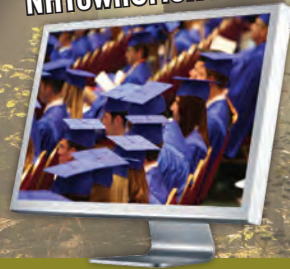




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Vol. 36 No. 6
June 2022

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43rd Annual Kirkland Art Center 5K Run & Walk, Ready..Set...GO!

The Kirkland Art Center is delighted to host the Annual KAC Run & Walk on Saturday, June 4th in Clinton. With the support of the Town of Kirkland, the Village of Clinton, and the Department of Transportation, the art center will offer a safe and enjoyable experience for all the family for the 43rd time in the history of the organization. The 5K event will start at 8:30 am on Saturday, June 4th at the Clinton High School, with packet pick up from 7 am. The kids 1-mile race starts at 9:30 am and there will be a fun run scheduled for 9:30 at the Clinton school.

The USTAF certified 5K run is a great warm up for Boilermaker runners as well as anyone who enjoys a jog around the village of Clinton. While participants can sign up the day of the race, the race is capped at 200, so early registration is strongly encouraged to avoid disappointment on the day. All runners and walkers are encouraged to sign up as soon as possible. Registration is available online at <https://runsignup.com/Race/NY/Clinton/KACRunandWalk> and from 7 am to 8 am on the day of the race.

“We hope everyone comes out for this wonderful community event.” David Fitzgerald, Executive Director said.

The KAC Run & Walk will be followed by the annual Festival on the Green from 9:30 am to 1:30 pm with live music from the Gazebo, carnival games, food vendors, and art activities for the kids.

The KAC Run & Walk is the longest running community event for the art center and is the biggest fundraiser of the year for the organization. It has drawn hundreds of people of all ages on the first Saturday in June, every year except 2020, for 43 years. A volunteer committee organizes the race and the event benefits from major sponsorships by local businesses.

Please contact the Kirkland Art Center at 315-853-8871 or info@kacny.org for more information about the race or if you, your troop, team, or community organization would like to volunteer to help with the run.



Attention New Hartford Class of 2002!!

Come celebrate our 20th reunion at
Cavallo's Deck on July 30th 6-10pm.
Please reach out to Katie Luker Cherney
at kluker25@gmail.com
for more information.

New Hartford Citizens' Band 'And the Band Plays On'

This is the 109th year that the New Hartford Citizens' Band will be performing summer concerts. This year, the band will perform Wednesday evenings at the New Hartford Village Park beginning at 7:30 PM. During the concerts, the band will feature soloists from the area, raffles, food and much more. Also, on Saturday, August 6th, the band will hold their 3rd Annual Band Festival starting at 12 noon at the Village Park. This festival will feature 5 concert bands from the CNY area who will perform all types of music and provide entertainment for the whole family. And don't worry about any rainouts. All performances will be moved inside to the New Hartford Recreational Center in case of inclement weather.

New Hartford Citizens' Band 2022 Schedule

Mon, 6/13: 6:30-9pm Rehearsal NHHS Band Room
Wed, 6/15: 6:30-9pm Rehearsal NHHS Band Room
Mon, 6/20: 6:30-9pm Rehearsal NHHS Band Room
Wed, 6/22: 6:30-9pm Rehearsal NHHS Band Room
Mon, 6/27: 6:30-9pm Rehearsal NHHS Band Room
Wed, 6/29: 6-7pm Rehearsal NH Village Green 7:30-9pm Concert NH Village Green
Wed, 7/6: 6-7pm Rehearsal NH Village Green 7:30-9pm Concert NH Village Green
Mon, 7/11: 6:30-9pm Rehearsal NHHS Band Room
Wed, 7/13: 6-7pm Rehearsal NH Village Green 7:30-9pm Concert NH Village Green
Wed, 7/20: 6-7pm Rehearsal NH Village Green 7:30-9pm Concert NH Village Green
Wed, 7/27: 6-7pm Rehearsal NH Village Green 7:30-9pm Concert NH Village Green
Wed, 8/3: 6-7pm Rehearsal Sylvan Beach 7:30-9pm Concert Sylvan Beach
Sat, 8/6: 12:00-5pm Band Festival N.H. Village Green

If you play a band instrument or have played a band instrument in the past, we'd love to have you come and participate in the band this year.

The New Hartford Citizens' Band and its talented musicians do their share to make New Hartford a wonderful place to live and are able to do so because of the hundreds of people who support them. If you or your company would like to support the band this year, more information can be obtained on Facebook at New Hartford Citizens' Band.

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

If you would like to list your community
event on our website, visit:

nhtowncrier.com

Click on Community Calendar,
and add your event!

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Flowers, Veggies and Peace

submitted by Shelley Corey of The Mum Farm

It really doesn't matter if you're into flowers, vegetables or perennials. This is an exciting time of year when it's all new. The perennials shoot up out of the ground, newly planted seeds start germinating in the garden or the raised bed and the pots and planters are all newly planted for another growing season.

Yup, you guessed it, another article on watering! I just can't help myself! I believe this might just be my legacy! It's so very important to learn how, when and how much to water your plantings!

Remember that when you first transplant anything into a larger container or the ground, the soil must be moist! If it is dry, it will just suck the water right out of those beautiful baby roots and set it back a step! We don't want to stress those plants at all! My job as a grower is to provide you with the perfect plant, at the perfect maturity to be transplanted and grow on without missing a beat! When I see people "teasing"

those roots apart on the television shows, I cringe! If you don't think that sets a plant back! Granted, it might be necessary for a perennial or shrub that has been grown in its container for a long time, but never for an annual!

After planting our newly purchased annuals, our first desire is to water, water, water. We remember our plants from the previous growing season and we watered daily. Newly planted containers will only require watering every few days...maybe up to a week! What happens first is unseen, the roots start spreading to the edges of the new, larger container. Your plantings may even seem stalled, that's because all their energy is going to root growth! More root growth means more top growth! Plants will often grow to the size of their container (within reason). Once those roots reach the edge of their container, the magic begins! So much lush top growth, which will reward you with more flowers or veggies!

How much water should I give my plants? The key is determining how much water your soil will hold before it starts draining out the bottom. It's nice to know how much your pot or hanging basket weighs when it has been adequately watered. For a hanging basket, I gently lift up on the bottom of the pot to gauge its' weight (without removing it from its' hook). After doing this for a week, you will easily be able to determine if it's light or heavy and how much water it needs. For a container on the ground or patio, I gently lift up on one side to see if it's heavy or light.

Remember that it is best to thoroughly wet the soil and then wait until it dries out (but never to the point of wilt) and then wet again. Watering with a small amount of water each day only will wet the top few inches of the soil and then the roots of your plants will not fill the containers and reach their optimum size! We don't want water coming out the drainage hole with each watering... you'll be losing valuable nutrients from your fertilizer.

June is a great time to revisit your garden centers and pick up plants you may have overlooked in May's rush to get started! Spectacular, new varieties being trialed by your grower, might have needed a few more weeks to size up and draw your attention. Customers often

contact me in the fall, describing a new plant they purchased and request that I have it the following year! I love feedback on what I should grow. Don't we all just love something new and different?

Hopefully you will be thrilled with your horticultural adventures this year. Might I suggest taking some quick notes as to what you planted and where you planted it? Revisit those notes this fall, adding how the plants performed. I would be lost as a grower without my yearly notes. We all know how fast the years can blur together. Remember to slow down, be present, enjoy every single minute nurturing your plants. Gardening can easily become meditative, just think...flowers, veggies, and peace! Smile, we're doing our part to make the world a better place!

Greico Earns Dean's Award for Academic Excellence at Colgate University

Marco Greico, a member of the Colgate University Class of 2023, has earned the Fall 2021 Dean's Award for Academic Excellence.

Greico is studying Biochemistry at Colgate from New Hartford, NY (13413) and is a graduate of New Hartford Senior HS.

Students who receive a term grade point average of 3.3 or higher while completing at least three courses earn the Fall 2021 Dean's Award for Academic Excellence.

Colgate is a leading American university for students who want classes with rigor, faculty with passion, and confidence in knowing they will learn how to thrive in work and life. Colgate offers 56 majors and supports 25 Division I athletic teams on a campus of about 3,000 students in central New York.

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Typeset by: The Town Crier 315-723-4827
Printed by: The Post Journal, Jamestown, NY
Editor and Publisher: Kristi Zbytniewski; P.J.Green Inc.

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**Eighth Annual ‘Best Ball’
Golf Scramble with Prizes
Saturday June 11th**

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 11th, 2022. Tee off at 9 AM. Ticket Price includes 18 holes of golf, cart, lunch at turn, and a packaged dinner to-go, \$95 dollars each. There will be no in person Dinner/Banquet. Call to reserve your spot! For questions or more info contact Kathy Lloyd 315-723-6545 or Sue Lloyd 315-723-7865.



Noah’s Ark

In the 1980’s, metal costs in Moradabad had skyrocketed, not unlike the spike seen in 2020. 50% of the 800,000 people living in Moradabad work as artisans and they were struggling to make ends meet with material costs so high. This inspired businessman, Samuel Masih to create a place where artists, and subsequently their families and communities could thrive. In that light Noah’s Ark was created, a group that works with more than 40 independently operating workshops, translating to around 500 individual artisans who now have steady, fair income in safe workplaces: no longer experiencing exploitation by exporters or costly middlemen acting as gateways to the markets necessary to artisans’ financial prosperity.

For the avid cyclist, our Bike Chain Wall Hook is a must-have host gift. It is made from recycled bicycle chains, is 11.75” long and 8.75” high and includes three hooks.

These and many, many more uniquely handcrafted gift items from 36 different countries can be found at our Fair Trade Shop, Stone Presbyterian Church, 8 So. Park Row in Clinton. Our hours are 10am to 4pm every Thursday, SECOND Saturdays, and at the Farmer’s Market on the Village Green in Clinton starting June 2nd, 2022. Purchasing fair trade items ensures artisans and small farmers fair wages and healthy working conditions, providing dignity, sustainable development and hope to marginalized people. Let us be your go-to Gift Shop! Visit us at <https://buildingstoneshoppe.square.site> or www.facebook.com/buildingstonesfairtradeshoppe.





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The most up to date information regarding closings, reopening, programs and crafts can be found on our website and on our Facebook and Instagram pages. Website: www.newhartfordpubliclibrary.org Facebook: www.facebook.com/newhartfordpubliclibrary

Instagram: [new_hartford_public_library](https://www.instagram.com/new_hartford_public_library)

NHPL Board of Trustees 2022 Meeting Schedule

NHPL Board of Trustees Meetings

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

June 15, July 20, August 17, September 21, October 19, November 16 and December 21.

