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the TOWN Crier

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Vol. 35 No. 6
June 2021

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Hospice & Palliative Care's **BUTTERFLY** RELEASE CELEBRATION



The Butterfly Release Celebration is open to everyone as we honor those we love and celebrate their life.

Wednesday, July 21, 2021

Pick up your butterflies and release with family & friends at a location special to you. Receive a special program recognizing all of those being honored and tune into our Facebook and Website for a special video.

Curbside Pick-Up Locations/Times Include:

- Hospice & Palliative Care (Noon - 6:00 pm)**
4277 Middle Settlement Road, New Hartford, NY
- Nunn's Home Medical Equipment (3:00 - 6:00 pm)**
1340 Floyd Ave. Rome, NY
- Herkimer College - College Center (3:00 - 6:00 pm)**
100 Reservoir Road, Herkimer, NY
- Oneida Health Cancer Care Radiation Oncology
Affiliate of Roswell Park Care Network (3:00 - 6:00 pm)**
601 Seneca Street, Oneida, NY
- Adirondack Bank Center at the
Utica Memorial Auditorium (3:00 to 6:00 pm)**
Labatt Blue Entrance Parking Lot
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or for more information call 315-735-6484



The Clinton Garden Club

The Clinton Garden Club cordially invites you to partake in a community garden tour sharing some of our favorite gardens in Clinton and New Hartford on Saturday, July 17th from 10am-4pm. The tour will occur rain or shine. Tickets can be purchased in advance online at the Facebook page, <https://www.facebook.com/clintongardenclub>, via messenger or at the Farmer's Market in Clinton in June for a discounted rate of \$12 per ticket. Tickets will also be sold under the gazebo on the village green in Clinton on the day of the event, July 17, starting at 10am for \$15 per ticket.

The Clinton Garden Club and its supporters historically enhance community projects, such as the Kirkland Library through the Susan Callahan Library Book Bag Program along with the maintenance of the perennial border along the entry drive, the Blue Star Memorial Program, the NYS DEC student campership program for a Clinton Middle School student, a contribution to the Root Glen "Friends and Arboretum on the Hamilton College Campus, Garden Therapy at the Lutheran Home's Active Day Program, a scholarship offered to a Clinton High School senior interested in the environment and the planting and maintenance of the summer floral barrels in the village of Clinton.

Follow Clinton Garden Club's Facebook Page for updates. The tour will be operated in accordance with appropriate COVID safety guide.

**For information on how to place an article
for your community event, please email
towncrier@pjgreen.com or call 315-723-4827**

We currently mail our monthly paper to residents in the 13413 zip code.

If you know someone outside of that area that wishes to receive our publication, we ask that you please send a (yearly) \$20 check, payable to The Town Crier, PO Box 876, New Hartford NY 13413.

We will gladly add the address on to our subscription list.

We would also like to mention that we are a privately owned business, and not part of the Town of New Hartford.

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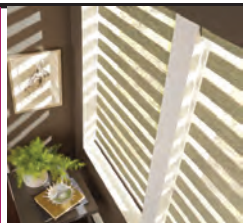
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THE TOWN CRIER

Community News

**JUNE
2021**

Seventh Annual "Best Ball" Golf Scramble with Prizes Saturday June 19th, 2021

A benefit for the Make-A-Wish foundation/scholarship fund in honor of the memory of John D. Lloyd, who was a sophomore at New Hartford High School when his wish was granted. The Make-A-Wish foundation granted John's wish to meet Buffalo Bills Players CJ Spiller and Fred Jackson in December of 2013. Please help us to help them keep granting wishes.

The Golf tournament will be at Twin Ponds Country Club, New York Mills. June 19th, 2021. T-Off at 9 AM. Ticket Price- includes 18 holes of golf, cart, lunch at turn, and a packaged dinner to-go, \$90 dollars each. There will be no in person Dinner/Banquet this year due to pandemic restrictions.

Call to reserve your spot! For questions or more info contact Kathy Lloyd 315-723-6545 or Sue Lloyd 315-723-7865.



Planting Containers

Submitted by Shelley Corey of The Mum Farm

Now that you've purchased your quality annuals and many newfound plant treasures, it's time to design and plant your containers. The fun truly begins now! Determining how many plants to plant into your window box and pots is often very tricky. As a professional, I always tell my customers that in the beginning, less is more. If you pay attention to the information on the tag such as mature height and spread, along with the sun requirements you'll get a good idea how many plants to plant together and which ones will make good partners! I always remind customers that giving your plants some "shoulder" room in the

beginning of the season will reward you with a spectacular show throughout the season. I want you to be able to see the soil for a week or two before they begin to fill in. When the roots hit the inside of the container, the top growth begins and they start to fill in and grow, it's so fun to watch!

When planting an 8" diameter container I often go with one 4" pot and maybe one cell of alyssum that will cascade over the edge. As the pot size increases, you can plant more material such as 3 - 4" pots with a few clumps from packs to fill a 14" diameter pot. Remember that less plant material will allow for growth and give the roots adequate room to minimize the need for watering more than once a day once the hot weather hits us!

I also believe in planting into moist potting soil. Those beautiful white roots don't want to touch dry soil...it will suck the life out of them, so be very kind to them right from the start. Plant into moist potting soil and then gently water to settle everyone into their new growing spot!

You'll often see people on gardening shows pulling and tugging at the roots in an effort to untangle them from their circular pattern in the pot. Would you like to be treated like that? As long as you have purchased a plant with a healthy root system and it was timed correctly for spring planting, success will follow.

Always plant your annuals at the same depth as they were in the growing container. Planting them too deep is often the first reason annuals die in a container. If you plant them too deep, it may take a few days or a week, but they won't be happy with you! First sign will be wilting, you'll think that they need water, but that often isn't the case. Remember drainage holes if you've purchased new containers.

Oh, there is so much I want to tell you! I believe if you've been reading my articles for a while, you are well-prepared for the planting season.

A great trick is to take a hanging basket and transplant it from its original basket to either a much larger hanging basket or replant into a pot. You will be blown away by what will happen when you give those roots extra room and the ease of keeping it watered will make you wonder why you didn't do this sooner!

Smile! Get ready for a summer of outdoor entertaining with family and friends who will marvel at your green thumb!

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Quality Versus Quantity (More is Not Always Better)

submitted by Jim LaFountain, All American Fitness Center

During graduate school in 1979, I thought of myself as a dedicated exerciser. I weight trained two hours a day, six days a week and ran three miles, three times a week. That is, until I contracted mononucleosis. While confined to my bed, my training partner and classmate brought me schoolwork and research papers daily. Most of the research I perused during that period focused on “Exercise Intensity versus High Volume Exercise.” The more I read, the more I began to understand that what I had been doing was wrong and probably led to my bout with mono.

After several weeks of convalescence, I returned to the classroom and gym. I vowed to not make the same mistake of substituting enormous volumes of low intensity exercise for a more valuable, high intensity effort. Eight weeks later, I placed 2nd in the Mr. Kentucky Contest, nearly doubling my strength and gaining several pounds of muscle. That’s with just three, 40 minute workouts a week. I applied the same focus on intensity with my cardiovascular exercise of running and bicycling and increased my VO2 (ability to consume and utilize oxygen) by 40%.

Americans have grown accustomed to doing what’s most comfortable, as it relates to fitness. Attend a gathering of runners or bicyclists and you’ll hear verbiage, primarily about mileage, NOT how intensely they complete a given distance. You may ask, “what’s it matter? I enjoy logging several miles.” The left ventricle wall of the heart is assigned the task of moving oxygen rich blood away from the heart and to working muscles. Addressing that area of the heart occurs when you are engaged in high intensity cardiovascular exercise.

Just two high intensity sessions a week will pay enormous “cardiovascular dividends.” It’s important to understand, it’s more difficult to recover from high intensity exercise than from low intensity efforts. No more than a couple high intensity workouts, done on non-consecutive days a week, should be done. Any more than that and you may end up like I did in 1978.

- Some ways to intensify your workouts:
- *hill climbs
 - *intense (timed) sprints over a measured distance, followed by adequate recovery, i.e., one minute sprint with a two minute recovery at a low intensity
 - *brief workouts done at a much higher intensity, i.e., 30 minutes at 80% vs. one hour at 65%.

Attention Beginners: Make sure you get clearance from your doctor before engaging in high intensity exercise.

The bottom line: it’s quality, NOT quantity that produces optimal results.



Richard Sherman

New Hartford Highway News

submitted by Highway Superintendent, Richard Sherman

We want to thank all homeowners for their patience as your Highway Crew worked diligently to collect branches and brush, as well as, performing the annual street sweeping, on the Town’s 82 miles of streets. We will continue the brush collection weekly through the fall.

Our Curbside Trash Pick-up Program will once again be in the month of June. This is a onetime pick-up only for the year. Ward 1 curbside collection will begin Monday, June 7th and we ask that everything is placed to the curb by Sunday evening, June 6th. Ward 2 curbside collection will begin Monday, June 14th and we ask that everything is placed to the curb by Sunday evening, June 13th. Ward 3 curbside collection will begin Monday, June 21st and we ask that everything is placed to the curb by Sunday evening, June 20th. Ward 4 curbside collection will begin Monday, June 28th and we ask that everything is placed to the curb by Sunday evening, June 27th.

If you are unsure as to what type of trash is acceptable, please call the trash hotline of (315) 724-4300, ext. 2430 or view the Town of New Hartford’s Trash Drop-off Brush Collection Schedule and Guidelines available on the Town’s website. June’s drop off at Highway Garage and Tag Program will be suspended for the month of June due to the Curbside Pick-up Program. It will start

again in the month of July.

The Town’s annual paving program, weather permitting, will begin on May 26th. It starts with a milling procedure which takes off the old blacktop and your Town Highway Crew ensures that the road base is ready for paving by repairing the undercoat. Then several days later, new blacktop will be applied. Your Highway Crew will also be out looking to repair potholes and other areas in distress.

We will performing this process in 2 phases with Phase 1 beginning on or about May 26th for the following roads: Meadowbrook Dr, Donegal Pl, Kensington Ct, Pebble Creek Ln, Old Orchard Rd, Westminster Circle, Carmen Ln, Marks Pl, Marley Rd, Medford Pl, Mapledale Rd, Tennyson Rd, Andover Ave, Homestead Ct, Homestead W, and Norwood Rd. Phase 2 will begin in early August with Hand Pl, Oneida St from City Line to Kellogg Rd and Oneida Street from Elm St to the Town of Paris Line.

Finally, the annual “Touch the Truck” event for children will once again be held at the NH Public Library on June 12th between 10am and noon.

As always, if we have missed something or you have a concern, please don’t hesitate to call me at (315) 534-2998 or e-mail at rsherman@townofnewhartfordny.gov.

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Angels Among Us Food Pantry 2021 Spring Schedule

June 12 – June 26

Hours of Operation: 10:00 AM to 12 noon

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

Follow the signs to the driveway in the back during open hours. In the event of food emergency issues, please contact the St John’s rectory from 9AM to 2 PM Monday through Thursday at 315-732-8521.

If this is your first visit, please bring proof of address.

If you do not have a permanent address, or if you are unsure of eligibility, just come in. We will assist.

2020 -2021 TEFAP INCOME GUIDELINES

Income		
Household Size	Annually	Monthly
1	\$25,520	\$2,127
2	\$34,480	\$2,873
3	\$43,440	\$3,620
4	\$52,400	\$4,367
5	\$61,360	\$5,113
6	\$70,320	\$5,860
Each Additional add	\$8,960	\$746

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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Looking Forward to Summer Programming

We owe the Friends of the NHPL a HUGE Thank you!

