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May 2019

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Monday, May 27, 2019 ~ Starting at 7:00 PM

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In a world filled with so many challenges, be a part of the solution!

Utica City School District Hosts Fourth Annual Fine Arts Festival

On Saturday May 11th, 2019 from 11:00am- 3pm Utica City School District will be hosting its fourth annual Fine Arts Festival in the Main Gym at Proctor High School. Guests will enter through the Arcuri entrance of the school and festival attendants will be greeted by a carnival style display of treats, face painting and a variety of fair themed activities in the first floor cafeteria. Student artwork will be on display in the halls leading up to the gym, where the rest of the exhibit will take place. This is a K-12 art exhibition, and all 13 schools in the Utica District will be represented at the event. Musical performances by the Proctor High School Moose Ensemble and Choir will take place throughout the day. It is anticipated to be a day of celebration and family fun for the Utica City School District community.

Festival goals: To create an arts based celebration in the Utica school community. To showcase the artistic and musical talent of Utica City School District students. To provide the community with a family friendly way to experience the arts, music and the diversity of arts programming offered by the Utica City School District.



The New Hartford Central School District's Art Department,
along with the PTA Council, presents:

The District Art Show/ Fine Arts Festival

Saturday, May 18th from 12:00-4:00PM

in the Senior High School gymnasium

Admission is free!

Art pieces will be on display from students throughout the District. There will be artwork exhibited from both the elementary and secondary levels. This event is an exceptional showcase of the many talented students from all five buildings and the art department. Snacks and refreshments will be served! Please stop by!

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There’s No Place Like Home: 9th Annual Fur Ball

The 9th Annual “Fur Ball” presented by Staffworks to benefit Stevens-Swan Humane Society (SSHS) will be another unique experience for event goers and animal lovers! This year, “There is no place like home”; except for Yahnundasis Golf Club on May 17, 2019 from 7:00pm to 11:00pm.

Each year Event Chair, Jackie Romano and her committee create an event like no other, with flair, fun and fundraising for our local animal shelter at its heart. This year’s theme “There’s no place like home” will transform the Yahnundasis into a scene from the Wizard of Oz.

This year’s “Fur Ball” hosts, or wizards, David and Lisa Corasanti, have been long time supporters of Stevens-Swan Humane Society. Supporters like them, and you, have helped hundreds of animals each and every day. With a budget exceeding one million dollars, it’s only with the generosity of this community that SSHS can continue to care for those animals that don’t have a home, yet that is.

Stevens-Swan Humane Society finds itself at full capacity on a daily basis caring for about 85 dogs and 200 cats. Some of the animals end up spending months or years with the shelter. Three current residents, Carl, Triss and Duke are the longest residents at the shelter. Together, they add up to more than 3,000 days, or 8 years, in the shelter!



“SSHS Longest Residents, Carl, Triss and Duke.”

Carl, a 7 year old canine has been calling the shelter his home for more than 700 days! Carl’s previous owners were moving and could not take him with them. They turned him into the shelter in October of 2016. Carl needs to be the only dog in the home, however he has the sweetest demeanor with people. While Carl looks sad in his kennel, his temporary home, but when he is

outside his playful puppy energy shows!

Triss, a female short haired cat, is the longest feline resident at Stevens-Swan Humane Society. Her “cattitude” shows as she likes to do what she wants and doesn’t let anyone get in her way, even if her desire is a dog bed with a large dog already in it. She is spunky and looking for the perfect home to go to after more than 900 days living at the shelter.

Duke, the longest current resident, spending more than 4 years with the shelter as his home. At 7 years old, he has lived more than half of his lifetime at the shelter. Recently, Duke was diagnosed with three low grade, cancerous mast cell tumors. The tumors have been removed, but there is no guarantee that more won’t appear. Duke may have some special needs, including a home with no other pets or young children, but he deserves a home just like all the others!

A house is only a house. It becomes a home because of the family and the love that is within that home. That is what these animals want and deserve, a home, with a family to care for them and love them. Stevens-Swan Humane Society, and their no kill mission, make it possible for more animals to fill homes and hearts with their furry love. In the meantime, the care provided by SSHS’s amazing staff makes the shelter as close to a home as they can, and it’s only possible because of our community’s donations.

Stevens-Swan Humane Society depends solely on donations in order to care for more than 2,000 stray and abandoned animals each year, providing food, shelter and multiple veterinary care and services. “This shelter serves as a temporary home for these animals. Just like any home, we have our day to day bills, including caring for the pets, but we also have to maintain our building. That maintenance is an expense above and beyond our more than one million dollar annual budget”, said Diane Broccoli, Executive Director of SSHS. “It is events like the annual Fur Ball that help us raise the extra funds needed to make our shelter a safe place for our animals.”

All proceeds from the 9th Annual Fur Ball will benefit

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Stevens-Swan Humane Society and will go directly towards providing the home and care for thousands of animals waiting for a place to call home.

Not only will you be able to help SSHS, but you’ll enjoy complimentary champagne, beer and wine, delicious food stations and heavy passed hors d’oeuvres, desserts and a night of dancing to music from live band, Stage Road.

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

The 2019 “Fur Ball” is brought to you by presenting sponsor Staffworks and other generous supporters and sponsors including, The Fountainhead Group, Save of the Day Foundation, Roser Communications, PJ Green, WKTV, Putrelo Building Enterprises, Inc., Gilroy Kernan & Gilroy, and Carbone Auto Group.

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3



Fitness Done Right

*Submitted by James LaFountain,
All American Fitness Center*

During my early years of physical training, I read and re-read articles in every fitness magazine or journal I could get my hands on. Much of the material was creative marketing in order

to sell equipment, nutritional supplements and generic programs that promised results in record time. One of my favorite, yet unfortunate memories, involves following a grinding program I had ordered. Each week I'd also receive a nutritional program that began with the questions, "Are you feeling tired and are you achieving the results you wanted? After about three weeks on the program, I indeed felt tired and no, I was not achieving the results I wanted. I immediately ordered the nutritional supplements they suggested in order to address my fatigue and lack of results. You guessed it, the magic supplements did little to address my dilemma.

During my undergraduate and graduate work, I discovered the science behind the physiology of exercise. I find the creative marketing of fitness equipment/programming and nutritional supplements to be unscientific, misleading and expensive. An unfit, unmotivated and uneducated public spends billions of dollars a year on equipment and supplements that simply do NOT address their needs. For the past 45 years, I've been writing, instructing and speaking science based truths involving diet and exercise. Overcoming the myths promoted by the market driven, profit seeking media is often times frustrating.

There is not one quick fix, instant results, magic formula that will address your specific needs. Some simple, research-based tips that will, over time, allow you to become leaner and more fit include:

**Eat less starch rich and sugary foods, including high fructose corn syrup.*

**Make a conscious effort to reduce portion size.*

**Get at least 90 minutes of cardiovascular exercise a week.*

**Engage in a balanced resistance program 2-3 times a week.*

**Include a post workout stretch after each session.*

**Drink at least eight glasses of water each day.*

The All-American Fitness Center is kicking off its "FITNESS DONE RIGHT SERIES," offering small group instruction by one of its many certified personal trainers.

Adopting a Fat Burning Lifestyle Resistance training and Nutrition- Jim LaFountain, MS, MA, CSCS

Flexibility: Why and How? Live Pain Free for Life- Mark Inserra, BS CPT

Full Mind & Body Interval Combination- Heather Beebe, CPT, Certified Integrative Holistic Coach

Baby & Me- Wear your baby Full body Post partum workout- Heather Beebe, CPT

Core Conditioning: Strengthen and Tone- Karen Amanna, MS ACE CPT

Deb's Core Training including Heavy Bag, PiYo, P90X & Kids Fitness- Debbie Volz-Monaghan

Functional Fitness for Real Life- Trent Carrig, CPT

And lastly, SAVE THE DATE! Saturday, May 4th only! Our annual Early Bird Special sale where you and your family can save on membership! 8am to 12 noon ONLY so please stop by!



Judge Joan Shkane

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

MYTH: When a person claiming injury that results in a lawsuit is required by the opposing party to have a physical exam by an

independent medical examiner, the person cannot have any observer along as witness, and must go into the exam alone.

REALITY: Often when a person claiming to be injured is involved in a lawsuit, the party being sued may require the injured person to have the injuries examined by an independent doctor/examiner. This can happen during a personal injury lawsuit, a workers compensation case, or any other case wherein an injured person's medical condition is an issue. The person injured should always have an observer with him/her to watch the independent medical exam (IME). The purpose of the observer is to deter the examining doctor, who is typically hired by the other party, from asking questions that are not relevant to the medical issues, and to insure that the examining doctor is truly independent. An examiner's inappropriate questions can happen innocently or by design. Just as importantly, any notes that the observer may make pertaining to the exam usually cannot be used in the lawsuit or even turned over to the other party, except in very narrow circumstances. Generally, one should always take an observer to such an exam, and the court will usually uphold the privacy of the observer.

MYTH: A person convicted of a major crime (felony) or a minor crime (misdemeanor) should bear the responsibility of that conviction and the public must be forever protected from that person by having the conviction made public by a criminal record.

REALITY: As usual in many legal discussions, there are at least two sides to this discussion. Some argue that the public must have knowledge available of a criminal conviction. This is necessary to protect the public from convicted criminals by putting the public on notice of the criminal conviction. Felonies are major crimes like causing death of another, burglary, assault, etc. Minor crimes are some drug possession charges (like marijuana), minor assault, petite larceny, etc. The difference in punishment between conviction for a minor crime and for a major crime is dramatic.

On the other hand, others argue that one of the major

goals of punishment after conviction is rehabilitation so that the criminal can be released back into the public to become a contributing member of society. Now that most district attorneys in New York State are no longer prosecuting minor drug possession charges, many who were convicted in the past have a criminal record for something that is not even charged now. In addition, some past convictions were the result of racially disparate enforcement practices. Fundamental fairness in the law requires that those previously prosecuted and convicted for minor crimes should not now have a criminal record for those crimes.

A third path is that criminal records of minor convictions should be offered to be expunged, that is, wiped out as if they never existed. However, usually the expungement does not protect the criminal from licensing authorities finding out about the criminal record in regulated occupations. Licensing is required by individual states in many, many lines of work. California has more than 200 fields of work that require licenses in order to work in that field. New York has nearly as many. Some examples in New York are attorney, medical or osteopathic doctor, dentist, nurse, hairdresser, chiropractor, auto inspector, and many others. Some convicted criminals do not take advantage of this offer to wipe out their criminal record for most purposes. Therefore, the argument is that expungement in these cases should be automatic, so that one who has felt the force of the court system need not go back into it to ask for expungement; it will be automatic when the penalty is completed.

MYTH: A litigant who does not speak English may not be able to bring or defend a case in court.

REALITY: New York courts are working to improve court interpretation services. Locally the Refugee Center assists in providing interpreters who must be certified to be official. They must be utterly independent of any party or witness, and must understand confidentiality. The job is a Civil Service position and requires successful completion of an exam to become certified. They must be sworn to interpret accurately before the court proceeding begins. If a language is not available locally, a court can use remote interpreting, often by video with an interpreter in New York City or elsewhere. In 2016, New York courts used more than 300 court-employed and 700 freelance or per diem interpreters in more than 90,000 cases, interpreting in 115 different languages. Spanish, Mandarin, Russian, Haitian Creole and Arabic are the most frequently needed languages across the New York court system. There is great demand for English speaking certified interpreters who also speak Arabic, Bengali, Hindi, Mandarin, Punjabi, Urdu, and other African and Asian languages. In Oneida County there is great need for Burmese, Karen, Somalian and Spanish interpreters. The State pays \$170 for a half day of interpreter work, and \$300 for a full day of work. This is well earned, since the interpreter is necessary to insure that due process is met. It is a difficult and sometimes exhausting job, and without an interpreter many cases could not go forward, thereby leaving litigants with no place to go for justice.

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

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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, Bubbles the Clown, face painting, 50/50 raffle and children's raffle baskets (each child gets a free ticket at the door). Prior to the social you may purchase tickets for the children's raffle baskets at the circulation desk.

VOLUNTEERS NEEDED! bakers, scoopers, face painters, servers, and scoopers. 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!

BOARD-FRIENDS 2019 ELECTION OF OFFICERS

President-Susan T. Fountain, Vice-President-Kathy Ventura, Treasurer-Shirley Cannistra, Secretary-Monica Maier, Corresponding Secretary-Mary Jude Winn, Publicity-Marcia Danella, Membership-Gary Fountain, Used Books- Annette Barber.

FRIENDS MEMBERSHIP

The Friends of the New Hartford Public Library invite you to become a member of a group of enthusiastic volunteers. Become a Friend! Why? To promote knowledge of the library, assist with activities, meet people, and participate in fundraising. Membership forms are on the circulation desk. Membership is \$15/yr.,

Life membership: \$100. When you join the Friends, you will have the satisfaction of supporting one of town's most valuable assets. Our meeting times are posted on the library's website:

Wwww.newhartfordpubliclibrary.org

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.

FRIENDS MEETING

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

TOTE BAGS

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

New Playhouse in the Children's Area

We have a wonderful new playhouse located in the Children's area of the library. This purchase was generously funded by The Friends of the Library!

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.

Kids Yoga

Join instructor Dawn Wheeler for a fun class of "Yoga Bugs" on Friday, May 31, 4:30-5:00. Kids ages 3-6, limited to 15. Please bring a yoga mat. Registration is required. Call the library at 315-733-1535 to register.

SAVE THE DATE

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

Kick-off to Summer Reading!

Saturday, June 29, 10:30-11:30. Join us to decorate Universe of Stories Galaxy cookies and to pick up your 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!

Mystery Book Club

Saturday, May 11, 11:00am-12:30pm; this month's title is Blood Work by Michael Connelly. Stop by the circulation desk to check out a copy today!

NHPL Book Club

Thursday, May 23, 1:00-3:00pm

RSVP Readers Theater

Monday, May 6, 1:00-2:00pm; RSVP Readers Theater is a local theater group who present an enjoyable and entertaining program of "Readers Theater," a form of theater where lines are not memorized but read by actors from a script. Actors use vocal expression to help the audience understand the story and visualize the action by hearing the script read aloud. Performances are simply staged and may include props and costuming. RSVP performs a variety of plays and skits that includes comedy and drama, as well as educational/informative and seasonal sketches. Please join us for a fun and entertaining program.

Alzheimer's Association Community Forum

Monday, May 6, 4:30-6:30pm. Learn about Alzheimer's dementia, and memory loss. Bring a friend who has been affected by the disease. Share your thoughts about how we can help people in the community. Light refreshments will be provided. Registration is requested. Please call 315-617-4025 and press zero to register.