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 spot designated 1. We assign this spot to those that are taking advantage of this service. Thank you for your compliance and understanding.

Book Donations

Your book donations are greatly appreciated. As a reminder, we ask that you limit your donations to one box/bag at a time and that you deliver them to our Circulation Desk. Please do not leave donations in our hallway, drop boxes or outside our door when we are closed.

Community Room

Community Rooms will be available for groups and organizations to use. You can find more information on our website (<https://www.newhartfordpubliclibrary.org/reserve-a-room/>), by calling 315-733-1535, or by visiting our Circulation Desk at the Library.

Interested In Using Our Window Display?

The display case at the Library's main entrance is available without charge for community groups or individuals to display works of art, collections or educational displays. Exhibits must be in keeping with the Library's mission to meet the educational, cultural and recreational needs of the community. Exhibits may not be for entrepreneurial or commercial purposes, for the solicitation of business for profit or for fundraising. Religious proselytizing and partisan political recruitment are similarly prohibited. Applications for the case are on a first come, first served basis and are limited to one month, with displays also limited to one per year per individual, group or organization. Exhibits will be reviewed in advance before being displayed. Applications for use of the case are available at the Library's front desk. If you have any questions or are interested in using the display, please call the Library and ask to speak to our Display Case Coordinator, John. 315-733-1535

Runners (and fans) Take your Mark

For the month of June, one of the area's major annual events will be featured in the display case at the library's main entrance. It's the Utica Boilermaker. The 9.2-mile foot race through streets of Utica and surrounding communities will be observing its 45th anniversary on Sunday, July 10. The display case will highlight race memorabilia and the history of what is often called America's premier 15K road race, not only for its challenging course attracting top-notch local and international runners, but also for the race's community support and fans who line the course from start to finish. The book rack near the main entrance will offer running-related books and movies available for check out.

Touch the Trucks

Saturday, June 11, 10:00-12:00. Join us as The New Hartford Highway Department brings 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!

Story Walk

We are thrilled to announce a new addition to the Lally Garden...the NHPL Story Walk! Throughout the garden you will find a children's story, taken apart and displayed page by page, hidden among the flowers and plants. It's a fun way to not only read a story, but to also enjoy the beauty of our Lally Garden. Check back periodically for a new story!

In Person Story Time

Tuesdays (group A) and Thursdays (group B) 10:30-11:00 for preschool aged children. Join us for stories and crafts. Aimed towards preschoolers – but all are welcome. An adult must accompany the child. All story times are held in the Children's Area/Corasanti room.

May 31st & June 2nd - Construction Theme

June 7th & June 9th - Dinosaur Theme

June 14th & June 16th - Color Mixing Theme

June 21st & June 23rd - Strawberry Theme

June 28th & June 30th - Caterpillar Theme

Grab & Go Projects Adults Schedule

Adult Grab & Go Projects continue on the first Monday of each month.

June 6th – Mini Yarn Rainbow Keychain

Call to reserve beginning at 10:00 on the day of that months' project, or come into the library to pickup.

Grab & Go Project Bags for Kids Schedule

Kids Grab & Go Projects continue on the first Thursday of each month.

June 2nd – DIY Paper Pinwheel

Call to reserve beginning at 10:00 on the day of that months' project, or come into the library to pickup.

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, Danielle. 315-733-1535

Women (and Men) of Mystery on Zoom!

Women (and Men) of Mystery led by Janet Hoover will be taking a break over the summer. Our classes will resume in August, which gives you lots of time to read lots of those thrillers, cozies, hard-boiled, Nordic Noir, golden age stories of suspense. So browse the library mystery section and we'll see you on August 27 (in person and on zoom). You can check the library website in July for more information

Yoga for Seniors

Join Bill Skinner every Monday at 3:00pm for a Yoga program geared towards seniors! Please call the Library at 315-733-1535 to register for this in person class.

Norman Rockwell MWPAI Presentation June 6th

Munson-Williams-Proctor-Arts Institute will present a landmark exhibition, Norman Rockwell, which will open on June 11th and run through September 18th. Norman Rockwell illustrated everyday moments in America, featuring diverse races and nationalities. Included in this exhibition will be all 323 Saturday Evening Posts covers that Rockwell illustrated from 1916-1963, along with full-scale oil paintings, photographs, and drawings. With themes relevant to today, Norman Rockwell will enable visitors to rediscover historical events in the 20th century..

The New Hartford Public Library will host a presentation about this exhibit on Monday,

June 6th at 6:00. The public is invited to learn more about the exhibit. Please join us for an fun and informative evening.

For more information call, email or visit the Munson-Williams website: mwpai.org.

Mid York Library Road Trip 2022

Mid York Library System is proud to announce the Mid York Library Road Trip event beginning on June 1, 2022. This summer, kids, adults, and families are welcome to join a three-month trip to visit 45 library locations throughout Herkimer, Madison, and Oneida counties. Participants will discover the unique buildings, services, and resources available at their local and neighboring communities.

About Mid York Library Road Trip

The Mid York Library Road Trip begins by picking up a map at your first stop. A list of libraries and their locations can be found at www.mylibraryroadtrip.org. Use this map to plan your road trip to as many of our 45 Mid York Library System locations as you can visit. During your visit have a library staff member stamp your map to document your trip. Each library is the beginning of your journey to a new community, feel free to explore local attractions, restaurants, parks, and vendors. Throughout your road trip you will have the opportunity to receive various prizes as you discover each of our libraries. Any person, team, or family that is able to receive a stamp from all 45 locations will receive a VIP gold library card.

Participate in the Mid York Library Road Trip from June 1 to August 31, 2022. More information on our libraries, and their communities, can be found at www.mylibraryroadtrip.org.

About Mid York Library System

On May 10, 1960 a three-county-library system was established to include the counties of Oneida, Herkimer, and Madison. Jervis Library in Rome was named the central library in the system, the system established its headquarters on the second-floor of the Jervis Library building. The system would later adopt the name of Mid York Library System. In 1963 the Mid York Library system grew to 36-member libraries and continued to grow to 38 members in 1964. In 1965 the Mid York Library System purchased a facility in Utica, NY on Lincoln Avenue where the system is still located currently. The Mid York Library System currently serves 43-member libraries with 45 facilities throughout the three counties with the Jervis Public Library and the Utica Public Library as co-central libraries.



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Golf Tournament to Benefit North Utica Community Center on June 22nd

The North Utica Community Center is hosting their 2nd Annual George M. Penree III Memorial Golf Tournament on Wednesday, June 22nd, 2022 at the Stonebridge Golf & Country Club to Benefit the North Utica Community Center, a division of the Neighborhood Center.

The public is invited to join for a day of golf, gifts, food, and fun to help support the programs and services provided by the North Utica Community Center.

"It is an honor for the center to host this tournament in George's Memory. George served as president of the Center's Board for 16 years from 2001 to 2016.: Says Sandra Soroka, Executive Director of the Center. "He lived by the Rotary motto "Service Above Self" and truly dedicated his life to community service. Over the years his volunteer efforts were many, but it was a direct result of his hard work and commitment to the Center that resulted in the state-of-the-art facility that seniors and children of the greater Utica area enjoy each and every day."

North Utica Community Center is a part of The Neighborhood Center, a comprehensive Human Services Agency in Central New York. The Senior Center is a place where generations can gather, learn, and grow. All services of the Neighborhood Center are based on a philosophy of empowerment - helping people to help themselves. For more information about The Neighborhood Center and its services, visit www.neighborhoodctr.org.

Free Parking at Zion Lutheran Church Boilermaker Sunday, July 10th 630 French Rd, New Hartford

Come and watch the 45th Race with us! Zion will once again host its conveniently located parking lot for you to park. We only ask that you bring canned goods in exchange for free parking! All donations will be donated to local food pantries.

The Race begins at 7:30am, arrive early to ensure a spot!

Come to the Table An Auction and Fundraiser

Empowered Pathways is pleased to introduce Come to the Table (CTTT), a unique fundraising experience and auction, on Friday, June 17th, 5:30 pm to 8:30 pm, at Hart's Hill Inn. Kristen Copeland, WKTV News Anchor, will act as the Emcee and Auctioneer for the evening.

CTTT features beautiful, one-of-a-kind tablescapes from talented local designers, a themed basket drawing, silent auction items, a cocktail hour, food stations by Hart's Hill Inn, and desserts by Patrick O'Conner. The evening culminates with a live auction, where bidders compete to take home the best table design of the night.

"We are very excited to reintroduce Come to the Table after a two-year hiatus." said Stephanie Eghigian, Empowered Pathways Executive Director, "The table designers always outdo themselves, turning their tablescapes into stunning works of art. It's a very lively event that's a bit unique and visually beautiful."

Proceeds from the event will support Empowered Pathway's conflict resolution services, job readiness training, youth services, and support services for women and families. All funds raised are invested locally, making a difference and saving taxpayer dollars where our supporters live and work.

For more information or to purchase tickets call 315-724-1718 ext. 201 or visit our website at <https://www.empoweredpathwayscn.org/>.



Events from Frankfort Hill Historical Society

The Frankfort Hill Historical Society District #10 schoolhouse is on the National Register of Historic Places and chartered by the New York State Education Board of Regents. Our purpose is to provide an educational insight into one-room schools in the area. Specifically, the society preserves the District #10 one-room school house, its artifacts and records, and the documents and artifacts of the surrounding region. We open the school house for special events, lectures on local history, and visits by local school children. This year, we will be having a series of guest lectures, scheduled as follows:

(All speakers are 6:30 PM at the school, located on Frankfort Hill near the intersection of Albany and Higby Rds, next to the Frankfort Hill Volunteer Fire Co.)

Monday, June 20: Becky Sokol, Local Civil War Veterans

Monday, July 11: Jim Greiner, "Wicked Herkimer County"

Monday, August 8: Julia Sparks, Spring Farms Cares wildlife rescue

Contact Nancy Hamlin if you have any questions, phone: 315-894-2221 email: nchamlin@earthlink.net



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Get Motivated, No Excuses

submitted by Jim LaFountain, All American Fitness Center

“I’m just not motivated” was the response I received when I spoke to one of my clients about her lack of attendance. I have “scheduled” appointments with my personal training clients that last 30 minutes, for 2-5 sessions a week. Most have been training with me for at least a year and many for over 28 years!

Motivation can be defined as “the reason or reasons one has for acting or behaving in a particular way.” Some words that come to mind that may be associated with motivation are, incentive, stimulus, or inducement. My favorite is the root word, “motive.” Experts tell us that about 50% of what we can achieve is genetically predisposed. Genes handed down through generations

provide the blueprint for where we may be headed in life. The remaining 50% is up to us and it provides a plethora of outstanding opportunities to excel.

