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# the TOWN Crier



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Vol. 38 No. 5  
May 2024

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## CELEBRATE VALLEY'S 10 YEAR ANNIVERSARY!



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### Empowered Pathways Presents

### Come to the Table - Friday, May 10th at Hart's Hill Inn!

Join us for Come to the Table on May 10th! The celebration kicks off with a cocktail hour from 5:30 to 6:30 pm, a selfie photo station and, of course, our designer table scapes ... all of that plus a live and silent auction, themed baskets, dinner by Hart's Hill and desserts by Patrick S. O'Connor's Feast and Festivities, this event is more than a fundraiser - it's an experience! This amazing event includes: A cocktail hour starting at 5:30 pm, a themed basket drawing, silent auction items, a selfie photo station, food stations by Hart's Hill Inn, Desserts by Patrick O'Connor's Feasts and Festivities!

The evening culminates with a live auction, where bidders compete to take home the best table design of the night. Plan to join us for this exciting event happening just at the start of the summer season!

Tickets are \$75 and can be purchased by calling 315-724-1718 ext. 201 or visit our website at EmpoweredPathwaysCNY.org



## NH Memorial Day Parade And NHFD Open House Monday, May 27, 2024

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**FREE Travel Presentation!**

A free Travel Presentation will take place on Tuesday, May 7 featuring two exciting new travel opportunities coming next year. Tours By Design will be offering a nine-day tour to Scotland in May 2025, and an eight-day tour to Montana and Glacier National Park in August 2025.

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

Special savings are offered to those who attend a travel presentation and make a reservation. Save \$150.00 per person off the Scotland tour, and \$125.00 per person off the Montana tour.

Tours By Design is working with Mayflower Cruises and Tours of Illinois to offer these trips. A Mayflower representative 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!

Tours By Design, based in Hinckley New York, is owned by Carol Hamlin Buczek, a Certified Travel Industry Specialist, and has been offering custom tours for area residents since 2002. Find more information on Facebook or [www.toursbydesign.org](http://www.toursbydesign.org)



**New Hartford Class of 1974**  
**50<sup>th</sup> High School Reunion**  
**July 19<sup>th</sup> & 20<sup>th</sup>**

The Gala - July 20th at 6pm  
 at Valentino's, 3899 Oneida St  
 Dinner and Live Dance Band

Check out our Reunion Links below  
 to find all the information and activities  
 planned for the weekend of July 19-21

<http://nhclass74.com>

[https://www.facebook.com/  
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Any questions, please contact:  
 Gemma Siringo; [gema26@aol.com](mailto:gema26@aol.com)  
 Judy Kloster Butler;  
[bbandjudyb@roadrunner.com](mailto:bbandjudyb@roadrunner.com)

**10th Annual "Best Ball" Golf Scramble with Prizes**

Saturday June 8th, 2024. A benefit for the Make-A-Wish foundation 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 8th, 2024. T-Off at 9 AM. Ticket Price- includes 18 holes of golf, cart, lunch at turn, and dinner to-go, \$100 dollars each player. There will be no in person Dinner/Banquet. Call to reserve your spot or make a donation! For questions or more info contact Kathy Lloyd 315-723-6545 or Sue Lloyd 315-723-7865.



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**New Hartford Post 1376 Auxiliary Sponsoring Chicken BBQ**  
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 11am - til sold out  
 1/2 chicken, salt potatoes, coleslaw and roll  
 Donation \$15  
 Same day or bring on Friday - **Bottle and Can Drive for Feed Our Vets**

**New Hartford Presbyterian Women's Rummage Sale!**

May 9, 2024  
 9 AM—3 PM  
 1:30 PM Bag Sale

45 Genesee Street, New Hartford  
 For more information, please call 315.732.1139




Michael Gyory and Agi Keleti

**Annual Holocaust Program, May 9**

Please join us for the Annual Helen and Leon Sperling Holocaust Program on Thursday, May 9, 7:30, at the Jewish Community Center, Utica. Our speaker is Michael Gyory, the son of Hungarian survivors. He will talk about his life as the child of survivors, and also growing up as the nephew of his Dad's 6 first cousins, all of whom survived the horrors of war and the concentration camps. One of these cousins, Aunt Agi, is alive at 103 and still holds an athletic world record. He will share her amazing story with us.

Prior to 1944 most Jews in Hungary were protected from deportation to German extermination camps. However they were subject to a prolonged period of terrible oppression by anti-Jewish laws that imposed limits on their participation in public and economic life. From the start of the German occupation of Hungary in 1944, Jews and Roma (gypsies) were deported to the Auschwitz concentration camp.

Michael Gyori has a master's degree from the Annenberg School of the University of Pennsylvania. He is a member of Generations Forward, a group of second and third generation people sponsored by the Holocaust and Human Rights Education Center of White Plains. He is also the Chairman of the Board of that organization.

We are fortunate to have Mr. Gyory with us. His talk will appeal to teens and adults, and we encourage you to invite friends and neighbors. There is no charge for the program.



**Drive-Thru Pie Sale!**

The Women's Association of Stone Presbyterian Church, 8 So. Park Row, Clinton, will hold a Drive-thru Pie Sale from 10am to 2pm on Saturday, May 18th, 2024.

They will have several different types of delicious homemade pies available for your shopping pleasure!

You can drive up to the curb and purchase a pie without leaving your vehicle. The proceeds from this sale will go to the various mission organizations that we support annually. Come visit us, you won't regret it! For more information, contact Ceil Gilbert (315-853-8289), [ceilgilbert@yahoo.com](mailto:ceilgilbert@yahoo.com) or Donna Goodfriend at 315-749-4085.

**Church Rummage Sale**



First United Methodist Church of New Hartford Rummage Sale

First United Methodist Church of New Hartford  
 105 Genesee Street, New Hartford, NY

Thursday 5/2/24 5 to 7 pm  
 Friday 5/3/24 9 a.m. to 3 p.m.  
 Saturday 5/4/24 9 a.m. to Noon BAG SALE \$5/each

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# Stanley Theatre Series

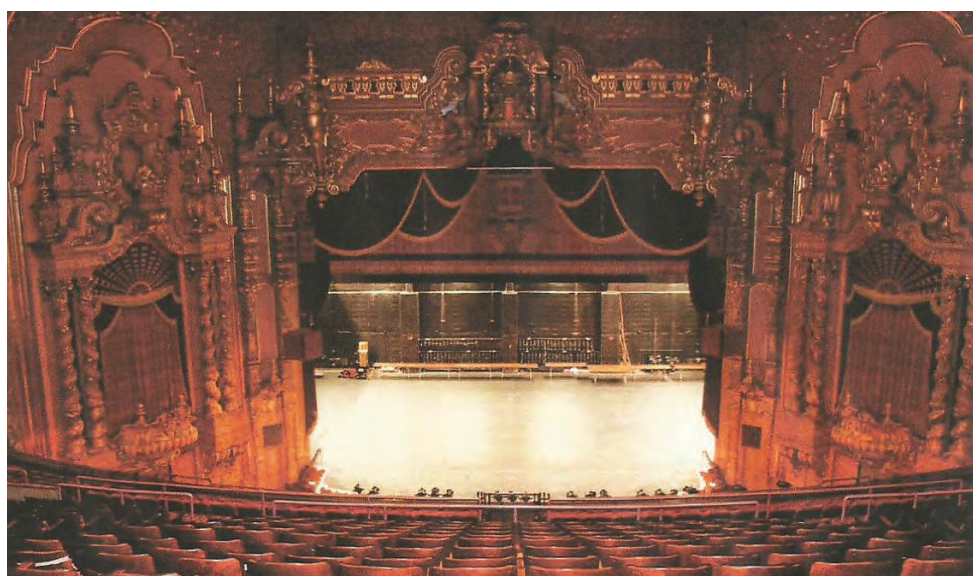


Malio Cardarelli

Over the next several months, we would like to share some of Malio Cardarelli's descriptions of artists who have appeared at the Stanley Theater.

## Stanley Theatre Series

Over the next several months, we will present a brief look at only a fraction of those hundreds, perhaps thousands of artists who over the years have appeared on the Stanley Theater stage since its auspicious opening on September 10, 1928--ninety years ago. Hopefully, we have selected an acceptable array of different musical talents who have so enriched this historic stage.



Not included are those countless artists who have appeared with the Broadway Theater League, The Great Artists Series, the Utica Symphony Orchestra and other organizational groups. Here, however, we deal mostly with those who came on their own. Certainly, some readers will be disappointed that we did not include a favorite performer they might have personally viewed here. To them our sincere apologies with our hopes that they will understand how difficult the selection task has been. Our first and foremost concern was to include local artists who appeared on the Stanley stage and who have distinguished themselves beyond the confines of our community. This then is our brief look, hopefully to your enjoyment and edification, at just a bit of what the Stanley Theater stage has offered to Utica and surrounding communities.

## Chuck Mangione

1944

Trumpeter, Flugelhorn Player, Composer



Chuck Mangione, jazz composer, flugelhorn player, and trumpeter was born in Rochester, New York on November 29, 1940. Always with an interest in music, he studied piano at age 8, but shortly thereafter changed to the trumpet. Through his father, he became associated with some of the great names in Jazz, especially Dizzy Gillespie who, much impressed with the quality of Chuck's playing, gave him one of his own horns when Chuck was age 15. In high school, Chuck and his brother, Gap, formed what became a very successful jazz quintet, while at the same time attending the Eastman School of Music. When in 1965 while living in New York City, Mangione successfully set out to see if he could make it on his own. The Rochester native has some 30 albums to his credit, earning International fame with his jazz-pop single, *Feels so Good*. His long list of engagements on stage and TV includes a 1973 appearance on the Merv Griffith show that provided him with 12 uninterrupted minutes of music. Mangione appeared at the Stanley Theater three times between 1981 and 1994--always to enthusiastic audiences demanding encores.

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**It's The Little Things**

*submitted by Shelley Corey of The Mum Farm*

We've all heard the phrase "It's the little things in life". If you stop to reflect back on simple moments of joy in your previous day, was it the moment the sun rose above the horizon? Was it the sound of the male cardinal calling to his mate? Was it going to the grocery store and having a stranger say hello? Was it sitting down to a meal with family? I could go on and on. I'm sure if you stopped to think about it, there are so many moments of joy throughout your day that go unnoticed while you're busy rushing to

accomplish what you believe has to be done for the day. I'm as guilty as anyone of that!

Gardening certainly helps us slow down and be more present. It helps "ground" us and gets us back to nature. Gardening gets us outdoors and working with our hands which always adds to our wellbeing. Planting, dead-heading, watering and fertilizing helps to keep our focus on the task of keeping our well-chosen plants alive.

It's finally here, time to dig out the containers from the shed or garage and head to our local grower and choose combinations of annuals for our summer flowers. Some of us have found the perfect plants that we know do well in our sunny or shady location and might simply switch using different colors each year. Many of us like to peruse the multiple options, always ready to try something new and different.

Monoculture pots, those planted using all one plant type, are always stunning and very showy from a distance. I recommend planting large pots with one type of plant for the front of the house. These are best when they are bold and colorful. Save the combination pots with the mix of interesting plants for the back porch or deck where they are viewed up close. Think of these pots as floral designs with roots! This is where the thriller, filler and spiller concept comes into play. Various heights create such interest and allows you to try out different flowers and textures of plant material. There are endless combinations and I'm often stunned at the beautiful creations that my customers pick out and place in their boxes when they check out.

