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June 2020

Standard  
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Permit # 566  
Utica NY

## SUMMER BY DESIGN Outdoor Arts & Crafts Camp

Classes taught by NYS certified home & careers teacher Kathleen Deck  
Contact: 315-794-4158 • SummerByDesignCrafts@gmail.com

### Summer By Design Arts and Crafts Camps Summer Sun and Creative Fun!!

New York Certified teacher Kathleen Deck is offering weeklong arts and crafts camps for children ages 7-14 on her tented patio at her New Hartford home.

There will be several camps to choose from with various themes. Just a sampling of topics covered include wearable art, recycle/upcycle sculptures and home décor, basic needle point/sewing projects, canvas painting, along with collage and decoupage creations.

Class size is limited to 12 students for the three-hour sessions Mon-Thursday. Cost is \$95 for the 4-day session that includes a small snack and art supplies. For more information call Kathleen Deck at 315-794-4158 or email [summerbydesigncrafts@gmail.com](mailto:summerbydesigncrafts@gmail.com). Visit us on Facebook

\*\*All CDC Covid-19 safety guidelines and procedures will be practiced



### John Lloyd Memorial Golf Scramble Update

Due to the COVID-19 pandemic and the concern for the health and safety of our friends and family, the committee for the Annual Make-A-Wish Golf Scramble in Memory of John Lloyd has cancelled this years event. The event was being held at Twin Ponds Golf and Country Club on June 13th. There are still many wishes in Central New York to be granted so we will be collecting monetary donations in lieu of the outing to show our ongoing support for this incredible organization. If you are interested in donating, please call 315-723-7865. We look forward to next years event.



## Congratulations

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*Happy Father's Day!*

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**Modified Farmers Market:**  
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Visit our website for the latest information.

[www.ClintonNYChamber.org](http://www.ClintonNYChamber.org)



### MVCC to Offer Online Camps for Kids

Looking for something engaging and educational for your kids this summer? Give them something to look forward to by registering for one of MVCC's new online computer camps beginning in June.

Choose from: Battle Royale: Make Your First Fortnite Style Video Game; Minecraft Redstone Engineers; ROBLOX Coders & Entrepreneurs; Video Game Animation; Make Your First Video Game; Python Programmers; and 3D Game Design with Unity.

Camps will run Monday-Friday, in the mornings and afternoons, for ages 8-11 and 11-14. New options offered each week; more online camps will be starting monthly. These camps are offered in partnership with Black Rocket.

For more information or to enroll, please visit [www.mvcc.edu/cced](http://www.mvcc.edu/cced) or call 315-792-5300.

## THIRD ANNUAL SPRING FLING CRAFT SHOW

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**Attention Quilt Collectors, Quilt Enthusiasts and Buyers:**

Large sale of exquisite local private collection by a prolific quilt maker and artist. Quilts have been professionally appraised. This will be an exclusive showing of this collection.

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 Credit cards will be accepted. Social distancing will be observed.



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## Fertilization

by Shelley Corey of The Mum Farm

I asked the editor for an extension. I seriously have ten drafts of this article on my computer. I’m struggling...I want to teach you everything you need to know about fertilizers! Some of you have looked at the title and have already rolled your eyes, or passed right by thinking...I’ll read that one later! Everyone with children has had enough of home-schooling. So, I’m going to make this easy for us all....you’re all going to pass, but read this article first!

This is a tough subject and one that I wonder if you even need to know the basics. But here’s the take away... you need to do it, just like taking your multivitamin. I’m sure you don’t know what all those letters stand for, or what they do within our bodies. We just trust that the vitamin gods have figured it out for us and we do it religiously!

That’s about the same here. The three numbers stand for the ratio of nitrogen, phosphorus and potassium in the fertilizer (see, I bet you didn’t think I knew that!). Now, I’m not a fertilizer salesman... I only want you to have the basic ones on your shelf, and I want you to use them.

First off, if you’re growing flowering annuals, I want you to use a 20-20-20 formula or as close to that as possible. The flowering annuals’ job is to constantly produce beautiful flowers. If you’re growing vegetables, I want you to use something closer to a 10-10-10. For vegetables, sturdy plants are necessary along with blossoming and growing fruits or vegetables. If you over-fertilize vegetable plants, you run the risk of having lush beautiful plants and very few fruits or vegetables. Isn’t that why we’re growing them in the first place? We don’t need bragging rights to a 25 foot tall tomato plant!

Now, let’s address when to fertilize. I suggest weekly...choose a day of the week that you’ll remember and just do it. We do want to work with the weather, but remember the best time to fertilize is on a bright sunny day, possibly after a good soaking rain or a good watering the day before. The soil can only hold so much water and when you water with the fertilizer, whatever you add will push the irrigation water out of the soil, so that the fertilizer is surrounding the roots, ready to be sucked up into the plant! If you fertilize when the plant is dry, you run the risk of the fertilizer just running through the soil because the soil is not hydrated, or using way more fertilizer than is necessary.

The importance of proper fertilization is to grow strong healthy plants that resist insects and disease. Yes, you read that right. Just like us having a healthy immune system, plants are the same. Rarely do insects attack the healthy plants, only the weak, stressed out ones! So, lets' all do our part to keep those plants happy and thriving! Mix up some fertilizer soon and smile! Think of how happy your plants will be!



## How Do You Know if You are Sstress-eating and What to do About it?

What is stress eating?

I asked people recently on Instagram what is the biggest struggle they have about their diet. Almost 60% told me stress-eating. It did not surprise me that in these uncertain times, people are feeling more stress than normal. What is stress eating? It is a form of emotional eating in which people use food to cope with emotions.

It is perfectly normal if we occasionally indulge at social celebrations, reward ourselves for a milestone achieved, or settle in for Netflix with treats in our lap. When I was slaving over my master thesis at graduate school while raising a family, I told my research advisor that all I wanted after graduation was to watch TV and eat cheesecake. I received a cheesecake gift card for my graduation from her.

Stress and Weight Gain

We are in stressful times. Working at home is difficult for many, especially those with school-aged children at home. Then there are anxieties over finances, potential food shortages, or missing our parents, just to name a few.

Different people react to stress differently.

Some people lose appetite when stressed. Some people increase appetite and overeat when feeling stressed. When some people rely on temporary comfort from eating sugary snacks to relieve stressful feelings, it can stir up guilt and shame afterward. To compensate, some people may skip lunch or dinner. Then they become overly hungry, to a point of over-eating again. We have a situation of guilt built on top of guilt. A vicious cycle.

A Finnish study found that females are three times as likely to overeat when stressed, than males.

How Do You Know if You are Stress Eating

It is common that people may not realize they are stress eating. See if any of these applies to you:

You are routinely eating not to satisfy a biological hunger.

You reach for the bags of snacks to feel better.

The urge comes on suddenly and the satisfaction

from taste is less noticeable.

You find yourself eating more sugary snacks when feeling lonely.

You feel powerless to stop around ice cream or bags of cookies.

What to Do

You need to arrive at a sense of wellbeing in your mind and balance in your body. This wellbeing gives you the resilience you need. In the meantime, here are a few things you can try.

Know your triggers. Is it after your children go to bed, when you are alone with the TV when the urge to eat occurs most often? Is it when you feel lonely? Is it when you think about the mortgage payment? Is it on Fridays after a long week of coaching your children over school work? Is it after your exhausting 12-hour shift?

Have an alternate way to calm yourself besides food. Exercises add health and blunt the negative effects of stress. Think about the types of activities that bring you calm and pleasure. Could it be a 5-minute walk around your neighborhood? Stand on the deck and feel the outdoor breeze on your face?

Slow down. Often, all it takes is a 1-minute distraction. Cut up an apple or pour yourself a cup of tea. Step outside for one minute. Don't tell yourself you can't have the chocolate bar. It just adds to the temptation.

Make-over your pantry. Shop for fruits, granola bars, yogurt, dried dates and have them more visible in the kitchen. Make the sugary snacks less accessible.

Sleep. Chronic fatigue induces stress.

This suggestion may surprise you. Give yourself permission to eat what you crave. Eat a small portion on a small plate. A couple of squares of chocolates, enjoyed slowly.

The most important thing is to address what is eating you. Address the source of the problem. Learn to fully engage with your body's signal of hunger. A health practitioner or a registered dietitian may be helpful in working with you to develop useful and lasting skills to care for your nutritional health in times of stress.

When was the last time you coped with a stressful feeling with something other than foods? What success have you found from the experience? Love to hear from you. If you have any question, email me at cindychanphillips@gmail.com

*Cindy Chan Phillips, MS, MBA, RD is the nutrition coach at Cindy Chan Phillips Nutrition. She helps people develop a healthy relationship with food with non-dieting nutrition counseling services, via online or in-person sessions. Read her nutrition blogs on www.cindychanphillips.com.*

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### Exercise/ Nutrition Mistakenly Done

submitted by Jim  
LaFountain, All  
American Fitness Center

There’s an insurance advertisement I can identify with, because like the ad, over the

past 50 years, “I’ve seen it all” in the field of exercise and nutrition. It may be of benefit to readers to share some of the mistakes I’ve witnessed:

#### Cardiovascular Exercise

\*Extreme “over distance” training. A significant term in exercise science is SAID (Specific Adaptation to Imposed Demands). Your performance is determined by the type of training you regularly perform. I have a friend who includes two 12-15 mile runs a week in his Boilermaker training. Each year, he battles an overuse injury before the 9.3 mile race. Even when he’s healthy, his times never improve and actually he has gotten slower the past five years.

