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Vol. 37 No. 7
July 2023

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Rummage, Book and Bake Sale
Friday July 7th 9-3
Saturday, July 8th 9-1
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St Stephens Episcopal Church
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Hospice & Palliative Care's **BUTTERFLY RELEASE CELEBRATIONS**



Honor or remember a loved one by
releasing a beautiful Monarch butterfly.

**Wednesday, July 12, 2023
6:00 pm Celebration**

Utica University (in person again)
1600 Burrstone Road, Utica, NY

**Wednesday, July 19, 2023
6:00 pm Celebration**

Herkimer College - College Center
(in person again)
100 Reservoir Road, Herkimer, NY
or 3:00 to 5:30 pm Curbside Pick-Up

Wednesday, July 19th Curbside Pick-Up Locations

Pick up your butterflies and release with family & friends at a location special to you
and make it your own private celebration of life!

- ★ Oneida Health (3:00 - 6:00 pm) Curbside Pick-Up | 601 Seneca Street, Oneida, NY
- ★ Adirondack Bank Center at the Utica Memorial Auditorium (3:00 - 6:00 pm) Curbside Pick-Up
Labatt Blue Entrance Parking Lot, 400 Oriskany St W, Utica, NY
- ★ Hospice & Palliative Care (3:00 - 6:00 pm) Curbside Pick-Up
4277 Middle Settlement Road, New Hartford, NY
- ★ Nunn's Home Medical Equipment (3:00 - 6:00 pm) Curbside Pick-Up | 1340 Floyd Ave. Rome, NY

To order go to hospicecareinc.org or for more information call (315) 735-6484

**PLEASE NOTE: All butterflies will need to be released the day of pick up at least 30 minutes before sunset!*

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Haas Earns 1st Degree Black Belt

Cameron Haas, 4th grader at Myles Elementary school, earned his 1st degree Black Belt on Saturday May 20th at U.S Black Belt in New Hartford. Cameron worked hard the last five years. Not only does he train at his karate school two days a week, he also plays football, baseball and wrestling.



GARAGE SALE:

Friday July 14th &
Saturday July 15th
10 am to 4 pm

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Free Travel Presentation

Attend a free Travel Presentation on Wednesday, July 19 to hear about exciting travel opportunities for next year. Tours By Design will be offering America’s Music Cities (featuring Nashville, Memphis and New Orleans) in May 2024, and a Danube Delights River Cruise with Oktoberfest departing in September 2024.

Travel presentations will be held at the Burrstone Inn at 2pm and again at 6pm. The hotel is located at 1777 Burrstone Road, New Hartford. There is no cost to attend but a reservation is encouraged by calling Tours By Design at 315-831-3052 or send an e-mail to carol@toursbydesign.org with the number of people attending and which time slot.

There are special savings for those who make a reservation on either tour by July 31, 2023. Receive a \$100.00 per person discount off the Music Cities tour, or those booking the Danube Cruise with Oktoberfest will receive free airfare along with the \$100.00 discount.

Tours By Design is working with Mayflower Cruises and Tours of Illinois to offer these trips. A representative from Mayflower will present the travel shows and be able to answer questions. Reservations will be accepted on sight, come prepared to make a deposit and save!

The eight-day America’s Music Cities tour departs May 17. Highlights include two nights at the Gaylord Opryland Hotel, a show at the Grand Ole Opry, sightseeing tour in Nashville, a day at Elvis Presley’s Graceland, the B.B. King Museum, a tour of Vicksburg National Military Park, Oak Alley Plantation, a tour of New Orleans, dinner cruise on the Mississippi River and much more. Airfare is included from Syracuse.

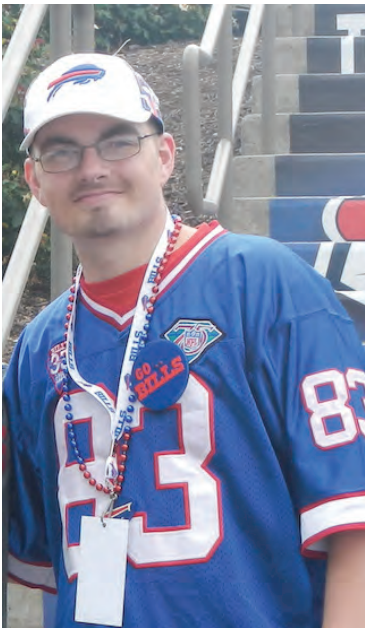
The Danube Delights River Cruise departing on September 21, 2024 features Hungary, Slovakia, Austria and Germany. Travelers will spend seven nights aboard an Emerald Cruise ship, shore excursions, complimentary regional wines and beer on board, exceptional amenities aboard the ship, and a two-night stay and touring in Munich, Germany including entrance to a beer tent on the Oktoberfest fairground.

Tours By Design, based in Hinckley New York, specializes in customized tours for pre-formed groups. The company is owned by Carol Hamlin Buczek, a Certified Travel Industry Specialist, and has been offering custom tours for central New York residents since 2002. Find more information at www.toursbydesign.org or on Facebook.



Defensive Driving Class:

New York State approved driving course, sponsored by AARP, to be given on Tuesday August 22nd 2023 from 9am to 3:30pm. At the New Hartford Public Library (2 Library Ln., New Hartford, N.Y.) This course is approved for Insurance and point reduction programs. For registration and other information please contact Mary Merritt at (315)724-0096. Call early, classes fill fast.



Thank You!

The committee for the 9th annual Make-A-Wish golf tournament, to honor the memory of John D. Lloyd, would like to thank all the volunteers, golfers, donors, and tee-hole sponsors.

The event was held on June 10th at Twin Ponds Golf and Country Club with 136 golfers. As a result of everyone's generosity, the tournament was a huge success. This annual event is a wonderful tribute to John, and the money raised will help grant children with life threatening illnesses a wish through the Make-A-Wish Foundation and help fund scholarships in John's name at New Hartford Senior High School.

Looking forward to seeing all of you next year.



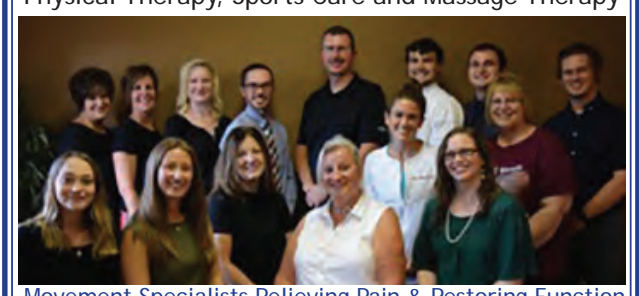
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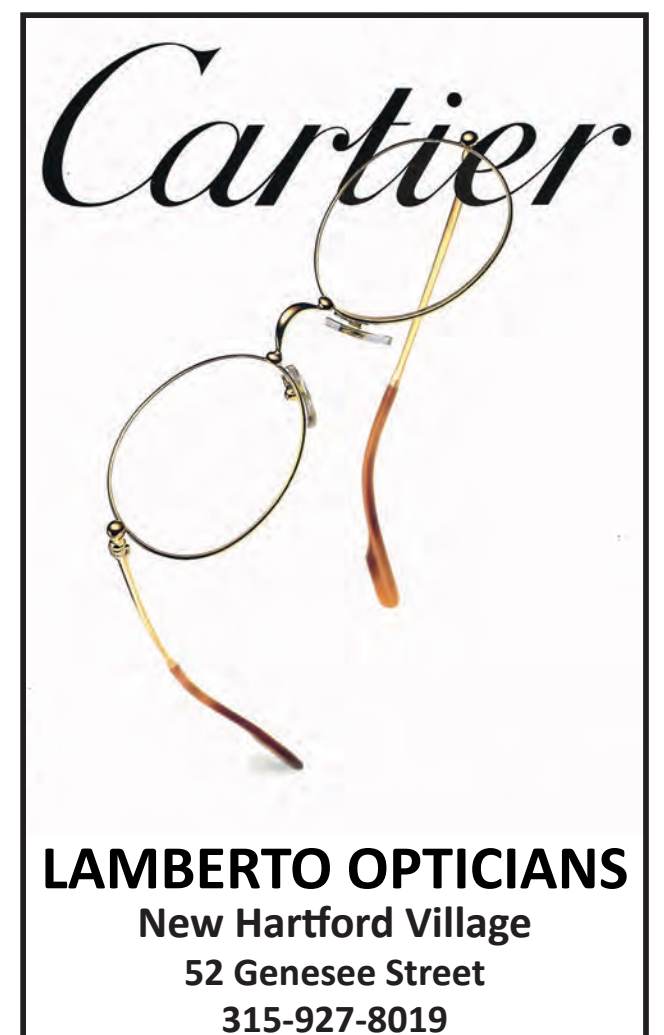