Time to head out to your local grower to see what new and exciting plants they've grown for you. Don't forget...smile...it's the little things!

The Visual Arts Department and the PTA Council proudly present

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Direct any correspondence to  
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**Six, The Musical, May 30<sup>th</sup> ~\$139**  
 Landmark Theatre, Syracuse. Orchestra Seats.  
 Deadline May 9<sup>th</sup>

**Furry Friends & Playtime Trends, June 10<sup>th</sup> ~\$139**  
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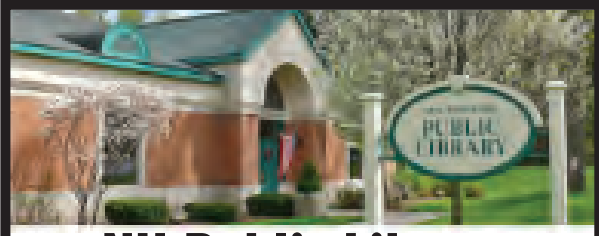
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## NH Public Library 2 Library Lane 315-733-1535

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**Saturday 10am-2pm**  
**Sunday 1-5pm**  
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### 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](http://www.newhartfordpubliclibrary.org)

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### NHPL Board of Trustees 2024 Meeting

The NHPL Board of Trustees will be meeting on Wednesday, May 15th at 4:30 in the Sammon Room.

### Happy Memorial Day

New Hartford Public Library will be closed on Monday, May 27th for the Memorial Day holiday.

### Book Locker Update

We are thrilled to announce that our outdoor book locker is back! You can now pick your reserved items up at a time that is convenient for you, regardless of our hours. When placing a hold online, please choose NHLOCKER as your pick up location. Picking up your items is easy! All you will need to do is scan your library card or manually enter your library card number.

Our outdoor book locker is made possible through the Mid York Library System and a grant through the Central New York Resources Library Council (CLRC).

### 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 Tuesday 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 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

### May Display: Heritage Doll Club

During the month of May the Heritage Doll Club of Central New York will have an exhibit on display at the New Hartford Public Library entitled "Dolls of Many Nations." Members will showcase dolls from their collections that are representative of different cultures and dressed in native costumes. Featured in the display will be a handmade doll from Algiers recently donated to the club by Judy Kinney. This doll was acquired by her mother, Doris Betikofer Swartz, during the years (1941-1945) she was in the Women's Army Corps (WAC) service. Interested guests and new members are always welcome at monthly meetings of the club, which are held on the third Saturday of the month (except May, July, August and December) at the library at 10:30 a.m. More information about memberships is available by contacting Barbara Bertone, vice president, at 315-336-1499.

### MAY-BEE - No School Day Fun

If New Hartford Central School District has no school MAY 24...

Join us as we Build a Bee Barn. 11am – Noon. Call the library for more details.

"All schools within the district will be closed Friday, May 24. If the district uses its remaining emergency day before May 24, then May 24 will be a day of instruction and additional communication will be sent to staff, families and community members.

For questions regarding the plan for unused emergency days, please contact the District Clerk, Kim Schweitzer, at 315-624-1218." -New Hartford Central School District

### Grab & Go Projects Adults

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

May 6th – Cherry Blossom Art

Call to reserve beginning at 10:00 on the day of that month's project, or come into the library to pick up. (While supplies last)

### Grab & Go Project Bags for Kids

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

May 2nd– Dancing Flower Craft

Call to reserve beginning at 10:00 on the day of that month's project, or come into the library to pick up one. (While supplies last)

### In Person Story Time

Mondays (group A), Tuesdays (group B) and Thursdays (group C) 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 6, 7, 9 : Flowers

May 13, 14, 16 : Bugs

May 20, 21, 23: Cookies

May 28, 30 : Birds

### Lego Club: From Book to Block

Back by popular demand...Lego Club!

Each month a passage from a book is read aloud from a pre-selected book. Using their imagination, children are asked to build what they see when visualizing that scene. This club meets on the 1st Saturday of the month at 11:00am.

The next meeting is May 4th in the Corasanti Room. (Geared for 7-12yrs)

### Park Passes Are Back!

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

The Wild Center

Fort Rickey Children's Discovery Zoo

Adirondack Experience

Munson

Utica Zoo

Empire

Passes must be placed on adult library cards and must be returned to the New Hartford Public Library Circulation Desk. Please call 315-733-1535 for more information

### Community Rooms

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.

### Book Clubs

Are you interested in joining a book club, currently in a book club, or looking to start one? 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

>Ruth Anne Mystery Book Club reads mystery novels. They meet on the second Saturday of the month at 11am. For more information please contact the library.

>Wanderlust Book Club reads novels, ranging from current to historical. They meet on the first Thursday of the month. For more information please contact the library.

>Women (and Men) of Mystery will be taking a break for a couple of months giving everyone time to catch up on reading. We will meet again July 27 to continue our look at mysteries through the years with a focus on books written during the 1960's.

### After Breast Cancer Group

Join us for our May 4th meeting which will start at 11:00 am in the Sammon Room located downstairs. Mindy Robinson, who is affiliated with Bassett Hospital in Cooperstown, will talk about Cancer research. Come and hear what she has to share with us. I am sure that she will have some good information for all of us.

### 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.

### Chair Yoga Class

Join us each Monday and Friday mornings for a Chair Yoga class taught by Donna Reale. Classes start at 11 and will last until noon.



### Blood Drive 5/23 12:30-4:30

The New Hartford Public Library will host a community blood drive with the American Red Cross on May 23rd from 12:30-4:30.

For more information or to make an appointment to donate, call 315-733-1535 or sign up online at <https://www.redcrossblood.org/give.html/drive-results?zipSponsor=NHPLibrary>

The New Hartford Public Library is committed to strengthening our community and helping meet hospital and patient needs through blood donations. This blood drive is our way of giving staff, colleagues and neighbors an opportunity to help save lives.

Blood is a perishable product that can only come from volunteer blood donors. With someone in the U.S. needing blood every two seconds, blood products must be constantly replenished, according to the Red Cross.

According to the Red Cross, donors with all blood types are needed, especially those with types O negative, A negative and B negative.

### From the Friends of the New Hartford Public Library

#### Bloomin'4 Good

The Friends of the New Hartford Public Library will receive \$1 from every specially marked Bloomin'4 Good bouquet sold thru the month of May at the Hannaford Market - Kellogg Road. Please come and support us.

#### Bill Bonsted Indoor Miniature Golf Tournament

WINNERS! Hugh and Hazel Reale....Congratulations. Climate change had no affect on the Bill Bonsted Indoor Miniature Golf Tournament April 6. The only threat was an occasional out of control plastic golf ball! Thank you to so many who made this event happen and successful. Our SPONSORS: Power Line Constructors, Inc.; Clifford Fuel Co., Inc.; Nexstar Media, Inc.; Kirk Evans and Nancy Shaheen; Gates Cole Insurance; McDonald's; Daniel T. Dreimiller, CPA P.C.; Richard and Virginia Emmert; Royal Landscape Company; Friedel, Williams & Edmunds Funeral Home; Gary Falchi's Carpet Cleaning; Michael and Mackenzie Matt, James and Anne Bonsted, Brett and Kelly Humphreys, Brady Bonsted, Mike and Carol Ann D'Accurzio; Joanne Donaruma Wade; Marino and Marie Selvarajah; Kathy Ventura; Annette Barber; Frank and Anne DuRoss; Marlene D'Accurzio. SPECIAL THANKS: Charlie's Pizza, Sweet Frog of New Hartford, CNY Awards and Apparel. "PGA" HOLE DESIGNERS: Joanne Robertson - Treehouse Reading and Arts Center; Dr. John Robertson - Anchor Family Medicine; Trevor Heitz; Greg Kielar; John and Debbie Dye; Cheryl Smith; Shawn and Aidan; A Friend; the Bill Bonsted Family and YOU, our very supportive community. Hope you all had fun.

### Annette Barber Used Book Room

Our Used Book Room name has changed. It is now the Annette Barber Used Book Room. Whether you bought or donated books you have in some way met Annette Barber during her 30 years of dedication to the used book room sorting, rearranging or setting aside books for various out reach organizations in need of reading material including numerous other contacts. Annette has moved to be with her family. We miss her as so do many others, she has put a lot of miles on her cart moving books to and from the used book room!!! She deserves a rest! Enjoy, Annette.

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.

Thank you for supporting this major fundraiser.

We are currently ACCEPTING newer fiction and nonfiction 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, National Geographic Magazine, and multi-volume books sets. We are also no longer accepting audio cassettes, VHS tapes and computer games/books or CDs.

### Support the New Hartford Public Library with a Membership in the Friends

Become a Friend of the NHPL. Benefit the library with your assistance as needed. There is always a need!! Your membership also helps to financially assist the library in providing materials, programs and a variety of opportunities for our community.

### Hospice Epicurean Delight is Back in Person for 2024 Donate a Gift Card or Gift Basket to the Hospice Online Auction

Hospice & Palliative Care is busy planning for their upcoming Epicurean Delight on June 9th from 4-7 pm at Hart's Hill Inn, Whitesboro. The event features food from 24 local restaurants, bakeries and caterers, along with live entertainment, a Raffle, Live Auction and Online Auction. And they need your help!

Are you creative and like to put together gift baskets or did you receive a gift card you cannot use that would make a great prize? If so, please consider donating to the Hospice Auctions or Raffle. Wine and food baskets are always popular as are spa baskets, Italian baskets, family fun baskets, kitchen baskets, pet lover's baskets and many more. And who does not love receiving a gift card! Businesses offering goods or services are also encouraged to donate. Contact Laurie Barr at Hospice at [labarr@hospicecareinc.org](mailto:labarr@hospicecareinc.org) or 735-6487 ext. 1004 for more information.

Hospice & Palliative Care provides hospice services, palliative care, and bereavement support to the residents of Oneida, Herkimer and Madison Counties. To learn more go to [www.hospicecareinc.org](http://www.hospicecareinc.org).

### Green Lawn Cemetery Association New Hartford, NY Notice of Lot Owners Meeting

The 2024 Lot Owners Meeting of the Green Lawn Cemetery will be held at the New Hartford Town Library, 2 Library Lane, New Hartford, NY, on Tuesday, June 4, 2024 from 6pm to 7pm.

Information about the May 2023 auto accident will be discussed, as well as, any other business that needs to be brought before the Green Lawn Cemetery Association.

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Membership is tax deductible. Please make checks payable to: Friends of the New Hartford Public Library, 2 Library Lane, New Hartford, NY 13413

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**Sunday, May 5, 2024**  
**Willowvale Fire Co.**  
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**9:00 a.m. to 3:00 p.m.**  
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**Muscle**

Submitted by Jim LaFountain, All American Fitness Center

We should all, at any age, be concerned about developing or maintaining muscle. Teenagers use resistance training to improve their aesthetic presence, improve their athletic performance and perhaps unknowingly, to improve their self esteem. Muscle building, for young adults energizes their career, marriage and family life. Older adults, simply want to be illness-free and potentially live to a ripe old age.