Understanding Alzheimer's & Dementia

Thurs., May 16, 11:00am-12:00pm. This program covers the basics of Alzheimer's and dementia, explores the relationship between Alzheimer's disease and dementia, examines what happens in the brain affected by Alzheimer's, details the risk factors for and three general stages of the disease, identifies FDA-approved treatments available for symptom management, looks ahead to what's on the horizon for Alzheimer's research, and offers helpful Alzheimer's Association resources. This program is one hour long and is intended for anyone interested in learning more about Alzheimer's disease.

American Red Cross Blood Drive

Join us on Friday, May 17, 11:30-4:30 and save some lives! We are partnering with the American Red Cross and would love your support. Please call 315-733-1535 to schedule an appointment. Walk-ins are always welcome!

Financial Wellness Workshop - Saturday, May 18, 1:00-2:30pm

Gene Pritsker Meet the Composer

Thursday, May 30, 4:00-5:00pm; NYC-based composer Gene Pritsker will be joining accordionist Rocco Anthony Jerry to introduce you to his music and talk about his life as composer and performer. Gene Pritsker has written over 670 works including chamber operas, orchestral and chamber music, electro-acoustic

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music and songs for hip-hop and rock ensembles. All of his compositions employ an eclectic spectrum of styles and are influenced by his studies of various musical cultures. Gene’s music is frequently performed worldwide and he has orchestrated major Hollywood films. Pritsker and Jerry will also perform a sample of Pritsker’s new musical score for the classic silent film “Passion of Joan of Arc”. They will be screening the complete film on Thursday May 30, 7:00pm at Cinema Capitol, 220 W. Dominick Street, Rome, NY. <https://www.romecapitol.com/>

AP Exam Prep

High School Students – do you need a place to study for your AP exams? Want to study with a group, but don’t know where to go? We have reserved our Sammon Room for students preparing for the AP exams. Snacks provided? Sunday, May 5, 1:00-5:00pm and Saturday, May 11, 12:00-5:00pm.

Women of Mystery.... A New Discussion Group

This discussion group led by Janet Hoover is on a break and will resume in the fall. Please check future issues of the Town Crier for updates, or contact the library at 315-733-1535.

May Art on Display Susan Robinson

Susan Robinson began to explore quilting in the traditional sense in 2008 when she was invited to an evening quilt class by a local librarian. After making 20 traditional quilts, she tried her hand at portrait quilts using mostly batik fabrics, which lend themselves to value transitions.

Never one to stay in one spot for very long, she began to delve into paper paintings. Using acrylic paints, she develops the papers in a printing process with the 'gelli plate', embossing colors and textures onto many different kinds of collected papers. She then tears the papers and using gel medium, arranges them onto a birch board canvas. She has recently begun to experiment with magazine collage, the process is similar to paper paintings but she re-uses found materials of old, colorful magazines. Paintings; both in watercolor and oils have been a fairly recent addition to Susan's artistic adventures. Painting and showing mostly in Central New York, she has become a member of Cooperstown Art Association, Central New York Watercolor Society and Cazenovia Watercolor Society.You may find more about Susan and her work at susanmrobinson.com

Display Case May

A.Karen Kelly will be displaying examples of decorative painting. Decorative painting can be used on walls, mailboxes, children’s furniture and so much more! You can find out more about A. Karen’s work and classes she teaches by picking up her business card by display case.

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.

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.

Tai Chi Classes at the Library

Classes continue through May 9th. The Beginner Class meets from 10:00-11:00, and the Advanced Class meets from 11:15-12:15. No registration required. Tai Chi classes will be on hiatus following the May 9th class. Classes will resume September 12th.



Kari Procopio Endorced by Democratic Committee

The Democratic Committee of the Town of New Hartford is pleased to announce their endorsement of Kari Procopio for a seat on the Town Board representing Ward 4.

Procopio is challenging the longest-serving town board member because taxpayers in the Ward deserve a representative who is not only attentive but innovative.

She states: “I have spent a good amount of time talking with my neighbors in the 4th Ward. They are ready for change. They want a councilperson who is proactive in addressing such concerns as rising taxes, crumbling roads, and the lack of transparency and trust with town government, not a rubber stamper. I will bring a fresh perspective and unique voice. My priority is to serve the hardworking families, senior citizens, and business owners of this Ward.”

Campaign information is available at www.kari4the4th.com, [Facebook.com/kari4the4th](https://www.facebook.com/kari4the4th), and on Twitter @Kari4the4th1.

Off The Wall! Fundraiser at the KAC

Everyone brings home a masterpiece! On Saturday May 4, the Kirkland Art Center will host “Off The Wall!” a unique fundraiser that has everyone leaving with a masterpiece of artwork.

No bidding, no auction. The evening will feature a remarkable selection of art by well-known artists, from central New York and beyond – when their ticket number is chosen, everyone gets to choose an artwork Off The Wall! that they want to bring home!

The artwork features well-known artists from New York and beyond. All originals, the artwork ranges from contemporary to classical, from watercolor, oil paintings, photographs, to sculpture, so there

is something to appeal to every taste. KAC Board members and friends have personally donated most of the artwork from their own collections. Some artists have also generously offered to donate their work to support the event.

Here’s how it works! A \$100 ticket enters a person or couple into a random drawing for beautiful artworks. Each ticket has two parts each marked with the ticket holder’s unique number. One part is placed in a large container with all other attendees’ tickets. The other half is used to claim a piece of art “Off The Wall” when the number is called.

Everyone is a winner! Every ticket is a winner as all tickets are drawn. And with more items than tickets sold, the person with the last ticket drawn of the evening gets a choice—and they receive a complementary ticket to next year’s ‘Off the Wall!’

To add to the fun, there will be bonus prizes and wild cards drawn too! Wine, beer and light refreshments will be served.

We hope you will join us on Saturday, May 4! Doors open at 5:30 pm and the random drawing begins at 6:15 pm. Ticket holders must be present to choose their artwork when their number is drawn.

Which beautiful artwork will you take home?

To purchase tickets or for more information please call the Kirkland Art Center at 315-853-8871 or email jan@kacny.org

Located at 9 ½ East Park Row in the picturesque village of Clinton, the KAC is centrally located between Utica, Oneida, and New Hartford and only a short drive from Syracuse. Tickets are available online on the Kirkland Art Center Facebook page, at www.kacny.org, and over the phone. Tickets are \$100. For more information, visit www.kacny.org, or call our Business Office at (315) 853-8871. Office Hours: 9:00am-5:00pm Tuesday-Friday.

The mission of the Kirkland Art Center is to educate children and adults to advocate for artists and the arts, and to engage the community in a range of cultural experiences and opportunities.

KAC RUN AND WALK FESTIVAL ON THE GREEN

1st Annual

5K 9:30AM

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Utica and New Hartford Join Forces to Celebrate July 4th Holiday

Utica Mayor Robert Palmieri, Town of New Hartford Supervisor Paul Miscione, and Village of New Hartford Mayor Donald Ryan today announced a collaborative community initiative in celebration of Independence Day. The schedule of 4th of July events is as follows;

Thursday, July 4, 11:00am Regional Independence Day Parade

Thursday, July 4, 6pm Party in the Park at F.T. Proctor Park, Utica

Friday, July 5, 6pm Party in the Park at Sherrill Brook Park, New Hartford

The logistics for each event is below:

INDEPENDENCE DAY PARADE

Thursday, July 4, 2019 – 11:00am

The parade will start on Genesee Street in front of Our Lady of Lourdes Church in south Utica. New this year - the parade will travel “south” on Genesee Street to the Village of New Hartford, ending at the New Hartford Recreation Center at Mill St. and Oxford Road. The new parade route is the same distance as previous parades.

Online registration is set to open on April 1st. There is no fee to participate, all are welcome - businesses, local groups, sports teams, scouts, dance groups, seniors, musical groups, local police and fire and much more.

INDEPENDENCE DAY ~ PARTY IN THE PARK

Thursday, July 4, 2019 – 6:00pm to 10:00pm

F.T. Proctor Park, Utica, NY

The event will include food trucks and local vendors, entertainment by local bands, beer/wine, rides and fireworks by American Fireworks.

INDEPENDENCE DAY ~ PARTY IN THE PARK


Friday, July 5, 2019 – 6:00pm to 10:00pm

Sherrill Brook Park, New Hartford, NY

This event will also include food trucks and local vendors, entertainment by local bands, rides and fireworks by American Fireworks.

The parade and both park celebrations will be organized and run by The Genesis Group.

Utica Mayor Robert Palmieri stated, “It is important all municipalities work together for the betterment of our community. I am pleased the City of Utica, the Town and Village of New Hartford and the Genesis Group were able to partner and coordinate family friendly events for our residents.




New Hartford Highway News

Submitted by Highway Superintendent, Richard Sherman

The Highway Department has a busy schedule in the month of May. The street sweepers have been out sweeping the roads. The brush crews are out picking up brush in the compactor trucks. The leaves are being picked with the new leaf machines. Please when putting out the brush and leaves make sure they are separated and not mixed together. Please Do Not place the leaves in paper bags, the driver will not pick them up. Be patient and remember there are 220 miles of shoulders to be cleaned.

The new 2019 schedules came out in the April Town Crier. If you didn't receive one, you can pick one up at the highway garage or up at the new Town Hall. If you have a computer, you can go to the town web site, www.townofnewhartfordny.gov go to town services, go to highway and click curbside and the schedule will pop up. Just a reminder that the month of June curbside pickup will be back again this year. You can place your items outside in front of your house. The first week June 3rd- 7th will be Ward 1 which is the Chadwicks area. The Ward 2 area will be June 10th- 14th Sherman Hills and part of New York Mills. The Ward 3 area will be June 17th-21st Oxford Rd, Woodberry Rd and Paris Rd area. The Ward 4 area will be June 24th- 28th Seneca Turnpike, Clinton Rd the Manors, and Applewood area.

Trash drop off for the month of May is May 6,13,20,28. The Saturday drop off is May11th. If you are using the tag system, buy your tag by May 31st for June 3rd pick up. Save the date June 8th for a one time Paper Shredding at the Highway Garage from 8:00am til 12:00 noon. Bring proof of residency. Also on June 8th at the New Hartford Library will be touch the Truck day again this year from 10:00- 12:00. This will be our 4th year for touch the truck. Every year it seems to grow with adults bringing their kids of all ages. You can call 315 724-4300 or 315 534-2998 e-mail rsherman@townofnewhartfordny.gov.



NH Town News

Submitted by Richard Woodland

I want to talk about some of the exciting things that are happening this month in New Hartford. Last year's Picnic in the Park food truck rodeo was so popular with residents of New Hartford that we are bringing it back to Sherrill Brook Park again. The 2nd annual Picnic in the Park food truck rodeo will now be held every Tuesday evening from 4 pm to 8 pm starting May 14th through August 20th. The food trucks offer a variety of food fusions – there are even food trucks that offer just dessert! New Hartford's own Georgio's Express and Mangia Macrina's Wood Fired Pizza Truck will be there. This is a great event to bring your family to or meet up with friends. Come for dinner, let your children play on the new playgrounds, and socialize with your neighbors! We hope you to see you there- just remember to bring your appetites!

The annual Memorial Day Parade will be held on May 27th at 7 p.m. followed by a memorial ceremony and open house at the New Hartford Fire Department. The parade is a wonderful way to wrap up the holiday weekend.

This month our new town facility will be completed and fully functional. As you know, many of the town departments have been up in the new town hall since January, but the town court and police department have just moved up there. We will be hosting an open house for residents to tour the new facilities.

Finally, we will be deploying our speed tracker throughout our various neighborhoods. The speed tracker is an important tool that improves the safety of residents in our neighborhoods. Residents of all ages will be outside more as the warm weather approaches and speeding in our neighborhoods poses a safety risk for everyone.

Please contact me with any questions and/or concerns you may have. I can be reached by phone at (315) 982-4936 or by email at rwoodland@townofnewhartfordny.gov.

RUMMAGE SALE

New Hartford Presbyterian Church
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Thursday May 2nd 9am-3pm

Bag Sale at 1:30



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10 THE TOWN CRIER **Happy Memorial Day** **MAY 2019**



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. 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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MAY
2019

Community News

THE TOWN CRIER 11



Why Lying Sprawled on the Floor Does a Body Good

by Kristy Lenuzza

Just the other day I felt this slow wave of overwhelm begin to creep into my body and though my m.o. is to resist and fight it with all my might, I let it take me. I felt all the crappy feels and let them wash over me. Then what did I do? I laid on the floor. Flat X-ed out on the floor. I snotted up, spit hair out of my face. I got raw. At some point, I remembered to breathe.

Now, coming from a major “doer” this was a big deal. Yes, I meditate. Yes, I aim to raise my self-awareness but rarely do I let myself sit with full panic attack induced feelings. My usual strategy? Stay busy. Talk faster. Move quicker. After all, I am American. “Push it down” is our battle cry. Further. Nope, further. Even further.

It never helps this forced pushing. It just keeps piling up until, yep, you guessed it, you find yourself sprawled out on the floor. If you give in and surrender to this moment, you may even realize that it’s fleeting. You just may feel a bit more space inside. A release of

sorts. We store emotions inside of us hoping that they’ll never show face. Joke’s on us. If not handled, these feared emotions manifest through physical illness and disease. The best advice I’ve learned is to find some way to get it out and give yourself permission to feel the feels. Laugh it out. Cry it out. Scream into a pillow or in your car or at the closest inanimate object. Have at a punching bag or find a wrecking room near you.

We’re in the thick of a culture that prides itself on pushing through the stress, squashing down the fear, yanking up the straps, and staying busy as can be. We all know how that turns out. A Time article from last year says that almost 40% of Americans are more stressed than they were a year ago. Another UCLA study found that nearly half of all Americans feel lonely. We’re flying in the wrong direction, and it’s up to us to change it.

We all know that what we eat, how much we sleep, and exercising affects our stress and energy levels. We know that. We do. But if our minds are on fire and we have no practice in place for creating a mind-body connection, we’re doomed. Hello, vino. Hiya, stale-yet-does-the-job hidden Halloween candy. What’s up, Anthro shopping spree?

One of the best ways to decrease stress and the feeling of loneliness is to form connections with people. Actual humans. Whether it’s joining a running club, taking an acting class or calling a friend for coffee.

Connection is key.

Not sure where to start? Take out a piece of paper and write down the top ten things that you love to do and choose one to focus on and dedicate yourself to make it a part of your regular week. We talk about carving

“out” time for the fun stuff, the happy stuff. I say carve it “in.”

Be honest with yourself and realize that it’s up to you to bring more joy and less stress into your life. It’s a matter of taking the first step to making time for your well-being. It matters. A lot. How you show up for yourself is indicative of how you’ll show up for your loved ones, your coworkers, and the rest of us. Do yourself and everybody a favor and sign up for that dance class. Call that friend. Join that club.

No matter what, know that you’re not alone. If you’re feeling complete and utter fall on the floor overwhelm don’t underestimate a floor drop. After all, it’s job is to keep you grounded.