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Richard Sherman

New Hartford Highway News from Richard Sherman Highway Superintendent

Curbside pick-up was changed so the Highway Department could use the month of June for storm water projects that are ongoing and to begin some that have been waiting on the list for some time. The month of October is less busy with leaf pick-up that takes only 4 employees and 4 trucks to complete.

The Town Highway Department along with the New Hartford Public Library again hosted the "Touch the Truck" in the Library's parking lot. This was a huge success for both the Highway Department and the Library. We distributed hard hats for the children to wear as they went from vehicle to vehicle to look and learn about the different equipment. We estimate that there were about 350-400 in attendance with parents and or grandparents. The John Deere payloader had the longest waiting line to get in the cab and I believe won the most interesting piece of equipment. The equipment that was at the event was the small bobcat for sidewalk cleaning in the winter, the John Deere front end loader with a 3cubic yd bucket, a street sweeper, the Western Star 10-wheel dump truck, the new sewer truck, the crane truck for the sewer department for lifting sewer pumps for maintenance, and the Highway Superintendent pickup.

The storm water crew has started the Tanglewood storm water project left over from last year construction season. This should be finished in a few weeks and the road will be paved after it is finished. The next storm

water project on the agenda is a storm water detention basin off Hughes Lane and Roman Rd. This has been in the works for a few years getting everything in order to be able to start this project. The second storm water crew will work in the Stonebridge - White Pine area in the rear yards where the developer built a detention basin years ago and the town never new it was there. Cleaning this basin will help the City of Utica and all the area west of this area down to Oneida Street by Ridge wood Plaza. The Town of New Hartford is currently looking for some property on Mallory Rd between Oneida St and Mohawk Street for another detention basin to help the flooding down Mallory Rd to Oneida Street. This will help hold the storm water back and let it out slower to help with the flooding during large rain event. This property needs to be by the creek so it can flow in and out after being held.

The 2023 street paving will be underway soon as we receive the quotes back. The paving will be under way in the months of July and August.

Your Town Highway Crew has begun mowing the Town and County Road shoulders and rights-of-way. Please use caution when you see the mowing ahead signs out.

Just a reminder – your Town Highway Department offers free compost and wood chips to Town residents and is located in front of the Highway Garage – help yourself!

If you have any questions, please call me at (315)733-7500 or (315)534-2998 or e-mail me at rsherman@townofnewhartfordny.gov



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Professor Mary Siniscarco

Professor Siniscarco Awarded

Professor Mary Siniscarco, a resident of New Hartford, NY was awarded the coveted Virgil Crisafulli Distinguished Teaching Award which is considered Utica University's finest tribute to a faculty member. The recipient is chosen through nominations made by faculty colleagues and through a rigorous review by past recipients of the honor along with this year's valedictorians. Instituted in 1974 through a gift from a friend of the University, the Virgil Crisafulli Distinguished Teaching Award is presented annually at the University's undergraduate commencement ceremony.

As per Utica University's Provost, Dr. Todd Pfannestiel, "This year's recipient is certainly deserving of this prestigious accolade. In my five years at the institution, I've known Professor Siniscarco to be an excellent teacher, a distinguished colleague, truly respected, and dare I say, loved by her students. This announcement brings particular happiness as Mary is not only a Professor at Utica University, but is also an alum. In her letter of application which she wrote to the Dean at that time, "my overall professional aspiration has always been to be an educator at the collegial level." Mary has achieved that and much more over the last 15 years at Utica University. From a part-time faculty member in Occupational Therapy (2008-2010) to Chair of Health Studies, now Health Sciences (2010-2018), to a tenured Associate Professor of Health Sciences, Mary is recognized by her faculty colleagues as an outstanding educator with over 33 years of clinical experience and by her students as a mentor and a friend."

Mary would like to extend her deepest gratitude and thanks to her students, and colleagues at Utica University as well as to her friends and entire family for their constant love and support.

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- Lunch program is available from 12 – 2 p.m..
- Before Care starts at 8 a.m. and After Care ends at 4 p.m.
- The school follows the local public school schedule, September - June

** now accepting fall registration applications*

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NH Public Library 2 Library Lane 315-733-1535

Monday and Tuesday 10am-8pm

Closed on Wednesdays

Thursday and Friday 10am-6pm

Saturday 10am-2pm

Sunday 1-5pm

**Computer Appointments Required
Curbside Pickup Remains an Option**

Stay Connected With Us!

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 2023 Meeting

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

July 19, August 16, September 20, October 18, November 15, December 20, 2023.

Used Book Donations

Thank you for thinking of us for your “gently” used books. Please limit your donations to one box/bag at a time and drop off at the circulation desk and not in the hallway, at drop boxes or outside the door when the library is closed, Thank you.

· We are currently accepting newer fiction & non-fiction hardbound and paperback books and magazines. As well as records, DVDs, Children’s books, puzzles and games.

· We DO NOT accept moldy/damaged books, textbooks, medical books, encyclopedias, Reader’s Digest Condensed books, National Geographic magazines, and multi-volume book sets. We are also no longer accepting Audio cassettes, VHS tapes, and Computer games/books.

This is a major fundraiser for the Friends to assist the library in buying quality materials and in providing programs especially for our youth. Your support is very important.

Outdoor Book Locker

We have added another way for our patrons to pick up their materials! You may have noticed our outdoor book locker located at our level entrance. This book locker allows patrons to pick up their materials when we are closed. Patrons may choose to use this even when we are open as well! When placing your holds, simply enter NH Locker or let the staff know that you would like your hold to be placed in the locker.

This locker was funded by a grant through the Central Library Resources Council and the Mid York Library System.

Community Outreach

We are hitting the road and would love to come to your organization! Are you involved with a preschool, daycare, summer program or assisted living center? We would love to come to your organization and share more about our upcoming programs, issue library cards and provide programming to your facility. For more information, please contact our Library Director, Anne 315-733-1535.

Literacy CNY

Need some tech help? We have a volunteer at the Library each Monday from 11:00-2:00. Literacy CNY provides trained individuals to assist patrons on a one on one basis. They look forward to helping our community. We greatly appreciate this service they are offering our patrons.

Interested In Using Our Window Display?

The display case a/t 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

Wild Ones Mohawk Valley

Wild Ones Mohawk Valley (WOMV) promotes environmentally-friendly gardening and landscaping to preserve biodiversity through the preservation, restoration and establishment of native plant communities. During the month of July, the organization will feature the many benefits of gardening with native plants in the display case at the library’s main entrance. The display will highlight available resources for home gardening and landscaping with native plants. The group is a chapter of Wild Ones, the national organization promoting environmentally sound landscaping practices through the establishment of native plant communities.

Introducing Garden Talks

Our Lally Garden is certainly a showpiece and provides so much beauty regardless of the season. Our landscaper, Bob DeSanctis of Royal Landscaping, will be providing informal garden talks the 3rd Saturday in June, July, and August from 10:00-12:00. Want to know a bit of the history of the garden? Have questions about some of our flowers or shrubs? Bob will be happy to answer any of your questions! Hope to see you there!