Technology has been amazing this past year, allowing us to stay connected socially, professionally, and academically. Screen time has increased drastically. We, at the New Hartford Public Library, would love to disconnect this summer in order to reconnect with our younger patrons. The Friends of the New Hartford Public Library have generously rented us a tent for the month of July for a section of our lower parking lot. The tent will allow us to provide story time and programming for our younger patrons. Social distancing rules will apply and we kindly ask that masks be worn in an effort to protect our youngest patrons who, at this time, cannot be vaccinated.



Summer Programming for Kids

All of our children's programming will be free and held in-person outside under the tent that has been rented for the month of July. We plan on hosting story times: with stories and individually packaged take away crafts; a series of craft programs like: Make a Bee Habitat, Sun Print Making & Popsicles; a visit from: Utica ZooMobile. Registration will be required for most programs. Check our website www.newhartfordpubliclibrary.org or our Facebook/Instagram pages for updates on dates and a complete list of upcoming programs, registration dates, and information for the Summer Reading Program!

Touch the Trucks

Saturday, June 12th 10:00-12:00. Join us as The New Hartford Highway Department bring some of their best big trucks to the library lower level parking lot for the children to see and explore! We are so excited to be able to bring back one of our most popular programs! We will be able to be outside and have protocols set up to keep everyone safe while they enjoy this event. Face masks and social distancing required.

Park Passes are Back!

Once again, the Friends of the New Hartford Public Library are supporting our Park Pass Program. Through their generosity, we will be allowing our patrons to check out the following park passes which will allow our patrons a discounted entry rate:

- Fort Rickey Children's Discovery Zoo
- Everson Museum of Art
- Adirondack Experience
- Empire Pass
- The Wild Center

Passes must be placed on adult library cards. Please call 315-733-1535 for more information

Used Book Donations

The Friends of the New Hartford Public Library are happy to be accepting your donations once again and kindly ask that when donating, you kindly adhere to the following guidelines:

- One box/bag per visit due to storage limitations
- No encyclopedias
- No textbooks
- No National Geographic Magazines
- No Reader's Digest Condensed Books
- Books must not be wet or moldy
- Books will not be accepted that were published over 50 years ago.

Curbside Pickup Continues

We are thrilled to continue to offer this service to our patrons. We kindly ask that patrons that are not using this service avoid parking in the upper level parking spots designated 1, and Kids and Adult Crafts. We assign these spots to those that are taking advantage of this service. Thank you for your compliance and understanding.

Take Advantage of the NHPL's Reference Services

Got a nagging question? Need some information? The reference librarians at the New Hartford Public Library can help you find answers. You can meet in-person with a reference librarian whenever the library has public hours (currently 10-1). In addition, you can call the circulation desk, leave a number, and a reference librarian will contact you. Please don't hesitate. Answering your questions is a high priority at the NHPL.

Fogger Lending Program

Several local organizations have taken advantage of our Fogger Lending Program. The \$13,500 investment from The Community Foundation purchased fogger units for use by the public libraries in Herkimer and Oneida Counties. The foggers use Hypochlorous Acid, which is allergen free, non-toxic, non-irritating, and 70-80 times more efficient at killing microbial pathogens than bleach. Most importantly, it is on LIST-N of EPA approved disinfectants against COVID-19 and other pathogens such as bacteria, viruses, spores and fungi.

We lend the fogger out for 1 week at a time and provide enough solution for the week as well. Organizations and businesses interested in borrowing the unit should contact the Library at 315-733-1535.

Display Case for the Month of June

Mary Jude Winn will be displaying her handcrafted jewelry for the month of June in the display case as you enter the library. Mary Jude has been creating jewelry for over 20 years and specializes in unique handcrafted one-of-a-kind pieces. Stop in to have a look at her beautiful creations.

RBDigital Magazine Collection is Now in Overdrive

If you were using RBDigital to check out magazines, you can access previous RBDigital magazine checkouts by creating a Zinio.com account using your RBDigital login and password.

Stay Informed!

The most up to date information regarding closings, reopening, programs and crafts can be found on our website (www.newhartfordpubliclibrary.org) and on our Facebook and Instagram pages. Links to follow us are on the bottom of our website.

NHPL Board of Trustees 2021 Meeting Schedule

The New Hartford Public Board of Trustees meets the 3rd Wednesday of each month at 4:30 pm at the New Hartford Public Library.

July 21, 2021
August 18, 2021
September 15, 2021
October 20, 2021
November 17, 2021
December 15, 2021

Stay Connected With Us!

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

Facebook:
www.facebook.com/newhartfordpubliclibrary
Instagram: [new_hartford_public_library](https://www.instagram.com/new_hartford_public_library)
Website: www.newhartfordpubliclibrary.org

Children's Story Time on IGTV

Every Thursday on Instagram. Miss Ashlyn will be reading books and posting them on Instagram and IGTV every Thursday on the [new_hartford_public_library](https://www.instagram.com/new_hartford_public_library) Instagram page!

The Preschool Projects

Every Tuesday from Jan 5th through July 6th, we will be offering a project for preschoolers. Please call 315-733-1535 on Tuesday morning beginning at 10:00 to reserve a project. While supplies last!

Grab & Go Project Bags for Kids Spring schedule

We are offering Grab & Go projects once a month in the spring; June 10th – Take a Hike - Outdoor Explorer Kit. Call to reserve beginning at 10:00 on the day of that month's project. While supplies last.

Grab & Go Projects Adults Spring/Summer Schedule

We are offering Grab & Go projects once a month in the spring; June 1st – Shibori Fabric Dyeing Kit, July 1st – Make your own Pinch Pot Kit. Call to reserve beginning at 10:00 on the day of that month's project. While supplies last.

Have You Signed Up for WOWBRARY Yet?

The New Hartford Public Library is constantly adding new items to its collection. We are proud to now offer you weekly email alerts notifying you of the newest books, DVDs, CDs, and audio books that we purchase each week. We hope you'll enjoy hearing about the many exciting bestsellers, movies, music, and recorded books almost the very moment they arrive at the library.

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JUNE 2021 **Community News** **THE TOWN CRIER** **5**

Whenever you spot something of interest, you'll be able to click instantly and reserve it at your convenience. And of course, like everything else in the library, this service is free!

To get started and see what the emails look like, just visit www.wowbrary.org. You can unsubscribe from the weekly emails any time you wish.

Our library is excited to offer this new service and wishes to thank the Friends of the New Hartford Public Library for generously providing this service for our patrons.

Book Clubs

Are you in a book club or looking to start one? Many book clubs are meeting virtually during the pandemic. If your club needs to order books or if you are interested in starting a book club, please call the Library and ask to speak to our Book Club Coordinator, Tanya. 315-733-1535

Women (and Men) of Mystery on Zoom!

If you love reading mysteries or just want to know more about them, the New Hartford Public Library Women (and Men) of Mystery Book Group is for you. Join us (via Zoom) on Saturday, June 26 11:00-12:00 as Janet Hoover leads us on an exploration of mystery authors who, over the years, have given us a Plethora of Puzzles: Emma Lathan, Mary Higgins Clark, and Carol Higgins Clark. If you already enjoy these authors, if you are curious about them, or if you can never have too many mysteries on your to-be-read list, this class is for you. Call the New Hartford Public Library at 315-733-1535 for the Zoom link.

Yoga for Seniors

Join Bill Skinner every Monday at 3:00pm for a virtual Yoga program geared towards seniors! Participants will meet via Zoom. Please call the Library at 315-733-1535 to register for the class. A Zoom invite will be emailed to you.

Child Safety Day

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New Hartford Rotary News

Rotary directs their efforts to enhance our local and global impact. The most successful and sustainable projects and activities tend to fall within these 7 areas of focus: Promoting peace – Fighting disease – Providing clean water – Saving mothers and children – Supporting education – Growing local economies – Protecting the environment. Rotary is committed to supporting programs and events that strengthen the conservation and protection of our natural resources, advance environmental sustainability and promote harmony between communities and the environment. ESRAG (Environmental Sustainability Rotary Action Group) was established by Rotarians around the world to assist Rotary Clubs with ideas on how to help protect the environment and assist local communities with environmental sustainability projects. New Hartford Rotary was a leader in forming a local ESRAG group to assist the clubs in District 7150. Members of the local ESRAG group are both Rotarians and non-Rotarian alike, who all share in the common interest of protecting our environment.

On 24 April, Earth Day, The Rotary Club of New Hartford, along with the Rotary Clubs of Sauquoit and Utica, Boy Scout Troop #4 of New Hartford and the Town of New Hartford participated in the Great Lakes Watershed Cleanup by picking up debris along the Sauquoit Creek corridor from Chadwicks, north to Genesee St. in the Village of New Hartford. This was an event where Rotary Clubs and friends of Rotary in both the U.S. and Canada, that border the Great Lakes or any tributary that runs into the Great Lakes, spent the day cleaning up these shores and river banks. As a result of our local efforts, 880 pounds of trash, debris, old tires,

etc. were bagged and sent to the landfill so as to prevent them from polluting Sauquoit Creek and causing more damage to the environment.

To further the assist in helping the environment, on 6 May, New Hartford Rotary Club planted over 70 Dogwood and Northern Maple trees and trimmed existing trees along the banks of Sauquoit Creek at the Route 8 corridor. Also, New Hartford Rotarians, along with the Rome Rotary Club and the Adirondacks Foothills Rotary Club will be planting 200 Balsam Fir seedlings at the “Naturalization Area” within Griffiss Business and Technology Park in cooperation with MV EDGE in the coming weeks.

For more information about The Rotary Club of New Hartford, NY you can check our website at <https://newhartfordrotaryclub.com/> or follow us on Facebook at <https://www.facebook.com/NHRotary/>.



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JUNE
2021

Community News

THE TOWN CRIER

9



Caroline for County

Oneida County Legislature Race in District 15

Caroline Gable Reale, New Hartford resident, announces her candidacy for Oneida County Legislator in the 15th District. Caroline is endorsed by Oneida County Democrats and the Working Families Party. She is running on both lines this November.

Caroline will work for Oneida County with a commitment to excellence, after a long history of civic engagement in her community. "As a mother of three, a homeowner, and taxpayer, I understand what residents have been going through during this difficult year, and what we need to value moving forward."

Striving to bring a new voice to the Oneida County Board of Legislators, she looks forward to the opportunity. "New Hartford needs a common sense, family first voice to represent them, and I will do that with transparency and integrity. As a government outsider I will always put the interests of residents first."

Caroline holds a bachelor's degree in journalism from the University of Missouri School of Journalism and worked locally as a television journalist in Utica at WKTV, WUTR and in Syracuse at WSYR. She currently resides in New Hartford with her husband, three children and their dog. Her experience covering local politics as a reporter and her desire to make a difference in her community have fueled her run for office.

For more information please visit: CarolineforCounty.com

You can follow Caroline for County on Facebook for updates leading up to November 2nd.



Tramp and Trail Club camping in the 1950s

Tramps and Trails

On Exhibit April 30- July 30, 2021

In celebration of the one hundredth anniversary of the Tramp and Trail Club, the Oneida County History Center is proud to present this special exhibit about the Utica based hiking club founded in 1921. The exhibit features artifacts, photos, and scrapbooks from the club's rich history.

