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 July 2024

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**New Hartford Citizens' Band 2024 Summer Schedule**



The New Hartford Citizens' Band concerts are every Wednesday in July at 7:30 at the NH Village Green. They're also performing at Sylvan Beach on June 26<sup>th</sup> and at the New Hartford Band Festival on August 3<sup>rd</sup>.

If anyone would like to join, please email [newhartfordcitizensband@gmail.com](mailto:newhartfordcitizensband@gmail.com). They are always welcoming new members!!!

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### Well On Your Way

submitted by Shelley Corey of The Mum Farm

It's now July and your annual planters, window boxes and ground plantings are well on their way to showing off their wonderful display of flowers! Everything should be flourishing. Now it's your job to keep them watered, fertilized, dead-headed and pinched back.

Let's go over the last two things I just mentioned. Deadheading is the act of removing "spent" or old flowers. Geraniums are the first plant that comes to mind for me. Geranium blossoms once they "shatter" or drop their petals need to be removed and it is a simple act that can be done without pruners. You simply slide your hand down the flower stem until it meets the plant and bend it backwards off the stem... I often refer to this meeting place as the "elbow". When bent away from the plant it makes an easy clean break from the plant. If you simply cut off the old flower stalk below the blossom you will end up with old stalks sticking from your plants that will eventually yellow and die, looking terrible in the process. When dead-heading is done in a timely manner, the plant just continuously keeps cranking out new flower buds! With some plants it's just easier to get your pruners out to nip off the old spent blossoms. Plants that come to mind that benefit from dead-heading are salvias, gerbera daisies, marigolds among others.

Some annuals benefit from being pinched back or pruned. They would like a little pruning to encourage new growth and in turn new flowering opportunities. Plants that come to mind are, nemesia, petunias (especially the trailing kind), coleus. Sometimes pruning is done to maintain a plants shape, or habit within a planter. The newer varieties of coleus are bred not to flower, but sometimes are very vigorous growers and simply benefit from being pruned to make them branch out, rather than simply get taller. Recent petunia varieties do not need dead-heading...they are continuous bloomers as long as they are kept well fed and I mean fertilizer!!! Shall I say that again? No deadheading or pulling off the old blossoms of petunias is necessary! I still have customers shy away from petunias because they don't want to get their hands "sticky" picking off old blossoms!

Petunias will often get overgrown in a hanging basket because as growers we often start the plants early in the greenhouse to get them showy to sell, but then they tend to slow down and might get lanky because you may not be fertilizing as often as you should. You can simply give the entire basket a "haircut" by pruning the ends of the plant back by about 6 to 9 inches. This promotes branching and a new "flush" of beautiful blooms to carry you right through until mum time!

The act of deadheading and pruning will help you on your way to a beautiful display of annuals. Just smile and think of that green thumb you're growing!



### NYS Approved Defensive Driving Course Offered

New York State approved defensive drivers course for insurance and point reduction programs to be given by AARP on Tuesday July 30th 2024 at the New Hartford Public library from 9am to 3:30pm.

For registration and other information please contact Mary Merritt at (315)724-0096. Call early classes fill up fast. Open to all ages.



### Thank You!

The committee for the 10th annual Make-A-Wish golf tournament, to honor the memory of John D. Lloyd, would like to thank all the volunteers, golfers, donors, and tee-hole sponsors. The event was held on June 8th at Twin Ponds Golf and Country Club with 136 golfers. As a result of everyone's generosity, the tournament was a huge success. This annual event is a wonderful tribute to John, and the money raised will help grant children with life threatening illnesses a wish through the Make-A-Wish Foundation of Central New York. Looking forward to seeing all of you next year.



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## BUTTERFLY RELEASE CELEBRATIONS



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

### Celebrate Life and Memory with the 2024 Hospice Butterfly Release

Hospice & Palliative Care, Inc. invites the community to partake in the Annual Butterfly Release Celebration on Wednesday, July 17, 2024. This cherished event is open to everyone, providing a heartfelt way to remember and honor loved ones through the symbolic release of butterflies.

The Butterfly Release Celebration is more than just an event—it is a life-affirming expression of hope and peace. By sponsoring a butterfly in the name of someone special, participants can celebrate their memory in a profound and moving way. “This unique event gives our community a beautiful way to honor and remember their loved ones by releasing a butterfly in a location that is meaningful to them. It is one of our most anticipated events each year,” says Laurie Barr, Fund Development Coordinator.

Participants can pick up their butterflies and release them with family and friends in a location that holds personal significance. Each participant will also receive a special program recognizing those being honored. Butterflies must be released on the same day they are picked up and at least 30 minutes before sunset. This year, butterflies can be picked up at the following locations:

- Hospice & Palliative Care – 4277 Middle Settlement Rd., New Hartford, from Noon to 6:00 p.m.
- Nunn’s Home Medical Equipment – 1340 Floyd Ave., Rome, from 3:00-6:00 p.m.
- Herkimer College – College Center – 100 Reservoir Rd., Herkimer, from 3:00-6:00 p.m.
- Oneida Health – 601 Seneca St., Oneida, from 3:00-6:00 p.m.
- Adirondack Bank Center at the Utica Memorial Auditorium – 601 Seneca Street, Oneida, from 3:00-6:00 p.m.