Save the Date!

Theresa Rockwell of Americu Credit Union will be presenting a Financial Wellness Program for Young Adults on August 15th at 2:00. Teens and grads alike can benefit from this informative session and will learn great tips to start them on their personal finance journey.

Grab & Go Projects Adults

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

July 3rd – DIY Stress Ball

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

Grab & Go Project Bags for Kids

Kids Grab & Go Projects will be on pause during our Summer Reading Program. Be sure to check out all the fun things we have planned down below!

In Person Story Time

Regular Monday, Tuesday, Thursday Story Time will be on pause during our Summer Reading Program. Read below for all the fun to be had this summer including a weekly Story Time and Craft. We hope to see you there! Regular Story Time will resume Sept. 4th.

Pre-Boilermaker Fun

July 6th & July 7th from 11-12.

Everyone knows in this area that the Boilermaker is HUGE. That is why this year we are excited to announce some Pre-Boilermaker fun at the Library! Join us downstairs in the Sammon Room to create one of the kind posters to cheer on the runners. Make it for that family member, friend or complete stranger that might need this as a little spirit boost to keep them going. Hey grownups! Don’t forget the Kid’s Run is that Saturday and would love to see your support/poster too! All ages welcome.

Also, check out our sidewalk that will be specially chalked for the occasion (weather/wear pending). See if you can hop, skip or walk your way through our chalk obstacle course and add your name to our Chalk Walk Hall of Fame.

Summer Fun at NHPL

Will we see YOU this summer at the library?

One of the great things about New Hartford is our community we share. Join us July 10 to August 18th as we explore the theme “All Together Now: Kindness/Friendship/Unity”.

Mondays:

Maker Cart : 10-11

Explore your creativity this summer with our makers cart. We have paper, glue, stencils, markers, crayons and so much more to use. Each Monday will have a special day media (not typically on the cart) to explore/use if you choose. Such as paint, ink stamps, beads, watercolor, etc.

Music & Movement : 11-12

New This Summer!

If you like to move and grove, join us outside (weather permitting) while we get Library Loud. We will start out each session with a few simple nursery songs and shift into some light stretching/follow the beat. Rounding the hour off with a freestyle dance party! Don't forget to grab one of our Library Loud Shakers to really get into the groove of things.

Tuesdays:

PreK Playdate : 10-11

Designed for Preschool age children and under. Join us in the Children's Area for some little library users fun! There are plenty of toys, puzzles, educational tablets and of course friends to play with. While this is a freestyle program, there will be planned mini activities not typically offered in our play area.

Storytime & Craft : 11-12

Designed for Preschool age children and under (all are welcome). Join us in the Corasanti Room for an exciting/silly story followed by a related craft. Don't forget to mark this time on your reading log. Reading alone, together, quiet or out loud all count!

Thursdays:

STEM+A Together : 10:30-11:30

Designed for school age children, join us outside/ in the Sammon Room as we explore the world of science together. Each week we will have different experiments to do and learn along the way. Some might be a little messy (slime/dyes/paints) so make sure to wear appropriate attire.

Fridays:

Lego Club : 10-11

Do you like Legos as much as we do? Join our Lego Club. All ages welcome! We have tons of Legos and Duplo Legos for our smaller friends. Freestyle build or if you dare try our Weekly Lego Build Challenge!

Book Buddies : 11-12

Have a 'reluctant reader' at home? In this NEW PROGRAM we take our Teen Buddies and match them with elementary school children to help find that child's next favorite book. Book Buddies are not tutors nor babysitters, but a library friend that is willing to spark the joy of reading and libraries that they had/or wish they had as a child.

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Police Present Scholarships

Thursday afternoon New Hartford Police Investigator and Joseph D. Corr Police Benevolent Association President Justin Gehringer along with Sergeant Andrew Allen were glad to present two scholarships awarded to two students of The Oneida Herkimer Madison BOCES Criminal Justice Program.

These scholarships were funded by The members of The Joseph D. Corr Police Benevolent Association which represents the men and women of The New Hartford Police Department. Congratulations to both scholarship recipients, stay positive and focused while you continue to work hard in furtherance of your pursuit towards a career in the law enforcement field.



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**MAKE ROOM FOR
SUMMER FUN!**

A photograph of a tree care professional working on a large tree. The worker is wearing a black shirt, an orange helmet, and safety harness, and is positioned in a white bucket. They are using a chainsaw to cut a branch from the tree. The background shows a clear blue sky and other trees with some autumn-colored leaves.

The logo for Greater Heights Tree Care. It features the company name "Greater Heights" in a red, stylized font at the top. Below it is a circular emblem containing a black silhouette of a tree. Underneath the emblem, the words "-TREE CARE-" are written in a bold, red, sans-serif font. At the bottom, a black oval contains the text "COMMERCIAL & RESIDENTIAL" in white, uppercase letters.

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- V7. Beef w/Mixed Veggies
- V8. Shrimp w/Broccoli
- V9. Shrimp w/Mixed Veggies
- V10. Walnut Chicken
- V11. Walnut Shrimp

- W1. California Roll
- W2. Philadelphia Roll
- W3. Eel Avocado Roll
- W4. Eel Cucumber Roll
- W5. Shrimp Avocado Roll
- W6. Shrimp Avocado Roll
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A professional headshot of Christine Ossont, a woman with short, styled blonde hair, smiling. She is wearing a dark blazer over a light-colored, textured top and a necklace. The background is a soft, out-of-focus grey.

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Memorial Day Remembrance

New Hartford Post 1336 gave recognition to all members of the Armed Forces with Troop 4 scouts on memorial day.

The New Hartford/NY Mills/Whitestown Lions Club meets at Sloppy Joe's Pizza in the New Hartford Shopping Center on the second Tuesday of each month at 5:30 pm from September through June.

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What is an Intranet and Why Does Your Business Need One?



An intranet is like an internal Internet that allows employees to communicate privately. In the last two decades, intranets have evolved to be a portal for companies to share internal-only updates, in addition to acting as a file storage and sharing database.

What is the difference between intranet and internet?

Intranets are private digital spaces only available to specific users containing internally-facing information.

Internet is a public digital space open to anyone in the world and contains nearly the total sum of human knowledge.

Why is an intranet important?

- *Provides visibility across teams*

An intranet is a great way to make information available to an entire company. Since every employee automatically has access, it's easy to share updates from company leadership that apply to everyone.

- *Offers a centralized place for document and content storage and retrieval*

An intranet can be a centralized place for employees to store their important

documents and information in a way that makes them easily searchable by anyone who might need them. Rather than finding and sharing documents from systems like Microsoft Office or Google Drive, users can upload them to a portal and make them broadly available.

11 benefits of an intranet

1. Improves internal communication
2. Connects your company across locations and time zones
3. Helps employees find information
4. Boosts recognition and reward
5. Simplifies employee onboarding
6. Provides organizational clarity
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10. Brings your workplace culture to life
11. Improves employee engagement

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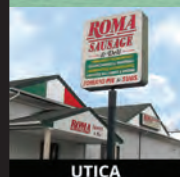
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The Fattening of America

Submitted by Jim LaFountain, All American Fitness Center

Weight Management has become the dominating topic in the field of Wellness in America. Some alarming statistics:

- *Over 70 million American adults are considered obese (35 million men and 35 million women)
- *99 million Americans are overweight (45 million women, 54 million men)
- *Nearly 20% of American children and adolescents, aged 2-19 are considered obese

I did a Wellness presentation recently for 100 adults and only 5 could identify a “serving” and only two people knew that a pound of fat contains 3,500 calories. Of the group, only 8 people understood the ill effects of sugar, high fructose corn syrup and bleached flour on the body. It’s obvious, our “super sized” culture is a major cause in our obesity epidemic.