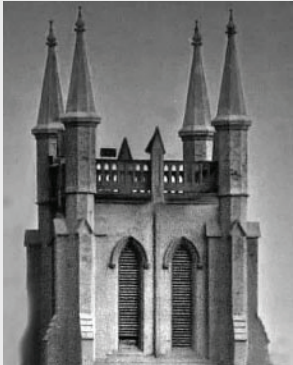
Kristy Lenuzza is the founder of Sow to Speak, a company whose sole purpose is to help individuals and businesses communicate better from the inside out. Sow to Speak services include communication workshops, presentation coaching, and copywriting. Subscribe to Sow to Speak’s weekly newsletter to gain subscriber discounts and first dibs on workshops and events.

To learn more visit www.kristylenuzza.com or contact Kristy at kristy@kristylenuzza.com

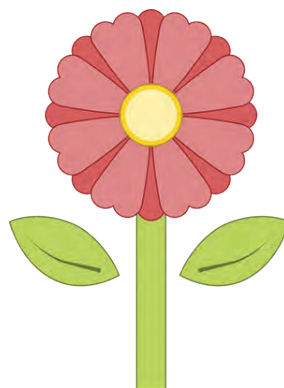
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12 THE TOWN CRIER

NH Sporting News

MAY 2019

NH Home Games

- *Subject to change without notice*
- 5-1 - Lacrosse: Boys Modified - 4:15pm vs. Holland Patent Central @ Perry Junior High
- 5-1 - Lacrosse: Boys JV - 4:30pm vs. Rome Free Academy @ NHHS Turf
- 5-1 - Lacrosse: Boys Varsity - 6:30pm vs. Rome Free Academy @ NHHS Turf
- 5-1 - Tennis: Boys Varsity - 3:30pm vs. Camden @ NHHS Tennis Courts
- 5-1 - Track & Field: Boys Modified - 4:00pm vs. Oneida, Rome Free Academy @ NH
- 5-2 - Lacrosse: Boys JV - 4:15pm vs. Holland Patent Central @ Perry Jr. High
- 5-2 - Softball: JV - 4:30pm vs. Camden @ Washington Mills Field #2
- 5-2 - Softball: Varsity - 4:30pm vs. Camden @ Washington Mills Field #1
- 5-2 - Softball: Modified - 4:30pm vs. RFA Orange @ Perry Jr. High
- 5-2 - Baseball: Varsity - 4:30pm vs. Camden @ NH Baseball Field
- 5-2 - Lacrosse: Boys Varsity - 6:30pm vs. Holland Patent Central @ NHHS Turf
- 5-3 - Golf: Boys Varsity - 3:30pm vs. Camden @ NH
- 5-3 - Lacrosse: Boys Modified Non-League - 4:30pm vs. East Syracuse – Minoa @ Perry Jr. High
- 5-3 - Track & Field: Boys Varsity Invitational - 4:30pm - Baldwinsville, Camden, Carthage, Chittenango, JD, Marcellus, RFA, Solvay, Town of Webb, Utica Proctor, Watertown, W'boro @ NH
- 5-4 - Lacrosse: Girls Modified - 10:00am vs. Whitesboro @ NH Myles Elementary
- 5-4 - Softball: Varsity Non-League - 1:00pm vs. Oneonta @ Washington Mills Field #1
- 5-6 - Golf: Girls Varsity - 3:30pm vs. Holland Patent Central @ Stonebridge Golf Club
- 5-6 - Lacrosse: Girls Varsity - 4:15pm vs. Vernon-Verona-Sherrill @ NHHS Turf
- 5-6 - Baseball: Modified - 4:30pm vs. RFA Black @ Perry Jr. High
- 5-6 - Softball: Modified - 4:30pm vs. RFA Black @ Perry Jr. High
- 5-6 - Baseball: JV - 4:30pm vs. Whitesboro @ NHHS
- 5-6 - Lacrosse: Girls JV - 6:00pm vs. Vernon-Verona-Sherrill @ NHHS Turf
- 5-7 - Tennis: Boys Varsity - 3:30pm vs. Utica Proctor @ NHHS Tennis Courts
- 5-7 - Unified Basketball: Varsity - 4:00pm vs. Whitesboro @ NHHS Gym
- 5-7 - Baseball: JV - 4:30pm vs. Utica Proctor @ NHHS Baseball Field
- 5-7 - Lacrosse: Boys JV - 4:30pm vs. Whitesboro @ NHHS Turf
- 5-7 - Softball: Varsity - 4:30pm vs. Utica Proctor @ Washington Mills Field #1
- 5-7 - Softball: Modified - 4:30pm vs. Whitesboro @ Perry Jr. High
- 5-7 - Baseball: Modified - 4:30pm vs. Whitesboro @ Perry Jr. High
- 5-7 - Softball: JV - 4:30pm vs. Utica Proctor @ Washington Mills Field #2
- 5-7 - Lacrosse: Girls Modified - 5:00pm vs. Rome Free Academy @ NH Myles Elem
- 5-7 - Lacrosse: Boys Varsity - 6:30pm vs. Whitesboro @ NHHS Turf - Sparrior Cup
- 5-8 - Golf: Boys Varsity - 3:30pm vs. Utica Proctor @ NH
- 5-8 - Track & Field: Girls Varsity - 4:00pm. RFA, VVS @ NH
- 5-9 - Tennis: Boys Varsity - 3:30pm vs. Central Valley Academy @ NHHS Tennis Courts
- 5-9 - Unified Basketball: Varsity - 4:00pm vs. Oneida @ NHHS Gym
- 5-9 - Track & Field: Girls Modified - 4:00pm - JFK, Whitesboro @ NH
- 5-9 - Softball: JV - 4:30pm vs. CVA @ Wash Mills Field #2 Double Header - 5 innings
- 5-9 - Baseball: Varsity - 4:30pm vs. Central Valley Academy @ NHHS Baseball Field
- 5-9 - Softball: Varsity - 4:30pm vs. CVA @ Washington Mills Field #1
- 5-9 - Softball: JV Non-League - 5:30pm vs. CVA @ Wash Mills Field #2 Double Header - 5 innings
- 5-10 - Tennis: Boys Varsity - 3:30pm vs. Rome Free Academy @ NHHS Tennis Courts
- 5-10 - Golf: Boys Varsity - 3:30pm vs. Central Valley Academy @ NH
- 5-10 - Baseball: Modified - 4:30pm vs. Camden @ Perry Jr High
- 5-10 - Baseball: Varsity Non-League - 4:30pm vs. Utica Notre Dame @ NHHS Baseball Field
- 5-11 - Lacrosse: Boys Varsity Non-League - 11:00am vs. Watertown @ NHHS Turf
- 5-11 - Lacrosse: Boys JV Non-League - 1:00pm vs. Watertown @ NHHS Turf
- 5-13 - Golf: Boys Varsity - 3:30pm vs. Rome Free Academy @ NH
- 5-13 - Baseball: Varsity - 4:30pm vs. Rome Free Academy @ NHHS Baseball Field
- 5-13 - Lacrosse: Girls Varsity - 4:30pm vs. Whitesboro @ NHHS Turf
- 5-13 - Softball: JV - 4:30pm vs. Rome Free Academy @ Washington Mills Field #2
- 5-13 - Softball: Varsity - 4:30pm vs. Rome Free Academy @ Washington Mills Field #1
- 5-13 - Lacrosse: Boys JV Non-League - 5:00pm vs. Homer Central @ Perry JH
- 5-14 - Lacrosse: Girls Modified - 4:15pm vs. Whitesboro @ NH Myles Elem
- 5-16 - Softball: Varsity Non-League – TBD vs. Holland Patent Central @ NH
- 5-16 - Softball: JV Non-League – TBD vs. Holland Patent Central @ NH
- 5-16 - Unified Basketball: Varsity - 4:00pm vs. Camden @ NHHS Gym
- 5-16 - Lacrosse: Boys Modified Scrimmage - 4:15pm vs. Utica Proctor @ Perry JH
- 5-20 - Track & Field: Boys Modified - 4:00pm vs. JFK, Oneida @ NH
- 5-20 - Softball: Modified - 4:30pm vs. Central Valley Academy @ Perry JH
- 5-20 - Baseball: Modified - 4:30pm vs. Central Valley Academy @ Perry NH
- 5-21 - Softball: Modified - 4:30pm vs. Utica Notre Dame @ Perry Nh
- 5-21 - Baseball: Modified - 4:30pm vs. Utica Notre Dame @ Perry JH
- 5-23 - Track & Field: Girls Modified - 4:00pm vs. CVA, VVS @ NH
- 5-28 - Lacrosse: Boys Modified - 4:15pm vs. RFA Black @ Perry NH
- 5-28 - Baseball: Modified - 4:30pm vs. Oneida @ Perry NH
- 5-28 - Softball: Modified - 4:30pm vs. Oneida @ Perry Nh
- 5-30 - Lacrosse: Girls Modified - 4:15pm vs. Vernon-Verona-Sherrill @ Myles Elem
- 5-30 - Lacrosse: Boys Modified - 5:00pm vs. Whitesboro @ Perry JH



Thomas Goodelle of New Hartford Advances to Elks Hoop Shoot National Finals

Over the past nine months, tens of thousands of young athletes across the country have stepped up to the line to show off their free throw skills through the Elks Hoop Shoot. Only six will become National Champions.

Thomas Goodelle is one of 72 of the nation’s best free throw shooters ages 8 to 13. Thomas’s hard work and dedication have taken him from New Hartford to the Elks Hoop Shoot National Finals in Chicago.

Last fall, Thomas entered in the 2019 Elks National Hoop Shoot Free-Throw Contest. Thomas advanced through the local, district and state levels of competition, sinking the most of 25 free throws in his division at each contest. With a score of 25 out of 25 at the Northeast Central Regional Semi-Finals, on March 16, Thomas secured his chance to shoot on the foul line at the National Finals.

The Elks Hoop Shoot National Finals tip off was held on April 27, 2019, in Chicago—home to the Elks National Headquarters. At the contest, the 72 National Finalists will compete to sink the most of 25 free throws and claim the National Championship. One boy and one girl in each of three age-groups will earn the prestigious title and have their names inscribed on the Hoop Shoot plaque in the Naismith Memorial Basketball Hall of Fame in Springfield, Mass.

Funded by the Elks National Foundation, the Elks Hoop Shoot has been developing gritty kids for more than 45 years, instilling characteristics that lead to success on and off the court. Stay connected during the final leg of Thomas’s Hoop Shoot journey.

Follow #HoopShoot on Facebook, Twitter and Instagram for more from Chicago. The Hoop Shoot is just one of the many opportunities the Elks offers for youth. For more ways the Elks serve the community, visit elks.org/who.

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2019

Community News

THE TOWN CRIER 13



Re-Elect Pamela King

Submitted by Pamela King

There are many challenges that face School Districts today. The safety of our students and faculty is of utmost importance and safety measures are constantly being evaluated for improvements and protocol. Financial demands continue to be tighter as the state places more mandates on our schools, but delivers less funding to support those mandates. Technology is ever evolving and places increased pressure on our administration to manage and maintain the necessary tools. The academic curriculum is constantly improving to support the changing work and scholastic environment and challenges our staff to stay current. Balancing all of these issues requires experience and skill and a commitment to serve and keep our schools viable.

As an experienced School Board member, I am familiar with all these issues, and am excited to be running for re-election this term to the New Hartford Central School District Board of Education. As a 21-year resident of New Hartford, business owner, and mother of four sons, I have been involved in several activities in the school system and community, and am committed to continuing to contribute my time and skills to serve as a School Board member.

With one child still in the New Hartford High School and three graduated, my sons have received an excellent education at New Hartford; however, we cannot rest on our past success. We must continue to move forward with educational improvements, technology advances, efficient use of funds, safety measures, and continued commitment to the arts, music, and athletics. Our students need to be prepared not only to pursue a higher education, vocational trade, or service to their country, they need to be prepared for a global community. We chose to live in New Hartford, when we moved to the area from out of state, because of the great community and the fact that New Hartford was the top school district in the area. I will continue to work to help keep it that way!

I am proud of the New Hartford School District these past five years for continuing to deliver all of our programs and extracurricular activities and maintaining optimum class sizes under financial stress. We set the bar for other districts in scholastics, music, technology, and safety, and we need to continue that trend. This strength across all areas attracts academically-minded families to New Hartford, and therefore improves the value of our homes and property and most importantly fosters a vibrant, caring community.

My commitment as a School Board member will be in three areas:

Continuous Improvement – implementing better

ways to enhance our children's safety, educational, and extracurricular experience.

Open Communications – informing the community of key school issues and listening to concerns from parents, educators, staff, and students.

Increased Efficiencies – evaluating where monies are spent and getting the best use of our resources and most efficient use of your school tax dollars.

I base my responsibility as your School Board representative on the District Mission, which we, the current School Board re-drafted this past year:

“The New Hartford Central School Community ensures an engaging, student-focused environment where everyone can learn, succeed and is valued. We are committed to: Excellence, Integrity, Citizenship, Innovation.”

With me, you will get someone who will listen, learn, investigate, and challenge the District to maintain the best for our kids. Please vote on Tuesday, May 21st from 7 am to 9 pm at the New Hartford Senior High School.



Hotel Presented with General Manager of the Year Award

Homewood Suites by Hilton, part of Hilton's (NYSE: HLT) All Suites portfolio, recently recognized Marie Borrill, Homewood Suites by Hilton New Hartford as the General Manager of the Year Award winner for outstanding achievements during the past year at the brand awards that were held in Las Vegas. The property, which is owned by New Hartford Exstay, LLC and managed by Larry Adler received this global award distinction from among the brand's more than 480 hotels throughout the United States, Mexico and Canada.

“Our dedicated team works hard to exceed our guests' expectations, whether they are with us for one night or an extended stay,” said Marie Borrill, general manager. “We are honored to receive this outstanding service distinction.”

Homewood Suites by Hilton New Hartford met the criteria for this award being ranked in the top 5% of the brand's performance metrics to qualify for this event. The property was honored as a brand leader with special recognition including a unique trophy. The property also received the Connie Merit Award which represents the top 20 hotels in the brand.

The hotel features 85 suites with fully-equipped kitchens, and separate living and sleeping areas. Guests are also provided with all the essentials needed for a comfortable and convenient stay – complimentary daily

full hot breakfast, evening social Monday-Thursday, Wi-Fi and grocery shopping service. Homewood Suites by Hilton New Hartford also makes it easy for travelers to unwind with an inviting Lodge Bar, outdoor kitchen grill area, patio seating with fire pit, fitness center, pool and sports court.

Located at 185 Woods Park Drive, the hotel offers guests convenient access to several private universities such as Colgate University, Hamilton College and Utica College. Local corporations are nearby such as, Utica National Insurance Group, Hartford Insurance, PAR Technology Corporation and the Fountainhead Group, Inc. Within a few miles is the NYS Preparedness Training Center, which is a state of the art facility offering state and federal workers a complete spectrum of emergency training.