In the 1960's-1980's, Kenneth Cooper, in his book 'Aerobics' encouraged Americans to prioritize cardiovascular exercise to help prevent heart disease. Initially, his suggestion for cardio exercise was 12 or more minutes of exercise involving large muscle groups, done in a rhythmic fashion, at 60-85% of our heart rate maximum, on most days of the week. That short duration of exercise evolved into 5K, 10k road races and even marathons. Unfortunately, fast foods were popularized in our culture at about the same time and even enormous amounts of exercise could not cancel the ill effects of our poor diet. Before beginning an exercise program, it's essential that you consult with your doctor

Why address your body's musculature:

- \*Without a muscle's attachment to bones we would not enjoy the ability to move.
- \*Muscles cross every joint in our body, providing protection from joint damage.
- \*Our musculoskeletal system allows us to perform work.
- \*A balanced musculoskeletal system improves our posture.
- \*Muscles require fuel, in the form of stored calories, allowing us to maintain an ideal body weight.

The most important component to build or maintain muscle is NOT protein intake, or any of the media hyped popular supplements, but resistance training, in

the form of weights, machines or rubber tubing. Studies show that subjects even gained muscle on highly restrictive diet (under 500 calories per day). Protein does play a role in gaining muscle. Those who are active in sports and are regularly engaged in resistance training should ingest 1.2-2.2 grams of protein per kilogram body weight (divide your weight in pounds by 2.2) per day.

Although resistance training turns the muscle building switch on, it is recovery that builds muscle. After an intense resistance workout, muscle cells and subsequent muscle fibers must be allowed to grow microscopically thicker and stronger (muscle hypertrophy). Overtraining thwarts reaching the goal of building bigger and stronger muscles. In fact, it has the exact opposite effect and overtrained muscles actually stop growing or get smaller. Overtraining also over taxes our immune system and makes us more susceptible to illness. More is NOT better, as it relates to muscle building. Intensity trumps volume every time.

What's most overlooked when attempting to build muscle is the role of water. Each cell in our body consists of about 70% water. In fact, without water, protein cannot be metabolized effectively and will slow the muscle building process. Eight glasses of water used to be the recommendation of experts. In order to build muscle, I'd suggest drinking significantly more than 96 ounces a day. Coffee, tea and popular sports

drinks don't count.

After age 40, muscle loss can be 8% per decade. Up to 50% of our strength can be lost between the ages of 25-80. To combat this loss, strength training is a must. Three, non-consecutive resistance workouts a week will reduce muscle and overall strength decreases. Non-consecutive workouts, allowing 48 hours to recover, is a critical component. It's important to emphasize, exercise turns the muscle building or muscle maintenance switch on, recovery is the real key. As we age, 1-2 sets per exercise, done to momentary muscular failure at (8-12 repetitions) is a recipe for success.

Regardless, if you are a seasoned resistance training veteran or a beginner, you can reap the benefits of resistance training. Beginners need to start with light weights and progress slowly. Each repetition should be performed in a slow and controlled manner. Fast repetitions are counterproductive and dangerous. For years, athletes assumed fast resistance movements would produce increased speed and power. A plethora of studies strongly dispute this theory. Last, but very important, you will be engaged in resistance training to build strength, not demonstrate it. There's no need to do single repetition maximum attempts. Young athletes may get away with one rep maximums once a month and young adults maybe every 6-8 weeks. Older adults should not attempt maximum lifts. Muscle building/maintaining should be a priority in any serious fitness program.

**DRAG**

**BOTTOMLESS BRUNCH**

SUNDAY, MAY 5TH  
 11:00AM & 1PM SHOWS

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### New Hartford Police Activity March 2024

- 881 Calls for Police Service / Incidents
- 62 Arrests
- 207 Vehicle and Traffic Law Stops
- 61 Motor Vehicle Accidents Investigated
- 138 Traffic Tickets issued
- 180 Supplemental – Specified Neighborhood Patrols
- 4 Community Policing Details



### Discussion on Irish Poet - Patrick Condon

Join us at The H.A.R.P. Museum at the Irish Cultural Center of the Mohawk Valley on Wednesday, May 22, 2024 at 6:00 p.m. for a discussion on Utica's 19th Century Irish Poet - Patrick Condon.

In 1825, Pádraig Cúndún or Patrick Condon and his young family left their home in County Cork for a better life in America. They settled in Deerfield, NY. Little is known of Condon's early education other than he never learned English but could read and write in the Irish language. Classified by scholars as a folk or farmer poet, his writings in the Irish language, Gaeilge, cast a unique perspective on the early 19th century Irish immigrant experience.

What was his life like in Ireland and why did he come to America? What was his life like in America and why are his writings so important? We will shed some light on these questions as well as present some examples of his writings. We may even have a surprise guest or two to help us out.

You can attend this presentation at the H.A.R.P. Museum located on the second floor of the Irish Cultural Center of the Mohawk Valley, 623 Columbia St, Utica. All are welcome to attend this program and the museum is wheelchair accessible. The program is free to attend, please register at this link, <https://bit.ly/43UZadv> or visit our events calendar at <https://www.iccmv.org/my-calendar/> or leave a message at 315-733-4228 ext.6.

### Adirondack Mountain Club Iroquois Chapter May 7, Tuesday, 7 PM

First Baptist Church, 7 Oxford Road, New Hartford  
Program: Jeremy Alexander will speak about his latest trailead and bushwhack excursions in the Adirondacks.

# NEW HARTFORD AQUATICS

## Summer 2024 Swimming Programs

### Learn-to-Swim Lessons

### Summer Community Swimming

Registration is NOW OPEN for all Summer Programs

July 8<sup>th</sup> - August 15<sup>th</sup>

Summer Session 1 - \$150

Open Swim & Lap Swim - \$5 per swimmer

Monday through Thursday (July 8<sup>th</sup> - July 25<sup>th</sup>)

(Single and Family Passes Available)

Summer Session 2 - \$150

Monday through Thursday

Monday through Thursday (July 29<sup>th</sup> - August 15<sup>th</sup>)

1:00pm-5:00pm

Preschool Aquatics - 9:30am-10:10am

Private Swimming Lessons Available

Level 1 - 10:20am-11am

Monday through Thursday

Level 2 - 11:10am-11:50am

1:00pm-5:00pm

Level 3 - 11:10am-11:50am

Competitive Diving

Level 4 - 12pm-12:40pm

July 8<sup>th</sup> - August 15<sup>th</sup>

Level 5 - 12pm-12:40pm

Mondays and Wednesdays

Level 6 - 12pm-12:40pm

7:00-8:30pm

Registration Forms and Schedule Information can be found on our website

[www.newhartfordaquatics.com](http://www.newhartfordaquatics.com)

# NEW HARTFORD PAST TIMES

May 2024

## NEW HARTFORD HISTORICAL SOCIETY

### Let's "Play Ball!"

by Rick Giffune

Little League baseball began in 1939, in Williamsport Pennsylvania. During and after the second World War the popularity grew rapidly. By 1946 there were 12 leagues, all in Pennsylvania. In 1947 the 1<sup>st</sup> league outside PA was founded in New Jersey. It wasn't long before the rage of Little League reached Central NY and New Hartford. New Hartford's League was well up and running by the early to mid 1950's.

At the height of its popularity, New Hartford had six teams in Little League and six in Minor League. Each team was sponsored by a local business to help pay for uniforms, equipment and supplies. Most of the sponsors are long gone. Test your memory on the twelve teams below. To give you a little help getting started, number 7 down is Mohawk Container (without the space between the two names). Good Luck!



The Giffune boys in the Spring of 1965 warming up on the front lawn of their Leard Road home. Rick at bat in his Partlow Little League uniform. Brother Tim catching in his Suburban Market uniform.

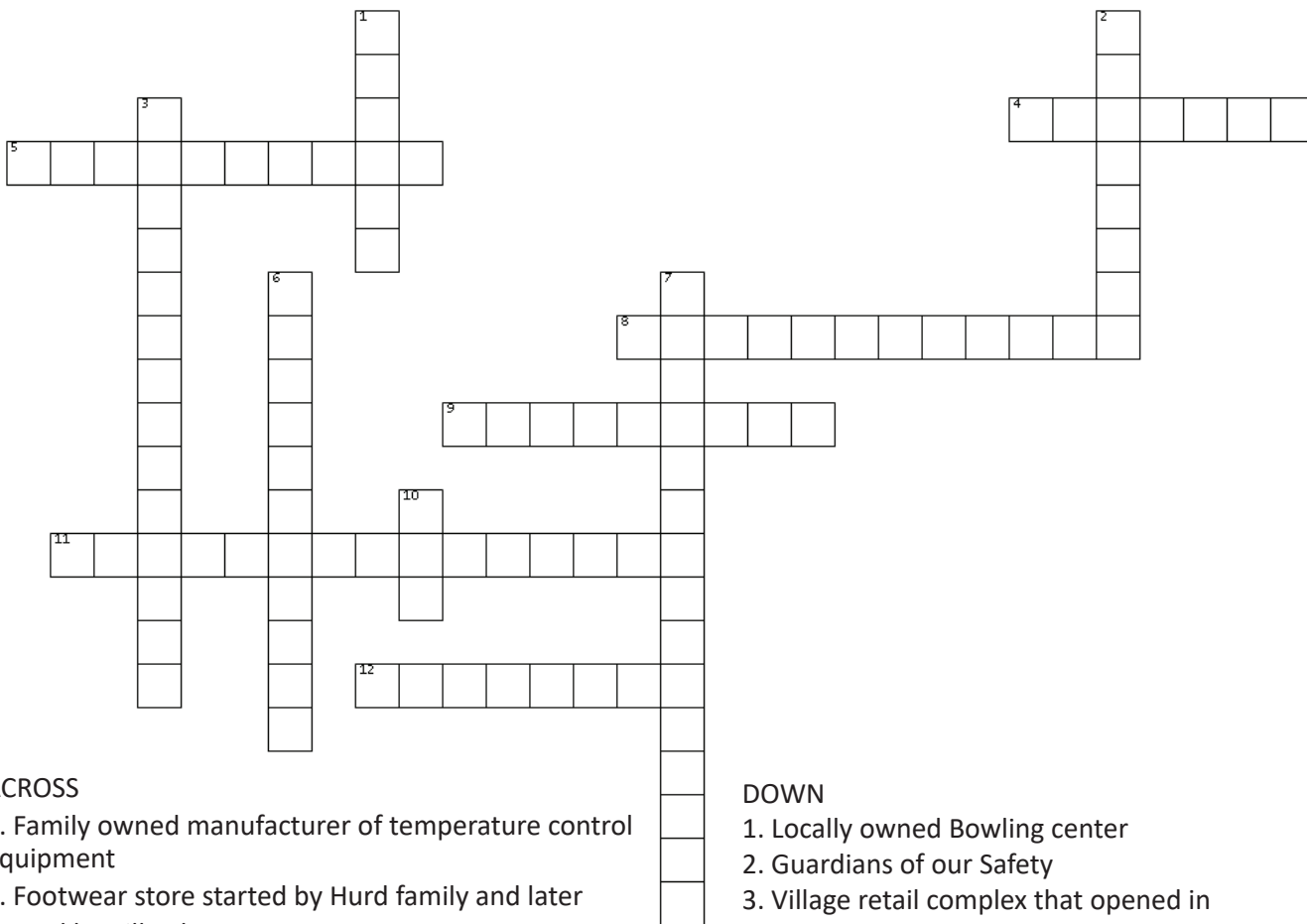


The first 3 readers to mail in correctly completed puzzles will win a Historical Society coffee mug!

