Party

The New Hartford Republican Committee, Conservative Party, and Independence Party unanimously endorse Richard Woodland as he seeks re-election as the 4th Ward Councilman in the Town of New Hartford. Richard Woodland is seeking his 5th term as the 4th Ward Councilman.

Mr. Woodland, a town of New Hartford resident for 30 years, brings his life, work and town government experience as 4th Ward Town Councilman to the office. This experience has allowed him to have an open and forthright relationship with the residents, business owners, and town department heads to move the town forward while providing a clear and very attainable vision for the future.

His most rewarding experience as an elected official is listening to and working with residents on issues that affect them and the town or helping them find answers to their concerns. Richard states: “It is always my pleasure to communicate with our residents whether talking to them

on the phone, holding public meetings, or visiting them in their back yard. I believe it’s the job of the Councilman to advocate for all my neighbors in the 4th Ward and to act as an ambassador of good will for the town.”

During his last term, Councilman Woodland working with other town board members and staff accomplished:

1. The purchase of and the repurposing of the former Gander Mountain into a state-of-the-art Town Hall.
2. Establishing the Food Truck Rodeo in Sherrill Brook Park, an event so successful it will be back again in 2019.
3. Consolidating the Village of New Hartford and Town of New Hartford Court systems into one unified court system.
4. Collaborating with State Senator Joseph Griffo’s office to secure a \$250,000 grant and used \$150,000 of town money to fund \$400,000 in numerous park system improvements.
5. Voting to increase the paving budget this year by an additional \$170,000 to pave over 8 miles of road that will include Evalon Rd., Applewood Entrance, & Clinton View Rd. in the 4th Ward and supporting the continued modernization of town operations.

Councilman Woodland holds a bachelor’s degree in business administration, specializing in finance, from SUNY IT. He is employed by Excellus Blue Cross Blue Shield and holds an insurance license in personal and commercial lines.

We thank you for your past support and we are asking for your vote on Primary Day-June 25 and Election Day-November 5. For more information or to assist in his campaign, please call Richard Woodland at: 315-982-4936.

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Happy Mother's Day!

THE TOWN CRIER

7



Sixth Annual "Best Ball" Golf Scramble with Prizes Saturday June 15th, 2019.

A benefit for the Make-A-Wish foundation/scholarship fund in honor of the memory of John D. Lloyd. The Make-A-Wish foundation granted John's wish to meet Buffalo Bills Players CJ Spiller and Fred Jackson in December of 2013. Please help us to help them keep granting wishes.

At Twin Ponds Country Club, New York Mills. June 15th, 2019. T-Off at 10 AM. Dinner at 4PM. Ticket Prices: "Package Deal" includes 18 holes of golf, cart, lunch at turn, and dinner buffet/banquet, \$85 dollars each.

Dinner/Banquet Only- \$20. Banquet will include raffles, door prizes, and Chinese/silent auctions. Donations are needed. Teams are filling up fast, call to reserve your spot! For questions or more info contact Kathy Lloyd 315-723-6545 or Sue Lloyd 315-723-7865.

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- "Let's Go Fly A Kite"
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- Family Lego Night
- Paint n Sip Juice
- Princess Tea Party
- Family Game Night
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- Walk On The Wild Side
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- S'more Camping, S'more Fun

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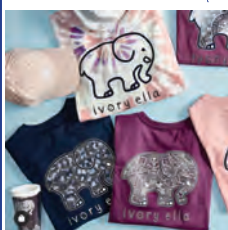
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New Hartford Highway News

Submitted by Highway Superintendent Richard Sherman

The Highway Department has a busy schedule in the month of June. The street sweepers have been out cleaning streets for spring cleanup. The compactors have been out picking up brush piles along with the leaf truck to pick up the leaves left over from the fall.

The month of June will be our curbside pickup. Ward 1 will be June 3rd thru June 7th. Ward 2 will be June 10th thru June 14th. Ward 3 will be 17th thru June 21st. and Ward 4 will be 24th thru June 28th. Please put out the items for curbside

the week that we are coming through, not ahead of time.

On the June 8th drop off at the Highway garage we will have our annual shredding from CONFIDATA DESTRUCTION SERVICE 8:00am – 12:00pm. The only drop off in the month of June is June 8th 8:00-12:00. The Monday drop off will resume on July 1st.

The New Hartford Library will be hosting the annual TOUCH THE TRUCK on June 8th 10:00AM TO 12:00PM

Also in the month of June I have been prioritizing the roads based upon the limited financial resources available. The Highway crews will begin road work on approximately 8.6 miles of town roads. Some of the roads that we will be working on are:

Micro Paving roads from last year: Ney Ave; Pinecrest; Sycamore Entrance; Compton Rd; Irwin; Willowvale Ave; Brooks Lane; Kavad Rd; Tabor Ln.

Roads To Be Paved: Grange Hill Rd Oneida Street to Butler Rd including Butler Rd to town line; Snowden Hill Rd Oxford Rd to Red Hill Rd; Lloyds Lane; Evalon Rd; Clinton View; Applewood Entrances; Golf Ave Shoulder.

If you have any questions please call me at 315 724-4300 or 315 534-2998 or e-mail me at rsherman@townofnewhartfordny.gov.



NEW HARTFORD SAFE & LOCK CO.

Gun Safes

Submitted by New Hartford Safe & Lock Co.

Gun owners; how secure are your firearms? Whether you have one, two, or one hundred, your firearms should be secured in a ‘real’ safec. As far as we’re concerned, cabinets and lock boxes just don’t cut it. Rifles, pistols, shotguns, and the like should all be kept in a fire and burglary rated gun safe to be kept out of the hands of thieves and children alike. Gun safes and firearm storage containers come in many different sizes with different options to accessorize and customize to your needs. Most gun safes have a one or one and a half hour fire rating. Most gun safes also come standard with either a mechanical or electronic combination lock. Liberty, Gardall, Amsec, Cannon, and Sentry are just a few of the well known and most common gun safe manufacturers. Gun safes can be used for other things, too. Almost all safes are big enough to include room for paper and file storage, jewelry, watches, family heirlooms, and other valuable items that you’d normally keep locked up in safes that are just too small and or unsecure for your weapons. The ‘higher end’ safes will come with things like door organizers for your pistols and weapon accessories, bow racks, interior lighting, and dehumidifiers. Some Liberty safes come with an electronics hub on the inside of the safe to power up the interior of the safe to store and charge your electronics at the same time. There’s also antenna ports and auxiliary jacks so you can store your camera system’s DVR inside, or even your internet hardware. Let’s talk locks. You primarily have two options when it comes to the lock on your gun safe; mechanical or electronic. There are benefits to each, and even though our primary recommendation is mechanical, here are some tips to help you decide. Mechanical locks require low maintenance and no batteries, therefore they are generally deemed more reliable. No electronics to fail means you know that your lock will open almost 100% of the time (leaving some leeway, because even mechanical locks can fail.. sometimes). The downside to mechanical is that you have to dial the combination in a 4, 3, 2, 1 sequence (most times). This means that you will need a light at night, glasses if you wear them, and that card with the combination on it out of your wallet. If you are in a panic, have jittery hands, or you’re just the type of person who prefers keys over combinations, maybe an electronic lock is a better option for you. Keep in mind, however, that you now have to change out batteries, and don’t worry, you can change them from the outside of the safe with the best locks (we recommend doing so as often as you change your smoke alarm batteries, which should be twice a year). Additionally, most higher end safes do not come with key overrides, so if something should fail with the electronics, your safe lock will likely have to be drilled open. That being said, we do not always recommend that you store your home defense weapon(s) in a gun safe with a mechanical lock. Safe manufacturers make ‘quick access’ containers for handguns and shotguns alike. In fact, there are some pretty cool options out there. For instance, Amsec’s pistol boxes offer a mechanical push button combination lock for ease of use. This makes storing a handgun and smaller items like a flashlight and keys safe and rapidly accessible in the event of an emergency. In addition, you can get an under-the-bed safe for storage of the same things as well as a rifle or shotgun. These are bolted down under the bed and utilize a slide out tray. Hornady’s RAPiD wall mount safe allows for secure storage of a rifle or shotgun and comes with six different ways to open the safe. Fingerprint, key, keypad, RFID bracelet, key fob, or sticker. Those are some easy ways to secure your firearms for rapid deployment. Whether you’re looking for a one, two, or 60 gun safe, vault door or pistol box, The New Hartford Safe & Lock Co. has got you covered. Call us today 315-922-7809 or stop in our showroom at 52 Campion Road, New Hartford. And remember, owning a firearm is your right, but securing it is your responsibility.

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12

THE TOWN CRIER

Community News

JUNE 2019

Lego Robotics Open House

If you know a youth between the ages of 9-14 that would like to learn about and get involved in a local robotics team, then here is your chance!

Join us for a First Lego League Robotics Open House on June 1st from 9am-11am at Cornell Cooperative Extension Oneida County 121 Second St Oriskany NY 13424

Meet with fellow robotics enthusiasts and the 4-H members of “Geared-Up.”

Co-Leader Andrew Burger will be available to answer questions about:

Team formation, Programing, Mentors, Challenges, Competitions, Funding & Equipment.

The 2019-2020 Theme has been announced:

CITY SHAPER What if you could build a better world? Where would you begin? More than ever, we must come together to innovate and solve problems. In **FIRST**, you are part of a thriving community brimming with inspiration, creativity, and hope for a stronger, more sustainable future—one that’s built better together.

Start planning and getting your teams together now so you are ready when the challenge and rules are announced later this year.

For more information email Andrew at aburger@firstinspires.org

Can’t make it on June 1st then bring the family out to Farm Fest on May 31st at Brabant Farm, 6166 Happy Valley Rd., Verona 4:30-8:30pm. Eat at the chicken barbeque, tour the milk house, pet the animals and meet the 4-H Robotics team and learn what our 4-H Youth are up to.

Players of Utica Presents *They’re Playing Our Song*

Tony Award-winning musical *They’re Playing Our Song* opens at Players of Utica on Friday, May 31.

He’s a wise-cracking and award-winning composer and she’s a quirky and immensely talented lyricist, but although they make marvelous music together, they’re having trouble trying to make their personal relationship meld harmoniously.

Vernon Gersch and Sonya Walsk begin a whirlwind professional collaboration knowing that their personalities are diametrically opposed, but before too long, they start a romantic relationship, move in together, and then that’s when things get complicated. With a hilarious book by Neil Simon and an upbeat pop score by Marvin Hamlisch and Carole Bayer Sager, the original production starred Lucie Arnaz and Robert Klein in the leading roles.

The show is based on the real-life relationship between Hamlisch and Sager, with Stephen Wagner and Sarah Spiwak as the leads in this entertaining production by Players of Utica. The onstage backup singer portraying different aspects of Vernon’s and Sonya’s personalities are Tim Huey, Vincent Cavo, Josh Griffio, Liska Savage, Katrina Griffio and Brenda Rogowski.

