

Vol. 34 No. 7 July 2020 Standard US Postage Paid Permit # 566 Utica NY





Academy of Performing & Creative Arts Moves to Center Stage!

The small business environment during New York State on PAUSE has been tough on local area businesses. Many "non-essential" businesses have had to shut down with minimal options to restart.

In a move to counter that trend, Jovita Bernard has moved Academy of Performing & Creative Arts (APCA) from Clinton to join the studios at Center Stage Pianos to continue their commitment to enrich our community with their unique blend of services.

Center Stage Pianos is a full service piano store at 12 Genesee St, New Hartford. In addition to the sales of new and used acoustic and digital pianos, Center Stage offers piano tuning, moving, restoration and instructional studios featuring some of the area's most popular teachers. APCA will augment this with instruction in instrumental, voice and acting. Their educational curriculum includes a focused track in performing techniques and they also produce live stage events which will utilize the theatre inside the Center Stage Pianos facility at 12 Genesee St.

For additional information on each agency's offerings please visit Center Stage Pianos: https://centerstagepianos.com/ Academy Of Performing & Creative Arts: https://clintonmusicanddance.org/

Munson-Williams Sidewalk Show Returns Online

Munson-Williams-Proctor Arts Institute will hold a virtual version of the popular Sidewalk Art Show, beginning August 4 on their website at mwpai.org.

The Sidewalk Art Show is a highlight of Munson-Williams' annual Arts Festival, which was this year canceled due to concerns over the COVID-19 pandemic. Munson-Williams officials decided to have the Sidewalk Show online in response to several requests from the public. "When we announced that the Festival was canceled, many people asked if we could somehow still have the Sidewalk Show," said Munson-Williams Director of Performing Arts and Special Events Bob Mortis, "and we all think this is a great way to celebrate the creativity and talent in our community while maintaining health and safety standards." This year, artists may submit their works at mwpai.org until 5 p.m. Monday, July 13. All works must be in high resolution (300 dpi) jpg format. In addition to the regularly accepted media (paintings, drawings, photographs, prints, computer-generated art, and small sculptures), video, animation, decorative arts and large-scale painting and sculpture are now included. "Since we have no size constraints for a virtual exhibition," Mortis said, "we decided this year to expand the media accepted."

HAVE A SAFE 4TH OF JULY



Fair Trade Shop

FairTrade Shop at Stone Presbyterian Church, 8 South Park Row, Clinton. If you are looking for unique and unusual gifts, this is the place! We have a large selection of lovely handcrafted items, including baskets, exquisite jewelry, collectibles, wood items, chocolate and food items, clothing, and toys from 38 different countries. Purchasing fair trade ensures artisans and small farmers fair wages and healthy working conditions, providing dignity, sustainable development and hope to marginalized people. Due to the corona virus situation, we will NOT be present at the Farmer's Market on the Village Green. We will be open by appointment by calling 315-853-1070 and are also open on Thursdays from 10am to 4pm. All customers will be required to wear a face mask. Gloves and hand sanitizer will be available. Only one customer group at a time will be allowed inside the shop. Let us be your go-to gift shop! For more information, contact Lauralyn Kolb, lkolb@hamilton.edu, 315-725-1326, visit our website at https://buildingstonesshoppe

The Virtual Sidewalk Art Show is a juried exhibition. Not every work will be placed on view. One work may be submitted by each artist living within a 40-mile radius of Munson-Williams. All works must be originals, produced with in the past five years and not previously exhibited at Munson-Williams, including the School of Art Annual Exhibition. A link to the online entry form, with additional guidelines, can be found at mwpai.org.



square.site or like us on Facebook at www.facebook. com/buildingstonesfairtradeshoppe.





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Community News

THE TOWN CRIER

MVCC Rolls Out More Online Camps for July

With the success of MVCC's June online computer camps, the College is adding more virtual camps to its July roster.

New offerings this month include: Kids in the Kitchen; Junior CSI; Charms, Beasts, and Wizards: A Hogwarts Experience; Frozen STEAM; Rocket Kart Racers: Design A Mario Kart Style Game; and Pokemon Masters: Designers & 3D Makers Unite.

Camps back by popular demand include: Battle Royale: Make Your First Fortnite Style Video Game; Minecraft; ROBLOX Coders & Entrepreneurs; Video Game Animation; and 3D Game Design with Unity.

Camps are half day, am and pm, for ages 7-14.

For more information or to enroll, please visit <u>www.</u> <u>mvcc.edu/cced</u> or call 315-792-5300.



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Erin Elizabeth Donovan Admitted to the NY State Bar

Donovan graduated in May, with honors, from the Elisabeth Haub School of Law of Pace University in White Plains. She enrolled at Pace through a 3-plus-3 program with the College of St. Rose in Albany, where her first year of law school doubled as her senior year of college. Donovan officially graduated from St. Rose, with high honors, in May 2018.

Donovan is a staff attorney for the Legal Aid Society of Mid-New York, based in Utica, assisting victims of domestic violence. Previously, she interned with the Bronx District Attorney's Office, and the Pace Women's Justice Center. She also worked for the Beck Liebman Petrone law firm in White Plains.

While at Pace, Donovan participated in mock trial and moot court competitions. In 2019 she represented Pace at the Willem C. Vis International Commercial Arbitration Moot Court competition held in Vienna, Austria. She was also a finalist in Pace's Grand Moot Court competition and argued in front of a panel of federal judges. At St. Rose, she was captain of the Mock Trial team.

Donovan is a 2014 graduate of New Hartford Senior High School. She is the daughter of Jerome and Donna Donovan of New Hartford.



JULY

2020

Summer By Design Outdoor Arts and Crafts Camps Come join Kathleen Deck, a NYS certified Family and Consumer Science teacher, on her tented patio for some arts and crafts fun this summer.

**Each 4-day long session fee is \$95. Fee includes materials and a healthy snack & drink. All classes run from 9:00-12:00.

**CDC covid-19 guidelines will be followed. Bring your own facemask.

For more information and to register go to:

Summer By Design Arts and Crafts Camps on Facebook or call or text Kathleen 315-794-4158

July 6-9

Re"Art"ables

Ages 7-13

Reduce, Reuse, Recycle - this is truly a "trash to treasure" experience! Students will interact with everyday objects to create attractive and useful items that can be used at home.

July 13-16

Paint! Paint! Paint!

Ages 7-13

Combining tools of creativity and authentic selfexpression while making art is what this class is all about! Students will learn various painting techniques to create works of art on several different glass

and wood items. July 20-23 Nature's Artists **Ages 7-10**

Nature and art have always gone hand in hand. Artists have always been inspired by nature or used material from nature to create beautiful pieces of art.



the Village Crossing ON THE GREEN BE Your Own Boss!

Businesses are reopening Help Joyce at The Village Crossing Find a new owner...

Joyce is retiring and is looking for someone interested in taking over a profitable and exciting business. This is a great opportunity for an entrepreneurial spirit to take over a turn key business and retain (for the necessary time) the guidance of a seasoner retailer. **Call today: 315-525-0801 for the details** Meanwhile the Village Crossing is OPEN: Wed-Fri 11am-5pm & Sat 11am-4pm 11 W.Park Row, Clinton www.thevillagecrossing.com



8300 Brimfield St, Clinton 315-853-8175 Open 7 days a week 12:00 - 7:00pm Same entrance as the Driving Range.

Brimfield Farm Winery

NYS Wine, Rustic Century Old Barn Outdoor Deck with a Scenic View www.brimfieldfarmwinery.com

Offering: Wine Tastings, Wine by the Glass and Wine Slushies as well as local NYS Cheeses and Chocolates



Your Hosts, The Hughes Family www.brimfieldviewdrivingrange.com 8300 Brimfield St, Clinton 315-723-7682 • Open Daily 9am-dusk

Directions from Utica National: Take Rte 12 South to Brimfield Street (right turn) Proceed approx. 1 mile - Range is on your right at The Big Red Barn!

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Michael Murray

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Half Pint Academy Child Care Center Kathleen Lloyd, Director www.halfpintacademy.com Call or stop in to Register 7829 State Route 5 Kirkland, NY 13323 Schoolhouse

(315) 853-3612

Judge Joan

Shkane



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JULY 2020

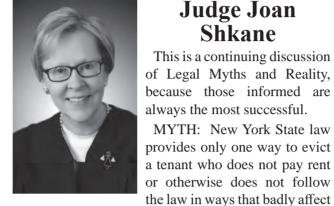


Misinformation = Dropout

Submitted by James LaFountain, All American Fitness Center

A few years ago, a woman (Millie) came to me wanting to do personal training. She was a pleasant woman, who happened to be border line

over fat/obese. Discussing her history of nutrition and exercise, it was evident she was misinformed. Over the past several years, very similar clients have asked for help and had a sketchy history of their perception of exercise and diet. They share the following: *Restrictive diets melt fat away. For a woman, "restrictive" is something below 1,200 calories a day. She reported "big time" (her words) weight loss for a few weeks with a subsequent slowdown and halt. The body's physiology is too sophisticated to fall for the "restrictive trap." Millions of years have made the body aware of caloric restriction and how to handle it. It simply slows down, in order to preserve. Our metabolic history goes like this: Our ancestors would hunt, make a kill, fill their bellies, seek another kill, with little success, starve and conserve, make another kill and the sequence went on. *A day or two after her initial workout, consisting of walking, Millie claimed she had shin splints. She was actually experiencing Delayed Onset Muscle Soreness (DOMS). DOMS occurs 36-48 hours, following "novel" activity, which is described as any activity you have not done for five or more days. DOMS is a primary cause for beginner dropout. It was DOMS not shin splints that caused Millie's discomfort. *She claimed, for her, that exercise was painful. Creative marketing promotes exercise as pain-free, fun and enjoyable. Most exercise enthusiasts have learned to enjoy the experience of mild discomfort, followed by the "beta endorphin" experience, where chemicals are released into the bloodstream that create a mild high. The "high" is well worth the mild discomfort. We replaced her walking program with stationary cycling and she did well. Carrying extra weight, in the form of stored body fat taxed her joints while walking. *Bottom line: Exercise induces microscopic injury to muscle tissue. Like all injuries, large and small, only time heals that micro trauma. Recovery from broken bones. ligament and tendon tears, requires 6-8 weeks. Microscopic muscle damage needs 48-72 hours to heal and grow stronger, in preparation for its next microscopic challenge. Exercise, especially of elevated intensity, causes damage that needs to be healed. Recovery is the key. *"Habitual" needs to be the theme. A former Exercise Science professor of mine, once advised, "Unless clients treat their personal training appointment like a medical exam, results will be compromised." Fortunately, we will never face the environmental challenges of our Neanderthal ancestors, where hunting, gorging and starving was a way of life. We must, however adopt a lifestyle, that includes regular exercise and prudent nutritional decision making. *Millie, retired a few years ago, moved to Florida and still exercises on a regular basis.



New York State Licensed

Consult the Consultants

the property rented.

REALITY: New York has two ways to evict an undesirable tenant. (This does not apply while under the moratorium on eviction for non-payment of rent during the pandemic). The first way is through a Housing Court proceedure or a local justice court. The Housing Court procedure is a relatively inexpensive and quick procedure. In our area, evictions are most likely handled through the three city courts, or in justice (town) courts. A second way under the law is through a common law procedure called an ejectment action. The case must be brought in Supreme Court. It differs in important ways from the justice court procedure. One difference is that the cost in Supreme Court starts with \$210.00 to purchase an index number under which the case will be filed. It will usually require an attorney to draw up the papers, and to participate in discovery. This is the procedure wherein each side must tell the other side what each intends to prove, in detail. Discovery can add to attorney fees. Another difference between the two procedures is that in a Supreme Court proceeding city marshals do not physically conduct the eviction, unlike in a city court procedure. The eviction is done by sheriffs. It all becomes a more complicated procedure because the whole case must be handled with formality. Although the Supreme Court route can be slow and expensive, if the tenant owes more than \$25,000.00, Supreme Court can award a monetary judgement instead of possession of the property. This cannot be handled in justice court. Sometimes the Supreme Court option is attractive, especially if the tenant has left the property in the meantime, and therefore eviction is not requested, but compensation is.