\*There are two types of CV training. Long Slow Distance primarily addresses the smaller vessels in the body’s periphery. High Intensity, shorter bouts, engage the central factor, the heart, especially the left ventricular wall, that’s responsible for delivering oxygenated blood to working muscles. A combination of both types of training is essential to attaining optimal cardiovascular fitness.

#### Resistance Training

\*Similar to extreme over distance CV training, many resistance training enthusiasts mistakenly believe more training volume will produce greater results. Most experienced weight/machine trainees have learned this lesson the hard way, I know I did. Unless pharmacologically aided (anabolic steroids, human growth hormones) over training leaves you chronically fatigued, sore and with little or no results. The primary ingredient in muscle hypertrophy (growth) is NOT the number of sets or repetitions you perform, but how intensely you train, followed by adequate recovery.

\*Muscular strength and subsequent growth is stimulated by performing a particular set of an exercise to “momentary muscular failure.” That only occurs when you can no longer perform a repetition in good form. It’s the last few reps that produce results, early reps are somewhat of a launching pad for muscular growth.

\*Poor exercise form. Throwing a weight through a range of motion is not only counterproductive, but dangerous. Each repetition should be performed in what is referred to as a 2:1:4 sequence. Take two seconds to move a weight through a full range of motion, followed by a one second pause to reduce momentum, completed by a four second return to its starting position. Most young trainees hurriedly perform a prescribed number of repetitions, mistakenly thinking they’ve completed a productive set.

#### Nutrition

\*Portions count. Data indicates, Americans are one of the fattest populations in the world. Recent data suggests, half of the U.S. population will be obese by

2030.

\*Ingested fats were believed to be the cause of our overweight crisis. Current research suggests sugar, high fructose corn syrup and bleached flour to be the primary cause of our over fatness.

Your awareness of these mistakes should position you for fitness success.



### Judge Joan Shkane

This is a continuing discussion of Legal Myths and Reality, because those informed are always the most successful.

MYTH: If a child does not wish to visit with a parent who does not have custody of the child, then the child’s

wishes control the decision.

REALITY: In making an order setting a parent’s specific time to visit with children who do not live with the parent (noncustodial parent), the court will use as a starting point the basic idea that it is always in the child’s best interest to have time with each parent. It is then up to the parent having custody of the child to prove why the other parent should not have visitation/parenting time. In making the final determination, there are a number of factors that the court will weigh. Among the factors is whether or not the child has an emotional bond with the noncustodial parent. This usually leads to a discussion about the child’s wishes to visit with the noncustodial parent. Typically, the court will conduct a private interview with the child, with only the child’s attorney present. The interview will be transcribed and then sealed for only an appeals court to see. The child’s wishes to visit or not are only one of the factors to be considered in deciding the issue. While the child’s wishes are one factor to be considered, these wishes are entitled to great weight. But they do not control the decision. The Court in a recent case from Manhattan followed these rules. In opposition, an attorney for children said that the Court, in granting three therapeutic, supervised visits, did not recognize the psychological damage that can be caused by forcing visitation on a fourteen-year-old who has never bonded with the visiting parent. These are typical arguments, and until each individual child’s psyche is able to be charted, and until crystal balls become more reliable, courts will struggle with these issues.

MYTH: If your attorney makes an agreement to settle a case, or part of a case, without a trial or hearing, then the client can ask a court to reverse that agreement as the client chooses.

REALITY: Often parties to a lawsuit will go to court and reach an agreement. The agreement then is recorded and a record made by a stenographer or a recording device. The attorneys are asked to sign the agreement, or a verification of the recorded agreement, if their clients are not present. If the clients are present, then the clients will sign. The time leading up to the agreement can be very stressful and sometimes

confusing. Sometimes after a party, or all parties, have time to quietly think about the terms of the agreement, they may decide to overthrow the agreement. A recent appeals court decision re-stated the law about what happens if the agreement is made in open court without the parties present, and their attorneys sign for the parties. The parties are bound by the agreement, and cannot go back on it. The reasoning was that permitting the parties to go back on the agreement would undermine the authority of the attorneys. The attorney can bind his/her clients. The attorney, of course, has the obligation to first discuss the proposed agreement with his/her client, unless of course, the client has given the attorney authority to proceed without consulting with the client. If the attorney proceeds without authority, and against the client’s knowledge or wishes, the client must then act immediately on finding out about the settlement in order to set the agreement aside. Success will be most unlikely.

MYTH: Courts are rigid and unable to react to national and local emergencies.

REALITY: During the covid crisis the courts are struggling to provide essential services, depending on the kind of matters that each court handles. Currently most courts do not accept new case filings unless the matter is deemed “essential”. The definition of essential depends on the type of court and the kind of case. There exist, however, other ways that disputes can be handled, now and in the near and far future. Courts now are conducting conferences and hearings by Skype or telephone. (Oneida County Court Judge Gail Uebelhoer conducted many matters by telephone nearly twenty years ago, way ahead of her time.) Even the U.S. Supreme Court is hearing arguments by telephone. Some courts are still working to decide parts of cases that are pending, and do not require argument. In some types of cases litigants are retaining mediators to settle whole cases, or parts of cases. Some litigants are requesting that a court appoint a referee to move a case along. The mediators and referees are usually lawyers, retired court staff or retired judges. They can decide what the facts of the case are, and sometimes the facts and the law. They will then report their findings to a court. These proceedings should move cases along, and sometimes even finish the case. This can only help courts now, and also in the future when they are expected to be deluged with cases new and old. These procedures have been available for many years. Maybe they will be used more often in the future, even after the virus is tamed.

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





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## 4 THE TOWN CRIER

## Library News

JUNE  
2020



**2 Library Lane 315-733-1535**

### Library Reopening

The biggest question we get lately is "When are you opening?" Rest assured we cannot wait to reopen our doors. In order to do so, we have been working behind the scenes to create plans and procedures that will allow us to safely open to the public. We are following the guidelines of the local and state authorities and will open when it is deemed safe to do so. As with much in life now, there will be a new norm. With patience and understanding from all, we will be able to ease back into serving our patrons and the community. The safety of the staff, our patrons, and the community will always be our main priority. We will update the public via our website and social media channels. We look forward to seeing you all soon!

### Stay Connected With Us!

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

Facebook:

[www.facebook.com/newhartfordpubliclibrary](https://www.facebook.com/newhartfordpubliclibrary)

Instagram: [new\\_hartford\\_public\\_library](https://www.instagram.com/new_hartford_public_library)

Website: [www.newhartfordpubliclibrary.org](https://www.newhartfordpubliclibrary.org)

### Reference Services Still Available through NHPL!

Need the assistance of a reference librarian? The New Hartford Library's reference personnel can help you. You may call 315-272-0420 from 10-1, Monday, Tuesday, Thursday, and Friday. Please call only during the hours listed. This number does not record messages. If it is busy, keep trying. This number is also listed on the library's Facebook page.

You may also use email to contact reference librarians Jack Henke ([jhenke@midyork.org](mailto:jhenke@midyork.org)) or Margaret Preston ([mpreston@midyork.org](mailto:mpreston@midyork.org)). Please try to be as specific as possible with your questions. In your email message, please include a telephone number. Thank you!

Many reference questions are best answered in conversation. Jack or Margaret will get back to you ASAP.

How might the NHPL's reference librarians assist you? Among the ways are:

- 1 - They can suggest online resources to answer your medical questions.
- 2 - They can answer your genealogical questions by accessing Federal and New York Censuses and the useful website [fultonhistory.com](https://fultonhistory.com).
- 3 - They can direct you to online reading material through the MidYork Library website and other sources.
- 4 - They can find addresses, telephone numbers,

online shopping details, businesses' open hours, and contact information for government offices.

5 - Writing a paper? They can open up research sources to make your job easier.

6 - Curious about the value of an antique other possession? They can discover ball park figures for many items.

7 - Interested in buying a home or other property? They can zero you in on real estate websites.

8 - Confused by ever-changing government regulations? They can provide clarification.

These are but a few of the ways that your library's reference personnel can make your lives easier. Although the NHPL is physically closed, we want you to know that our reference department is "virtually open." We look forward to hearing from you!

### Children's Instagram Live Story time

Tuesdays at 10:30 on Instagram. Miss Ashlyn will be reading books on Instagram Live every Tuesday on the [New\\_hartford\\_public\\_library](https://www.instagram.com/new_hartford_public_library) Instagram page!

### Write your Coronavirus History

Join our 2020 Coronavirus History Project and create a permanent record of living in this year of the pandemic. How have you, members of your family, friends and co-workers coped with mandatory social distancing? Are you working, or studying, from home? Years from now, our stories will be knit together into a larger narrative of how our community, our nation and the world met the Covid-19 challenge. And before too many of those details slip from our memories it's important that we record those stories now for generations to come.

Go to [www.newhartfordpubliclibrary.org](https://www.newhartfordpubliclibrary.org) and click onto the history project heading at the top of our home page. You'll find helpful tips or journal writing for a variety of skill levels and ages. You also can read more information about the project and find examples of entries already submitted.

If you're willing to share your work please send it to [newhartford@midyork.org](mailto:newhartford@midyork.org) we'll honor your confidentiality, removing names and other telling details if you wish. If you'd rather keep these memories private, they'll still be great entries in the family history album. Tell your story. It's worth sharing.