Sponsoring a butterfly is a wonderful way to contribute to a worthy cause, with each sponsorship priced at

\$25 per butterfly or five for \$100. If you are unable to pick up butterflies in person, we can release them on your behalf. The proceeds from this event will support hospice care, palliative services, and bereavement support in Oneida, Herkimer, and Madison Counties.

Butterflies must be reserved, and quantities are limited, so please do not wait to place your order. Orders placed by July 12 will be listed in the program. For more information, to print an order form, or to reserve your butterflies, visit [www.hospicecareinc.org](http://www.hospicecareinc.org) or call 315-735-6484.

Join us in this beautiful tradition of remembrance and celebration and help us support those in need within our community.

More information and an order form can be found on page 33.

### FREE Summer Music Opportunity - Classical Youth Chamber Music Festival 2024



Horn Trio performance on the lawn at Rome Art & Community Center.

The Classical Youth Chamber Music Festival, now in its 7th year, provides motivated student musicians with valuable chamber music playing experience in a relaxed and friendly atmosphere at one of Rome's most beautiful performing venues. The musicians of Alliance Classical Players are all seasoned teachers as well as performers, who love working with young people and helping them to learn and grow musically.

CYCMF is open to instrumental music students entering grades 8-12 in Fall 2024 - graduating seniors are also welcome to attend!

This year, the Festival will be split into two different sessions:

- WEEK 1 STRINGS July 16-19, 6:30-8:30pm
- WEEK 2 WOODWINDS & BRASS July 23-26, 6:30-8:30pm

A free, public concert of student work will be held outdoors at Rome Art & Community Center (308 W. Bloomfield St., Rome) on the last evening of each session.

Although CYCMF is FREE to all student musicians, REGISTRATION IS REQUIRED to attend. Please contact Alliance Classical Players (via Facebook), or email Claire McKenney ([clairretuxill@gmail.com](mailto:clairretuxill@gmail.com)), for more information or a registration form.

PLEASE REGISTER BY JUNE 15, 2024.

This project is made possible with funding support from the NEA Festival Fund, administered by CNY Arts, and with grants from the Syracuse Sounds of Music Association and M and T Bank.



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## You're All the Inspiration We Need ~ Benefits of Using a Professional Interior Decorating Service

Written by: Cassie Grace Miles, 4<sup>th</sup> generation steward of Grace Furniture, a family-owned business since 1940, on River Road, in Marcy, NY. Cassie received her BFA in Design from The Fashion Institute of Technology in Manhattan and continued her career in design, managing luxury furniture showrooms in the world-renowned Miami Design District, along with additional world class hospitality training at 5-star hotels.

You've read through all the design magazines, searched social media for hours, wandered the aisles of your favorite home goods & decor shops and put together your best attempt at a Pinterest board. In theory, you should be ready to tackle your redecorating project - but perhaps it hasn't fully come together or you haven't had the time to execute it. Maybe that cohesive vision hasn't quite developed, or the decisions suddenly seem overwhelming. So, what's the best way to make sure you get what you really want? For even the most creative minds and fashion-forward eyes, a trained professional interior decorator can help you make that project you've left on the back burner come to life.

Professionally trained decorators are more likely to make sure your gorgeous space is also functional.

One of the biggest advantages of hiring a decorator is their ability to get the inside scoop on an abundance of information not accessible to the public. Professional decorators have the knowledge of all the latest furniture trends, access to new products before it hits the market and the exclusive connections to manufactures and local craftsmen.

Where do you start? Professional designers assist with the crucial early stage of identifying a client's needs and desires, developing a budget, creating a workable design, all the way through to delivery and installation. What's your lifestyle like? Favorite colors? Hobbies? Where have you traveled? Starting with a professional who guides you through the process and gets to know your story will help answer all these important questions and will assist you to make your home feel like your home with impeccable style and accurately sized pieces for your space.

There is so much important information needed to create the perfect personal space and visually stunning environments that improve people's lives. Every new project provides an opportunity to express your vision with a professional decorator that helps execute that vision.

We have access to the latest trends, products that haven't hit the market and the crucial direct connections to manufactures and local craftsmen that will bring your project from idea to life!

When is it time to update your interior space?

It can be as simple as getting ready for a refresh, hosting a large upcoming gathering, decluttering, or adding a new family member to the household, just to name a few.

How do we bring your vision to life? From in store consultations, virtual calls, or the convenience of an in-home visit, we do it all!

First, choose your experience, In store, virtual or at home. Then we start with a mood board, hand selecting each piece of furniture, creating the color and texture story with swatches of fabrics and finishes, and photos that inspire you. Next, we execute your vision with a 3D rendering, making it easy to follow along with the design concept and the expert planning reflected. Lastly will be your finished and

newly furnished room.

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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.

## Torrie Zito

1933 - 2009

Pianist, Composer, Arranger



Torrie Zito was raised and educated in Utica, NY. An accomplished pianist, he appeared on the Stanley stage and went on to be a widely known string arranger, collaborating with some of the biggest stars in the music industry, including John Lennon, arranging his hit album "Imagine". Included in the long list of luminaries with whom Zito had a musical affiliation are Perry Como, Tony Bennett, Liza Minnelli, Frank Sinatra, Bobby Darin and many others.