MYTH: A court will examine only a few facts in

THE TOWN CRIER

herself during the pandemic crisis. Courts recognize that sometimes people make mistakes and chose a partner who may not be a good fit. These adults are entitled to start a new life. Children of these couples are often stuck in the marital conflict, cannot start over, and may suffer irreparable damage.

MYTH: Women and minorities in the Court System have made huge advances since 2017.

REALITY: The New York State Bar Association commissioned a study in 2017 about women in the courts. They were concerned about underrepresentation of women lawyers in courtrooms. This concern was despite thirty years of law schools graduating women at about 50% of each class. The Bar Association then recommissioned the study in 2020. What they found is woeful. In the three studied years female lead attorneys in the public sector (like Legal Aid, Public Defender or prosecutor offices) declined to 35.1 % of all lawyers; women attorneys working in private law firms was 38.2 %. This is not overly surprising since we are in the middle of a health crisis. During crises, women and minority society members are badly impacted out of proportion to the number of people in the population. Crises affect them harder. Women attorneys appearing in courts in civil and criminal cases was only 20.7%. The vast number of trial lead counsel are men, and women are most often second counsel, if at all. Upstate courts had more participation by women in court, perhaps because there are fewer total attorneys upstate to go around. The lowest rate of women attorneys is in the Commercial Division of New York County at 18.7% of lawyers. The question has been posed as to why this remains so low. Judge Shira A. Scheindlin, former U.S. district judge and now a mediator and arbitrator, answers that she believes there is still a lack of trust of women lawyers. She suggests that in an important and complex legal problem, businesses and the public feel safer with the middle-aged to elderly white male image, like Perry Mason! She believes that the bar leaders, judiciary and corporate counsel, and especially the public need to come to understand that intelligence and talent are not related to gender. Supreme Court Associate Justice Ruth Bader Ginsburg, who was tied for first place in her Columbia Law School class, could not find a single law firm who would hire her, solely because of her gender. Locally, this happened to one of the best lawyers in recent memory in Oneida and Herkimer Counties, Mary Panarites (sadly now deceased). Many years ago (and with all due respect to the Rev. Al Sharpton at the George Floyd memorial service), Justice Ginsburg said "You need to get your foot off our necks!" 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.

determining custody of a child.

REALITY: Many factors can go into a decision on custody. Some of them are traditional facts, another is new. Some of the questions a court will try to find the answers to are the following: how does each party (parents and each child) conduct itself during the lawsuit, and during the trial; does each party follow court orders regarding the children; does a parent try to prejudice or alienate the child against the other parent; does a parent try to weaponize the child by withholding visitation, invitations or knowledge of the child's school or extracurricular activities; does a parent withhold child support payments; does a parent use the child as a messenger for child support or other occurrences; is there dependable structured parental access and is it encouraged by the other parent; is the transfer of the child for visitation done peacefully; is the parent willing to undergo psychotherapy, marriage counseling, meditation, parent education classes, etc. as it pertains to the child. A new fact that the court may consider in the future is how each parent conducts him/



THE TOWN CRIER



2 Library Lane 315-733-1535

Thank You for Your Patience!

We would like to thank you for your patience with us as we navigate these unprecedented times. We have worked hard to create new procedures that protect our staff and community all while trying to meet the needs of our patrons. Our first stage of reopening, Curbside Pickup is in full swing. We invite you to place holds online (for New Hartford items only at this point) or by contacting us by phone (315-733-1535). A staff member will schedule a pick up time. Curbside pickup will be contactless.

We will slowly ease the restrictions and will allow the public back in the building when it is deemed safe to do so. Please be aware that when we do reopen our doors, we will be implementing new procedures to keep everyone safe. Updates will be shared on our website (www.newhartfordpubliclibrary.org) and social media.

Miss Browsing the Stacks?

Sometimes you find the best books by wandering through the stacks. Since you can't do that right now, let us do it for you! Use our Curbside Pick Up Menu (www.newhartfordpubliclibrary.org/curbside-pick-upmenu/) to share some information with us and we will do our best to find some materials that suit your tastes.

We Are Not Accepting Donations at This Time

The used book room is not open at this time, so we are not accepting donations of any kind. Thank you

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for more information

Library News

JULY 2020

Stay Connected With Us!

Be sure to follow us and check out our website to stay connected and informed!

Facebook: www.facebook.com/newhartford public library

Instagram: new_hartford_public_library

Website: www.newhartfordpubliclibrary.org

Children's Story Time on IGTV

Every Tuesday on Instagram. Miss Ashlyn will be reading books and posting them on Instagram and IGTV every Tuesday on the New_hartford_public_ library Instagram page!

Children's and Teens' Summer Reading Program 2020 – Reading Logs

The Summer Reading Program runs from July 6th – August 28th. Read for 10 hours and receive a free book! Each child/teen that is registered for summer reading has a chance to win 1 of 4 gift cards, regardless of the number of hours that they read. Gift card winners will be drawn on August 14th. You can register for summer reading online on the library site www.newhartfordpubliclibrary.org, under programs. You can also pick up the Summer Reading log form by driving up to the lower parking lot drive-thru drop box – the forms will be located in a brochure box attached to the drop box!

Due to Covid-19, there could be a delay in shipment of books that the children receive as prizes, so prize books will not be available for pick up until August 14th. Call to schedule a time for your child to pick up their book.

Grab & Go Project Bags & Pick-up Days

Due to Covid 19 we are unable to host craft times or story times with crafts in the library this summer, so we have created free individual Grab & Go Project bags! These bags are a fun way for families and kids to entertain themselves at home. The bags contain all the craft materials and instructions for each project (except for staple household items like tape, glue, or crayons/paints). Most of the kits are STEM or STEAM related, producing something that can be played with or experimented with. Designated pick up days for these project bags are Tuesdays and Thursday through the end of August and starting on July 7 and July 9th. There will be 3 projects available each week. The projects for each week will be featured on Facebook and Instagram, as well as any information about corresponding how-to videos. Call us when you get to the parking lot, let us know how many bags you need, and we will bring the project bags to you curbside!

Moreland the Magician's LIVE Virtual Magic Show – on Zoom!

Thursday, July 16th at 2:00pm. Join David Moreland the Magician for a high-energy 30-minute LIVE show – especially for patrons of the New Hartford Library. The show will feature magic, comedy, puppets, and – YES! - audience participation & volunteers from the audience! During the show, Moreland will take you 'behind the scenes' and teach you a couple of magic tricks you can perform at home. To register for this program, call the library at 315-733-1535! Meeting access details will be given to registered participants.

Utica Zoomobile on Zoom

Monday, July 20th at 2:00pm. A 30 minute program featuring 3 animals. Learn about each animal and then participate in a question & answer session for each! To register for this program, call the library at 315-733-1535! Meeting access details will be given to registered participants. Meeting access details will be given to registered participants.

YA Virtual Game Night

Tues., July 14, 7:00pm Join us for a fun night of virtual games! Registration is required. To register, go to our website (www.newhartfordpubliclibrary.org) to complete a registration form, or call the library (315-733-1535). Meeting access details will be given to registered participants.

YA Book Club

Tues., July 28, 7:00pm. This book club doesn't require you to read a specific book, just share about whatever you're currently reading! Registration is required. To register, go to our website (www. newhartfordpubliclibrary.org) to complete a registration form, or call the library (315-733-1535). Meeting access details will be given to registered participants.

for your understanding!!

Children's Library Cards Online

Due to Covid-19, we were unable to visit the elementary schools and to have the elementary students visit us this spring. School children typically get their first library card at this time and we don't want the children to miss out on this opportunity – so please visit the New Hartford Public Library website www. newhartfordpubliclibrary.org and look under services for the link to a Youth Library Card form. Parents - you can fill the form out and get it back to us in 1of 3 ways: email it to us at newhartford@midyork.org, drop it in one of the library drop boxes, or mail it to us. We will process the form and mail a library card to your child's home address. When your child gets their library card, all they have to do is sign their name (first name is fine) on the back of their new library card!

Kids' Summer Programs

Due to coronavirus mandates, we will not be offering in-house library programming this summer. We will offer some remote options however. Moreland the Magician is scheduled as a Zoom performance on Thursday, July 16th at 2:00. The Utica Zoomobile is a scheduled as a Zoom performance on Monday, July 20th at 2:00. Resisting the urge to pull your book out of your bag to read at social gatherings.





Community News

The History & Science of Mules, Presented by The Erie **Canal Museum**

2020

Saturday, July 11, 1:00pm. The History & Science of Mules: What is a mule, and why were these humble animals the backbone of the early Erie Canal? Ashley Maready (Erie Canal Museum, Curator of Collections & Exhibitions) discusses mules, fact and fiction, history and science in this talk, which is accompanied by a slideshow. This will be a virtual presentation. Registration is required. To register, go to our website (www.newhartfordpubliclibrary.org) to complete a registration form, or call the library (315-733-1535). Meeting access details will be given to registered participants.

Social Security Seminars

Tuesday, July14, 1:00pm and 6:00pm. The New Hartford Public Library is pleased to announce they will be offering (2) virtual Social Security seminars at 1:00 and 6:00 PM on Tuesday, July 14th via Zoom for prospective retirees who are interested in learning about collecting their benefits.

Important topics covered:

What critical claiming mistakes should be avoided?

Will Social Security be there for me?

How much can I expect to collect from Social Security?

At what age should I apply for Social Security benefits?

How does Social Security protect my spouse?

Will Social Security be enough to live on?

Since 2015, the one-hour program has been a popular library event while gaining widespread attention throughout the upstate New York region in an effort to help attendees better prepare for their retirement transition and future financial challenges. The program is being presented as a community service by Retirement Solutions, LLC and is free to attend. Advance registration is required. To reserve your virtual seat, please call (315) 735-5800 or email: john@retirementsolutionsllc.com.

Yoga for Seniors

Mondays throughout July & August, 3:00pm, Join Bill every Monday at 3:00pm for a virtual Yoga program geared towards Seniors! Participants will meet via Zoom. Registration is required. Please register online at www.newhartfordpubliclibrary.org or call the library at 315-733-1535.

This year Barbara Yates, Youth Citizenship chairman of the Col. Marinus Willett-Mohawk Valley NSDAR, is pleased to award the DAR Youth Citizenship award to Frankfort-Schuyler 5th grader Lily Simmons. She is the daughter of Robert and Robin Simmons of Frankfort. She was chosen for this award because she "is a student who only feels love for others. She goes out of her way to say 'hello' and befriend anyone she meets." It is reported that "she is a student who works hard and is always giving her best effort." The school said that it

NHRC Seeking Members

and that she will be greatly missed.

The New Hartford Republican Committee is seeking registered Republicans who are interested in volunteering their time and talents to become NHRC members. The primary function of the NHRC is to work to elect Republican candidates at all levels of government from Town to Federal levels.

Upon appointment to the NHRC, you will also become a member of the Oneida County Republican Committee. There are normally about 3 Town of New Hartford Committee meetings and 3 Oneida County meeting to attend per calendar year. Duties of a committee member include carrying petitions in March for endorsed Republican candidates, helping with fund raising, poll watching, canvassing with candidates in your neighborhood, and being a go-to source of information for the constituents of the Ward and District you are assigned to represent.

If you would like to join our group to work toward the Republican ideals of smaller government, lower taxes, upholding our Constitution, and expanding citizen involvement in a positive way - please send a letter of interest no later than July 20, 2020. Letters can be e-mailed to HRHmum@aol.com or mailed to Kristine Giotto, NHRC Chairman, 3823 Mohawk Street, New Hartford, NY 13413.



THE TOWN CRIER

LtoR: Joanne Fountain Treasurer, Joe Ancona Pantry Director and retired Master Sgt Army, Monica Lawendrowski, President.

Feed the Vets Receives Check

NH American Legion Auxiliary Unit 1376 presented a check to Feed the Vets for their food pantry. The check was presented on June 10 in the amount of \$1,230.