Homewood Suites by Hilton New Hartford is part of Hilton Honors®, the award-winning guest-loyalty program for Hilton's 17 distinct hotel brands. Hilton Honors members who book directly through preferred Hilton channels have access to instant benefits, including a flexible payment slider that allows members to choose nearly any combination of Points and money to book a stay, an exclusive member discount that can't be found anywhere else and free standard Wi-Fi. Members also enjoy popular digital tools available exclusively through the industry-leading Hilton Honors mobile app, where Hilton Honors members can check-in, choose their room and access their room using a Digital Key. For more information or to make reservation, visit Homewood Suites by Hilton New Hartford/Utica or call +1 315-801-7200.



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DINNER on US!
 Christ the King Shrine of Marcy, NY is AGAIN sponsoring a Chicken BBQ by Jim Spinella on Thursday May 16, 2019 from 3pm until sold out. We will be on the corner of Oxford Rd and Sherman St in the parking lot of St John the Evangelist Church. *Come early - we sell out QUICKLY!!*

Sperling Holocaust Talk

The speaker at the Annual Helen and Leon Sperling Holocaust Lecturer on Thursday, May 2, 2019 is a young Holocaust survivor, Helen Levinson. This event will be held at the Jewish Community Center, 2310 Oneida St., Utica at 7:30 PM.

Helen was a 10 year old when Poland was invaded by Germany, and when Helen was 14 she was picked up by the Nazis on her way to school and sent to the concentration camp Majdanek. After several months of harrowing treatment she was aided in an escape by the help of a family friend. Shortly thereafter, her family decided to separate to ensure each member's safety. Helen spent the remaining years of the war alone, fending for herself and constantly on guard in order to remain safe.

We especially welcome any youngsters who have studied the Holocaust. Helen Levinson has a fascinating story to share with everyone in our community.



Spring Rummage Sale May 2nd at New Hartford Presbyterian Church

New Hartford Presbyterian Church, 45 Genesee Street, will hold its annual Spring Rummage Sale on Thursday, May 2nd, from 9:00 a.m. to 3:00 p.m. Available items include gently used spring and summer clothing, household items, book, electronics and attic treasures. Free admission.



Michael McGraw



Francesca Servadio



Bill Rust

Strategic Financial Services, Inc. Announces Three Promotions

Strategic Financial Services, Inc. ("Strategic"), a Central New York-based wealth management firm founded in 1979, is pleased to announce the promotions of three key members on their Relationship Management team.

Michael McGraw has been promoted to Senior Advisor. McGraw joined the firm in 2011 as a member of the Client Service team. He became a CERTIFIED FINANCIAL PLANNER™ professional in 2015 and will continue to play a more direct role in servicing Strategic's current and future clients.

Bill Rust and Francesca Servadio have been promoted to Financial Advisors. Servadio joined the Strategic team in 2016. Francesca works directly with the Senior Advisor Team to assist with the financial planning needs of clients and their families. She specializes in client on-boarding, goal identification and prioritization, data gathering, scenario analysis, and financial plan development. Rust joined Strategic in 2017 and is responsible for formulating, implementing, and coordinating advice for clients on Strategic's next generation wealth management platform, Strategic SKY. Bill and Francesca are both working to become CERTIFIED FINANCIAL PLANNER™ professionals.

With offices in Utica and Syracuse, New York, Strategic Financial is an established wealth management firm, and regional leader in the investment industry. While successfully operating with established roots, they continue to grow and expand their geographic footprint and influence across New York State and the Northeast. These three individuals will be an integral part of the firm's growth plan, focusing on creating measurable and meaningful financial and experiential growth for their client base.



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Retirement Sale

It's the right time in our lives to retire and enjoy our grandchildren & traveling. Dawn Marie's Treasures has been a very successful Business and is for Sale!

Our retirement sale will begin in May and will continue throughout the year! Merchandise won't last long so please get your unique treasures while they're available. We have enjoyed serving our customers for the last 12 years.

Thank you for sharing our passion with us.

♥ Dawn & Alan

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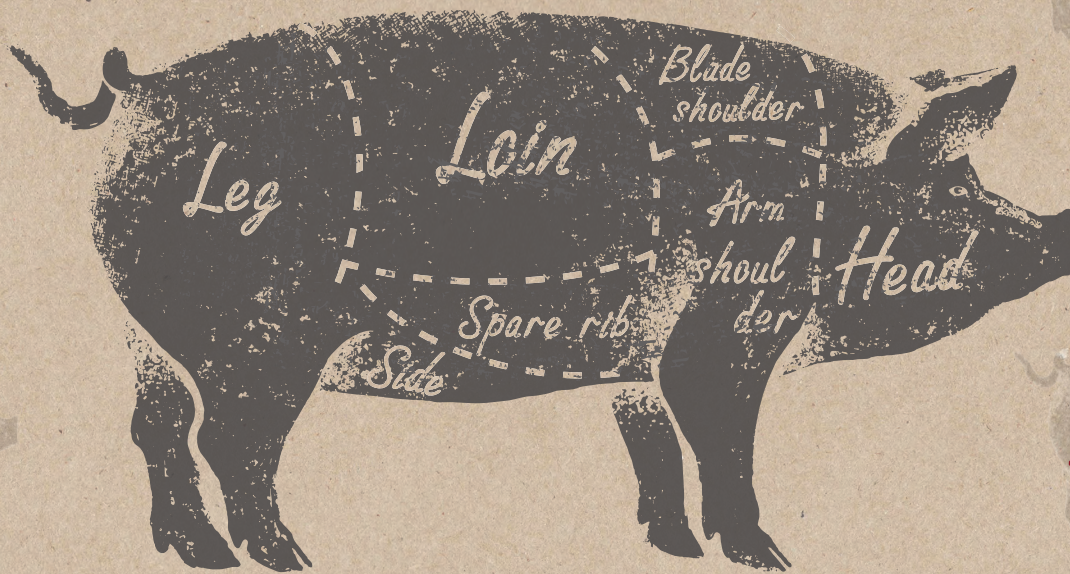
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Thursday: Smoked Pork Tenderloin, Served with our House Maple Bourbon Applesauce

Friday: Fish fry and homemade New England Clam Chowder

Saturday: Smoked Prime Rib

Sunday: Specialty BBQ Tacos

May 4th - Corona Party from 5-7. Corona and Nacho Specials

May 4th - Kentucky Derby - Mint Juleps

Mother's Day May 12th - \$3 Mimosas. Buy 1 Get 1 Bloody Mary

Happy Hour 4-7 **Wednesday thru Friday** - \$1 off all draft and bottled beer, 2 for 1 well mixers

Trivia on **Wednesday's**

Live music on **Friday and Saturday** nights

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4 1/2" Pots Basil Parsley.....\$1⁹⁹ ea.
Hanging Strawberry Baskets.....\$19⁹⁹ ea.
Hanging Tomato & Cucumber Baskets (HURRY - Limited Quantity).....\$11⁹⁹ ea.
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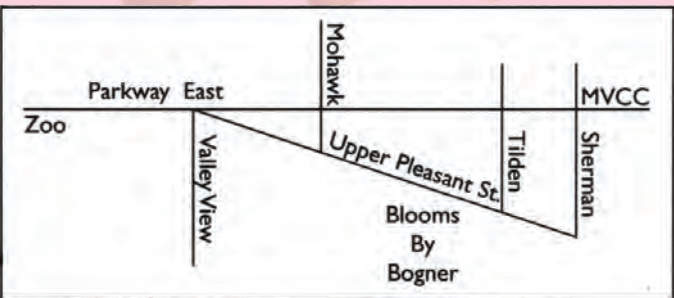


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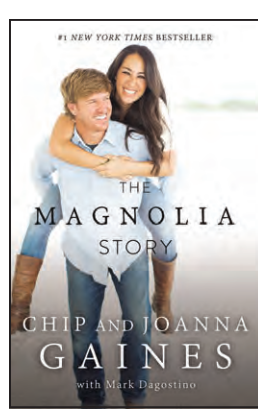
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New Hartford Schools Going Green

New Hartford Central School District has earned “Blue Ribbons” from the US Department of Education in the past, but are “green ribbons” in its future? The potential role that school districts may take to catalyze environmental efforts has not been lost on major policymakers. The Environmental Protection Agency devotes an entire section of its website to what it calls “Healthy Schools, Healthy Kids,” to promote a variety of school-based green initiatives. Here at home, the Oneida-Herkimer Solid Waste Authority (OHSWA) has provided reuse and recycling models that schools may adopt to help schools go green. In fact, this past winter, New Hartford elementary schools were recognized by OHSWA for participating in a region-wide plastic film recycling challenge. Public policy efforts combined with teacher passion for the practical learning aspects of going green can make for a powerful educational tool. Jessica McNair is among the New Hartford elementary teachers leading the green charge. Last school year, McNair worked with school officials, the school PTA, and OHSWA to establish a “Green Team” to improve recycling practices at Bradley Elementary. Working with her sixth-grade colleagues, McNair helps organize a building-wide recycling program in which students regularly collect recyclables and then distribute to designated locations. This helps assist building custodians to streamline the trash-or-recyclable sorting process before items are sent along to their final destination at OHSWA. As members of the Green Team, students learn valuable lessons about the energy that goes into green efforts and also do their part to help in unexpected ways. “I am hoping that this is not only teaching students how easy it is to recycle,” McNair said, “but getting them into good habits that they can follow at home.” McNair also noted that such a program may help the district’s bottom line. “It’s free to recycle but costs money to throw away trash,” she said. Green awareness in the school seems to be

paying off. Bradley elementary earned third place in the regional plastic film recycling competition. McNair is not alone. Adrienne Greer, a third-grade teacher at Hughes Elementary and Jessica Lewis, an ESL teacher at Myles Elementary, have inspired their respective schools to take on environmental challenges of their own. Greer helped coordinate the district’s participation in the regional plastic film challenge last winter, and both Hughes and Myles elementary were commended by OHSWA for their efforts. “As a teacher, it’s only natural that I want to share my knowledge and advocacy with the students,” Greer said, and “students love a project that is ‘out of the norm,’ and they become eager to help when they know that what they are doing makes a huge impact.” After such projects, students are looking for additional ways to contribute. “Many teachers and people were sad to see the challenge end!,” Lewis said, “It was a great way to build awareness in our community.” Greer not only coordinates efforts in her school but works with members of her community serving on the New Hartford Climate Smart Committee. That group hopes to promote environmental conscientious throughout the town. Still, she and her colleagues are keenly aware that advocacy efforts will need to be sustained if they are to have the desired impact. “I plan to talk to as many teachers from as many different schools as possible and encourage their participation in the plastic film challenge, primarily so that they are aware of this type of plastic, and how to properly dispose of it, ensuring it does not go to our local landfills,” Greer said. I will continue to set up field trips to the Oneida-Herkimer Solid Waste Authority for our third graders, so that every student in the district is able to see the Recycling Center, and know where their recyclables end up. Students are always amazed to see the process their recyclables go through to be made into new things.” Building such awareness, of course, has its challenges. Maintaining cost-effective green initiatives is one hurdle, as is setting green standards that schools and other organizations can easily manage. Food waste

and the garbage associated with mealtime has become a national issue and prompts unique challenges. Among them is how to establish effective composting programs. In addition, the garbage versus recycling supply chain poses its own challenges, as most school facilities aren’t necessarily prepared to take on large-scale, community-wide recycling efforts. But as Kim Reale, Bradley Elementary parent and PTA member argues, projects that promote green education are essential. “As a parent, I just think it’s important that part of our children’s education includes taking care of the Earth,” Reale said, “and I’m glad our teachers have taken the initiative to teach these values to their students.”

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2019 Summer Swimming Programs

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General Registration Opens May 20th

Summer Session 1 - \$125 (July 8th – July 26th)

Summer Session 2 - \$125 (July 29th – August 16th)

Lessons Run Monday-Thursday

Preschool Aquatics – 9:15am-9:55am

No prerequisite skills. Open to swimmers ages 3-5.

Level 1 – 10:00am-10:40am

Beginner Level - The objective of Level One is to help students feel comfortable in the water and to enjoy the water safely. Students will learn elementary water skills which they can build on as they progress through the various levels

Level 2 – 10:45am-11:25am

Level two begins to build upon elementary water skills. Students will learn fundamental skills. Students will learn to coordinate front and back crawl and the be introduced to elementary backstroke.

Level 3 – 10:45am-11:25am

Level three develops confidence in stokes learned thus far and to improve other aquatic skills. Students will be introduced to breaststroke.

Level 4 – 11:30am-12:10pm

Level four begins an emphasis on coordination, use of rotary breathing, along with fundamental skills of breaststroke and sidestroke.

Level 5 – 11:30am-12:10pm

Level four begins an emphasis on coordination and refinement of key strokes. Students will be introduced to butterfly and flipturns.

Level 6 – 11:30am-12:10pm

The objective of Level Six is to polish strokes so students swim with more ease, efficiency, power, and smoothness over greater distances.

Summer Community Swimming 2019

Open Swim & Lap Swim

July 8th - August 16th

Monday through Thursday

12:20pm-1:00pm

**Registration Forms and
Schedule Information can be
found on our website
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Community News

MAY
2019



How Healthy is Your Brain?

Submitted by MaryJo Timpano

When we think about our health and wellbeing we often focus on our physical bodies. If someone were to ask us to rate our health on a scale from 1-10 we would answer based on things like blood pressure, cholesterol, body weight and general feelings of well-being. We might also think about physical activity, energy level and quality of sleep. All of these factors are indeed indicators of our health, and as it turns out, they are also indicators of how healthy our brain is!

There are many proven reasons to get more physical activity into our daily lives including reducing the risk of heart disease, stroke and diabetes. Regular movement can also relieve depression, anxiety and improve our quality of sleep. The latest research on brain health highlights the effect physical activity has on cognitive abilities, focus and executive functioning. This refers to our ability to pay attention, concentrate and solve problems. Executive functioning is particularly important for older adults because it may help avoid falls, safely drive a vehicle and live independently. Both aerobic exercise and strength training have been shown to benefit our executive functioning, but based on the latest research findings yoga has been found to improve cognition. This month, consider adding yoga to your fitness routine, it's good for your brain!

"If exercise could be packed into a pill, it would be the single most widely prescribed and beneficial medicine in the nation."

-Dr. Robert Butler-

At Community Wellness Partners our vision to "inspire and nurture successful aging" takes on many forms. This month we join our community of dedicated and professional team members to celebrate National Skilled Nursing Care Week. The 2019 Theme: Live Soulfully challenges us to find ways to achieve happy minds and healthy souls. During the week of May 12-18 don't pass up an opportunity to thank the women and men who care for the people who live in our skilled nursing communities.