Mail puzzles to N.H.H.S. P.O. Box 238, New Hartford, NY 13413

(Answers will be published in the June TownCrier)

### N.H. Little League



**ACROSS**

- 4. Family owned manufacturer of temperature control equipment
- 5. Footwear store started by Hurd family and later owned by Bill Ashmore
- 8. The other "high end" restaurant on the "Pike"
- 9. One of 2 "higher end" restaurants on the "Pike"
- 11. Large manufacturer of appliances, aerospace and other products once located on Chenango Avenue
- 12. Family owned "hangout" where KFC now sits

**DOWN**

- 1. Locally owned Bowling center
- 2. Guardians of our Safety
- 3. Village retail complex that opened in November 1957
- 6. Small Grocery store in Washington Mills
- 7. Former cardboard box factory on Campion Road
- 10. Feed store that later became Agway

### 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

Currently by appointment.

### FREE ADMISSION

Village Point Apt. Building  
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**New Hartford Historical Society**  
~ Membership Form ~

Please check one of the following:

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<input type="checkbox"/>	\$50 <sup>00</sup> Corporate	Phone: _____
<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



The New Hartford Chamber of Commerce hosted a legislative breakfast with Brian Miller at the New Hartford Library on March 22, 2024

# CRYSTAL SPRINGS

## GOLF AND EVENT CENTER

- business after hours -



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### Welcome New Chamber of Commerce Member Joette's Gifts in New Hartford Shopping Center



Joette has been in business for over 25 years. She has had three locations in the past, closing the location in the Village of New Hartford during covid. Joette's reopened last year in the New Hartford Shopping Center inside of the Gold Leaf Refining Store. Joette's Gifts specializing in boutique jewelry, purses, hats, paintings and unique gift items. You can reach Joette's at 315-725-9949.



**GOLF TOURNAMENT**  
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### Irish Flag Disposal

Join us at 7 PM on the patio of the Five Points Pub at the Irish Cultural Center of the Mohawk Valley on Wednesday May 8, 2024 as, with respect and dignity, we dispose of our worn Irish County flags.

There are no defined constructs for the disposal of Irish County flags, however, the Government of Ireland requires for the tricolor National flag - "When the National Flag has become worn or frayed it is no longer fit for display, and should not be used in any manner implying disrespect. It should be destroyed or disposed of in a dignified way." With this in mind we will dispose of our worn flags by incineration in the same manner that we would our own American flag.

Prior to disposing of each flag, we will read a brief highlight of its County. The public is invited to attend and bring any worn Irish National or County flag for proper disposal.

You can attend this presentation on the Five Points Pub Patio of the Irish Cultural Center of the Mohawk Valley, 623 Columbia St, Utica. All are welcome to attend this program and the patio is wheelchair accessible.

In the event of rain, we will hold this ceremony on the following Wednesday May 15.

The program is free to attend, please register at this link <https://bit.ly/3Q5Hc2b> and let us know if you are bringing any flags for disposal. You can also visit our events calendar at <https://www.icmv.org/my-calendar/> or leave a message at 315-733-4228 ext.6.

**HELEN M. SARANDREA**  
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**GARDENING TIPS FROM A PHYSICAL THERAPIST**

Common gardening activities, such as digging, planting, weeding, mulching, and raking can cause stress and strain on muscles and joints. Different body areas such as the shoulders, neck, back and knees can be vulnerable to injury during gardening. The following tips can help minimize or prevent injuries:

- Warm up before you garden. A 10-minute brisk walk and stretching 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 stretch break or switch to a different gardening activity.
- Make use of a garden cart or wheelbarrow to move heavy planting materials or tools.
- If kneeling on both knees causes discomfort in your back, try 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. 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.
- End your gardening session with some gentle backward bending of your low back, a short walk and light stretching.



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### Center for Family Life and Recovery, Inc. Hosts Take The Day Event in May 2024

Center for Family Life and Recovery, Inc. (CFLR) hosts the 2nd annual 'Take the Day!' on May 16, 2024, from 11AM to 3PM, at the 5 Points Public House, located inside the Irish Cultural Center at 623 Columbia St. Utica, NY, 13502. Coinciding with mental health awareness month and brought to life by business professionals and non-golfers looking for a way to support CFLR and "take the day" to network while promoting self-care. This event will be full of self-care themed services, work-life balance breakouts, a luncheon, shopping, and is sure to be full of fun, laughter, lots of food, and raffles. There are many ways to get involved.

"As working individuals, we rarely take the time to pamper ourselves. Mental Health Awareness month is the perfect time to set aside time to breathe, relax, and be around like-minded individuals in our community. We are excited to Take the Day together," said Jennifer Brillante, President of C&D Advertising, and chairperson to CFLR's Take the Day committee.

There will be a luncheon, pampering experiences, and breakout sessions focused on work-life balance, physical and mental health, and other healthy-living options. Learn how to get involved; now taking service provider and vendor applications on our website, link here. Sponsorship for this event is the perfect way to recognize team members and have them Take the Day. Individual tickets are available, but extremely limited.

The Take the Day committee is also excited to announce this year's keynote speaker, Amy Lisewski. Amy is a professional improviser, entrepreneur, author and speaker based in San Diego, originally from Rome, NY, and is the founder and owner of Finest City Improv. Combining her love of improv with her experience in business and communications, Amy created the Tap Into Improv program for organizational and leadership development. In 2018, she created Speak Up!, a seminar to empower women and teens to find and use their voice more often at work or school in pursuit of their goals as leaders in their fields. Center for Family Life and Recovery prides itself in building leaders with a level up, growth mindset while accomplishing our mission to achieve and celebrate recovery. We look forward to having Amy Lisewski join us at our signature event and share in some laughter!

Center for Family Life and Recovery, Inc. is proud to be the area's leading expert in advocacy, prevention, counseling, and employee assistance programs. Along with supporting individuals and families struggling with addiction and recovery, mental health, and behavioral issues, CFLR's goal is to inspire hope, provide help, promote wellness, and transform lives. To learn more, visit [www.whenthereshelpthereshope.com](http://www.whenthereshelpthereshope.com)

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**Instructors:** Eileen Roth and Anna Pearlman  
New Hartford High School Math Teachers

**Where:** Jewish Community Center of Utica (2310 Oneida Street, Utica)

**When:**  
Session 1: Daily from July 8th-12th from 9am-12pm  
Session 2: Daily from July 15th-19th from 9am-12pm

**Cost:** \$450 per week, including an SAT review book that the student can keep. More information about payment is in the registration form

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## New Hartford Home Games \*subject to change without notice

Date	Start Time	Game Type	Sport	Level	Location	Opponent
May 1, 2024, Wed	3:30 PM	Regular Season	Golf (Girls)	Varsity	Stonebridge Golf Club	Central Valley Academy
May 1, 2024, Wed	4:00 PM	Regular Season	Outdoor Track (Boys)	Varsity	HS Track	Rome Free Academy
May 1, 2024, Wed	4:00 PM	Regular Season	Outdoor Track (Girls)	Varsity	HS Track	Rome Free Academy
May 2, 2024, Thu	4:30 PM	Regular Season	Baseball (Boys)	7th/8th	Perry JH Baseball Field	Whitesboro
May 3, 2024, Fri	3:30 PM	Regular Season	Golf (Girls)	Varsity	Stonebridge Golf Club	Rome Free Academy
May 3, 2024, Fri	4:00 PM	Regular Season	Outdoor Track (Boys)	7th/8th	HS Track	Rome Free Academy, Holland Patent
May 3, 2024, Fri	4:30 PM	Regular Season	Baseball (Boys)	Junior Varsity	Joe Corr Field	Marcellus
May 3, 2024, Fri	5:00 PM	Regular Season	Lacrosse (Boys)	Modified 7/8/9	Perry JH Football/Lacrosse Field	Fayetteville-Manlius (Green-EH)
May 3, 2024, Fri	5:30 PM	Regular Season	Lacrosse (Girls)	Varsity	HS Turf Field	Oswego
May 3, 2024, Fri	7:00 PM	Regular Season	Lacrosse (Girls)	Junior Varsity	HS Turf Field	Oswego
May 4, 2024, Sat	10:45 AM	Regular Season (Mudville Tournament)	Softball (Girls)	Junior Varsity	Mudville Softball Fields	Shaker High School
May 4, 2024, Sat	1:00 PM	Regular Season	Baseball (Boys)	Varsity	Joe Corr Field	Camden
May 4, 2024, Sat	2:45 PM	Regular Season	Softball (Girls)	Junior Varsity	Mudville Softball Fields	Ballston Spa High School
May 4, 2024, Sat	2:45 PM	Regular Season	Softball (Girls)	Varsity	Mudville Softball Fields	Mechanicville
May 4, 2024, Sat	4:45 PM	Regular Season	Softball (Girls)	Varsity	Mudville Softball Fields	Nichols
May 6, 2024, Mon	4:00 PM	Regular Season	Outdoor Track (Girls)	7th/8th	HS Track	Central Valley Academy
May 6, 2024, Mon	4:30 PM	Regular Season	Baseball (Boys)	Junior Varsity	Joe Corr Field	Vernon-Verona-Sherrill
May 7, 2024, Tue	4:15 PM	Regular Season	Lacrosse (Girls)	Varsity	HS Turf Field	Rome Free Academy
May 7, 2024, Tue	4:15 PM	Regular Season	Lacrosse (Girls)	7th/8th	Myles Elementary FH/LAX Field	Clinton
May 7, 2024, Tue	4:15 PM	Regular Season	Softball (Girls)	7th/8th	Perry JH Softball Field	Central Valley Academy
May 7, 2024, Tue	4:30 PM	Regular Season	Baseball (Boys)	Junior Varsity	Joe Corr Field	Whitesboro
May 7, 2024, Tue	4:30 PM	Regular Season	Baseball (Boys)	7th/8th	Perry JH Baseball Field	Central Valley Academy
May 7, 2024, Tue	6:00 PM	Regular Season	Lacrosse (Girls)	Junior Varsity	HS Turf Field	Rome Free Academy
May 8, 2024, Wed	3:30 PM	Regular Season	Golf (Girls)	Varsity	Stonebridge Golf Club	Vernon-Verona-Sherrill
May 9, 2024, Thu	3:30 PM	Regular Season	Tennis (Boys)	Varsity	HS Tennis Courts	Utica Proctor
May 9, 2024, Thu	4:15 PM	Regular Season	Lacrosse (Boys)	Varsity	HS Turf Field	Holland Patent
May 9, 2024, Thu	4:15 PM	Regular Season	Softball (Girls)	7th/8th	Perry JH Softball Field	Rome Free Academy
May 9, 2024, Thu	4:30 PM	Regular Season	Softball (Girls)	Junior Varsity	Sherrill Brook Park	Notre Dame, Utica
May 9, 2024, Thu	4:30 PM	Regular Season	Baseball (Boys)	7th/8th	Perry JH Baseball Field	Utica Proctor (JFK)
May 10, 2024, Fri	3:30 PM	Regular Season	Golf (Girls)	Varsity	Stonebridge Golf Club	Whitesboro
May 10, 2024, Fri	4:00 PM	POSTPONED: Regular Season	Outdoor Track (Boys)	7th/8th	HS Track	Holland Patent
May 10, 2024, Fri	4:30 PM	Regular Season	Softball (Girls)	Varsity	Accelerate Sports	East Syracuse Minoa
May 11, 2024, Sat	10:30 AM	Regular Season	Lacrosse (Girls)	7th/8th	Myles Elementary FH/LAX Field	Rome Free Academy
May 11, 2024, Sat	11:00 AM	Regular Season	Lacrosse (Girls)	Varsity	HS Turf Field	Cortland
May 11, 2024, Sat	3:00 PM	Regular Season	Softball (Girls)	Varsity	Hamilton College	Notre Dame, Utica
May 11, 2024, Sat	3:00 PM	Regular Season (Stop DWI Classic)	Baseball (Boys)	Varsity	Hamilton College	Notre Dame, Utica