A quick review of how our body handles food may help clarify what a prudent diet may look like.

*As we eat, our body breaks down food into proteins, fats and carbohydrates. Carbs are broken down into simple sugar molecules called glucose and enters the blood through the gut.

*As blood sugar levels rise, the pancreas sends insulin into the system, causing glucose to enter cells to be used immediately as fuel for muscular activity and into the liver or into fat cells where it becomes glycogen, a storage form of sugar.

*When cells begin absorbing blood sugar, its level in the blood drops. A hormone called Glucagon, is made by the pancreas that signals the liver to begin releasing stored sugar. It takes about 30 minutes after a meal for blood sugar levels to increase and two hours to return to baseline.

*Ingesting sugar, high fructose corn syrup and bleached flour products, causes the pancreas to send insulin into the system, ultimately causing blood sugar levels to drop below normal, encouraging fat storage. Spikes in blood sugar caused by consuming these products can lead to inflammation and an increased risk of developing obesity, Type 2 diabetes, insulin resistance and cardiovascular disease.

Studies indicate that eating a high protein breakfast may lead to weight loss and better muscle health. Ingesting unsaturated fats like olive oil, salmon, avocado, nuts and seeds can help keep cholesterol levels in a healthy range. Carbohydrates, in the form of whole grains that replace refined and highly processed carbohydrates with will stabilize glucose levels and encourage the body to burn fat. Regular exercise increases muscle cells to absorb blood sugar, helping to lower glucose levels. A few minutes of exercise immediately after a meal, also lowers spikes in blood sugar. This is referred to as the Thermic Effect of Food (TEF).

At the presentation mentioned above, I was asked “what percent of long term fat loss is based on exercise and what percent is based on diet?” First, it’s important to mention that restrictive diets, i.e., less than 1200 calories per day for women and less than 1800 calories per day for men, will cause a rapid loss of bodily fluids, not a loss in fat. Following a prudent, low to moderate carbohydrate diet that some refer to as a “white out” diet is about 65-70% of the fat loss formula. Exercise is essential because it assures that “scale weight” loss is actually a reduction in stored body fat. Exercise may be about 30-35% of the fat loss formula. Initially, a low carb diet will empty the body of a significant amount of water. Over time, that will transition into a loss of stored body fat. It’s important not to view any loss of weight as a temporary “quick fix,” but as a long term lifestyle change.

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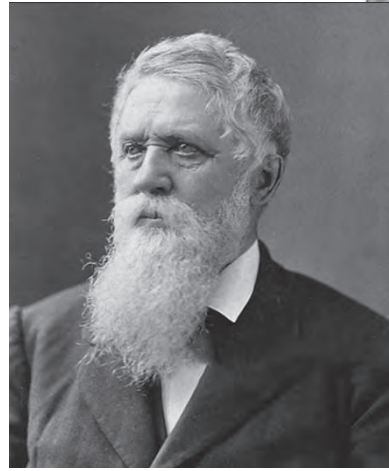
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New Harford Native Rises to Prominence in Engineering and Later Politics

Colonel Roswell B. Mason
Sept. 19, 1805 – Jan. 1, 1892

Mayor of Chicago during the
“Great Chicago Fire”!



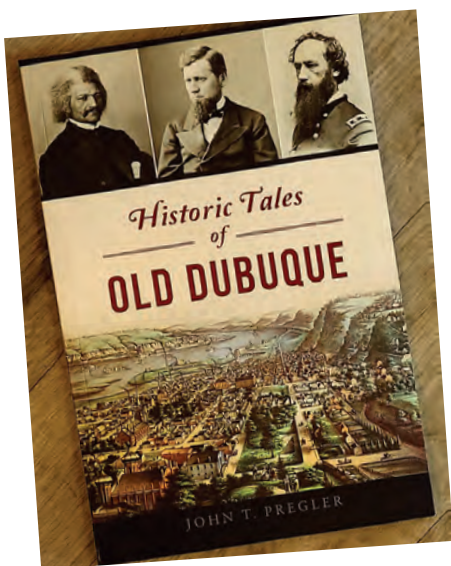
Roswell B. Mason was born in New Hartford, N.Y. September 19, 1805. In early life he worked as a surveyor on the Erie and Schuylkill canals. From 1825 to 1831 he was Superintendent of the Morris canal in New Jersey. Later, he was connected with the construction of the Housatonic, the New York & New Haven and the Vermont Valley Railroads. Mr. Mason quickly established himself as a preeminent builder of railroads and railroad bridges.

The Illinois Central Railroad Company, or Illinois Central for short, was chartered February 10, 1851. On March 22, 1851, their board of directors chose Colonel R.B. Mason of Bridgeport Connecticut as its chief engineer. Construction began on Dec. 25, 1851. Nearly five years later, on September 27, 1856, Colonel Mason notified the board of directors in NYC that its final spike had been driven in the last rail to complete the 705-mile railroad. At that time, it was considered the longest railroad in the world.

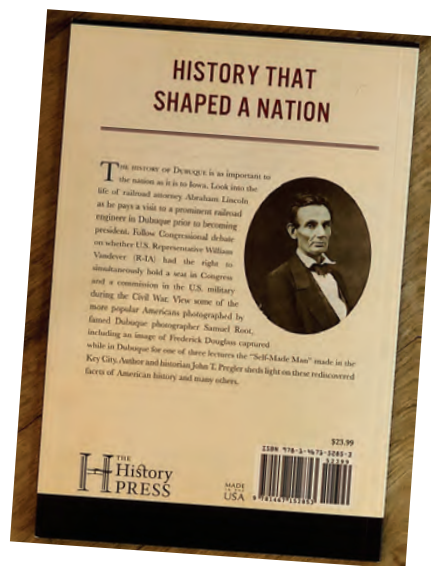
After completion of the Illinois Central in 1856, Colonel Mason moved to Dubuque to start constructing the Dubuque and Pacific Railroad which will travel from Dubuque to Dyersville, Iowa. It was shortly after this that Mason would resign from both railroads and form "Mason, Bishop, and Co." with his partner Ferris Bishop. The railroad construction company would then be hired by the Dubuque and Pacific Railroad to prepare the route, build the bridges and lay the tracks of the new railroad.

His expertise in the field of railroads led him to be called as a “star witness” in many important railroad trials. Two that proved critical in a young railroad attorney’s career. That attorney was Abraham Lincoln. It was Roswell’s connection to Lincoln and Dubuque that caught the attention of author and historian John T. Pregler. He included Roswell in his book “Historic Tales of Old Dubuque”.

Roswell was elected as a member of the Citizen's Party and served as Mayor of Chicago from 1869 to 1871. It was during his tenure in office that the October 8, 1871 Great Chicago Fire occurred. His actions during the conflagration were considered "heroic"!



John T Pregler's book



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ATTIC AND BASEMENT MOLD:

The CDC concluded that “excessive exposure to mold-contaminated materials can cause adverse health effects in susceptible persons regardless of the type of mold or the extent of contamination.” The CDC based some of its findings on a landmark 2004 report, Damp Indoor Spaces and Health, by the Institute of Medicine (IOM) of the National Academies. Relying on the IOM report, and dozens of studies and reports that have been published since, many organizations and individuals that must deal regularly with mold problems have begun to take steps to reduce the threat. Attics and basements are one of the most common areas of mold growth in the home. Wherever they grow, molds must have some source of water and food. The accumulating evidence has shown that problems with mold can surface anywhere in the world after just one or two days of moisture exposure, in settings wet or dry, hot or cold. Attics tend to have the perfect conditions for mold growth (hot, humid, and an abundant food source consisting of the wood framing and sheathing). 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.