The Tramp and Trail Club of Utica, Inc., is the oldest hiking club in New York State. They have conducted over 6,000 official weekend hikes as well as countless interesting evenings, overnight trips and social events. The club is still active today with hikes happening every weekend, regardless of the weather.

The first outing was held April 30, 1921. Led by Abigail Dimon, Seventeen Tramps and Trailers hiked from the Elm St. entrance of Roscoe Conkling Park (Utica) west to Third St. (now Valley View Rd.) and on to Cascade Glen.

Scrapbooks and yearbooks in the exhibit highlight the numerous hikes and outings. In the early years of the club they often started via Trolley from Union Station. The first canoe trip was in Old Forge in 1923. The club added skiing and snowshoeing in 1971. In more recent years kayaking was added to the mix.

"As the Tramp and Trail Club begins its 100th Anniversary year, we are so pleased to partner with the Oneida County History Center," said Mary Pat Connors, former president of Tramp and Trails. "In 1921, Meade Dobson gathered with a group to found a hiking club in Utica. Little could he know that 100 years later that club would still be going strong. It's impossible to condense all those years, but together we have brought together a collection of documents and artifacts to highlight those adventurous years."

Tramps and Trails will be on display from April 30 through July 30, 2021. Admission to the exhibit gallery is free with a suggested donation of \$5.00.

The Oneida County History Center is a private 501(c)(3) not-for-profit educational institution dedicated to preserving the history, heritage, and culture of the Greater Mohawk Valley for present and future generations. The History Center is open Tuesday-Friday from 10:00-4:00 pm, and on Saturdays by appointment. Masks and distancing are required. Please call 315-735-3642 or visit the OCHC website (www.oneidacountyhistory.org) for additional information.



Sharon Kanfoush Wellness, LLC is Now Offering Somatic Movement!

I am pleased to announce that I am now offering somatics both virtually and in my studio at 2709 Genesee Street upstairs in the Realm Chiropractic Building in small groups or in one-on-one sessions customized to meet individual client needs.

What is somatics?

It is a term with two different but overlapping meanings. First coined by Thomas Hanna in the 1970s, it means to sense the body from within. That notion has subsequently been applied quite extensively to psychology, in which it has been found that a body-first approach to treating trauma may be effective. And it has been applied in the manner Hanna himself used it: to physical movement. It is in the second sense that I teach.

Thomas Hanna – a student of somatic pioneer Moshe Feldenkrais – argued in his book *The Myth of Aging* (1988) that much of our stiffness and chronic pain is not an inevitable consequence of aging. Rather chronic muscle contractions from whole-body postural habits and reflexes may become so persistent that we lose conscious awareness of them in what he termed "sensory motor amnesia". Somatic movement is a series of slow, controlled release of contractions against gravity that re-establish the neural pathways and conscious awareness of the chronic muscle contractions so they can then be released.

Who can benefit?

Postural misalignments and habituations can begin at a young age and the associated pain and wear & tear can progress through time, so somatic movement is valuable for nearly everyone. Because somatic movement is most effective performed against gravity, it is typically done on the floor on a non-sticky surface such as a blanket. However, I also have in my studio a wide, low table to accommodate individuals who struggle to get down on the floor. My somatic approach is entirely hands-off education and self-movement that blends the principles and specific movements of Frederick M. Alexander who emphasized undoing problematic habits, Moshe Feldenkrais who emphasized slow, conscious movements, and Thomas Hanna who added eccentric release against gravity, or pandiculation.

How do I try it out?

Each Wednesday at 5:15 for the month of June I am offering FREE somatic movement group classes for interested people to come try it out. Space is limited, however, so please text (315) 982-7144 or email sharonkanfoushwellness@gmail.com to reserve your spot!

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Chamber Welcomes Barrettas Beauty Bar and Studios

Barrettas Beauty Bar & Studios is a new, locally women-owned, Salon/ Day Spa located at 610 French Road in New Hartford. Co-owned by mom and daughter, Cassie and Nicole Barretta, whose dream of going into business together was ignited by the dissolving of Cassie's 10 year position as a corporate salon manager due to the pandemic.

In true sink-or-swim fashion and based on the belief that when one door closes, another does in fact open, the two put their vision out into the universe and set forth to turn their dream into reality.

The process began in the beginning of November 2020 and quickly transformed into a functional workspace by the end of December with the help of many. By January 1st 2021 the business was officially open!

Cassie and Nicole wanted to create an atmosphere that blended Cassie's memories of growing up out west with Nicole's memories of living in the Adirondack Park. From the beam and branch light fixtures to the live Edge Wood and greenery throughout, anyone who has entered their space has described it as "a vibe". They wanted to make it feel different, and for people to feel special when they are there.

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Cassie and Nicole have supported many local businesses throughout the building of their business and hope to carry more locally-made or hand-crafted sustainable goods in their salon's store. They look forward to being chamber members, and providing for our growing community and surrounding areas, clients, family and friends for years to come!



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New York certified teacher Kathleen Deck is kicking off her second annual arts & crafts camps for children ages 7-14 on her tented patio in the village of New Hartford

****Each 4-day long session fee is \$125. Classes run from 9:00-12:00 OR 2:00-5:00.**

****Sibling and multiple-week discount**

****CDC covid-19 guidelines will be followed. Bring a facemask, snack, and drink.**

For more information and to register go to:
 Summer By Design Arts and Crafts Camps on Facebook or call or text Kathleen 315-794-4158
 summerbydesigncrafts@gmail.com. See schedule at bottom of this article.

June 28-July 1 - 2:00-5:00
 Re"Art"ables
 Reduce, Reuse, Recycle - this is truly a "trash to treasure" experience! Students will interact with everyday objects to create attractive and useful items that can be used at home.

July 12-15 - 9:00-12:00 OR 2:00-5:00
 Collage and Mosaic Crazy!!
 Do you have a passion for color and texture? Come create original works of art using a wide variety of materials. In this camp mixed-media collages and mosaics are springboards for endless possibilities.

July 19-22 - 9:00-12:00 OR 2:00-5:00
 Paint! Paint! Paint!
 Combining tools of creativity and authentic self-expression while making art is what this class is all about! Students will learn various painting techniques to create works of art on several different surfaces.

July 26-29 - 9:00-12:00
 Nature's Artists
 Nature and art have always gone hand in hand. Artists have always been inspired by nature or used material from nature to create beautiful pieces of art.



The Way of Seeing Things: Paintings by Sheila Smith
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****Sibling and multiple-week discount**

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For more information and to register go to:
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2021 CAMPS

THEME	DATE	TIME(S)
Re 'Art' ables	June 28 - July 1	2 - 5
Collage and Mosaic	July 12 - July 15	9 - 12 or 2 - 5
Paint! Paint! Paint!	July 19 - July 22	9 - 12 or 2 - 5
Nature's Artists	July 26 - July 29	9-12

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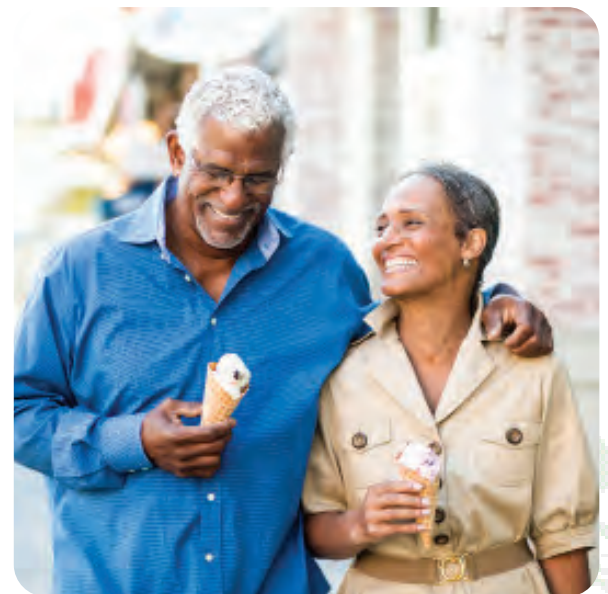
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**Vincent F. Pristera
Announces His Candidacy
for Town of New Hartford
Highway Superintendent**

Vincent F. Pristera age 63 of the Town of New Hartford announced his candidacy today for Town of New Hartford Highway Superintendent.

Vincent is married to his wife Gina and together they have two children. They have lived in the Town of New Hartford for over 30 years. Both of their children are graduates of New Hartford schools and reside in the Town of New Hartford.

Vincent is a 28 year veteran of the Mohawk Valley Water Authority, serving in a supervisory capacity for the past 14 years as Assistant Supervisor.

“I feel that my career at the Mohawk Valley Water Authority, as well as my experience in various forms of construction and maintenance, provide me with the tools necessary to fulfill the duties of this position effectively and professionally.”

“The residents of the town, as well as myself, take pride in the appearance of our community and I want make sure that our highway staff is well trained in all facets of maintaining town roads, buildings, and storm water systems, and ensure that the staff abide by all New York State safety protocols and training.”

This is Vincent Pristera’s first time running for an elected position.

New Hartford High School Ecology Club & Students For Justice and Equality Club

On Saturday, April 17th, the New Hartford High School’s Ecology Club and Students for Justice and Equality Club, joined together to conduct a clean-up of the Route 8 traffic corridor between Kellogg Road and the Train Trestle Bridge. This one mile stretch of Highway has been adopted by the two clubs through the New York State Department of Transportation Adopt a Highway Program. The Adopt-A-Highway program is an opportunity for proud New Yorkers to give back to their community by ensuring clean and beautiful roadways in the New York State. Adopting a highway is an easy way to make a visible impact on your community and show your pride in being a New Yorker.

The clean-up was held from 1:00 PM to 4:00 PM. The students and their advisors met in the northwest corner of Piggy Pats parking lot. Phase I of the clean-up was conducted on the East side of Route 8, between the roadway and the Sauquoit Creek. The volunteers began the clean-up at Piggy Pats and work Northward to the Train Trestle Bridge. At the conclusion of Clean-up, the volunteers were treated to lunch at Piggy Pats.

We are very appreciative to The New York State Department of Transportation for supporting the clean-up efforts by providing the heavy-duty garbage bags, safety vests and helmets and protective gloves. The New Hartford Police Department provided a marked police car with its lights on to slow down traffic and give the students a safer environment to work in.

The student volunteers and their adult volunteer supervisors worked non-stop for over three hours picking up every kind of trash and debris imaginable. When all was said and done the group had filled 40 (forty), 50 (fifty) gallon garbage bags with garbage




and trash, along with a dozen twenty-five-gallon garbage bags with returnable glass and plastic bottles and aluminum cans. (The returns garnered the clubs \$20.00 when cashed in.) This collection of waste is estimated to have weighed nearly a ton; yes, 2000 pounds of garbage deposited on this short stretch of one roadway! A remarkable feat, but also very disturbing that in this short stretch of highway people have been so destructive to our beautiful environment. We hear about global warming and pollution of the oceans and feel helpless in turning back the clock on these very huge issues. While we as a community continue to desecrate our own beautiful roadways, we all must take responsibility in fixing this problem, and it starts right here in our own homes and on our roadways! If we as a people cannot protect the very environment that we call home, how can we ever think that we can tackle the larger global issues that confront us? We need to commend and praise these students in their efforts to create a better world for us all, but more importantly we need to commit ourselves to joining them in making our community a better, more beautiful and healthy home for us all.

The Clubs have committed to doing four clean-up events each year. Their next clean-up is scheduled for Saturday, June 12th. Hopefully their commitment to this project will inspire others. The New Hartford High School Clubs challenge other schools and groups in our area to follow their lead and get involved in this program and others like it within their own communities to make Central New York more beautiful and scenic for everyone to enjoy.