Performances are May 31, June 1, 6, 7, 8 at 7:30 p.m. and June 2 and 9 at 2 p.m. at Players Theatre at 1108 State St. in Utica.

They’re Playing Our Song closes the 2018-19 subscription season.

Tickets are available by calling 315-724-7624 or online at playersofutica.org.

Performance dates: May 31 and June 1, 2, 6, 7, 8, 9.

Ticket prices: \$20 – Adults; \$17 – Seniors; \$10 – Students (with valid IDs)

About Players of Utica

Players of Utica is a non-profit community theatre that has been continuously producing shows since 1913. We have engaged over 1 million individuals with affordable, first-class community theatre. *Players of Utica* is an equal opportunity organization. For more information, and to support or participate, visit www.playersofutica.org, follow us on Instagram @playersofuticany, Twitter @UticaPlayers or “Like” us on Facebook.

Cynthia Davis, LCSW-R

Licensed Clinical Social Worker-Registered

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~ Deepak Chopra

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New Hartford Central School Fall Sports Sign-Ups

Students in grades 6-11 will be asked to sign up for fall sports during a designated period in their Physical Education class. Upon signing up for a fall sport, they will receive a Blue Card as well as a Pre-Participation Form. These forms need to be completed in their entirety and returned to the nurse at Perry Junior High for incoming 7th - 9th graders and the High School nurse for incoming 10th - 12th graders. These forms are NOT to be completed and signed sooner than 30 days prior the start of the season. JV and Varsity sports will start on August 19th with Modified sports commencing on August 26th. Please mail or drop off the Pre-Participation Form and Blue Card to the respective nurse's office on or soon after July 20th for JV and Varsity Sports and July 27th for Modified sports.

A current sports physical must also be on file in order for your student athlete to be eligible to compete. The Hughes Elementary will have sports physicals on Wednesday, June 5th. Summer sports physicals will take place at Perry Junior High on August 1, 2019, 8:00 AM - 11:00 AM and August 19, 2019, 8:00 AM - 11:00 PM. Appointments are strongly recommended. Please contact Lynn Moretz to set up an appointment at 315-624-1235.



Veterans and family members spend the weekend at Camp Sitrin during the 2018 Warrior Retreat.

Sitrin to Host Annual Warrior Retreat

From July 26 to 28, local veterans of Sitrin's Military Rehabilitation Program will head to Camp Sitrin on Graffenburg Road in Frankfort, for the 6th Annual Warrior Retreat. Pitching tents and setting up campers, nearly 100 post-9/11 veterans and family members are expected to attend.

Throughout the weekend, campers will participate in several of Camp Sitrin's amenities, including its 10-acre lake, nature trails, playing fields, and pavilions. To prepare for the event, many veterans of Sitrin's Military Rehabilitation Program have spent time cleaning and prepping the camp by cutting down branches, clearing hiking trails, raking, and cleaning docks.

Attendees will join in a variety of fun-filled, teambuilding activities, including fort building, Family Feud, ultimate frisbee, fishing, yoga, and more. Each morning, veterans will prepare breakfast, and in the afternoon and evening, enjoy a family-style barbecue.

"Ecotherapy, or spending time in nature, has been one of the most effective therapies we have utilized in the program," says Jackie Warmuth, VP of Clinical Development at Sitrin. "The Warrior Retreat is an opportunity for veterans to come together in a peaceful setting, spend time with their military brothers and sisters, and experience healing in a unique way."

During the weekend, veterans will participate in a campfire healing circle where they can share personal stories and military experiences with one another, including challenges with deployment and returning home. During this time, they often offer support to their peers, and are able to relate to each other on a deeper level.

The Warrior Retreat is a free event made possible by funds raised through Sitrin's annual Stars & Stripes Run~Walk. The Run~Walk is also the primary fundraiser for Sitrin's Military Rehabilitation Program.

Anyone interested in participating in the Warrior Retreat can contact Jackie Warmuth at (315) 737-2435 or jwarmuth@sitrin.com.

Sitrin is a not-for-profit corporation located on Tilden Avenue in New Hartford. In addition to military rehabilitation, Sitrin provides comprehensive medical rehabilitation (inpatient and outpatient), long-term care, NeuroCare, assisted living and enriched housing (Cedarbrook), residences for people with intellectual disabilities and medically complex conditions, adult day health care (OPAL Program), child care, adaptive and Paralympic-level sports, concussion management, aquatic therapy, a dental clinic, and wellness center.




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14

THE TOWN CRIER

Community News

JUNE
2019



“Coppelia” staged by Nancy Long and Lynn Bollana. Dancers: (clockwise from top left) Molly Roefaro, Mia Dischiavo, Ada Gouse, Lena Miller, Isabella Pedulla, Maria Mandronico, Michelle Casab, Kyra Warncke, Maya Brown

Utica Dance Spring Dance Concerts 2019

2019 marks the 45th year of dance in downtown Utica, originally a program of MWPAI, and now independently run Utica Dance. For the 5th anniversary celebration as Utica Dance, the Ballet Program of the Spring Dance Concerts will be held on Saturday and Sunday, June 1 and 2 at 2:00, and the Jazz/Tap/Contemporary Programs will be held on Friday, May 31 and Saturday June 1 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 2:00 Saturday and Sunday matinee ballet programs will amuse all audiences with Coppelia, a delightful comedic story ballet. Utica Dance is honored to have G. Roberts Kolb, professor at Hamilton College, join the dancers on stage again to lead the cast as the outrageously silly dollmaker, Dr Coppelius who falls in love with his creation, Coppelia. Isabella Pedulla and Ada Gouse, both accomplished dancer actresses, share the lead role with humor and skill opposite guest dancer, William Byram who falls for the devious trick they play on him.

Vivaldi’s “Seasons,” choreographed by Nancy Long and Lynn Bollana, will be danced by an extraordinary cast of dancers from the pre-professional program. Completing the repertory program the advanced dancers present “A Blessed Unrest,” an original contemporary dance by Utica Dance alum and current instructor and professional dancer, Lindsey LaFountain

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 full of emotion, drama and exuberence.

Setting the tone for this entertaining program is “Mostly Mozart” with a stage full of dancers in tuxedos and “Mozart” style wigs tapping to the jazzed up versions of familiar classic tunes. Our highly skilled youngest concert dancers will take center stage in “Beat, Bop, Boogie” where one group after another will amaze the audience with their infectious dancing ending in crowd favorite, “Bop til you Drop”. The five graduating seniors lead the full ensemble in “Now Voyager”. “Bohemian Rhapsody” illustrates the evocative and deeply rich music and movement of an era. Exuberance abounds in the final dance celebration, “Standard Set” with music of the 1940’s, has is brought to life by the outstanding men and women in the advanced classes.

The Good News Center

You Can Help Your Marriage – Do you feel alone? Are you frustrated or angry with each other? Do you argue ... or have you just stopped talking to each other? Does talking about it only make it worse? Retrouvaille (pronounced retro-vi with a long i) helps couples through difficult times in their marriages. This program has helped 10’s of 1000’s of couples experiencing difficulties in their marriage. For confidential information about or to register for the upcoming weekend on August 9-11 at The Good News Center, 10475 Cosby Manor Road, Utica, call 315-735-6210, or email: info@thegoodnewscenter.org or visit www.HelpOurMarriage.org.

Grief Survivors

Meets every other Tuesday from 6:00 - 7:30 PM at The Good News Center, 10475 Cosby Manor Rd., Utica. Upcoming meetings will be June 11th , June 25th and July 9th. Drop-ins welcome. This is a non-denominational support group for those suffering the loss of a loved one. Meets bi-weekly to help you face the difficulty associated with losing a loved one. For more information contact The Good News Center at 315-735-6210, info@thegoodnewscenter.org, or visit us online www.thegoodnewscenter.org.

PAL – Parents of Addicted Loved Ones

The primary goal is to provide hope through education and support for parents dealing with addicted loved ones by offering confidential peer support. Other family members of addicted loved ones are also welcome to attend. Parents of Addicted Loved Ones (PAL) is a national organization founded in Arizona by a Licensed Independent Substance Abuse Counselor. The group will be led by Michelle Holliday, who has been trained by PAL. Some of the topics covered are: addiction cycle, traits and behaviors, delayed emotional growth, role of family and enabling behaviors. Meetings are 6:30 - 8:00 PM every other Monday here at The Good News Center, 10475 Cosby Manor Road, Utica. Upcoming meetings will be June 3rd , June 17th and July 1st. For more information contact The Good News Center at 315-735-6210, info@thegoodnewscenter.org, or visit us online at www.thegoodnewscenter.org.

FOR MORE INFORMATION, CONTACT:

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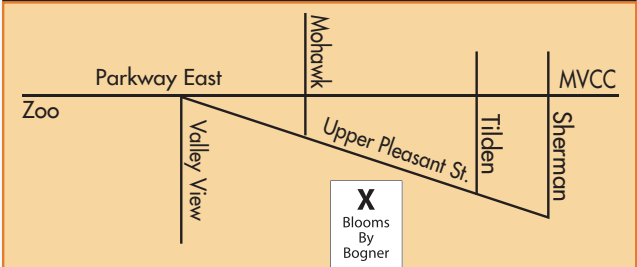


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Ten Questions Answered About Utica's Irish Cultural Center

Submitted by Peter A. Karl III, Vice President and Counsel to the ICC along with being President of the Great American Irish Festival

1 - What is the Irish Cultural Center of the Mohawk Valley?

It is a 21,000 square foot multi-use facility encompassing a museum, event center and an authentic 19th century Irish tavern-restaurant located at 623 Columbia Street, Utica, NY.

2 - Why was the location in Utica's Brewery District chosen?

It is the location of the first Irish Catholic Church in Utica (St. Patrick's) which subsequently merged with St. Joseph's. During the excavation stonework from the original Church's foundation was preserved in order to be used on the site.

3 - Who is the owner of the realty?

The owner of the realty is the Irish Cultural Center (ICC) of the Mohawk Valley, Inc., a 501(c)(3) charitable organization. The ICC owns a separate for profit entity, Five Points Hospitality, Inc. that operates the tavern-restaurant and event center. As a result, all applicable taxes including real property assessments will be paid by Five Points.

4 - What type of cultural activities are anticipated at the facility?

It is projected that a wide range of Irish cultural activities will be held at the ICC ranging from Irish music, movies and dance performances. In addition, the building will be the headquarters for the nearly dozen Mohawk Valley Irish organizations who currently do not have any central location.

5 - What is the overall goal of the Irish Cultural Center?

The purpose is to educate the public of the rich history of the Irish over the last couple of centuries in Upstate New York and nationally.