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Sewer overflow or drain back-ups can present a more technical approach to the clean- up due to the contaminates involved. Porous, semi-porous building materials and contents will generally involve removal where affected by sewage, followed by proper remediation cleaning and disinfecting procedures. 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. Sewer backup insurance coverage can be added to a homeowners insurance policy for as little as \$50 a year!

Disaster Services is a locally owned company that has been serving Oneida, Herkimer and the surrounding counties for the past 39 years and we set the bar for our competitors. We have proven to be 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. Disaster Services is capable of handling any size residential or commercial flood or fire emergency and are able to service all phases of the job so that the homeowner need not worry about contacting multiple contractors for any additional trades that may be required. We will protect your property from further damage, develop a job scope and work closely with both the homeowner and the insurance carrier until job completion. We can even offer temporary heat to your home if necessary and also have a wide range of non emergency services. Remember Disaster Services if you are in need of help from damage resulting from water, fire, smoke or mold damage. Our services are 100% satisfaction guaranteed and available 24 hours a day, 365 days a year simply by calling 315-797-1128 and REMEMBER TO TELL YOUR INSURANCE COMPANY YOU REQUEST AND WILL BE CALLING DISASTER SERVICES.



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A festive graphic with the text "happy 4th of JULY!" in a mix of blue, red, and yellow fonts, decorated with stars and confetti. The word "happy" is in a blue script font, "4th" is in a red script font, and "of JULY!" is in a blue serif font. The background is white with scattered blue and red dots and yellow stars.

A man and a woman are smiling and embracing each other. They are both wearing blue denim shirts. The man is holding a set of keys in his right hand. In the background, a small white dog is visible. The overall mood is happy and positive.

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Judge Joan Shkane

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

MYTH: The law is set in stone and is rarely changed.

REALITY: I must confess that one of the most puzzling laws to me has always been New York States’ wrongful death law. Under this law the only loss that can be compensated is economic loss. The value of a deceased to the family, community, friends, etc. does not matter in setting compensation, only economic earning history, projected into the future after deducting various items such as age, future expected employment, gender, etc. (Pain and suffering is separate). If a deceased person did not earn much money during a set period, the award must be based on that amount, sometimes quite low. 47 other states have expanded the criteria for compensation by also adding emotional anguish as well as economic loss.

The New York State Legislature has now written a new law more in conformity with the other states. Only Governor Hochul and her aides know if she will sign it into law. The new law offers a shorter statute of limitations than the current law, so that a harmed person must make the decision to sue earlier than before. It also clarifies who can sue and expands the group of people who could do so.

Those who support the proposed new law say that the new law would be fairer to people of color, women, children, seniors and New Yorkers with disabilities.

Those who oppose the new law say that the new law would raise insurance premiums. Those who oppose this are medical organizations, local governments, business groups and those who oppose law reform. Some medical professionals believe that the new law will cost hundreds of millions of dollars in new costs to the healthcare system. Every sector of the economy, both large and small businesses, want the bill defeated. They believe that the real victors would be plaintiff’s lawyers who typically earn one-third of every settlement or verdict amount and therefore could potentially increase their fees.

MYTH: Town and village justices are licensed lawyers.

REALITY: The New York State Senate has sent a new law to the Assembly for approval. This law would reform the Uniform justice Court Act. The proposed law would make it mandatory that town justices in the 100 highest volume town and village courts must have been licensed to practice law in New York for at least five years as of the date they would assume office. (Judges in higher trial courts must have been licensed attorneys for ten year before being eligible to serve as a judge). Currently a town justice need not be a licensed lawyer to preside over those courts. Those judges currently sitting who are not lawyers would remain in the seat until the beginning of the next judicial term of office. The new proposed law recognizes that smaller localities do not have the resources to attract lawyers to their town or village justice seat, and therefore only the 100 highest volume town and village courts are subject to this new law, if passed.

Attention to legal myths can be important. They 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 give legal advice on specific cases or to express an opinion on any specific case.

Angels Among Us Food Pantry
July 8 & 22 • Aug. 12 & 26 • Sept. 9 & 23 • Oct. 7 & 21
Nov. 4 & 18 • Dec 2 & 16
Hours of Operation: 10am - Noon

The food pantry is located at: St. John The Evangelist Church, 66 Oxford Rd, New Hartford, NY. Follow the signs to the driveway in the back during open hours. In the event of food emergency issues, please contact the St. John’s rectory from 9AM to 2 PM Monday through Thursday at 315-732-8521.

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.

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

Household Size	Annual Income*	Monthly Income*
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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

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Gardening

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

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

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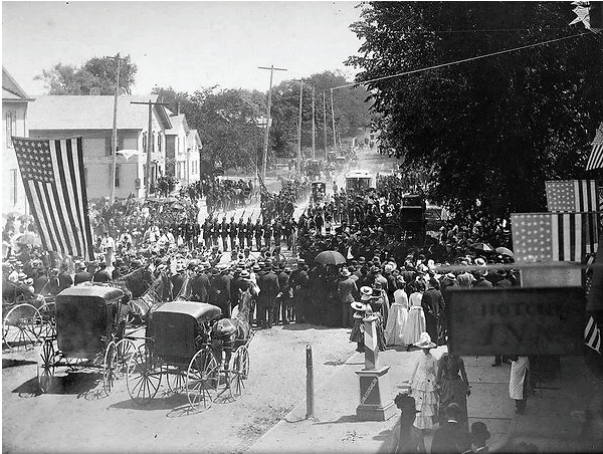
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*Fostering Economic Vitality
&
Quality of Life in New Hartford*
www.NewHartfordChamber.com

Resident Writer of the Month:

We asked...you wrote in! Each month, the Chamber will feature a new Resident Writer. See section below “We Want to Hear from You” for details on how to be featured!



Pictured above: New Hartford is no stranger to a fun celebration with a good ol' fashioned parade! In 1888, New Hartford celebrated its centennial with a celebration in the Village Park. Approximately 2,000 people gathered for the festivities. Picture and information courtesy of the New Hartford Historical Society.

“I came away from the Memorial Day Parade with a great sense of pride. The size and newness of the trucks and machinery is outstanding. The fact that we have this active volunteer fire department is reassuring.

I've lived in New Hartford all my 83 years, first in the town and now in the village. Within a short drive - little traffic - I can reach my doctor's office, several grocery stores, and wonderful restaurants (Carmella's and Georgio's) My hairdresser and optician are in the shopping center. If I want to mail a letter, if I want to get a pizza, if I need a book from the library - it can easily be done. All right here!

Our Highway Department is one of the best - snow plowing is exemplary - it keeps up with the forecasts. And their telephone is answered in person when I had a question about our road being paved.

I do miss Village Florist because I enjoyed their beautiful window displays when I stopped for the lights.”

Sincerely,
Janice Reilly
New Hartford Resident Writer of the Month, July 2023

Join in the Fun to Find Waldo!

Waldo is hiding in 20 local businesses! Stop in at any of the participating businesses listed below during the month of July to pick up your Waldo passport and then find Waldo in as many businesses as you can! Turn in your passport and enter to win prizes at A Waldo Celebration, which will be held on Saturday, July 29th at 3PM at the Treehouse Reading and Arts Center (587 Main Street, Suite 304, New York Mills).

More information can be found here: Facebook.com/treehousereadingandarts or the New Hartford Chamber Facebook Page.



List of Participating Businesses:

New Hartford Public Library	Blooming Pediatrics	Medicine Shoppe	Williams Painted Furniture
Dunham Public Library	CNY Green Bucket	Beyond Reality	Christine Jarvis State Farm Insurance
The Sneaker Store	Calabria Coffee	Sprague's Collision Center	The Treehouse Reading and Arts Center
New York Mills Public Library	Lucianna's Boutique	Morehouse Appliances LLC	Anchor Family Medicine
Sangertown Square	Kids Farm Market	Edible Arrangements	
	Packy's Pub		

We Want to Hear From YOU!

New Hartford's wonderful small businesses and residents are what make this great community possible. We want to hear from YOU!