Interesting 4th of July Facts:

https://www.softschools.com/facts/holidays/the_4th_of_ july_facts/778/

The Declaration of Independence was originally adopted on July 2nd 1776, but it was revised and the final version was made official two days later, on the 4th of July 1776.

56 men representing 13 colonies signed the Declaration of Independence.

John Adams and Thomas Jefferson, both of whom signed the Declaration of Independence, later became United States Presidents. They also both died on July 4th, 1826, the 50th anniversary of the signing. They were the only two original signers of the Declaration of Independence to later become Presidents of the United States.

It is estimated that approximately 14,000 professional fireworks displays are put on each 4th of July in the United States.



DAR Award

Ice Cream Social CANCELLED

Due to the concerns and unpredictability of the Coronavirus the 2020 Ice Cream Social Sponsored by the Friends of the New Hartford Public Library is CANCELLED



Dec 29-Jan 3 - Tournament of Roses Parade ~ \$2829 pp/do including airfare.

April 13, 2021 - Tulip Time on Jewels of the Rhine River Cruise - FREE airfare through July 31 April 16, 2021 - Charleston, Savannah

& Jekyll Island w/air

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Pop Warner 2020 Season

Submitted by Mark Smith, President New Hartford Pop Warner

I hope that this message finds you and your family well during this difficult time. We are hopeful that the pandemic will end soon and that it will not affect the Pop Warner 2020 season.

We are currently working on setting up Online Registration. Registration will only be held on-line and we will NOT be collecting payment at this time. We will notify everyone when payment will be due, please go to NewHartfordPopWarner.com to register for both football and cheer. Cost for registration is \$195.00 for football and \$150.00 for Cheer. Included in the cost of registration is your fundraising fee, \$100 for football and \$50 for cheerleading.

There have been changes made to the levels of play for football. These changes have been adopted by Tri-Valley and each program will be adhering to the new classifications. The new classifications for football are listed below:

Flag ages: 5 and 6 year olds

Mighty Mites: will now be 8U (ages 7 and 8, no weight restrictions)

Junior Pee Wee: will now be 10U (ages 8, 9 and 10, no weight restrictions)

Pee Wee: will now be 12U (ages 10, 11 and 12, no weight restrictions)

14U: will be 12, 13, and 14 years

All ages will be as of August 1, 2020

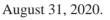
If you have any questions, please feel free to email Mark Smith at smitty1172@gmail.com

We will see you in August.

New Hartford Central School Fall Sports Sign-Ups

Fall Sport sign-ups are upon us. As you know, students do not have the ability to sign-up in physical education class as we normally do.

You will have the ability to sign up for Fall Sports via Google Forms on the Athletic website. Students entering 7th grade - 12th grade for the 2020-21 school year are eligible to sign up. If your child is unsure, please encourage them to sign up.



These dates have the potential to be extended depending on information we receive regarding the reopening of school.

Consider the Financial Impact of Alzheimer's Disease and **Other Ddementias During Tax** Season

The impact of Alzheimer's disease and other dementias goes far beyond health. The costs associated with Alzheimer's can be staggering for families, with average out-of-pocket costs for health care and longterm care services not covered by Medicare, Medicaid and private insurance exceeding \$10,000 annually.

With people living with Alzheimer's, on average 4-8 years after a diagnosis – and many longer – diseaserelated costs can jeopardize a family's financial security. Many families and caregivers must make enormous personal and financial sacrifices and major changes to their spending or saving. An Alzheimer's Association report found 48% of care contributors must cut back on their own expenses - including basic necessities like food, transportation and medical care to afford dementia-related care, while others must draw from their own savings or retirement funds.

Due to the COVID-19 pandemic, the federal government and New York State have extended the deadline to file income taxes to July 15. The Alzheimer's Association suggests using this extended period of time to review your records to find means of offsetting the financial toll of the disease for 2020, if you have yet to file, and begin preparing for 2021.

"The first thing a person living with Alzheimer's disease or another dementia and their caregiver can do is find a certified tax preparer to navigate the tricky waters of the federal and state tax codes," said Catherine James, chief executive officer for the Alzheimer's Association, Central New York Chapter.

Some out-of-pocket expenditures such as medical expenses, home modifications and private-pay respite services may be deductible. A certified tax preparer can assist with interpreting tax laws and determining what expenses qualify in order to maximize deductions.

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they pay for and how to qualify can alleviate financial strain. And, when investigating care options, find out if the provider accepts private or government insurance, as few people can afford to pay for skilled nursing care on their own.

"Learning about your insurance options is particularly helpful as you weigh the differences between home care and facilities in the area," James said.

It's never too late to make a plan for how to pay for the costs of dementia care and maximizing their deductibility. Making these preparations before retiring provides an opportunity to work through the complex issues involved in long-term care and explore financial safeguards like trusts.

"But even if you don't create a proactive plan until after a diagnosis is made, it's still important," James said. "Creating a financial plan benefits you at tax time and provides stability in light of an unpredictable disease."

The National Directory of Registered Tax Return Preparers and Professionals has a searchable list of certified tax preparers available to the public at ptindirectory.com. The Alzheimer's Association offers resources for financial planning at its website, alz. org and can provide referrals to financial planners by calling 800.272.3900 or emailing <u>cny-programs@alz.</u> <u>org</u>.

Adirondack Railroad to Offer Six-mile Railbike Adventures

Adirondack railbikes are a four seat pedal powered vehicle that are designed to allow you to ride and explore sections of track that are closed off to other traffic, enjoying the beauty of the Adirondacks at a more leisurely pace. Our railbikes are proudly manufactured right here in Utica, NY. The total ride is approximately one and a half to two hours long and pricing can be find on our website https://adirondackscenicrailbikes. com/

"Railbikes are great way to explore the Adirondack Mountains as you pedal along the scenic rails, three miles north of the Thendara station, to a turn around point where you can stop for a break before you turn around and head back to the station," says Bill Branson, President ASR Board of Directors

In addition, while the scenery remains untouched the name and logo are getting an upgrade for 2020. The Adirondack Railroad will drop the scenic center of its name and add a fresh new logo to train cars and engines this summer.

Here is the link: https://www.newhartfordschools. org/site/Default.aspx?PageID=59

The sign-up sheets are SPORT and LEVEL SPECIFIC. Please sign your child on the appropriate list. The forms are set up for 7th/8th graders to sign up for Modified sports, 9th/10th graders to sign up for JV (they can sign up for Varsity if there is no JV team) and 11th/12th graders to sign up for Varsity. If the coach feels that your child should be playing at a higher level they will contact the Athletic Department. If your child is unsure, please encourage them to sign up for one team and we can adjust accordingly if they change their mind.

We will communicate with you in the future as to when we need you to complete a blue card and health history form as the health history form cannot be completed and signed unless it is dated within 30 days of the start of the season.

At this time, Varsity and JV sports are scheduled to begin on Monday August 24, 2020

Modified sports are scheduled to start on Monday

Assessing current financial resources is also an important step. Reviewing insurance policies and benefits, as well as retirement plans and pensions provide perspective on current and future financial positions. Financial planners and elder care attorneys can help organize and guide families through the process, especially when trying to qualify for Medicaid coverage.

Learning more about the benefits and limitations of Medicare, Medicaid and other insurance options can prepare families for the following year's tax filings. "Spending some time today learning about government programs like Medicare, Medicaid and the VA has the potential of paying dividends down the road," James said.

Medicare provides health and prescription drug benefits to Americans aged 65 and older. While it covers medical and hospital care, it does not provide benefits for long-term care. Medicaid may cover long-term care expenses, but only if certain income requirements are met. Knowing the difference between the two, what

"It's for simplicity sake," says Branson. "We've made a brand adjustment to make it more attractive to a broader audience and we are excited to unveil our new logo and new name."

Since 1992, The Adirondack Railway Preservation Society (ARPS) that operates the Adirondack Railroad has built a successful tourist attraction, operating on track owned by the State of New York, a former New York Central line located in upstate New York and the Adirondack region.

The Adirondack Railway Preservation Society is a volunteer-based organization. Together with our staff, volunteers have donated approximately 300,000 hours to protect our historic railway and enrich the Adirondack experience for tourists and residents of our region.



New Hartford Rotary Club Meals Program 2020

On May 26, 27 & 28th, 2020, The New Hartford Rotary Club teamed up with The Neighborhood Center on a project to feed families of The Neighborhood Center. The Rotary club donated \$4,000.00 along with a grant of \$1,000 from Rotary District 7150 to help feed the families. 20 restaurants received \$250.00 each to prepare 5 family meals to feed four to six people. In the meantime employees of the Center worked on a list of 100 families they know could enjoy an excellent meal from some great area restaurants. On Tuesday May 26, meals prepared by Swifty's, Sammy's, Props, Georgio's, Symeons and Delmonico's were delivered to 30 families. In some cases the families picked up their meals at the Center, but many were delivered personally to the families by dedicated workers of The Neighborhood Center. On Wednesday May 27, meals prepared by Aqua Vino, Phoenician, Cavallo's, Old School, Killabrew, Babes at Harbor Point and the Savoy of Rome were delivered to 35 families. On Thursday May 28, meals prepared by Casa Too Mucha, Carmella's, Pumpernickel's, Chowder House, Bella Cucina, Tiny's and Piggy Pat's were delivered to another 35 families.

The New Hartford Rotary Club would like to thank the Employees of The Neighborhood Center for all their hard work to help make the project a success. Many families expressed great joy and gratitude when they received the meals. The New Hartford Rotary Club's members work hard yearly on projects such as a Pancake Breakfast and Holiday Auction and have made many donations to area charities. If you would be interested in learning more about Rotary and our local clubs you can contact Jeff Gornick at 1-315-733-3131.

Thank you The second request to second second second request to second s

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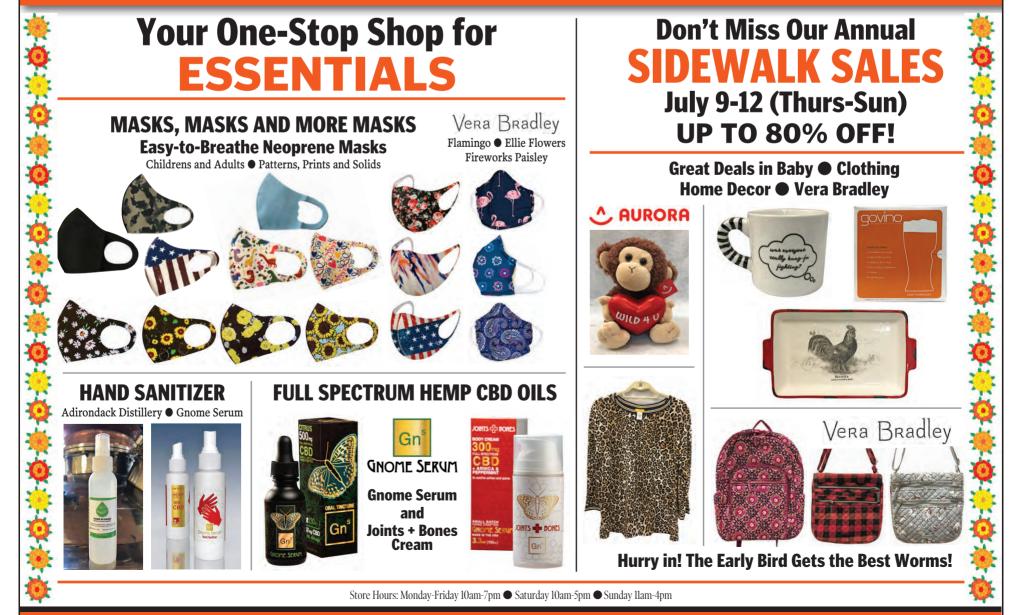
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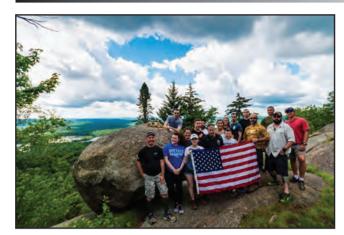
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The Military Civilian-Coalition (MCC) meets at various locations throughout the region and enables veterans and civilians to interact through social and athletic endeavors. Pictured are MCC members on a hiking trip in the Adirondacks.