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Judge Joan Shkane

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

MYTH: Immigration law is stuck in an unchangeable rut.

REALITY: Federal immigration policy is very

changeable. It wasn't until the 1920's that immigration policy started to choose people based on ethnicity. Before that, if you could get here, you were in and encouraged to become a citizen. In the last U.S. administration federal immigration (ICE) officials were permitted (some argue encouraged) to aggressively enter court houses and court rooms at will to arrest alleged illegal immigrants. Many attorneys and judges objected to this policy because they claim it had a "chilling effect" on an individual's willingness to help police, or to even come to the court buildings when they needed help. They argue that there are a thousand other places to find illegal immigrants. Prosecutors found that witnesses in prosecutions and trials would not come to the buildings for fear of arrest and deportation. Defense attorneys agreed. Domestic violence advocates could not help victims seeking court protection from abusive partners and others because the victims would not come to the court buildings. Those pursuing legitimate legal claims were left with no place to go for justice since they could not come to a courthouse without fear of arrest and deportation. Of course, when there exists a legal vacuum and individuals cannot get help, history shows that someone will always fill that vacuum. That someone may be unscrupulous and criminal. Some say it can even lead to organized crime rise because people have nowhere to safely seek help, and may then turn to those outside the law to help. The unscrupulous are always willing to extend help and then make an offer you can't refuse!

The new administration under the Department of Homeland Security has offered what some describe as a more nuanced plan. It has now forbidden federal agents to arrest people in or near courthouses for most immigration violations. They believe that such arrests interfere with justice and with public safety. Immigration arrests in or near courthouses may only be made now if: 1. There is a national security threat posed by the alleged illegal immigrant ; 2. There is an imminent risk of death, violence, or physical harm to any person posed by the alleged illegal immigrant; 3. The immigration officials or police are involved in hot pursuit of an individual who poses a threat to public safety and may be an alleged illegal immigrant; or 4. There is an imminent risk of destruction of evidence important to a criminal case by an alleged illegal immigrant. The goal is now to focus on those who truly present a threat to public safety, and this has mostly stopped indiscriminate arrests of anyone in the country illegally.

MYTH: Animals have rights, too.

REALITY: In 2018 in this column I discussed the movement to have a chimpanzee living in a cage in a warehouse in Montgomery County declared a person for the purpose of enforcing the right against unlawful imprisonment. New York's highest court decided against the chimp.

The issue now comes in the form of an elephant named Happy. She was a free Asian elephant living

a normal Asian elephant life when she was captured at age one and transported to various zoos. She is now 50 years old and has lived at the Bronx Zoo for more than 40 years. She has been forced to give rides to human children, to be part of an elephant extravaganza for human amusement, been denied direct social contact for fifteen years with other elephants and is forced to spend most of her time indoors in a large holding facility. The Zoo argues that she is treated well and that known facts like socialization and depression don't matter in the animal world.

The Nonhuman Rights Project has now received notice that New York's highest court, the Court of Appeals, will hear argument on the issue of the lawfulness of Happy's imprisonment. A leading scientist, a philosopher, legal scholars and experts, theologians, and the public from around the world are expected to attend the argument.

The legal argument in favor of granting Happy legal personhood is that "personhood" in the law is not the same as being human. They argue that international courts have found that ships, corporations, holy books and a river are classified as persons for the purpose of the protection of certain rights. The Zoo argues that Happy has her immediate needs tended to, like food, shelter and medical attention, so that she is fine, and there is no reason to change her circumstances.

The Nonhuman Rights Project says that Happy has been "imprisoned in solitary confinement, notwithstanding the uncontroverted scientific evidence that Happy is an autonomous, intelligent being with advanced cognitive abilities akin to human beings." Stay tuned! My dog is watching this case!

MYTH: A parent's First Amendment freedom of speech wins in all arguments.

REALITY: In this column we have often discussed the standard to be used in a child custody case. Whatever circumstance is in the "best interest of the child" is the standard used around the world, including the Americas, Europe, Africa and Asia. There are a number of circumstances that go into deciding what is in the best interest of the child. Now comes a new one.

In the Town of Dryden, east of Ithaca, New York, a mother and father enjoyed joint custody of a mixed-race child. The child was born in 2014. The child lived primarily with the mother. At the mother's home was a rock with a Confederate flag painted on it. It is unknown if the rock was there before the mother moved in. The father objected to the presence of the rock where the child could see it and come to understand it's meaning to the father, and to many Americans. Many believe that one of the principles that the Confederate flag champions is white supremacy, and inferiority of non-white persons, and they say that is unamerican. The case ended up in the Appellate Division, the second highest court in New York. The Court decided that the presence of the rock with the flag in the mother's home is NOT in the child's best interest. The Court reminded the parties that to continue joint custody with primary residence with the mother, the mother must encourage and teach the child to embrace her mixed-race identity. If she wishes to continue to reside with the child. The Judge wrote that to do otherwise would "thrust her into a world that only makes sense through the tortured lens of cognitive dissonance". That is, one parent says and lives one belief, and the other parent a different belief. This is on matters that the child obviously cannot change, and is not just a function of the mind, but of the child's very body and genetic makeup. The father found honoring the Confederate flag offensive, and the mother apparently did not. She also said that she never used

racial slurs in the presence of the child or at all.

The mother further argued that her right to free speech protects her right to display the flag. The Court agreed that the mother does indeed have a right to free speech, and may keep the rock if she chooses. However, weighing the best interest of the child, where the focus belongs in a custody case, does not permit the child to continue to reside in that home with the mother and her rock. The mother must remove the rock by June 1, 2021. If she does not remove it, then the father may argue a change of circumstance and proceed to seek sole custody in accordance with the best interest standard.

The mother now argues that this ruling may create opportunities for parties to litigate political views and opinions. The father argues that such a position ignores the fact that the child's whole body and psyche is mixed-race, and that cannot be argued and has nothing to do with political views. The Court did not address whether or not an objecting parent must produce evidence of how the child's well-being is negatively affected by a parent's views and opinions, maybe through an expert witness. This will continue to be developed through other cases.

Giving attention to legal myths is not wrong. It can be a starting point for developing an interest in the law. However, if specific legal issues are important in your life, for instance, regarding custody of 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.

MVCC's Summer Non-credit Catalog Now Available

Mohawk Valley Community College's Center for Corporate and Community Education (CCED) has launched their Summer 2021 non-credit course schedule. The catalog, *MVCCconnect*, encompasses all that MVCC has to offer, including exciting credit and noncredit opportunities, and is now available at www.mvcc.edu/cced. Browse online and sign up today through the online registration system. The full-color catalog also will be mailed in late May.

For non-credit programs, choose from a variety of in-person, outside, or virtual summer camps for kids and teens, personal enrichment courses, health and wellness classes, and professional development workshops.

Some new and exciting offerings include:

College for Kids and Teens: topics include jewelry-making, video game development, animation, kitchen science, art classes, and more.

FIRST® Robotics camps

Leisure Learning: fiction-writing, Zoom for Grandparents, and flower design.

Professional development certificates: Structured Query Language (SQL), data analysis, coding, bookkeeping, online teaching, and more.

Healthcare and fitness: CPR, phlebotomy, Certified Nurse Aide, and high school coaching certification.

For more information, call CCED at 315-792-5300, email ccedadmin@mvcc.edu, or visit www.mvcc.edu/cced. Office hours are 8:30 a.m.-4:30 p.m., Monday through Friday. All MVCC non-credit instruction is completely self-supporting, including indirect costs, and requires no public funding.

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NHFD News

Your New Hartford Volunteer Fire Department responded to 75 alarms during the month of April as indicated by the monthly call report listed below by category:

Fires	=	2
EMS	=	40
Hazardous	=	3
Service Type	=	9
Good Intent	=	8
Other Alarms	=	12
Weather Related	=	1
Other	=	0

Total Calls for the Month of April 2021 = 75.
Monthly calls in the Town = 64.
Monthly calss in the Village = 11.
Total calls year-to-date through April 30, 2021 = 341.



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

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

Be safe this summer

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

Lawn Mower:

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

Swimming Pools:

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

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

Outdoor Grills:

According to the National Fire Protection Association (NFPA) three out of five households own a gas grill. And, the latest information shows that an average of 8,900 home fires are caused by grilling and close to half of all injuries involving grills are due to thermal burns. While nearly half of the people grill year-round, July is the peak month followed by May, June and August.

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

- Propane and charcoal grills should only be used outdoors;
- Keep items that could catch fire away from the grill area;
- Use long handled utensils;
- Placement of the grill should be well away from your home, deck railings, and out from under the eaves and overhanging branches;
- Keep children and pets at least three feet away from the grill;
- Keep clothing away from the flame;

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

Never leave your grill unattended.

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

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

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

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

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

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

When the gas grill is on...

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

If the leak stops immediately, get the grill serviced;

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

Regarding charcoal grills:

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

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

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

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

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

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

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

TRAMP AND TRAIL CLUB OF UTICA			
JUNE, JULY, AUGUST 2021			
Phone numbers are the contact for hike information.			
For more information visit our website at Trampntrail.org			
JUNE			
5	Whetstone Gulf	Hike	315-768-3145
6	Tioughnioga River	Canoe/Kayak	315-525-1858
12	Balsam Lake Mountain	Hike	315-525-0366
13	Ashokan Rail Trail	Bike	315-269-4099
19	West Canada Creek	Canoe/Kayak	315-525-1858
20	Tassel Hill	Hike	315-723-6332
26	1930's Cooperstown	Hike	315-737-3767
27	North Lake	Canoe/Kayak	315-736-7425
JULY			
3	East Pond	Hike	315-790-2060
7	Root Glen/Kirkland Trails	Hike	315-853-3713
18	Seventh Lake	Canoe/Kayak	315-736-7425
11	Ledge Mt. Overlook	Hike	315-335-7293
17	Woodhull Lake	Canoe/Kayak	315-768-3145
18	Rum Hill	Hike	315-794-6770
24	Black Mt./Overlook	Hike	315-737-8353
25	Oriskany Area	Bike	315-736-2564
31	1940's Tirrell Pond	Hike	315-338-1573
AUGUST			
1	Lorenzo/Burlingame Rd	Hike	315-853-3713
7	West Mountain	Hike	315-335-7293
8	Windfall Pond	Hike	315-525-5129
12-15	High Peaks Weekend	Varies	315-749-5380
14	Rogers Environmental Center	Hike	315-768-7374
15	Deansboro Trail	Hike	315-768-7374
21	Tuscarora Lake	Canoe/Kayak	315-736-7425
22	1950's Hinckley Lake	Hike	315-749-5280
28	Vista Trail	Hike	315-768-3145
29	Big Alderbed Lake/Mountain	Hike	315-737-8353
29	Watch Hill	Hike	315-269-4099



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After 19 rewarding years in business, we are sad to announce that Effleurage will be closing on June 19th. We would like to extend our appreciation to our clientele who have become a second family to us over the many years.

The Effleurage team will be transitioning to separately owned businesses at the same location. The new name will be Lush Beauty Bar. A hair salon is being added. Lush Beauty Bar will be opening in early July, after necessary renovations are made.

Please call (315) 797-4041 to hear exact dates that we will be refunding eligible gift certificates.

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RICHARD SHERMAN, NEW HARTFORD HIGHWAY SUPERINTENDENT ANNOUNCES RE-ELECTION BID

Richard Sherman has announced that he will be seeking re-election to another 4 year term to serve the residents of New Hartford as their Highway Superintendent.