Combining nearly 150 years of service, Community Wellness Partners is a faith-based 501 © (3) nonprofit affiliation of LutheranCare and Presbyterian Homes & Services. Offering the most comprehensive post-acute continuum of services in Oneida County NY, Community Wellness Partners has over 980 team members and serves more than 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.

MaryJo Timpano is a Wellness Consultant at Community Wellness Partners in Clinton NY and the Director of Health and Wellness at the Rome Rescue Mission. She has extensive experience in the wellness field and a passion for working with older adults. She has an MA in Psychology with a Health and Wellness specialization and is a Masterpiece Living certified Successful Aging Coach. MaryJo is a RYT-200.

Book Signing – Mini Carnival

Road To Home Purrfect Paws Cat and Kitten Rescue is hosting a story hour and book signing with children's author Eric Von Gardey, along with a Mini Carnival for the kids on May 17th, 4-7:30 at the Willowvale Fire Dept., 3459 Oneida St, Chadwicks, NY. Only 60 seats available for book signing and books must be reserved by April 23rd by sending a non-refundable \$12 donation to PayPal.Me/CynthiaDittmar. Carnival only admission is \$5 at door and includes 5 tickets for fun kiddie activities. There will also be live kittens to pet. Proceeds will benefit the RTH rescued cats and kittens." For more info please call 315-939-0965.

Purrs and Whiskers Cat and Kitten Rescue

Spring is kitten season and Purrs and Whiskers Cat and Kitten Rescue in Oneida County is hosting its 2nd Annual Kitten Shower Sunday, May 5th, 1-3 PM at the Clubhouse in the Cherrywood Community on Rte 5 in New Hartford. Come meet our adoptable kittens and moms, learn about fostering for Purrs and Whiskers, enjoy shower games, cake and punch, our fun kid's corner with face painting and prizes to win. Raffle tickets, t-shirts and chocolate candy bars available to purchase to help us raise funds. Admission is free, but donations of canned kitten food, litter, kitten milk replacement formula, receiving blankets, beds and cat toys are appreciated. For more info call 315-404-2694.

Metaphysical/ Holistic Craft Fair

Fundraising Event for the
WMO Food Pantry
Serving our Local Community

May 4, 2019

10 AM - 5 PM

The Parish On Broadway
730 Broadway, Utica

Tickets - Ticket price at the door is \$5 per person. Bring a non-perishable food item for the food pantry and receive a \$1 off admission. Basket raffle, food & fun!! Vendor services and products are not included in ticket price.

Check us out on Facebook— The Parish On Broadway



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Introductory rates: Rates shown are as of 03/18/2019. If you qualify, you will receive the introductory 0.00% Annual Percentage Rate (APR) for 6 months. The APR after the introductory discount period is variable and may change monthly based upon changes in the Prime Rate, but will not fall below 3.75% or exceed 15.90%. The Prime Rate is the highest Prime Rate published in the Wall Street Journal.

To qualify for the introductory rates: (1) the Home Equity Line of Credit must be in a first lien or a junior lien position behind an NBT Bank first mortgage on the property; (2) property must be a 1-4 family owner-occupied primary residence or single-family second home and cannot be an investment property, co-op, mobile home or manufactured housing; (3) the loan-to-value (LTV)/combined loan-to-value (CLTV) ratio cannot exceed 80%; (4) the borrower must have an Experian FICO score of 700 or greater; (5) payments must be made via automatic deduction from an NBT Bank checking or money market account; (6) customers renewing an existing home equity line of credit from NBT Bank must be approved for and receive a line increase of at least \$10,000 to qualify for the initial Annual Percentage Rate discount. Property insurance is required and flood insurance when necessary. Title insurance is required for all loans over \$250,000. The borrower must pay the title insurance premium even when NBT Bank pays the other closing costs. Offer subject to credit and collateral approval. This is not a commitment to lend. Additional terms and conditions may apply depending on the type of collateral, FICO score and other loan terms offered or chosen.



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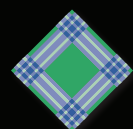
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Children of Sitrin's Child Care Center take part in hands-on activities each day, including themed celebrations, such as Hawaiian Day.

Kash for Kids Raffle Returns to Benefit Sitrin Child Care Center

Sitrin's Kash For Kids raffle is back for its second year, and a new prize has been added. One lucky grand prize winner will take home a \$5,000 cash prize, and another will win a second-place prize of \$1,000. Tickets are \$10 each, and only 2,000 will be sold. All proceeds will benefit the Sitrin Child Care Center, located on the Sitrin campus.

For nearly 25 years, the Center has been welcoming children from six weeks to five years of age. Originally established in 1995 for 24 children, Sitrin expanded in 2003 to accommodate the growing needs of the community, building a new facility to care for 64 children.

"This fundraiser benefits programs at the Child Care Center, which is key to its operation" said Heather Galinski, program director. "Our mission is to provide professional, developmentally appropriate child care in a safe and nurturing environment, with an emphasis on the individual child's age and ability to stimulate social, cognitive, physical and emotional growth."

Galinski, along with her staff, is dedicated to helping

children develop new skills at their own ability levels. A Kindergarten-readiness curriculum is structured to provide education for each child, based on area school requirements. Working with both families and outside agencies, the Center also offers the flexibility of having children receive physical, occupational and speech therapy services while enrolled. Realizing the importance of proper nutrition, a full-time cook prepares a healthy menu each day, including breakfast, lunch, and snacks in the morning and afternoon.

Nearly 1,000 preschoolers have graduated from the Center during its tenure. Additionally, Sitrin is one of only six day care facilities in the Mohawk Valley region to offer services to infants as young as six weeks, providing vital support to working parents.

The Center also takes pride in its Intergeneration Program, which fosters endearing relationships with the children and Sitrin residents, patients, tenants and clients. The "Patients as Reading Partners" is very popular among children between the ages of three and five, as well as patients receiving medical rehabilitation at Sitrin. The Center has become even more inclusive with the addition of a new reading program that partners Sitrin residents who have intellectual disabilities with preschoolers. Such experiences allow children to bond with adults with special needs, building understanding and awareness of others' differences from a young age.

There is a great deal of activity at the Sitrin Child Care Center. Children take part in fun movement-based activities, arts and crafts, horticulture, musical activities and outdoor celebrations. Its expansive and secure backyard offers children plenty of room to play outdoors and to experience nature.

Anyone wishing to support the Kash For Kids raffle can purchase tickets at Sitrin's Child Care Center or Health Care Center beginning on Wednesday, May 22, 2019. For more information, call 315 737-2406.

The drawing will take place on Monday, November 18, 2019 at the Sitrin Child Care Center. Two winners will be drawn, receiving a \$5,000 and \$1,000 cash prize, just in time for holiday shopping! Entrants must be 18 years of age or older. The winning ticketholder(s) need not be present to win.

About Sitrin: In addition to child care, Sitrin provides a variety of services for people of all ages and abilities, including comprehensive medical rehabilitation (inpatient and outpatient), long-term care, assisted living and enriched housing (Cedarbrook), independent living (Georgian Court Estates), NeuroCare, residential care for people with intellectual disabilities and medically complex conditions, medical and social model adult day health care (OPAL Program), aquatic therapy, military rehabilitation, adaptive sports, concussion management, orthopedic injury program, dental clinic, and wellness center, complete with two heated inground therapy pools.

Democratic Candidates Running for Office in Oneida County

The Democratic Committee of Oneida County is pleased to announce the following candidates for public office.

- New York State Supreme Court, Bernadette Romano Clark;
Oneida County Surrogate's Judge, Louis P. Gigliotti;
Oneida County District Attorney, Scott D. Mc Namara;

- Oneida County Legislator, District 2, Glen Carroll;
Oneida County Legislator, District 4, Michael J. Clancy;
Oneida County Legislator, District 7, Leigh Loughran;
Oneida County Legislator, District 9, Philip M. Sacco;
Oneida County Legislator, District 11, Samantha DeRiso;
Oneida County Legislator, District 12, Michael D. Brown;
Oneida County Legislator, District 14, Chad Davis;
Oneida County Legislator, District 17, Bruce Carpenter;
Oneida County Legislator, District 18, Joseph M. Furgol;
Oneida County Legislator, District 19, Tim Julian;
Oneida County Legislator, District 21, Lori Washburn;
Oneida County Legislator, District 22, Rose Ann Convertino;
Oneida County Legislator, District 23, Anthony Leone.
Mitchell G. Ford, Chair of the Democratic Committee states: "Our party is working to bring change in areas which the Republican Party has traditionally taken for granted. In every corner of our county our candidates are fighting for those who believe that if you work hard, you deserve to get ahead."
Please look for the names of these candidates in our next election.

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NEW HARTFORD PAST TIMES

May 2019

NEW HARTFORD HISTORICAL SOCIETY



Giffune Delights Residents of Presbyterian Home with Tales from the Past!



Brown; June Burleson; and Grace Myers. Standing: Rick Giffune and Deborah Rocco.

Ed & Laura Brown, formerly of Bohling Road, are long time members of the Historical Society and like all in attendance, thoroughly enjoyed Rick’s presentation. Thank you Rick for your support and dedication to the Society and for sharing your love of history with everyone.

Who doesn’t love to stroll down memory lane?! Laughter may be the best medicine, but reminiscing on “days gone by” is a close second and surely keeps the heart young.

Rick Giffune, a long time New Hartford resident and Society volunteer, enjoys donating his time (when he’s not working there) volunteering at the Presbyterian Home on Middlesettlement Road. Rick has given several programs at the Adult Day Health Care Program for both in house residents and Day Care program attendees.

After one of Rick’s recent programs, Leslie Green, the Director of Adult Day Care, forwarded this picture submitted by Cythia Luppino, an Activity Aide. Sitting in from left to right: Laura Brown and her husband Ed

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 724-7258 to schedule your group.**

Museum is Open to the Public

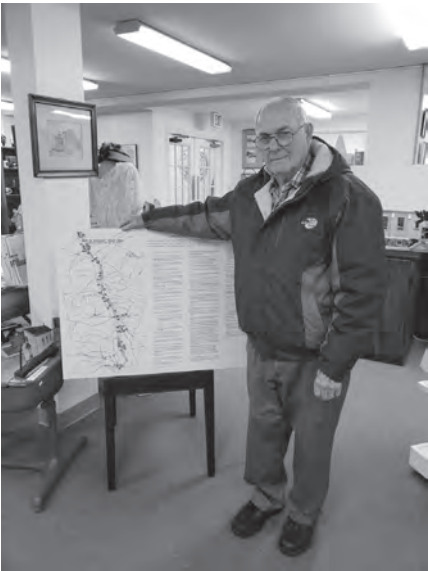
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Upcoming Program:

Sauquoit Creek Clean-up and Revitalization 1971 to present

Sunday – May 19th, 2019 – 2 p.m.
at the N.H. Library, lower level, in the Sammon Room



In 1971, members of the Sauquoit Creek Fish & Game Club decided to clean up the Sauquoit creek. They started in Cassville and proceeded over 3 years to Washington Mills with the cleanup. They have been diligent ever since in keeping the creek cleared of debris and making sure there are fish in the creek.

Alan Hale will talk about the project and what this group of volunteers have done over the last 40 years. The Sauquoit Creek was instrumental in driving the development of commerce in and around the Sauquoit Valley through New Hartford into New York Mills. The program is free and open to the public. Hope to see you there.



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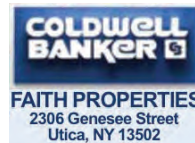
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5 Cinco de Mayo With Corona and Patron Giveaways	7 Jazz Night Espresso Trio - 5:30-8:30 \$5 Martinis \$5 Margaritas	1 Kevin Keating - 6pm Trivia - 7:30pm w/host Rock n'Roll	2 ZZ Duo - 7:30pm Blue Moon Paint & Sip - 6-9:30pm Participants keep their glass and awards given to the top 3 designs.	3 Shawn Smith 'Big Sexy' 7:30-10:30pm	4 Kentucky Derby Day Makers Mark Samples & Give aways 5-7 Stoli Night 7-9 Nick & Braids 7:30pm
12 Mother's Day Brunch 11am-5pm Seatings 11, 1, 3:00 For reservations, Call 315-724-3669	14 Jazz Night The Chapos - 5:30 \$5 Martinis \$5 Margaritas	8 Bourbon Burger Blues Food Pairing 6pm RSVP by calling (315) 72GENNY \$50 per person. Midnight Mike 6pm	9 GRAND OPENING Gridley Paige Naked 7:30pm	10 GRAND OPENING Double Barrel 7:30 Stoli Night 8-10 Saranac Giveaways from 6-9	11 GRAND OPENING Showtime Performs 9:30-1:30 Southern Tier Brewery Tastings & giveaways.
See Full Menu for Mother's Day Brunch on Page 33.	21 Jazz Night Espresso Trio - 5:30-8:30 \$5 Martinis \$5 Margaritas	22 Midnight Mike 6pm Trivia - 7:30pm w/host Rock n'Roll	23 Frank Cannistra 6:30pm	24 Gary Johnson 7:30pm	25 DVD The Band 7:30pm
27 Memorial Day CLOSED	28 Jazz Night The Chapos - 5:30 \$5 Martinis \$5 Margaritas	29 Midnight Mike 6pm Trivia - 7:30pm w/host Rock n'Roll	30 Jerry Dee and the Dovetones 7:30pm	31 Shawn Smith 'Big Sexy' 7:30pm	Buy One Large Pizza, Get a Small Cheese Pizza FREE! Take Out Only. Expires 5/31/19

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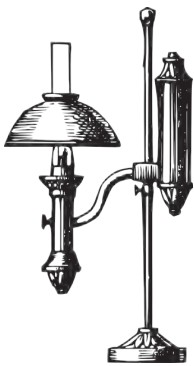
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Victor J. Fariello Jr.



Antique Talk



The impressive St. Margaret's House is a New Hartford landmark and one of its best kept "secrets."

St. Margaret's House a New Hartford "Secret"

The recently formed J. Schoolcraft Sherman Chapter #1519 held its April meeting at St. Margaret's House at 47 Jordan Road in New Hartford. And although this impressive home has been around for nearly 8 decades, it is amazingly not well known, even among residents who have lived in New Hartford their entire lives.

Originally built in the 1940's as a convent for the religious order of the Sisters of St. Margaret. It was a gift to the Order from Utican Rachel Munson Williams, wife of Frederick Towne Proctor. I think you can detect from those combination of names how this act of philanthropy happened. What is remarkable though is that Mrs. Proctor also provided an endowment for the future upkeep of the facility and her generous donation is still at work today!