May 13, 2024, Mon	3:30 PM	Regular Season	Golf (Boys)	Varsity	Skenandoa Golf Course	Notre Dame, Utica
May 13, 2024, Mon	4:15 PM	Regular Season	Softball (Girls)	7th/8th	Perry JH Softball Field	Camden
May 13, 2024, Mon	4:30 PM	Regular Season	Baseball (Boys)	7th/8th	Perry JH Baseball Field	Camden
May 14, 2024, Tue	4:15 PM	Regular Season	Lacrosse (Boys)	Varsity	HS Turf Field	Utica Proctor
May 14, 2024, Tue	4:15 PM	Regular Season	Softball (Girls)	7th/8th	Perry JH Softball Field	Utica Proctor (JFK)
May 14, 2024, Tue	4:30 PM	Regular Season	Baseball (Boys)	Junior Varsity	Joe Corr Field	Utica Proctor
May 14, 2024, Tue	4:30 PM	Regular Season	Softball (Girls)	Varsity	Accelerate Sports	Utica Proctor
May 14, 2024, Tue	4:30 PM	Regular Season	Softball (Girls)	Junior Varsity	Sherrill Brook Park	Utica Proctor
May 14, 2024, Tue	5:00 PM	Regular Season	Lacrosse (Boys)	Modified 7/8/9	Perry JH Football/Lacrosse Field	Jamesville-Dewitt (WHITE)
May 15, 2024, Wed	7:00 PM	Regular Season	Lacrosse (Boys)	Junior Varsity	HS Turf Field	East Syracuse Minoa
May 16, 2024, Thu	4:15 PM	Regular Season	Lacrosse (Girls)	7th/8th	Myles Elementary FH/LAX Field	Whitesboro
May 16, 2024, Thu	4:30 PM	Regular Season	Baseball (Boys)	Varsity	Joe Corr Field	Rome Free Academy
May 16, 2024, Thu	4:30 PM	Regular Season	Softball (Girls)	Varsity	Accelerate Sports	Rome Free Academy
May 16, 2024, Thu	4:30 PM	Regular Season	Softball (Girls)	Junior Varsity	Sherrill Brook Park	Rome Free Academy
May 16, 2024, Thu	4:30 PM	Regular Season	Baseball (Boys)	7th/8th	Perry JH Baseball Field	Rome Free Academy (Orange Team)
May 17, 2024, Fri	3:30 PM	Regular Season	Golf (Boys)	Varsity	Skenandoa Golf Course	Utica Proctor
May 17, 2024, Fri	4:00 PM	Regular Season	Outdoor Track (Girls)	7th/8th	HS Track	Whitesboro
May 17, 2024, Fri	5:00 PM	Regular Season	Lacrosse (Girls)	Varsity	HS Turf Field	Indian River
May 17, 2024, Fri	6:30 PM	Regular Season	Lacrosse (Girls)	Junior Varsity	HS Turf Field	Indian River
May 20, 2024, Mon	4:15 PM	Regular Season	Softball (Girls)	7th/8th	Perry JH Softball Field	Holland Patent
May 20, 2024, Mon	4:30 PM	Regular Season	Baseball (Boys)	7th/8th	Perry JH Baseball Field	Holland Patent
May 21, 2024, Tue	4:00 PM	Regular Season	Basketball (Boys)	Unified	HS Gym	Camden
May 22, 2024, Wed	4:00 PM	Regular Season	Outdoor Track (Girls)	7th/8th	HS Track	Camden
May 23, 2024, Thu	4:00 PM	Regular Season	Basketball (Boys)	Unified	HS Gym	Central Valley Academy
May 23, 2024, Thu	4:15 PM	Regular Season	Softball (Girls)	7th/8th	Perry JH Softball Field	Vernon-Verona-Sherrill
May 23, 2024, Thu	4:30 PM	Regular Season	Baseball (Boys)	7th/8th	Perry JH Baseball Field	Vernon-Verona-Sherrill
May 23, 2024, Thu	5:00 PM	Regular Season	Lacrosse (Boys)	Modified 7/8/9	Perry JH Football/Lacrosse Field	West Genesee (WG Blue)
May 28, 2024, Tue	4:15 PM	Regular Season	Lacrosse (Girls)	7th/8th	Myles Elementary FH/LAX Field	Chittenango
May 28, 2024, Tue	4:15 PM	Regular Season	Softball (Girls)	7th/8th	Perry JH Softball Field	Whitesboro
May 28, 2024, Tue	4:30 PM	Regular Season	Baseball (Boys)	7th/8th	Perry JH Baseball Field	Whitesboro
May 29, 2024, Wed	5:00 PM	Regular Season	Lacrosse (Boys)	Modified 7/8/9	Perry JH Football/Lacrosse Field	Fayetteville-Manlius (White WW)
May 30, 2024, Thu	4:15 PM	Regular Season	Lacrosse (Girls)	7th/8th	Myles Elementary FH/LAX Field	Vernon-Verona-Sherrill
May 30, 2024, Thu	4:15 PM	Regular Season	Softball (Girls)	7th/8th	Perry JH Softball Field	Oneida
May 30, 2024, Thu	4:30 PM	Regular Season	Baseball (Boys)	7th/8th	Perry JH Baseball Field	Oneida
May 31, 2024, Fri	4:00 PM	Regular Season	Outdoor Track (Boys)	7th/8th	HS Track	Vernon-Verona-Sherrill

**Rev. Dr. Mary Webster PRESENTS**

**MAY 18**

Doors open at 6 PM

**Mark Bolos**

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**9TH ANNUAL**

# Community Collection Day 2024

**SATURDAY, MAY 4**  
**9AM - 12PM**  
**CLINTON VILLAGE GREEN**

**NON-PERISHABLE FOOD ITEMS** for the Country Pantry - the need is greater than ever! *Let's fill the gazebo!*

**What's being collected in exchange for food or monetary donation to the Country Pantry:**

- ELECTRONICS:** Donate to the Country Pantry and we'll transport your old electronics for recycling.
- BAKE GOODS SALE:** Sinfully good treats for sale in front of Stone Church for The Country Pantry.
- DRIVE UP AND DROP OFF YOUR ITEMS** without leaving your vehicle!

**Other items being collected by Community Organizations:**

- RECYCLE SOCKS & DENTAL PRODUCTS:** Support the Clinton High School's LEAP Club - accepting all oral care products (toothpaste tubes, used toothbrushes (not electric), dental floss containers) and used socks.
- TRASH:** Organized clean-up throughout the village.
- BOOKS & JEWELRY:** Support the Kirkland Town Library with book and jewelry donations supporting their annual fundraiser.
- RETURNABLES:** To support the Boynton Pool.
- HEARING AID & EYEGLASSES:** Donate these used item be cleaned, repaired, and distributed to those who need them.

**CONTACT:** Scott Leonard, (315) 723-7420 for more information  
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Richard Sherman

### Celebrate Motherhood!

Mother's Day this year is Sunday, May 12th, 2024. It is a day to celebrate Motherhood and show appreciation for mothers, including (great) grandmothers, stepmothers, foster mothers and other mother figures. We have a very large selection of items that would make wonderful Mother's Day gift.

Our Quilled Mother's Day-Wild Flowers card is a labor of love. Each Quilled card (made in Vietnam) takes one hour to create by hand. They are so lovely, some of our customers have had them framed.

Our Beehive Silver Necklace from India is the bee's knees! This silver-plated brass necklace features your favorite pollinator resting on a honeycomb-shaped pendant. It has a lobster clasp.

These and many, many more uniquely handcrafted gift items can be found at our Fair Trade Shop, Stone Presbyterian Church, 8 So. Park Row, Clinton. Our regular hours are 10am to 4pm every Thursday and SECOND Saturdays. Purchasing fair trade items ensures artisans and small farmers fair wages and healthy working conditions, providing dignity, sustainable development and hope for marginalized people. Let us be your go-to Gift Shop!

Visit us at <https://buildingstoneshoppe.square.site> or [www.facebook.com/buildingstonesfairtradeshoppe](https://www.facebook.com/buildingstonesfairtradeshoppe).

### New Hartford Highway News

submitted by Highway Superintendent, Richard Sherman

The Highway Department has a busy schedule in the month of May. Our crews are out sweeping roadways, sweeping town sidewalks, and picking up green waste and brush. When putting out the brush and leftover leaves from last fall, please separate the piles. Don't mix them. If your pile is unusually large, please don't hesitate to call for a special pick-up. The road crew will be cleaning ditches on roads that may be paved this summer.

I want to thank all the homeowners for their patience as your highway employees work diligently to collect branches and brush from the town's 82 miles of streets. Recently you should have received in the mail, your town's annual Trash & Brush Collection Schedule for 2024, outlining curbside brush and garbage schedule and drop off at the Highway Garage. The schedule is also on the town's website at [townofnewhartfordny.gov](http://townofnewhartfordny.gov). Go to Highway Department, click on curbside and the schedule will pop up. You can also stop by the Town Hall and pick up a schedule, if you didn't receive one.

Again, this year we will be offering our tag service from April through September, for items that are

unable to be brought to the Highway Garage, and need to be picked up at a residence. The tag this year is again \$5.00 per item and can be purchased at the Town Clerk's Office, 8635 Clinton Street, New Hartford. Please pick up tags no later than the Friday before the first Monday of every month. This service will be suspended in the month of October for the annual curbside garbage pickup in front of the residences. On May 11th there will be a garbage drop off at the Highway Garage from 7:00 a.m. until noon. We will also be offering the CONFIDATA DESTRUCTION SERVICE for shredding of private papers, on-site from 8:00 a.m. until noon for our constituents. Each person is limited to ten boxes of papers to shred.

The Highway Department will be displaying our heavy equipment again this year at the New Hartford Public Library on Saturday, June 15th from 10:00 a.m. until noon, for the annual "Touch the Truck" event. Touch the Truck is a huge success every year, which brings children and parents together to see what the Town uses for plowing and sweeping roads, loaders, and the equipment kids see go by their houses every day. Our new equipment will be on display as well. Our Deputy, Chris Moran, and I will be available to answer any questions. We will also be handing out yellow hard hats to the children.