Some tips to create and feed our motivation, as it relates to physical fitness include:

*We become who we associate with on a regular basis, what we read, what we watch and our interpretation of those activities. As I’m approaching my 7th decade on this planet, I’ve become incredibly “guarded” with who I spend my time with, what I read and what I watch.

*Never participate in what I refer to as the “Comparison Game.” For example, I have a few friends and acquaintances that can eat anything and remain lean. If I ate what they ingest on a regular basis, I’d instantly pack on 25-50 pounds of fat. We have all been blessed with a genetic endowment, that is the launching pad for our fitness results. This unique gift is ours and ours alone. I made a decision, a long time ago, to simply work with what I have.

*Only engage in fitness activities, and that includes diet, in things I can safely do over the long haul, which means the rest of my days on this planet. If it hurts, don’t do it. I’m challenged every day with joints that withstood heavy weight training in my youth. It is much easier to remain motivated to do things that don’t hurt and follow a prudent nutritional lifestyle.

*Pay no attention to the “quick fix” ads that promise fast results. Patience is indeed a virtue, especially when

it involves exercise and diet. Results will come at a painfully slow rate.

*Goals, need NOT be cast in stone. They’re simply a guidepost that should be modified on a regular basis in order to stay motivated.

*Change, on a regular basis (every 6-8 weeks) is a must. Boredom should not be an issue when attempting to stay motivated.

*The study of Sport Psychology suggests we are either motivated internally or externally.

“Locus of Control” is a term used to identify whether we need external stimulation, i.e., a pat on the back, loud music etc. or are internally motivated and a self starter. Identifying our personal motivational style is a great place to start when trying to stay motivated.

Saying “I’m just not motivated” is a cop out and an excuse. Some simple behavioral modifications go a long way in sticking with anything.



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Pictured is the team photo of Adirondack Bank, Presenting Sponsor, circa 2019.

Sitrin Stars & Stripes Run~Walk Returns!

Event to Commemorate 10th Anniversary

After a two-year hiatus, the Sitrin Health Care Center’s Annual Stars & Stripes Run~Walk for our Nation’s Heroes is returning to the SUNY Poly campus on Sunday, October 2, 2022. As in the past, this family-friendly fundraiser will feature a 5K run, 5K wheelchair race, and 2-mile walk. Registration will take place at 7:30 a.m., with the wheelchair race starting at 9 a.m., the run at 9:05, and the walk at 9:10.

“This event is the primary fundraiser for Sitrin’s Military Program and we’re delighted to bring it back to where it once started 10 years ago,” Rosemary Bonacci, vice president of the Foundation and Communications, said. “We plan to celebrate this 10th anniversary milestone in a special way.”

New things will be added, including a free commemorative t-shirt to everyone who preregisters. Sitrin will unveil the new logo for its Military Program as well. Also, the event was moved to a Sunday, instead of a Saturday.

“We hope to attract more runners this year, especially high school and college cross country teams,” Jackie Warmuth, vice president of clinical development and director of the Sitrin Military Program, said. “Moreover, both the 5K run and wheelchair race will be chip timed, providing runners with accurate times and instantaneous race results.”

The one constant that hasn’t changed is the Presenting Sponsorship.

“Adirondack Bank has been Presenting Sponsor of Sitrin’s Annual Stars & Stripes Run~Walk since its inception 10 years ago,” Bonacci added. “We are deeply grateful to Adirondack Bank – and its employees – for their continued support of

local veteran care.”

Sitrin is currently securing additional sponsors, which will be announced in an upcoming edition of The Town Crier.

The Sitrin Military Program provides comprehensive, complimentary care to post-9/11 veterans and service members affected by post-traumatic stress, suicidal ideations, traumatic brain injuries, depression, and other combat-related conditions. In addition to innovative treatment, Sitrin offers the Military Civilian Coalition, designed to promote camaraderie, advocacy, educational opportunities, and transitional support to civilian life. The group meets at various locations in the community and enables veterans and civilians to interact through social and athletic endeavors. Activities include the annual Warrior Retreat at Camp Sitrin, TRX Suspension Training, golf, fly fishing, gardening, yoga, biking, therapeutic hand drumming, and more.

Complete details on the 10th Annual Sitrin Stars & Stripes Run~Walk will be forthcoming. For more information, visit <https://www.sitrin.com/about/events/>.

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 people with intellectual disabilities and medically complex conditions, medical and social model adult day health care (OPAL Program), military rehabilitation, adaptive sports (STARS Program), a Wellness and Aquatic Center, orthopedic injury program, concussion management, child care, and dental clinic. Sitrin is a not-for-profit corporation.

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**The Women's Fund Grant
Applications Due 9/23**

The Women's Fund of Herkimer & Oneida Counties, Inc. is now accepting applications for their 2022 grant cycle. Grants applications must be received via email or postmarked no later than September 23, 2022.

They can be emailed to: info@womensfundhoc.org or mailed to The Women's Fund of Herkimer and Oneida Counties, Inc., Attn: Grants Committee, 2 Williams Street, Clinton, NY 13323.

The Women's Fund invites requests for funding that will assist women and/or girls in Herkimer and Oneida counties. To be eligible for funding consideration, applicants must be a 501(c)(3) non-profit agency, submit a complete application, and the funding request must be for programs or projects that benefit women and girls. The Women's Fund supports programs in the local community that meet its mission of empowering women and inspiring girls while promoting leadership and building self-esteem. Gender and geographic location areas are the sole restrictions on those who may benefit. The majority of grants awarded range from \$1,000 to \$20,000.

The funding priorities of The Women's Fund include: 1) To create opportunities for economic, educational, and personal growth for women and girls of all ages. 2) To encourage the advancement and full participation of women and girls in the community

For more information please call (315) 725-6758 or visit www.womensfundhoc.org and click on Grants Guide for complete details.

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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.

Please note: Senator Sam Ervin, chair of the Senate Select Committee on Watergate in the preface to their report pointed out that the law is not self-executing. It must be executed by humans. And therefore, it must not be in the hands of those who are not faithful to it.

REALITY: Cemeteries are free from legal responsibility for errors.

REALITY: A recent case involved a family in Brooklyn who sued the cemetery where their mother was buried. Last June, the cemetery workers tried to force the mother’s coffin into a grave, while the family watched. The workers had dug the grave too small. The workers tried to shake the coffin to free it from being stuck. While the family watched, the coffin popped open exposing the body of their mother, to the horror of those watching. Ultimately the workers had to bring a backhoe to lengthen the grave and move the body to a new coffin before they could bury the mother.

The family claim that they suffered enormous emotional damages over the incident. They could not accept that their matriarch had been so poorly treated. The defendant cemetery asked the judge to dismiss the case because there is no recognizable legal lawsuit to answer. The judge ruled that there is indeed a case that should be put to a jury for a decision on liability (legal responsibility) and perhaps damages. In the event of a finding against the cemetery, the jury may decide how much the cemetery must pay to the family in compensation for their horrors.

MYTH: Courts are bound by laws that were later repealed.

REALITY: In March, 2020, during COVID-19, New York State nursing homes were given immunity from lawsuits based on the pandemic. Then the Legislature repealed the law on April 6, 2021, just a little over one year after passage.

In April, 2020, a woman died from COVID in a nursing home in Erie County, New York. The legal basis for the lawsuit brought by her survivors is twofold: gross negligence and willful or intentional infliction of harm.

The family say that the nursing home failed to use basic safety measures, that the mother was unnecessarily exposed to the virus, and that there was a lack of personal protective equipment for residents and providers as well as non-compliance with safety protocols and testing. The family says that the residents, including their relative, were at increased risk of harm. They argue that the repeal of the law was intended to correct a bad law that should never have been passed, and that nursing homes should never have been given immunity from legal responsibility.

The nursing home argues that the law known as the Emergency or Disaster Treatment Protection Act, which was in effect for barely a year, protected the nursing home. They asked the Court to dismiss the lawsuit on the basis of this repealed law.

The Court ruled that nursing homes cannot use the repealed immunity law to shield them from harm they caused to the State’s most vulnerable residents. Now a jury will decide whether damages to the aggrieved family is appropriate.

MYTH: Our freedom of speech right is slowly being taken apart.

REALITY: Last year a man shouted terrible, ugly words at a New York City police office. The judge handling the case described the words as diatribes, and racist, hateful and obscene. Even the defendant’s lawyer said that the words the defendant used were extraordinarily offensive language.

The police officer, who was Asian, sued. His lawyer said that the Asian community has been facing unprecedented attacks, which are hate crimes. He pointed out that hate makes more hate, and that hate speech brings violence.

Nevertheless, the Manhattan judge handling the case dismissed the police officer’s lawsuit. His reasoning was that the conduct should be condemned and has no place in a civil society. He further said that hate speech alone, without an act, is free speech protected under

the First Amendment of the U.S. Constitution, and cannot be eroded. He suggested that the officer could ask another higher court or the legislature to carve out an exception to the First Amendment that would prohibit hate speech. In order to do so through the court system, the officer is appealing the decision to a higher court. The man, in the meantime, continues his racist remarks, without following the speech with action. Yet.

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.

Newly Formed CNY Irish Festival Comes to MKJ Farm

The newly formed Central New York Irish Festival will take place on Friday and Saturday, July 22 and 23, 2022 at MKJ Farm in Deansboro.

The CNY Irish Festival is a fun-filled family event that celebrates Celtic music and culture and will include live music, Celtic Highland Games, vendors, kids fun zone and food trucks.

“Here in the Mohawk Valley, we have always cherished and celebrated our rich Irish culture,” says Kathy Stockbridge, one of the event organizers. “The CNY Irish Festival plans to continue this celebration with a two-day event that is full of music, culture, and family-friendly fun!”

Headlining the festival are CNY fan favorites, The Elders, from Kansas City, MO, who will play both Friday and Saturday nights. Also performing is Enter The Haggis, who will perform Friday night only. Other bands included in the lineup are Searson, Arise & Go, Moxie Strings, House of Hamill, Triskele, Blarney Rebel Band, and Kian Byrne.

In addition to the main stage, there will be an Irish cultural area consisting of Irish dance groups, session band Craobh Dugan O’Looney, as well as solo performers Rick Bedrosian and Donal O’Shaughnessy.

WHEN: Friday, July 22, 2022 5pm-11pm & Saturday, July 23, 2022 noon-11pm WHERE: MKJ Farm, Route 12B, 6844 West Hughes Road, Deansboro, New York.

ADMISSION: Advance Sale Tickets thru July 8th Available Now! \$15 Friday/\$20 Saturday/Both Days \$30 For more information, or to purchase tickets, visit www.cnyirishfest.com

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Reduce Your Risk of Falling and Stay Independent

Two Fall Prevention Workshops, entitled “How to Prevent Falls and Remain Independent” will be presented locally at Meadows Senior Living and at Brookdale Independent Living in June.