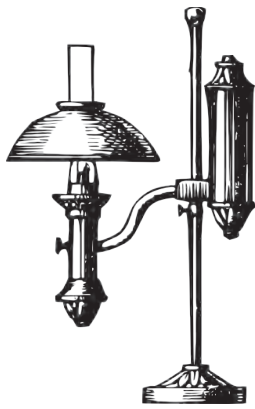
The Utican composed jingles, perhaps his most popular being the jingle for Maxwell House Coffee.

As a composer, he is said to have had a special liking and a similar style to renowned Russian Composer Dimitri Shostakovich.

From a local point of view, Torrie appeared on the Stanley Theater stage when he conducted the Utica Symphony Pops concert in his younger days. And in keeping with the musical core of the Zito family, a family of musicians, it is important to note that Torrie's father, Fred Zito, who played bass and piano, was on the Stanley Stage at its opening in September 1928 as part of the twelve-member Stanley Theater Orchestra, conducted by Utican Nicholas Gualillo. The elder Zito played at several Utica theaters during the days of silent films.



Victor Fariello Jr.



## Help Fill the Mailbag

Your questions on anything antique or collectible will be answered in this column. If we don't know the answer we will find someone who does. The information for submitting your questions is below. I look forward to hearing from you!

## It Won't Be Long-Antique Week Is Coming!

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. For more information visit [Madison-bouckville.com](http://Madison-bouckville.com).

## Support Your NH Historical Society

Supporting the NH Historical Society is important to preserving our local history. The cost of membership 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 is needed and 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.*



## Penguin Platoon

### Strike Out Cancer

Enjoy a fun night at the ballpark while helping to strike out cancer! Tickets are being sold for a bus trip to the Thursday, July 11, 2024 Syracuse Mets baseball game when they take on the Wilkes-Barre Scranton Railriders (the Triple A affiliate of the New York Yankees) at 6:35pm.

The deluxe motorcoach will depart from the Remsen VFW, 10526 Steuben Street at 4:30pm, and the Utica DOT Commuter Park and Ride lot, 10 Harbor Lock Road West at 5:00pm.

The \$50.00 per person cost includes transportation, reserved game ticket in Section 115 along the 3rd base line, and a \$5.00 food and beverage voucher at the stadium. There are discounted prices at the games on "Dollar Thursdays" for soda, beer and hot dogs! Please note that the stadium is "cashless" and credit/debit cards will be needed for all onsite purchases.

Seats are limited, reserve today. Pay by cash, check payable to American Cancer Society, credit/debit card, or Paypal. Contact Carol at 315-831-3052 or [carol@toursbydesign.org](mailto:carol@toursbydesign.org) Reservations may not be available after July 3.

This event is offered by the team Penguin Platoon for Making Strides Against Breast Cancer and all proceeds benefit the American Cancer Society. Thank you to our sponsors Hale Transportation and Tours By Design for making this event possible.

## ANTIQUe TALK Entry Deadline July 15 for Reader Challenge

Our Reader Challenge to help us find the "Best Find of the Season" is ending soon. Tell us about an interesting, unique or special item that you find in your travels and yours just might be selected as a winner! Winning entries will be featured in the September 2024 installment of Antique Talk.

Readers should 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."

And there are 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

Looking forward to your entry!  
Happy Collecting!



## NH Public Library 2 Library Lane 315-733-1535

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**Closed on Wednesdays**  
**Thursday and Friday 10am-6pm**  
**Saturday 10am-2pm**  
**Sunday 1-5pm**  
**Curbside Pickup Remains an Option**

### Library Closure

The Library will be closed on Thursday, July 4th. We will reopen on Friday, July 5th at 10:00. Have a fun and safe 4th of July!

### Summer Hours

Summer is here and with that comes our Summer hours. Please note that we will be closed on Sundays in July and August. Our Summer hours are Monday and Tuesday 10:00-8:00, Thursday and Friday 10:00-6:00 and Saturday 10:00-2:00. We will resume our Sunday hours after Labor Day.

### 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)

Facebook:

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

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

### NHPL Board of Trustees 2024 Meeting

The NHPL Board of Trustees will be meeting on Wednesday, June 19th at 4:30 in the Sammon Room.

### Mid York Library System App

Did you know there's a NEW app for all your library needs? Download the Mid York Library System App from your app store to search our catalog, place holds, view your account, and even see what's happening at any Mid York library!

The new app allows you to log in with one or more Mid York library cards, search for items, place holds, see library locations, check out OverDrive books, read OverDrive books, check out OverDrive magazines, read OverDrive magazines, search and filter library programming, bring up a digital library card, and much more.

The app is available in the Apple App Store as well as the Google Play Store.

### Book Locker

Did you know 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

Due to the success of our free tech help on Tuesdays from 11am-2pm, New Hartford Library and LiteracyCNY have decided to switch the drop-in

structure to appointment-based. Community members will want to call the library (315)733-1535 to sign up for a 45-minute appointment with our Digital Literacy Volunteer.

### 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

### Embroiderers' Guild of America

Members of the Mohawk Valley chapter of the Embroiderers' Guild of America will be sharing their needlework during the month of July at the New Hartford Public Library. Their work will be featured in the display case at the main entrance to the building. Also during the month members of the guild will occasionally be stitching in public at the library.