A lifetime resident of the Town, Richard graduated from New Hartford High School and went on to become a regional maintenance supervisor for the NYS Thruway Authority at Verona, prior to becoming the Town's Highway Superintendent in 2009. He also served as a Town of New Hartford Police Officer for more than 33 years, as well as, an active New Hartford Fire Department Volunteer Fireman for 20 years.

As Town Highway Superintendent, Sherman has listened to constituent concerns and comments and continued to successfully implement the following during his tenure:

- Directing the paving, continued resurfacing and management of more than 50 miles of Town roads;
- Originating a salt-water brine program for streets that has not only helped protect our environment, but saved taxpayers thousands annually;
- Scheduling and administering the popular annual curbside pick-up and green waste programs;
- Assisting the Town Supervisor with the creation of the new Town Hall at the Orchards, renovation of the Town's Recreation Center, and significant upgrades at both Sherrill Brook and Donovan Parks;
- Upgrading and speeding up the Town's fall leaf collection through the dedication of a leaf machine and crew for every ward;
- Establishing a shared services plan with surrounding communities that has saved Town taxpayers thousands of dollars annually;
- Managing the installation of a new LED street lighting program that not only provides energy and cost savings, but offers a significant reduction in light pollution;
- Partnering with Oneida County to establish storm-water detention ponds and drainage solutions for Mud Creek, Sauquoit Creek and the neighborhoods of Grange Hill, Woodberry, Beechwood and on Oneida Street at the City/Town line among others;
- Supervising the upgrading of the Town's numerous sewer mains, manholes and pump stations;
- Initiating and managing the reconstruction of the Elm Street Bridge in Chadwicks and Clinton St. Bridge in the Village of NY Mills.

He also serves as the president of the Oneida County Highway Superintendent's Association whose membership consists of all Town Highway Superintendents in Oneida County.

Richard has been proud of his community service in serving the Town throughout his entire career. He is known Town-wide as taking pride in maintaining the New Hartford Highway Department's quality of service, and most especially, that the Department is available 24 hours a day for residents in need.

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JUNE 2021

Senior Center News

THE TOWN CRIER **19**

Senior Center News

submitted by the staff at NH Senior Center

Happy June to all our seniors. We have been patiently waiting for some news from the state and county on re-opening our Senior center. We now have to submit an opening plan for our room, following the CDC and DOH guidelines. We have had some staff meetings and will be working on this. Hopefully it will pass inspection and we can move forward. We have visited the Parkway and North Utica Centers to talk to their directors to find out how they plan to get their rooms ready. Just a few hoops to jump through and maybe we will be able to see all of you again. Some of you may have seen the Rome seniors protesting out in front of their center to make awareness of how important it is for seniors to have a place to go for activities and socializing. We are all doing our best to get back to this. Stay safe and healthy and please get your vaccine, since it may be required to show proof to join us at the center. May has been a beautiful month with so many trees and flowers blooming and warmer days. Plus Mother's Day and Memorial Day. Now June is here for Flag day and Father's Day and of course many graduations. Enjoy your families now that we all are

feeling a little bit safer to get together.
 Please call our center at 315-724-8966 for any questions or help you may need.



Fireworks Celebration!

Preswick Glen would like to thank the community for coming together when we needed it most. In honor of this, we invite you to our beautiful fireworks display. For everyone's continued safety, please remain in, or next to, your vehicles. Discover this celebration of life with us. Discover a brighter future.

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- **NEW**, Beginner Jewelry Making with Resonate Trading Company: Necklaces
- **NEW**, Box of Nano Tech Adventures!
- Charms, Beasts, and Wizards: A Hogwarts Experience
- **NEW**, Computer Aided Design (CAD) Using Fusion 360
- **NEW**, Earth Explorers
- **NEW**, Fundamentals of 3D Modeling in Blender
- **NEW**, 3D Animation Basics
- **NEW**, Kitchen Science
- Meet and Make Like the Masters!
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- Minecraft® Redstone Engineers
- **NEW**, Pokemon Masters: Designers and 3D Makers Unite!
- Python Programmers
- Rebel Training Outpost
- ROBLOX® Makers
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- Science, It's a Girl Thing: Super Kitchen Challenge
- **NEW**, STEM Challenge Design Olympics
- Superhero Training Camp
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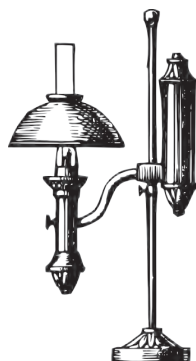
JUNE
2021

Antique Talk

THE TOWN CRIER 21



Victor J. Fariello Jr.



Antique Talk

Keep Those Cards and Letters Coming!

Singer/entertainer Dean Martin popularized the saying “Keep those cards and letters coming” by ending his weekly variety show in the 1960’s with that message. I’m borrowing it here to encourage you to send your questions, comments or anything you want to share about antiques and collectibles. You can email your questions or send them by regular mail. The contact information is listed below. Hearing from readers is one of the best parts of having a monthly column. Why not drop me a line. I would appreciate hearing from you.



Reader Challenge Continues!

As we announced last month, we are bringing back the “Best Find of the Season” Contest for the readers of this column. The rules are simple, just tell us about an interesting item, good buy or unusual antique or collectible that you acquire. We are awarding prizes for the First, Second and Third Place winning entries.

Simply submit a photo and brief description of the item and how you acquired it (garage sale, estate sale, auction, etc.). The item must be purchased between May 1 and July 31, 2021. Entries must be received no later than August 10, 2021. You can mail your entry to Antique Talk, PO Box 194, Washington Mills, NY 13479 or email it to vjfariello@gmail.com.

Here are this year’s prizes:

FIRST PLACE: \$50 Gift Card to Olive Garden and a 1-year subscription to The Magazine Antiques

SECOND PLACE: 2021 Warman’s Antiques & Collectibles Price Guide and 1-Year Subscription to Antiques Trader Magazine

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

I will be looking forward to your entry!

Happy Collecting!

Questers Wants You!

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). We have been meeting by Zoom in recent months but are resuming in-person meetings.

We would like to welcome our two newest members, Jean Hunt and Lisa Lemieux. Welcome aboard ladies!

The dues for 2021-22 is just \$28. This includes membership in Questers International, a quarterly newsletter, access to research papers on every antique imaginable and the pride of belonging to a close knit group of individuals with a common interest.

Visit us on Facebook by searching “lovoldstuff” or visit the Questers website at questers1944.org. If you have any interest in joining our group, email me at vjfariello@gmail.com.

Support Your Historical Society

If you haven’t already done so, why not renew or start your membership in the NH 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. Support these fine folks who are preserving our history for future generations.

Victor J. Fariello Jr. is a lifelong resident of New Hartford and has been a collector and dealer of antiques for many years. He is a past officer and member of the New Hartford Historical Society and is the Charter President of the J. Schoolcraft Sherman Chapter #1519 of The Questers, an International organization for people who love antiques and have a commitment to preservation. Questions on anything related to antiques can be sent to him at PO Box 194, Washington Mills, NY 13479 or by email to vjfariello@gmail.com. Any photos submitted will be returned upon request.

Seed and Weed Garden Club

The Seed and Weed Garden Club is hoping to put a stepping stone path in the town park (Sherrill Brook Park) leading to the garden it maintains there.

We are looking for a donation of flagstone or slate.

Anyone interested in helping in some way may call Ann at 315 392-8127.

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Investigating Attic Condensation And Mold Growth

Attic condensation and mold growth are common problems for homeowners. Attics generally have limited access and homeowners seldom, if ever, enter them unless they suspect a problem or if they store seasonal items there. As a result, attic condensation or its results may not be detected until long after the conditions have changed, making it difficult to determine its cause.

Signs of Attic Condensation

The first sign of an attic condensation problem is most commonly mold because its dark colored patches stand out against the typically lighter colored wood of most roof sheathing. The actual moisture that promotes the mold's growth can go unnoticed because of its natural clarity and its appearance as a collection of very fine droplets. Regardless of whether moisture or mold is detected first, condensation is the underlying cause.

Condensation most commonly forms in an attic on the underside of the roof's sheathing. Unlike roof leaks' typically well-defined and isolated locations, condensation and its resulting mold will often cover the underside of an entire roof slope and be uniform in appearance. If condensation amounts are significant, the moisture can drip from the sheathing and onto the top of the ceiling below and may give the impression that a roof leak has occurred. These stains will likely be widespread and random rather than concentrated in a location as is typical for a roof leak.

Condensation Causes

Like all condensation, attic condensation occurs when moisture in the attic's air encounters a surface that cools the air to a temperature at or below its dew point. Since the air's temperature is susceptible to change, its

ability to hold moisture can shrink or swell, holding more when it is warmer and less when cooled.

Depending on the season, the humid air in the attic can originate within the house below, in its basement or crawlspace, or from the exterior (Figure 1). Inside the house, the air will probably not feel humid or uncomfortable and if a humidistat is present, its readings can be well within the normal range of 40% to 60% relative humidity with a temperature of 68 to 72 degrees Fahrenheit. However, during cooler months when this air migrates into the attic as part of a house's normal air circulation, its temperature can be changed dramatically, particularly when it contacts materials with surfaces that are exposed to the exterior. If those surfaces cool the air sufficiently, then condensation will form.

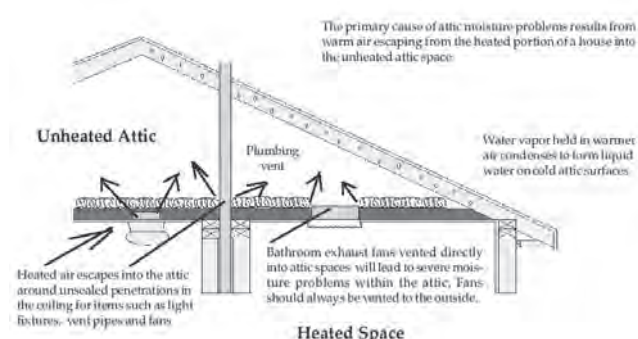


FIGURE 1: HEATED AIR PATHWAY INTO ATTIC

The best chances for these surfaces to have cool enough temperatures for condensation to occur will occur during winter months, but such conditions can occur in summer months as well when evening temperatures can drop sufficiently to produce condensation. Although normal humidity levels can produce condensation, elevated humidity levels make the problem more likely to occur. Excess humidity can occur because of damp or flooded crawlspaces or basements, maintenance problems such as improper clothes dryer, bathroom fan or kitchen hood exhausts, HVAC equipment failures, and unvented combustion appliances.

Attic Ventilation

In attics, ventilation also plays an important role in the formation of condensation and mold. Warm moisture-laden air enters the attic from the house by design. Soffit and roof vents are intended to promote this ventilation in order to bring fresh air into the living space and expel stale and humid air to the exterior. A typical house should have at least one complete exchange of its air every three hours, but this will differ depending on the age and construction of the dwelling. When designed and functioning properly, such ventilation should be able to remove excess humidity from an attic before it produces harm.

Problems with attic ventilation commonly occur because the soffit vents are blocked or simply aren't provided. Soffits can be blocked by improperly applied insulation in the eaves, or by paint filling the grills of the ventilator covers. Without functional soffit vents the convection currents cannot form and little or no air will be exhausted from the roof vents. When such conditions are present mold will often be present on the roof sheathing except within a few inches of the roof vents' penetrations.