Meadows Senior Living will be hosting the workshop on Monday, June 6, 2022 from 11am to 12pm in Building F, 4310 Middle Settlement Road, New Hartford.

Brookdale Independent Living will be hosting the workshop on Tues., June 21, 2022 from 3:30 to 5:00 PM in The Cafe at 99 Brookside Drive, Clinton, NY 13413.

These interactive workshops will be presented by clinicians from COAST Physical Therapy, in an effort to help community members reduce their risk of falling and allow them the ability to remain safe/ independent and age in place.

Although falls can considerably diminish one’s ability to lead an active and independent life, most falls can be avoided. Learn what conditions make one more likely to fall and what can be done to prevent falls, such as talking to one's healthcare provider about specific risk factors to determine if modifications in medications or plan of care are needed, beginning a strengthening/ balance training program and making one’s home safer by removing tripping hazards, placing railings on stairways /grab bars in bathrooms, and adding night lights for improved visibility with ambulation in the middle of the night.

According to the U.S Centers for Disease Control and Prevention, “1 out of 4 older people fall each year, but less than half tell their doctor.” In addition, 1 out of 5 falls cause serious injury, such as a broken bone or head injury, which may make it difficult for a person to get around, perform everyday activities, or live on their own.” The CDC developed the STEADI Initiative (Stopping Elderly Accidents, Deaths & Injuries), which offers a coordinated approach to implementing fall prevention programs in the community to help reduce fall risks.

These interactive fall prevention workshops are being offered, in support of this initiative, in addition to a FREE Fall Risk Screening, which will be offered to all attendees. The screening includes standardized gait and balance assessment tests, which are used to determine if individuals are at a high risk of falling. Participants will be provided with results of this screening, to take to their healthcare providers for appropriate follow-up, and will also be given useful fall prevention educational materials.

Those who wish to attend the event at Brookdale are encouraged to register

for a seat. In order to do so, please call Brookdale Independent Living and ask for Will Lamont at (315) 853-1224. If interested in touring the community, please request a tour when calling to reserve a seat. For additional information regarding Brookdale Independent Living, please visit the Brookdale Clinton Facebook page or visit www.brookdale.com.

Those who wish to attend the event at The Meadows are encouraged to register, in order to secure a seat, by calling the Meadows Senior Living office at (315) 624-9915. If interested in having a tour of the community, please request a tour at the time of registration. For additional information regarding Meadows Senior Living, go to www.MeadowsSenior.com.



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Award-winning singer-songwriter Sherry Anne will be in concert at St. Margaret's Ecumenical and Retreat Center on Tuesday, June 7 at 7 p.m.

Photo courtesy of Sherry Anne Ministries

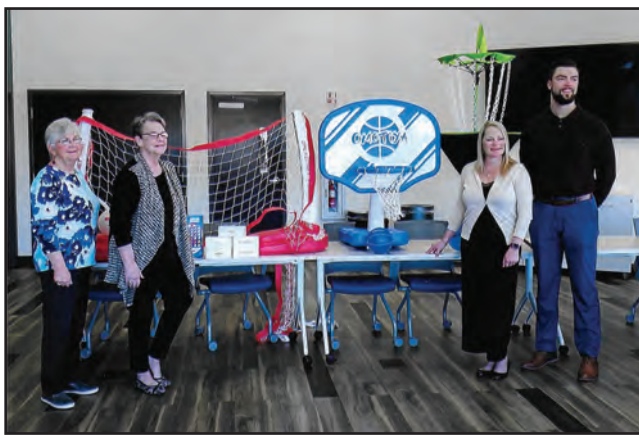
St. Margaret's to Start Summer Concert Series June 7

St. Margaret's Ecumenical and Retreat Center at 47 Jordan Road in New Hartford, New York, will host a concert, rain or shine, at 7:00 p.m. on Tuesday, June 7, 2022, with Billboard-charting singer-songwriter Sherry Anne. The lovely grounds of the retreat center will be the setting for the concert event - bring a lawn chair - unless rain moves the event indoors. Admission is free. Donations will be graciously accepted for the ministries of St. Margaret's and Emmaus House, providing temporary shelter for women and children in Utica.

St. Margaret's Ecumenical and Retreat Center welcomes people of all faiths who wish to visit the Center for quiet time, retreats, tours of its historic building dating to 1936, or events. Learn more at <https://www.stmargarets houseny.org/> For assistance, call 315-724-2324.

Although born with a bilateral hearing and speech impairment, Sherry Anne is an award-winning singer-songwriter with an elegant voice and an important message of hope for anyone facing any kind of life obstacle. She has shared her personal journey in concert and conference events across North America. Sherry

Anne has appeared as a special guest at Gaither Vocal Band concerts, Dollywood, and 40 Days and 40 Nights at The Ark Encounter. Her latest CD "STAND" debuted in the Top 50 Christian/Gospel Albums as reported by MRC Entertainment for Billboard Magazine. Sherry Anne and Toni Jolene Clay, who produced STAND, co-wrote three of the 10 songs on the new CD, including "Still The God Who Parts the Sea." For music clips, videos, and more information, see www.sherryanne.com.



LtoR: Lioness secretary, Gail Lewis and president, Pam Cuda, CABVI Outreach & Services Promotion Coordinator, Karen Romeo and Adaptive Sports & Recreation Manager, Dylan Drexler

Lioness of Greater New Hartford News

The Lioness of Greater New Hartford recently presented a gift of adaptive games and sports equipment to the Central Association of the Blind and Visually Impaired for use in their CampAbilities program. CampAbilities occurs multiple times during the year at the CABVI campus or Camp Nazareth in the summer. It is a youth development program for children and teens that are blind or visually impaired. Children who have low vision are engaged to be physically active, through participation in leisure activities or through physical education classes, to develop independent living skills that will last a lifetime.

The Lioness of Greater New Hartford is a service organization that supports programs like CABVI's CampAbilities that exist for people with visual impairment. The club meets monthly for dinner, programs, and fund-raising activities to implement its goals. If you would be interested in joining this organization's efforts, please reach out to the club through pcuda@hotmail.com or at 315-735-7334.

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The Utica Garden and Flower Show

Featuring local gardens and displaying floral design and horticulture

The Flower Show, a judged event, is being held at the Utica Public Library. It is being sponsored by District V of the Federated Garden Clubs of NYS, and will be open to the public Friday, July 8th from 2-6 and Saturday, July 9th from 10 to 3. The tour of local Utica gardens will be on Saturday, July 9 from 10-3. Maps for the participating gardens can be picked up at the Utica Public Library on Saturday. There will be Master Gardeners, Ikebana Master Designers, Designers and Garden Club members present the day of the event to answer a variety of gardening/design questions!

It is the mission of the Utica Garden Tour and Flower show to promote the love of gardening and plants by sharing gardens, horticulture and floral design. We hope the community discovers more about gardening and horticulture, inspiring them on their own garden journey.

Further information can be found at <https://www.facebook.com/uticagardenandflowershow> or <http://www.fgcny.com>. Go to the District V button.



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Richard Sherman

New Hartford Highway News

submitted by Highway Superintendent, Richard Sherman

June for your Highway Crew will be a busy month! Even though we have several stormwater mitigation projects ongoing, the month of June is dedicated for curbside collection.

The curbside collection begins in Ward 1 from Monday, June 6th through Wednesday, June 8th with all your items needing to be at the curb by Sunday evening June 5th. Ward 2 will occur from Monday, June 13th through Wednesday, June 15th with all your items needing to be at the curb by Sunday evening, June 12th. Ward 3 will occur from Monday, June 20th through Wednesday, June 22nd with all your items needing to be at the curb by Sunday, June 19th. Ward 4 will occur from Monday, June 27th through Wednesday, June 29th with all your items needing to be at the curb by Sunday evening, June 26th. Please remember this is a one time only pickup in front of your residence on your ward dates.

What is included in curbside trash pickup? There are 5 categories in which items need to be separated. Category 1 includes all metal, appliances, microwaves, hot water heaters and bed springs (with fabric removed). Category 2 includes tires and rims, separated and are limited to 4 each. Category 3 is furniture. Category 4 is construction and demo debris including stone, lumber, windows as well as rugs and Category 5 are televisions and electronics. We do NOT collect cardboard, broken glass, clothes, liquids, batteries, paint cans and styrofoam, among other items. Still not sure what can be included? Our 2022 Trash Drop-Off, Brush Collection and Curbside Collection Schedule can be found on the Town’s website or you can call our office at (315)724-4300 ext. 2430 for a more detailed question.

Construction has started on Oneida Street where the 20’ box culverts are being installed. Please use the detours safely and don’t speed through the residential area of the detour. The construction on the State Route 8 bridge has begun as well. This will last pretty much the whole summer. Please again use caution when traveling in these work zones.

The Mud Creek construction located off Middle Settlement Road behind Jay-K is also in full swing as the contractor is building the new dam to hold back the water in large rain events. This construction will also be ongoing all summer.

Our LED street lights are in the final stage of install and will be turned over to the Town of New Hartford Highway Department shortly. The Highway crew will be out when they are finished to paint the decorative street light poles.

Your Highway Department will once again be hosting the very popular “Touch the Truck” event again this year at our New Hartford Public Library with several pieces of highway equipment for kids to see and sit behind the wheel. Hard hats will be handed out to the kids again this year by Foreman Chris Moran and Highway Superintendent Rick Sherman. Hope to see you there – come rain or shine!

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



Courtney Iles

Gilroy Kernan & Gilroy’s Iles Promoted to Director

Gilroy Kernan & Gilroy Inc. (GKG) of New Hartford, New York has announced the promotion of Courtney Iles to Director of Client Strategy of the firm’s growing Personal Risk division. In the role, she will lead the development and implementation of personal risk solutions for individuals across New York state and increasingly around the nation.

Iles has been a valued member of the GKG team since 2015. She brings a decade of industry experience and holds various designations including Chartered Private Risk and Insurance Advisor; Certified Personal Risk Manager; Accredited Adviser in Insurance (AAI); and Personal Lines Coverage Specialist Designation (PLCS).

“Courtney has been a tremendous asset to our team and our clients. I look forward to seeing her continue to grow with GKG in this new role,” said Larry Gilroy, President of Gilroy Kernan & Gilroy.

A native of the area, Iles currently resides in Sherrill New York, with her family.



New Hartford Rotary Fundraiser

Chicken BBQ

1/2 chicken, Salt Potatoes, Coleslaw, Roll w/butter

Drive-thru



Saturday, June 18, 2022

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8555 Seneca Turnpike, New Hartford, NY 13413
Parking Lot 0: next to the Seneca Turnpike entrance

Noon until gone

Price: \$15.00 per meal



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New York certified teacher Kathleen Deck is kicking off her third annual arts & crafts camps for children ages 8-14 at her tented patio in the village of New Hartford.