SITRIN STARS & STRIPES **RUN~WALK GOES** VIRTUAL **#VIRTUAL4VETS** September 26 to October 3, 2020

The Sitrin Health Care Center's 9th Annual Stars & Stripes Run~Walk for our Nation's Heroes is going virtual this year. Upon learning that the venue for this event was not going to be available due to the continuing COVID-19 pandemic, Sitrin is changing its format and adding more opportunities for people to become involved.

"The Run~Walk is the primary fundraiser for Sitrin's Military Rehabilitation Program and we're moving forward, but in a different direction," Cheryl Jassak-Huther, special events/planning associate at Sitrin, said.

A virtual event takes place online and involves people interacting in a virtual environment, rather than a physical location. Individuals can choose any form of physical activity, in addition to the standard 2 mile walk or 5K run, and it can be completed over a longer period of time. Sitrin's fundraiser will run from Saturday, September 26 until Saturday, October 3, 2020.

"This change has provided more creative ways for 25, Sons of the American Legion Post 229, Sons of and even kayaking or canoeing."

"Virtual events are a great deal of fun and have many Foundation & Communications, said. "They are highly interactive, family-friendly, adaptable to people of all weather getting in the way of a good time."

Sitrin's website: www.sitrin.com.

Proceeds from this event support Sitrin's Military Rehabilitation Program, which provides comprehensive and complimentary care to post-9/11 veterans who have post-traumatic stress, depression, amputations, spinal cord injuries, suicidal ideations, and other combatrelated conditions. Funds also benefit Sitrin's Military-Civilian Coalition (MCC), designed to promote camaraderie, advocacy, educational opportunities, and transitional support to civilian life. The MCC offers a variety of indoor and outdoor activities for veterans and civilians including the annual Warrior Retreat at Camp Sitrin, TRX Suspension Training, wheelchair basketball, fly fishing, biking, yoga, target shooting, therapeutic hand drumming, gardening, and more.

Sitrin's Virtual Stars & Stripes Run-Walk for our Nation's Heroes is proudly presented by Adirondack Bank.

Additional sponsors to date are The Good News Center, Mohawk Valley Association of Realtors, Bank of America, Crowley-Barnum American Legion Post



people of all ages and abilities to become involved the American Legion Post 1448, Ilion Elks Lodge and to complete their 2 or 3.1 mile distances," Jassak- No. 1444, Harland J. Hennessey VFW Post 5538, The Huther said. "Sitrin's virtual event can also include Hartford, WKTV News Channel 2, Dominion Energy, bike riding, roller skating, skateboarding, walking, ECR International/Utica Boilers, Sodexo, NYCM, running, wheelchair road racing, swimming, hiking, Parkway Drugs, Hannaford, Walmart, and New Hartford American Legion Color Guard Post 1376.

2020

Sitrin, a not-for-profit corporation, provides a benefits," Rosemary Bonacci, vice president, Sitrin variety of services for people of all ages and abilities, including comprehensive medical rehabilitation (inpatient and outpatient), long-term care, assisted ages and abilities, can be completed at an individual's living and enriched housing (Cedarbrook), NeuroCare, own pace, and there's never a worry about inclement residential care for people with intellectual disabilities and medically complex conditions, medical and social Participants can track their activities using a GPS, model adult day health care (OPAL Program), military Fitbit, pedometer, or any other device. Complete details rehabilitation, adaptive sports (STARS Program), and registration information will be forthcoming on orthopedic injury program, concussion management, child care, dental clinic, and the newly renovated Wellness & Aquatic Center.



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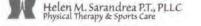
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JULY 2020

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Community News



THE TOWN CRIER



Tim Papienuk

Melody Morris

Megan Cappadonia

Kathleen Washburn

purn Dwight Putnam

Elizabeth Cissi

Area Educators Honored by Local Rotary Clubs

The Rotary Clubs of Utica, New Hartford and North Utica/Whitestown honored six area teachers recently at their annual Outstanding Educators Awards Program. The program, presented on-line during Utica Rotary's weekly zoom meeting, is an annual event of the area Rotary Clubs' community service committees.

The awards presentation comes at the culmination of a year-long program during which area Rotary clubs hosted students from each of six area high schools at their weekly Rotary meetings. Over the past school year, the students each had an opportunity to introduce themselves to the Rotary members, and to learn about Rotary's community, regional and international service, which are the fulfillment of the Rotary motto of "Service Above Self."

At the end of the school year, the students from each school are asked to select the teacher whom they believe exemplifies the Rotary motto, and the values of Rotary, as exemplified in its Four Way Test:

Is it the Truth?

Is it Fair to All Concerned?

Will it build Goodwill and Better Friendships?

Will it be Beneficial to All Concerned?

Utica Rotary Club President Joe Caruso said "This annual awards program is the perfect near-ending to the Rotary year- an afternoon of inspiration, received from both the inspiring educators we celebrate and the accomplished, grateful and enthusiastic students who honor them."

The six honored teachers include:

Megan Cappadonia of Proctor High School

Elizabeth Cissi of New Hartford High School

Melody Morris of Whitesboro High School

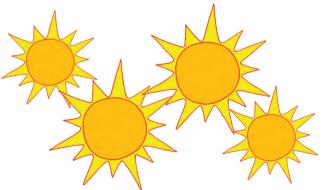
Tim Papienuk of New York Mills High School

Dwight Putnam of Notre Dame Junior/ Senior High School

Kathleen Washburn of Clinton High School

The nominating students from each school introduced and spoke about their choice to the ZOOM meeting, with each teacher addressing the gathering and receiving an engraved plaque form a participating Rotary Club.





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Community News JULY 2020



THE TOWN CRIER

New Hartford Highway News

Submitted by Highway Superintendent Richard Sherman

July's Newsletter begins by saying thank you for being patient as the brush pick up has been slow this spring. The Town has been working with a limited crew due to COVID-19 and therefore the annual spring cleanup is still ongoing.

June 1st began our popular curbside pick-up starting with Ward 1 and proceeding through Ward 4. Curbside utilizes most of your Highway crew and we appreciate your patience with brush pick-up and street cleaning. With so many people working from home, our brush and curbside has been extremely heavy. Remember our brush program is only for the average trimming of the bushes and green waste, not clearing whole front, side yards and clearing side lots.

We had the opportunity to begin our paving program early this year. It is scheduled to begin on July 6th throughout the Town and with Barrett Paving starting on July 8th at Kellogg Rd and proceeding south to Oxford Rd. The Oneida County Highway Department will be paving Oxford Rd starting at Tibbitts Rd and ending at Oneida Street. As our budget warrants we may be doing a few more town streets as we finish up. When this paving construction starts please avoid using this area as you may find backups as we have only one lane open. The Town will have message boards up in both directions for advance warning of this project.

The Town's Storm Water Crew is busy cleaning and repairing damages from the Halloween 2019 Storm. Your Highway Crew is utilizing excavators and dozers to clean the Towns retention ponds. To date, the White Tail and Grange Hill ponds have been cleaned. We have begun working on the three Wills Drive retention ponds and the stream between them in the back yards. When Wills Drive is complete, we will be proceeding to cleaning the Woodberry retention ponds. A separate storm water crew is working on our catch basins repairs throughout Town streets and appreciate your driving slowly when you see them on your street. Finally, last fall the Concord Blvd sewer pump station was rebuilt and finished with a new backup generator. Additionally, the Estates Drive pump station is out to bid as I write this letter and hopefully will be awarded at the June 17th Town Board meeting. This pump station is a total rebuild with an emergency generator, as well as, new pumps and electrical components. This project should be finished by early fall. This work is scheduled to keep our sewer pump stations up and running with the best equipment available for this important mission.



Dear Residents,

This time of year is usually one for celebration.

I would like to start by honoring all our veterans that served our country and offer our heartfelt thanks to every person who has ever worn the uniform of the United States Armed Forces. Thank you for answering the call of duty; your gallant courage; and the extraordinary sacrifices you and your families have made on our behalf in the name of freedom, liberty, and peace.

My gratitude goes out to all our local first responders who are keeping us safe through these tough times and want it known we support them 100%. Furthermore, all those who donated masks and PPE's, it is great to see everyone working together in our town.

I am thankful to all residents as we continue to combat the spread of COVID-19. Across our community, residents and staff are continuing to take steps to protect the health and safety of our loved ones, friends, neighbors, and caregivers. Your support and willingness to help are an inspiration to us all—remember if we band together, we can overcome any challenge. The operations of the Town are continuing to ensure that all essential services for our residents are maintained.

Congratulations to all graduates from colleges, elementary schools and high schools. As this is not a typical year, I want to recognize this year's graduates who are part of the Town of New Hartford. Congratulations Graduates and nice work to your families!!! Great job!!!

Thanks to the Chamber of Commerce for the great job they are doing with the Town of New Hartford Farmers Market at Sherrill Brook Park. This summer will be another success.

Exciting news - our local businesses are starting to open up again. So far it's been successful and we can thank our residents for shopping locally this summer. This will not only help our local businesses, it will also help our Town as a whole. This will increase sales tax for the area, which will make up for any losses when everything was closed during the pandemic. Our summer services are in full swing. The Highway Superintendent Rick Sherman and I are working every day to make sure all of our town projects and highway services are being performed to your expectations. Our 'report a concern' system is working efficiently so thanks goes out to all the residents that are using it, it's definitely helping us to stay informed on issues in our town. Storm water update - just because it hasn't been storming lately, we are currently working behind the scenes to make sure we can address any existing issues. We are currently working on finishing up our comprehensive studies in Wards 1 and 2. Once these studies are complete, Rick Sherman and I will be working on applying for available grants at the

county and state level to aid in implementing storm water projects that are identified in our comprehensive studies.

These are difficult times that demand a lot from all of us. We have proven thus far that we are a strong community and will get through this together. Thank you for all that you are doing—and for being a part of our extraordinary town.

With gratitude,

Paul Miscione, New Hartford Town Supervisor

New Hartford School Board Members Cindy Chan Phillips and John Jadhon Recognized with Board Mastery Award

The New York State School Boards Association (NYSSBA) has awarded New Hartford Board of Education members Cindy Chan Phillips and John Jadhon with the Board Mastery Award, which recognizes the extensive time and effort required of school board members who continually strive to expand their knowledge and skills for better board governance. Per Superintendent Robert Nole, "Cindy and John have devoted much of their time to ensure quality education is provided to the students of New Hartford. The vision and information that they bring back from training sessions is immeasurable."

Phillips has been on the New Hartford School Board since July 2017 and Jadhon since July 2011. As NYSSBA members, they have participated in numerous "School Board U" leadership training opportunities including the Annual Convention and regional workshops.

Interesting 4th of July Facts:

https://www.softschools.com/facts/holidays/the_4th_of_ july_facts/778/

Of the 56 who signed the Declaration of Independence, 8 were from Britain.

Edward Rutledge was the youngest signer of the Declaration of Independence at 26 years old, and Benjamin Franklin was the oldest at 70 years old.

The 4th of July was declared a holiday for federal employees in 1870.



As always, I am personally available to answer any questions or concerns at 315-534-2998 or e-mail me at rsherman@townofnewhartfordny.gov. Please enjoy your July holiday and stay safe!