Send your name and quote to the NHC Marketing Committee Chair, Kaila at vintagejunebugco@gmail.com to have the chance to be featured on this page of the Town Crier!

Topics may include:

- What is your favorite thing about living in New Hartford?
- Do you have a favorite memory of growing up in New Hartford?
- What are some of your favorite things to do in New Hartford?



By emailing this information, participant understands that their name and quote may be published by the New Hartford Town Crier and may be used by the New Hartford Chamber of Commerce for advertising not limited to print, social media, etc. No royalties shall be paid to participant for such use.



We hope that you have a very happy and safe Fourth of July

“America is a tune. It must be sung together.”
-Gerald Stanley Lee

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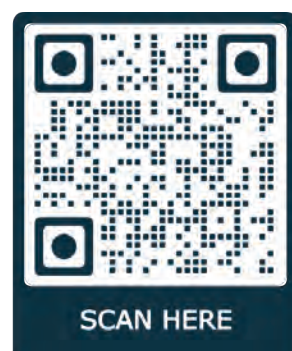
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Cost Per Golfer: \$100

Includes green fees, carts, lunch at the turn, gifts, awards, refreshments
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For more information, call Pat Costello 315.729.8931 or Al Sisti 315.404.1630

Local Store Manager recognized Nationally by Progressive Grocer and The Griffin Report

Cheryl Rondenelli who is the store manager of Hannaford on Commercial Drive, has received recognition from both Progressive Grocer and from the Shelby-Griffen Report.

Cheryl was recognized as the winner from Hannaford in the 2023 Class of TWIG- (Top Women in Grocery). See snapshot to the right.

Below is a snapshot of the second recognition Cheryl and 5 other female store managers received from the Griffin Report as Top Women of Influence.

Cheryl Rondenelli
Hannaford
Store Manager

Most rewarding for me is working with so many amazing and diverse associates over the years. I am very passionate about associate development and teamwork, along with being an impactful member of the community.

I have enjoyed working with and watching associates grow as leaders throughout the organization over the years. I have always led from a position of care that has allowed me to empower people and when you do that, you are able to achieve amazing results together. I absolutely love working for Hannaford that truly enables us to be "greater than groceries."

The most challenging part of my job currently, since COVID-19, I realize the impact it has had on associates and our customers health and wellness. It is so important that we as leaders make the time to listen and find creative ways to educate our associates and share the resources available related to

mental, physical health and financial wellness.

One of my most defining moments occurred 30 years ago when I was asked to be a store manager, making me the first female store manager of that regional supermarket chain.

My advice for up-and-coming professionals is to have passion for people and for what you do, that should be at the forefront of your journey. As one of my many mentors once said, "We are in the people business, we just happen to sell groceries." I would always say you must believe in yourself and never let fear deter you from what you have to offer and achieve.

Cheryl Rondenelli
Store Manager,
Store #8168, New
Hartford, N.Y.
Hannaford
Supermarkets

▶ Last year, Rondenelli's location beat an aggressive budget by more than 14%; overtime rate was 1.29% of labor dollars, a company-leading stat in a tight labor market, and 90% of employees rated Rondenelli positively, a four-point increase.

▶ She found fun, engaging ways to recognize her 200-person team: For International Women's Day, her store partnered with another Albany, N.Y.-area district to sponsor two contests.

▶ A lifelong resident of the region, Rondenelli is committed to her community, regularly volunteering with the Utica, N.Y., chapter of the American Heart Association, United Way and the Foodbank of Central New York.

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Questers Looking For New Members

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.

A full-page advertisement for Marimekko & Ritva Falla. The top section features the brand name "marimekko® & RITVA FALLA" in a bold, black, sans-serif font. To the right of the name is a large "SALE" graphic, with "On Selected Clothing" written below it. Further right, a headline reads "Classic Design lasts a Lifetime!" followed by two lines of promotional text: "Where Quality and Good Design is Timeless" and "Save 30-50% on Selected Spring & Summer Clothing!". Below this text is a row of nine female models standing against a plain white background. Each model is wearing a different piece of clothing from the collection, showcasing various patterns and colors. From left to right: a woman in a green and pink striped dress with a wide belt; a woman in a dark blue button-down shirt and white pants; a woman in a light beige jacket over a dark blue top and pants; a woman in a pink and orange floral dress; a woman in a red and white striped short-sleeved jumpsuit; a woman in a blue and white floral dress; a woman in a yellow and white plaid dress; a woman in a light blue and white striped sleeveless dress; and a woman in a black and white abstract patterned dress. At the bottom of the ad, the words "Scandinavian Designs" are written in a large, elegant serif font. To the right of this, the store's address and hours are listed: "4661 Commercial Dr., New Hartford • Located in Hage Carpet Monday-Friday 10am-5pm, Saturday 10am-4pm • 315-736-5660".

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&
RITVA FALLA

SALE
On Selected Clothing

Classic Design lasts a Lifetime!
Where Quality and Good Design is Timeless
Save 30-50% on Selected Spring & Summer Clothing!

A row of nine female models standing side-by-side, each wearing a different outfit from the Marimekko & Ritva Falla collection. The outfits include a variety of styles such as dresses, jumpsuits, and jackets, featuring iconic patterns like stripes, florals, and geometric shapes in a color palette ranging from earthy tones to bright primary colors.

Scandinavian Designs

4661 Commercial Dr., New Hartford • Located in Hage Carpet
Monday-Friday 10am-5pm, Saturday 10am-4pm • 315-736-5660



L-R- Roger Wratten (Clinton), Eileen Roth (New Hartford), Tim Papienuk (New York Mills), Dana Giannandrea (Notre Dame), Natalie Powers (Sauquoit) and Lisa Alexander (Whitesboro). Missing from photo Ken Szczesniak (Proctor).

Rotary Honors Outstanding Educators

The Rotary Clubs of Utica, New Hartford, North Utica/Whitestown, and Sauquoit honored seven Utica-area teachers on Thursday, June 1st, at their annual Outstanding Educators Awards Program. The program, presented during a Utica Rotary luncheon at the Yahnundasis Golf and Country Club in New Hartford, is an annual event of the area Rotary Clubs’ community service committees.

The 2023 recipients of the Outstanding Educators Awards are:

- Clinton Central High School: Roger Wratten
- New Hartford: Eileen Roth
- New York Mills Junior/Senior High School: Tim Papienuk
- Notre Dame Junior/Senior High School: Dana Giannandrea
- T.R. Proctor High School: Ken Szczesniak
- Sauquoit Valley High School: Natalie Powers
- Whitesboro Central High School: Lisa Alexander

The awards program comes at the culmination of a year-long program during which area Rotary clubs hosted two students from each of seven area high schools. At each of two weekly Rotary membership meetings over the past school year, the students each had an opportunity to introduce themselves to the Rotary members, and to learn about Rotary’s community, regional and international service, which are the fulfillment of the Rotary motto of “Service Above Self.”

At the end of the school year, the students from each school are asked to select the teacher whom they believe exemplifies the Rotary motto, and the values of Rotary, as exemplified in its Four Way Test: · Is it the Truth? · Is it Fair to all concerned? · Will it build Goodwill and better Friendships? · Will it be Beneficial to all concerned?

For information, email Utica Rotarian Jerry Kraus at JKrausUtica@aol.com.

Memorial Scholarship Fund Established in Honor of Jean M. Hernon-Kallus to Benefit New Hartford Central School Graduates

The Jean M. Hernon-Kallus '82 Memorial Scholarship Fund was recently established at the Community Foundation of Herkimer and Oneida Counties by the family and friends of Jean, who was a 1982 graduate of New Hartford Central School District. After her passing in April 2022, Jean’s family, her 1982 classmates, as well as her friends and professional colleagues, established this scholarship fund to honor her spirit by providing financial assistance to graduating seniors who share her intellectual curiosity, love of learning, interest in athletics, and commitment to volunteering in the community.