**Each 4-day long session fee is \$135.

**Sibling and multiple-week discount

For more information and to register go to:

Summer By Design Arts and Crafts Camps on Facebook

or call or text/email Kathleen 315-794-4158.
summerbydesigncrafts@gmail.com

2022 CAMPS

THEME	DATE	TIME(S)
COOK & CRAFT	JULY 11-14	2-5 P.M.
CRAFTING IS FUN	JULY 18-21	2-5 P.M.

315-794-4158

2022 Summer by Design

July 11-14 Craft and Cook 2:00 - 5:00


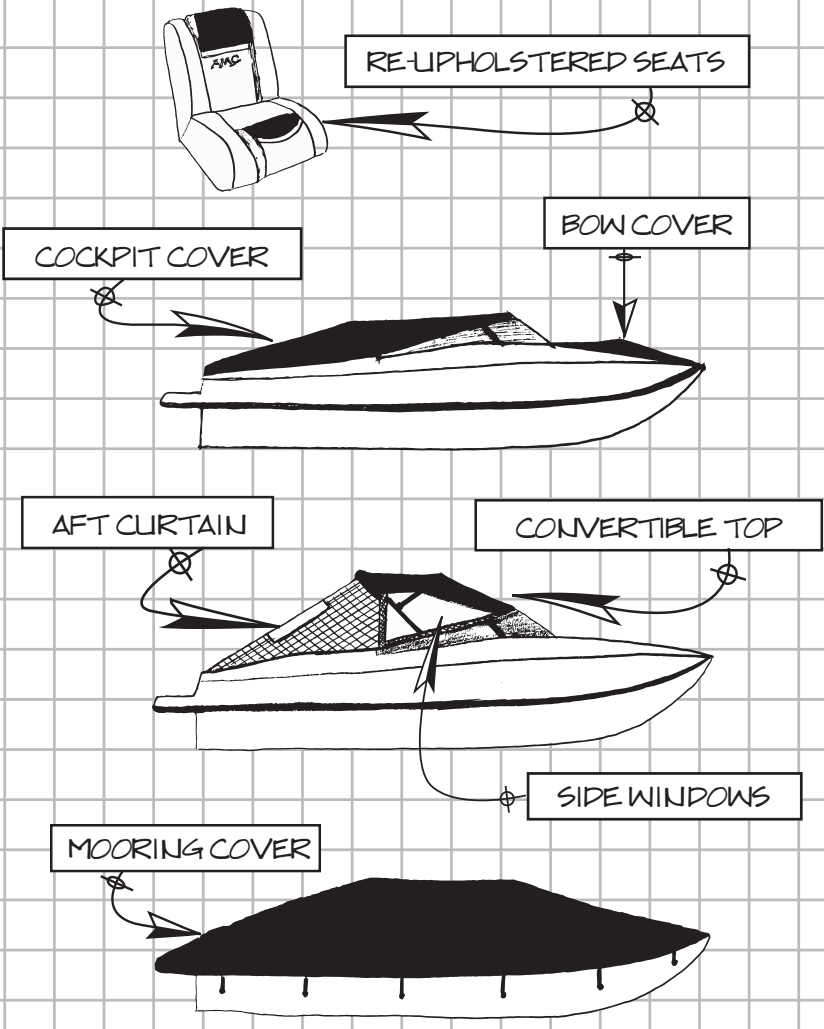
Two of the best pastimes combined into one camp: crafting and cooking!! In each three hour session we will create a unique piece of art as well as a delicious dish to take home to share with your family. Campers will learn kitchen safety and sanitation rules as well as how to read and follow a recipe.

July 18 - 22 Crafting is Fun - 2:00 - 5:00

Combining tools of creativity and authentic self-expression while making art is what this camp is all about . If you have a passion for colors and texture, come create original works of art using paint, wood, rocks, and more.

About Kathleen Deck


Kathleen Deck is a NY State Certified teacher. She has 24 years of teaching experience in various grade levels 1-12. Kathleen shares her passion for baking, cooking, and crafting as a Home Economics teacher.



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NHFD News

Your New Hartford Volunteer Fire Department responded to 132 alarms during the month of April as indicated by the monthly call report listed below by category:

- Fires = 2
- EMS = 67
- Hazardous = 17
- Service Type = 14
- Good Intent = 6
- Other Alarms = 24
- Weather Related = 2
- Other = 0
- Total Calls for the Month of April 2022 = 132.
- Of the 132 alarms, 117 were in the town and 15 in the village.
- Total calls year-to-date through April 30, 2022 is 444.



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.

News From the Chief’s Desk

Be safe this summer

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

Lawn Mower:

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

Swimming Pools:

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

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

Outdoor Grills:

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

When starting your outdoor grilling there are a few safety tips we would like to pass along to ensure an

- enjoyable summer for everyone while reducing the risk of injury.
- Propane and charcoal grills should only be used outdoors;
 - Keep items that could catch fire away from the grill area;
 - Use long handled utensils;
 - Placement of the grill should be well away from your home, deck railings, and out from under the eaves and overhanging branches;
 - Keep children and pets at least three feet away from the grill;
 - Keep clothing away from the flame;
 - Maintain keeping your grill clean at all times. Remove any grease or fat that builds up on grates and trays;
 - Never leave your grill unattended.

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

- Apply a light soap and water solution to the hose using a brush or spray bottle;
 - Turn the tank on and if there is a gas leak, the propane will release bubbles around the hose and big enough to see;
 - If there are no bubbles, your grill is safe to use;
 - If there are bubbles, turn off the tank and check the connections. If the leak continues, have your grill serviced by a professional before using again.
 - If the leak doesn’t stop...call the fire department.
- When the gas grill is on...
- As you are cooking, if you smell gas, turn off the gas tank and burners;
 - If the leak stops immediately, get the grill serviced;
 - If the smell continues, move away from the grill and call the 911 and do not move the grill.

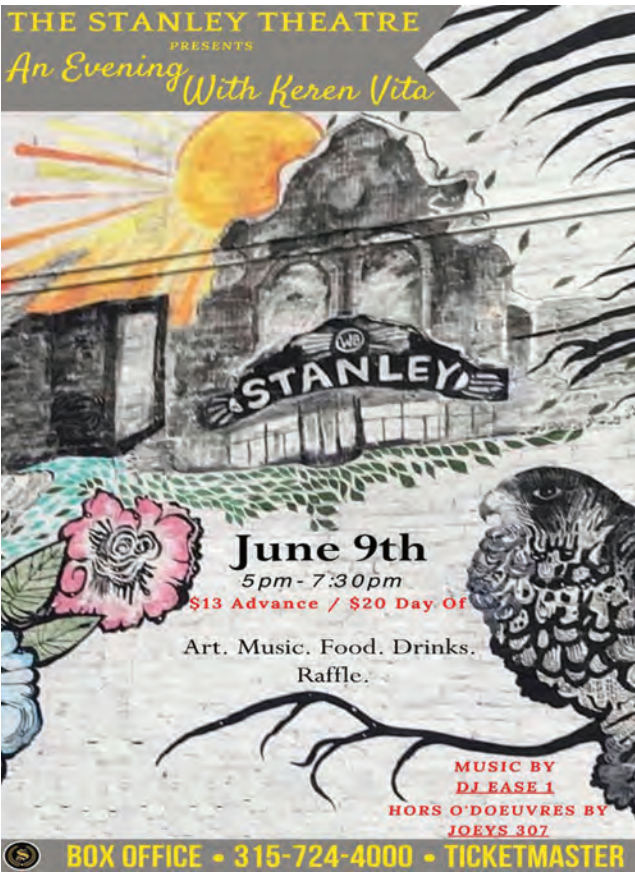
- Regarding charcoal grills:
- There are several ways to start a charcoal grill. Charcoal chimney starters allow you to start the grill using newspapers as fuel;
 - If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire;
 - Keep charcoal out of the reach of children and away from any heat source;
 - There are electric starters too. Be sure to use an extension cord for outdoor use if you use these devices;
 - When you finish grilling, be sure the coals are completely cool before disposing in a metal container.
- We hope these few safety tips will provide you with a great grilling season!
- For more information please visit: www.nhfd.com.

SAVE THE DATE

New Hartford
Fire Truck
Spectacular
Thursday, July 21, 2022
6-9pm
at NH Shopping Center

NHFD Holds American Red Cross Blood Drive

The New Hartford Volunteer Fire Department will host an American Red Cross Blood Drive on Thursday, June 30, from Noon to 5pm at the fire station. Reservations may be made by calling 1-800-RED CROS (1-800-733-2767). Reservations are appreciated and walk-ins are always welcome.



An Evening With Keren Vita

“An Evening With Keren Vita” will bring the Utica-based artist to The Stanley Theatre on June 9 from 5-7:30pm. Tickets are limited for this event and can be purchased through Ticketmaster or by calling The Stanley Theatre Box Office at 315-724-4000. Proceeds from this event will benefit The Stanley Theatre. Tickets are \$13 in advance, or \$20 the night of the event.

Patrons can expect passed hors-d'oeuvres, catered by Joey’s 307, as well as a cash bar offering specialty cocktails and other beverages. Gabe Altamuro, also known as DJ Ease One, will be providing music for the event. There will also be a raffle for a one-of-a-kind tattoo created and tattooed by Vita herself!



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New Hartford Rotary News

Two big events are happening with New Hartford Rotary during the month of June. In the past, New Hartford Rotary has held two major fund-raising events to raise money for our Community Fund. 100% of these funds is then distributed back to the local community to non-profits, service organizations, etc., who help to make a difference in the community and the world. Those two events were a Holiday Auction in December and a Pancake Breakfast on Mother’s Day weekend in May. Unfortunately, due to the COVID restrictions, we have not been able to hold these events for the last two years. Therefore, we are thinking outside the box on new ways to help raises these funds.

As in the past we have honored the local mothers at our Pancake Breakfast, this year we are honoring the fathers. New Hartford Rotary in conjunction with Scotty’s House of BBQ, Rome, NY, is sponsoring a drive-thru Chicken BBQ on June 18th (the Saturday before Father’s Day) at Parking Lot O (across from Taco

Bell), Sangertown Square Mall, New Hartford, NY from 12 Noon until gone. We will be serving BBQ chicken, Salt Potatoes and Coleslaw for the low price of \$15.00/ meal. These BBQ’s usually sell out fast, so if you want to guarantee you won’t miss out on some delicious chicken BBQ and fixings, all New Hartford Rotarians will be selling advance tickets. What Dads won’t like eating BBQ on their special weekend? Check out our Facebook page for more details. Come and help support New Hartford Rotary and your community.

The Rotary year runs from July 1 to June 30. Accordingly, near the end of June, most Rotary clubs have a COG (Changing of the Guard) event to review what their club has done in the past year and officially swear-in the new officers.