As always, please don't hesitate to contact me at [rsherman@townofnewhartford.gov](mailto:rsherman@townofnewhartford.gov), Town Highway Garage 315-733-7500 or my cell phone 315-534-2998.



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*Pictured are three members of Sitrin's nursing staff: (l-r) Candace Carcone, RN and Rehab Charge Nurse, Amanda Deep, CNA, and Taylor Cittadino, LPN.*

**Sitrin to Add to Nursing Staff with Special Gift from GPO Federal Credit Union**  
**GPO to Provide Full Scholarships for CNA Training**

Every year, from May 6th to the 12th, healthcare facilities across the country celebrate National Nurses Week. This annual celebration recognizes the dedication of America's nurses and honors them for taking care of us in our most vulnerable moments. This year's theme, "Nurses Make the Difference," honors the incredible nurses who embody the spirit of compassion and care in every health care setting.

This year, Sitrin Health Care Center is pleased to announce that GPO Federal Credit Union will offer two full scholarships to those wishing to become certified nursing assistants. Those awarded the scholarships are guaranteed employment as

a CNA at Sitrin at the completion of their training.

"I am immensely proud to see our partnership with Sitrin Health Care Center and GPO Federal Credit Union culminate in this impactful initiative," said Nick Mayhew, CEO of GPO Federal Credit Union. "By offering full scholarships for aspiring certified nursing assistants, we are not only investing in the future of our local healthcare but also empowering individuals to pursue fulfilling careers while ensuring top-notch care for patients at Sitrin. This collaboration highlights our commitment to fostering innovation, education, and community engagement in healthcare."

"Sitrin is extremely grateful for the support of GPO Federal Credit Union," said Christa Serafin, CEO of Sitrin Health Care Center. "These scholarships will enhance the careers of those who receive them while also further developing Sitrin's nursing team and meeting the healthcare needs of our community."

At Sitrin, nurses have the opportunity to experience different settings across the healthcare realm including inpatient rehabilitation, long-term care, and NeuroCare for individuals with Huntington's Disease and ALS.

Patients in rehabilitation put their trust in the nursing staff, as many have been admitted for various surgeries and illnesses. The staff works tirelessly to ensure each patient is therapeutically healed in an effort to safely return home.

On Sitrin's NeuroCare unit, nurses greatly influence the everyday lives of the residents, bringing both excitement and celebration to those affected by Huntington's Disease and ALS. Not only do the nurses showcase their expertise by providing specialized care, but they also assist and participate in fun-filled activities, including holiday celebrations, game competitions, dance therapy, art classes, and community outings.

In long-term care, residents enjoy their Cape Cod-style homes that are uniquely and thoughtfully decorated by the nursing staff. Each home has its own identity, as each nurse takes pride in adding touches of warmth and personalization. This attention to detail enhances long-term care, bringing extra delight and comfort to the residents residing there.

"We care for our residents in a professional yet laid-back environment," said William Burton, RN, and Unit Manager. "I feel happy and blessed during and after the rewarding workday."

Sitrin currently has openings for RN, LPN, and CNA positions. Those who work at Sitrin enjoy flexible schedules/hours, generous paid time off, competitive insurance packages, and retirement plans with employee matching. Sitrin also offers an onsite wellness program, with a fitness center, weight machines, and swimming pools, at no cost to employees or members of their immediate families.

Additionally, qualifying RN, LPN, and CNA positions can receive a sign-on bonus upon hire. The sign-on bonus for full-time positions is \$2,500 and the sign-on bonus for part-time positions is \$1,500.

For available positions or more information, visit [www.sitrincareers.com](http://www.sitrincareers.com).

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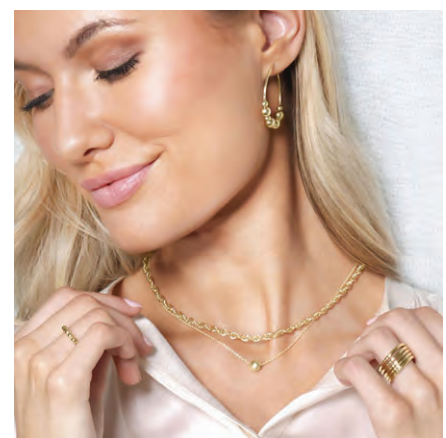


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Raymond J. Durso, Jr.  
President & CEO  
The Genesis Group

**Genesis is Taking Action,  
Achieving Results and  
Making a Difference!**

I hope this message finds you well! My father had a saying when he heard people comment that the "world was crazy." He'd say, "the world is a beautiful place, it's the people in the world that are crazy." You may agree or disagree, but one thing is for sure, there's a lot going on around us locally, nationally and globally. There are many distractions in life, but there are also opportunities.

I'd like to challenge you to focus on opportunities – for yourself, others and the community. People, places and even industries such as Education,

Healthcare, Manufacturing, Banking and Finance, Insurance, Agriculture, Public Safety, Tourism and so many more, have all experienced some type of change, growth and new development. I believe the Mohawk Valley is ready for new levels of success. We are welcoming new companies and seeing local companies expanding. Recruiting and retaining employees remains a concern, but the potential for new opportunities is unlimited. We must stay focused and work together to make the region stronger and better!

The Genesis Group has a "plan of action" which offers opportunities for people to get involved. The plan includes projects, events and programs that create positive impact. I invite you to join us. Email me your name, contact information and areas of interest: rdurso@TheGenesisGroup.org. Along with our Trustees, we believe Genesis has the experience and leadership skills for these exciting times. We appreciate the continued support of our Volunteers, Sponsors and Partners. Together we are making a difference.

Meet the Genesis Group Team, starting with our Board of Trustees: Gene Quadraro, Rebecca Ruffing, Christine Ossont, Adrian Colosimo, Richard Presky, Vincent Coyne, Wesley Cupp, Keith Fenstemacher, Roxanne Mutchler, Frank Przybycien, Alice Savino, Bethany VanBenschoten, Dr. Renee Scialdo-Shevat and Pamela Way.

Committee Chairs & Task Leaders: Matt Savery, John Reale, Denise Ledda, Kayla Federow, Jessaca DiPrimo, Robin Robinson, Leigh Ann Dillon, Maria Gallagher, Michele LaMandia, Anthony Nicotera, Maria Smith, Jeff Smith, Christine Spiak, Patty Currier, Rachel Siderine, Frank Coots, Shawn Kain, Dr. Jason McCarthy, Jacob Childress, Mark Cushman, Jasminka Husic, John Zogby and Alicia Brockway.

Upcoming Genesis Group Regional Events:

- May 1 – Career Day at Vernon-Verona-Sherrill High School
- May 6 thru May 10 - Teacher Appreciation Week
- May 22 - 24th Annual Regional Healthcare Recognition

Together, we are working for a better Mohawk Valley region!



**Sci-Fi Horror Fest**

SCI-FI Horror Fest will be held at Vernon Downs Hotel and Casino on August 16th & 17th. We will have celebrities such as Llyod Kaufman co owner producer Director from Troma Films and creator of "Toxic Avenger".

We also have CJ Graham who played Jason Vorhees in friday the 13th part 6th, and more. Celebrity guests to be announced soon! We have a diverse array of vendors and Tattoo Artists from Nevermore Collective Tattoo will be there. We will have a "V.I.P PARTY" Celebrity panels, a live movie riff and more! Tickets on sale now at www.sci-fihorrorfest.com.

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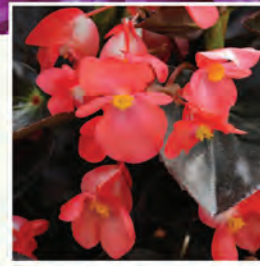
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### Utica Rotary's Service Above Self Gala Returns to Stanley Theatre on June 7

The Rotary Club of Utica's 'Service Above Self Gala,' presented by the SBS Marketing Group, will once again grace the famous Stanley Theatre stage on Friday, June 7 from 6-11 p.m.

The black tie (optional) event, now in its third year, begins with Red Carpet treatment as guests arrive, followed by a cocktail hour, live music by Soul Injection, and a seated dinner on The Stanley's stage. Tickets are \$150 per person. This year's Gala benefits the Resource Center for Independent Living (RCIL), with proceeds supporting their 'Arts for Many Hearts' day program.

"The Service Above Self Gala is back and bigger than ever," said Gala Committee Chairman and Utica Rotary Past President Stephen Turnbull. "Thanks to the generosity of past attendees and sponsors, our first two Galas raised nearly \$30,000

supporting causes such as CABVI's Camp Abilities and Utica Zoo's Red Panda Exhibit. We're excited to announce RCIL as the beneficiary of this year's event as their 'Arts for Many Hearts' program offers wonderful activities to caregivers and their loved ones. We can't wait for June 7 and hope you'll join us on The Stanley's stage."

For more info about the Gala, including how to purchase tickets and/or become a sponsor, visit <https://uticarotary.org/page/service-above-self-gala-1>.

### Curtin Clan Gathering, 25-28 July, 2024 at the Collegian Hotel and Suites in Syracuse

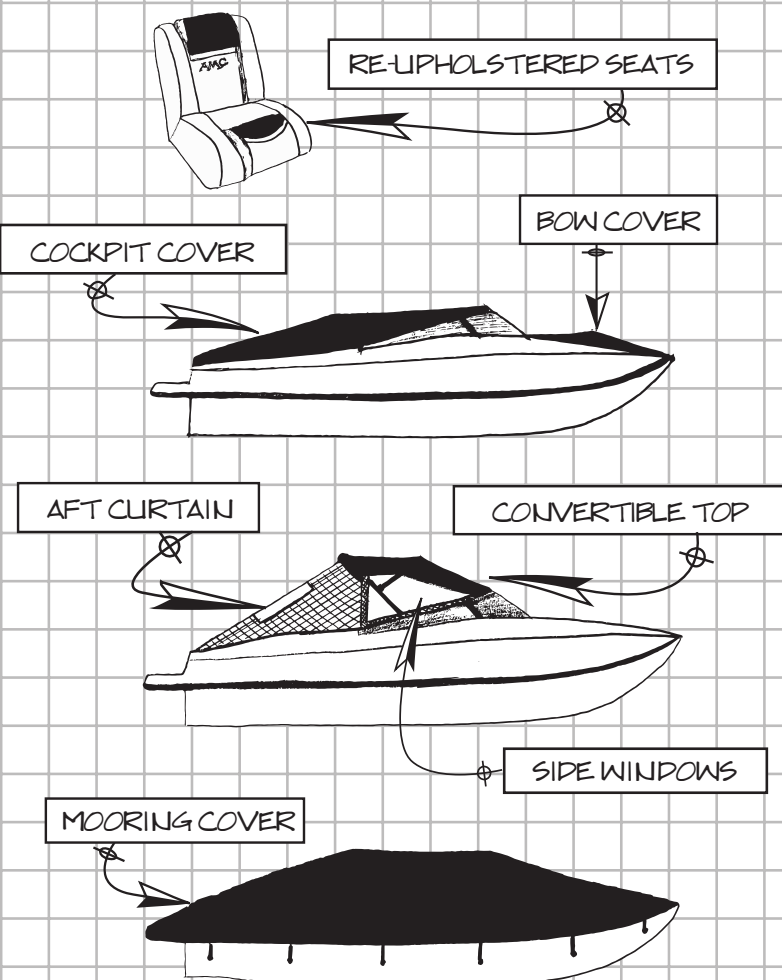
"You can't know where you are going until you know where you've been", Old Irish Proverb



The Curtin Clan will celebrate their 25th anniversary with a Gathering at the Collegian Hotel on 25-28 July, 2024. They are a group of people with a connection to the Curtin surname that are curious about how generations before lived in Ireland and many that emigrated to lands far from home. The Curtin surname is found in counties Clare, Cork, Kerry and Limerick. We are an international community for genealogy, research and fellowship.