Investigating Claims

When investigating an attic condensation claim consider the following:

Is the problem really the result of condensation?

Attic condensation will be widespread and typically will appear on the underside of the roof decking.

Condensation in an attic will form first on nails that penetrate the sheathing and thus check them for evidence of corrosion.

Localized moisture problems, particularly around penetrations and at roof valleys are likely the result of leaks and not condensation.

Check for drip marks on dust-covered surfaces on the attic floor.

Is the attic ventilation adequate?

Are roof and soffit vents present and unblocked?

What is the source of the excess moisture?

Wet crawlspace, basement or cellar?

Maintenance issues such as improperly connected clothes dryer vents, bathroom fans or kitchen exhaust hoods.

Are unvented combustion appliances being used such as gas logs, stoves, or kerosene space heaters.

For more information on any concerns, please feel free to call Disaster Services. When in need of emergency or non-emergency services, Disaster Services offers immediate response to damage caused by water, fire, smoke and mold. We are a N.Y.S. licensed mold removal firm and recognized by all insurance carriers, working closely with both the home owner and insurance carrier. When calling our office, you will always speak to a certified technician not an answering machine. We realize that in your time of need you should be speaking to a live voice, not a machine. When your emergency arises, call Disaster Services at 315 797-1128... day or night.



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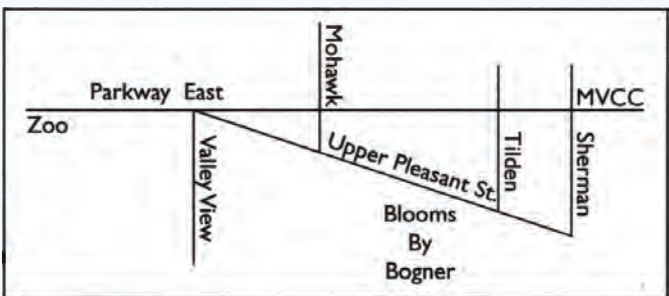


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**JUNE
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66 Oxford Road - 732-8521
Rev. Kevin Bunger, Pastor
Cheryl Smith Dir. of Faith Formation
Saturday: Vigil, 5:15 p.m. Confessions 4:15pm
Sunday Masses: 8am & 11am
Mon-Thurs Masses: 9:10am
We are handicapped accessible!

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dba Crosspoint Church
Senior Pastor, Samuel Macri
Youth Minister, Bobby Allen
140 Clinton Road, New Hartford
Sunday Morning Worship Service at 8am
317 Oriskany Blvd, Whitesboro - 797-4520
Sunday School Small Groups 9am
Sunday Morning Worship 10:30am
Sunday Evening Youth 5pm
Sunday Evening Discipleship 5:30pm
Tuesday Morning 6:30am Men's Fellowship Breakfast at New Hartford Campus
Wednesday Evening 6:30pm Praise Team Practice
Wednesday Evening 7pm Prayer Meeting
Thursday Evening 6:30pm College/Career Ministry
Website: crosspointchurchonline.org
Sunday Morning Services streamed live
Pastor Sam's message available at our website
We are handicapped accessible!

HOPE ALLIANCE CHURCH

4291 Middle Settlement Road, P.O. Box 626, N.H.
General Office: 315-732-1349
hopealliance4291@gmail.com
www.hopealliancecny.com
Rev. Andy Ward, Pastor
Morning Worship: 9:30am
Communion First Sunday of the Month.
Fridays: Christian Service Brigade - 7pm
Sundays: Jr. & Sr. High Youth Fellowship - 6pm
Hope Alliance Church is handicapped accessible.

ST. THOMAS CHURCH

150 Clinton Road - 735-8381
stthomasnh@syrdio.org
Pastor: Rev. David Sears
Saturday Vigil: 4 p.m.
Sunday Mass: 9:00 a.m.
Confessions: Sat. 4:45-5:15 p.m.
Holy Day Schedule:
Holy Day Masses 12 noon
Adult Religious Education, Open to the Public
We are handicapped accessible!

ST. STEPHEN'S EPISCOPAL CHURCH

25 Oxford Road - 732-7462 (Parish & Rectory)
ststephensepiscopalnhny@gmail.com
Sunday Service of Holy Communion at 10am followed by fellowship
AI-Anon Meetings: Sundays at 5pm & Thursdays at 5:30pm
AA Meetings: Sundays at 8pm
Yoga by Kristy: Tuesdays at 5:30pm & Thursdays at 9:30am
EGA Meetings: 1st Mondays of the Month
St. Stephen's is handicapped accessible.

ST. GEORGE'S EPISCOPAL CHURCH

9389 Elm Street, Chadwicks - 315-736-3572
tlmas@roadrunner.com
Rev. Heather Benson Officiating Service at 10am
Holy Eucharist Every 2nd and 4th Sunday

IMMANUEL BAPTIST CHURCH

Pastor Fletcher Matlack
9501 Weston Rd., NH (Next to Perry Jr. High), (315) 737-5222
www.ibcfamily.com E-mail: info@ibcfamily.com
Sunday School for all ages: 9:00 am - 9:45 am
Sunday Morning Worship Service 10:00 am
Nursery, Preschool and Children's Worship hour: 10:00 am
Prayer meeting held every Wednesday at 6:30 pm
Youth Group for ages 12 and up meets every other Saturday from 6-8 pm. See our website for schedule.
Church is handicapped accessible.

NEW HARTFORD PRESBYTERIAN CHURCH

45 Genesee Street, NH 315-732-1139
newhartfordpresbyterian.org
office@newhartfordpresbyterian.org
In-person worship at New Hartford Presbyterian Church will continue in June, with Sunday morning services starting at 10:30 as usual. All applicable safety guidelines, including wearing masks, social distancing, etc., will be followed. Services will also continue to be livestreamed on Facebook. Those wishing to follow along can obtain an advance copy of the liturgy through email by contacting the church office. NHPC also continues to collect nonperishable food items to support the Seeds of Hope food pantry; items can be dropped off at the church weekdays between 8 and 3. The latest information about NHPC is available on its website and Facebook page.

OUR LADY OF THE ROSARY CHURCH

ParishOffice@olrosarynh.org
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
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Cor. Pinnacle Rd. & Mohawk St., Sauquoit
email: sauquoitvallyumc@aol.com
Pastor Carl Getz
Office - 737-7505
Sunday Worship 11 a.m. (Nursery Care Available)
Sunday School 9:30 a.m. For all ages.
Handicapped Accessible

FIRST BAPTIST CHURCH OF NH

7 Oxford Road - Office phone: 315-733-4570
firstbaptistnh@gmail.com
Rev. James Harrieff, Pastor
Virtual Service every Sunday at 9:30am
on Facebook "First Baptist of New Hartford"
Sunday Service - 9:30am
Sunday School - 11:00am
Handicapped Accessible. All are welcome.

UNITARIAN UNIVERSALIST CHURCH of UTICA

10 Higby Road, Utica, NY 13501
315-724-3179 uuutica.org
Minister: The Rev. Lori Staubitz
Sunday services at 10:30 AM
Presently services are offered on Zoom
Information at uuutica.org
All are welcome
June 6, 2021 - Rev. Janet Stemmer - "We are the Flowers" We are celebrating the annual ritual of Flower Communion, a ritual started in 1920 in Czechoslovakia with the giving and receiving of flowers. In these days of Zoom, you are invited to bring your flowers into your Zoom room to be seen. All shapes and sizes welcome.
Rev. Stemmer is a former member of our congregation and a retired CPA. She was ordained as an Interfaith/Interspiritual Minister by One Spirit Interfaith Seminary in 2015 after many years of spiritual study. She now serves on the Board of Trustees of One Spirit and volunteers as an Assistant Chaplain at Upstate Medical in Syracuse.
June 13, 2021 - Rev. Jill Farnham-Us "Pandemic, Protets, and Persistence". PRIDE month and how the actions for social justice persist.
June 20, 2021 11:00AM - The annual Pilgrimage to Barneveld will be via Zoom this year. The speaker is Kate Braestrup a writer and UU minister.
June 27, 2021 - On a Wing and a Prayer. Rev. Lori Staubitz The Geese have traveled far to come home to the North Country. We too have traveled together these last six months in an effort to bring this congregation closer to the heart and hearth of ministry. We have come far. We have far to go.
The Geese have many lessons to teach us...so come, listen, reflect and celebrate all that we have done and all that we will do. We will be giving thanks to our leaders and staff who have brought us safely this far through the "storms and strife" of this past year. Together, with our Targeted Ministry Program Minis-

ter Rev. Lori Staubitz, we will look to the future and the next destination on our journey. Join us this Sunday June 27 th at 10:30am for Zoom Worship as we reflect upon Shared Ministry and the ways we are each called to respond as members of this congregation. Come, we can't do this without you!

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Fr. George Goodge
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Sun - 10am Liturgy
Wed - 5:30pm Vespers
Bookstore hours: Open Sundays after Services.

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.
pastor@wmoutica.org
find us on Facebook & Twitter
Handicapped accessible

NORWICH CORNERS CHRISTIAN CHURCH

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WHERE JESUS IS LORD!
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Sunday Morning Prayer - 8:30am
Sunday School - 9:30am
Sunday morning Worship Service - 10:30
Mid-Week Bible Study - Tuesdays 7pm
Sunday Morning Prayer - 8:30am
Worship Service - 9:30am

TRINITY LUTHERAN CHURCH

2620 Genesee St., Utica. (315)732-7869
churchoffice@trinitylutheranutica.com
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@gmail.com
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10:45 - Sunday School for Elementary Ages
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Service Times:
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Wednesday Night Prayer: 7:00-8:00 p.m.

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

Pastor Mark Waterman
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2021

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Fri. 8 am Communion Mass
Weekend Mass: Sat. 4pm Vigil, Sun. 9:30am
Confession: Sat 3:15pm-3:45pm

STONE PRESBYTERIAN CHURCH

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

CLINTON UNITED METHODIST CHURCH

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

CORNERSTONE COMMUNITY CHURCH

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

CHRIST CHURCH (REFORMED PRESBYTERIAN)

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

ZION LUTHERAN CHURCH

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

MOHAWK VALLEY CHURCH

9417 Maynard Drive Marcy, NY
Sunday Mornings at 10am
Come As You Are
www.mohawkvalley.church
info@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

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Rabbi: Stephen Galiley
Friday Evening Shabbat Services: 7:00 pm
Oneg Shabbat
Beit Shalom is a Messianic Jewish Congregation.
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2710 Genesee Street, Utica, NY – 724-4177
teuticaoffice@gmail.com
Rabbi Peter Schaktman
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.
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THE JEWISH COMMUNITY CENTER

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

New Hartford Ecology Club Carries on with Climate Change Initiatives Amidst Pandemic

The New Hartford Ecology Club tackling this of climate change while also dealing with the restrictions of COVID-19? This year they have decided to base its activities around simple projects that each member would be able to carry out from the comfort of their own home. Composting, growing mushrooms, and at-home gardening.

Grace Risucci, the club's secretary, has led the members in creating their own at-home vermicomposting bin. "Something as simple as composting your own biodegradable waste in your home positively impacts the environment, and if we could get at least five more people to do that, it's a step in the right direction.

Composting decreases pollution and landfills, while also creating natural fertilizer for your plants. You can decrease your household waste drastically by composting natural items such as fruits and vegetables, eggshells, and paper bags. I believe the pandemic has taught us the lesson that we can make an impact on the world even from our own homes."