### Buzzing Into Summer Reading

New Hartford Public Library Summer Reading Program runs from July 6th to August 16th. Be sure to check out our program listing and stop in to grab your Reading Log or Reading Bingo Card. We hope to see you there!

### Book Brick Painting

Join us on July 18th from 3:15-4:15 in the Sammon Room for Book Brick Painting. Come paint your favorite book onto a brick for your yard or garden. Registration is required. Please call 315-733-1535. Ages 13 to adult are welcome!

### In Person Story Time

Regular Monday, Tuesday, Thursday Story Time will be on pause during our Summer Reading Program. Check out our Children's Summer Programming for all the fun to be had this summer including a weekly Story Time and Craft. We hope to see you there! Regular Story Time will resume Tuesday, Sept. 3rd.

### 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 July 6th 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 Rieck 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 meet on July 27 at 11:00 via Zoom. This class, led by Janet Hoover, is for those who love mysteries or just want to know more about them and those who write them. This year we're looking at the history of mystery over the last 2 centuries--a good way to add to your "to be read" stacks. During this session we will focus on authors and mysteries written during the 1960's: Dorothy Miles Disney, Margaret Millar, and Dorothy Salisbury Davis. New members are always welcome...call the New Hartford Public Library (315-733-1535) to get the Zoom link..

### TBR Book Group

Are you on Facebook? Are you always looking for your next book? We have the perfect group for you. We have created a group called the To Be Read (TBR) Book Group where readers can comment what they're reading and look for suggestions for their next book. With over 100 members, you will never wonder what you should read next!

Join here:

<https://www.facebook.com/groups/1532390520153487/>

### 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.

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

Please check the library website under Friends for latest news and meeting dates. Hope to see you.

### Annette Barber Used Book Room

ACCEPT: hardbound and paperback books, magazines as well as records, DVDs, children's books, puzzles

DO NOT ACCEPT: moldy/damaged books (WE have to throw them out!!!), textbooks, medical books, National Geographic Magazine, Reader's Digest, multi-volume book sets. No longer accepting audio cassettes, VHS tapes and computer games/books or CDs.

The library and community greatly appreciate your "gently" used books but please limit your donations to one box/bag at a time and drop them off at the circulation desk and in the hallway, at drop boxes, or outside the door when the library is close. Thank you.



## 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.

## FRIENDS MEMBERSHIP FORM

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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

### NHPL Children's Programming : Summer 2024

	closed July/Aug SUNDAY	10:00-8:00 MONDAY	10:00-8:00 TUESDAY	closed WEDNESDAY	10:00-6:00 THURSDAY	10:00-6:00 FRIDAY	10:00-2:00 SATURDAY
		1	2	3 CLOSED	4 CLOSED	5	6 Book 2 Brick Lego Club
JULY	7 CLOSED	8 Music Movement Garden Club	9 PreK Playdate Storytime&Craft	10 CLOSED Find us at the Farmers Market	11 Zoomobile Dog Man Bookclub	12 FreeStyle Lego Book Buddies	13
	14 CLOSED	15 Music Movement Garden Club	16 PreK Playdate Storytime&Craft	17 CLOSED	18 STEM+A Dog Man Bookclub	19 FreeStyle Lego Book Buddies	20
	21 CLOSED	22 Music Movement Garden Club	23 PreK Playdate Storytime&Craft	24 CLOSED Find us at the Farmers Market	25 STEM+A Dog Man Bookclub Find us at the Family Fun Fair	26 FreeStyle Lego Book Buddies	27
	28 CLOSED	29 Music Movement Garden Club	30 PreK Playdate Storytime&Craft	31 CLOSED	1 STEM+A Dog Man Bookclub	2 FreeStyle Lego Book Buddies	3 Book 2 Brick Lego Club
AUGUST	4 CLOSED	5 Music Movement Garden Club	6 PreK Playdate Storytime&Craft	7 CLOSED	8 Magic Show Dog Man Bookclub	9 FreeStyle Lego Book Buddies	10
	11 CLOSED	12 Music Movement Garden Club	13 PreK Playdate Storytime&Craft	14 CLOSED Find us at the Farmers Market	15 Zoomobile Dog Man Bookclub	16 FreeStyle Lego Book Buddies	17
	18 CLOSED	19	20	21 CLOSED	22	23	24
	25 CLOSED	26	27	28 CLOSED	29	30	31

#### Maker Cart : 10-11

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

#### Music & Movement : 11-12

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

#### PreK Playdate : 10-11

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

#### Storytime & Craft : 11-12

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

#### STEM+A Together : 2-3 (select Thursdays)

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

#### Summer Lego Club : 10-11

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

#### Book Buddies : 11-12

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

#### Important Information:

June 24, 25, and 27 are the last Regular Storytimes. They are on PAUSE and will resume Sept. 3 Adult and Child Grab & Go Crafts will also be on pause at this time.

#### NEW THIS SUMMER

#### Ready. Set. Grow!

#### Children's Garden Club : 11-12

Ready. Set. Grow! is a fun and educational gardening club for children ages 4-11. This program will run initially for 6 week starting July 8th and concluding August 12. Each Monday children will get their hands dirty planting, watering, weeding, and working together while learning about that weeks plant. We hope to see you there!