6 - Is the ICC open to the public? Yes, the entire facility is open to the public. The Irish tavern and restaurant will be open daily from 11AM. The event center is available to host a number of activities such as wedding receptions, reunions, and business meetings. The event center has a capacity of 285 attendees with the ability to be separated into three separate smaller rooms.

7 - What will the tavern/restaurant feature?

The tavern restaurant portion of the ICC, the Five Points Public House, was named after the epicenter of the Irish in New York City during the late 1800's because of the NYC location being at the intersection of five streets. The ICC has the same five corner configuration at one end of Utica's Brewery District.

Five Points will be offering an American and Irish menu. There will be an outdoor patio while inside there is a music stage for performers. All of the furniture, tile, wooden bar and room dividers were built in Ireland and shipped in three containers to Utica in order to provide patrons the feel of a 19th Century establishment in Dublin.

8 - What will the second floor museum offer?

Initially there will be exhibits displayed which will be borrowed from other Irish museums from across the country. Subsequently, the museum will feature displays of Upstate NY Irish history which items will be donated or loaned to the ICC.

9 - When will the ICC be operational?

Events have been scheduled for June including a wedding reception and college alumni dinner which functions are being catered by Pat O'Connor of A Moveable Feast. The Five Points Public House will be opened upon the issuance of a NYS liquor license (noting that a grand opening weekend is being planned for mid July).

10 - Where can additional information be obtained for the scheduling of events or programs being offered by the ICC?

For booking a function at the event center, the email is event@fivepointspublichouse.com. For more information about the ICC on the Web, google "Irish Cultural Center of Utica".



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The "sale" will feature a calendar of community sales and their corresponding dates and posted on the Association's website at no cost, 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 501(c)(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.

RPEA 50th Anniversary Bash

RPEA is having an indoor picnic bash at The Utica Maennerchor, 5513 Flannigan Road, on Thursday, June 13th from 11am-3:30pm. The menu will include hot dogs, baked beans, macaroni salad, dessert, coffee, tea, and two tickets per person for beer or soda. Door prizes, a raffle, theme baskets, two \$50 lottery trees will be available. Drawings will be at 1, 2 and 3pm. The cost of the picnic will be free for members and their guests, so please bring along prospective new members.

RSVP by June 6th to Elaine Dziadyk at 315-735-7228.

The guest speaker will be Jack McPadden, RPEA President - he will give an overview of RPEA history, accomplishments and future goals. A box of toiletries will be available for the 'Make a Difference Day' in October. Please remember to bring items for Our Food Pantry Project. Cash donations are welcome.



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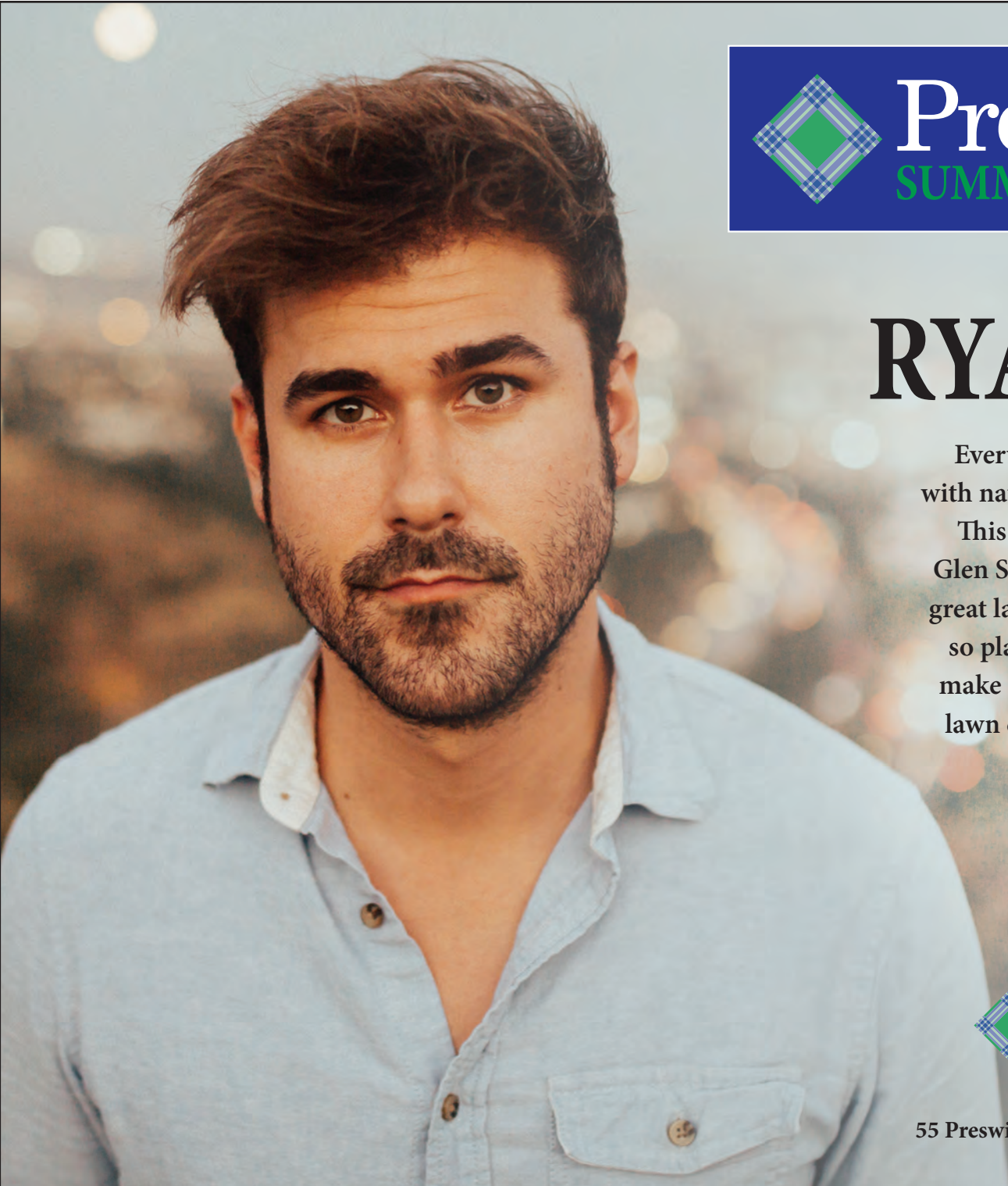


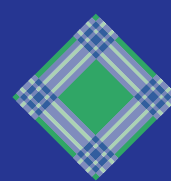
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Tommy Goodelle Places Third in Nation

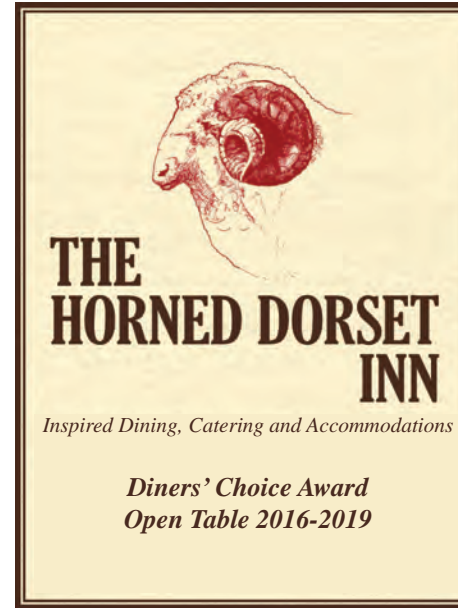
The path to the National Hoop Shoot Competition for New Hartford's Tommy Goodelle (son of Nicole and Andrew Goodelle, New Hartford) began this past winter as he competed in Utica Elks Lodge #33's Local Hoop Shoot and won in the Boys' 8-9 division. Advancing through more and more rounds, Tommy took home first prize for the Tri-State Competition in March before moving on to the Tri-Regional Championship, where he made a perfect 25 out of 25 free throws. This feat allowed him to advance on to the National Hoop Shoot Championship in Chicago!

Tommy and his family made the trip to Nationals in Chicago in April where Tommy was able to compete amongst 72 other finalists from across the country – boys and girls in three different age divisions. Tommy put on an outstanding performance, finishing third in the United States in his age division!

Throughout the competition, Tommy was noted for his high level of maturity and sportsmanship. He enjoyed meeting and hanging out with other kids from all different places, and the camaraderie felt throughout the weekend.

Utica Elks Lodge #33 is extremely proud of all of the hard work and determination that Tommy displayed from the local competition through nationals, and we are so grateful to have had such a phenomenal representative from our area sent to compete on a national stage. Congratulations, Tommy!






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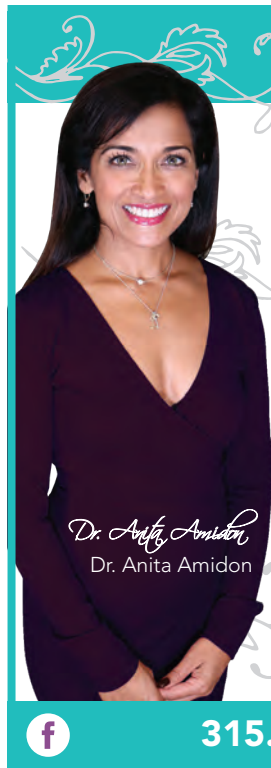


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Louis Comfort Tiffany: Treasures from the DrieHaus Collection was organized by The Richard H. DrieHaus Museum and is toured by International Arts & Artists, Washington, D.C.



Tiffany Studios, *River of Life Window*, 1900-1910, leaded glass. Photograph by John Faier. © 2013 The Richard H. DrieHaus Museum.

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The Allman Betts Band

The Allman Betts Band began their inaugural world tour in March of 2019. After spending a year touring as the Devon Allman Project with special guest Duane Betts, forming the band was just the natural next step.

Touring with The Devon Allman Project was Duane’s first time fronting his own band and singing his own songs – and then joining Devon later in the show each night. Performing in a band together was always a possibility for Devon and Duane, considering their fathers, but not something they felt to be necessary. Both were already successful musicians on their own, but the chemistry between the two was really there, which resulted in The Allman Betts Band. Devon calls the connection “absolutely, truly organic as it unfolded and [forming the band] was obviously the next step.”

Devon and Duane let their creativity and chemistry flow for their album “Down the River” (available on June 28th). Wanting to create a new record that sounded like a classic right off the bat, Devon and Duane began their work using music legends like Eric Clapton and The Rolling Stones as inspiration. They even went as far to sonically make the record sound classic by recording on 2-inch analog tapes rather than digitally. Devon compared picking his favorite song off the album to choosing your favorite child, but if he had to choose it would be the final track – Long Gone.

Devon was always interested in music and also had an interest in theater. It wasn’t until he skipped out on the end of high school to tour with his father and the rest of The Allman Brothers Band that he knew music was a craft he wanted to perfect. “Once I stepped on stage with The Allman Brothers and felt that energy” Devon said he knew music was his life’s path.