Vice President Joseph Roberts has taken the time to teach the club how to spawn oyster mushrooms, and helped the club advisor, Mr. McNair, in sending out mushroom kits to the members. "The main idea for growing mushrooms was to learn about how to create and feel connected to our food. Growing and comparing our mushrooms was a great way to feel connected while still being apart from each other. We put together edible mushroom grow bags and sent them to each house. Everyone learned how to assemble their own bags with sawdust, boiled water, and oyster mushroom mycelium in a ziploc plastic bag. I enjoyed it because I thought it provided a window into the interesting world of fungi and a non-meat protein alternative. Also, growing your own food is not only good for the environment, but provides a form of self-sufficiency and food security in an increasingly unstable climate future. COVID-19 has shaped our present, but climate change will shape our future."

Eleanor Jones, the club president, is in the process of establishing a home gardening project. "We are currently in the works of planting at home in repurposed pots. We have a choice of a plethora of seeds from herbs to beans. We hope that planting in our own home will help us to reconnect with nature and our environment especially during these hard times of being quarantined and sheltered indoors." – Eleanor Jones

"It is important to keep in mind that although there has been a recent drop in carbon emissions due to

COVID, this does not undo the hundreds of years of destruction that our planet has endured. The decrease in greenhouse gas emissions we have seen over the course of the past year is predicted to drastically rise after life resumes to "normal," and it is even said to far surpass what it previously was. Whether it be lowering our meat consumption, reducing water waste, or opting for biking rather than driving, we believe that it is crucial to always do whatever we can to combat the detrimental effects of global warming. Not one action is too small." -Sophia Farkouh, Club Treasurer

"We need to make climate change the top political priority both locally and nationally because it will play the largest role in determining the outcome of our future. Advocate for expanding our renewable energy and reducing use of fossil fuels, and strive to strengthen government programs focused on combating climate change. Change starts with you as an individual. Once you can take the first step in being more environmentally conscious, each step gets easier along the way. It is our duty to take action now in order to protect our future. Even though we were limited by the constraints of COVID, our passion for addressing climate change hasn't changed" -Alex Freytag, member of New Hartford Ecology Club

Here are some things you can do at home to help combat climate change:

Reduce your meat consumption, especially beef. Eat more locally sourced food. Be mindful of your food choices, buy local, eat local.

Check the New Hartford Ecology Club on Instagram @newhartfordecologyclub for more details.



Melody K. Fancett

Principles over Politics

**2021 New Hartford
Town Clerk**

*Nearly 15 years of Experience
under Former Town Clerk*

*Lifelong Republican and
Proud Military Mom*

*Passionate about Serving
our Community*

- ◇ I am endorsed by former Town Clerk Gail Wolanin Young, whom I'm honored to have served 15 years with.
- ◇ My knowledge and experience was extremely helpful when I was fulfilling the duties of Gail Wolanin Young's unexpired term. I was also fulfilling several other fulltime duties with in the office. I managed to clean up, organize and decorate the Town Clerks Office.
- ◇ I am proud to say I was available and committed to serve our residents anytime day or night. I also was available to serve our residents in their homes and/or businesses if needed. I started the hands free phone system in the Town Clerks office and also provided residents with my personal cell phone number. I even established the practice that all unanswered office calls were forwarded to my cell phone so absolutely no calls from the Town Clerks office ever went unanswered or not responded to.
- ◇ Because of my knowledge and experience obtained when working 15 years with former Town Clerk Gail Wolanin Young, I have established relationships and a mutual respectful working relationship with many other Clerks (City, Town, and Village). We all look to each other for various state and Local laws, shared services, procedures, thoughts and ideas. This proved to be a very valuable resource during the COVID 19 pandemic, as we all were able to create creative ways to continue to serve our residents in an unprecedented time.
- ◇ With the guidance of the Town Board and other personnel, I was successful in transitioning the Town taxes to a local bank and installing a Town lockbox which benefits all Town departments and residents.
- ◇ My staff and I were able to complete many of the missing sets of the Town Board minutes.
- ◇ I was in communication with a local company that was looking into State Grants for records management. I wanted the Town to start the tedious task of getting the Town's records room organized and straightened out. With this grant and my knowledge of the MU1 schedule (records retention period), I wanted to assist this local company in organizing, filling, digitizing and destroying various Town records. I believe digitizing our records will assist residents to have easy access to documents and it eliminates staff time in searching once FOILED. This helps create transparency and saves the Town on staff time. The State Grant was necessary so this process could be completed at no cost to the taxpayers.
- ◇ I was in the process of working with local Funeral directors in creating new, easier and more productive procedures in obtaining death certificates and to cut down on the wait time for them, and also create less stress on the Town employees.
- ◇ I was in the process of working with the Town Board and Town Attorney in obtaining an on-site ATM and a credit card system in the Town Clerks Office for the convenience of our residents.
- ◇ I would love to work with the New Hartford Chamber of Commerce in creating a "Welcome to New Hartford" packet. The packet would include useful information of the Town of New Hartford such as, but not limited to, the Town Board, the School Board, Local, County and State leaders with contact information. Some things to include would be local Veterinarians, garage companies, entertainment establishments, family owned restaurants, businesse services offered, Town services, parks services, maps of the Town, Village and parks etc..... Just highlighting all our wonderful Town has to offer and why New Hartford is a great place to live.
- ◇ As a Town Clerk and a mother of two Military children, I would like to work with the Town Board and Town Attorney to establish and author a new Local Law for Town residents that authorizes a discount for all military residents on various Town permits and programs within the Town. A small way to say thank you to Town residents who served our Country.
- ◇ I would like to promote our Youth Employment Program and create a summer mentoring program. I would ask some of the older children to read and/or tutor other younger children during the summer months.
- ◇ I believe in keeping our Town offices separate from each other. One person running every office is not beneficial for our residents. If you vote for me for your Town Clerk position on June 22, 2021, I promise to keep people and policies over Politics.

**If anyone wishes to talk about any of my thoughts or ideas please feel free to
contact me at melodyfancett@gmail.com or at 315-864-1538.**



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Getting ready to welcome registrants back to the kitchen and activity area, a popular gathering place, are (l-r) Dominique Waite, secretary, and Lisa Markle, director of Sitrin's Adult Day Health Care Program.

Sitrin Reopens Adult Day Health Care Program

After more than a year's closure due to COVID-19 restrictions, Sitrin is pleased to announce the reopening of its Adult Day Health Care Program, also known as OPAL (Opportunities and Possibilities for Active Living). Registrants will be welcomed back on June 2, 2021, much to the delight of Sitrin staff.

"During the past year, we have stayed in regular contact with our registrants by phone and through telemedicine services, but we truly missed them," Lisa Markle, director of adult day health care, said. "To ensure they were getting proper nutrition and emotional support, we also delivered meals, snacks, and surprised them with gift baskets on special holidays."

Sitrin's reopening will be in accordance with New York State Department of Health COVID-19 guidelines. Masks will be required, regular handwashing will be enforced, group activities will be socially distanced, beauty and barber services will be brought to each registrant, and all areas will be cleaned and disinfected before and after each activity, including meals. COVID vaccines will be provided for any registrant in need.

There will be limits to the number of people attending each day. Schedules will be rotated so that everyone has a fair chance to participate each week.

The focus of Sitrin's Adult Day Health Care Program is to provide adults with opportunities to stay active and healthy. Program participants engage in fun-filled activities while socializing with other members. The program is designed to promote camaraderie and build friendships, and give people a reason to get out of the house!

Sitrin offers both a social and medical model Adult Day Health Care Program. The medical model is customized for those who may require medical supervision or monitoring. These individuals receive medication administration, therapy sessions, and licensed nursing services, and also participate in specialized recreational activities with their peers.

"Sitrin's OPAL Program provides that necessary link for anyone wishing to remain independent by living in their own homes, but who need some form of assistance during the day," Markle added. "Just as important are the opportunities for program participants to stay connected to the community through social activities while building long-lasting friendships with one another."

As an added bonus of the program, Sitrin does all of the driving! Transportation is available to and from a person's home. The vehicles are handicapped-accessible. Sitrin staff members can assist individuals in their homes, and with entering and exiting the vehicle, if necessary.

For more information on Sitrin's OPAL program, call (315) 737-2271 or visit <https://www.sitrin.com/community/opalprogram/>.

ABOUT SITRIN: Sitrin provides a variety of services for people of all ages and abilities including comprehensive medical rehabilitation (inpatient and

outpatient), long-term care, assisted living and enriched housing (Cedarbrook), NeuroCare, residential care for adults with intellectual disabilities and medically complex conditions, medical and social model adult day health care (OPAL Program), military rehabilitation, adaptive sports (STARS Program), orthopedic injury program, concussion management, child care, dental clinic, and a Wellness and Aquatic Therapy Center. Sitrin is a not-for-profit corporation.

SITRIN OPAL PROGRAM

(Opportunities & Possibilities for Active Living)

Adult Day Health Care Program

- Activities for adults of all ages and abilities
- Nutritious meals and snacks
- Door-to-door transportation
- Personal care assistance and licensed nursing services

For more information, call (315) 737-2271 or visit www.sitrin.com.

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Left to Right: Louisa Ruffine, Paul Obernesser, John Musante, Kim Radtke, Karson Routley, Chris Obernesser, Ben Obernesser, Sara Widiss

NH Troop 4 Earth Day Cleanup

New Hartford Troop 4, assisted with an Earth Day cleanup at the athletic fields on Saturday, May 24. During the cleanup day, the Scouts collected several large garbage bags full of trash from the soccer and baseball fields, as well as along the riverbank trail. Scoutmaster, Paul Obernesser, states, "the Scout organization values nature, and we practice the 'leave no trace' motto everywhere we go. It is natural for our scouts to leave any area cleaner than when we arrived." Troop 4 has members from all of Oneida County, and is open to boys and girls, ages 11-18. If you are interested in joining our scout troop contact scoutmaster@BSAtroop4.org

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Eagle Scout Court of Honor

On May 15, 2021 at Camp Kingsley in Ava, (L-R) Anthony Mozloom, Nicolas Fostini and Max Horowitz received their recognition from Troop 4 New Hartford for attaining the rank of Eagle Scout.

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Endosed by Gail Wolanin Young

"I, Gail Wolanin Young, former Town Clerk of New Hartford, New York, am pleased to endorse Melody K. Fancett as my successor. She has worked for me for nearly 15 years and truly has become family.

Melody has proven to be dependable, efficient and loyal to the Town of New Hartford and its residents. Her diligence and reliability extends well beyond the office. She exceeds challenges; solving conflict with ease and grace. She projects a warm, cheerful attitude with her co-workers and community members. Melody often goes above and beyond to help residents in need. She's an incredibly hard worker and has been a pleasure to work with throughout the years.

I believe Melody's work ethic and character make her an invaluable asset to the people of New Hartford and that's why I'm proud to endorse her."

Gail Wolanin Young
Gail Wolanin Young, Former New Hartford Town Clerk
Receiver of Taxes, Registrar, QMC/RMC



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There is a Light at the end of the Tunnel ...

giving us hope for a healthier and brighter future. As we continue to face uncertain times together, we are met with restrictions and the need to make difficult decisions. Our community's health and safety is a responsibility we take seriously and have decided to postpone all in-person events until 2022. Instead, we are announcing our **TOGETHER WE ARE ESSENTIAL 2.0 CAMPAIGN!**

Our expenses related to the global crisis have exceeded over \$1 million. We are grateful for your enthusiasm and support! To make a donation call 315.235.7770 or visit ChangingChildrensLives.com.