#### Dog Man Book Club : 3-4

Dog Man Lovers unite! In this club we will talk and do activities each Thursday relating to our favorite crime fighting hero. Activities each week will be different. We would love to have long time Dog Man lovers, as well as, never read the series before. For any questions feel free to contact Cheryl at the Library. Dog Man is geared for grades 2-5.

#### Book 2 Brick : 11-12

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 Book 2 Brick is offered all year- including summer!

#### Summer Special Guests

#### July 11 - Zoomobile

Join us at 2:30pm in the Sammon Room as the Utica Zoomobile visits our library. This event is always a crowd pleaser. Registration is required.

#### August 8 - Magic Show

Join us at 2:00pm in the Sammon Room as the amazing Jeff the Magic Man performs tricks to dazzle the young and old at heart. Registration is not required but preferred.

#### August 15 - Zoomobile

The Zoomobile returns at 2:30pm in the Sammon Room. The Utica Zoo will be bringing different animals this time around, so you will not want to miss it! Registration is required.

#### Find us in Town

#### July 10, 24

#### August 14 - New Hartford Farmers Market

While you're at the Farmers Market at the Village Green, be sure to stop by our table. Snap a Summer Selfie and do a specially planned activity with us. If you have any questions about our library or services feel free to ask. We can't wait to see you there!

#### July 25 - Connected Community Schools Family Fun Fair

If you're planning to be at this years Summer Fair we hope you swing by our Library table. Time to get Library Loud with a fun surprise!

#### Summer Reading Logs/Bingo Cards

Fill out your Summer Reading Logs and turn them in August 19 - August 31 to receive a FREE BOOK from our Summer Table or Used Book Store.



#### Summer Hours

Day	Hours
Sunday	-Closed-
Monday	10:00-8:00
Tuesday	10:00-8:00
Wednesday	-Closed-
Thursday	10:00-6:00
Friday	10:00-6:00
Saturday	10:00-2:00

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Veterans and family members spend the weekend at Camp Sitrin during the 2023 Warrior Retreat.

**Sitrin Military Program to Host 10th Annual Warrior Retreat**

From July 26 to 28, local veterans of Sitrin's Military Program will head to Camp Sitrin on Graffenburg Road in Frankfort, for the 10th Annual Warrior Retreat.

Sitrin's Military Program provides comprehensive, complimentary care to post-9/11 veterans and service members who have post-traumatic stress, suicidal ideations, depression, amputations, spinal cord injuries and other combat-related conditions.

Throughout the weekend, campers will utilize several of Camp Sitrin's amenities, including its 10-acre lake, nature trails, playing fields, and pavilions. To prepare for the event, many veterans of the Military Program have spent time cleaning and prepping the camp by cutting down branches, clearing hiking trails, raking, and cleaning docks.

This year, Sitrin has added two brand-new cabins to its beautiful 142-acre campground, with one cabin on the way. The purchase of these cabins was made possible through grants from The Bank of America Charitable Foundation and the Wesley and Marion Small Fund of The Community Foundation of Herkimer and Oneida Counties, The Indium Corporation and Macartney Family Foundation, and First Source Federal Credit Union. The addition of these cabins will further enhance the cabin community at Camp Sitrin for veterans and their families to enjoy.

"Veterans love Camp Sitrin for its peaceful environment where they can get away from everyday stresses and past trauma experienced in war," Jackie Warmuth, vice president of clinical development, said. "The addition of these cabins will fulfill a previously unmet request made by many veterans who wish to have a place to camp comfortably and privately with their families."

This popular outing brings veterans and families together to share experiences, form friendships, create memories, and enjoy delicious food and baked goods. This year, attendees will join in a variety of fun-filled activities including drone soccer, team building activities, team competitions, beef jerky making, and more.

The Warrior Retreat is a free event made possible by funds raised through Sitrin's

annual Riggie Run & Walk. This event is also the primary fundraiser for Sitrin's Military Program. This year's Riggie Run & Walk will take place on Sunday, October 13, 2024, at the SUNY Polytechnic Institute campus, and will feature a 5K Run, 5K Riggie Challenge, 5K Wheelchair Race, 5K Wheelchair Riggie Challenge, 2-Mile Walk, and a 1-Mile Kids Run. Additionally, at the conclusion of the Run & Walk, a Riggiefest will be featured in the Student Center in which local restaurants will showcase their version of this famous Utica dish. For more information or to register, please visit [www.sitrinriggerunwalk.com](http://www.sitrinriggerunwalk.com).

Any post-9/11 veteran or service member interested in participating in the Warrior Retreat can contact Jackie Warmuth at (315) 737-2435 or [jwarmuth@sitrin.com](mailto:jwarmuth@sitrin.com).

ABOUT SITRIN: Sitrin, a not-for-profit corporation, provides a variety of services for people of all ages and abilities, including comprehensive medical rehabilitation (inpatient and outpatient), long-term care, assisted living and enriched housing (Cedarbook), NeuroCare, residential care for people with intellectual disabilities and medically complex conditions, medical and social model adult day program, military program, adaptive sports (STARS Program), a Wellness and Aquatic Center, orthopedic injury program, concussion management, child care, and dental clinic.