This year, New Hartford Rotary is holding their COG dinner at The Chowder House, New York Mills on Wednesday, 29 June. The following officers will be honored for the 2022-2023 Rotary year:

President - George Carpenter; President-Elect - Jeremy Rutter; Treasurer - Jeff Gornick; Secretary - James Cook; Directors (1-year term) - Chuck Tomaselli, John Zygmunt; Directors (2-year term) - Rev. Dr. Mary Webster, Chair**, Wyatt Robinson, Secretary**, Nancy Robinson, Chair-Elect**, Dennis Hooks. ** New Hartford Rotary Satellite Club - Environmental Focus Group of CNY-District 7150

New Hartford Rotary is always looking for new members and we’d love to have you come and join us for lunch on Wednesday afternoon. New Hartford Rotary meets every Wednesday at 12:15 PM at the Yahnundasis Golf Club. For more information about The Rotary Club of New Hartford, NY you can check our website at www.rotary7150.org or follow us on Facebook at www.facebook.com/NHRotary/.

Upcoming speakers/events:

June 18- Chicken BBQ at Sangertown Sq. Mall

June 29- Changing of the Guard Celebration- The Chowder House

June 30- District 7150 Changing of the Guard celebration



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Passengers receive a complimentary beer or wine glass (glass only – beverage not included) with each regular adult ticket purchase.

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- August 26th – Janet Batch
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- October 14th – The Dovetones
- October 28th – Max Scialdone

Schedule

- Departs Utica: 6:30pm
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Contact our office (1-800-819-2291) for details and pricing or visit the website at www.adirondackrr.com.

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

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

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Pain

Pain is one of the most common symptoms that may lead someone to seek the help of a physical therapist or other health care professional.

Pain is a completely individualized experience. We often use different terms to describe it, and it is hard to know if you feel pain the same way as your friends or family feel pain. Some people talk about having a high or low tolerance to pain, but because pain is such a subjective experience, science has not developed accurate ways to measure pain tolerance.

Currently, there are 2 ways your physical therapist may categorize your pain.

The most standard classification of pain is **time-based**:

- Acute (pain experienced for less than 3 months)
- Chronic (pain experienced for more than 3 months)

The second classification is based on the likely **triggering mechanism**:

- **Noiceptive** triggers result in pain that is localized to an area of injury or dysfunction. The pain is often aggravated or eased by certain movements or positions, which demonstrates that the pain has a clear mechanical nature.
- **Peripheral neuropathic**-induced pain occurs with a history of injury, disease, or mechanical compromise to a nerve.
- **Central sensitization** results in pain that is disproportionate to the nature or extent of the injury or disease. The pain is usually nonmechanical and unpredictable in response to factors that usually aggravate or decrease pain.

HOW A PHYSICAL THERAPIST CAN HELP

Once your condition has been diagnosed, your physical therapist will work with you to develop a treatment plan to help address your pain. Because the mechanisms of pain vary, each approach to care will also vary. Physical therapy treatments may include:

- **Manual therapy.** Manual therapy consists of specific, hands-on techniques that may be used to manipulate or mobilize your skin, bones, and soft tissues.
- **Movement and strengthening exercises.** Moving and exercising can often be a great strategy to lessen pain.
- **Modalities.** Your physical therapist will be able to determine whether the use of ice, heat, or electrical stimulation will benefit your unique condition.



In 2010, it was estimated that the United States spent between **\$500 billion** and **\$635 billion** on the treatment of pain.

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With Prices On The Rise, Physical Therapists Help Keep Costs Down

Healthcare, like most other things these days, isn't known for being cheap. Healthcare costs have been rising for years. But even in this environment, there are still bargains to be had - like physical therapy.

A study that looked at the claims data of 472,000 Medicare beneficiaries with back pain found that when PT was the first treatment, costs were 19% lower than when people got injections first and 75% lower than for people who were sent straight to surgery. The study also found that in the year following diagnosis, people who got PT first had costs 18% lower than those who got injections, and 54% lower than those in the surgery group.

Another example happened in 2006 when Starbucks sent workers with back pain to see both a physical therapist and physician for their first treatment. Use of MRI dropped by 1/3, people got better faster, missed less work and were more satisfied with their care.

Physical Therapy First Means Fewer Visits...

Money isn't the only thing that physical therapy can save, though. A paper published in Physical Therapy looked at outcomes when patients went to a PT first vs. seeing a physician first for back pain. It found that patients who went to their physician first needed 33 PT visits on average, while those who went to their PT first only needed 20. Seeing a PT first saves money, but it also conserves another valuable resource - time.



Want to save money on your healthcare costs for the next year?
See your PT quickly with direct access!



How can you have better #PT outcomes in less visits?
Use direct access to see your PT quickly!



How do you save up to 75% on treatment costs for back pain?
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New Hartford Senior Concerned About Each Other

submitted by a group of concerned tax paying seniors in New Hartford

We are a group of very concerned seniors in New Hartford, most of whom own their homes and pay taxes. We are concerned about the older seniors in our community, who do not have hot nutritious lunch programs to attend, who are now sitting home eating alone and do not have any affordable place to go to socialize with their friends, due to their limited incomes.

The Town closed the Community Center (previously known as the Senior Center), due to rising COVID cases in the area. Which is the safer option. Hopefully when the numbers go down, it will open back up again

There is a questionnaire on page 11 for the seniors to fill out and return to the Town Board. Please fill out and let them know what you want so that the Center can move forward. Returning this form will help them with new ideas.

We would really like to see a director hired who could go out into the community to bring programs, agencies and speakers in, to educate the seniors as they age and need help. We have visited other Senior Centers, some that are only open one day a week, and have a paid director and secretary who handle this job. The Board thinks that it all can be done with volunteers, but we have yet to see this happen. The other directors tell us they have the same problem counting on volunteers to show up. We need paid staff to ensure this Center moves forward.

It was said on a radio talk show, that the kitchen staff quit since they were not getting paid. This is not true, they worked a month as volunteers to keep it going, because they knew the seniors needed this program. They left to make a statement that it could not be done with volunteers who may or may not show up. They are needed to accept, temp and serve hot lunches that come in pans to be kept hot in a steam table to serve. These were not individual meals to just be handed out as was said. It was also said that there were only a small number of seniors attending, so it didn't justify paying staff. Some days there were only 20, but there would be 50-60 on our party days, only because the smaller room would not hold 75 people. It had to be limited so seniors with canes and walkers could walk between the tables to get their food. We would love to have the senior band come again to entertain us. However, not only can we not accommodate the larger group, we also are told it is too loud and that town office work can not be done during it. It seems that this is an office building first! So much has been said that could be discounted by those who worked there every day with the seniors and wish they were there now to help them.

Our group would love to see the Center move forward and the hot lunch program back on track, but it appears that the new Community Center will not be geared towards the older seniors, who just want their hot lunch and socializing. What an awful thing to see happen in our town. The New Hartford town board needs to do the right thing and step up by reinstating the paid staff and to support the seniors who voted for them. A lot has been done in the town that seems to be for a younger population, so how about now helping the older seniors. Lets hope the questionnaire tells the board what they want in a Community Center. Hopefully, the seniors will be recognized for what we want. We will be anxiously awaiting the results.



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Attic and Basement Mold:

Attics and basements are one of the most common areas of mold growth in the home. Attics tend to have the perfect conditions for mold growth (hot, humid, and an abundant food source consisting of the wood framing and sheathing). Most homeowners may go up in their attic seldom if ever so the mold problem is allowed to grow undisturbed sometimes for years! Basement mold is a common problem in many homes due to ground water seepage mainly at the base of the walls around the perimeter of the basement. If mold is discovered, the best approach is to deal with it promptly Disaster Services is a NYS licensed mold contractor and can evaluate and thoroughly explain the different removal options available to you and also help guide you after the mold has been removed with suggestions to avoid another occurrence.

Sewer and Drain Backup:

Most homeowner's policies do not cover sewer backup unless specific sewer backup insurance coverage is added. If your home falls victim to the damages of backups or overflows and you aren't covered, you'll be liable for home repairs and cleaning costs out of pocket. Discover some of the most common ways your sewer lines can be damaged, and what you can do to protect your home!

1. Blockages Due to Tree Roots

The trees in your yard may be beautiful, but their roots can cause damage to your plumbing. Tree roots can dig very deep in search of water and nutrients, things that can be found in abundance in pipelines. These roots can enter pipes through small cracks and continue to grow until extensive damage is caused. Different tree roots grow in different ways, so it's a good idea to know about each kind located on your property!

4. Aging Sewer Systems

According to the Civil Engineering Research Foundation, the number of backed up sewers is increasing about 3% per year. Sewer systems in the United States are on average over thirty years old, which is a huge contributing factor to the rapid increase of sewer backups, overflows and flooded basements.

6. Combined Pipelines

Sometimes sewer systems combine the raw sewage pipeline with the storm water pipeline. During times of intense storms and runoff, this combined pipeline can become clogged with debris. This can result in a sewage backup situation in your basement or other low-lying drains.

The Cost of Sewer Backup Insurance Coverage

It's easy to see how many different ways your sewer pipelines can be compromised. But don't wait until one of these factors causes a problem and your home is devastated by sewage and water damage. Sewer backup insurance coverage can be added to a homeowners insurance policy for as little as \$50 a year!

Water Damage:

Water damage caused by leaks, flooding or condensation can do more than cause unsightly stains in your home. It can cause permanent structural and mold damage. Disaster Services is a locally owned company with over 34 years of experience in all phases of water and mold damage and can accurately evaluate your homes damage and advise as to the most effective course of action to take. We use the latest technology including thermal imaging to determine the source of the water intrusion and the extent of water damage. We are not a franchise which means you will get the owner on site through-out the project to fully answer any concerns that you may have. Remember we are the leading disaster mitigation company in the area with hundreds of satisfied clients both commercial, industrial and residential. We realize that in your time of need you should be speaking to a live voice, not a machine. When you call Disaster Services you will not reach an operator and have to wait for a call back during your stressful time, you will reach the owner and you will get immediate answers to your questions. When your emergency arises, call us at 315 797-1128 day or night. We do offer non-emergency services also so please visit our website @ disasterservices.us for a full list of services.

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NEW HARTFORD PAST TIMES

June 2022

NEW HARTFORD HISTORICAL SOCIETY



A Tale of Two Sisters, Two Maps and 19th Century “Social Media”!

While looking for an interesting topic for this month’s article, we looked at some old maps to see if “the Ash Lane” or “Ash Lane” was denoted on any map? So far, we haven’t found it. Presumably “Ash Lane” was just what an Alley Way behind the residences was called. And the story goes that there was an “Ash Lane” that ran between Pearl and First Streets (First is now called Hartford Terrace) in the Village. It reportedly ran from Paris Road to Sanger Avenue. More on “Ash Lanes” some other time.