The Sisters no longer occupy St. Margaret's House. Today it is an Ecumenical & Retreat Center that is open to the public daily from 8 a.m. to 4 p.m. at no charge. It has meeting rooms, sitting areas, a beautiful chapel and even guest rooms. On the third Wednesday of the month they put on a dinner at 5:30 p.m. for \$15 that includes beverages, salad and dessert. This is open to the public. They ask that you email or call to make a reservation. I will make that information available below. You can also stop in during those stated hours to spend some quiet time in a beautiful setting. There is a nominal charge for meeting rooms for your group or organization and snacks or meals can be provided at an additional charge. The overnight guest rooms are \$50 without meals or \$75 with.

Whether you were aware of this wonderful New Hartford landmark or not, you should consider checking it out. You can visit their website at smhec47.org. The email is smhec47@aol.com and the phone is 315-724-2324.

Questers Chapter

The newly formed J. Schoolcraft Sherman #1519 Chapter of The Questers will hold their next meeting on Monday, May 6 at 6:30 pm in the Corisanti Room at the New Hartford Library. If you want to check us out, please email me a vjfariello@gmail.com for further information. You can learn more about The Questers at www.questers1944.org.

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.



A bronze plaque hangs in St. Margaret's house commemorating the generosity of Rachel Munson Williams Proctor who had it built.



One of the stained glass windows that add to the beauty and charm of St. Margaret's House.



Local Cancer Survivors and Caregivers Invited to be Honored at the American Cancer Society Relay For Life Events

Local cancer survivors and their caregivers will take the celebratory first lap at the annual American Cancer Society (ACS) Relay For Life events happening throughout the Mohawk Valley in six different communities in June. The survivors lap starts each of the Relay events.

Anyone who has ever been diagnosed with cancer and their caregivers are encouraged to join the celebration. Each Relay For Life event will have special, free cancer survivor t-shirts and other gift items for all survivors who attend, as well as a special reception either before or after the opening laps.

The Relay For Life movement of 3.5 million participates across the world inspires communities to celebrate people who have been touched by cancer, remember loved ones lost, and take action for lifesaving change. Funds raised from Relay For Life events allow the ACS to attack cancer in dozens of ways, each of them critical to achieving a world without cancer – from developing breakthrough therapies and innovative research, to building supportive communities that come together to help those affected by cancer with access to treatment. The ACS provides empowering resources to deploying activists to raise awareness and develop game-changing approaches to address the cancer burden for all people.

Relay For Life events are happening in Oneida, Camden and Rome the weekend of June 1st; in Utica and Boonville the weekend of June 8th; and in Little Falls the weekend of June 15th.

Symbolizing the battle waged around the clock by those facing cancer, the event can last up to 24 hours and empowers communities to take a stand against cancer. Since 1985, Relay For Life events in the U.S. have raised more than \$6.3 billion.

If you are a cancer survivor or caregiver and would like to participate in or donate to the Relay For Life closest to you, visit RelayForLife.org or call the American Cancer Society at 1.800.227.2345.



LtoR: Gail Lewis, Lioness CABVI liaison and Kathy Montesano, Lioness president.

Lioness of Greater NH Donates to CABVI

The Lioness of Greater New Hartford, donated an Apple iPad to CABVI (Central Association for the Blind and Visually Impaired) for a ten-year old visually impaired boy. The boy utilizes an iPad at school, and was in need of one for home. The focus of the club is on the blind and visually impaired and is involved in activities, such as The Journey for Sight, White Cane, and Camp Abilities. The Lioness meet the first Thursday of each month. For more information, contact Kathy Montesano, president, at 315-732-0411.

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Town Residents and Chamber Members are invited to the:

Chamber Annual Meeting

featuring:

The State of The Town Address

by

Paul Miscione, NH Town Supervisor

Wednesday, May 29th from 5:30 - 8:30pm at Valentino's Banquet Hall

Tickets: \$25

Please RSVP by May 24th at www.NewHartfordChamber.com or by calling 797-1520

Reserved tables of 8 and Sponsorships available! See website for details!



Farmers Market & Picnic in the Park

Tuesdays in Sherrill Brook Park

BOTH the New Hartford Farmers Market AND Picnic in the Park NH will happen on Tuesdays this year! The Farmers Market will take place in and around the new pavilion built by the Town of New Hartford Parks Commission recently, and will run from 3pm until 7pm. New Hartford's own food truck festival, Picnic in the Park, will once again take place in the Dog Park parking lot adjacent to the playground and will run from 4pm until 8pm.

The New Hartford Farmers Market is a collaborative effort between the NH Chamber and the Town of New Hartford and is managed by Nathalie Nerber of Ward Arcuri Law Firm. Nathalie serves as the Farmers Market Committee Chair and leads a group of farmers and vendors in its organization. Interested vendors should apply on the Chamber's website, www.NewHartfordChamber.com and contact Nathalie with any questions at 580-2531. The Farmers Market is tentatively scheduled to begin on June 4th and is expected to run weekly through September. Follow the Farmers Market on Facebook for further information: facebook.com/nhfarmersmarket/.

Picnic in the Park NH is brought to our community by the Utica Food Truck Association. Last year, between 12 and 15 food truck members came together weekly to start a new tradition in Sherrill Brook Park. The weekly events last summer drew hundreds of local people who came out for an evening meal, listened to live music and enjoyed the park. Any food truck operators interested in participating in the Tuesday events this year are encouraged to contact the UFTA at 315-292-0058 or through their Facebook page. Picnic in the Park is tentatively scheduled to begin on May 14th. Follow Picnic in the Park on Facebook @picnicintheparknh for more details.



Be a part of the new PULSE in New Hartford! Your business or organization can be a part of the Farmers Market and Picnic in the Park NH by sponsoring live entertainment and family fun activities. The Chamber is seeking advertising partners to sponsor musical acts along with family entertainers such as face painters, balloon artists and magicians

What's in it for your business? Besides the pride it will bring knowing you are contributing to the quality of life in New Hartford, your business will benefit from significant exposure to thousands of local residents each week. Both the Farmers Market and Food Truck Festival are scheduled to run on Tuesdays starting in May in Sherrill Brook Park, giving your business many weeks of opportunity to reach the people of New Hartford and the surrounding community.

Please visit www.NewHartfordChamber.com for more details.

Business Training: Email Marketing 101

Wednesday May 15th 4:00pm - 6:00pm
Hampton Inn & Suites New Hartford

Learn how to design and launch an email marketing campaign in one day. Participants are encouraged to bring a laptop and follow along this live demonstration that will teach you how to build a template, how to build a contact list and how to create content to effectively communicate with leads, prospects, customers and volunteers. Attendees will see a side-by-side comparison of Constant Contact and Mailchimp, two of the leading email marketing platforms. Please register at www.NewHartfordChamber.com or call 796-1520.

Business training is brought to you by our Chamber's Business Training Committee in conjunction with the MV Small Business Development Center, SCORE Utica and the Women's Business Center of NYS.

Business training is **FREE** for Chamber Members and clients of these co-sponsors:



NH Fire Dept. News

NHFD News

Your New Hartford Volunteer Fire Department responded to 79 calls during the month of March 2019 as indicated by the monthly call report listed below by category:

Fires	=	3
EMS	=	41
Hazardous	=	1
Service Type	=	15
Good Intent	=	8
Other Alarms	=	11
Weather Related	=	0
Other	=	0

Total Calls for the Month of March 2019 = 79.

Total calls year-to-date = 260 through March 31, 2019.



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.

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

JOSEPH FRACCOLA NAMED GRAND MARSHALL

The New Hartford Volunteer Fire Department, in conjunction with the Village of New Hartford and the New Hartford Chamber of Commerce, will hold its annual seven-division Memorial Day Parade and Open House on Monday evening, May 27, 2019.

This year's Grand Marshall is Joseph Fraccola, SP/5 Joseph T. Fraccola proudly served his nation upon being drafted into the United States Army in September 1968. A Vietnam War Veteran, he is the recipient of the Purple Heart for wounds received during an enemy rocket attack on June 7, 1969 while serving with the 1st Logistical Command, Company E, 5th Maintenance Battalion, Direct Support. Upon returning from Vietnam, he was assigned to Service Battery 14th Field Artillery Company, Fort Sill, OK.

Upon completing his 2-year military duty with the U.S. Army, he went on to work for the U.S. Postal Service in Utica, NY serving over 36 years, retiring in 2005. While working at the Utica, NY Post Office, he was involved with many U.S. postage veterans' stamp related events, making presentations and speaking to many veterans' organizations and schools. Joe co-chaired the Utica Post Office Veterans' Committee leading to the placement of the "All American Veterans' Monument" and brick walkway honoring all veterans. He also worked to petition Congress to rename two of the areas Post Offices for local soldiers killed in Iraq (U.S. Army CPT George A. Wood-Utica Post Office and U.S. Army CPL. John P. Sigsbee-Waterville Post Office). He also assisted with placement of the "Gold Star Mothers" Monument located at the Utica Post Office.

In 2004, Joe reactivated the local CNY Chapter 490 Military Order of the Purple Heart (MOPH) which is very active today with 92 members. He served as the past Department of New York Military Order of the Purple Heart JR & SR-Vice Commander and presently serves as the Commander of CNY Chapter 490 MOPH. He has received several citations for his work with the MOPH including "Distinguished Service Award," "Special Recognition Award," "Outstanding Service

Award," and "Job Well Done" Award. Joe was part of the local grassroots committee to establish Utica's Purple Heart Memorial Park and Memorial where many veterans' and community events are held each year honoring area veterans and active military members.

Over the past 15 years he has organized an annual "Well-Wish Visit" to Walter Reed Army Hospital (now Walter Reed Bethesda National Military Hospital), Fisher Houses, and Arlington Cemetery to visit with wounded troops and their families, provide recognition and funding and to pay respects to our departed patriots buried in Arlington Cemetery. His most memorable honor was when he was a participant in laying a wreath at the "Tomb of the Unknown Soldier." Joe also served as a member with the Oneida County World War II Veterans Trip Committee sending our WW II Veterans on an overnight trip to visit their World War II Memorial in Washington, DC. In 2015, Joe was named by Senator Joe Griffo to the New York State Senate's Veterans Hall of Fame. In 2017, he helped organize a trip to the National Purple Heart Hall of Honor in New Windsor, NY for local Purple Heart Recipients and Gold Star Families, where they were honored for their service and sacrifices for our nation. He presently is a volunteer for the Honor Flight Syracuse, recruiting veterans to apply for the Flight.

For many years, Joe has served on the Utica, NY annual Memorial Day Parade and Wreath laying Committee, while honoring Our Past to Ensure Our Future. He has been a veterans' advocate since his military service. He served on former Congressmen's Michael Arcuri and Richard Hanna's Veterans Advisory Committee and is presently serving on Congressman Anthony Brindisi's Veterans Advisory Committee. Joe requested and helped establish that the 22nd Congressional NY District be recognized as a Purple Heart Congressional District, which became the first Congressional District in the nation. He also led the way in getting Broome, Green, Herkimer, and Oneida Counties, along with the Cities of Utica and Rome to become Purple Heart Counties and Cities. In addition, as the Commander of CNY Chapter 490 Military Order of the Purple Heart, he worked with the Utica Comets Hockey Committee to designate and proclaim the Utica Comets as the first Purple Heart Hockey Club in the nation on November 9, 2018. In April 2018, he received the Community Champion Award from the Parkway Center of Utica.

Joe is a member of the CNY Chapter 490 Military Order of the Purple Heart, Vietnam Veterans of America, Utica Chapter 944, Disabled American Veterans (DAV) Chapter 82, VFW Post 6001, American Legion New Hartford Post 1376, Masonic War Veterans, Battle of Oriskany Post 55, the Parkway Center's, 50th Anniversary of the Vietnam War Commemoration Committee, Masonic Lodge 47, Fraternal Order of

Eagles #97, and BPOE Utica Elks Lodge 33 (having received 2 Distinguished Citizenship Awards).

He resides in New Hartford, NY with his wife Lorraine (46 Years) and has a daughter, Kristen & son-in-law Matt Betzenhauser, and granddaughter, Isabella Betzenhauser.

This year's seven division parade, which begins promptly at 7pm, will be led by a color guard and members of the US Army's 10th Mountain Division unit from Ft. Drum, New York.

They will again form in the New Hartford Shopping Center and proceed North on Genesee Street, turning right onto Pearl Street, left on Sanger Ave, and left onto Oxford Road, ending at the Fire Station.

Any group or organization interested in participating should contact: parades@nhfd.com or contact the fire station at 315-732-1710 and leave a message in the general mailbox.

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

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



Team Hannaford Participates in America's Greatest Heart Run & Walk

Team Hannaford participated in the America's Greatest Heart Run & Walk held at Utica College on March 2nd. There were 5,000 walkers that participated and the event raised \$960,000.

They had another good showing from Team Hannaford. Between their customers and associates, they raised \$7,410 from 5 local Hannaford store teams. The 5 stores include Mohawk Street in Utica, Commercial Drive & Kellogg Road in New Hartford, Clinton and the Herkimer store. The money was raised through associate pledges, associate fund raisers, kiosk dollars, registration dollars & heart sales through the registers.



Mother's Day Brunch • May 12th

Seating for Buffet at 11am, 1pm & 3pm
Adults \$32.95 • Kids \$16.95 • Under 5 Free



Carved Prime Rib w/Au Jus
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Tossed Salad
Mashed Potatoes
Scrambled Eggs
Bacon
Sausage
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Community News

MAY
2019



Spring Cleaning

With the snow having finally subsided and warmer weather on the verge of staying a while, many of us will spend the coming weeks getting our houses, garages and yards in order. We'll replace coats and parkas with well, in upstate NY, just other coats and parkas that we wear in warmer weather. And, we'll rake the leaves again because we missed those last few before the snow fell. Spring cleaning is here and just like other parts of your life, it might be time to give your finances a refresh.

Replenish: Maybe you took a trip to get away this winter or have some home projects lined up for summer. Take the time to check in on cash reserves and set up a plan to keep them at optimal levels. Remember, establishing a reserve balance ensures that you won't need to rely on debt to take care of one-time or emergency expenses.

Consolidate: Too many accounts can be hard to keep track of, and that in turn can prohibit action. Whether it's an extra bank checking/savings account or a leftover balance in a former employer retirement plan, take the time to tidy those up. Combine accounts of like registration or roll retirement plan balances to your current plan or an IRA. De-clutter and simplify your finances.

Accelerate: If cash flows are in good order or you had an increase in salary, put that extra capital to work rather than letting it become part of your regular spending. Increase your 401(k) salary deferrals by a percent or two, up contributions to college savings plans, set up systematic investments to your portfolio or even deposit cash to your bank savings

regularly. These are great financial habits to create and once they are in place, look for opportunities to push them higher.


Right-Size: With the first year's filing under the 2017 Tax Cut and Jobs Act now behind us, it's a good time to see if your tax planning needs any adjustments. This could mean altering salary (or IRA) tax withholding, implementing a new charitable giving strategy or, in an extreme case, affect your decisions about real estate. As always, check with your tax professional regarding these matters.