**Explore the Berkshire Botanical Gardens on August 15<sup>th</sup>**  
**with Seed & Weed Garden Club of Utica**

Enjoy a Motorcoach Ride and Guided Tour with additional time to explore on your own!

8:30am Departing Utica DOT Commuter Park & Ride (10 Harbor Lock Rd)  
 9:00am Departing Herkimer (103 North Caroline St.) Opposite Applebee's  
 11:00am Tour Berkshire Botanical Gardens  
 2:30pm Lunch at Buca di Beppo Restaurant (Family Style)  
 4:45pm Schoharie Valley Farms  
 6pm Departure with 7:15 arrival in Herkimer and 7:45 arrival in Utica  
 \$150 Per Person - Price all Inclusive.  
 (Except Bus Driver Tip)  
 Payment in Full by July 15th  
 Check payable to Seed & Weed Garden Club  
 Mail to Jean Driskell, 3325 Oneida St, Chadwicks, NY 13319  
 Any questions, please call 315-520-4252

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**Irish Musician Photography by Kevin Yatarola**  
**Wednesday July 17 - 7:00 PM**

Please join us at the H.A.R.P. Museum in the Irish Cultural Center of the Mohawk Valley on Wednesday, July 17 7:00 PM for a presentation by musician photographer Kevin Yatarola.

Salisbury, NY resident Kevin Yatarola is a performing arts photographer working in New York City. For all of his professional life, his day job was in the music business, where he used this access to photograph musicians in studios and on stages. In 2003, he added a second career as a freelance photographer, documenting live performances around the city. His main clients include Lincoln Center, Joe's Pub at the Public Theater, and Symphony Space. In addition, his freelance clients included the Bonnaroo Music Festival, the Country Music Association, Spotify, and Pace University Schimmel Center for the Performing Arts. His work has appeared regularly in the New York Times and other publications, as well as all over the internet.

For five years (1994-1999), Kevin worked for Green Linnet Records, a major Celtic music label at the time and had the opportunity to photograph many masters of the genre.

The images for this exhibit, derived from over 25 years of performance photography highlighting some of the Irish musicians he has documented, will be unveiled and on display. Kevin is grateful for the opportunities he's had to see and hear these masterful artists.

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. This program is free, please register at this link <https://bit.ly/4eg3TLu> , or visit our events calendar at <https://www.iccmv.org/my-calendar/> or leave a message at 315-733-4228 ext.6.



**New Hartford Class of 1964**  
**60<sup>th</sup> Class Reunion**  
**September 14, 2024**

If you are interested in attending, please email Scott Healy at [scott@scotthealy.com](mailto:scott@scotthealy.com)



**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/groups/709039462773447>

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



**Cotton Candy Mocktails**

**Ingredients**

- ¼ cup pink decorating sugar
- 1 2- liter bottle strawberry soda
- 1 bag pink cotton candy
- Cherries for garnish

**Instructions**

Wet the rim of each plastic glass and dip it into the pink decorating sugar.

Fill each glass with cotton candy.

Pour the strawberry soda into the glass and top with a cherry.



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**Dolgeville Community Band  
 2024 Summer Season**



L-R – First Row – Brianna Yaghy, Dawna Crossman, Julia Allison, Michelle Teta, Ginger Countryman, Donna DeRosa, Eunice Hight, Naomi Gage, Lenore Signorelli, Jessica Bladek, Deborah Marucci, Linda Roche, Breanna Handy, Annalysse Guentner.  
 Second Row – Micah Handy, Anthony Dangler, Jade Broat, Maighen Ehrle, Gabrielle Rockwell, Brooke Markwardt, Nancy Schuyler, Barry Gage, Emma Gage, Brennan Bladek, Amy Haas, Ashley Robotham, Karlie Vokins, Lillian Bladek.  
 Third Row – Bob Harvey, Philip Nash, Mark Case, Francis Roche, Aaron Baldwin, Dan Waltermire,  
 Conductor – Katlin Wolford, Colin Comstock, Shaad Madison, James Pierce, Ryan Simpson, Jaron Case.


The Dolgeville Community Band is excited to announce the start of our 2024 summer season!

Concerts will take place on July 4th, 11th, 18th, and 25th at 7:00pm in Plowe Park. You could also find the band playing on June 7th at 7:00pm in Plowe Park for the Dolgeville Violet Festival as well as on August 3rd (time TBD) at the New Hartford Village Green for the 5th Annual New Hartford Band Festival.

The Dolgeville Community Band plays a wide variety of music. Attending a concert you could hear patriotic marches, movie music, classic rock tunes, and beautiful ballads all in one night. With over one hundred songs in their repertoire the Dolgeville Community Band continues to peak the interests of everyone in the audience.

The Dolgeville Community Band is led by conductor Katlin Wolford, who is also the jr. high and high school band director for the Dolgeville Central School District. Band members include a number of Dolgeville students and teachers, local current and retired music teachers, as well as dedicated musicians throughout the community. If you have an interest in joining us this season or next please reach out to [dolgevillecommunityband@gmail.com](mailto:dolgevillecommunityband@gmail.com) for more information.