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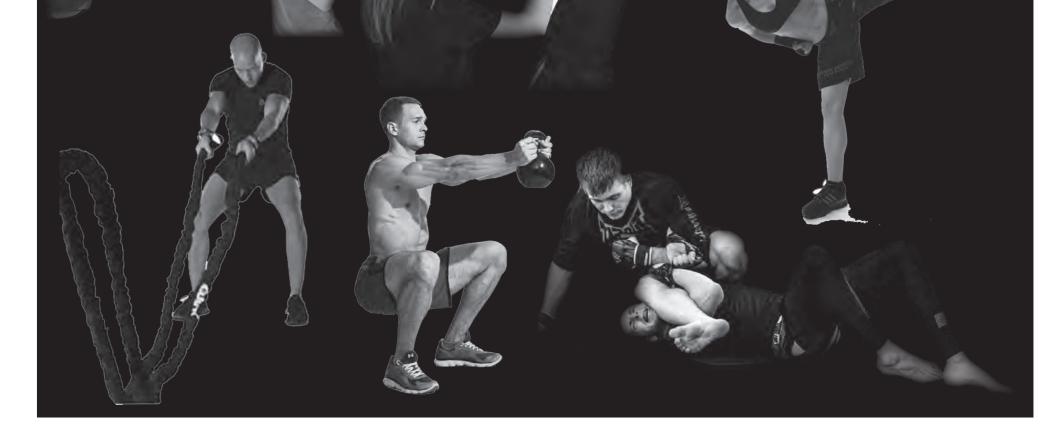


WE'RE BACK! Reopening Monday, July 6th New Schedules and Protocols Call for Details.





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NH Chamber News

THE TOWN CRIER



Tuesdays from 3-7pm at Sherrill Brook Park

We are committed to being an outlet for healthy local foods, while safeguarding our farmers, consumers, and communities from the spread of COVID-19.

The following guidelines are for the New Hartford Farmers Market.



Thank you for your cooperation and for supporting local farmers! www.NewHartfordChamber.com

Welcome New Members

Dapper Dan Dry Cleaners AirWell Duct Cleaning The NH Farmers Market is pleased to feature the following vendors at our market this year:

Utica Soap & Full of Beans Coffee & Poplar Hedge Farm Rainforest Spice & Kingfisher Farm & Kids Market Utica Bread & Utica Bagels & Farm Assist CSA Savicki's Farm Market & Blue Sky Ranch & Blunts Berries Shaw's Maple Products & Exeter Park Produce and Garlic Goatchard Farms & LaBella Flower Truck

The first two weeks were a great success with over 340 guests the first week and over 500 the second week.

Each week, we will also welcome various Food Trucks during the entire Farmers Market, 3-7 p.m.

You can pre-order for contactless pickup at the market with many of our vendors. Please look for their websites or Facebook page for details. Please check out and like our Facebook page so that you will know about our weekly market updates.

A special thank you goes to Nirvana Water for donating water for the whole season to be distributed to our vendors throughout the market days. Also, thank you to **Ward Arcuri Law Firm** for the hand washing stations provided and for allowing Market Director Nathalie Nerber to volunteer her time at the market each week.

If you have any questions about the market or if you would like to apply to be a vendor or a sponsor of our market, please contact Nathalie Nerber at (315) 580-2531 or nathalie@wardarcuri.com, or visit our New Hartford Chamber of Commerce website or Facebook page for more information.



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Buffer Zone Nail Salon

Please join us in welcoming and supporting these new members to our Chamber of Commerce. You can review their business profiles on www.NewHartfordChamber.com or navigate to their websites and/or Facebook pages.

You and your business can become members of the New Hartford Chamber of Commerce by simply completing a form on our website. Annual dues are only \$25 for Individuals, \$50 for small businesses and \$100 for larger businesses.

Several opportunities exist for members to get involved in committees and with the leadership of our organization. Please contact Membership Chair Eric Bjornland, owner of Technology Innovations CNY at 315-292-2366.

Welcome Dapper Dan's to our Chamber!

On Tuesday, June 16th, a small ribbon cutting ceremony was held to commemorate the Grand Opening of Dapper Dan's new store on Oneida Street. Dapper Dan Dry Cleaning is your go-to, full service dry cleaner in the greater Utica area. Whether you're an individual, or company looking for wholesale services, they can provide all of your cleaning, tailoring and preservation needs. Please join us in welcoming owners Vincent and Danielle Singe to the New Hartford Chamber of Commerce.



Filled to the Brim

Filled to the Brim

2020

Local pop rock band Filled to The Brim released their first album on May 1st. Filled To the Brim is made up of 5 local teens- Victoria Haggerty, 18, of New Hartford (lead vocals, ukulele); Owen Paz, 13, of Sherrill (keyboard, cello, background vocals), Alyssa Tomassi, 14, of New Hartford (drums, percussion, background vocals), Zack Tomassi, 17, of New Hartford (guitar)and Jack Towns, 14, of Whitesboro (keyboard, vocals). The group came together 2 years ago at Jim O'Mahony's Rock Camp in Marcy where they worked collectively to create original music and to reimagine a few cover songs. After their first Camp session, they had written an original song called "Turn Back The Time". That following December, the Band went to More Sound Studios in Syracuse to record "Turn Back The Time" as their debut single and released it on YouTube. They received great feedback and decided to make a music video. The video was Directed & Produced by Lisa Baron of Baroness Studios (formerly UpState Studios) and features the Band members as well as a number of local teens who served as extras. The video of "Turn Back The Time" can be viewed on YouTube. The Band then spent the next few months working together to write

new music which they perfected at last summer's Rock Camp. The end result was their first album.

THE TOWN CRIER

Filled To The Brim's self-named debut album contains 10 original songs and 1 unique cover. Their music ranges from Pop to Rock, Folk to Funk. It is available on all major streaming platforms, including Spotify, iTunes, Apple Music & more. Their album has been featured by a number of International Bloggers and has been placed on various lists including "Fresh Finds", "Undiscovered Gems", "When Indie Takes Over The World", "Coolest" & Freshest" to name a few. They have gained fans globally and are streaming in 48 countries with their greatest international fan base in The Philippines. The bBand has begun to perform around Central New York - including at The Boilermaker Expo, the Lourdes Bazaar and at Battle of the Bands in Syracuse.

The band looks forward to more live performances once that is a possibility. They have kept busy during this quarantine writing new original songs for a future sophomore album. In the meantime, you can follow the band on their website filled2thebrim.com or on Facebook, Twitter, Instagram and YouTube. Their album can be streamed on the above-mentioned platforms and on bandcamp.com where CDs are also available for purchase.



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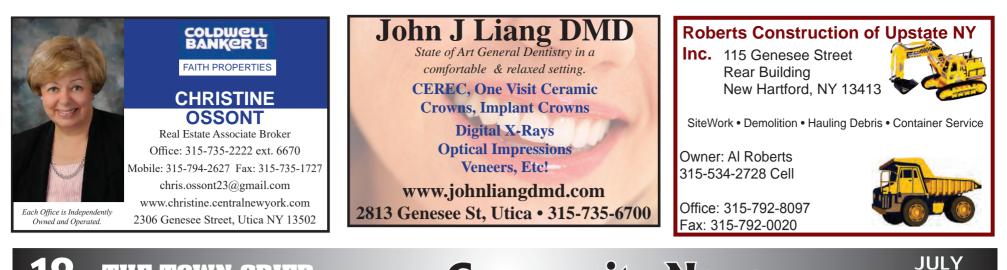
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THE TOWN GRIER

Lisa Zaniewski

Stinkin Lincoln

'Stinkin Lincoln' is a Captivating Tale of a Dog Cleaning Up After His Adventures in the Mud

Lisa Zaniewski, *a teacher in the Utica City School District*, has completed her most recent book "Stinkin Lincoln": a touching story about a lovely dog who gets dirty and is washed by his owner.

Lisa writes, "Spring has come, and Stinkin Lincoln can't wait to chase the birds, smell the flowers, and roll in the mud! Only one thing stands in his way...he needs



Community News

Stinkin Lincoln



a haircut and a bath! Poppa decides to trim him before Stinkin Lincoln can go outside and play! Read to see how Stinkin Lincoln transforms from a cotton ball of fur into a squeaky clean pup ready to play outside!"

Published by Fulton Books, Lisa Zaniewski's book shows the endearing nature of pets and their playfulness that baffles people yet tugs their hearts.

This book is truly a vivid masterpiece that reminds readers of the heartwarming effect pets have for their beloved owners.

Readers who wish to experience this exquisite work can purchase "Stinkin Lincoln" at bookstores everywhere or online at the Apple iTunes store, Amazon, Google Play or Barnes & Noble.

Interesting 4th of July Facts:

https://www.softschools.com/facts/holidays/the_4th_of_ july_facts/778/

It was 1938 before the 4th of July was declared a paid federal holiday.

In 1776, when the Declaration of Independence was signed, there were only 2.5 million people living in the U.S. Today it is more than 314 million people living in the United States.

There are many minor and major league baseball games held on the 4th of July each year.

Girl Scouts Host Free Virtual Info Sessions for Girls & Families

2020

The Girl Scouts of NYPENN Pathways (GSNYPENN) Council is hosting a series of free, virtual information sessions to introduce non-Girl Scouts and their families to the Girl Scout Leadership Experience. GSNYPENN welcomes new members at any time of year and is always looking for caring and trusted adults to serve as volunteers. Troops are still forming and meeting virtually during this time.

Through the Girl Scout Leadership Experience, girls try new things, challenge themselves and discover passions—all while developing friendships that last a lifetime. Whether preparing to explore nature and the great outdoors, expressing artistic talents, developing the next great thing, or participating in meaningful community service—Girl Scouts gain strong leadership and life skills as they have a blast and earn badges in just about anything that piques their interest.

Parent & Caregiver Chats provide an opportunity for adults to get to know the Girl Scouts. Sessions are the 2nd Tuesday and 4th Wednesday of the month from 6:30-7:30 p.m. Programs are scheduled now through December. Search "parent caregiver chat" at gsnypenn.org/events to register for the date that best fits your schedule.

Daisy Discovery sessions for girls in Pre-K and kindergarten and their families allow girls to work towards their first patch and launch their Girl Scouts journey. Girls and adults use separate screens to participate in breakout rooms. Staff will discuss the program with adults while girls participate in an engaging activity. Sessions are offered a few times a month from 11 a.m.-12 p.m. or 6:30-7:30 p.m. now through August. Search "daisy discovery" at gsnypenn.org/events to register for the date that best fits your schedule.

Questions? Contact GSNYPENN Customer Care at 1.855.213.8555 or info@gsnypenn.org.

Girl Scouts serves girls in grades K-12. Annual membership is \$25. Financial assistance is available. To register a girl online, visit gsnypenn.org/join. To become an adult volunteer, learn more at gsnypenn. org/volunteer.

American Independence is also celebrated in Denmark each year.





NH Fire Dept. News

NHFD News

Your New Hartford Volunteer Fire Department responded to 63 alarms during the month of May 2020 as indicated by the monthly call report listed below by category:

Fires	=	0	alle.
EMS	=	25	a G
Hazardous	=	1	NUNY FIRE
Service Type	=	15	
Good Intent	=	3	
Other Alarms	=	19	EST. 1901
Mutual Aid	=	0	A A A A
Weather Related	=	0	and the
Other	=	0	

Total Calls for the Month of May 2020 = 63.

Total calls year-to-date through May 31, 2020 is 399. 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.

WE REMEMBER and **HONOR OUR FALLEN BROTHER AND SISTER** FIREFIGHTERS

For the first time in the history of the New Hartford Volunteer Fire Department, along with our great community, we did not host or celebrate this year's Memorial Day weekend with the New Hartford Memorial Day Parade and Open House and many other activities as normally the case.

Instead, with everything going impacted by - COVID 19 - and the changes that each of us has encountered, we felt it necessary to express an enormous "Thank you" not only to our front line workers who have endured tremendous obstacles but to all the first responders and the members of the New Hartford Volunteer Fire Department who we remember in a special way for their dedication and service to our community.

As is our custom to acknowledge and honor our fallen brothers and sisters during the department's Open House, which did not take place this year, we take this opportunity to recognize these outstanding individuals who served our community with pride and distinction.