As we looked at a 1907 map of the Village, what jumped out was a land-locked parcel between the Sauquoit Creek and the sluiceway that provided water for hydraulic power to the nearby Mills. This particular parcel was owned by Mrs. Sarah German and Miss Fannie Richardson. Sarah and Fannie were sisters and the daughters of Joseph P. Richardson, a local businessman who was very successful in several endeavors. His father was Jonathan, an early settler of the county and one of the 1st makers of cut nails.

Sarah married Jerome German and had two sons. She passed on June 17, 1931 at 75 years of age. Fannie would never marry and live to be either 79 or 80 passing on August 12, 1933. Looking at an older map, date unknown, we see that Joseph Richardson owned several pieces of property. Not only on both sides of Genesee Street but on both sides of Sauquoit Creek as well. On the older map, what is now called Champion Road was then called Bur Stone Road. And what is now called Oxford Road was then called South Street. In the 1907 map, Bur Stone Road is now labeled Whitesboro Street. Sometime later on, the road is realigned to intersect with Oxford Road and renamed Champion Road.

Looking through old newspapers, especially late 1800’s and early 1900’s. the pages read much like today’s Social Media. There are columns about “who’s visiting who”, “who traveled where & when” and just about every minute fact that anyone wished to share. For instance, in 1899, Fannie was the guest of friends in Oswego. In 1903, a column on the goings on at Fourth Lake talks of the cottages now open for the season by “the Rocks” on South Shore. One of the four cottages mentioned is one owned by Fannie Richardson of New Hartford. And in 1909 it was reported that Miss Fannie Richardson has recently returned home from a six week visit in the West.

BECOME A MEMBER!

Please stop in to visit us and consider becoming a member. Membership fees are \$15 for Individual, \$20 for families, \$25 for Friend/Contributor and \$50 for Corporate members. The Historical Society is a non-profit, tax deductible organization.

Planning a Class Reunion?

Make the Historical Society Museum a part of your itinerary! Schedule the Saturday of your reunion for your group to explore our collection of yearbooks, scrap books, local relics and photos. Look up your New Hartford home! Call 315-724-7258 to schedule your group.

Museum is Open To the Public

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New Hartford Historical Society ~ Membership Form ~

Please check one of the following:

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<input type="checkbox"/>	Renewal	E-Mail: _____
<input type="checkbox"/>	New Member	

Please send check made payable to:
New Hartford Historical Society
P.O. Box 238
New Hartford, N.Y. 13413



by Victor J. Fariello Jr.



Questers Wants You!

The J. Schoolcraft Sherman #1519 Chapter of Questers is an organization dedicated to history, preservation and education and an interest in all things antique. Our local chapter is a small but enthusiastic group. New members are always welcome. Dues are \$28 per year. Meetings are held monthly except in July and August. If you would like more information email me at vjfariello@gmail.com. You can check out our Facebook page by searching “lovoldstuff” or visit www.questers1944.org.



Aerial view of the Madison Bouckville Antique Week which is celebrating its 50th Anniversary!

Bouckville Antique Week

This year is the 50th Anniversary of the iconic Madison Bouckville Antique Week, the premier antique event featuring over 2,000 vendors. The date for this year’s event is August 15-21, 2022. This is a “must attend” show for thousands of antiquers from our area and around the country. If you have never attended, you definitely should check it out. You will find dealers selling every kind of antique and collectible you can imagine. For additional information visit www.madison-bouckville.com.

Help Fill the Mailbag

One of the most gratifying parts of writing this column monthly is when I get to respond to reader’s questions. I thoroughly enjoy hearing from you! You can send me your question via email at vjfariello@gmail.com or by mail to Antique Talk, PO Box 194, Washington Mills, NY 13479. Describe your item as best you can and include a picture(s) if available. I look forward to hearing from you!

Support Your Historical Society

Membership in the New Hartford Historical Society helps to preserve our local history. The cost is \$15 for an individual, \$20 for a family and \$5 for students. Make your check payable to ‘NH Historical Society’ and mail to PO Box 238, New Hartford, NY 13413. All donations are tax deductible. Your support of this great organization is appreciated.

Happy antiquing!

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 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.

For information on how to place a free article for your community event or local news, 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 who wishes to receive our publication, we ask that you please send a (yearly) \$20 check, to The Town Crier, PO Box 876, New Hartford, NY 13413.

We will gladly add the address 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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If you would like to list your community event on our website, visit: nhtowncrier.com

Click on Community Calendar, and add your event!

American Legion New Hartford Post 1376
8616 Clinton Street, New Hartford
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Monday-Sunday 11am-10pm

Chicken BBQ - Saturday, June 18th
Serving from 11am until Sold out
Donation \$13
1/2 Chicken, Salt Potatoes, Coleslaw, Roll

Members and guests are asked to call the Legion at (315)736-7041 for any entertainment and other fundraising events to be held at our Legion.

We also invite any veteran to join our great family at the New Hartford American Legion.

Independence and 2A Rally
Celebrate Freedom, America and Show Support for Your Rights



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3:00-4:00
New Hartford Veteran Memorial

All People are Welcome and Encouraged to Attend. If you would like to volunteer food or have any questions please contact myself. Jack via email; mountainjaxs@gmail.com

Let us know you're going on Facebook or ask any questions at

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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.


Our pantry provides services to all residents of New Hartford (btw Rt 8 and Rt 12), Washington Mills, Chadwicks, Sauquoit, Cassville and Clayville

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

If you do not have a permanent address, just come in. We will assist.

If you are unsure of eligibility, just come in. We will assist.

WE ARE LOOKING FOR VOLUNTEERS



TEFAP: The Emergency Food Assistance Program
Income Eligibility Guidelines: July 1, 2021 – June 30, 2022

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1	\$25,760	\$2,146
2	\$34,840	\$2,903
3	\$43,920	\$3,660
4	\$53,000	\$4,416
5	\$62,080	\$5,173
6	\$71,160	\$5,930
Each additional person add	\$9,080	\$756



Christopher J. Carbone, CFP®, AWMA®, LUTCF®

Dividend-Paying Stocks: Pros and Cons

A dividend is a portion of a company’s profit that’s paid to shareholders. That means dividend-paying stocks may provide a source of income. But they can also carry some degree of risk.

So, what do investors need to consider when it comes to dividend-paying stocks? In this Q&A, Ken Johnson, CFA, equity strategy analyst with Wells Fargo Investment Institute, provides important information for investors to keep in mind.

1. What are the potential benefits of dividend-paying stocks?

“One of the big benefits is that these stocks may provide a more reliable income stream compared to some other investment options,” Johnson says.

Companies tend to issue dividends on a routine basis, such as quarterly or semi-annually, which may create a dependable income stream. Another benefit? The stocks can yield some favorable tax treatment.

“It’s going to depend on your tax situation,” Johnson says, “but in general, you may have a relatively lower tax rate for dividends compared to income gained by selling investments.” As long as the dividend-paying stock meets IRS requirements for a qualified dividend, the dividend is taxed at the lower long-term capital gains tax rate instead of being taxed as regular capital gains income. “So an investor could receive income from a dividend-paying stock without selling the stock and have a lower tax bill compared to that of a non-dividend-paying stock, which must be sold to receive income,” he says.

2. Who should include dividend-paying stocks in their portfolio?

Many types of investors have the potential to benefit from dividend-paying stocks. “But these stocks may be more valuable for investors who are a bit older — maybe those in retirement or close to retirement who really value a more reliable income stream,” Johnson says. “I think they’re typically beneficial from a diversification perspective, especially when interest rates are low. Dividend-paying stocks tend to have an inverse relationship with interest rates: When interest rates go down, you may see some of these dividend-

paying stocks perform better.”

3. What are the risks associated with dividend-paying stocks?

“Firms can reduce or cancel their dividends — especially during times of economic uncertainty and times of crisis,” says Johnson. “And there’s still the risk that dividends could be cut periodically, even without the trigger of a crisis event. And if tax rates change, it could mean you’d pay more, as well.”

Explore your options with professional advisors

Johnson stresses that investors should discuss the pros and cons of dividend-paying stocks with a financial advisor to help make sure they fill a need within an individual investment portfolio and make sense for a specific financial situation.

“You should also talk to your CPA or tax professional to make sure that you understand what the tax consequences are for your particular situation,” he advises.

Equity securities are subject to market risk, which means their value may fluctuate in response to general economic and market conditions, the prospects of individual companies, and industry sectors. Investments in equity securities are generally more volatile than other types of securities. There is no guarantee that dividend-paying stocks will return more than the overall stock market. Dividends are not guaranteed and are subject to change or elimination.

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Polar Express Tickets on Sale

Once again, the Adirondack Scenic Railroad is bringing to life one of the most beloved Christmas stories of the same name. Live the magic of the classic Polar Express™ Train Ride story with the Adirondack Railroad Nov. 18th- Dec. 19th, 2022. Depart from Utica’s Union Station and travel north while being served hot chocolate and cookies.

It’s a theatrical experience on a moving train. The experience begins in the station, as the train starts its trek through the Glacier Gulch and onto The North Pole, the conductor goes by and punches all the tickets, followed by an interactive show of dancing and singing hot chocolate chefs. There is a dramatic retelling of Van Allsburg’s tale, and as the train gets closer and closer to the North Pole, holiday music is played, adding to the excitement and anticipation of seeing Santa. When you arrive at the North Pole, Santa will board the train visiting with each family, and giving each child their first gift of Christmas in the form of a Silver Bell, just like in the book or movie!

Bring your Pajamas!: Children (and parents) are encouraged to come in pajamas. Don’t forget your camera- you’ll want to capture the memories of your time with Santa! Join the many families who come back to see us every year!

In order to ensure that you are able to travel on your desired dates, please make reservations early as this event sells out every year.

The Adirondack RR trains are also available for private charter service and group events.

Contact our office (1-800-819-2291) for details and pricing or visit the website at www.adirondackrr.com.

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

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

The Adirondack Railroad is operated by the Adirondack Railway Preservation Society and is a not-for-profit 501(c)(3) organization with main offices in Utica, New York.



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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: Sun. at 5pm & Thurs. at 5:30pm
AA Meetings: Sundays at 8pm
Yoga by Kristy: Tues. at 5:30pm & Thurs. at 9:30am.
Saturdays 9am - Chair Yoga and 10:15am All Levels Yoga
EGA Meetings: 1st Mondays of the Month
St. Stephen’s is handicapped accessible.
Wednesday, June 15th - at 7pm, the community will gather at St. Stephen’s Episcopal Church, New Hartford, with the Rite Reverend DeDe Duncan-Probe, Bishop of the Episcopal Diocese of CNY, to celebrate the ministry of the church and their Priest in Charge, the Rev. Kathryn Schofield and to renew the continuity between the church and the local community.
This is a time we celebrate and proclaim faith and hope in what Christ is already doing and we reaffirm the ministry of all the baptized as the foundation of the life of the congregation. All are welcome to join in this celebration of ministry here in New Hartford!
July 9th - Rummage/Book/Cookie sale! 9am to 4pm. We will have a “bag sale” from 2-4pm. Donations for the sale may be dropped off at the church Monday, Friday or Sunday mornings during the month of June and July.