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**Embracing the Great Outdoors: How Physical Therapy Enhances Summer Adventures**

As the summer sun beckons, inviting us to explore the beauty of nature, many individuals eagerly anticipate engaging in outdoor activities like hiking, biking, and kayaking. For some, however, physical limitations may pose challenges to fully enjoying these adventures. Enter physical therapy – a key ally in optimizing mobility, strength, and flexibility, ensuring that everyone can actively participate in and relish the joys of summer activities.

Hiking is a popular summer pastime, offering a blend of exercise and immersion in nature. For those recovering from injuries or managing chronic conditions, physical therapists play a crucial role in designing tailored exercise programs. These programs focus on strengthening the muscles crucial for hiking, improving balance, and ensuring joint stability. Through targeted exercises, individuals can build endurance and confidence, enabling them to conquer trails of varying difficulty levels.

Cruising along scenic trails on a bike is a quintessential summer experience. Physical therapists work with individuals to address specific muscle imbalances and enhance overall strength, especially in the lower body. They may incorporate exercises to improve cardiovascular fitness, joint mobility, and posture, creating a foundation for an enjoyable and pain-free biking experience. Through a customized approach, physical therapy empowers individuals to pedal through the summer landscape with ease.

Kayaking offers a unique blend of tranquility and adventure, but it demands core strength, balance, and proper body mechanics. Physical therapists focus on strengthening the core muscles, enhancing stability, and improving posture to optimize paddling efficiency. Through targeted exercises and rehabilitation techniques, kayakers can reduce the risk of injuries and enhance their overall performance, ensuring a seamless connection with the water and the natural surroundings.

Physical therapy serves as a gateway to unlocking the full potential of summer activities, making them accessible to individuals with varying physical abilities. By addressing specific challenges and tailoring exercise regimens, physical therapists empower people to embrace the great outdoors confidently. Physical therapy extends beyond rehabilitation – they contribute to a fulfilling and active summer lifestyle for everyone, ready for the adventures that await!



**New Hartford Police Activity  
 May 2024**

- 1098 Calls for Police Service / Incidents
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- 62 Motor Vehicle Accidents Investigated
- 310 Traffic Tickets issued
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- 4 Community Policing Details



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**4<sup>TH</sup> DAY IN JULY**

Americans eat 150,000 each year on the 4th

John Adams is credited with adding fireworks to the 4th of July celebrations.

The # of stars represent the 50 states and the stripes represent the original 13 colonies

**4TH OF JULY FUN FACTS**

Uncle Sam's hat has become a recognizable symbol of American patriotism

Massachusetts was the 1st state to recognize July 4th as an official holiday in 1781.

Santa Clara, CA hosts the "All-City Picnic & Parade," where participants dress up as fruits & vegetables

Eating Salmon is a traditional 4th of July food in New England

The 1st celebration took place at the White House, was in 1801

The Liberty Bell was rung to announce important events & to gather people for meetings about freedom

The 4th of July Parade in Bristol, Rhode Island, holds the record for being the oldest.

July 4th, 1776 adopted the Declaration of Independence & marks the birth of American Independence

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**Celtic Quilting Workshop  
Wednesday July 3 - 5-6:30 PM**

Please join us at the H.A.R.P. Museum in the Irish Cultural Center of the Mohawk Valley on Wednesday, July 3rd at 5 PM for an introduction to Celtic knotwork stitchery and quilting.

Celtic quilting is a form of applique, in which a Celtic knotwork design is transferred to pre-quilted fabric, then thin bias strips are invisibly sewn (applied) onto the design, keeping to the traditional over-and-under color pattern.

This workshop will outline the basics and provide instructions to make a quilt square, tote bag or throw pillow. You will come away with the information needed to purchase materials for your own custom project. The possibilities are limited only by your imagination!

The workshop will be held from 5:00 to 6:30 pm on the first Wednesday of the month, on July 3rd, August 7th, and future dates as needed. Feel free to come back with your project to show off or to ask a question – and bring a friend!

The day and time were chosen to allow participants to have dinner, if they wish, and/or enjoy the Craobh Dugan-O'Looney session at 7:00 – and maybe work on your project while enjoying the music!

The workshop fee is "donation only", however, pre-registering will help us to have sufficient hand-outs prepared.

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. This program is free, please register at this link, <https://bit.ly/4ecVs3t> or visit our events calendar at <https://www.iccmv.org/my-calendar/> or leave a message at 315-733-4228 ext.6.



**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 "V.I.P PARTY" Celebrity panels, a live movie riff and more! Tickets on sale now at [www.sci-fihorrorfest.com](http://www.sci-fihorrorfest.com).

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**Fitness for Life**

submitted by James LaFountain, All American Fitness Center

When asked what mode of exercise is best? My canned answer, "the one you can do for the rest of your life." In my early years, I wish I had asked myself that question. Some of my mistakes are still surfacing with others 55 years later and they include:

**\*Heavy weights used with poor form:** Any weight "thrown" through a range of motion is dangerous. Taking two seconds to move a weight from its starting

position to full contraction, followed by a one second pause to minimize momentum, concluded by a four second return to the starting position is considered "proper" form. Completing a prescribed number of repetitions in sloppy form will yield minimal results and it's dangerous.