### Children's Coronavirus History

Children are unique storytellers and expressing their feelings during this time of uncertainty can be beneficial to them. Writing down or drawing their thoughts and experiences will provide both them and their families a history to look back on and reflect on. We hope the following sheets can help prompt them to record their stories. Should they wish to share them with us for the 2020 Coronavirus History Project, please email their submissions to [newhartford@midyork.org](mailto:newhartford@midyork.org). Go to [www.newhartfordpubliclibrary.org](https://www.newhartfordpubliclibrary.org) and click onto the history project heading at the top of our home page, and then click onto the children's history project for printable PDF's. Thank you in advance.

### Green Home Tips!

Join us for a Facebook Live presentation on June 4th at 1:00pm on ways that you can go green, and save green, at home from Brendan Woodruff of the New York State Department of Environmental Conservation's Pollution Prevention Unit. This presentation will allow you to learn ways that you can save money and reduce energy use and waste while you're currently staying safe at home. Additional topics will include planting native species in your lawn/garden, green lawn and garden tips, and activities you and your family can enjoy together that will help improve our environment.

### From Book to Screen - Currently Playing

***Little Fires Everywhere (Hulu)***

Celeste Ng's widely-acclaimed novel about class, race, and motherhood in a '90s-era Ohio suburb gets an update courtesy of co-stars Reese Witherspoon and Kerry Washington in this eight-episode Hulu series.

***The Outsider (HBO)***

No book-to-screen adaptation list would be complete without one (or several) Stephen King(s). He's had what, like, 99 percent of his books adapted? This one tackles the terrifying story of a man accused of the brutal murder of a child—with evidence proving that he was, in fact, in two places at once.

***Defending Jacob (Apple TV)***

Based on William Landay's bestselling 2012 novel, *Defending Jacob* is about the unthinkable: a child accused of murder. Chris Evans and Michelle Dockery star as the parents of 14-year-old Jacob, whom Evans—playing an assistant district attorney—must choose whether or not to defend.

***I Know This Much is True (HBO)***

If you ever wanted to watch a lot of Mark Ruffalo (and who wouldn't?), look no further. Based on Wally Lamb's 1998 novel, this miniseries stars Ruffalo as identical twin brothers Dominick and Thomas, the latter of whom has paranoid schizophrenia.

***Artemis Fowl (Netflix)***

The series that dominated grade-school book fair shelves is headed to Netflix. Ferdia Shaw stars as the titular protagonist, a 12-year-old criminal mastermind immersed in a world of fairies and mystical reconnaissance officers.

***Normal People (Hulu)***

If you haven't already devoured Sally Rooney's achingly tender worldwide mega-hit, then, excuse me, sorry, what are we doing here? Go now. The story's about two Irish kids who fall in love. It's excellent.

***High Fidelity (Hulu)***

Although Nick Hornby's seminal novel has already been made into a film starring John Cusack, Hulu's revision of the story sees Zoë Kravitz's as record-store-employee Rob, who is constantly grappling with her love life through music. The eight-episode series is set in Crown Heights, Brooklyn and also stars Da'Vine Joy Randolph, Jake Lacey and Kingsley Ben-Adir.



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**'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*



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## Celebrity Book Club Book Picks

***The Henna Artist* by Alka Joshi**  
 "This vivid story is so rich and complex," Reese Witherspoon shares on Instagram of her May book club pick. "Reading about Lakshmi's journey from escaping an abusive marriage to becoming one of the most sought-after henna artists in Jaipur captivated me from the first chapter to the final page."

***All Adults Here* by Emma Straub**  
 In All Adults Here, a mother reflects on how her adult children have turned out. "Escape into lives (filled with both juicy drama and hilarious insights!) of the Strick family," Jenna Bush Hager teases of her May book club pick on Instagram. "Busting with witty and poignant observations about the messiness of family, the book is best read by the pool."

***Hidden Valley Road* by Robert Kolker**  
 Oprah's Book Club is currently reading Hidden Valley Road, the true story of a midcentury American family with twelve children, six of whom end up getting diagnosed with schizophrenia. Samples of the family's

DNA inform genetic research on schizophrenia to this day.

***Deacon King Kong* by James McBride**  
 Sarah Jessica Parker loves this book exploring the people affected by a shooting, from the victim to the witnesses. "An all consuming read," she calls it on Instagram, "Oh golly is it good. All the attention and showered praise and short list inclusion are deserved and spot on."

## MARK YOUR CALENDAR

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**.

## Bill Bonsted Indoor Miniature Golf Tournament

**Sat., November 7, 2020**  
**All Ages Welcome**  
**10-4 p.m.**  
**\$5.00 per person**



*LtoR: Cheryl Rondenelli - Store Manager from Commercial Drive, Joe Serra - Asset Protection Coordinator with Hannaford, New Hartford Police Sargent - Tom Hulser, Officers - Andrew Miller, Peter Allen, Mike Reilly and Mike Rondenelli - Store Manager from Kellogg Road in New Hartford. The poster that Cheryl is holding reads - Hannaford Thanks the New Hartford Police Department for ALL that they do.*

## Hannaford Thanks the New Hartford Police Department

Hannaford Supermarkets on Commercial Drive and Kellogg Road in New Hartford, NY donated and dropped off cases of bottled water, breakfast bars, coffee, along with single wrapped muffins, cleaners and sanitizers to show their appreciation for all of the hard work done by the New Hartford police department. These first responders go above and beyond each and everyday to keep us all safe. The police expressed their thanks to Hannaford for their support.

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- Plexiglass barriers at all registers
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- Cleaning of all common area surfaces multiple times a day with hospital-grade disinfectant
- Masks required for all our employees and customers
- Controlled lower customer count
- Non-contact thermometers for taking employees' temperatures at the start of every shift
- Hand sanitizer throughout the store

As we move forward, occasions are still taking place and we have the perfect gifts!

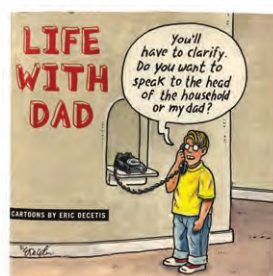
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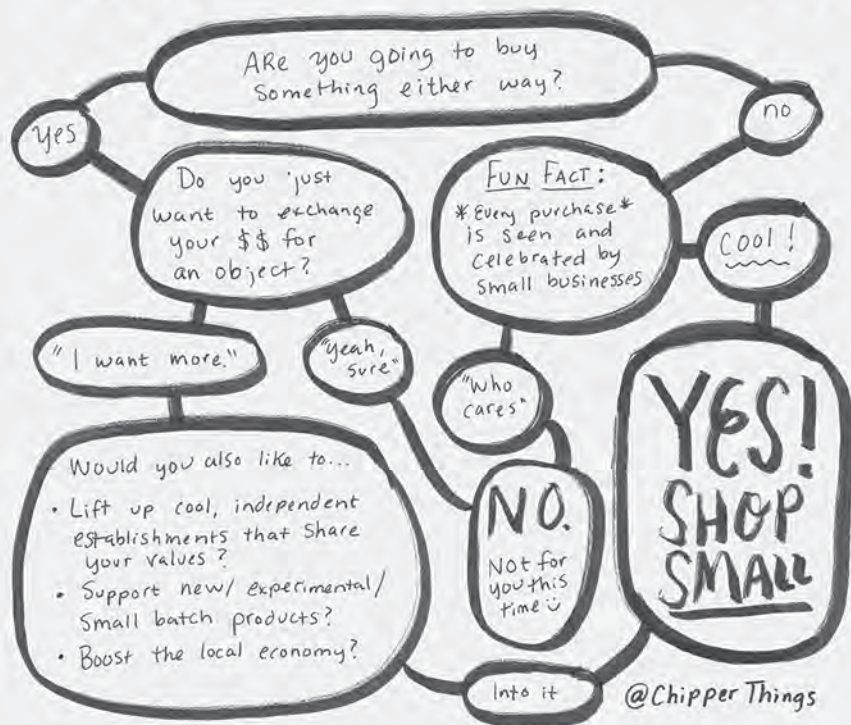
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Kelly Rae, owner and operator at Runway Hair Salon had been forced to temporarily close her doors during the pandemic.

She is hopeful to reopen the Salon on June 1<sup>st</sup>

During her time at home, she created an online boutique called

**The Barefoot Brunette Boutique.**

Check out all the reasonably priced, trendy items! She loves inspiring women to look & feel their best!

Kelly Rae would like to extend her gratitude to all of her Salon clients for supporting her during this time and can not wait to see all of you very soon!

You can check out her online store at [www.thebarefootbrunetteboutique.com](http://www.thebarefootbrunetteboutique.com)

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## Rotary Club of Utica Announces Quarantine Adventures Contest

In an effort to support the Mohawk Valley COVID-19 Fund, The Rotary Club of Utica is selling its “NEW YORK TOUGH” t-shirts, long sleeve shirts, and hoodies. The fund is a joint venture between The Community Foundation of Herkimer and Oneida Counties, Inc. and the United Way of the Valley and Greater Utica. The shirts are available on the [Rotary Club of Utica Online Store](http://Rotary Club of Utica Online Store).

The shirts are emblazoned with an image designed by graphic artist and Rotarian, Devon Hoffman, and includes five “word art” messages filling out the outline of New York State, including: “New York Tough”; “Stop The Spread”; “Save Lives”; “One Day At A Time”; and “Together We Can”.