So somewhere between your 3rd and 5th trip to Home Depot on the weekend, take the time to check in on your finances and hopefully you'll feel the same satisfaction as seeing your freshly mulched landscaping.

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.

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Eric Von Gardey has been a published author for over 6 years. He was a personal trainer and has had his writing works featured in Muscle Fitness magazine and since opened his company Child Within Studio since 2013. The company and Eric the author has published 3 books thus far.


Sampson on the Farm, Sampson's New Home, Sampson pretends to be a Big Cat.

His sister Rachel Von Gardey is his illustrator and is also an author in his company. She has a novel called Journey of the Lord of Night. He spent some time editing the book and produced the best book his sister could write.

He lives in Clayville NY with his wife of 30 years if you ask he will tell you she is his inspiration and will always be. He will tell you that being a child within you never stop learning. He is fluent in English and German and just learned to communicate in Bosnian and will soon translate his books in the languages. He has dedicated his books to his grandchildren, Local farms, Rescues and humane societies that care for the strays and unwanted. Also to the Utica Zoo for over 100 years of animal care education and adventures! Remember everyone has a story it takes courage to write it.

EVonGardey





RTHRS PURRFECT PAWS FUNDRAISER:

STORY HOUR AND BOOK SIGNING WITH ERIC VON GARDEY AND MINI CARNIVAL.

Only 80 seats available
For Book signing.

May 17, 2019
4:00- 7:30 pm
Story begins promptly at 5:00
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MAY
2019

Community News

THE TOWN CRIER
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Here We Grow Again!

By Shelley Corey of the Mum Farm

Some of my earliest memories are of playing in my grandmothers' well-planned out backyard, with slate paths leading me on an adventure through her horticultural wonderland. I didn't realize it then, but those visits shaped my life. I fondly remember visits to the glass conservatory at Forest Hill Cemetery. It was like entering another world! Lush, humid and so jungle-like! I know my kids to this day, are able to hear me declaring that there was once a "gorgeous greenhouse" as we drive into the entrance of the cemetery.

My friends are able to see my excitement each spring as I open my greenhouses and start "growing". It's true...I love what I do and I become almost giddy with excitement each morning as I walk into them and see the growth that seems to have happened while I was sleeping! Sunny spring days are all I need to grow an amazing crop of summer annuals and this spring I have been blessed to have a lot of them.

I specialize in growing summer annuals for all your

container gardening needs. When you start to think about planting pots, window boxes and all containers, consider where they will be placed and how many hours of sunlight they will receive. That's always the first question I ask a customer, and you'd be surprised at how many people don't know the answer! Morning sun (east-facing) are shade plants, no matter how hot you think that sun is! Sun for only the afternoon hours (west-facing) are sun lovers. Southern exposures require sun plants and north-facing locations require shade lovers. If you choose correctly, you're off to a very good start!

You should never feel intimidated by planting your containers. Choose plants that YOU like, either the color, flower, leaves, or texture. The exciting thing about floriculture is that there are always new varieties and colors being introduced, it's never boring. I've had customers come up with the most beautiful plant combinations all on their own.

Here are some basic "tips" to get you started. Always replant your plants at the same depth they were originally growing in their container, never deeper. I recommend filling your container with a good quality potting soil to within an inch or two of the rim. Water the new potting soil to dampen it. This will allow for the volume of soil to settle, giving you a nice reservoir to hold water once you begin watering throughout the season. It also prevents the pot from being over-filled and the water running off the edges each time you water. That can be extremely frustrating! Gently make holes in the soil to accommodate the roots of your plants.

The next step is critical...to remove the plant from it's growing container, place your fingers over the top of the soil with your fingers spread apart surrounding the plants stem and supporting the soil. Gently turn over the pot and squeeze lightly to "pop" the plant from it's pot. It's never a good idea to pull on the plant from the stem...that results in broken roots and you've just hindered the plants' growth. I also never recommend pulling or "teasing" the roots apart. I grow my annuals to have the perfect root formation to "take" right off into their newly planted places. They will never be pot-bound when you buy them. Water, fertilize and once you've had success...you'll want to grow more and more. You're on your way to growing a green thumb! Smile... gardeners are some of the happiest people on earth!

Did you know that

St. Margaret's House & Ecumenical Center

is open to the public?

Come and visit us Mon-Fri 8am-4pm

47 Jordan Road, New Hartford

Open House

May 22nd

4-7pm

We can't wait to show you around! To find out what's happening at The House, please visit stmargarethouseny.org or call **315.724.2324**



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/>



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— 2 Chances to WIN! —

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Tickets \$10 Each

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Join us **Friday, May 10, 5:30 pm**, at Hart's Hill Inn for **Tables & Tastings**, an event that unites two of our area's premier fundraisers: Come to the Table AND Wine for WERC! The evening includes beautiful Table Designs that are available for auction or purchase, basket drawings, heavy hors d'oeuvres, wine and beer tastings, and dancing with live music by Ronnie Leigh! All proceeds benefit **Empowered Pathways**. Tickets available now www.tablesandtastings.com or call 315-793-9700.

REGISTER NOW FOR THE SPLASH PATH 5K!



SATURDAY, MAY 18, 2019
at Pathfinder Village
Rt. 80, Edmeston, NY

A colorful run & walk for people of all abilities!

Registration: 9 a.m. **COLOR BURST:** 10 a.m.
Post Party: Vendors, Cornhole Tourney, Raffle Auctions, Food & More!

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Like us on Facebook! Register at splashpath.racewire.com

Registration Fees (thru 5/10): Kids under 5 FREE;
Children (5-9) \$5; Youths (10-18) \$10; Adults \$20; Families (3+) \$45

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Four Course Menu | 1-5pm
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Airina Kolehmainen-Luttinen

In Memory of our Moms...

We wish yours a very Happy Mother's Day!

Helen Slymon-Hage

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Attention Retail Customers: We've Moved!

After 20 years in our Washington Mills location we have moved to 1929 Bleecker Street in Utica. For those of you that know us, it should come as no surprise that our dream was to have a place that we owned, and had enough space to consolidate everything in one place and still have room to grow.

The new location allows us to stock so many more bulk materials in stock and on site!
We look forward to you coming down either by appointment or setting up a delivery.

To focus more on our landscaping business at our new location, we will no longer be selling pool supplies. However, we are running a clearance sale on all our remaining pool chemicals and parts this spring. So call us for some great deals!

Battaglia is still your local resource for bulk landscaping materials.
Pickup or delivery!

Visit us online at www.battagliaLANDSCAPING.com

Follow us on Facebook to learn about our latest deals and inventory: @BattagliaLandscapingCNY



259 GENESEE STREET, UTICA, NEW YORK

COMING SOON!

**PJ MASKS LIVE:
SAVE THE DAY!**

Wednesday | May 1 | 6 pm

FUN FOR THE WHOLE FAMILY!



**BAD BOYZ
COMEDY TOUR**

**BAD BOYZ
COMEDY TOUR**

Saturday | June 8 | 8 pm

FIVE COMICS, ONE NIGHT!

BROADWAY UTICA PRESENTS

FINDING NEVERLAND

Mon | May 13 | 7:00 pm

Tues | May 14 | 7:00 pm

THE STANLEY PRESENTS
THE ALLMAN BETTS BAND

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DEVON ALLMAN
& DUANE BETTS

Saturday | June 8 | 7:30 pm



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AS SEEN ON AMERICA'S GOT TALENT

Sat | Oct 5 | 8 pm



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STRATEGIC
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Mondays & Fridays: Lo-Impact Aerobics at the Center 11:00. Senior Evaluations: 2nd and 4th Wednesday by appointment. Tuesdays & Thursdays: 10:00-12:00 Exercise at All-American Fitness Center.



New Hartford Adult Dining & Activity Center
8635 CLINTON STREET.
(315 724-8966)



24 Hour Notice
Required for Reservations
12:00 Noon is the deadline.
Therapeutic Diet available
1. Diabetic— Lo Calorie

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken BBQ THURSDAY At St Johns Parking Lot Starting AT 3:00 P. M.	Senior Band will be Here On Wednesday May 22 To Play	1 Kielbasa 11:00 Outreach Worker	2 Cheeseburger 10:00 Canasta CHAIR ZUMBA CHICKEN BBQ TODAY AT 3 St Johns Parking Lot	3 Chicken Salad 10:00 Bridge 11:00 Aerobics
6 Sausage/Peppers 10:30 Knitting/Crocheting 11:00 Aerobics Low Impact 1:00 Sr Theater Prod	7 Macaroni/ Cheese 10:00 Bridge/ Canasta 10:00 Computer Class 11:15 Entertainment	8 Oven Brown Fish	9 Salisbury Steak 10:00 Canasta 10:00 CHAIR ZUMBA	10 MOTHER’S DAY CHICKEN BREAST 10:00 Bridge 11:00 Aerobics
13 Sweet/Sour Chicken 10:30 Knitting/Crocheting 11:00 Aerobics Low Impact 1:00 Sr. Theatre	14 Swedish Meatballs 10:00 Bridge /Canasta 11:15 Entertainment 10:00 Computer Class	15 Lasagna	16 Chicken Breast 10:00 Canasta 10:00 CHAIR ZUMBA	17 Meatloaf/Gravy 10:00 Bridge 11:00 Aerobics
20 B B Q Ribs 10:30 Knitting/Crocheting 11:00 Aerobics Low Impact 1:00 Sr. Theater Production	21 Chicken Cacciatore 10:00 Bridge /Canasta 10:00 Computer Class AARP DRIVERS CLASS 8:30-3:30	22 Broccoli/Cheese Volunteer Recognition Dinner Senior Band 11:00 A.M	23 Sliced Ham 10:00 Canasta / CHAIR ZUMBA	24 Seafood Salad 10:00 Bridge 11:00 Aerobics
27 Closed Memorial Day	28 Picnic Beef Hot Dog 10:00 Bridge/ Canasta/ Computer 11:15 Entertainment	29 Goulash	30 Turkey/Gravy 10:00 Canasta 10:00 CHAIR ZUMBA	31 10:00 Bridge 11:00 Aerobics

NH Senior Center

Submitted by Eileen Spellman, director

Events coming in May include Mother’s Day, Senior Volunteer Recognition Day, Memorial Day Remembrance events.

We have been most fortunate to have the BOCES students volunteering at the Senior Center. On Thursday, May 2, we will hold a Chicken Barbeque at the St. John the Evangelist Church parking lot to raise money for the BOCES prom. The Barbeque starts at 3:00 p.m. and will last until all the chicken is gone. Please come and support this worthwhile cause as you will enjoy a delicious dinner and help the students have their prom.

Our annual Mother’s Day celebration will be Friday, May 10 at 11:45 a.m. Family members are welcome.

The Volunteer Recognition Dinner will be Wednesday, May 22. The Senior Band will play at 11:00 a.m.

Our Memorial Day program will be held on Friday, May 24 at 11:30 a.m.

My stay in Massachusetts was a gift. I met wonderful people, especially those at Dana Farber. I was very fortunate to have my daughter Ellen, her husband, Bob and my son Peter take me into Boston so many times in all kinds of weather. Today is Patriot’s day and the Boston Marathon. It is a happening area and I am now looking forward to going back home to see the Seniors and my family there. Spring is a new beginning and seeing all the beautiful flowers and trees bloom it a gift to all of us. Keep smiling, it is contagious.

I want to thank everyone who sent the get well cards and sympathy cards. They are most appreciated and your support helped me stay positive. Thank you to Marge Anweiler, Deborah and Bernie Green, Sue Burney, Marlene Little, Annette Barber, Jeanett Simpson, Steve Cowan, Barbara Ambrose and all who help make the NH Senior Center so special. The move to the new Town Hall could be in June. The Willowvale Fire House is great and we were fortunate to be here. I will miss all the kind people there.

Remember that in a world where you can be anything, be kind. Thank you and God bless you.



MEMORIAL DAY



40

THE TOWN CRIER

Faith in New Hartford

MAY
2019



FIRST UNITED METHODIST CHURCH

105 Genesee Street, New Hartford (315) 733-4227
office@firstumconline.org
We are also the home of the Family Nursery School!
Rev. Brad Chesebro, Senior Pastor
Deacon Becky Guthrie, Congregational Care Coordinator
Worship Schedule
9 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: crosspointchurchonline.org
Sunday Morning Services streamed live
Pastor Sam's messages available at our website
We are Handicapped Accessible
Handicapped accessible!

ST. JOHN THE EVANGELIST CHURCH

66 Oxford Road - 732-8521
Rev. Kevin Bunger, Pastor
Cheryl Smith Dir. of Faith Formation
Saturday: 8:30am; Vigil, 5:15 p.m. Confessions 4:15-5pm
Sunday Masses: 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.
The church will hold its annual Spring Rummage Sale on Thursday, May 2nd, 9:00 a.m.-3:00 p.m. Available items include gently used spring and summer clothing, household items, book, electronics and attic treasures.
Deacons will meet at 7:00 p.m. on Monday, May 6th. Rev. Dennis Dewey will conduct another in his series of classes on the New Testament at 7:00 p.m., Tuesday, May 7th. New Hartford Presbyterian Women will meet at 7:15 p.m. on Monday, May 13th. Church committees will meet on Tuesday, May 14th.
Members of the congregation will prepare and serve the evening meal at Hope House in Utica on Sunday, May 26th. Members of the session will meet on Tuesday, May 28th. More information about the church and its congregation are available online at www.newhartfordpresbyterian.org.

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
5/21/19 - 10:30am Speaker: Rev. Erin Dajka Holley
Topic: "Lost: All Hope"
Have you seen All Hope? Lost when everything fell apart. Cannot find anywhere. If found, bring to the Unitarian Universalist Church of Utica on Easter Sunday. If you can't find it, either, bring yourself.
May 5, 2019 - "Appreciating Our Sources" Rev. Erin Dajka Holley. Join us as we consider the six sources of Unitarian Universalism and the challenges we face in appropriately honoring and appreciating them.
May 12, 2019 - "Feel the Music" Reflect with us on how music makes you feel. Musician members of our church will create music as we experience it as well as reflections and readings.
May 19, 2019 - "Let Our Garden Grow" Bring a flower to church with you this Sunday to participate in our annual Flower Communion, if you can. What can we learn from the growth of the flowers, of the care necessary to nurture a garden in life?
May 26, 2019 - Join us as our guest speaker, member Barbara Linsley, tells us about life lessons she has learned from her world travels.