FAITH IN CHRIST REFORM CHURCH
A Reformed Southern Baptist Church
3431 Oneida St., Chadwicks - 315-737-0753
www.ficfellowship.com

Pastor : Chad Morgan
Sundays: Worship, 10 a.m.
Children’s Church during the sermon.
Bible Study and Prayer - Wed evening 6:30 p.m.

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
Rev. Dr. Sue A. Riggle, Pastor
45 Genesee Street, NH 315-732-1139
newhartfordpresbyterian.org
office@newhartfordpresbyterian.org
Regular Sunday morning worship continues throughout June, beginning at 10:30 in-person in the sanctuary and livestreamed on NHPC’s Facebook page. Pentecost Sunday will be observed on June 5.
The Faithful Blend space in fellowship hall welcomes children of all ages following children’s time during the Sunday morning worship service, with parents welcome to join their children for that. The Follow Me Biblical Practices for Faithful Living Program is being used as the guide for both the Children’s Time in worship and Faithful Blend activities. The worship service is livestreamed from the sanctuary onto a large screen in fellowship hall so everyone can follow along and participate as they choose. A supervised nursery is also available for young children.

MARY, MOTHER OF OUR SAVIOR PARISH
Business Office - 2 Barton Ave, Utica - 315-724-3155
Pastor Rev. Joseph Salerno
Our Lady of the Rosary Campus - 1736 Burrstone Rd. New Hartford
Weekday Mass– M, Wed, Thurs, Fri 8:00 AM
Novena to Miraculous Medal of Mary Tuesday 7:00 PM
Our Lady of Lourdes Campus - 2222 Genesee St. – Utica
Weekend Mass – Saturday 4:00 PM
Sunday 8:30 & 10:30 AM

SAUQUOIT VALLEY UNITED METHODIST CHURCH
Cor. Pinnacle Rd. & Mohawk St., Sauquoit
email: sauquoitvallyumc@aol.com
Pastor: Robbin Harris
Office: 315-737-7505
Sunday Worship 11:30 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. Karen Brammer
Sunday services at 10:30 AM
Services are always on Zoom and may be in person as conditions permit. Find up-to-date info and learn more about us at our website, www.uuutica.com.
The Unitarian Universalist Church of Utica is an open minded, open hearted spiritual community. Unitarian Universalists come from different faith backgrounds but our shared values bring us together. One of the principles that unite us is respect for the interdependent web of all existence of which we are a part. Newcomers are always welcome.

ST. GEORGE ORTHODOX CHURCH
350 Higby Road, New Hartford, 315-292-6682
Fr. George Goodge
Sun - 9am Matins
Sun - 10am Liturgy
Wed - 5:30pm Vespers
Bookstore hours: Open Sundays after Services.

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
10233 Roberts Road, Sauquoit 315-737-0757
WHERE JESUS IS LORD!
Pastor Walter J. Wharram, Jr.
Sunday School - 9:00am
Sunday Morning Worship Service - 10:00am
Mid-Week Bible Study - Wednesdays 7pm
*Sunday Sermons posted to YouTube weekly
- Search ‘Norwich Corners Christian Church’

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 St, Utica, NY 13501 | fpcutica@gmail.com
Opening Doors, Hearts & Minds: Serving Christ & Community
Sundays - 10:30 Worship
Faith Enrichment for all ages
Coffee Hour following morning worship.
Handicapped Accessible

LIFE IN CHRIST FAMILY CHURCH & BIBLE SCHOOL
25 Robinson Rd. Clinton - 315-853-1582. www.licfc.org
Pastors Peter & Adeline Forrester
Sunday Service 10 AM
(Nursery & Sunday school provided)
Thursday Night Prayer Mtg 7 PM
Operating in all of the gifts of the Holy Spirit including ‘healing’
Go on line and check out our school.
Teaching people the word of God without compromise!

ANNUNCIATION CHURCH
7616 E. South Street, Clark Mills 315-853-6138
rectory.denise@roadrunner.com
Fr. Kevin J. Bunger. Deacon Gilbert Nadeau (Retired)
Weekday Mass: Wednesdays 10am
Weekend Mass: Sat. 4pm Vigil, Sun. 9:30am
Confession: Sat 3:15pm-3:45pm
Handicap accessible, air conditioned

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)
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
Interim Pastor Richard Klafehn
Sunday Mornings at 10 AM
AI-Anon Meetings, Wednesdays at 12:30 PM
315-732-4110, office@zionluth.com
www.zionlutheranNy.org
Visit us on Facebook at:
Zion Lutheran Church, New Hartford, NY
All Are Welcome! This is God’s house and Christ’s church.
There is a place for you here!
Boilermaker Sunday-Free Parking at Zion Lutheran Church
Sunday, July 10th



Come and watch the 45th Race with us! Zion will once again host its conveniently located parking lot for you to park. We only ask that you bring canned goods in exchange for free parking! All donations will be donated to local food pantries.
The Race begins at 7:30am, arrive early to ensure a spot!

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

ST. MARGARET’S ECUMENICAL & RETREAT CENTER

47 Jordan Road, New Hartford – 315-724-2324
stmargaretshouseny.org
info@stmargaretshouseny.org
Rev. Elizabeth Gillett, Chaplain
The retreat center is open to the public.
On-Going Weekly Activities
Worship Services Wednesdays at Noon
Zoom and In-Person Worship Services - All Welcome!
Zoom.us ID: 842 3057 0175 Passcode: SMH
Wednesday Lunches at 12:30pm
Includes main + veggies, salad, bread, and dessert
Please make reservations by the Friday before 315-724-2324
Suggested donation \$10 per person
On-Going Monthly Activities
Friends of Emmaus House Meetings
2nd Wednesdays at 10AM - St. Margaret’s House
New Members Welcome!
Conversations with Rev. Gillett
2nd Wednesdays at 1:30pm
Group discussion about Matters of Faith
What’s Cooking with Irene
June 15th Monthly Dinner - London Broil, Salt Potatoes, Green Beans, Salad, & Dessert
Third Wednesdays at 5pm (take out) and 5:30pm (dine in)
Please make reservations by the Friday before 315-724-2324
Suggested donation \$15 per person

Special Events

It Takes a Village - June 7th

You are cordially invited to join Rev. Elizabeth Gillett and Executive Director Judy Reilly for a faith-based, community-building series. Each month the group will select a religious work with a contemporary theme from which to begin a dialogue. Themes that will be covered include: poverty, income and equality, joy, racism, addiction, and more.

Meets from 12 to 2pm - lunch included. This program is graciously provided through the funding from the Episcopal Diocese of Central New York’s ministry grant.

Calling All Saints (yes, that’s you!) - June 16th

We are planning an All Saints Day Extravaganza to be held Tuesday, November 1st. An informational dessert meeting to determine interest in pulling on a “Dinner with the Saints” evening is scheduled for June 16th at 6:30pm. We need men and women who are willing to go back in time and share their experiences as a first-hand disciple of Jesus. We need children to participate as angels. Musicians, actors, stage designers, sound experts - come one, come all! Please contact Penny Moncrief at 315-486-0027 for further information and to sign up for the June 16th meeting and dessert. Hope to see you there!

Remembrance Garden - June 21st at 10:00am

Please join us to help with the installation of a Remembrance Garden on the grounds of St. Margaret’s. Refreshments and lunch provided.

Summer Tours of the Shrines of Central NY

We are excited to offer group tours of local area holy places with a stop for lunch along the way. We will gather fourth Mondays at 10am, at St. Margaret’s. Please call us to

reserve your seat! By donation.
June 27th St. Marianne Cope Shrine & Museum, Syracuse
July 25th Rosa Mystica Foundation of America, Edmeston
Aug. 22nd St. Kateri National Shrine & Museum, Fonda
Sept. 26th Holy Trinity Monastery, Jordanville
Save the Dates for St. Margaret’s Day
Join us for a special dinner with the Sisters the evening of July 19th and an afternoon celebration of St. Margaret’s Day on July 20th.
Summer Concert Series
1st Tuesdays from 7:00 - 8:30 PM
June, July, August, & September
June 7th Sherry Anne
July 5th Two Friends
Aug. 2nd to be determined
Sept. 6th Kevin Bailey
End of Season Concert - Sept. 27th at 6:30pm - Wildflower Refreshments Provided. Please Bring Lawn Chairs - Picnic Blankets * Rain or Shine *
In Case of Inclement Weather Events Will Be Held Inside
Donations Gladly Accepted to Support the Ministries of St. Margaret’s & Emmaus House
These events have been supported by a grant from Stewart’s Shops Foundation. Thank you, Stewart’s!

CITY HOPE CHURCH

1415 Sunset Ave.
Utica, NY 13502
315-797-7775
Robert Tanner, Pastor
Sunday: 9:00am and 11:00 am

BEIT SHALOM

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



TEMPLE EMANU-EL

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

TEMPLE BETH-EL

1607 Genesee Street, Utica
Rabbi Gustavo Geier
Executive Director: Mrs. Mundy B. Shapiro
Fri night - 5:30pm
Sat morning - 9:30am on Zoom

ZVI JACOB

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

THE JEWISH COMMUNITY CENTER


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

Prayer to the Blessed Virgin (never known to fail)

Oh, most beautiful flower of Mount Carmel, Fruitful Vine, Splendor of Heaven, Blessed Mother of the Son of God, Immaculate virgin, assist me in my necessity. O Star of the Sea, help me and show me here you are my Mother.

Oh, Queen of Heaven and Earth, I humbly beseech your heart to succor me my necessity, (make your request). There are none that can withstand your power. Oh Mary conceived without sin, pray for us who have recourse to thee (three times). Holy Mary, I place this prayer in your hands (3 times). Say this prayer for 3 consecutive days and then you must publish it and it will be granted to you.


New Life
Apostolic Church



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

Pastor Mark Waterman
315.736.1161

3995 Oneida Street #4
New Hartford, NY 13413

 @NLAC4all



Because the most important conversations can't wait.

We're here for you.
Having the talk about hospice and palliative care is difficult, but early planning is crucial to ensuring your loved one's comfort, support and care for a better quality of life and an eased burden on your family.

Let's start planning



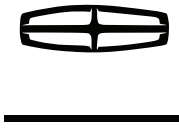
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