Therefore, at a meeting held by this association on January 6th, 1932 - It was ordained that this expression of esteem and honor - For faithful and active service be perpetuated. FRANCIS G LONG GEORGE S CORBETT VICE PRESIDENT LEVI T COLE VICE PRESIDENT CARL H RICE **RICHARD H YULE** FOREMAN WILBUR G TOVEY CHIEF JOSEPH P CORBETT PRESIDENT CARSON B CUNNINGHAM JOHN F SEATON FRANK A PROCTOR DONALD W HICKS CHIEF JAMES F DOYLE **ROBERT E BERG** PRESIDENT ROBERT J CAMPBELL CAPTAIN RAYMOND F SCHAFER FOREMAN WILLIAM H ROMAN

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FIRE POLICE CAPTAIN PETER J HALL FOREMAN JOSEPH A FERRIS FOREMAN CHARLES H WILLIAMS ASSISTANT CHIEF ALBERT R BOLTON PRESIDENT THOMAS S WILSON **RICHARD E SHAW** LIEUTENANT FRANCIS J FRANK ALTERNATE GEORGE F WADSWORTH FOREMAN MILTON A GASKELL TRUSTEE BERNARD F GREEN FREDERICK C STEWART FOREMAN STANLEY F RENTON CHIEF ROBERT O MORRIS LOUIS J BILLINGHAM VICE PRESIDENT LEO C TOWNSEND **ELDON W GRIFFITHS** ALBERT L MATTY CAPTAIN WILLIAM V KELLY DEPUTY CHIEF WILLIAM E INGLIS DOCTOR PRESTON R CLARK CHIEF JAMES F MULLEN TREASURER ROBERT DODGE J RICHARD WILLIAMS FIRE POLICE CAPTAIN REED J FANCHER CHIEF EDWARD H HANLEY CHIEF JOHN J SALTER ALTERNATE DONALD M KOWALSKI ASSISTANT CHIEF JAMES M CAMPBELL CARL E GILL LIEUTENANT GEORGE J WINN CHIEF EDWARD ROMAN JR DISPATCHER RICHARD M LOCKWOOD FOREMAN EVAN E ROBERTS LIEUTENANT JAMES B MATTESON PRESIDENT JEROME K MADDEN FIRE POLICE LIEUTENANT FRED E LUKER JR TITO J RAPPA ASSISTANT CHIEF BURTON W AMBROSE ASSISTANT CHIEF GLENN A GRIFFITHS DEPUTY CHIEF ROGER J DILLON **RECORDING SECRETARY GLENN E DAVIES** RECORDING SECRETARY ROBERT PECKHAM MURPHY J SHERWOOD **BERNARD R WOOD** FIRE POLICE LIEUTANT WILLIAM G MARTIN CORLIS R YAHNKE FIRE POLICE CAPTAIN DOUGLAS A BOWMAN LESLEY F MEEKER PRESIDENT J RALPH PUGH CAPTAIN JOHN W BLUMENSTOCK FIRE POLICE LIEUTENANT CHARLES W EBENSPERGER FORMEN FREDRICK W STEWART LOUIS J SHERWOOD DOCTOR RONALD J GOLDSTONE **RECORDING SECRETARY PETER N HENSEL** LIEUTENANT LESLIE J DEAN DEPUTY CHIEF MONROE B FOX ASSISTANT CHIEF GILBERT P SHULZ FIRE POLICE LIEUTENANT JOSEPH B KOLB LIONEL J LEPAGE VICE PRESIDENT JOHN E DOYLE LIEUTENANT HARRY N HAYES ASSISTANT CHIEF HAROLD C LEWIS MAYOR NORTON C STANTON PRESIDENT STEPHEN V SCANLON JOHN A KIELAR ALTERNATE RUSSELL W DUNN FIRE POLICE CAPTAIN JOHN A HOFFMAN THOMAS M DOYLE PRESIDENT RAYMOND P LUKER

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THE TOWN CRIER





Victor J. Fariello Jr.

August Madison-Bouckville Show A Go!

Although the June antique show on Rt. 20 in Bouckville was canceled due to the Covid 19 pandemic, organizers have announced that the August Antique Week will go on as scheduled. The dates are August 10-16, 2020. This is welcomed news for the thousands of faithful attendees who make the annual pilgrimage down Rt. 20 for this spectacular event. With its 2,000 vendors featuring antiques and collectibles of every type and vintage, summer just wouldn't be the same without it!

Doubling Time Even Less!

In a recent column I wrote about quality antique glassware having a steady growth of 5%. I stated that with that growth your investment would double in 20 years. Well, it turns out that the doubling time for anything growing at 5% is only 14 years! I stand corrected.

Still Time for Reader Challenge

In the April edition of "Antique Talk" we introduced a Reader Challenge, asking you to report on your "Best Find of the Season" an antique or collectible you purchased at a garage sale, estate sale, antique shop or even online that you think should be recognized in this way. The deadlines for entries was not realistic in light of the Covid 19 pandemic, so we extended them into the fall. Now that these sales are in full swing, you have plenty of time to find that special item.

Here's how it will work. Readers are asked to submit a photo and brief description of the item and how they acquired it (garage sale, estate sale, auction, etc.,) The item must be purchased between April 1 and September 30, 2020. Entries must be received no later than October 10, 2020. You can mail your entry to Antique Talk, PO Box 194, Washington Mills, NY 13479 or email it to vjfariello@gmail.com. Tell me why you think your item is the "Best Find of the Season."

Now for the prizes:

FIRST PLACE: Set of Antiques & Collectibles Price Guides Collection-Warman's, Kovel's and Antique Trader; and a 1-year subscription to The Magazine Antiques.



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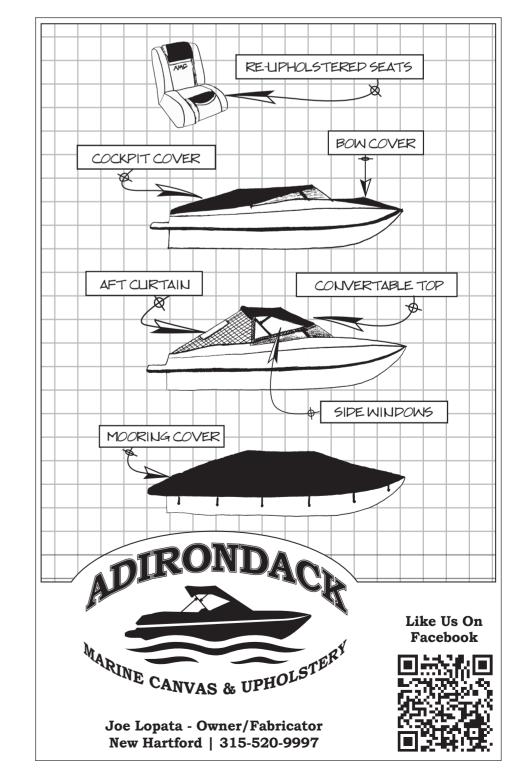
Consider Joining Questers

The J. Schoolcraft Sherman #1519 Chapter of the Questers is an organization in New Hartford dedicated to preservation, restoration and education of historical places, artifacts and antiques. We hold meetings the first Monday of each month (except July and August) at the NH Library. You can learn more about Questers at questers1944.org or visit us on Facebook by searching "lovoldstuff". If you have any interest in joining our group, email me at vjfariello@gmail.com.

Support Your Historical Society!

The best bargain in town is membership in the New Hartford Historical Society. The cost is \$12 for an individual, \$17 for a family and \$2 for students. Make your check payable to 'NH Historical Society' and mail to PO Box 238, New Hartford, NY 13413. If you are not already a member, why not consider a gift of membership to yourself or someone else. These dedicated folks are preserving our local heritage! Send your check today!

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



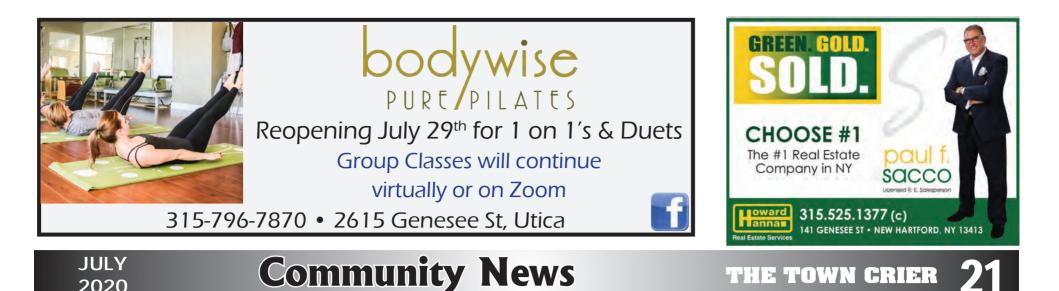
SECOND PLACE: Warman's Antiques & Collectibles Price Guide.

THIRD PLACE: 1-Year Subscription to Antiques Trader Magazine.

Multiple entries are ok. If you're not sure which of your finds is the best, send them all in and increase your chances of winning. I'm anxious to see what you find!

Happy Collecting!





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2020

DISASTER SERVICES LLC. (315) 797-1128 **NEW YORK STATE LICENSED** MOLD REMOVAL

Attic and Basement Mold

Attics are one of the most common areas of mold growth in the home. Attics tend to have the perfect conditions for mold growth (hot, humid, and an abundant food source with the wood framing and sheathing). Most homeowners may go up in their attic seldom if ever so the mold problem is allowed to grow undisturbed sometimes for years! Many homeowners first learn about their problem right before they sell their home. The buyer's home inspector notices the mold in the attic right before the closing date, which causes both buyer and seller to panic, often putting the whole deal in jeopardy. The good news is that this scenario can all be avoided by quickly checking your attic a few times a year for mold and dealing with it promptly if you do find a problem.

What are the signs of an attic mold problem?

Dark black staining on wood surfaces, both the underside of the roof sheathing and also the framing lumber itself. If the wood in your attic shows any black discoloration, a spotty or solid pattern the problem has moved beyond moisture and you may have mold that should be removed.

What causes attic mold?

Generally speaking, attic moisture problems that lead to mold growth are most often caused by:

in the roof sheathing, joists, etc. and eventually cause wood rot and reducing the life of your roof. In addition to fixing the moisture problem or underlying cause of the mold formation, you also need to get rid of the mold properly. Disaster Services is a NYS licensed mold contractor that can evaluate and thoroughly explain the different removal options available to you. From attic mold to basement mold and everything in between, Locally owned and operated, Disaster Services has served the area for over 30 years in all phases of fire, water and mold damage to a property. We set the bar for standards and guarantee all of our work. We are NYS licensed and properly insured for both mold removal and fire/water mitigation services. Give our office a call anytime at 315-797-1128 to speak directly to a trained technician.

Electrostatic Disinfection Technology

This process gives peace of mind, knowing that you've gone above and beyond routine cleaning, and you're using technology that has data to back up its kill claims.

What is electrostatic disinfection?

Electrostatic disinfecting is a way of quickly and evenly coating a surface with an EPA registered disinfecting solution to a targeted surface using electrostatic force of attraction. It works by using an electrode to introduce an attractive charge to the disinfecting or sanitizing product and atomizes the solution, using an air compressor to generate a quiet, but powerful liquid flow. Because the solution's particles are electrostatically charged, they are attracted to surfaces with a force stronger than gravity, allowing the solution to reach and uniformly coat even hard-toreach surfaces.

Does electrostatic disinfection work?

Yes it does. Electrostatic spray is electrically charged, allowing the appropriate sanitizers, and disinfectants to wrap around and evenly coat all types of surfaces for a more complete clean. Surfaces that are already covered will repel the spray, making the method extremely efficient.

The Benefits of Electrostatic Disinfecting:

Electrostatic disinfection is an innovative method that saves time, energy and costs across the board because

coronavirus. Disaster Services cannot guarantee with 100% certainty the total eradication of it.

HOW DO WE CLEAN CORONAVIRUS?

Coronavirus has quickly gained a reputation for being particularly insidious. It can survive on surfaces for up to 17 days and people infected by the virus don't show symptoms until approximately two weeks after infection, making it difficult to track and contain. This is why having a trusted, professional remediation company on your side is so important. Electrostatic disinfection can offer you the best possible, complete coverage of your space which when complete will allow for routine maintenance in high touch areas.