Planning The Allman Betts Band inaugural tour was something cosmic for Devon and Duane since 2019 marks the 50th anniversary of The Allman Brothers Band. With so much music at their disposal – from The Allman Brother’s catalog, from Devon’s personal catalog, from Duane’s personal catalog, and the newly crafted Allman Betts Band catalog – they had more than enough areas to pull from as a band. While on their “Down the River” World Tour you won’t hear the obvious odes to their fathers, you’ll definitely hear fan favorites – fans are guaranteed four tribute songs each performance.

Nothing too crazy has occurred since touring kicked off on March 27th. Devon laughed and said “wait for the book.” He did describe a Florida outdoor festival show in which 20 seconds into the show a “monsoon for the ages” began. The crew and band scrambled to save the gear and the gig had to be cancelled.

Selling out venues of 500 – 700 patrons a night leaves The Allman Betts Band humbled throughout their tour. With larger venues on their tour schedule, they didn’t know how those shows were going to pan out for them. One of their larger shows in Long Island shocked the entire band when a 1,700-seat venue sold out. “To triple [our usual shows] and sell out was a boost for us,” said Devon.

Having played at The Beacon in New York City and Red Rocks Amphitheatre in Colorado, The Allman Betts Band has been really lucky to play such great venues. The Sydney Opera House sits at the top of their dream wish list, along with the Hollywood Bowl and the historic locations across the world. Later this year, The Allman Betts Band is set to play with John

Fogerty at the Radio City Music Hall – crossing off another dream spot for them.

The Allman Betts Band is something fresh that has only just begun. While their first album is about to debut at the end of the month, plans for a second album to come out spring of 2020 is already in the works. Along with another album, comes another lap around the world. To Devon, The Allman Betts Band is something special and exclusive – so don’t plan on seeing them tour every year. Looking past 2020, they might take the year off or play a couple festivals. The Allman Betts Band will serve as a home base for the musicians – they will continue their personal projects, but always have the band to go back to. If all goes well, that’s the plan for the next twenty years of The Allman Betts Band.

Don’t miss your opportunity to see The Allman Betts Band – they will rock The Stanley stage on Saturday June 15th with special guest, Jane Lee Hooker.



Care and Prepare

This past month, my 95-year-old grandmother returned home after a multi-week rehab of a fractured ankle. My mother and her sisters took amazing care of grandma, not only keeping her company (which was a lot of work in and of itself) but navigating her care payments and implementing home upgrades to accommodate her more limited mobility. Caring for an aging parent can be demanding, and not everyone has three of their children nearby to bear the load. However, there are some simple things you can do to prepare:

Data: Make a list of all bank accounts, investment accounts and insurance policies to ensure you know what is owned and where. Consolidate where possible and don’t forget to record all usernames, passwords and security question information.

Contacts: Establish relationships with your parent’s professional contacts including doctors, financial advisors, accountants and attorneys. You may even participate in a meeting alongside your parents (with their agreement) to understand their plans.

Estate Plan: Know where to access important documents like Wills, Durable Powers of Attorney and Healthcare Proxies and the key people that can make decisions if your parents are unable to act for themselves. Check that accounts are titled properly, and beneficiary designations are in good order.

Cash Flow: Gain an understanding of income streams including pensions, social security or annuity payments. Simplify any monthly bills by setting up automatic payments or by outsourcing to a trusted professional.

Healthcare: Review current health insurance coverage and seek additional guidance as circumstances change over time.

Living Arrangements: Review your parents’ home to ensure it is and will be suitable for their unique needs. Consider potential upgrades, and the ability to pay home expenses including future modifications.

More often, our own plans will include planning for our parents. Preparing now may avoid dealing with these details amidst an emergency down the road. By communicating on these matters sooner than later you and your parents are caring for each other.

Submit questions or topics of interest to aevans@investstrategic.com

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

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

Jack Kunkel’s Revolutionary Wellness Expands Business Practice

Dr. Jack Kunkel, DNM and owner of Jack Kunkel’s Revolutionary Wellness in New Hartford, is pleased to announce the expansion of his business as he opens the doors to his new Natural Medicine Practice, located in the Laser Spa building at 610 French Road in New Hartford.

“After overcoming my own health issues, I became passionately dedicated to helping my clients release the power of the body’s own ability to heal itself,” said Kunkel. “I am extremely excited and proud to offer my services to individuals who have been struggling with their own physical and emotional hurdles, and have experienced negative health effects as a result. I know that my assessment and treatment plans will help release them from those burdens, so that they can get on with living their best lives.”

Kunkel recently completed the Ph.D. program in Natural Medicine at Quantum University and was certified as a Doctor of Natural Medicine. His new practice offers a revolutionary approach to achieving comprehensive health and wellness by treating the cause of illnesses at the cellular level, not simply the symptoms of disease. He offers customized treatment plans for his patients, specializing in weight-loss resistance, anxiety, low energy, brain fog, reduction of inflammation, and mind- based techniques for emotional healing.

Author of “It’s Fat Loss, Not Weight Loss!”, Kunkel has been offering his Revolutionary Wellness individual and corporate wellness programs to the Central New York community for over 10 years. He is also a motivational speaker and teaches Corporate Wellness at Utica College.

Dr. Kunkel is now accepting new patients. For more information about his practice or to schedule an appointment, please call 315.982.0191, email jk@jackkunkel.com, or visit his website www.jackkunkel.com.

NEW HARTFORD PAST TIMES

JUNE 2019

NEW HARTFORD HISTORICAL SOCIETY



Ledger runs from
October 1880 thru April 1883

Caring is Sharing!

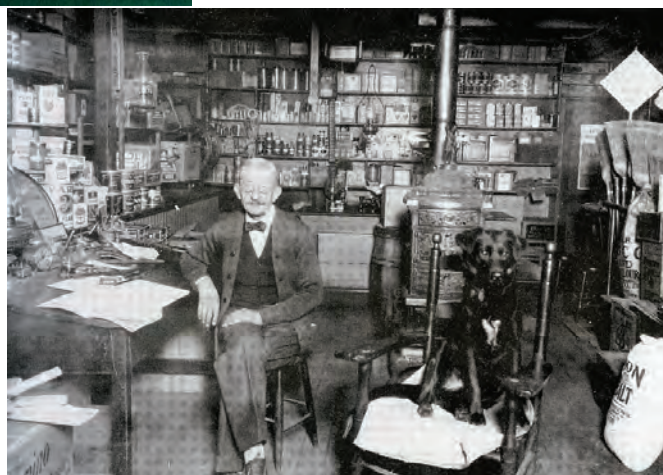
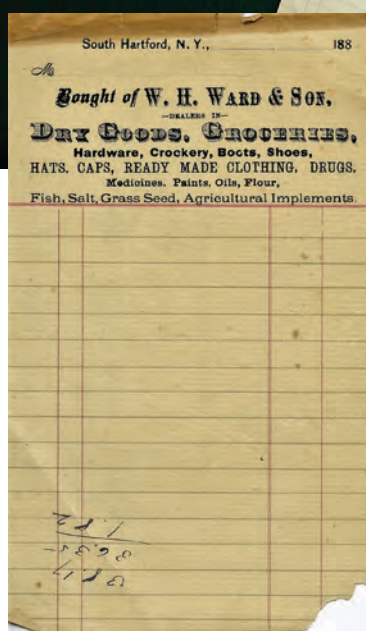
Past member shares a bit of
history with the society.

This past fall, a thoughtful past member of the Society now living in California, sent us a true historical gem! A business ledger from a General Goods store dating back to the 1880's.

Kate Levinson, from Inverness California, found the treasure at a library sale. Her original intent was to cut it up for an art project, but after realizing its historical value, sent it along to us. Unfortunately, it wasn't from our area. The business, W. H. Ward & Son was actually in South Hartford N.Y. located in Washington County, near the Vermont border.

True to our Mission, we sought out the Historical Society in Hartford N.Y. and forwarded it on to them. They were obviously thrilled to have it and expressed their gratitude, sent us a copy of their town's history book that contained several photographs of Ward's General Store.

We hope this act of inter-community generosity brings good Karma to us here and that people continue to think of the New Hartford Historical Society and pass along whatever treasures, trinkets and/or photographs they may happen upon.



BECOME A MEMBER!

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

Planning a Class Reunion?

Make the Historical Society Museum a part of your itinerary! Schedule the Saturday of your reunion for your group to explore our collection of yearbooks, scrap books, local relics and photos. Look up your New Hartford home!

Call 724-2458 to schedule your group.

Museum is Open to the Public

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June 2019



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Saturday				
1 Gridley Paige 7:30pm				
Tuesday	Wednesday	Thursday	Friday	
4 Jazz Night Rick, Julie & Dean 5:30pm \$5 Martinis/Margaritas Clams & Drafts!	5 The Real Imposters 6:30pm Wing Night! Trivia - 8:30pm w/host Rock n'Roll	6 ZZ - 6:30pm Collective Arts Glass Painting 7pm	7 Double Barrel 7:30pm Tito's Night 7pm	8 Jack Fire Night 7pm Keith James 7:30pm Belmont Stakes Give Aways
11 Jazz Night Espresso Trio 5:30pm \$5 Martinis/Margaritas Clams & Drafts!	12 Nick & Braids 6:30pm Wing Night! Trivia - 8:30pm w/host Rock n'Roll	13 Jerry Dee and the Dovetones 7:30pm Single Cut Brewery Tap Takeover - 7pm	14 Fireball Night 7pm Shawn Smith 7:30pm	15 DVD the Band 7:30pm
18 Jazz Night Rick, Julie & Dean 5:30pm \$5 Martinis/Margaritas Clams & Drafts!	19 Midnight Mike 6pm Wing Night! Trivia - 8:30pm w/host Rock n'Roll	20 Frank Deskin 6:30pm VanTrapp Brewery Night - 7pm	21 ZZ 7:30pm Jim Beam Night	22 Jack Daniels Night 7pm Double Barrel 7:30pm
25 Jazz Night The Chapos - 5:30 \$5 Martinis/Margaritas Clams & Drafts!	26 Nick & Braids 6:30pm Wing Night! Trivia - 8:30pm w/host Rock n'Roll	27 Jerry Dee & the Dovetones - 6:30pm Great Lakes Brewery Takeover 7pm	28 Just Joe 7pm	29 Showtime Trio 7:30pm

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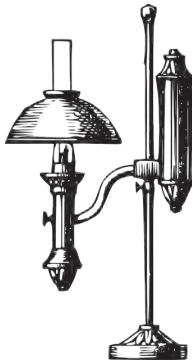
20TH ANNIVERSARY
TOUR



WAITRESS



Victor J. Fariello Jr.



Antique Talk

From the Mailbag

Q. I have an 1890 U.S. silver dollar that I believe was owned by my grandfather. It is in fairly good condition. On the reverse, at the bottom are the initials “CC”. I was wondering if you knew the significance of that and how much it might be worth?