While a student at New Hartford High School, Jean excelled academically, actively participated in athletics, and gave generously of her time and talents as a volunteer in the community. Jean had a successful legal career and was employed as the Assistant Chief Attorney of the Legal Aid Society of Orange County, NY at the time of her passing.

“We wanted to keep Jean’s memory and spirit alive in the community for as long as possible,” said Paul Hernon, Jean’s brother. “When talking with her friends, family and peers, we decided to establish this scholarship to give financial assistance to two graduating New Hartford seniors. We wanted to give back in a way that would highlight Jean’s love of education while also helping students further their education, whether it be at a community college or at law school like Jean. We just wanted to give back to the community that helped make Jean the wonderful person that she was.”

Eligible scholarship applicants are required to have graduated from the New Hartford Central School District and preferred criteria include those who are academically qualified for inclusion in the National Honor Society, multi-year participation in junior-varsity or varsity sports, involvement in extracurricular activities, volunteering in local communities and those who demonstrate intellectual curiosity.

To make a charitable donation in Jean’s memory, visit www.foundationhoc.org/hernonkallus or send checks payable to the Jean M. Hernon-Kallus '82 Memorial Scholarship Fund to the Community Foundation, 2608 Genesee Street, Utica, NY 13502.

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Christopher J. Carbone

Understanding Donor-Advised Fund Basics

Donor-advised funds went from 4.8% of total charitable giving in 2011 to 10.1% in 2020 and — despite all the events that occurred — grants from donor-advised funds rose in 2020 as did contributions, total charitable assets, and the number of accounts. That’s according to the 2021 Donor Advised Fund Report from the National Philanthropic Trust.

So why are donor-advised alternatives proving so attractive? The answer may be in streamlining the way donors can pursue their philanthropic goals.

How donor-advised funds work

A donor-advised fund offers a middle ground between participating in simple “checkbook charity” and starting a nonprofit foundation.

Often considered smaller and nimbler cousins of private foundations, donor-advised funds offer many of the benefits of foundations, including the ability to:

- Involve multiple members of the family, friends, or other advisors
- Research potential recipients
- Recommend how funds are distributed

But, unlike foundations, donor-advised funds require less legal and financial paperwork, such as an annual tax filing that is subject to public inspection, regulatory requirements, and excise taxes.

How do you contribute?

Donor-advised funds allow you to contribute cash, stock, real estate, or other assets, such as business interests. These contributions can be bunched to combine multiple calendar years' worth of gifts into one year, which may offer tax benefits if you are close to your standard deduction limit.

You may partner with a donor-advised fund sponsor or the sponsor may run your fund. A fund sponsor can be a financial institution or a community, educational, or religious institution. Grants may then be recommended by you or your designee to your charities of choice.

Rather than keeping track of gift receipts from multiple charities, a donor-advised fund serves as your single source for tax receipts and grant recipient information.

Generational shifts mean big changes

“A few years ago, donor-advised fund contributions were typically less than \$250,000,” says Beth Renner, Head of the Advice Center within Wells Fargo Wealth and Investment Management. “Now they sometimes can be millions of dollars, driven by sales of family businesses and capital gains windfalls.”

“We’re also starting to see generational differences around how families want to engage with philanthropy,” she says.

“The [younger] generations are saying, ‘I don’t want that administrative burden that goes along with a foundation. I want to engage in the fun part of giving.’” No board meetings and much less paperwork for donors allow more time to focus on the engaging parts of philanthropy, like meeting grantees and focusing on impact.

“We’re seeing many families use donor-advised funds to introduce their children to philanthropy and teaching them financial literacy along the way,” says Arne Boudewyn, Head of Family Dynamics Consulting for Wells Fargo Wealth and Investment Management.

More potential considerations for donors and recipients

Donor-advised funds are gaining popularity for other reasons as well, including:

Anonymity. When you give gifts to a charity through a private foundation, those gifts become public record through IRS form 990-PF. In contrast, you can choose to make your gifts from a donor-advised fund be anonymous.

Recurring gifts. Many donor-advised funds have recurring gift options so you can optimize your giving in line with your giving strategy and the organization's needs. If you had previously used credit cards to make recurring gifts, you can use tax-advantaged dollars and save a charity from costly credit card processing fees.

Noncash gifts. Appreciated stock, real estate, or collectibles are easier to handle for the giver and the recipient through a donor-advised fund. This holds true even for highly liquid yet noncash assets like cryptocurrency.

“Boomers can be collectors,” Renner says. “Their son or daughter often doesn’t have the same level of affinity for Dad’s 1950s car collection. So some parents are choosing to donate these assets into donor-advised funds.”

While many charities may be unable to take noncash gifts given the level of complexity, donor-advised funds serve an important role to help charities benefit from the wealth accumulated in these illiquid assets.

Potential downsides

Of course there are some potential downsides about which anyone considering a donor-advised fund should be aware:

Irrevocable donations: The donor to the fund cannot withdraw their money for any reason once it's gifted.

No legal requirement to make grants: There is no legal requirement to grant the money donated to the fund. Recently, this has been viewed as a criticism of donor-advised funds as grants are not being made to worthy causes when needed.

Underlying costs/fees: Be aware of the administrative fees associated with the management of the donations as well as the investment options within the fund.

Grant making restrictions: Grants can only be made to certain eligible 501(c)(3) organizations that the IRS recognizes as public charities. These organizations cannot accept goods and services, such as tickets to a gala, or to satisfy personal pledges.

Potential tax advantages

“Many of the people we see using donor-advised funds will have a significant liquidity event of some kind such as the sale of real estate or a business,” says Matt Lawson, Senior Philanthropic Specialist, Wells Fargo Bank. “They could use the tax deduction right now, but they don’t want to give 100% of the value to their favorite charity immediately but rather over a period of time.”

- You may receive a tax deduction subject to your Adjusted Gross Income (AGI) limitations.



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Fridays: Christian Service Brigade - 7pm
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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
Al-Anon Meetings: Sun. at 5pm & Thurs. at 5:30pm
AA Meetings: Sundays at 8pm
Yoga by Kristy: Tues. 5:30-7pm & Thurs. at 9:30-11am.
more information can be found at www.rootdownwell.com
EGA Meetings: 1st Friday of the Month
St. Stephen’s is handicapped accessible.

FAITH IN CHRIST REFORM CHURCH

A Reformed Southern Baptist Church
3431 Oneida St., Chadwicks - 315-737-0753
www.ficfellowship.com
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. (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
See our website for information regarding our Youth Group,
Kids Club and other upcoming events.
Church is handicapped accessible.

NEW HARTFORD PRESBYTERIAN CHURCH

Rev. Ed Townsend, Interim Minister
45 Genesee Street, NH 315-732-1139
newhartfordpresbyterian.org
office@newhartfordpresbyterian.org
Motorized Lift for Handicap Accessibility
Supervised Nursery Care Provided During Worship
Sunday morning worship continues at the regular time of 10:30 in June, in the sanctuary and livestreamed on NHPC’s Facebook page.
The Sondag Club for youngsters and Adult Sunday School class precede worship and start at 9:30 each Sunday morning.
A fellowship/coffee hour for everyone follows the regular Sunday worship service. NHPC’s annual congregational picnic will be held on Sunday, June 11, following worship.
The new Connect Café is open from 10 a.m. until noon every Wednesday, offering coffee, conversation and more to all who would like to stop by.
Other regular activities on the June schedule include:
Choir rehearses at 9:15 each Sunday morning
6/4 — 6 p.m. Girl Scouts
6/7 — 6 p.m. 4-H
6/7 — 7 p.m. PEO
6/11 — Congregational Picnic after Worship
6/12 — 7:15 p.m. NH Presbyterian Women’s Meeting
6/18 — 6 p.m. Girl Scouts
6/21 — 6 p.m. 4-H
6/24 — 3 p.m. Hope House Meal Prepared