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We use CDC approved and EPA registered industrialstrength disinfectants with a broad spectrum kill claim All infected materials are cleaned, disinfected, and when necessary, properly disposed of as biohazard waste.

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We adhere to a stringent coronavirus demobilization process for our equipment, trucks and waste storage areas.

Not all cleaning services have the right tools to stop the spread of disease or the technology to ensure each surface is treated with attention and care. Disaster Services is certified OSHA regulation (29 CFR 1910.1030) and makes use of advanced technology to effectively and efficiently clean even the most hard-to-reach areas. We use electrostatic disinfection technology, a tool used to apply disinfectants and sanitizers to 3D surfaces for a 360-degree complete clean. Electrostatic disinfection technology is a great tool in supplementing the everyday cleaning techniques.

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Blocked or Insufficient Ventilation

Vents

Roof Issues/Leaks

Frost buildup on the underside of the roof sheathing in winter - When it's cold enough outside, water vapor in an attic with improper ventilation can freeze on the conventional methods. underside of your roof.

Heat escaping into the attic from an access panel or door.

evaluation of the attic area if mold is discovered for the following reasons:

The number one reason is health concerns. Air can be depressurized and pulled down from the attic into the livable space. This means it is possible for spore transfer from the attic air to enter livable spaces from the attic and affect the health of the occupants. Water and mold problems in the attic can deteriorate wood

it presents a more efficient alternative to traditional Improper Exhausting of Bathroom Fans or Dryer cleaning techniques and cleaning solution applications. Below are some of the many benefits of using an electrostatic system.

> Reduces the time it takes to cover and disinfect all surfaces and hard-to-reach places by 50% compared to

> Improves infection control and the spread of viruses such as influenza, MRSA, HIV and many others.

Avoids cross contamination and the movement of Disaster Services highly recommends a complete bacteria from one surface to another by hand cleaning. • Home Owners • Businesses • Nursing Homes • Hospitals • Day Care • Schools

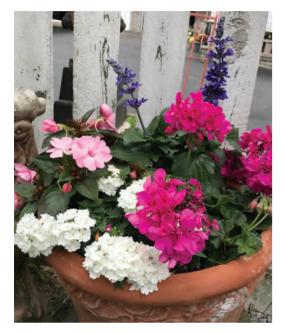
> Disaster Services is OSHA certified as per regulation (29 CFR 1910.1030). We follow and exceed protocols made known by the Center for Disease Control however, there is no testing that exists to ensure total elimination of the coronavirus. Disaster Services guarantees that its cleaning protocol curbs the spread and threat of





THE TOWN CRIER

Community News



Summer Days by Shelley Corey of The Mum Farm

Outdoors is our safe place. Not only are we enjoying the great upstate New York summer, but our yards are now a safe place to gather with our small circle of friends, while social distancing and enjoying everyones' company. As evidenced by my business, everyone wants their yards to be filled with beautiful annuals and possibly a selection of well-chosen vegetable plants and prized culinary herbs. I thought this month I'd address some of the common problems we run into with our outdoor plants.

A plant will show one symptom for many reasons. They just don't have all the facial expressions that we humans do! The most common signal that something is wrong with a plant is that the leaves turn yellow. You'll be amazed there are so very many reasons for this to happen. I often list off the multiple reasons and my customer will smirk and say, "that's probably the reason". Here's this list; too much water, not enough water, too much fertilizer, not enough fertilizer, too much sun, not enough sun. Usually when I tell someone this, within a few seconds they can figure out which one it is. Too much water; has it rained recently and the hole in the bottom of the pot is plugged? Or was this a new pot and the hole was never punched out or drilled? Is it possible that where the pot has been placed the drainage hole has become plugged with contact from

the yellow leaves, then the crispy brown edges and if to keep them all looking good, but that's what summer its gone too far...brown dead leaves that fall off! Oh, is about; getting outside, caring for your yard and dear! That poor plant! Too much fertilizer is rarely the outdoor entertaining. I think we'll all be smiling this reason (the serious fertilizer users might be culprits!). Under-fertilization often is the key and that shows up about 2-3 weeks after your plant left the grower and was in your care. Growers fertilize their crop depending on the plants' requirements, the weather, the age of the plant...in other words they are giving the plants optimum food. Then you bring it home and it goes on a starvation diet!

Too much or too little sun is easily remedied by moving the plant. Remember, the first question I always ask a customer ... "Is your location sun or shade"?

Now we can discuss holes in the leaves and chewing. When you see this kind of damage, you have to really put your thinking cap on. Sometimes it is as simple as a very hard rain or hail. Don't jump to the conclusion that it's pest damage and start spraying with whatever you've got in the garage. Pesticide control is serious business and you simply must know what pest you are dealing with. Look very closely at your plants, look at them in the evening...are the slugs coming out and chewing? Do you see slime trails in the morning sunlight? I always recommend that you put some plant risers, or spacers under your containers, not only does it help with drainage, but it reduces the incidence of slugs, snails and earwigs from gathering in that nice damp spot under your pot. just some small pieces of lathe will help with air circulation under the pot. If you do see pests, at least you have identified them and then you can take appropriate action.

Is it animal damage? Then an animal repellent spray may be in order. Believe it or not, there are ones out there that work! They smell terrible when first sprayed, but when dry, we can't detect it and the critters can.

Don't forget to transplant or divide those houseplants and give them a summer vacation outside in a shady spot! You'll be rewarded with amazing looking houseplants once it's time for them to come back indoors.

This spring seemed to go so very quickly once the warm weather arrived. For the last few weeks, I have used every spare minute searching the farm for containers to plant into. Now every single window I

Now let's dig in a little deeper. Too dry? First come joy it brings me! I know I'll have a job to do every day summer... even the plants in their own special way!

2020



Johnson Receives Court of Honor

Connor Johnson, from Troop 4 of New Hartford, received Eagle Scout Court of Honor. Connor is a junior honor student at New Hartford high school who has volunteered at both the Utica Boilermaker kids run and the Utica National children's Christmas party. Besides participating in cross country track, he is a recipient of the New Hartford Central scholar athlete award. Upon graduation next year, Conner intends to pursue a degree in chemical engineering.

the earth? Are you just plain overwatering it and not giving those roots time to dry out? Remember from past articles...roots need moisture and air!

look out, I can see planters filled with annuals! What



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Gary Falchi's 315-737-8577

'Cleaning for Health'

In light of the Governor lifting the NYS on PAUSE orders, Gary Falchi's Carpet Cleaning will resume all cleaning and sanitizing services in the Mohawk Valley. Moving forward, all employees will practice enhanced safety protocol to preserve the health and welfare of our valued customers. We're here when you need us.

Thank you, Gary Falchi

JULY 2020

Community News

"I look forward to building on the accomplishments of my predecessors in working alongside the NAAC Board of Directors to positively impact our industry and empower its many talented professionals."

NAAC is in its 24th year and serves as the professional and educational association of compliance administrators. NAAC is administered by the National Association of Collegiate Directors of Athletics (NACDA), which is in its 56th year.

Donovan graduated, with honors, from the University of Miami in 2009 and received his Master's Degree in Sports Administration from Marshall University of 2010. He is the son of Jerome and Donna Donovan of New Hartford, and lives in Knoxville, TN, with his wife, Kendall Acho.

Curiosity Killed the Cat

Submitted by Kristy Lenuzza

Curiosity may have killed the cat.

And our lack of curiosity is killing humans.

Don't worry about the cat. The cat has nine lives. Humans have one.

Curiosity is a practice. It takes conscious awareness to notice when you slip into auto-pilot thoughts, beliefs, and reactions.

Curiosity is a choice. It takes courage to question where you came from, how you were programmed, and if it's still what you now want to believe.

Curiosity is essential. It challenges you to catch yourself when you assume you know the answer, the person, the situation, and take the riskier road of admitting you don't know.

Curiosity is listening. It's paying attention and staying in that space with an open heart and mind even when, especially when, it's uncomfortable.

Curiosity is the way. It allows you to suspend judgment so that you can sustain empathy, compassion, and respect.

Stay curious. Human lives depend on it.

Not "now more than ever". Always.

Kristy Lenuzza is a writer and founder of Sow to Speak, a company whose mission is to rehumanize the workforce once and for all through individualized coaching and group communication training programs. Subscribe to Sow to Speak's e-newsletter and learn more at www.kristylenuzza.com.





Interesting 4th of July Facts:

https://www.softschools.com/facts/holidays/the_4th_of_ july_facts/778/

James Monroe, a Founding Father but not signer of the Declaration of Independence also served as a United States President. He died on July 4th, 1831.

The only United States President to date who was born on the 4th of July was Calvin Coolidge. He was the 30th President and was born in 1872.

The Philippines also celebrates the 4th of July, but to commemorate the day they achieved Philippine Independence in 1946.

On Independence Day, approximately 155 million hot dogs are eaten in the United States. July 4th is considered to be the biggest hot dog holiday each year.

The Liberty Bell is tapped 13 times on every July 4th. It cannot be rung for fear of cracking the historic bell. It has not been rung since 1846.

John Adams and Thomas Jefferson pushed for the bald eagle to be the national bird, while Benjamin Franklin pushed for the turkey. John Adams and Thomas Jefferson won out.





Donovan Appointed President of NAAC

Andrew Donovan, a 2005 graduate of New Hartford Senior High School, has been appointed president of the National Association for Athletics Compliance (NAAC) for the 2020-21 membership year.

Donovan is the Senior Associate Athletics Director for Regulatory Affairs for the University of Tennessee.

A member of the Tennessee Athletics senior leadership team since 2015, Donovan is responsible for overseeing all areas of a comprehensive compliance program for Tennessee's 20 intercollegiate athletics teams and serves as sport administrator for the Volunteers' soccer and track & field/cross country programs.

"Andrew is going to have a significant voice in college athletics for a long time," Tennessee Director of Athletics Phillip Fulmer said. "He's an incredibly sharp administrator, and we're proud to have him represent Tennessee in this important national role."

In addition to serving on UT's Intercollegiate Athletics Board and Faculty Senate Athletics Committee, Donovan is the athletics department representative to the Institutional Compliance Committee, which is responsible for reviewing and ensuring compliance across all facets of the university.

"It is an honor and privilege to serve as president of NAAC," Donovan said. "Having been involved with the organization for the past decade, I have witnessed the tremendous impact NAAC has made on professionals within the compliance industry and

throughout intercollegiate athletics.

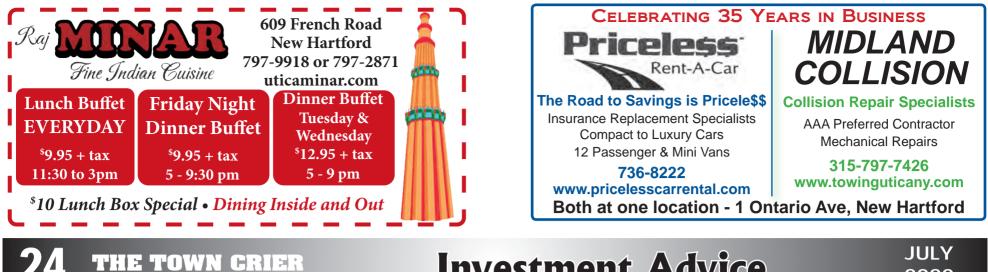


DANIEL T. DREIMILLER Certified Public Accountant

23 Campion Road, New Hartford ph: 315-749-7076 fax: 315-749-7085 dan@dreimillercpa.com

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Investment Advice



Four Ways to Invest More Confidently in a Volatile Market

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

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

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

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

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

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

2. Know what to expect from your assets. Some investors lose confidence because they don't fully understand how their investments work. In that case, McMillion says, some knowledge of typical asset behavior is a good thing.

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

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

U.S. large company stocks," she says. "Your portfolio, if it's diversified as it should be, probably isn't going up and down to the same degree as these stocks. Your portfolio changes are probably much more moderate."

2020

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

Wells Fargo Investment Institute, Inc. is a registered investment adviser and wholly owned subsidiary of Wells Fargo Bank, N.A., a bank affiliate of Wells Fargo & Company.