In addition, the Rotary Club of Utica is sponsoring an online contest, Quarantine Adventures. Participation in the Quarantine Adventures Contest is open to anyone who has purchased a shirt/hoodie and posts a photo of themselves wearing the shirt, posing either in front of a Utica area landmark, a recreational activity, doing a handstand/headstand challenge, or something equally attention-getting to the Rotary Club of Utica Facebook page [facebook.com/uticarotary](https://facebook.com/uticarotary). Those without Facebook can email the photo to [Info@UticaRotaryClub.org](mailto:Info@UticaRotaryClub.org).

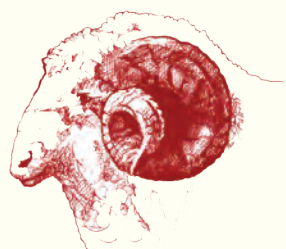
A Rotary Club of Utica committee will review the submissions and post the finalists. The public can then “vote” on their favorites by “liking” them, and at the end of the contest, the top three photos will each receive a gift certificate to a Utica area business.

The Rotary Club of Utica will begin selling the sportswear through their online store immediately, and the contest will run through June 30. Winners will be announced during July 4<sup>th</sup> weekend. The Rotary Club of Utica encourages creativity but advocates for the participants to proceed with safety in mind.

For more information, contact the Rotary Club of Utica at [Info@UticaRotaryClub.org](mailto:Info@UticaRotaryClub.org) or visit their Facebook page.

About Rotary Club of Utica

The Rotary Club of Utica is the area’s largest and fastest-growing Rotary Club. We are pledged to service in the best traditions of Rotary and enjoy great fellowship at our Thursday luncheon meetings where we have a fine program each week and plenty of comment, conversation and good humor. Our service projects and commitments range widely, and we sponsor events and causes through our dedicated Members, including Youth Exchange, Internship programs, and more. We believe the ideals of Rotary have never been more important than they are today, and we are always seeking more good people.



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### Hooray for Parenting!

A guide to helping you raise confident, capable, happy children, during the current crisis and beyond.

Even the best, most loving parents have self doubts sometimes, and all good parents worry about their kids and their future—a reality that is especially apparent during the current COVID crisis. In “Hooray for Parenting!” parenting expert Jackie Michel, LCSWR, offers the skills and tools you need to master parenting in a mindful manner during difficult times and beyond—to react less emotionally to your child and bring more thought and care to every decision, action and communication you have with him or her.

The result? A child who grows into a confident, caring and resourceful adult.

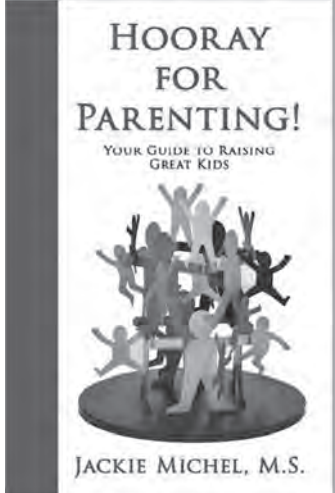
In this book you will learn:

- WHY being committed to learning and growing along with your child makes you a more effective parent. Embracing change and focusing on mutual growth—instead of looking for a simple "right" or "wrong" way to raise your child--leads to more joy and confidence for both of you.
- HOW empowering children is different from building self-esteem. Instead of praising children for everything they do, you'll learn to help them solve problems on their own and manage their feelings and behaviors.
- WHY modeling gratitude--versus simply telling them to be thankful--can help youngsters build a habit of appreciation. It's an important skill that will serve as a guiding principle throughout their lives.
- HOW encouraging your children to observe and enjoy nature will create happier, healthier kids, and help them learn to appreciate, love and care for the world they inherit.

**“Hooray for Parenting!” will be available on Amazon on June 2nd.**

About the Author:

Jackie Michel, MS, LCSWR, is a veteran psychotherapist and executive coach— not to mention mother and grandmother--who brings together the latest insights from neuroscience, leadership, positive psychology, the growth mindset and the children and nature movement in ways that are relevant and meaningful to today's parents. Anyone committed to raising great kids will gain thoughtful and useful direction from this gem of a book.



### Strategic Financial Services Named a 2020 Best Place to Work for Financial Advisers by InvestmentNews

Strategic Financial Services, Inc. (“Strategic”), an independent, Central New York-based wealth management firm, has been recognized by InvestmentNews as a 2020 Best Place to Work for Financial Advisers.

Strategic was chosen as one of this year’s top firms based on employer and employee surveys, delving into everything from company culture and benefits to career paths and work-life balance.

“A great client experience starts with an outstanding team,” said Alan Leist, III, Strategic’s CEO. “This award from InvestmentNews highlights Strategic’s role as an industry leader. We are grateful for the recognition and confidence of our clients. The Strategic team looks forward to continued growth together in the years ahead.”

In business since 1979, Strategic has grown to a team of 32 professionals servicing over 1,000 clients totaling \$1.2 billion in assets. Areas of focus include Investment Management, Financial Planning and Corporate Retirement Plans.

"Strategic always keeps our clients and their families' best interests in mind," said Judy Sweet, president. "We are proud not only of the service we provide our clients, but of the culture within our office as well. Strategic is a collaborative team of caring, compassionate professionals, the very foundation that makes us one of the Best Places to Work."

"We are thrilled to identify, and commend, these firms that understand the importance of a strong workplace culture," said George Moriarty, InvestmentNews Chief Content Officer. "They are role models to the industry in that they empower advisers to focus on delivering exceptional service to their clients."

With offices in Utica, NY, Syracuse, NY and West Palm Beach, FL, Strategic is an established wealth management firm and regional leader in the investment industry. While successfully growing from established roots, it continues to expand its geographic footprint and influence across the northeast and throughout the United States.

To learn more about the InvestmentNews 2020 Best Places to Work for Financial Advisers, please go to [bestplacesforadvisers.com](http://bestplacesforadvisers.com).

### JMCF & The Mohawk Valley COVID-19 Response Fund Partner to Provide Additional “Stay at Home Patient Assistance Kits”

The Joseph Michael Chubbuck Foundation, with support from the Mohawk Valley COVID-19 Response Fund, distributed additional Stay at Home Patient Assistance Kits to cancer treatment centers in Oneida & Herkimer Counties. Recipients included Bassett Cancer Center in Herkimer, Slocum Dickson Medical Group, Upstate Radiation Oncology & Upstate Hematology Oncology in Oneida, and Oneida Health Cancer Care of Roswell Park Care Network.

Each kit contained a roll of paper towels, toilet paper, disinfectant spray, hand sanitizer and Clorox wipes. Barb Chubbuck foundation vice president stated, “We were happy to partner with the Mohawk Valley COVID-19 Response Fund and Walmart DC to make additional stay at home patient kits. The first round of kits went to MVHS Cancer Center back in March. This round targeted the other key centers in our area.”

The Mohawk Valley COVID-19 Response Fund is a partnership of The Community Foundation of Herkimer & Oneida Counties AND the United Way of the Valley and Greater Utica Area. The JMCF is a local cancer charity, based out of Rome, NY, that offers cancer patients financial assistance. To learn more or to donate to the JMCF go to [www.thejmcf.org](http://www.thejmcf.org). Tax-deductible donations can also be mailed to: The JMCF PO Box 4917 Rome, NY 13442.





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# Farmers Market Opens June 9th

Tuesdays thru September 3:00pm - 7:00pm

**Sherrill Brook Park**

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At this time, we are pleased and excited to be planning to move forward with the 2020 New Hartford Farmers Market by following the guidance by NYS Agriculture and Markets, the Farmers Market Federation of NY and the Oneida County Health Department.

This interim guidance is provided for farmers' market operators and vendors in response to the COVID-19 public health emergency, as of April 15, 2020.

To maintain the designation as an exempt operation, it is important that all farmers' markets meet the following requirements for the duration of the Executive Order. These requirements are meant to maintain outlets for healthy local foods, while safeguarding our farmers, consumers, and communities from the spread of COVID-19.

**The requirements are outlined below:**

All employers are required to provide employees with a face mask at no cost. All employees must wear them. This means all market staff, paid and volunteer, needs to be provided with a face mask and wear them throughout the market day.

This also means that all farmers/vendors should provide face masks to their staff as well, and wear them throughout the day.

All customers at the New Hartford Farmers Market will be required to wear a face mask.

**Additional restrictions are as follows, until further notice:**

- No forms of entertainment.
- No cooking demonstrations or sampling.
- No craft or non-food vendors, except for soap or hand sanitizer.
- Space out vendors as much as possible.
- Minimize amount of food on display with customer access.
- Increase the number of handwashing stations and make hand sanitizer available.
- Manage customer traffic within the market to eliminate congregating and to promote social distancing (i.e., maintaining a distance of at least 6 feet between customers).
- Know and understand the Food Safety at Farmers' Markets Guidelines. <https://agriculture.ny.gov/food-safety/food-safety-farmers-markets>
- Frequently check the Department of Agriculture and Market's website for updates and additional resources.
  - [agriculture.ny.gov/coronavirus](https://agriculture.ny.gov/coronavirus)
  - [www.NewHartfordFarmersMarket.com](http://www.NewHartfordFarmersMarket.com)

As everyone is aware, things are changing every day. As a Chamber of Commerce, we will exercise respect, patience, kindness and understanding as we follow the rules provided by New York State and our local officials. We will continue to navigate this uncharted territory in this manner, and we will encourage everyone to help us provide all of our vendors and guests with a positive experience at our market this year. **If you are interested in becoming a vendor or a sponsor of our Farmers Market, please contact:**

**Nathalie Nerber, [nathalie@wardarcuri.com](mailto:nathalie@wardarcuri.com) or (315) 580-2531.**

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Special thanks go to the **Ward Arcuri Law Firm** for providing **hand washing stations** for the 2020 Season, and for lending the time and talents of **Nathalie Nerber** to serve as our Farmers Market Director!