A. You have a Morgan silver dollar that was minted at the Carson City, NV mint. That is what the initials signify. The Carson City mint was created to handle the huge silver supply from the famous Comstock Lode, the largest silver strike in the nation’s history. Morgan silver dollars with the “CC” mint mark are highly collectible and are very desirable. As to value, with coins, condition is the key, and while it is not possible to judge your coins condition from a photograph alone, it appears not to be in the most sought after “almost uncirculated” and “brilliant uncirculated” conditions, which command the highest prices. Carson City silver dollars are, however, getting harder to find, and as a coin gets increasingly scarcer, even those in lesser condition rise in value. My guess based on the condition I think your coin would fall in, it would be valued in the \$50-75 range. I suggest seeking out a coin dealer who could give you a more expert opinion. At any rate, you have a great piece of Americana with an interesting history, not to mention the sentimental value of it being a family keepsake.

Q. I have a sheet music cabinet that is made of mahogany. It has a label on the back from the Larkin Co. What can you tell me about it?

A. Your Larkin sheet music cabinet was found in many Victorian era homes. Your’s appears to from the early 1900’s. The sheet music stand was one of the staples of the Larkin firm in that period, which started as a soap company, based in Buffalo. They originally gave away the furniture, which included tables, chairs, ice boxes and of course, sheet music cabinets as a premium for buying their soap products. It is an amazing story of an ingenious marketing plan. Larkin furniture pieces with their label intact are highly desirable today.

Support New Hartford Historical Society

Consider supporting your New Hartford Historical Society. Dues are only \$12 for an individual and \$17 for a family. Send a check payable to New Hartford Historical Society, PO Box 238, New Hartford, NY 13413. Your support is greatly appreciated.

Happy Collecting!

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 the Charter President of the J. Schoolcraft Sherman Chapter #1519 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.



This sheet music stand was produced by the Larkin Co. of Buffalo, NY.



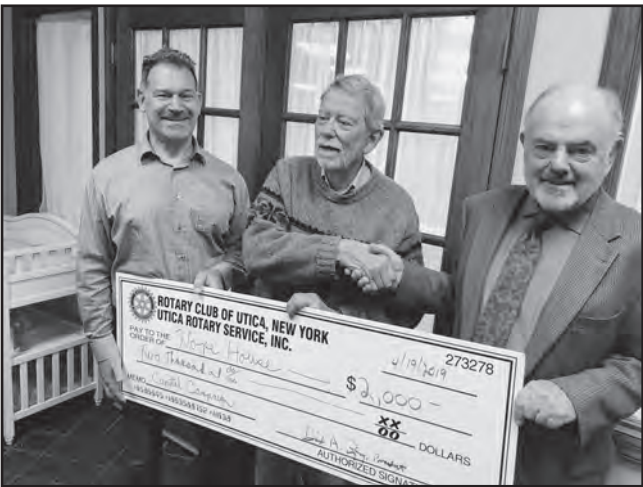
This Morgan silver dollar carries the coveted “CC” mint mark.

BOUCKVILLE ANTIQUE WEEK

The dates for the annual Madison-Bouckville Antique Week located on Rt. 20 in Bouckville, NY is August 12-18, 2019. This exciting antique extravaganza is back for its 48th year. Mark your calendars now for this don’t miss event.



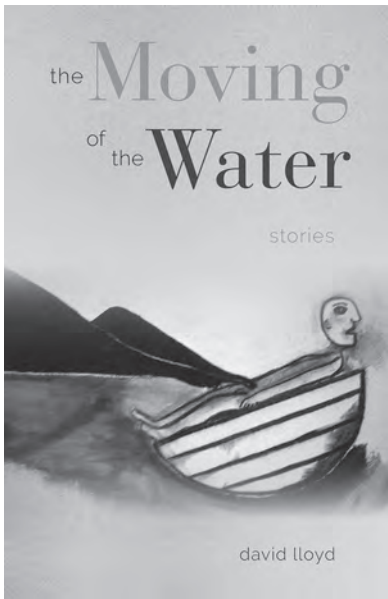
Aerial view of the Madison-Bouckville Antique Week show on Rt. 20.



Rotary Club of Utica President-Elect Joe Caruso, the Hope House Foundation's Hoppy Winfield, and Rotary Club of Utica President David Bagley with the donation check.

The Rotary Club of Utica Provides Assistance to Hope House

On Friday, April 19, The Rotary Club of Utica presented a \$2,000 donation to Hope House in Utica for their Capital Campaign. The same afternoon, Rotary Club of Utica members volunteered their time to cook and serve meals to 77 people at Hope House. The Rotary Club of Utica has been a supporter of the Hope House since its inception in 1992. The Rotary Club of Utica meets every Thursday at Noon and you can find more information about the club at UticaRotary.org.



David Lloyd – The Welsh American Immigrant/Utica Experience

On Saturday, June 1st at 1:00 pm, the Utica Public Library will host author David Lloyd as he presents a book reading & signing of *The Moving of the Water: Stories Anchored in the Welsh American Immigrant Experience*. Anchored in the community of first-, second-, and third-generation Welsh Americans in Utica, New York, during the 1960s, the stories in David Lloyd's *The Moving of the Water* delve into universal concerns: identity, home, religion, language, culture, belonging, personal and national histories, & mortality. Copies of the book will be available for purchase. The event is free to the public.

Effective Communication Strategies for Alzheimer's

On Monday, June 10th, at 5:30 pm, the Utica Public Library will host the Alzheimer's Association as they present "Effective Communication Strategies for Alzheimer's and Dementia" in the library gallery. This program will examine how communication is not simply talking & listening, it's also about sending & receiving messages through attitude, tone of voice, expression, & body language. Learn new ways to connect and decode messages delivered by someone with Alzheimer's or dementia. This lecture is free to the public. Registration is required. To register, please call 315-617-4025. Registration should be done at least 5 days before the program date.

Jeff Gorman in Concert

The Remsen Arts Center presents a concert by Jeff Gorman on Saturday, June 1, 2019 at 7:30pm at 9627 Main Street, Remsen, NY. General Admission \$10, Members \$8, Students \$5.

Jeff Gorman will present the Old Eagle's Harmonious Old School Bear Claw Medicine Show Revue; a marvelous mishmash of music, stories, and more as the Old Eagle dons numerous hats and delves into several decades of Classic and Outlaw country, Folk, Rocking Oldies, Talking blues, heartfelt ballads, story songs, comedy, and perhaps a surprise or three along the way.

More event info at www.facebook.com/RemsenArtsCenter or remsenartscenter.org. Proceeds from the events will benefit the Remsen Arts Center programs.

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2019

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To Register: call (315)735–6210 or visit www.thegoodnewscenter.org—events calendar
Questions: contact Judy: 735–6210 x231 or judy@thegoodnewscenter.org

This program is sponsored by The Good News Foundation at no cost to you

NH Fire Dept. News

NHFD News

Your New Hartford Volunteer Fire Department responded to 77 alarms during the month of April as indicated by the monthly call report listed below by category:

Fires	=	1
EMS	=	40
Hazardous	=	4
Service Type	=	17
Good Intent	=	5
Other Alarms	=	10
Weather Related	=	0
Other	=	0



Total Calls for the Month of April 2019 = 77.

Total calls year-to-date through April 30, 2019 is 337.

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

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

Be Safe this Summer

Summertime has arrived and presents your New Hartford Volunteer Fire Department with calls for assistance, which are unique to warm weather conditions. Please keep these hazards in mind when enjoying a safe summer.

Lawn Mower:

Never allow a child to ride with the operator of a garden tractor mower. And, never allow anyone (especially children) to be present in the immediate area of any operating lawn mower. Flying stones or objects can injure or kill bystanders. Always wear substantial footwear when operating any lawn equipment. Never be barefoot!

Swimming Pools:

If you have a backyard swimming pool always secure the access gate to the pool. Keep all electrical devices well away from the edge of the pool at all times. A ground fault detector is required by New York State Electrical codes for all outdoor electrical receptacles. And, do not allow children’s 4-wheeled walkers in the patio or deck area as children may walk them into the pool.

Safe storage of pool chemicals is always a must. Chemicals should be stored in a dry, cool, well ventilated, location and preferably not within the residence. Keep them away from heat or an open flame, especially burning cigarettes. Keep all containers tightly closed. Flush out empty containers with water and do not reuse them. Prohibit children from administering pool chemicals. Do not allow chemicals to contact garbage, dirt, organic matter, other pool chemicals, soap products, household products, paint products, solvents, acids, vinegar, beverages, oil products, pine oil, dirty rags or any foreign matter. Dispose of all empty containers properly.

Outdoor Grills:

According to the National Fire Protection Association (NFPA) three out of five households own a gas grill. And, the latest information shows that an average of 8,800 home fires are caused by grilling and close to half of all injuries involving grills are due to thermal burns. While nearly half of the people grill year-round, July is the peak month followed by May, June and August.

When starting your outdoor grilling there are a few safety tips we would like to pass along to ensure an enjoyable summer for everyone while reducing the risk of injury.

Propane and charcoal grills should only be used outdoors;

Keep items that could catch fire away from the grill area;

Use long handled utensils;

Placement of the grill should be well away from your home, deck railings, and out from under the eaves and overhanging branches;

Keep children and pets at least three feet away from the grill;

Keep clothing away from the flame;

Maintain keeping your grill clean at all times. Remove any grease or fat that builds up on grates and trays;

Never leave your grill unattended.

In addition, regarding gas grills, we recommend that you always check the major connection points between the gas (propane) tank and cylinder, and where the hose connects to the burners and tighten if necessary. To check for any propane leaks:

Apply a light soap and water solution to the hose using a brush or spray bottle;

Turn the tank on and if there is a gas leak, the propane will release bubbles around the hose and big enough to see;

If there are no bubbles, your grill is safe to use;

If there are bubbles, turn off the tank and check the connections. If the leak continues, have your grill serviced by a professional before using again.

If the leak doesn’t stop...call the fire department.

When the gas grill is on...

As you are cooking, if you smell gas, turn off the gas tank and burners;

If the leak stops immediately, get the grill serviced;

If the smell continues, move away from the grill and call the 911 and do not move the grill.

Regarding charcoal grills:

There are several ways to start a charcoal grill. Charcoal chimney starters allow you to start the grill using newspapers as fuel;

If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire;

Keep charcoal out of the reach of children and away from any heart source;

There are electric starters too. Be sure to use an extension cord for outdoor use if you use these devices;

When you finish grilling, be sure the coals are completely cool before disposing in a metal container.

We hope these few safety tips will provide you with a great grilling season!