This article was written by/for Wells Fargo Advisors and provided courtesy of Christopher J. Carbone, CFP®, AWMA®, LUTCF®, First Vice President

- Investment Officer, Financial Advisor. Clinton, New York (315) 723-7386 Investments in securities and insurance products are: NOT FDIC-INSURED/ NOT BANK-GUARANTEED/MAY LOSE VALUE

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Bear Foley and his aunt, Jade Foley, the owner of 69 Steakhouse, Cheryl Rondenelli, Commercial Drive Store Manager and some of the leadership team.

However, investors usually don't need to react to the everyday financial news, no matter how topsy-turvy things may seem. "Remember: The U.S. news tends to report on a very small slice of available investments, particularly

Now's the time to invest in your financial health

These may be your earning years, and retirement may feel like a lifetime away. But now is the time to lay the financial foundation for your future. Commit to making an investment in your long-term financial health by scheduling a fiscal checkup.

Call for a complimentary portfolio consultation and a discussion about healthy investing for your future.



Christopher Carbone, CFP®, AWMA®, LUTCF First Vice President - Investment Officer

178 WoodsParkDhie Clinton, NY 13323 Mobile: (1315) 723-7386 christopher.carbone@wellsfargoadvisors.com https://fa.wellsfargoadvisors.com/christopher-carbone

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Car # 1219-00965 A2085

Thank You

On behalf of all of the associates and store leadership at the Commercial Drive Hannaford, we say THANK YOU to this very generous customer and 69 Steakhouse for providing the awesome food and appreciate your thoughtfulness. It is with great pleasure that we serve our customers and the communities that we operate in each and every day.

69 Steakhouse in Whitesboro, on behalf of a customer that wanted to remain anonymous, made a delivery to Hannaford. They provided single serve lunches for the entire team with local favorites with a letter to Team Hannaford on Commercial Drive that read:

'On behalf of a very generous customer, who would like to remain anonymous. We are providing lunch to you from 69 Steakhouse. This is to show gratitude to the employees who have been working on the front lines of the pandemic, day in and day out. You are all SO APPRECIATED. Thank you for showing up, despite the risk and fears. You are truly part of the unsung heroes that work everyday out of the limelight. We hope you enjoy this small gesture of thanks. Thank you for everything you do for the community you serve.'

American Legion New Hartford Post 1376

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

Take Outs Available

Friday Night Fish Fry Serving 4-7pm Through May

Please check our Outside LED sign for scheduled events. Serving

Room Rental Available Upstairs for any type of party. Handicapped Accessible. Please contact caterer, Sam Tantillo at (315) 749-3853 for more information.

2020 NH Historial Society News THE TOWN CRIER 2

NEW HARTFORD PAST TIMES

JULY 2020

NEW HARTFORD HISTORICAL SOCIETY

Father & Son Doctors tend to New Hartford residents for nearly 70 years.

Dr. Arthur P. (Preston) Clark was born July 31, 1880 in Adams, NY and later moved to Jordan, NY. He attended Union College and then Albany Medical College graduating in 1905. While attending college, he married Mabel Robinson in August of 1903. After graduating, Dr. Clark and his wife moved to and settled in New Harford.

Dr. Clark was company physician of the New Hartford Fire Department from April of 1907 until August of 1915. Dr. Clark also served as Oneida County's Coroner for many years, medically investigating any untimely death, while also making house calls from his home at 76 Genesee Street. He was often seen in his black Model T.

The Clark's had 3 children. Florence Elizabeth, born 1906. Preston Robinson, born 1908. And Mildred Frances born 1911. After his first wife Mabel passed away in 1928, Dr. Clark married Nan Reid Coy of New York in April of 1933. In 1931 he married Mary MacKay in New York City. They had 3 children. Evelynn, Catherine and Preston R. Junior.

Dr. Clark followed closely in his father's footsteps. He lived in and began practicing medicine out of the family home at 76 Genesee Street in the Village. He too served as Oneida County's coroner for 36 years. He was elected Oneida County coroner in January 1936, succeeding his father who served 21 years prior.

In January of 1941, Dr. Preston Clark was appointed company physician of the New Hartford Fire Department and served 31 and 1/2 years until his untimely death at just 63 in June of 1972. At the time of his passing, Dr. Clark was pumping out the basement of his home at 107 Genesee Street. When the new fire station was built in the Village in 1973, it was dedicated in memory of Dr. Preston Clark.



BECOME A MEMBER!

Please stop in to visit us and consider becoming a member. Membership fees are \$12 for Individual, \$17 for families, \$2 for 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 315-724-7258 to schedule your group.

Museum is Open To the Public APRIL-NOVEMBER

Dr. Clark passed away at just 54 years of age on June 22, 1935. At the time of his death, he left behind his 3 children and a step-daughter Helen Reid Coy as well as his first grandchild Nan Irene Overhiser (daughter of Mildred). His son's 3 children would be born after his passing.

Dr. Preston R. Clark was born October 8, 1908. He received his A.B. degree from Union College and his M.D. from the College of Surgeons at Columbia University. Dr. Clark also served as Health Officer of the New Hartford Central School System, physician for the Order of the Eastern Star Home in Oriskany, treasurer of Faxton Hospital Board and an associate of St. Elizabeth Hospital and the Children's Hospital in Utica.

Dr. Clark served as an Army medical officer in Africa and India during World War II.

Yes, medicine did run in the family! In addition to father and son, Preston's son also became a surgeon and his daughter Evelynn made a name for herself in the nursing field. To be continued...... Mondays: 1-3pm The 3rd Saturday of the Month: 11am-2pm Or by appointment.

FREE ADMISSION

Village Point Apt. Building 2 Paris Road – 315-724-7258





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 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, 6:30, Prayer Meeting Thursday Evening, 6:30, College/Career Ministry Vebsite: crosspointchurchonline org 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) Sunday Service of Holy Communion at 10am followed by

Faith in New Hartford

sion, Deacons and some committees have been held online in Fall/Winter worship: observance of CDC guidelines. The church's annual spring rummage sale has been cancelled. Readers should visit the church's website, www.newhartfordpresbyterian.org, or call the church office at 315-732-1139 for updates.

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. All are welcome.

UNITARIAN UNIVERSALIST CHURCH 10 Higby Road, Utica NY 13501

Visit our website: uuuticca.org Minster: The Rev. Erin Dajka Holley (315)381-8987 Sunday morning services streaming 10:30 AM July 5, 2020 Sky Williams-Tao, guest speaker - Sky Williams-Tao is a student at Starr King School for the Ministry in Berkeley, California. They have just completed a year as Ministerial Intern with the First Unitarian Universalist Society of Syracuse. Sky has also worked for the UU Congregation of Phoenix and for Rev. Susan Frederick-Gray's campaign for Presidency of the UUA.

July 12, 2020 - Join the UU Utica Inclusion Team "Alphabet Soup: What does it mean to be LGBTQIAP+ and a UU?"Join UU Utica's Inclusion Team to travel through UU history in recognition of past and present efforts by LGBTQ+ members to bring diverse perspectives and voices to the forefront of church conversations.

July 19, 2020 "Just This Moment" Rev. Erin Dajka Holley. In this digital age, as we photograph, record, and post so many of our experiences to the internet, it is getting more difficult for pieces of our lives and our souls to exist only in their singular moment. Where and how do meaning and spirituality exist as photographs of our meals will survive forever in some corner of the internet?

July 26, 202) - "Spiritual, not Political" Rev. Erin Dajka Holley - Join us to explore the ways in which political and activist action are based in Unitarian Universalist theology and spirituality.

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 Fr. George Goodge Sun - 9am Matins Sun - 10am Liturgy Wed - 5:30pm Vespers Bookstore hours: Ôpen 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.

9am - Sunday School & Adult Bible Study 10:30am - Worship is led by our Pastor, Peter Saie Handicapped accessible.

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

ST. VOLODYMYR THE GREAT UKRAINIAN

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

LIFE IN CHRIST FAMILY CHURCH & BIBLE SCHOOL 25 Robinson Rd. Clinton - 315-853-1582. www.licfc.org Pastors Peter & Addie Forrester Adult Sunday school 8:45 AM Sunday Service 10 AM (Nursery & Sunday school provided) Thusday Night 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 April 5th, 10am Good Friday April 10th, 7pm Easter "Resurrection" Day April 12th ,10am

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. Bunger. 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 Rev. Michael H. Terrell 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

fellowship

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 Rev. Heather Benson Officiating Service at 10am Holy Eucharist Every 2nd and 4th Sunday

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

Sunday School programs for children and adults have been in hiatus during the coronavirus pandemic. Meetings of the Ses-

WESTMINSTER-MORIAH-OLIVET PRESBYTERIAN CHURCH

Interim Pastor Rev. Dr. Mark S. Caruana Music Director Richard Crawley Worship service: Sunday 10:30 a.m. 714 Washington St., Utica. 315-732-6518, www.wmoutica.org. find us on Facebook & Twitter Handicapped accessible

NORWICH CORNERS CHRISTIAN CHURCH

10233 Roberts Road, Sauquoit - 737-0757 WHERE JESUS IS LORD! Pastor Walter J. Wharram, Jr. Sunday Morning Prayer - 8:30am Sunday School - 9:30am Sunday morning Worship Service - 10:30 Mid-Week Bible Study - Tuesdays 7pm Summer Hours - Beginning 7/1/18: Sunday Morning Prayer - 8:30am Worship Service - 9:30am

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

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

Faith in New Hartford/ Senior Center News

ZION LUTHERAN CHURCH

630 French Road, New Hartford 315-732-4110 Sunday Mornings 10 AM Sunday Contemporary Service 12:15 PM Email: office@zionluth.com Website: www.zionlutheranNy.org Facebook: Zion Lutheran Church, New Hartford NY Handicapped accessible

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

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

BIBLE BAPTIST CHURCH

4431 Middle Settlement Rd., New Hartford, NY 13413 Brian Demers, Pastor Sunday School for all ages: 9:30 a.m. Sunday Morning Worship Service: 10:45 a.m. Sunday Evening Bible Study: 5:00 p.m. Wednesday Evening Bible Study and Kids4Truth Children's Program: 6:45 p.m. Handicapped accessible. Nursery Provided. www.biblebaptistchurchnewhartford.org

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

NH Senior Center News

submitted by the senior center staff

This article is being written in mid June, we are very encouraged to be in Phase 3 of the re-opening. We are all glad to be out and about more, but do need to be cautious still, and wear our masks and practice safe distancing. Hopefully, we continue to move forward and by July will be in Phase 4 without any setbacks. Our senior center has not yet been told when we can re-open, but we will let you know as soon as we can. We get many calls inquiring about the AARP Driving classes and tax preparation. We can not set any of these dates until we are allowed to re-open.

We are very sad to pass along that we have lost two of our regular seniors. Dave Fenton and David Geiser who were very active members following us from St John's to Willowvale and then to our new site at the Town Office building. We will sure miss both of them and our sympathies go out to their families.

We know all of our seniors are looking to get back to some sort of routine coming to the center to meet with friends. Be patient and it will happen. Some have told us they are doing puzzles at home or reading a lot or knitting and sewing, plus taking walks trying to stay busy and healthy. Keep this up for your mental health too. We miss all of you and hope to see you soon. We have included a few pictures to remind you of our good times.

We need to clarify that yes, the Red Cross did hold a blood drive in our room. It was by appointment and with screening at the door. We did not organize this and there was no meal or gatherings at our tables. We are glad to share our room with them. We hope all Dads had a good Fathers Day with family. Have a great 4th of July weekend, but stay safe.

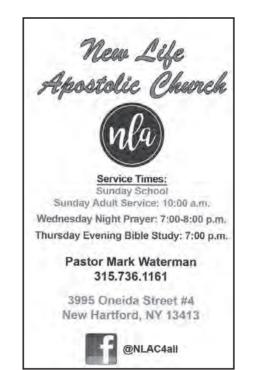












TEMPLE BETH-EL

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.