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JUNE  
2020

## Happy Father's Day!

THE TOWN CRIER

11



Pictured are Sitrin certified nursing assistants (l-r) Chris Miller, long-term care; Shelby Baldwin, NeuroCare, and Hasiba Rizvanovic, inpatient medical rehabilitation.

### Sitrin Certified Nursing Assistants: Everyday Superheroes

(National Nursing Assistants Week Begins June 18, 2020)

Certified nursing assistants (CNAs) represent an essential part of the medical team at the Charles T. Sitrin Health Care Center and are considered the backbone of nursing care. They assist registered nurses and licensed practical nurses in taking care of residents and patients, and are often the first to recognize changes in their dispositions, signs of pain or loss of appetite, or other conditions that can compromise an individual's health and wellbeing.

These amazing caregivers are everyday superheroes. They form close bonds with residents and patients, understand their personalities, allay their fears, and offer emotional support for their family members when they need it most. They are also the voice for those who cannot communicate, providing a lifeline to the most vulnerable population.

The 2020 National Certified Nursing Assistant Week theme is "Creating a Community of Caring." This message is echoed throughout Sitrin's facilities every day, 365 days a year, and is exemplified by the tireless efforts of CNAs, the most engaged group of health care providers, who deliver exemplary care.

"Our CNAs are extremely valuable members of Sitrin's health care team," Brenda Cobane, vice president of long-term care, said. "Their jobs are demanding, both

physically and emotionally, yet they always put the needs of their residents and patients first, from the minute they enter Sitrin."

Like Superheroes, CNAs have a strong calling to protect others, especially those unable to care for themselves. They provide personal care to patients and residents and assist them with activities of daily living. They take vital signs, and monitor patients and residents for any changes that can affect their health. At Sitrin, CNAs also take great pride in decorating the long-term care houses each season and on special occasions. They transform these residences into warm and loving homes.

A career as a CNA is a true calling, which Chris Miller discovered while working at Sitrin four years ago, first as a dietary aide, then in the recreational therapy department, and now as a certified nursing assistant in the long-term care homes.

"It was nice to cook for the residents and to participate in activities with them, but I wanted to do more for them," Miller said. "Working at Sitrin helped me realize my potential as a caregiver; I have so much to give to people and really enjoy helping my residents, and being a part of their lives."

Hasiba Rizvanovic not only found personal gratification as a CNA, but also learned English, thanks to the help from supportive coworkers. She credits Sitrin for giving her an opportunity to start a new career in America after emigrating from Bosnia more than 20 years ago. She is also quick to recognize the dedication of her fellow CNAs, and is proud to work alongside them on the inpatient medical rehabilitation unit.

"I'm part of a dynamic team, and am grateful to work at a job that gives me so many rewards," Rizvanovic said. "I'm the first person my patients see when they arrive at Sitrin and it makes me happy when they say, 'I'm glad you're here.'"

With the current COVID-19 pandemic and preventive measures in place that don't allow visitation, CNAs have been lifting residents' spirits through companionship and friendly banter.

Shelby Baldwin, a CNA for nearly a decade, understands how isolation can cause extreme loneliness for her residents who have Huntington's Disease or ALS. For three years, she has been working on Sitrin's NeuroCare unit and knows the residents and their families quite well. In addition to her other duties, she has been keeping families and residents connected via

FaceTime or arranging frequent phone calls.

"It's important to me that our residents know they are not alone," Baldwin said. "I enjoy being part of their family; they need that reassurance that everything is going to be OK."

Sitrin certified nursing assistants go above and beyond to protect and serve. They are, indeed, everyday superheroes.

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



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- LPNs and CNAs who work every weekend (Sat & Sun, double shifts) will receive full-time insurance benefits, in addition to fifth shift pay.

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### Dear Residents,

I am thankful to all residents that 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—and a reminder that if we band together, we can overcome any challenge.

We are continuing the operations of the Town in order to ensure that the essential services for our residents are maintained.

As businesses begin to reopen in the coming weeks we want emphasize the importance of social distancing to ensure the health and safety of you and your neighbors.

We will continue to work with a reduced staff to maintain social distancing at the Town Hall, until we are given the ok to resume business as usual.

We are keeping as many parks and outdoor facilities open which will allow you and your family to be outside to get some exercise and fresh air. Our playgrounds, ball fields, dog park and pavilions will remain closed until the Governor give us approval. However, we are able to reopen the pickle ball courts but please follow the guidelines of social distancing.

Gov. Cuomo’s executive order prohibits the Town of New Hartford from administering the 2020

Playground Summer Program.

On a good note the Town of New Hartford will be working on a 3 year Recreation Center Revitalization Project. This summer will begin the first phase of completing some upgrades. I will be running the day to day project. In order to keep the costs down, we are utilizing the workers in our Park’s and Buildings and Grounds Departments. I want to thank the New Hartford Hockey Association for all their help and feedback on this project.

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.

For more information, or if you have questions regarding New Hartford Town services, please contact us during regular business hours at 315-733-7500.

Thank you for all that you are doing—and for being part of our extraordinary town.

*With gratitude,*  
*Paul Miscione, New Hartford Town Supervisor*



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The food pantry is located at St John The Evangelist Church, 66 Oxford Rd, New Hartford, NY.

In the event of food emergency issues, please contact the St John’s rectory from 315-732-8521. The rectory is staffed Monday thru Thursday 9AM to 2 PM, with answering services at other times.

TEFAP INCOME GUIDELINES

Household Size	Income	
	Annually	Monthly
1	24,980	2,081
2	33,820	2,817
3	42,660	3,554
4	51,500	4,291
5	60,340	5,027
6	69,180	5,764
Each Additional add	8,840	737

This table shows a yearly gross income for each family size. If your household is at or below the income listed for the number of people in your household, you are eligible to receive food.



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**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:

- Blocked or Insufficient Ventilation
- Improper Exhausting of Bathroom Fans or Dryer 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 underside of your roof.

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

Disaster Services highly recommends a complete 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

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-to-reach 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 it presents a more efficient alternative to traditional 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 conventional methods.
- Improves infection control and the spread of viruses such as influenza, MRSA, HIV and many others.
- Avoids cross contamination and the movement of 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

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.

DISINFECTING CORONAVIRUS

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

Fully encapsulated personal protective equipment (PPE) and full-face respirator masks are worn at all times by our certified cleanup technicians

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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**JUNE  
2020**

## Happy Flag Day!

**THE TOWN CRIER**

**17**



### New Hartford Highway News

*submitted by Highway Superintendent Richard Sherman*

I want to thank all homeowners for their patience as your highway employees work diligently to collect branches and brush from the town's 82 miles of streets. In last month's Town Crier you should have received your annual TRASH & BRUSH COLLECTION SCHEDULE 2020 Outlining curbside brush collection dates, including trash that residents may drop off at the highway garage. If you didn't receive one, you can obtain one either at the Town Hall or Highway Garage or go on line at the Town's web site. The web site is townofnewhartfordny.gov. Go to town services, go to Highway, click on curbside and the schedule should pop up.

The Curbside collection will start in the month of June again this year. The June drop off at Highway garage and tag program will be suspended for the month of June due to the curbside pickup. It will start again in the month of July. The curbside trash will start on June 1st in ward 1, please have your trash in front of your house on May 31st. This onetime pick up in front of your house, not all week. June 8th will be ward 2. Have the trash out front of the house on June 7th for a June 8th pick up. Ward 3 will be June 14th in front of your house for a June 15th pickup. Ward 4 will be June 21st in front of your house for a June 22nd pickup.

The sewer pump station on Concord Blvd was totally

rebuilt with new pumps, electrical, and a new diesel generator for when we have a power outage. The generator will kick on to keep the sewage moving. The Estates Drive pump station is set to go out to bid for this station rebuild. This station will also have a diesel generator installed for power outages as well as new electrical with a new board and canopy, pumps valves. This total rebuild should be done by late summer this year.

By the time this newsletter comes out, Paris Rd has been milled and repaved along with Mallory Rd. The big paving project for this year is Oneida Street and will start right after the 4th of July Holiday. Our crews continue to work on storm water projects along with fixing catch basins. Please give me a call 315 534-2998 or e-mail me at rsherman@townofnewhartfordny.gov with any questions.

The annual touch the truck put on by the New Hartford Library and the New Hartford Town Highway for the month of June is postponed due to the Coronavirus. Hopefully we can reschedule this event for early fall.