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
Vendors needed - for a Metaphysical/Holistic Fair May 4th - Fundraiser for local Food Pantry Fair hours are 10 AM - 5 PM
Vendors can set-up starting at 8 AM
Copy the link below to sign up and pay for space w/table
https://form.jotform.com/90635277812158
For questions/information contact Linda - 315-732-6518
Metaphysical/Holistic Fair
Fundraising Event for WMO's Food Pantry.
10 AM to 5 PM at The Parish On Broadway, 730 Broadway, Utica, NY. Parking is available at Utica City Hall Parking lot which is across the street from The Parish.
Ticket price is \$5 per person. Tickets are at the door. Bring a non-perishable food item for the food pantry and receive a \$1 off admission. Basket raffle, food & fun!!
Vendor services and products are not included in ticket price.
A Haunting on Broadway
Join Rome Investigators of the Paranormal for the 1st EVER investigation of this historic downtown Utica building. Built in 1854 the spirits in these rooms have many stories to tell. The evening begins with a meet and greet with the R.I.P. team and a guided tour through the unexplored rooms and hallways of this very large old building. The team will have their paranormal detecting equipment set up to give you a close up look at how they communicate with the spirits.
Following the tour, you will enjoy a fantastic buffet meal by A Movable Feast by O'Connor's with a cash bar and scrumptious desserts. We will have a 50/50 raffle during the dinner hour. An enlightening, informational presentation follows the meal. The grand finale of the evening is the investigation. Rooms with the most paranormal activity were hand picked by the R.I.P. team, which was a difficult task with four floors to the building and countless rooms to decide on.
VIP Tickets are \$65 per person or \$120 per couple. TICKETS ARE LIMITED FOR THIS EVENT. BUY YOUR TICKETS EARLY SO YOU DON'T GET SHUT OUT!!
Also, from 10 AM - 5 PM There will be a Metaphysical/Holistic Craft Fair with vendors offering a variety of products and services. Admission price for the fair is \$1 per person or if you bring a non-perishable food item admission is FREE.
Basket raffle which will include gifts from each of the vendors attending the fair. Admission to the fair is free with purchase of VIP ticket.

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

American Legion New Hartford Post 1376

8616 Clinton Street, New Hartford • 315-736-7041

Fish Fry Every Friday!!

Choice of Potato, Macaroni or French Fries, Cole
Slaw, Roll, Butter, Coffee or Tea.

Serving 5-8 • Donation \$11

Take Outs Available - 315-736-7041

Also on Fridays:

Fried Shrimp & Scallops

Friday Special -

Prime Rib Dinner

Chicken Riggie Dinner 5/14

Chicken Riggies, Salad, Rolls,
Coffee or Tea.

Serving 4:30-Sold Out • Donation \$11

Take Outs Available - 315-736-7041

MAY
2019

Faith in New Hartford

THE TOWN CRIER 41

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

Faith Enrichment for all ages

Call or email for schedule.

Nursery Care Provided

Wheelchair Accessible

ST. VOLODYMYR THE GREAT UKRAINIAN CATHOLIC CHURCH

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

Very Rev. Michael Bundz, Pastor

Masses: Sunday 10:00 am

Saturday 5:00 pm, in English

Confessions before Mass

Handicapped accessible

LIFE IN CHRIST FAMILY CHURCH & BIBLE SCHOOL

25 Robinson Rd. Clinton - 315-853-1582. www.lifc.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!

SACRED HEART ST. MARY'S CHURCH

201 Main St. NY Mills, NY

Saturday Vigil Mass: 4:00 PM

Sundays: 8:15 AM & 11:15 AM

Weekday 12:10 PM - Tuesday, Thursday, Friday

12:10 - Communion Service Only Wednesdays

ANNUNCIATION CHURCH

7616 E. South Street, Clark Mills - 853-6138

Fr. Kevin J. 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

HOLY TRINITY ROMAN CATHOLIC CHURCH

Father Canon John Mikalajunas

1206 Lincoln Ave Utica, Phone 315-724-7238

"The Big Church on the Arterial next to the Ped Bridge"

Only 5 minutes from New Hartford (per Mapquest)

Saturday 5pm/ Sunday 8AM + 10AM (English Masses)

Sunday 11:30AM only all Polish Mass in Central NY

Weekday 8AM Mass followed by Rosary 7 days a week

Confessions Daily 7:45am, Saturdays 4pm

Handicapped accessible - Air conditioned

ZION LUTHERAN CHURCH

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.

MOHAWK VALLEY CHURCH

9417 Maynard Drive Marcy, NY

Sunday Mornings at 10am

Come As You Are

www.mohawkvalley.church

Pastors Mike & Susie Melnick

Contemporary Worship led by Mark Bolos

Easterpalooza Egg Hunt featuring 20,000 eggs on Saturday,

April 13, 1-3pm. Kids Ages 0-12

Easter Sunday Services featuring drama and relevant messages

at 9:30am & 11:00am

Engaging Kids Programs for All Ages

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

**MEMORIAL
DAY**



Adirondack Mountain Club May 7th meeting

Presenter will be landscape photographer Wells Horton. He will narrate a breath taking slide show highlighting his XC trip last year covering 25,000 miles “To Alaska and Back”. If you love wildlife and professional scenic clips you don’t want to miss this meeting.

Tuesday May 7th 7PM at the First Baptist Church - 7 Oxford Rd. New Hartford.

B Sharp Music Club Scholarship Awards

The B Sharp Musical Club held its annual Musical Scholarship Auditions in the Munson- Williams-Proctor Arts Institute Sinnott Family - Bank of Utica auditorium on Saturday, March 9, 2019. B Sharp has sponsored this competition for nearly 75 years.

Awards for the competition are made in four categories: piano; voice; strings; winds, brass, and percussion. This year’s judges were: piano, Anita Humer, private instructor in Central New York and New York City; voice, Julianna Sabol, Setnor School of Music at Syracuse University; strings, Sonya Stith Williams, Violinist with Symphoria; winds, brass, and percussion, Jeffrey R. Stockham, Trumpeter/hornist; Setnor School of Music at Syracuse University and Hamilton College.

The winners of the 2019 B Sharp Scholarship awards are:

Piano:

1st place: Rosemarie Burynski, New Hartford Senior High School - Vivien Harvey Slater Memorial Award \$600.

Honorable Mention: Amelia Treat, Homeschooled - Margaret Johnson Memorial Award \$150

Voice:

1st place: Jacqualynn Bender, soprano, West Canada Valley CSD - John Winter Family Fund of the Community Foundation of Herkimer and Oneida Counties, Inc. \$600

2nd place: Ben O’Connell, baritone, Oneida High School - Marcella A. Lally Memorial Award \$450

3rd place: Tida Niles, soprano, Vernon Verona Sherrill High School - Nicholas S. Priore Memorial Award \$300

Honorable Mention: Mary Brown, mezzo-soprano, Oneida High School - Jean Axelson Memorial Award \$150

Strings:

1st place: Katherine Wynn, violoncello, Whitesboro High School - Venturia I. Wiley Memorial Award / Dr. Joseph Witt Memorial Award \$600

2nd place: Rosee Head, violin, New Hartford Senior High School - Jane Ann Vogel Memorial / Virginia K. Hickey Memorial \$450

3rd place: Nicholas Adair, violoncello, New Hartford Senior High School - Barbara Carville Memorial / Sally Blatt Memorial Award \$300

Winds, Brass, and Percussion:

1st place: Vita Marie Dean, flute, G. Ray Bodley High School - Broadway Theatre League of Utica – Margaret N. Terry Memorial Award \$600

2nd place: Sydney Lambert, flute, New Hartford Senior High School - Etude Music Club / Louis J. Scalise Memorial Award \$450

3rd place: Joshua Davis, snare drum, Westmoreland High School - Utica Music League Award \$300

Honorable Mention: Jason Crumb, saxophone, Westmoreland High School - Dorothy Einsiedel Deimel Memorial / Judith Wenner Memorial / Ruth Helen Wynne Memorial \$150

Our First, Second and Third Place winners will present a concert on Sunday, April 7, 2019 at 2 PM at the Munson-Williams-Proctor Arts Institute Sinnott Family - Bank of Utica Auditorium. A reception will follow in Fountain Elms.



Used Book and Media Sale

The Friends of the Clayville Library, a group of volunteers dedicated to supporting the mission of the Clayville Library Association, is planning for a Used Book and Media Sale on Saturday, May 4, 9a-4p, and Sunday, May 5, 1-4p. Items will be set up in the recently renovated Ludlow Community Room of the Library. A variety of books, CDs, DVDs, audio books, and children’s books will be available for a donation, and the proceeds will be dedicated to the Library Window Restoration Fund.

“The stained-glass windows in the Library are original to the building from its days as a church,” said Sharon Gruen, President of the Friends of the Library group. “They have served their purpose for over 100 years, but are now in severe disrepair. We have recently launched a fund raising campaign to restore them to their original beauty.”

The Used Book and Media Sale will include fiction and non-fiction for adults, teens, and children. Gruen announced, “We’ve had an amazing response to our request for donations and there will be something for everyone. Come, browse, and find bargains for every taste!” The sale will be held on Saturday, May 4, from 9am – 4pm and on Sunday, May 5, from 1 – 4pm. The Library is located at 2265 Oneida Street, Clayville, just off Route 8 in the Town of Paris.

The mission of the Library is to serve the Town of Paris and the Greater Sauquoit Valley residents by providing resources, equitable access to information and opportunities for lifelong learning. The Clayville Library Association is a member library of the Mid-York Library System and is a non-profit organization.

Horned Dorset Inn Open for 2019 Season

The award-winning Horned Dorset Inn will open for its 42nd season of fine dining on April 25 with a menu of time-honored favorites alongside fresh new creations, early season delicacies and specialities, and a novel new culinary-themed “excursion.”

This year, the new culinary journey—“Les Voyages”—joins the full menu to give the curious diner an opportunity to sample four small courses selected by Chef Aaron Wratten along a specific theme. The offering is similar to his full seven-course tasting menu available for an entire table of guests but designed instead for the individual diner. The themes will change periodically throughout the year.

The inn also will continue its popular live jazz on Friday evenings and monthly Sunday dinner concerts, the latter benefiting the Horned Dorset Colony, the inn’s affiliated artist residency program.

Dinner-concerts highlight various genres of music performed by musicians from Central New York and beyond. Dates (subject to change) for this year’s Sunday concerts are:

May 5 — “Love and Springtime,” songs in French and English, featuring Soprano Isabel Tague and Mezzo Soprano Olivia Wooley

June 16 — Piano duet featuring Fiona Peters and Roberta Wratten

July 14 — Pianist Tina Toglia

Aug. 25 —Flutist Jeanne Sperber and Pianist Peg Reitz

Sept. 15 — Guitarist Ken Meyer

Oct. 13 — Violinist Ann Marie Schwartz and Pianist Max Caplan

Nov. 10 — To be announced

Dec. 1 — Pianist Dominic Fiacco

Each event begins at 4 p.m. and includes an hour of hors d’oeuvres, followed by the concert and a four-course, prix-fixe dinner. The cost is \$70 per person, excluding drinks, tax, and tip. Concerts are announced on the restaurant’s Facebook page and via its email list. Email signups are available on the inn’s web page at horneddorsetinn.com or the colony’s web page at horneddorsetcolony.org.

Live jazz on Friday evenings returns with Alone Together: The Mollin-Clay Duo, featuring bassist Rich Mollin and trumpeter Carleton Clay from the Oneonta area, as well as occasional guests.

For the past four years, the inn has earned a steady stream of OpenTable awards, including the respected on-line reservation service’s “Best Overall” Top-10 rating last fall for restaurants in the tri-state area that includes New York and New York City, New Jersey, and Connecticut. Diners not only lauded the inn as a favorite for romantic dining and special occasions but also gave it top grades for its gourmet cuisine, outstanding service, fine ambience, and overall value.

“We have been frequenting The Horned Dorset since the early 1980’s,” wrote one patron. “This most recent visit brought us from our home in Pittsburgh, Pennsylvania. We have told people all over the United States it is the best restaurant in the country. Many of our friends have [traveled] from near and far to enjoy The Horned Dorset.”

The restaurant is well-recognized for its creative seasonal contemporary and classical French cuisine, prepared using fresh ingredients from the inn’s own organic gardens and from other local growers and producers of fresh meats and cheeses. It is owned and operated by Chef Aaron Wratten and his wife Maddalena Molli, a native of Rome, Italy, and the inn’s manager and hostess who warmly welcomes patrons at the door.

Chef Wratten grew up helping in the inn’s kitchen before further pursuing his culinary studies in France and earning his way into the respected New York City restaurants of “Aureole” and “Restaurant Daniel.” He also was executive chef of his family’s former signature hostelry in Rincon, Puerto Rico, before taking the culinary reins of the Leonardsville business in 2012.

The restaurant is open Wednesdays through Saturdays from 5 to 9 p.m. and on Sundays from 3 to 7 p.m. The inn also can accommodate special events, such as parties, weddings, receptions, and meetings. Gourmet takeouts are available for the holidays and other occasions. Private drop-off catering for parties at home, businesses or other venues is available upon request.

The gracious countryside hostelry, reached by way of a scenic drive less than 25 miles from Utica and Cooperstown, also offers overnight accommodations and a European-style breakfast buffet in its Victorian-era inn. Accommodations also are now available in four historic houses in the hamlet, with proceeds benefiting the artist residency program.



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MAY
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Financial Advice

THE TOWN CRIER 43



Compounding: The Potential Power of Time

Why is time of the essence? The sooner you begin saving — even small amounts — the better your chance of reaching your retirement goals. Consider the following example that shows how much waiting to invest can cost.

Put time on your side. Let's assume hypothetical Investor A invested \$1,000 per year for 10 years, beginning at age 30 and reinvested his returns (interest, dividends, capital gains) back into his account. Investor B invested the same amount per year, earned an identical rate of return, and reinvested her returns; however, she waited until age 45 to start with the strategy and continued with it for twice as long (20 years). Even though Investor A saved less money — half as much as Investor B — Investor A had more money at the time of retirement, all because of starting earlier.

What's the secret? The extra years of compounding are what boosted Investor A's bottom line. Investor B will now have to save considerably more if she wants to catch up. This is the potential cost of waiting. It doesn't matter what age you are — you'll have more time on your side if you start saving for retirement today.

What can you do next? A few simple steps can help you along the road to retirement savings:

Talk with your financial advisor about how much you should be saving for retirement.

Use a savings calculator to see compounding in action and how little changes to your spending can have a big impact on how much you can save for retirement.

Commit to increasing your ongoing contributions to your 401(k), at least to the maximum of your employer's match (if any), or IRA.

Avoid taking loans from your 401(k) if possible to keep focused upon your long-term needs.

If you change jobs, understand your retirement distribution options and the full cost of cashing out.

Consider opening an IRA if you're already maxing out your employer-sponsored plan contributions for an additional tax-advantaged savings opportunity, or if you don't have access to an employer plan. If you're self-employed, consider establishing a Simplified Employee Pension (SEP), SIMPLE IRA, or other plan with similar tax advantages.

Bottom line, it's never too early — or too late — to start saving for retirement. Use retirement calculators to get an idea about how much you should save, and

ask your financial advisor about tax-advantaged accounts.

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