ChangingChildrensLives.com

Iconic Bridal Retailer Decimated by the COVID Pandemic - Picker's Elegant Occasions, is Going Out of Business and Selling All Inventory and Fixtures

Brides and more will benefit from huge savings as this beloved and iconic local business launches a store closing sale from its 10,000 square foot showroom! With competition from online retailers cited as the primary reason, COVID the second, the locally owned and operated retail bridal store of eight decades, Elegant Occasions, is going out of business and selling everything including fixtures. The store offers a wide variety of name brand wedding, bridesmaid, flower girl, prom and mom gowns as well as veils, head pieces, shoes and accessories. When the store closing sale launches, regular prices will be discounted up to 50% off.

After being the owner for 14 years, Cyndy Grapeldinger, a full time CPA as well, has decided that trying to compete with e-commerce is too difficult. Then COVID hit and she realized it was time, so she will close the store forever and sell all inventory, fixtures, and equipment. "What I will miss the most is being surrounded by happy, excited customers, whether it is a young lady going to her first formal or a bride who is about to make the most expensive purchase of clothing in her life" Grapeldinger said. "My daughters have always helped me run the business and now that they have families of their own, so all the reasons were mounting. I knew it was just time for me to retire from the business I love" she continued.

The store is conducting a professionally organized store closing sale until the end of June. Regular store hours are Monday to Friday 11am to 6pm, Saturday 10am to 3pm, and Sunday 12pm to 3pm. All sanitization guidelines will be followed.

Picker's Elegant Occasions is selling everything in the store until it's gone then will be closing it's doors forever. Everything is to be sold including all fixtures and store equipment.

Picker's Elegant Occasions is located at: 8182 Seneca Turnpike, Clinton, NY 13323. Sale is being conducted by Retail Sales PRO (www.retailsalespro.com) For more information about this Sale, contact Travis Walker.



Now is the time to spruce up your yard or garden!

Our Geo Gourd Birdhouse from Peru is made using mates burilados (gourd burning) traditions passed down through generations to create this unique birdhouse, colored by hand in the natural dyes and flames. Our Patina watering can from India is handmade from partially recycled iron sheets. This watering can has both functional and vintage-inspired decorative appeal. It is cut and welded by hand, then stamped and finished in antiqued teal and gold tones. These and many, many more unique handcrafted items from 38 different countries are available at our **FAIR TRADE SHOP, STONE PRESBYTERIAN CHURCH, 8 SO. PARK ROW, CLINTON**. Purchasing fair trade items ensures artisans and small farmers fair wages and healthy working conditions, providing dignity, sustainable development and hope to marginalized people. Our hours are 10am to 4pm every Thursday and second Saturdays and 10am to 4pm at the Farmer's Market on the Village Green every Thursday, starting June 3rd. Some items are still on sale for 25% off. Face masks are required. **LET US BE YOUR GO-TO GIFT SHOP!** For more information, visit our website at <https://buildingstoneshoppe.square.site> or www.facebook.com/buildingstonesfairtradeshoppe.



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Community News

THE TOWN CRIER 33



Retiring Single: 5 Strategies to Consider

Being single can bring a different set of challenges to planning for retirement. These five strategies can help.

If you're planning on retiring single, you aren't alone. Nearly 22 million Americans age 65 and older were unmarried in 2019, according to the U.S. Census Bureau. This group makes up 41.5% of all people in the U.S. in that age category.

Planning for retirement is challenging, from building an income stream for a longer lifespan to budgeting for increasing living expenses and health care costs. These and other retirement planning issues can be especially pressing for singles, who need to prepare financially without the decision-making and income support of a spouse or partner.

Here are five tips to consider when it comes to setting a source for those solo retirement years.

1. Create a financial fallback plan

Retirees may discover that there's a gap between what they thought they would need for retirement and what they discover they actually need. As a single retiree, you may not have a second income stream to rely on in case your finances are unexpectedly disrupted (for example, by dealing with a major health issue or illness).

To plan for the unexpected, it's important to periodically review your investment portfolio and build effective financial backup plans. Such contingency planning could involve a higher cash emergency savings total than couples might need and could require considering more robust disability and long-term care insurance protection than couples might select. You could also choose to take a part-time job for extra income.

2. Build a network of professional advisors

You might appreciate the independence and freedom of your lifestyle. But with autonomy could come a reluctance to seek advice and ask questions regarding important financial matters.

However, it's especially important for singles to consider forming a team of trusted professionals—including a financial advisor, an accountant, an attorney and health care providers—to rely on for professional advice and guidance.

3. Count on family and friends—to a point

It's important to have strong relationships with friends and family to help you out in good times and in times of need. However, it's equally important to make sure they don't take advantage of your independent status or create serious financial burdens for you.

For example, you should take extreme care before turning over your financial matters and decisions to anyone else, whether a loved one or a professional. Make a point to stay actively involved in those decisions

and work with a team of people you trust to help make decisions that are in your best interests. Evaluate the possibility of engaging a corporate trustee to manage finances, should you become incapacitated.

4. Get estate and wealth-transfer plans in place

Many people drag their feet when it comes to estate planning. According to a 2019 survey by Caring.com, more than half of American adults don't have estate planning documents such as a will or trust. Even if you've put some documents together, are you sure you have what you need to ensure your wishes are carried out?

Here are the key documents that form the foundation for most estate plans:

Will

Power of attorney (POA) for financial matters

Durable power of attorney for health care

Health Insurance Portability and Accountability Act (HIPAA) release authorization

Living will

Revocable living trust

Additionally, you could help prevent confusion and misdirected bequests by managing other critical planning documents: Carefully designate beneficiaries of assets in IRAs, employer-sponsored retirement plans, insurance policies and annuities. Lay out clear directions for the distribution of remaining assets for your heirs. Also, don't forget about your digital assets and accounts. Will your executor or trustee have proper authority to access and manage those items? Talk to your attorney about keeping your digital planning secure and up-to-date.

5. Plan for change

Although you may be single now, that could change during retirement—or even before. Entering into a committed relationship or getting married could mean making adjustments in your financial life now and down the road to and through retirement. Look at your insurance coverage, emergency fund and future income plan.

Think about having a frank discussion with your new partner about how you want your assets to be divided in the event of divorce or death. If there are ex-spouses or children in the picture on either side, consider managing your finances and estate plans separately, rather than jointly.

With the assistance of your financial advisor and estate-planning attorney, you can get a basic estate plan put in place, and, as appropriate, discuss other strategies for preserving wealth.

One final tip: Set a time on your calendar for a regular review with your team of professionals to keep all of your documents up to date.

This article was written by/for Wells Fargo Advisors and provided courtesy of Christopher J. Carbone, CFP®, AWMA®, LUTCF®, First Vice President - Investment Officer, Financial Advisor, New Hartford, New York (315) 801-2546

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Your Smartphone Could Be Rapidly Aging Your Spine

submitted by Helen Sarandra, PT

Chances are that you probably haven't given much thought to how your neck and back are faring in the era of the smart phone, but studies show that you most certainly should. It's practically a reflex these days to pull out our smart phones when we're standing in line, sitting at the airport or riding the subway. And while it's great that we rarely need to venture beyond our pockets for entertainment, our bodies are beginning to retaliate—and mourn the pre-texting days.

So, what exactly are these contemporary conveniences doing to our bodies? A surgeon-led study that published in Surgical Technology International assessed what impact surgeons' head and neck posture during surgery—a posture similar to that of smart-phone texters—has on their cervical spines. With each degree that our heads flex forward (as we stare at a screen below eye level), the strain on our spines dramatically increases. When an adult head (that weighs 10 to 12 pounds in the neutral position) tilts forward at 30 degrees, the weight seen by the spine climbs to a staggering 40 pounds, according to the study.

How pervasive of a problem is this? According to the study, the average person spends 14 to 28 hours each week with their heads tilted over a laptop, smart phone or similar device. Over the course of a year, that adds up to 700 to 1400 hours of strain and stress on our spines. As a result, the number of people dealing with headaches, achy necks and shoulders and other associated pain has skyrocketed.

Trained to address postural changes and functional declines, physical therapists are well-versed in treating this modern-day phenomenon, widely known as “text neck.”

Over time, this type of poor posture can have a cumulative effect, leading to spine degeneration, pinched nerves and muscle strains. Scheduling an appointment with a physical therapist can help people learn how to interact with their devices without harming their spines. The PT will prescribe an at-home program that includes strategies and exercises that focus on preserving the spine and preventing longterm damage.

Exercise is an important part of taking care of our spines as we age, but what we do when we're not in motion matters, too. So next time you pick up your smart phone or curl up with your e-reader, do a quick check of your head and neck posture. Your body will thank you for years to come.

42nd Annual Kirkland Art Center Run & Walk ~ 60th Anniversary of the KAC

The USATF Certified 5K Run & Walk starts at 8:30am at the Clinton High School.
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NEW HARTFORD PAST TIMES

June 2021

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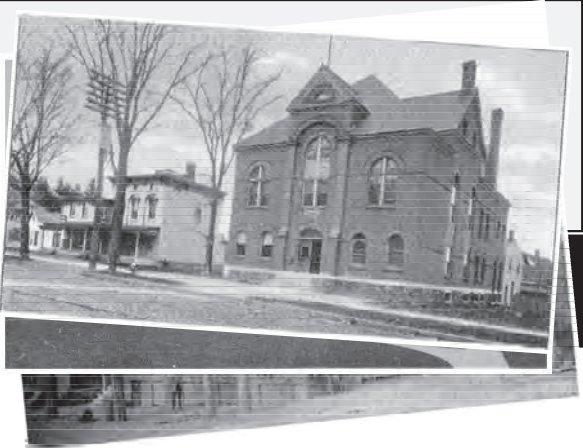
A Picture is Worth a Thousand Words!

Who hasn't heard the old adage "a Picture's worth a Thousand words"? According to MYLIO.COM, an on-line digital photo management service, a staggering 1.4 trillion photos were taken in 2020. That equates to over 3.9 photos **per** day! Of course, the explosion of digital devices over the last several decades has had a tremendous impact on the number of photographs the average person takes.

Remember your parents (or grandparents old "Brownie" camera? Whether it be a family vacation, birthday/anniversary celebration, or a milestone event like high school graduation, someone was taking pictures to document and treasure the event. Of course, the number of pictures you took was limited to the number of film rolls you had. Then the anticipation of waiting for the developed prints to come back (who knows how many days or weeks later). Later, over-night photo developers were all the rage. Then 1-hour. How about the Polaroid "instant" camera? They built upon Edwin Land's "Land Camera", which he invented in 1948, to produce and patent easily operated cameras that would produce a photo "in an instant" before your very eyes! Enter the digital age. As people's access to digital devices grew, so did the number of photos and photo albums. Today, even photo albums are a rarity. Most photos are taken digitally, stored digitally, shared digitally.

Do you have a photo you'd like to share with us? We'd love to see it! You can email it, post it to our Facebook page our send it through our website. Don't have it digitized? We can digitize it for you.

New Hartford "Then" and "Now" *Paris Cinema Building*



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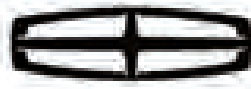
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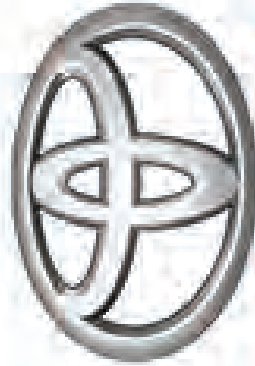


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