### To Our Loyal LaserSpa Family,

*As we actively work on safely reopening when we are permitted, please be assured that we will be taking every possible measure to ensure your safety and comfort in this new age of medical spa procedures.*

*Please check our website and social media for more details on our opening date and the guidelines we will be following to make sure your experience with us is the safest one possible.*

*Dr. Anita Amidon  
& Your LaserSpa Team*



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# the TOWN Crier

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### Gardening

Common gardening activities, such as digging, planting, weeding, mulching, and raking can cause stress and strain on muscles and joints. This is especially true for senior citizens and people who are normally sedentary. Different body areas such as the shoulders, neck, back, and knees can be vulnerable to injury during gardening. The following tips can help minimize or prevent injuries:

- Warm up before you garden. A 10 minute brisk walk and stretches for the spine and limbs are good ways to warm up.
- Change positions frequently to avoid stiffness or cramping.
- Be aware of how your body feels as you work in your garden. If a part of your body starts to ache, take a break, stretch that body part in the opposite direction it was in, or switch to a different gardening activity. For example, if you've been leaning forward for more than a few minutes, and your back starts to ache, slowly stand up, and gently lean backwards a few times.
- Make use of a garden cart or wheelbarrow to move heavy planting materials or tools. Be sure to keep your back straight while using a wheelbarrow.
- If kneeling on both knees causes discomfort in your back, try kneeling on one and keep the other foot on the ground. Use knee pads or a gardening pad when kneeling.
- If kneeling or leaning down to the ground causes significant pain in your back or knees, consider using elevated planters to do your gardening.
- Use good body mechanics when you pick something up or pull on something, such as a weed. Bend your knees, tighten your abdominals, and keep your back straight as you lift or pull things. Avoid twisting your spine or knees when moving things to the side; instead, move your feet or pivot on your toes to turn your full body as one unit.
- Avoid bending your wrist upwards when pulling things or using gardening tools. Instead, keep your wrist straight and use your shoulder muscles to pull and lift.
- End your gardening session with some gentle backward bending of your low back, a short walk and light stretching, similar to stretches done before starting.

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JUNE  
2020

## Community News

THE TOWN CRIER

19

### History Center Seeks Your Quarantine Story to Document Covid-19 History

We are all living through a historic moment in time and the History Center wants to preserve your story. The public is invited to submit their quarantine and COVID-19 stories. These narratives will become part of the History Center's collections and will be available for future researchers to learn how our community was impacted by this global pandemic. Written, audio, and visual submissions are encouraged.

This project is part of a larger effort being conducted in partnership with the Utica Public Library, local historians, and other organizations to document the disease and its impact on daily lives and the community. Newspapers, oral histories, artwork, and primary sources such as photographs, signs, and community and government announcements are also being collected.

Anyone from the community can submit their story, images, videos, and primary sources through an online form on the History Center website at <https://www.oneidacountyhistory.org/covid-19-stories.html>. Submissions can also be mailed using the attached form to:

Oneida County History Center  
Attn: Lauren Robinson  
1608 Genesee Street  
Utica, NY 13502

The Oneida County History Center is a private 501(c) (3) not-for-profit educational institution dedicated to preserving and promoting the history, heritage, and culture of the Greater Mohawk Valley. Please contact the History Center at 315-735-3642 or visit the OCHC website ([www.oneidacountyhistory.org](http://www.oneidacountyhistory.org)) or Facebook.com page for additional information.

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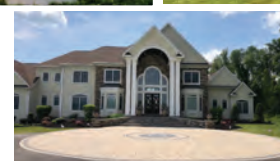
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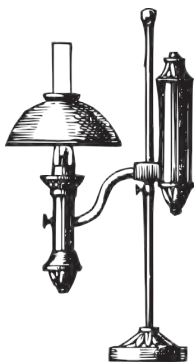
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Victor J. Fariello Jr.



## ANTIQUE TALK

submitted by Victor J. Fariello

### Reader Challenge- Extended!

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 current pandemic, so we’ve extended them into the fall

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](mailto: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.

**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. Hopefully we will see sales popping up as the social distancing rules are eased. Let’s see what you find!

Happy Collecting!



### 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](http://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](mailto: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](mailto:vjfariello@gmail.com). Any photos submitted will be returned upon request.*


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### The Blessing of a Challenge

by Kristy Lenuzza

In honor of Earth Day, I was invited by a good friend to partake in a challenge put on by our local high school’s Ecology Club. It was to show how you get your hands dirty. At first glance, I thought *I’ll do this quick to support them*. I was going to cash it in, a quick shot of me potting plants or cleaning up the leaves from my garden or looking under rocks with my kids for bugs.

I was grumpy that day. My heart was heavy. I couldn’t nail the reason. Was it from thinking about the kids who aren’t in safe homes and the domestic abuse cases on the rise? Maybe it had to do with thinking of the immense pressure and pain that those who have lost their jobs must be feeling right now? The exhaustion of the frontliners who are risking their lives for their loved ones and us? The sanitation workers who have to wake up at 3 am to pick up our garbage, again risking their lives for us? The overwhelm of the home school/remote working juggle that we’re all finding ourselves in, if safely inconvenienced, seemed minuscule in comparison. Though it’s not. I didn’t know what the root of this all-consuming feeling was and, you know what? It didn’t matter. I just felt it. Dense and weighty. Sitting right in the center of my chest. I felt the physical sensation of my heart and the flood of overwhelming sadness and grief all at once.

This “challenge” that I was so quickly going to dismiss suddenly became a top priority. There was a deep yearning within me that was wild and needed to be in nature. My intuition and body flew into alignment with a roaring command, *GO THERE NOW*.

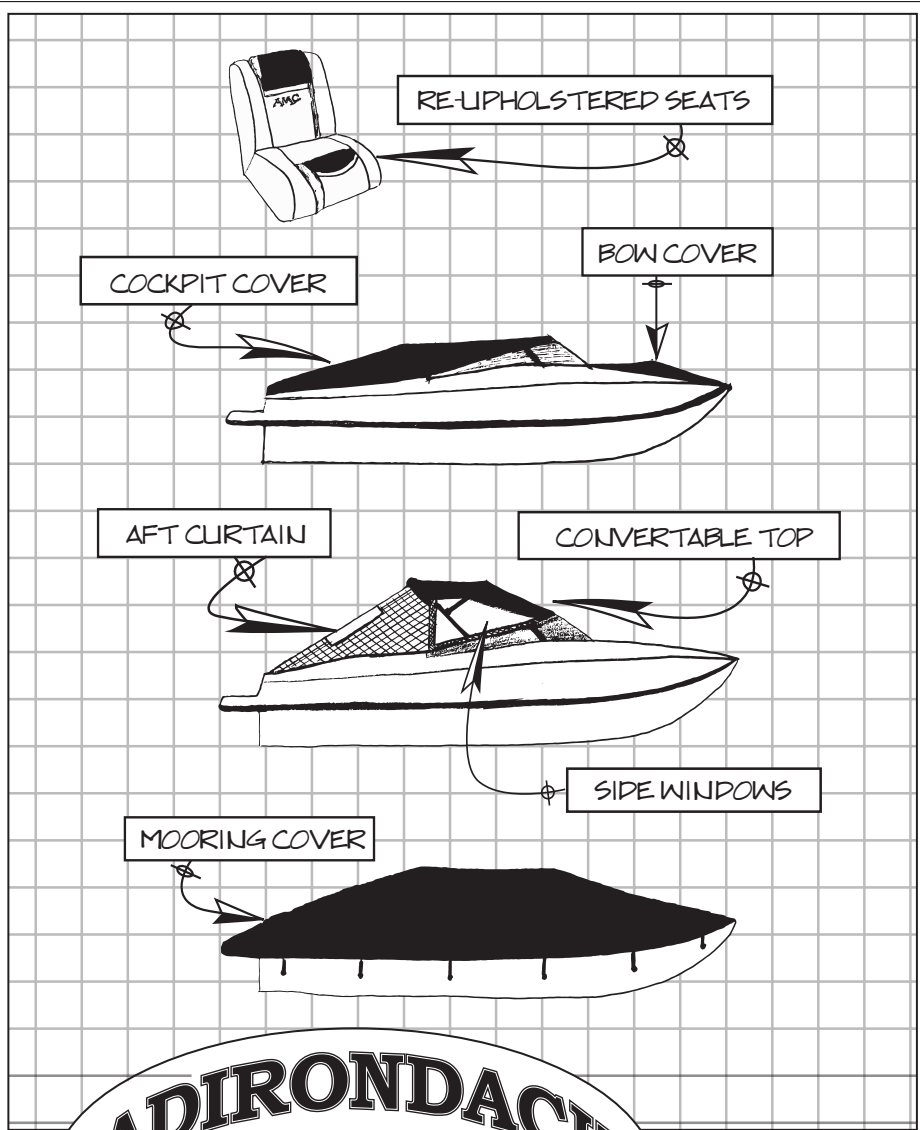
The sun was radiant and bright. I hopped in my car and blared Vampire Weekend with a rush of teenage excitement. I felt like I was skipping school. It was Saturday.

I rolled into the small dirt parking lot, dropped my car off, and bolted out of my car, looking like a blur of an unleashed lab. Then I stopped. I was enveloped by the winding hills that, in seconds, have the mac trucks and trailers fade to a faint whisper in the background. Sun shining high above. Green surrounding my every move. I took it all in and breathed deep. *Enjoy the process. Enjoy the process*. I slowed my walk and made my way up behind the eerily abandoned playground and headed straight for the woods. The crunching of the leaves beneath my feet was such a welcoming sound that I almost yelped out loud. No matter how many times I see sunlight streaming through trees, it never gets old, it becomes a savior for strength and hope. Stunning natural beauty glowed around me. The sound of rushing water immediately filling me with visceral appreciation to be alive.

I weaved down the hill with the flow of the water as my guide.  
I made it.  
Silence.

In the distance, a bird chirped, the leaves rustled, and deep inside I could hear my heart’s rich and meaty beats. *You’re okay. We’re okay. It’s going to be okay*.  
Then, I picked up a rock and chunked it into the water. I picked up another and then another. I felt the graininess of this small stone in my hand, the specks of dirt under my nails, and skimmed it across the water. I felt unearthed and innocent. This moment of skipping rocks was everything. Relief and joy, actual joy, washed over me all at once. Pure and timeless.