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

Small Rescues – Big Challenges

Submitted by: Cindy Dittmar - Road to Home Feline Rescue Group, (501c affiliated with Lainey’s Army/Justice for Lainey) 3240 Oneida Street, Chadwicks, NY. (315) 939-0965

The number of abandoned, neglected and abused cats and kittens is at an all-time high, as is the population of feral colonies in Oneida County here in Upstate New York. Small rescues are overwhelmed with the amount of cats and kittens arriving daily. The laws for cats in New York State are non-existent, and the problems small rescues face because of this are shutting us down.

One of the biggest problems we face today is animal abuse and neglect. Cats and kittens are dumped, abandoned, and killed with little or no hope of finding the persons responsible. As well, our laws do not require owners to spay, neuter, or license and microchip their pets. Because of this, cats are considered disposable.

Another problem that arises from not having mandatory spay/neuter, licensing and micro-chipping laws in place is that anyone claiming a rescued cat in our care can do so without any proof of ownership. If someone

chooses to claim one of our rescues, we have no legal standing to retain the cat, and expenses for their care are lost, as well.

We are often attacked on social media and accused of stealing pets. We have no resources to protect ourselves from damaging accusations from people who claim they own the cat, although they can provide no proof of ownership. Indeed, social media has become a rescue’s nightmare. We are often labeled as thieves, liars, scam artists, frauds and much worse ... simply because we cannot prove ownership of a particular cat. This can and has affected our ability to raise funds for our legitimate non-profit rescues. Filing harassment charges against the offenders does little to stop this. Instead, the rescues are told not to engage and to stop posting, when that is one of our only financial resources to continue to help the animals in our care. Meanwhile, the abusers are left to damage our reputations and characters without consequences.

We are a small rescue that has recently fallen victim to all of the above and more. We recently filed a neglect case with the ASPCA and were harassed on social media with damaging effects. The person who caused this had no proof of ownership. The cat was not returned to the acclaimed owner, but not before the damage to our rescue was done. Because of the non-existent laws for cats, our mouths are gagged and our hands are tied. However, our feet are not bound. We can and will stand and fight for better laws.

One of the most difficult obstacles in dealing with animal abuse is the unsubstantial AG & Markets Laws as they are written. Legislation needs to be passed requiring all cat owners spay/neuter, license and microchip their pets - only then will many of these issues cease to exist.

We ask for your help ... call our local politicians to ask for a bill to be passed for mandatory spay/neutering, licensing and microchipping for all cats.

Cats and kittens have no voice - we must give them one!

NH Presbyterian Church June News

New Hartford Presbyterian Church, 45 Genesee Street, holds worship services at 10:30 a.m., led by the Rev. Dr. Sue A. Riggle. Child care is available. Sunday school programs for children and adults begin at 9:30 a.m. Communion will be offered on Sunday, June 2nd, for all who wish to receive it. Also on June 2nd, the choir will present its Spring Cantata, under direction of Susan Sady, minister of music. Celebration Sunday will take place on June 9th, as the Sunday School Department presents “What Does Pente Cost.”

Beginning on Sunday, June 19th, and continuing through Labor Day, worship will begin at 9:30 a.m. Sunday School programs will be on hiatus until the Sunday after Labor Day.

Meetings during June include: Deacons, Monday, June 3rd, 7:00 p.m.; New Hartford Presbyterian Women, Monday, June 10th, 7:15 p.m.; Church committees, Tuesday, June 11th, 7:00 p.m.; and Session, Tuesday, June 25th, 7:00 p.m.

On Sunday, June 23rd, members of the congregation will prepare and serve the evening meal at Hope House in Utica. June 30th will be “Noisy Sunday,” when children collect coins for the pastor’s discretionary fund.





Downshifting From Life in Overdrive

Submitted by MaryJo Timpano

As I was researching topics for this month's Town Crier article I came across this writing from a dear friend and colleague. It is simply too good not to share. Her message is perfectly aligned with Community Wellness Partners (CWP) vision: To inspire and nurture successful aging. At CWP we are committed to bringing you the latest research from experts in the field of successful aging, so that together we discover our path to health and wellness. Take a moment to learn more about Community Wellness Partners at www.communitywellnesspartners.org and "Aging on Purpose" at www.agingonpurpose.com. It will change you.

Downshifting From life in Overdrive

By Teresa Amaral Beshwate, MPH

A favorite former boss of mine, affectionately known as MAC, carried a lot of responsibility in her position. She would occasionally post a sign on her door that said, "Unless you are Denzel Washington, don't even think about knocking on this door." Although she typically had an open-door policy, this was her time to dig in, focus and get caught up, undisturbed. While we may believe that multitasking is a necessary evil for efficiency, in truth we make more mistakes and are 40% less efficient.

When you ask someone how they've been, how often do you hear, "So busy!"? Busyness is a badge of honor today. More than ever we worship productivity and are slave to our back-to-back calendars and endless to-do lists.

Allowing ourselves to be over-scheduled can lead to being over-stressed, overweight, overtired and just plain overwhelmed.

We rarely step outside of the frenetic pace and question our choices. What if you weren't so busy? What if your goal was to downshift from your life in overdrive, creating more time and energy for what matters most in your life? What if you decided to reevaluate every single thing you do, determining if it fits your life now? Does it contribute to the goals you are pursuing today (assuming you've paused long enough to set goals)? And if not, how would it feel to say, "I'm not going to do that because I have other priorities I am pursuing."?

Some people think of self-care as getting a massage or a pedicure, and those certainly can be examples, but to me self-care is doing what's best for me on a regular basis, whether I feel like it or not. That includes strength training most days of the week, graciously declining invitations at times, making time for solitude and quiet, proactively blocking my calendar to ensure I can accomplish everything that is critical to my current goals and limiting my exposure to people and situations that drain my energy.

I don't want to wear the badge of busy. I'd rather feel purposeful, peaceful and in pursuit of my goals.

I hope that very soon you'll close your door and hang a sign on it (naming your celebrity crush, if you'd like). Choose to step off of the treadmill of over-scheduled, recharge your batteries, define what's best for you in this phase of your life, identify what tasks need to stay and what tasks should be deleted, and have the courage to make the changes.

As my friend Dr. Bill Dailey says, "Life is a one-time gift." How will you spend yours?

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

Progress at the Adirondack Scenic Railroad

With the May 13th resignation of Jack Roberson as Executive Director of the Adirondack Scenic Railroad, ASR Board of Directors President Bill Branson appointed Justin Gonyo, of North Creek NY, as interim Executive Director. In an email to the Board of Directors, Roberson cited his reason for leaving as a "difference in management styles." Branson confirmed that our railroad offerings will continue as scheduled, including Polar Express.

Mr. Gonyo comes to the ASR with a lifetime background in railroads, most recently as General Manager of the Saratoga & North Creek Railroad and with his own company, Hudson Consulting & Project Management, LLC

The ASR is poised for new railroad experiences with the acquisition of new rolling stock. At the ARPS Annual Meeting on May 14th, Branson revealed that Amtrak has generously gifted our railroad a recently retired dining car. In addition, the ASR recently purchased a former Union Pacific dome car. Currently in Minneapolis for refurbishing, the expected delivery of the dome car is late this fall, while delivery of the dining car is expected sometime in June.

At the Board meeting, ASR Vice-President Frank Kobliski stated, "These 2 historic cars will add a whole new dimension to our rail operations."

The Adirondack Scenic Railroad is operated by the Adirondack Railway Preservation Society and is a not-for-profit 501(c)(3) organization with main offices at 421 Broad Street, Suite 7, Utica, New York.

June ADK Meeting

The Iroquois Chapter of the Adirondack Mountain Club will hold it's annual picnic meeting on Tuesday June 4th 5-8PM at Sherrill Brook Park, New Hartford, Pavilion #3.

All members and nonmembers are invited to attend. Please bring a dish to share and your own place setting. The club will provide hot dogs, hamburgers and drinks.

Please Note: There will not be meetings held in July and August.

Vernon Downs Announces Highlights of Racing Season at Media Night

Local leaders and media partners gathered at the Gold Cup Buffet at Vernon Downs Tuesday for an exciting and informational peek into the upcoming racing season.

The event, which was complete with tours, photo opportunities, and interviews, detailed highlights of the 2019 racing season, including:

There will be more than just racing to take in on Thursday, July 4. Post time is 6:10 p.m. Guests will be able to catch a glimpse of a spectacular fireworks display and a fun-filled night of quality racing.

On Friday, August 9th, it's all about good music and a great cause at Vernon Downs! Crystal Gayle and Lee Greenwood will perform a special benefit concert to benefit the Food Bank of Central New York. All ticket sales will be donated to the organization and in addition, Vernon Downs owner Jeff Gural has generously pledged to match all ticket proceeds. Doors open at 6:30 p.m., and the concert kicks off at 8 p.m. Tickets are \$15 per person.

The Zweig Stakes Day Highlights will take place on Saturday, August 17. This exciting racing event will feature 3-year-old trotters and an estimated \$630,000 in purses. There will also be a hat giveaway. Post time is 6:10 p.m.

Our highly anticipated Million Dollar Ball Drop will also take place on Saturday, August 17. Post time is 6:10 p.m. The ball will drop during live racing. Fans have a chance to win up to \$1,000,000.

There will be another major prize up for grabs during the Horseplay Car Giveaway on Saturday, August 31st. Post time is 6:10 p.m. Make a \$1 donation and receive a rubber horse for your chance to toss and enter to win a 2019 Toyota Corolla Hatchback! This season there will be three winners per horseplay promotion.

We appreciate the continued support of our media partners, patrons and dignitaries, and look forward to another great season at Vernon Downs!

In addition to its video lottery terminals, Vernon Downs offers live harness racing, concerts and other entertainment. Jeff Gural owns Vernon Downs in Vernon, N.Y. and Tioga Downs in Nichols, N.Y. In the last decade, Tioga Downs and Vernon Downs have created more than 1,000 family-sustaining jobs. For more information on Vernon Downs, please visit www.vernondowns.com.