The Gathering will include speakers on DNA and genealogy; Marcellus Author John Curtin; Local Historian Ciarrai Eaton on 19th century Irish immigrant girls; and Kate Costello-Sullivan, Le Moyne College Professor of Modern Irish


Literature. Irish dancers, storytellers and the Flyin' Columns band will entertain. There will be a Ceili evening, Gala Dinner and Mass at the Cathedral of the Immaculate Conception. For registration information, visit their website at <https://www.curtin.org/gathering-1>



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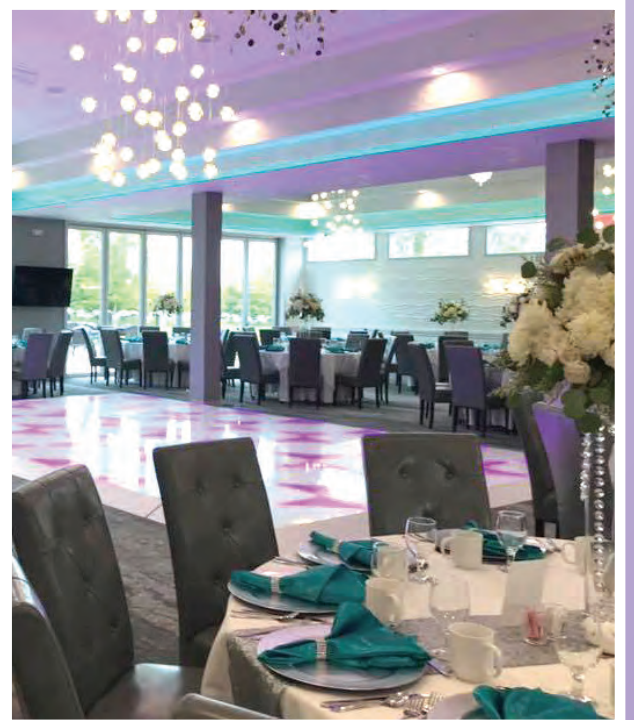
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## NHFD News

Your New Hartford Volunteer Fire Department responded to 129 alarms during the month of March 2024 as indicated by the monthly alarm report listed below by category:

Fires = 4  
 EMS = 60  
 Hazardous = 5  
 Service Type = 24  
 Good Intent = 7  
 Special Incident = 1  
 Other Alarms = 28  
 Weather Related = 0  
 Other = 0



Total Calls for the Month of March 2023 = 129.

Of the 129 alarms, 102 were in the town, 24 were in the village, and 3 mutual aid calls.

This brings the total alarms for 2024 to 334.

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 include water or animal problems, public assistance or standbys. Good Intent refers to responding but did not find anything or canceled in route. Other alarms include explosions, carbon monoxide, smoke, or sprinkler detector activations.

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

## We Remember and Honor Our Fallen Brother and Sister Firefighters

We will once again celebrate Memorial Day with the annual Memorial Day Parade and Open House at the fire station on Monday evening, May 27 with the parade starting at 7pm.

We again express an enormous "Thank you" not only to our front-line workers who have endured tremendous obstacles over the past year but to all the first responders and the members of the New Hartford Volunteer Fire Department who we remember in a special way for their dedication and service to our community.

As is our custom to acknowledge and honor our fallen brothers and sisters during the department's Open House, we take this opportunity to recognize these outstanding individuals who served our community with pride and distinction.

Therefore, at a meeting held by this association on January 6th, 1932 - It was ordained that this expression of esteem and honor - For faithful and active service be perpetuated.

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Stephen J. Moran

## New Hartford Fire Department Schedules Annual Memorial Day Parade and Open House Stephen Moran Named Grand Marshall

The New Hartford Volunteer Fire Department, in conjunction with the Village of New Hartford, the New Hartford Chamber of Commerce and Richard Sherman, Town Highway Superintendent, will hold its Annual Seven-Division Memorial Day Parade and Open House on Monday evening, May 27, 2024.

Stephen J Moran, a US Army Veteran who has served not only his country but his community, has been named this year's Grand Marshall.

Born in 1946 to Robert and Rosemary (Magee) lifelong Village of New Hartford residents he attended and graduated from St John the Evangelist Catholic grade school. Upon graduating he attended the original Notre Dame High School on Genesee Street and graduated from New Hartford High School class

of 1964.

Following graduation, he enlisted in the US Army in November of 1964. He trained as a recruit at Ft Dix, New Jersey after which he attended the US Army Aviation school in Ft Eustis and graduated as an aircraft mechanic specializing in fixed wing aircraft. He was then assigned to duty in Germany in 1965 for 11 months at the US Army Aviation Maintenance Center (USAMAC) in Mannheim Germany as an aircraft crew chief and attained the ranks of PFC and Specialist 4th class.

In 1966 he was transferred to the Republic of South Vietnam south of Saigon that today is known as Ho Chi Minh City. There he was assigned to the 54th Aviation Company, 255th Transportation Detachment where responsibilities included maintaining the flight availability of 12 fixed wing aircraft. On this tour he was promoted to Specialist 5th Class.

He is the recipient of the United States Army Commendation Medal for meritorious service in a hostile combat environment by maintaining a 98.9% aircraft availability and readiness along with the Good Conduct Medal and Republic of Vietnam service Medal. He was honorably discharged in October 1967.

Moran, a resident of the Village of New Hartford, is a 38 year member of the New Hartford Volunteer Fire Department and a 15 year past member of the Poland Fire Department, where he obtained the rank and served as Fire Chief. He is also a 53 year member and Past Commander of Adirondack American Legion Post in Coldbrook and a past member of the VFW Post 1554 in Poland, NY.

He has two children Gary in Australia and Chris in the Town of New Hartford and grandchildren in both countries.

This year's seven -division parade begins promptly at 7pm from the New Hartford Shopping Center. Again, this year, the 10th Mountain Division Band from Fort Drum has been invited. However, as of press time, there

may be a scheduling conflict. The parade will proceed North on Genesee Street, turning right onto Pearl Street, left on Sanger Ave, and left onto Oxford Road, ending at the Fire Station. There will be no parking permitted along the parade route. This includes Genesee Street, Pearl Street, Sanger Ave and Oxford Road.

The Department's Memorial Room, with many new displays and photographs, will be open to the public following the parade. The parade and open house will be held rain or shine and refreshments will be served.

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

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Christopher J. Carbone

## Retiring Single: 5 Strategies to Consider

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

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

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

### 1. Create a fallback plan

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

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

### 2. Build a network of professional advisors

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

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

### 3. Count on family and friends — to a point

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

For example, you should take extreme care before turning over your financial matters and decisions to anyone else, whether a loved one or a professional. Make a point to stay actively involved in those decisions and work with a team of people you trust to help make decisions that are in your best interests. Evaluate the possibility of engaging a corporate trustee to manage finances, should you become incapacitated.

### 4. Get estate and wealth-transfer plans in place

Many people drag their feet when it comes to estate planning. Even if you've put some documents together, are you sure you have what you need to ensure your wishes are carried out?

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

- Will
- Power of attorney (POA) for financial matters
- Durable power of attorney for health care
- Health Insurance Portability and Accountability Act (HIPAA) release authorization
- Living will
- Revocable living trust

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

### 5. Plan for change

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

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

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

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

This article was written by/for Wells Fargo Advisors and provided courtesy of Christopher J. Carbone, CFP®, AWMA®, LUTCF® First Vice President - Investment Officer Financial Advisor in New Hartford, NY at (315) 723-7386.

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Reenactors of the 146th NYSV in Zouave attire, mustering at Saunders Field during the 150th anniversary observance of the Battle of the Wilderness, May 4, 2014.

Photo Credit: Michael Fischer

## Civil War Program Decimated: The 146th NY at The Battle of the Wilderness with Michael Fisher

May 2024 marks the 160th anniversary of the Battle of the Wilderness. The casualties were high with almost half of the enlisted men and officers becoming casualties. The 146th New York Volunteers from Oneida County had several soldiers among the injured and captured. This program by Michael Fisher will share the personal stories of these men and emphasize the terrible consequences of this deadly Civil War battle.

The 146th New York State Volunteers was a unit raised in Oneida County. In the fall of 1862 the troops crossed the Rapidan River in Virginia with the Army of the Potomac. Over the next two days, the 146th would engage with the Confederates in horrific field conditions and suffer the highest number of casualties the 146th saw in the entire war.

Michael Fischer is a historian based in Jewell, New York. His family history includes ancestors who lived in Utica, including a great-granduncle who was captured at The Battle of Wilderness.

ABOUT: Oneida County History Center is a private 501© (3) not-for-profit educational institution dedicated to preserving the history, heritage, and culture of the Greater Mohawk Valley for present and future generations. Admission to this program is free for the general public; donations are encouraged. Please contact the History Center at 315-735-3642 or visit [oneidacountyhistory.org](http://oneidacountyhistory.org) for additional information.



## New Hartford/NY Mills/ Whitestown Lions Club

The New Hartford/NY Mills/Whitestown Club welcomed Anne McNaughton and Nancy Robert at our March meeting. Anne and Nancy spoke to us about the mission of Mother Marianne's West Side Kitchen at the St. Joseph- St. Patrick's Parish Center in Utica. The multifaceted mission offers a soup kitchen, a boutique, and a hair salon. Blood pressure clinics and interpreter services are also available.

Pictured above are: Ms. McNaughton and Ms. Robert with Lions Club President Bob Porter, First Vice President Geraldine Schisler, and Treasurer Nick Montesano. The Lions Club presented a donation to aid in their mission.

The New Hartford/NY Mills/Whitestown Lions Club meets on the second Tuesday of each month at 5:30 at Sloppy Joe's Pizza in the New Hartford Shopping Center. We always welcome visitors at our meetings.

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Victor Fariello Jr.



### Reader Challenge- What Will you Find?

Now that antiques season has finally arrived, we are challenging our readers to help us find the "Best Find of the Season". Tell us about an interesting, unique or special item that you find in your travels and yours just might be selected as a winner! Yes there will be prizes and the First, Second and Third Place winning items will be featured in the September 2024 installment of Antique Talk.

Here's how it will work. Readers are asked to submit a photo and brief description of the item. The item must be purchased between May 1 and June 30, 2024. Entries must be received no later than July 15, 2024. You can mail your entry to Antique Talk, PO Box 194, Washington Mills, NY 13479 or email it to [vjfariello@gmail.com](mailto:vjfariello@gmail.com). Tell me why you think your item is the "Best Find of the Season."

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

SECOND PLACE: 1-Year Subscription to Antique Trader Magazine

THIRD PLACE: 2024 Kovel's Price Guide

Multiple entries are ok. If you're not sure which of your finds is the best, send them all in and increase your chances of winning. We've waited so long for this season to get here, so get out and enjoy it. There are many treasures, bargains and interesting items awaiting you. What will you find?