And then I realized, that’s how I get my hands dirty; playful, joyful, and hopeful. I returned to our new bizarre reality with a refreshed and renewed sense of myself and perspective. From the help of a bunch of unsuspecting teenagers, I learned that carving time in to get your hands dirty is the quickest way to clean your soul.  
My hope for you is that you take some time to get your hands dirty. It may just be the most nourishing way to mend an aching heart.  
“*In every walk in nature, one receives far more than he seeks.*” - John Muir  
Kristy Lenuzza is a writer and certified energy leadership coach and trainer. You can learn more at [www.kristylenuzza.com](http://www.kristylenuzza.com) or email Kristy at [kristy@kristylenuzza.com](mailto:kristy@kristylenuzza.com)



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# Father’s Day vs. Fathers’ Day

Any grammar geek could find the quandary in this holiday title. Isn’t the day set aside to celebrate all fathers, plural, rather than just an individual? Though Dodd petitioned for the holiday to be written as “Fathers’ Day,” the U.S. Congress used the term “Father’s Day” when they established the day as an official holiday.

# Third Sunday in June

The road to declaring a nationally-honored Father’s Day was a long one, spanning over 60 years. President Calvin Coolidge supported the holiday but did not make a proclamation. President Woodrow Wilson spoke at a Father’s Day celebration in Spokane, Washington, but Congress resisted making the holiday official out of fear it would become commercialized. Finally, President Lyndon B. Johnson was the one who declared the third Sunday in June as Father’s Day, though it was not yet made a permanent national holiday.

## NEW HARTFORD PAST TIMES

JUNE 2020



## NEW HARTFORD HISTORICAL SOCIETY

### Best Wishes to the Class of 2020

Looking back through the years, each high school senior had both obstacle and opportunity ahead of them as they graduated from their local High School. It may not seem like it today, with the loss of all those milestones and events that make-up a student’s “Senior Year”. Class Trips, Senior Ball, Graduation in front of family, friends and your favorite teacher, just to mention a few. But over the years, there were those that faced other, more dire circumstances. World War I, the Great Depression, World War II, the Korean War, Vietnam War, the “Cold” war. And interspersed amongst them, other health pandemics have plagued us just like the one we face now.

We know that those dark times were overcome and we moved forward. So too today, we will again triumph over our obstacles and move forward to brighter days and new opportunities. To our Seniors graduating from our New Hartford High School this month, although you won’t be walking across a stage or standing beside your classmates. You can rest assured that your family, your school AND your community is proud of you!

### 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.

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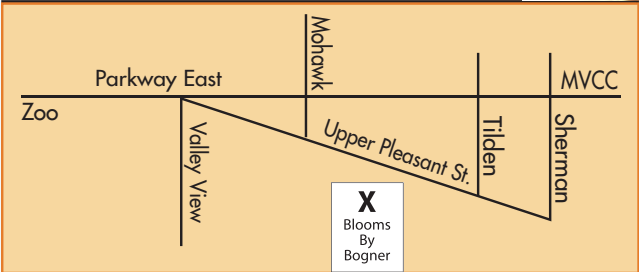


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## Confessions of COVID Parenting: Navigating Conversations with My Son

Like many parents, I have been shakily navigating the uncharted waters of raising children during a pandemic.

Trying desperately to paddle this boat without a paddle. Without a compass.

My son is almost 4. He's an observer. Intuitive. Smart. Curious.

The other day our conversation at the gas station went like so:

Son: "Mommy why is they wearing masks?"

Me: Silent. I knew the day would come. Deep breath. Hesitating. Kicking myself. Deep breath. I'm a child therapist I should be a pro at these moments! I help parents navigate this stuff. ALL. THE. TIME. Still silent. Deep breath. Ok finally, "So they don't get sick." Well that was stupid.

Son: "Do they have a cough?"

Me: "I don't know. But they wear those masks to try to keep safe from getting sick. Remember when you were sick and wore that mask?" (He had the flu earlier this year).

Son: "Yea. And I watched Cat in The Hat. That's my best new being sick show."

Me: "I remember. Right now, there is a big sickness going around and people are doing their best to stay away from it so they are wearing masks."

Son: "Are they going to go to the doctor."

Me: "Maybe. Doctors are here to help when people get sick."



Play. Heal. Grow.  
**Jennie Mazza Jones**  
LCSW-R | RPT | CCPT

Son: "Next time I go to the doctor I am NOT getting a shot!"

Me: "I don't know if you have to get one the next time you go. But you will probably have to wear a mask. I don't like getting shots either but sometimes I have to. And I will wear a mask too."

Son: "Can I have a lollipop?"

Me: "Yes."

Son: "Yay!"

Phew. That was slow and painful. Lots of deep breaths.

Another conversation, during his virtual preschool:

Son: "Mommy when can I go to school?"

Me: Had to mute zoom and hold back a flood of tears. Deep breath. "I don't know. Remember that sickness I told you about? Kids can't go to school right now because of it."

Son: "But I want to!"

Me: Deep breath. "I know. You miss school so much. I want you to be able to go back too. I know how much you love your friends."

Son: "Can I have a chocolate treat."

Me: "Yes."

Moral of the story? My kid is learning to self sooth with candy?

No, but really, I'm not sure.

Or maybe, it's that this is hard. For ALL of us. Regardless of profession, age, demographics, health status.

This is new.

This is NOT normal.

I Thank God daily that I am not living this out in a developing nation. But that doesn't mean we aren't suffering here in myriad ways. Again, this is hard and we all suffer in our own ways regardless of age, demographics, health status, work status or lack of, business status etc.

How we approach every situation is going to be a tentative learning experience. An experience of trial and error. Maybe an opportunity to learn to give ourselves grace. To let ourselves off the hook for our imperfections. For our mishaps. For our huge mistakes.

What I do know is that parents are the experts on their own children. I have to remember to remember that myself. To trust my parenting gut. In doing so, I find myself getting better at helping others navigate trusting theirs.

And in the end, my son learns that I will answer his tough questions even if I don't know how. And that he can keep asking.

And I learn to take deep breaths.

Was this helpful? Email me your thoughts at [jennie@jenniemazzajones.com](mailto:jennie@jenniemazzajones.com).

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

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



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Sunday Morning Worship Service 10:00 am  
Nursery, Preschool and Children's Worship hour: 10:00 am  
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### NEW HARTFORD PRESBYTERIAN CHURCH

45 Genesee Street, NH - 732-1139  
[www.newhartfordpresbyterian.org](http://www.newhartfordpresbyterian.org)  
Sunday School programs for children and adults have been in hiatus during the coronavirus pandemic. Meetings of the Session, Deacons and some committees have been held online in observance of CDC guidelines. The church's annual spring rummage sale has been cancelled. Readers should visit the church's website, [www.newhartfordpresbyterian.org](http://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](mailto: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](mailto: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: [uuutica.org](http://uuutica.org)  
Minster: The Rev. Erin Dajka Holley (315)381-8987  
Sunday Services 10:30 AM  
NO services will be held at the church.  
Our services will be streamed over the internet until further notice.  
June 7, 2020 Rev. Erin Dajka Holley "Sharing the Flowers' Beauty"  
On the brink of summer, we see the world around us blossoming, calling us into the beauty of life. What might we learn when we let the beauty in? How can we share it? (For this service, we will find a creative way to enjoy the spirit of Flower Communion while remaining safely socially distant.)  
June 14, 2020 - TBD-Check website for details  
June 21, 2020 - TBD-Check website for details  
June 28, 2020 - 10:00 AM  
UUA General Assembly Sunday Worship  
Join us virtually for the largest annual gathering of UUs joining in worship. The worship service will include a collection from the Tomaquag Museum, an indigenous museum featuring an extensive collection and archive of Southern New England tribal communities. Note that this service begins at 10, half an hour earlier than our regular service.

### FAITH IN CHRIST FELLOWSHIP CHURCH

3431 Oneida St., Chadwicks - 737-0753  
[www.faithnchristfellowship.com](http://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: Open Sundays after Services.

### LIVING FAITH BIBLE CHURCH

Corner of Pinnacle Rd. and Oneida St, Sauquoit - 737-5075  
David Green, Pastor  
Sunday Service: 10:30 am

Junior Church available. Nursery also available  
Wednesday Bible Study - 7:00 p.m.  
Sunday School 9:30am  
**We are handicapped Accessible.**

### WESTMINSTER-MORIAH-OLIVET PRESBYTERIAN CHURCH

Interim Pastor Rev. Dr. Mark S. Caruana  
Music Director Richard Crawley  
Worship service: Sunday 10:30 a.m.  
714 Washington St., Utica. 315-732-6518, [www.wmoutica.org](http://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  
Fall/Winter worship:  
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 - [fpcutica@verizon.net](mailto:fpcutica@verizon.net)  
Opening Doors, Hearts & Minds: Serving Christ & Community  
Reverend Jeanne M. Kumbalek  
Sundays - 10:30 Worship  
10:45 - Sunday School for Elementary Ages  
Faith Enrichment for all ages  
Call or email for schedule.  
Nursery Care Provided  
**Wheelchair Accessible**

### ST. VOLODYMYR THE GREAT UKRAINIAN CATHOLIC CHURCH

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

### LIFE IN CHRIST FAMILY CHURCH & BIBLE SCHOOL

25 Robinson Rd. Clinton - 315-853-1582. [www.licfc.org](http://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](http://www.stonepres.org)  
E-mail: [stonepres@verizon.net](mailto:stonepres@verizon.net)  
Office phone: 315-853-2933  
Handicapped Accessible



# American Legion New Hartford Post 1376

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## Take Outs Available

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## Friday Night Fish Fry

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JUNE  
2020

## Faith in New Hartford

THE TOWN CRIER 29



### 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

### CORNERSTONE COMMUNITY CHURCH

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

### CHRIST CHURCH (REFORMED PRESBYTERIAN)

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

### HOLY TRINITY ROMAN CATHOLIC CHURCH

Father Canon John Mikalajunas  
1206 Lincoln Ave Utica, Phone 315-724-7238  
"The Big Church on the Arterial next to the Ped Bridge"  
Only 5 minutes from New Hartford (per Mapquest)  
Saturday 5pm/ Sunday 8AM + 10AM (English Masses)  
Sunday 11:30AM only all Polish Mass in Central NY  
Weekday 8AM Mass followed by Rosary 7 days a week  
Confessions Daily 7:45am, Saturdays 4pm  
**Handicapped accessible - Air conditioned**

### ZION LUTHERAN CHURCH

630 French Road, New Hartford 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  
Palm Sunday service is April 5 at 10:00.  
Easter service is April 12 at 10:00.  
Communion will take place at both services.  
There will also be special music.