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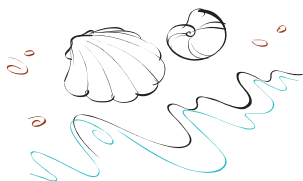
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3 Sweet/Sour Meat balls 10:30 Knitting/Crocheting 11:00 Aerobics Low Impact 1:00 Sr. Theatre	4 Chicken Delicious 10:00 Bridge/Canasta, Computer I Instruction 11:15 Entertainment Keyboard 1:00 ROADRUNNERS CLUB	5 Spinach Quiche 11:00 OFA OUTREACH WORKER	6 Meatloaf / Gravy 10:00 Canasta 10:00 Chair Zumba	7 Tuna Mac Salad 10:00 Bridge 11:00 Aerobics
10 Rib B Que 10:30 Knitting/Crocheting 11:00 Aerobics Low Impact 1:00 Sr. Theater Prod	11 Beef Stew 10:00 Bridge/ Canasta 10:00 Computer Instruction 11:15 Entertainment	12Manicotti 11:15 Centers Adult Daycare	13 Sliced Pork/Gravy 10:00 Canasta 10:00 Chair Zumba	14 Lemon Chicken 10:00 Bridge 11:00 Aerobics
17 Goulash 10:30 Knitting/Crocheting 11:00 Aerobics Low Impact 1:00 Theater Prod. 9:30	18 Sliced Ham 10:00 Bridge/Canasta 10:00 Computer Instruction 11:15 Entertainment 1:00 ROADRUNNERS CLUB	19 Fish Sandwich 11:00 Scams	20 Cold Plate 10:00 Canasta 10:00 Chair Zumba	21 Swedish Meatball 10:00 Bridge 11:00 Aerobics
24 Bruschetta Chicken 11:00 Aerobics Low Impact 10:30 Knitting/Crocheting 1:00 Sr . Theatre Prod	25 Salisbury Steak 10:00 Bridge /Canasta /Computer 11:15 Entertainment	26 Sliced Turkey /Gravy Birthday Party Jeff Glatt 11:00	27 Bratwurst 10:00 Canasta/Chair Zumba	28 Spanish Rice 10:00 Bridge 11:00 Aerobics

New Hartford Adult Dining and Activity Center News

*Submitted by Eileen Spellman, Director email: espellman@townofnewhartfordny.gov
8635 Clinton St. New Hartford, NY 13413 tel # 315-724-8966*

June is a month for wonderful events, flowers, graduations, weddings, picnics, BBQ’s, music in the village park, lots of garage sales, strawberry picking followed by blueberries, food trucks at the Town Park, children going to the playgrounds, little league baseball games, soccer, American legion baseball games, concerts, and coming to the events and dinners at the New Hartford Senior Center for our Seniors. We are currently at the Willowvale Fire House but should be at the new New Hartford Town Hall June 1st.

I visited it today and it is moving along nicely. The Courts will be open today, May 16 and it is very impressive. The Town of New Hartford will be proud of this building.

We will celebrate Father’s Day June 14th. This is a time we need to recognize our Men and thank the Dads for all they have done for the family, and the community. Congratulations DADS for being the best.

I want to thank all the people who made Mother’s Day such a special event in May especially CDPHP for providing the free dinners and flowers for the Seniors.

Again CDPHP sponsored the Recognition Dinner for our Volunteers and we appreciate them doing this so we can do these special days to thank the Seniors who help make this center extra special. The geraniums are beautiful and each guest will receive one. It is important to make sure our Seniors are thanked for all they do to help others. Seniors are a very valuable asset to our community and New Hartford has many volunteers. This is what makes this Town a great place to be.

Thank you Volunteers and Staff, Marge Anweiler, Mgr., Debbie and Bernie Green, Sue Burney, Ruth Babowicz, Jeanette Simpson, Marlene Little, Steve Cowan, Annette Barber, Barbara Ambrose, Barbara Jurkowski.



NH Senior Center Mother’s Day Luncheon

You are vital and I am so thankful to be here with you. You all go beyond to make sure the Seniors are safe and enjoying being here with their friends. Your kindness and caring is awesome.

St. Margaret’s Ecumenical Center is now a bread and breakfast. They offer dinners and I hear great things about this endeavor. It is located at 47 Jordan Rd, New Hartford. Please call 315-724-2324 for more information or email smhec47@aol.com

Another special event which is offered every year the Saturday before Mother’s Day is the Rotary Breakfast at the NH Presbyterian Church. Thanks to a donation of tickets, several of our Seniors went and I am sure they will go again next year, now that they know about it. I went with my family and I intend to get more of my family here for that weekend and bring them to this worthwhile event. Thank you Dr. Stephen Passalacqua for doing this for the Seniors. You brightened their day.

Your Neighbors, an affiliate of the Lutheran Home CNY, is having a Chicken BBQ at the Zion Lutheran Church at the corner of French & Burrstone Roads, New Hartford beginning at Noon, Saturday June 29th, 2019 until sold out. Your Neighbors does a lot to help our Seniors, not only do you enjoy a nice dinner, you will be helping a worthwhile cause. Tasty BBQ chickens sold by the half chicken at \$7.00 per half, side dishes not included. Call 315-235-7149 to preorder.

Again I want to thank the Willowvale Fire Chief Wayne Smolcey, Asst Chief Ron Ditt and Gary Edwards andThe Willowvale Fire Dept. for letting the Seniors come here. We loved being here and will miss this place as it is so very scenic and provided lots of space for the Seniors especially the kitchen. It is most appreciated. We now will be at our new home and I hope we will have lots of Seniors come and enjoy the many programs available plus the delicious meals at a very reasonable donation \$2.25 or if you cannot afford this, whatever you can. It would be most appreciated. It is a place for all Seniors who are able to come here. You will be most welcome.

God Bless You and Remember stay hydrated.

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4:00 - 8:00pm
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105 Genesee Street, New Hartford (315) 733-4227
office@firstumconline.org

We are also the home of the Family Nursery School!

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Deacon Becky Guthrie, Congregational Care Coordinator

Worship Schedule

9 am Classic Worship

10:00 am Coffee Hour

10 am Adult Sunday School

11 am Xalt Praise Service

11:15 am Children's Church

Noon Youth Group Meeting

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.

www.firstumconline.org

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: crosspointchurchoonline.org

Sunday Morning Services streamed live

Pastor Sam's messages available at our website

We are Handicapped Accessible

Handicapped accessible!

ST. JOHN THE EVANGELIST CHURCH

66 Oxford Road - 732-8521

Rev. Kevin Bunger, Pastor

Cheryl Smith Dir. of Faith Formation

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

Sunday Masses: 8am & 11am

Mon-Fri Masses: 6:45am, 9:10am

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

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 - 315-736-3572

Every 2nd and 4th Sunday - 8:30am Holy Eucharist

IMMANUEL BAPTIST CHURCH

Pastor Fletcher Matlack

9501 Weston Rd., NH (Next to Perry Jr. High), (315) 737-5222

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

Sunday School for all ages: 9:00 am - 9:45 am

Sunday Morning Worship Service 10:00 am

Nursery, Preschool and Children's Worship hour: 10:00 am

Prayer meeting held every Wednesday at 6:30 pm

Youth Group for ages 12 and up meets every other Saturday from 6-8 pm. See our website for schedule.

Church is handicapped accessible.

NEW HARTFORD PRESBYTERIAN CHURCH

45 Genesee Street, NH - 732-1139

www.newhartfordpresbyterian.org

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

Sunday School programs for children and adults 9:30am.

Communion is available on the first Sunday of each month.

OUR LADY OF THE ROSARY CHURCH

1736 Burrstone Road - 724-0402

Pastor Joseph Salerno

Sunday: 7:30am and 9am

Masses held at Our Lady of Lourdes:

Saturday: 4pm and Sunday at 11:15am

Handicapped Accessible and Air Conditioned

SAUQUOIT VALLEY UNITED METHODIST CHURCH

Cor. Pinnacle Rd. & Mohawk St., Sauquoit

email: sauquoitvallyumc@aol.com

Pastor Carl Getz

Office - 737-7505

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

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

Handicapped Accessible

FIRST BAPTIST CHURCH OF NH

7 Oxford Road - Office phone: 315-733-4570

firstbaptistnh@gmail.com

Rev. James Harriff, Pastor

Sunday Service - 9:30am

Sunday School - 11:00am

Handicapped Accessible

Women's Group meeting on May 18th at 10:30.

All are welcome.

UNITARIAN UNIVERSALIST CHURCH

10 Higby Road, Utica, NY 13501

315-724-3179 uuutica.org

Sunday Services & Religious Education for Children,10:30am

Minister: The Rev. Erin Dajka Holley

June 2, 2019 "Called into Beauty"- Rev. Erin Dajka Holley

Let us consider beauty not as something that simply exists or that we recognize, but as a force that calls us into the work of justice. We will celebrate a baby dedication during this service.

June 9, 2019 TBA

June 16, 2019 - No service at the Utica church this Sunday. The Unitarian Universalist Church of Utica, Salisbury Universalist Church, St. Paul's Universalist Church of Little Falls, and Camden Area UU Group with make the Annual Pilgrimage to the Unitarian Church of Barneveld. Morning starts with music on the lawn at 10:30 AM. The worship service begins at 11:00AM with sermon by the Rev. David Blanchard. Music by the combined choirs under the direction of Mark Bunce and Monk Rowe on Saxophone. Lunch follows at Unity Hall.

June 23, 2019 - "Summer Solstice"

UU Utica Worship Committee

The longest day is upon us, a time to celebrate the richness of summer and also the inevitable coming of fall. We will mark this day through ritual and consideration of the meanings and experience of the solstice. Please join us after the service for the annual all-church picnic potluck.

June 30,2019 - Poetry Sunday

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.

LIVING FAITH BIBLE CHURCH

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

David Green, Pastor

Sunday Service: 10:30 am

Junior Church available. Nursery also available

Wednesday Bible Study - 7:00 p.m.

Sunday School 9:30am

We are handicapped Accessible.

WESTMINSTER-MORIAH-OLIVET PRESBYTERIAN CHURCH

Interim Pastor Rev. Dr. Mark S. Caruana

Music Director Richard Crawley

Worship service: Sunday 10:30 a.m.

714 Washington St., Utica. 315-732-6518, www.wmoutica.org. find us on Facebook & Twitter

Handicapped accessible

NORWICH CORNERS CHRISTIAN CHURCH

10233 Roberts Road, Sauquoit - 737-0757

WHERE JESUS IS LORD!

Pastor Walter J. Wharram, Jr.

Sunday Morning Prayer - 8:45am

Sunday School - 9:30am

Sunday morning Worship Service - 10:30

Mid-Week Bible Study - Thursdays 7pm

Summer Hours - Beginning 7/1/18:

Sunday Morning Prayer - 8:30am

Worship Service - 9:30am

Campfire Meetings -Thurs 6:30pm

TRINITY LUTHERAN CHURCH

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

Fall/Winter worship:

9am - Sunday School & Adult Bible Study

10:30am - Worship is led by our Seminary Student Vicar Peter Saie. At the conclusion of his stay with us, he will become an Ordained Minister of the Lutheran Church - Missouri Synod.

Handicapped accessible.

FIRST PRESBYTERIAN CHURCH

1605 Genesee Street, Utica 732-5111 - fpcutica@verizon.net

Opening Doors, Hearts & Minds: Serving Christ & Community

Reverend Jeanne M. Kumbalek

Sundays - 10:30 Worship

10:45 - Sunday School for Elementary Ages

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Call or email for schedule.