Happy Collecting!

### Madison Bouckville Shows

The much anticipated Madison-Bouckville Antique Shows are set for 2024. First up is the June Antique Show, May 31-June 2, 2024 from 8 a.m. to 5 p.m. Although on a smaller scale, this show is well worth the quick jaunt down Route 20. August 12-18, 2024 are the dates for the iconic Madison-Bouckville Antique Week. Here more than 2,000 dealers display antiques and collectibles of every size and description. The hours will be 8 a.m. to 5 p.m. for this show as well. You will definitely want to plan more than one day for this outstanding event.

### Questers Want You!

The J. Schoolcraft Sherman #1519 Questers was organized in New Hartford in 2019. We hold monthly meetings on the first Monday of the month at 4:30 p.m. at the NH Library except in July and August. We are individuals interested in history, preservation, education and appreciation of antiques. You can check out the organization at [questers1944.org](http://questers1944.org). For more information on the New Hartford Questers and how to join, please email me at [vjfariello@gmail.com](mailto:vjfariello@gmail.com). We would be pleased to have you in our group!

### NH Historical Society Worthy Of Your Support!

Have you considered joining or renewing your membership in the NH Historical Society? Now would be a great time to do so. 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 would be greatly appreciated.

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

# Epicurean Delight

Sunday, June 9, 2024 | 4-7 p.m.  
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| Chef's Express                      | Lafa Mediterranean by Zeina's |
| Clinton Cider Mill                  | Minar Fine Indian Cuisine     |
| Crust Kitchen & Bar                 | Monarch Banquets              |
| Edible Arrangements                 | Nothing Bundt Cakes           |
| Feast & Festivities<br>by O'Connors | Phoenician Restaurant         |
| 🥄 Gerber's 1933 Tavern              | Roso's Café & Bakery          |
| 🥄 Hart's Hill Inn                   | So Sweet Candy Café           |
| Holy Pizzolie                       | Symeon's Greek Restaurant     |
| Hot Off The Brick                   | The Chowder House             |
|                                     | The Grapevine                 |
|                                     | Zeina's Café 🥄                |

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## SEWER AND DRAIN BACK UP:

Sewer overflow or drain back-ups can present a more technical approach to the clean-up due to the contaminants involved. Porous, semi-porous building materials and contents will generally involve removal when affected by sewage while hard surface framing lumber can generally be cleaned and sanitized unless the travel of sewage requires removal of this lumber for proper cleaning. Disaster Services will handle all phases of this type job and guarantee professional results. We are proud to say we have handled hundreds of these losses with 100 percent client satisfaction.

## NYS LICENSED MOLD REMEDIATION CONTRACTOR BASEMENT & ATTIC MOLD:

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. When required, we also offer air quality and testing services. Several factors can influence a mold growth in a basement or attic area. Basements with finished walls are susceptible to moisture intrusion at the ground level. Trapped moisture due to lack of air flow between the finished wall and the exterior foundation wall is an ideal environment to facilitate mold growth. A dark appearance showing on the face of the finished wall should be investigated further. Unfinished basement will typically show signs of mold growth at the base of the foundation spreading upwards over time. Although there are a few different reasons this particular area of the structure is problematic, ground water seepage along with lack of air flow and improper dehumidification are generally the cause.

### CHOOSING THE RIGHT COMPANY:

- Choose a Water Damage Restoration Company That Can Do The Following:
- Can Offer a Full Line Of Services From Water Damage Mitigation To Mold Remediation So That The Home Owner Will Be Working With A Single Company.
- Responsive – Emergency or Non-Emergency Services. Your Call Will Be Answered Immediately- NO ANSWERING MACHINES
- Has Reputable 5 Star Local References.
- Is Fully insured For Water Mitigation and Mold Remediation Services.
- Offers A Detailed Plan For Mitigation and Coordinates With Your Insurance Company.
- Knows How To Navigate The Insurance Claims Process With You.
- Uses The Latest State-of-the-Art Equipment And Techniques.
- Treats You, Your Home and Its Contents With Respect.
- Guarantees And Stands Behind All Of Their Work

### BOTTOM LINE:

Water damage can lead to expensive repairs. Most homeowners may never experience this and some more than once. There are several components involved in proper handling of these losses and most home owners and business owners will need proper guidance in this situation. This should include a timely response, a professional scope and evaluation of the damage, help to determine coverage and contacting the insurance carrier, immediately starting emergency services and guiding the homeowner through the mitigation and claims process. Disaster Services is a leader in our area in setting the bar for our industry in water, fire and mold damage. Read our reviews on Google or Facebook and keep our number handy by scanning the code to your phone and saving to your contacts. We are locally owned, not a franchise and work for the benefit of the homeowner. We personally answer all calls – 24/7- 365 days a year. Check out our web site below or visit us on Facebook.

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### Rhythm Future Quartet Brings Gypsy Jazz to Kirkland Art Center in Clinton

The Kirkland Art Center will present a special concert of Gypsy jazz with the Boston-based band Rhythm Future Quartet on Saturday, May 4th from 7:30 pm on the KAC Live stage at 9 1/2 East Park Row in Clinton.

The acoustic ensemble Rhythm Future Quartet has a straightforward agenda: to keep the spirit of Gypsy jazz alive and expanding in today's musical universe. The foursome, named for a Django Reinhardt tune, offers up a newly minted sound, influenced by the classic Hot Club of France, yet wholly contemporary. Founded by violinist Jason Anick, the quartet performs dynamic and lyrical arrangements of both Gypsy jazz standards and original compositions that draw upon diverse international rhythms and musical idioms.

"We hope everyone will come out to join us for a special evening that highlights the dazzling techniques and improvisational depths of the four band members, who have a great musical rapport on stage," said Damhnait McHugh, KAC Board member and volunteer with the KAC Live music series.

A star in the jazz violin world, Jason Anick is an award-winning composer and violin professor at the Berklee College of Music in Boston who has shared the stage with an array of artists including John Jorgenson, Stevie Wonder, and Tommy Emmanuel. Henry Acker is a young jazz guitarist who performs both in the style of Django Reinhardt and traditional jazz—he is a five-time winner of the Downbeat Magazine Student Award for jazz guitar soloist.

Guitarist Max O'Rourke was the winner of the 2015 Saga Award from DjangoFest Northwest and at 22 has already toured/recorded with many of the top American Gypsy jazz musicians, including John Jorgenson, according to the news release. Greg Loughman is a top call bassist in Boston and has been heard with Sheila Jordan, and George Garzone.

Tickets are \$20 General, \$18 for KAC Members and are available at [www.kacny.org/kac-live](http://www.kacny.org/kac-live) or at the door or by calling 315-853-8871 (Tues-Fri noon-4pm).



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**The Peace Project | Weekly May 30th to June 27th from 1:30 to 3 PM**

Join us for a 30-day experiment in practicing thankfulness, kindness, and mercy. Participants will travel these 30 days with Executive Director Judith Reilly as they all work through the book by Kay Willis Wyma, *The Peace Project: A 30-Day Experiment*. Please buy and bring the book with you to the first session.

All are welcome! For more information or to register for any event, please call or email St. Margaret's: 315-724-2324 or [info@stmargarets houseny.org](mailto:info@stmargarets houseny.org)

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Minister: The Reverend Karen Brammer

May 5: Rev. Ed Townsend – “Wading In – Reflections on the other side of the tracks.” Rev. Ed's guest musician will be Ken Meyer, classical guitarist.

May 12: Rev Karen Brammer – “Five Smooth Stones for Mother's Day” Five Smooth Stones – a gift from one of our 20th century theologians, James Luther Adams. Rev. Karen learned this perspective and theological notation from two of the most powerful UU mentors in her life, both women, both mothers. She will share why the Five Smooths Stones are a lovely mother's day present to us all.

May 19: Rev. Karen Brammer – The Chalice and the Flower. In a month our Unitarian Universalist Association will vote on whether to evolve once again our 7 (and for UUUtica, our 8) Principles. No matter the outcome of the vote, our faith will not lose the chalice, nor bury the principles. However, we may gain a flower in which the core is love and each petal an expression of that love in action. It is a flower designed to faithfully respond to the times we are living in.

May 26: Ken Drake – UUUtica Social Justice Initiatives



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Sat morning - 9:30am

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**Strategic Named to List of Nation's Top DC Advisor Teams**

Strategic Financial Services has been named to the National Association of Plan Advisors' (NAPA) list of the nation's top defined contribution (DC) Advisor Teams with Assets under Advisement of \$100 Million.

Unlike other lists, this focuses on individual firms, or what may, in a wirehouse environment, be referred to as a team, or office, and the assets under advisement related to their defined contribution (DC) practice, specifically in a single physical location. The inaugural list was published in 2017.

“Since their inception, NAPA's various industry lists represent the best of what the retirement plan industry has to offer, setting the bar higher for financial professionals and plan advisors specifically,” said John Sullivan, Chief Content Officer of the American Retirement Association, and Editor-in-Chief of NAPA-Net, the nation's leading online resource for retirement plan advisors. “The NAPA Top DC Advisor Teams are ranked by self-reported DC assets under advisement and highlight the positive impact they're making on the nation's private retirement system.” “We're proud to be recognized as a NAPA Top Defined Contribution Advisor Team, showcasing our dedication to excellence in serving retirement plan sponsors and participants alike,” Greg Tedone, CPFA, ARPC, Head of Retirement Plans at Strategic Financial Services.

“This honor highlights Strategic's continued commitment to excellence in 401k and 403(b) retirement plan consulting,” said Alan Leist, III CEO of Strategic Financial Services. “Providing outstanding workplace financial advice and fiduciary oversight is in line with our mission to help people live a great life. We are proud to have our team recognized for their leadership in the DC space,” added Leist.

This year's list features a record number of teams (452)—which oversees nearly \$2 trillion in defined contribution plan assets belonging to more than 47,000 plans covering nearly 21 million participants. This year's teams represented 43 states and the District of Columbia.

Sullivan added, “As the nation's voice for retirement plan advisors, we are once again pleased to highlight the contributions and commitment of these teams.”

The list of NAPA's Top DC Advisor Teams, which will be published in the Spring issue of NAPA Net, the Magazine, is available online at <https://www.napa-net.org/napa-top-dc-advisor-teams-2024>.



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**Angels Among Us  
Food Pantry**

**May 11 & 25 • June 8 & 22  
July 13 & 27 • Aug 10 & 24  
Sept 14 & 28 • Oct 12 & 26  
Nov 9 & 23 • Dec 7 & 21**

**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.

**We Are Looking For Volunteers!**

**2024 TEFAP Eligibility Income Guidelines\***

Based on Annual Incomes

Household Size	Income
1	\$33,885
2	\$45,990
3	\$58,095
4	\$70,200
5	\$82,305
6	\$94,410
7	\$106,515
For Each Additional Person Add:	\$12,105

**Gospel Corner Café**

**Coffee House**

**Fourth Friday of every Month at 6pm**

**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**

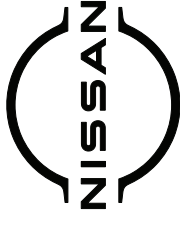
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