### 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 Schakhtman  
Friday Shabbath Services: 6 p.m.  
Friday Evening Oneg Sabbath sponsored by the Sisterhood of  
Temple Emanu-El. All are Welcome

### TEMPLE BETH-EL

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

### ZVI JACOB

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

### THE JEWISH COMMUNITY CENTER

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

## Audio and eBooks Bring Adventures to Local Students

COVID-19 and stay-at-home orders have dramatically changed our lives over the last several months, but this dramatic change may be most evident for our students. Education has gone virtual, activities have been canceled and interaction with peers is limited and sometimes, even nonexistent. But there is at least one constant that still remains -- the ability to seek distraction and refuge in the story of a good book.

And while students are staying home, and libraries are closed, many educators have turned to the Oneida/Herkimer School Library System (O/H SLS) for ways to help make sure the adventures and exploration offered through books continues.

As part of the O/H SLS, students from schools throughout the region are able to borrow audio and eBooks from their school and public library collections using the Sora student reading app on their own mobile devices or computers. The Sora app allows students to set their own pace, return borrowed titles automatically, take notes and define words while reading, track their reading progress and even select a font option that's easier to read for children with dyslexia.

Since remote learning began in March, Thomas Jefferson Elementary School, in the Utica City School District, has consistently been at the top of the list of O/H SLS schools that have the most students using Sora.

Jefferson Elementary Principal Vanessa Rejrat says that students have exceeded the school's expectations in utilizing the Sora platform and credits the app's accessibility, diversity and achievement recognition system for her students' increased participation.

"Our students have access to more genres now which has piqued their interest," said Rejrat. "Many of these genres may not have been available in our school library or were on long holds due to popularity. This platform encourages student choice and interest, hence their increased engagement."

Rejrat also believes that the enthusiasm and forethought of School Librarian Kirsten Learnard have been crucial to increasing independent reading among students.

"Kirsten is in her first year of teaching but came to us with a wealth of knowledge, especially when it comes to the use of technology," noted Rejrat. Learnard began introducing her students to Sora even before the transition to remote learning occurred, which has made them even more likely to utilize it as a resource while learning from home.

Jefferson Elementary's partnership with the O/H SLS has certainly been successful in providing reading materials for students of every age, interest and ability -- a fact that the Oneida-Herkimer-Madison BOCES takes great pride in.

"Our local school librarians' efforts have really paid off and it is so great to see their enthusiasm passed on to their students," said Elizabeth Hartnett, OHM BOCES Coordinator of SLS & Media Services. "We're so pleased that we're able to bring equity to students who may have had a tough time accessing books if they hadn't known that this service is available to them."

Rejrat and Learnard recommend that teachers tryout Sora as a way to open up a whole new world to their students during these unusual times. "Allow student choice and interest to drive your students' independent reading. The ebooks and audiobooks are all-inclusive, so there is stimulating content available for everyone."

The O/H SLS is an organization of 22 school districts and four nonpublic schools in the OHM BOCES region that provide library coordination and services to member libraries under a plan of service approved by the Commissioner of Education. The O/H SLS promotes and facilitates equitable access to information through coordinated resource sharing, and leads the investigation and introduction of effective technologies to member libraries.

The Oneida-Herkimer-Madison BOCES serves the following school districts: Brookfield, Clinton, Holland Patent, New Hartford, New York Mills, Oriskany, Remsen, Sauquoit Valley, Utica, Waterville, Westmoreland and Whitesboro.

*New Life  
Apostolic Church*



**Service Times:**  
Sunday School  
Sunday Adult Service: 10:00 a.m.  
Wednesday Night Prayer: 7:00-8:00 p.m.  
Thursday Evening Bible Study: 7:00 p.m.

**Pastor Mark Waterman**  
**315.736.1161**

3995 Oneida Street #4  
New Hartford, NY 13413

 @NLAC4all



# Senior Center News

## Senior Center News

We are all looking forward to warmer days in June. May has been a beautiful month with all the flowers and trees blooming although it has been cool and yes, we even had snow!!!! We are all trying to still adjust and adapt to the changes in our lives trying to stay safe and healthy. Please wear your masks when out in public and wash, wash your hands often. We will all get through this and hopefully be back to our Senior Center soon. Our staff has been keeping in touch with our seniors to make sure they are doing well, and if they need anything. Please call our number 315-724-8966 if you do need anything. we have received many calls about our tax prep, drivers classes and when will we be allowed to open for lunch. We have no information yet, but will certainly let you know when we do have an opening date. Please watch the newspaper and listen to TV. We do miss all our seniors and activities, programs and parties and do hope we can open soon as our seniors miss the socializing and some place to go for lunch. We have included a few pics to remind all of our fun times. Happy belated Mothers Day to all our moms and early Fathers Day wishes to all our Dads, plus Happy Birthday to all those we have missed while closed. We will have cake to celebrate when we open!!! Stay safe and healthy and we hope to see all of you soon.

*The staff at New Hartford Senior Center.*







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### Four Times You Should Review Your Beneficiary Designations

Many of us take a set-it-and-forget-it approach to beneficiary designations on retirement accounts, life insurance policies, wills, and trusts. We create the document, we choose a beneficiary, and we consider the work complete. But the truth is, many life-changing moments are times to thoroughly review

those beneficiary designations to make sure they’re up to date.

Travis Huber, IRA Product Manager for Wells Fargo Advisors, lists four life events that should trigger beneficiary reviews. He also notes common mistakes to avoid.

#### When to review your beneficiary designations

When you divorce or remarry. At these milestones, many people remember to update their wills, but they may forget about other accounts such as IRAs and life insurance policies. “You’ve got to rethink everything,” Huber says. “If you forget to update a document, the beneficiaries may not be your kids or new spouse as you prefer. Instead, your ex-spouse could wind up as the designee.”

When you have a child or a grandchild. The time that your family grows might be the time to consider making a child a beneficiary. You can do this individually within a policy or account, or you may want to consider using a trust. You should also revisit primary/secondary IRA beneficiary designations when a child becomes a legal adult, Huber says. If you want several children to split funds from your IRAs, make it clear in your designations. Legally, a sole beneficiary is not obligated to share funds with a family member you haven’t named as a beneficiary. Even if the beneficiary decides to do so, it could trigger a gift tax for the recipient.

When a beneficiary dies. Some individuals may outlive their beneficiary, whether it’s a spouse or a child. If, for example, a deceased person is named in your life insurance policy as a beneficiary, it could pose complications. “Even if you had named contingent beneficiaries, it’s still better to have the paperwork updated,” Huber says. “That will mean less time and effort to get those benefits to the right recipient.”

When beneficiaries’ financial needs change. As time passes, your beneficiaries’ financial circumstances may evolve. Maybe you named your dependent children and your spouse equal beneficiaries on an IRA. Now those children are adults with successful careers; they no longer need the money as much as your spouse would. Make sure your beneficiary designations reflect those changing needs.

#### Two common mistakes to avoid

Conflicting designations. Huber sees this often, and it can make your intentions unclear. For example, perhaps you established an IRA when you were younger and named a sibling as a beneficiary. But years later, you created a will dividing your assets between your spouse and your children. However, beneficiary designations on IRAs and retirement plans supersede what’s stated in a will or trust, Huber says. “Your spouse and children can try to use their interest in the will or trust to gain IRA assets; however, the actual IRA designated beneficiary will likely remain in control of the inherited IRA assets.”

Incomplete designations. “Sometimes you put your wishes on paper, but maybe you didn’t sign the paper, or you forgot to submit it,” Huber says. “This would likely create confusion, perhaps cause challenges and delay or prevent passing the

assets to the person you want to receive these funds.”

Finally, whenever you review, take a holistic approach to beneficiary designations—reviewing all of your accounts together, instead of one at a time—because there can be a ripple effect. “If you change one, it might change what you want to do with the others,” Huber says.

Wells Fargo Advisors is not a tax or legal advisor.

*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*

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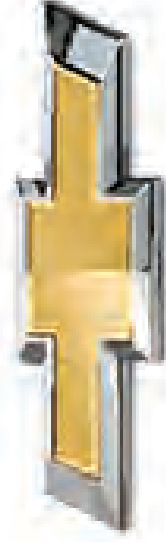
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