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
Find up-to-date info and learn more about us at our website, www.uuutica.com.
Unitarian Universalist Church Sunday July 23 – 10:00 AM
“My Spiritual Journey Through Music” will be the theme of our July 23 Sunday service, with a special start time of 10 AM. This will be a presentation by nationally known singer-songwriter Freebo. The service will feature songs by Freebo and his musical partner Alice Howe. Freebo is a longtime musician who has toured and recorded with many of the great artists of our time (Bonnie Raitt 10 years, CSN, Maria Muldaur, John Mayall, Ringo Starr, Dr. John, Neil Young, & many more.) The church service is in conjunction with an intimate live acoustic concert from Alice and Freebo at the UU Church, Saturday July 22 at 7 PM.
Find our more about this and the Unitarian Church of Utica: <http://www.uuutica.org>
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

www.licfc.org • 315-557-8807
formerly located at 25 Robinson Rd Clinton NY
has moved to 23 White Street, Clinton NY
Sunday Service at 10am

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

PLYMOUTH BETHESDA U.C.C/ CORNERSTONE COMMUNITY CHURCH

500 Plant St. Utica (Oneida Sq. across from Dunkin)
Mike Ballman, Pastor www.cornerstoneutica.com
mike@cornerstoneutica.com
Sunday Mornings: 11am

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 William Preuss
Sunday Mornings at 10 AM
Al-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 FREE PARKING!!
Free parking in exchange for canned goods for local food pantries. We have great up-front views of the race just before the 7-mile marker. Enter parking lot on the French Road side - get there 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 www.tbcutica.org
Facebook: Tabernacle Baptist Church
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. Htee Gay

THREE STEEPLES UNITED

2817 Old State Route 12, Paris. 315-368-3416
vitarinaldihale@gmail.com
Sundat services at 10am

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.
Adult Sunday School Class - We are beginning a new adult Sunday School class for couples. We will be going through Strengthening Your Marriage by Wayne Mack.
Sunday School begins at 9:30. A safe and loving nursery is available as well as other classes for all ages - kids, teens, and adults.
Handicapped accessible. Nursery Provided.
www.biblebaptistchurchnewhartford.org

ST. MARGARET’S ECUMENICAL & RETREAT CENTER

47 Jordan Road, New Hartford – 315-724-2324
stmargarets houseny.org
info@stmargarets houseny.org

Rev. Elizabeth Gillett, Chaplain
The retreat center is open to the public.
On-Going Weekly Activities
On-Going Weekly Activities

Worship Services Wednesdays at Noon
Zoom and In-Person Worship Services - All Welcome!
If you would like to join by zoom, please reach out to St. Margaret’s for the meeting login.

Wednesday Lunches at 12:30pm
Includes main + veggies, salad, bread, and dessert
Please make a reservation by the Friday before 315-724-2324
Suggested donation \$13 per person

It Takes A Village - Tuesdays from 2:00 to 5:00 PM
Our social action-oriented initiative will be volunteering at the Grace Church Food Pantry on Tuesdays starting June 6th. If you would like to sign-up to help one or more Tuesdays a month, please reach out to St. Margaret’s to get involved. If you would like to assist, but are unable to help on Tuesdays perhaps you would consider donating shelf stable foods (canned vegetables, coffee, coffee filters, peanut butter, jam and jelly, canned fruits, canned meats, mayonnaise, pasta, and the like). Thank you for your generosity! Thank you to the Episcopal Diocese of Central NY for funding to support this program!

On-Going Monthly Activities

Friends of Emmaus House - July 12th and August 9th at 10 AM
Friends of Emmaus House is a group of volunteers who provide support to help meet the needs of the house & guests and meet on Second Wednesdays at 10am at St. Margaret’s. New Members Welcome!

Conversations with Rev. Gillett
2nd Wednesdays at 1:15 PM at St. Margaret’s
Group discussion about Matters of Faith - All Welcome!

Grief Group - July 11th and August 8th at 6:30 PM
St. Margaret’s hosts a peer-facilitated group to support anyone experiencing loss Second Tuesdays from 6:30 to 8:00pm. Please reach out if you have questions.

Scrabble Day
4th Tuesdays at 9:15 AM at St. Margaret’s
Join our Scrabble group for a fun morning - please let us know if you will be joining us and/or staying for lunch by the preceding Monday.

What’s Cooking with Irene
We will not be hosting our monthly dinners in July and August. See you in the fall!

Special Events

St. Margaret’s Day - July 19th (updated)

We will be celebrating St. Margaret’s Day on Wednesday, July 19th, during a special Holy Eucharist service followed by lunch. Please note the date change from our previous announcement. All welcome - if you would like to stay for lunch please let us know by July 12th.

Sacred Sites Tours - July 10th and August 7th
We are excited to bring back our popular group tours of local area holy places this summer! We will meet at St. Margaret’s at 9:30am to carpool to the sites below. Please call us to reserve your seat! By donation.

July 10th - The Eucharistic Miracles of the World Exhibit at the Good News Center and local religious sites
August 7th - Oneida Community Mansion House

Summer Concert Series - July 13th and August 1st at 7 PM
We are excited to continue our Summer Concert Series in 2023! We will provide refreshments each night. Our August evening will also include an ice cream social. Please bring lawn chairs or picnic blankets. In case of inclement weather, events will be held indoors. These concerts are free, thanks to a grant from Stewart’s Shops Foundation! Donations will gladly be accepted to support the ministries of St. Margaret’s and Emmaus House.

July 13th - 2 Friends: Donna Mucks and Amy Boulrice
August 1st - Floyd Community Instrumental Ensemble

Community Donation & Volunteer Opportunities

Shelf Stable Goods for Grace Church Food Pantry:
St. Margaret’s is accepting shelf stable goods (pasta, rice, canned goods, peanut butter, etc.) for the Grace Church Food Pantry. Donations can be dropped off at St. Margaret’s.

Donations for Hope House: Needs include diapers (ten pounds and up), baby formula, toilet paper, toothbrushes & paste, shampoo & conditioner for all hair types, and coffee. Donations can be dropped off at St. Margaret’s or directly at Hope House.

Emmaus House Emergency Shelter for Women and Children: New Home Welcome Kits and Hygiene Supplies are always in need. Donations may be brought to St. Margaret’s or directly to Emmaus House. Thank you for your kindness.

CITY HOPE CHURCH
1415 Sunset Ave. Utica, NY 13502. 315-797-7775
Robert Tanner, Pastor
Sunday: 10 am

PRAYER TO THE BLESSED VIRGIN.
(Never known to Fail) O 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. O Holy Mary Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart, to succor me in my necessity (make request). There are none that can withstand your power. O Mary conceived without sin pray for us who have recourse to thee (three times). Holy Mary, I place this cause in your hands (three times). Say this prayer for three consecutive days and then you must publish and it will be granted to you.

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
In person and on zoom
www.tbeutica.org
Fri night - 5:30pm
Sat morning - 9:30am

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

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


*New Life
Apostolic Church*



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

Pastor Mark Waterman
315.736.1161

3995 Oneida Street #4
New Hartford, NY 13413

 @NLAC4all

Gospel Corner Café
Coffee House

Fourth Friday of every Month at 6pm
May 26 & June 23

Free Music, Beverages & Finger Foods

Have Lunch with us!
Join us on Thursdays
from 11:30am-1:30pm

All are welcome Free of charge

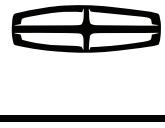
Location 

Living Faith Bible Church
2922 Pinnacle Rd Sauquoit
315-737-5075

STREET PONTE



TOYOTA



L I N C O L N



*Your family and locally owned and operated
Auto Group in Central New York!*

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www.StreetPonteAutoGroup.com