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4 Cottage Place, Utica, NY (315)735-5138

Very Rev. Michael Bundz, Pastor

Masses: Sunday 10:00 am

Saturday 5:00 pm, in English

Confessions before Mass

Handicapped accessible

LIFE IN CHRIST FAMILY CHURCH & BIBLE SCHOOL

25 Robinson Rd. Clinton - 315-853-1582. www.licfc.org

Pastors Peter & Addie Forrester

Adult Sunday school 8:45 AM

Sunday Service 10 AM

(Nursery & Sunday school provided)

Wednesday Prayer Mtg 7 PM

Monday night Bible study (every 3rd Mon.) 7 PM

Operating in all of the gifts of the Holy Spirit including 'healing'

Go on line and check out our school!

Palm Sunday Celebration April 14, 10 AM - Guest Speakers RMAI regional directors Sam and Sherlyn Smucker, from The Worship Ctr, Lancaster PA

Good Friday service April 19, 7pm - "How much he Loves you"

Easter Sunday Celebration April 21, 10am - Resurrection Sunday!

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2019

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Sundays: 8:15 AM & 11:15 AM
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12:10 - Communion Service Only Wednesdays

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7616 E. South Street, Clark Mills - 853-6138
Fr. Kevin J. Bungler. Deacon Gil Nadeau
Weekday Mass: Mon & Tues 8am, Wed 7:45am,
Fri. 8 am Communion Mass
Weekend Mass: Sat. 4pm Vigil, Sun. 9:30am
Confession: Sat 3:15pm-3:45pm

STONE PRESBYTERIAN CHURCH

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

CLINTON UNITED METHODIST CHURCH

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

PLYMOUTH BETHESDA UNITED CHURCH OF CHRIST

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

CORNERSTONE COMMUNITY CHURCH

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

CHRIST CHURCH (REFORMED PRESBYTERIAN)

8470 New Floyd Rd. Rome, NY 13440
Website: www.christchurchreformed.com
Facebook:
<https://www.facebook.com/ChristChurchReformedPresbyterian>
Pastor: Aaron Goerner
Services:
Sunday School: 10AM
Sunday Worship: 11AM
Thursday Bible Study 7PM

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Sunday 11:30AM only all Polish Mass in Central NY
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Confessions Daily 7:45am, Saturdays 4pm
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630 French Road, New Hartford
Healing Service on March 31 at 10am.
Our ministry of healing emphasizes caring for the sick in the widest possible understanding of that term.

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9417 Maynard Drive Marcy, NY
Sunday Mornings at 10am
Come As You Are
www.mohawkvalley.church
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Easter Sunday Services featuring drama and relevant messages
at 9:30am & 11:00am
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TABERNACLE BAPTIST CHURCH

13 Clark Place, Utica 315-735-7534
churchoffice@tbcutica.org
Facebook: Tabernacle Baptist Church
www.tbcutica.org
We are together in our diversity! Come worship with us!
Saturday 6 p.m. Young Adult Worship & Study
Sunday 10 a.m. English Worship Service
Sunday 10:15 a.m. Sunday School for children in English and in Karen
Sunday 11:30 a.m. Karen Worship Service and 2nd-Hour Sunday School
Pastors Rev. Debbie Kelsey and Rev. Daniel San

BEIT SHALOM

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



TEMPLE EMANU-EL

2710 Genesee Street, Utica, NY – 724-4177
teuticaoffice@gmail.com
Rabbi Peter Schaktman
Friday Shabbath Services: 6 p.m.
Friday Evening Oneg Sabbath sponsored by the Sisterhood of Temple Emanu-El. All are Welcome

TEMPLE BETH-EL

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

ZVI JACOB

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

THE JEWISH COMMUNITY CENTER

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

*New Life
Apostolic Church*



Service Times:

Sunday School

Sunday Adult Service: 10:00 a.m.

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

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

Pastor Mark Waterman
315.736.1161

3995 Oneida Street #4
New Hartford, NY 13413



@NLAC4all



Fair Trade Shop - Gift Ideas!

Now is the time to think about gifts for Father's Day, graduations, showers and weddings. Our Dabu Block Print table linens from India with white floral and diamond patterns are created using a resist hand block-printing technique. Each piece is printed on a naturally dyed indigo surface in a unique, coordinating pattern. For the artisanal coffee lover, our fair trade gift basket includes organic, ground medium roast coffee from Guatemala, along with a ceramic pour-over coffee maker and mug from Vietnam, packed in a natural basket from Bangladesh. These and many, many more wonderful handmade items from 38 different countries are available at our Fair Trade Shop, Stone Presbyterian Church, 8 So. Park Row, Clinton. We have a large selection of baskets, exquisite jewelry, collectibles, wood items, chocolate and food items, clothing and toys. Purchasing fair trade ensures artisans and small farmers fair wages and healthy working conditions, providing dignity, sustainable development and hope to marginalized people. Our hours are 10am to 6:30pm every Thursday, 10am to 4pm second Saturdays and 10am to 4pm at the Farmer's Market on the Village Green every Thursday starting on June 6th, 2019. For more information, contact Lauralyn Kolb, lkolb@hamilton.edu, 315-725-1326, visit our website at www.stonepres.org or like us on Facebook at www.facebook.com/stonepres.

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Four Ways to Invest More Confidently in a Volatile Market

When financial markets fluctuate, even the calmest investors can start to question their financial strategies. But volatile markets can present opportunities, says Tracie McMillion, head of global asset allocation strategy for Wells Fargo Investment Institute (WFII).

“Financial markets are frequently volatile—that’s their nature,” she says. “Over longer periods of time, that volatility can add up to attractive portfolio growth.”

McMillion shares an analogy that compares this worry to seasickness: “If you stare at the waves directly ahead of you (the current financial market), the water may look bumpy and turbulent, and you might feel ill at ease. However, if you look outward at the horizon (your long-term investment goals), the ocean as a whole appears to be on a fairly even keel.”

In addition to focusing on your financial horizon, here are some strategies you can use to help weather economically turbulent times.

1. Match your investments to your time horizon. The simplest way to feel more comfortable about your investments is to align them with your financial calendar, no matter what happens in the financial world this month or year. For example, do you need some of your money fairly soon, or want it close at hand in case of an emergency? If so, McMillion says you should consider investments such as cash holdings and short-term bonds that shouldn’t lose much, if any, value over the short term.

On the other hand, if you won’t need some of your investment money until you retire multiple years in the future, equities or longer-term bonds are worth a closer look. Those investments carry more risks but also offer potentially better returns.

2. Know what to expect from your assets. Some investors lose confidence because they don’t fully understand how their investments work. In that case,

McMillion says, some knowledge of typical asset behavior is a good thing.

Consider reading up on different types of investments and asking questions of your financial advisor. Once you know how your investments are more likely to perform in certain financial markets, you can help ensure that your investment strategy is in line with your tolerance for risk.

3. Tune out the noise. By “noise” McMillion means the constant barrage of financial reports from the 24/7 news media. “It’s common for the financial markets to temporarily get a little bit messy as they sort through the current news cycle,” she says.

However, investors usually don’t need to react to the everyday financial news, no matter how topsy-turvy things may seem. “Remember: The U.S. news tends to report on a very small slice of available investments, particularly U.S. large company stocks,” she says. “Your portfolio, if it’s diversified as it should be, probably isn’t going up and down to the same degree as these stocks. Your portfolio changes are probably much more moderate.”

4. Regularly revisit your plan. There’s no such thing as a completely set-it-and-forget-it investment strategy, McMillion says. It’s always smart to check in regularly with your investment advisor. “Your life circumstances may change, or your financial goals could shift,” she says. “You’ll feel much more confident that your investments are doing their job if you review them regularly with your advisor.”

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This article was written by/for Wells Fargo Advisors and provided courtesy of Christopher J. Carbone, CFP®, AWMA®, LUTCF®. First Vice President - Investment Officer, Financial Advisor. New Hartford, New York (315) 801-2546 Investments in securities and insurance products are: NOT FDIC-INSURED/NOT BANK-GUARANTEED/ MAY LOSE VALUE

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Tiffany Glass to be Featured at MWPAI Museum of Art

“*Louis Comfort Tiffany: Treasures from the Driehaus Collection*”
June 16 through September 8

A celebration of luminous beauty, “Louis Comfort Tiffany: Treasures from the Driehaus Collection” opening June 16 at Munson-Williams-Proctor Arts Institute Museum of Art, features more than 60 artworks, spanning more than 30 years of Tiffany’s prolific career.

The exhibition focuses on Louis Comfort Tiffany’s brilliant stained-glass windows, iridescent floral vases, shimmering lamps, and accessories highlighting masterworks never before presented in a comprehensive exhibition.

Tiffany was one of America’s preeminent designers of decorative arts and interiors. Under his artistic direction and using enamels, metalwork, precious stones, wood, ceramics, and, of course, glass, the artisans employed at Tiffany Studios fashioned beautiful objects for public commissions and private residences. Tiffany’s technical brilliance in a wide variety of media enabled him to convey his awe of the natural world through a range of objects, from household items to singular masterpieces. He earned international acclaim for his artistic output, receiving prestigious awards in exhibitions across Europe and the United States. His work was enthusiastically collected by art museums and private collectors throughout his lifetime, and continues to be highly sought after today.

The artworks in this exhibition reveal Tiffany’s renowned artistry and craftsmanship through Chicago’s distinguished private Richard H. Driehaus Collection.

Exhibition lead sponsors: Baird Private Wealth Management and Empire State Development’s I Love New York program under the Market New York initiative.

Associate sponsors: Meyda Lighting, Sangertown Square, and Elizabeth R. Lemieux, Ph.D, who has generously sponsored related programming

Louis Comfort Tiffany: Treasures from the Driehaus Collection was organized by the Richard H. Driehaus Museum and is toured by International Arts & Artists, Washington, DC. This show is traveling the United States and MWPAI is the only northeast venue.

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sharonkanfoushwellness@gmail.com



Marty Gorton
Licensed Real Estate Agent

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FOR COMPLETE DETAILS EMAIL US AT:
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47 Jordan Road, New Hartford



We can't wait to show you around!
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Saturday, July 13th 8:00am to 4:30pm

Featuring:

 Over 100 unique vendors
 Utica National Kids Run
 Utica Zoomobile
 Carmella's Café Pasta Challenge

 Career Fair (key local employers)
 Live Entertainment
 sponsored by WellNowUrgent Care
 Pasta Buffet (United Way benefit)
 Food Trucks

**Runners Forum (including exclusive presentation of
"How Running Makes History for Women & the World"
by Kathrine Switzer & Roger Robinson)**

Meet Running Legends:
Bill Rogers (4x winner NYC & Boston Marathons, Olympian, Author)
Kathrine Switzer (1st woman to run Boston Marathon, winner NYC Marathon, Author)
Roger Robinson (International Runner, Author)

Something for everyone! Come out & celebrate Boilermaker Weekend!
 Visit www.boilermaker.com/expo for more information

STEET PONTE

AUTO GROUP



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



Volkswagen



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