**\*Running an enormous amount of miles on an unforgiving surface:** running is highly addictive because it causes our body to produce very high levels of beta endorphins, appropriately called "runners high." Mistakenly believing that more is better can cause joint damage, musculoskeletal strains and a number of over use injuries. Running on roads and sidewalks compounds the problem immensely. Most runners refuse to run on a cushioning track because they find it boring. Three miles, performed on three non consecutive days a week seems like a safe bet.

**\*A disregard for what type of exercise would best fit my body type:** those who are moderately overweight and engage in jarring cardio increase their risk of sustaining overuse injuries. It's a mistake to use cardio as a weight loss tool. It's a painfully slow process without paying attention to your diet. Sustaining overuse

injuries with jarring activities allowed me to make the decision to begin bicycling and my body thanked me.

**\*Little or no attention given to recovery and supercompensation:** Exercise does nothing to "produce" growth and improvement, it only turns the "improvement switch" on. Although it may be difficult to understand, it's true. Only recovery allows muscles and connective tissue to grow thicker and stronger. The word for this is "supercompensation."

**\*Comparing yourself with others** is the single most detrimental behavior, when considering physical improvement. No one shares your genetic makeup and potential. We all know of people who can eat everything and not gain a pound and those poor folks who smell food and gain weight.

**\*Believing everything in popular bodybuilding weightlifting magazines:** as a teenager I read every muscle and weight lifting magazine available. Unfortunately, much of what was written was untrue. The magazine heroes claimed to do an enormous number of sets per muscle group. As I look back, I remember the ads that appeared on the next page, "feeling tired, not getting the results you want? Time to muscle up with \_\_\_\_\_ Super Protein." With a picture of a star bodybuilder/weight lifter promoting its miraculous benefits.

**\*A false belief in "spot reduction":** after reading about the six pack abs of one of the muscle magazine's stars, I set out to do 2,000 sit-ups, with the mistaken belief that it would chisel my midsection. What I got was a blister on my buttocks. Cardiovascular exercise is the only exercise that burns a significant amount of calories. Although an "exercise only" approach is ridiculously slow, what gets burned is primarily stored body fat. A moderately low calorie diet combined with regular exercise is the most prudent choice.

**\*Quick fix" nutritional programs:** although catchy ads will get your attention by painting a pretty picture, fast scale weight loss is temporary and unsustainable, over the long haul. Highly restrictive diets tend to use lean muscle as an energy substrate, which is never a good idea.

Most scale weight loss is water, because when less food is ingested, water is no longer necessary to metabolize less nutrients. Our body simply releases unneeded water.

As mentioned earlier, these mistakes are as prevalent now as when I made them five decades ago. Hopefully, this information will save you time and wasted energy.

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The New Hartford Chamber of Commerce held their Business After Hours at Crystal Springs Golf & Event Center on Thursday, May 30<sup>th</sup>.



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In last month's article for the Ribbon Cutting at the All American Fitness Center, Jim LaFountain's name was printed incorrectly. Pictured in the above photo is Cindy and Jim LaFountain.



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### Lunch & Learn - Patrick Condon - Utica's 19th Century Irish Poet

Join us at The H.A.R.P. Museum at the Irish Cultural Center of the Mohawk Valley on Wednesday, July 10, 2024 at 11:00 AM for a discussion on Utica's 19th Century Irish Poet - Patrick Condon. After the program you can enjoy a delicious lunch in the beautiful Five Points Pub designed and built by Dublin craftsmen.

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.

A \$20 registration fee will cover the program and lunch; meal tax and gratuity are included. A menu will be sent along with your registration. Please register at this link, <https://bit.ly/4aULMbg> or leave a message at 315-733-4228 Ext 6.

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 Benefits of Hospice and Palliative Care

Hospice & Palliative Care, Inc. is pleased to announce an educational session titled "The Benefits of Hospice and Palliative Care: Enhancing Quality of Life for Patients and Caregivers," to be held on July 9, 2024, from 10:30 a.m. to noon at The Root Farm, 2860 King Road, Sauquoit, NY 13456. This event is free and open to the public and you will have the opportunity to meet members of the Hospice & Palliative Care Team.

This informative session will delve into the critical benefits that hospice and palliative care services offer, highlighting how these services can significantly improve the quality of life for both patients and caregivers. The presentation will cover several key topics, including:

- The comprehensive services provided by hospice and palliative care.
- The physical, emotional, and psychological benefits for patients.
- The support and respite available to caregivers.

· Identifying the right time to refer someone to hospice and palliative care.

· Accessing hospice and palliative care services.

Hospice and palliative care focus on providing compassionate care to those with serious illnesses, aiming to relieve symptoms and stress. These services are essential not only for patients at the end of life but also for those experiencing chronic or life-limiting conditions.

"Our goal is to educate the community about the vital role hospice and palliative care play in managing serious illnesses. These services can greatly enhance comfort and quality of life, providing comprehensive support to patients and their families. Understanding when and how to access hospice and palliative care is crucial. We want to ensure that people know these services are available and understand how to benefit from them." Said Mary Bogdan, MHA, BSN, CHPN, CHPCA

Attendees will have the opportunity to engage with professionals, ask questions, and gain a deeper understanding of how hospice and palliative care can make a positive difference in their lives or the lives of their loved ones.

For additional information, please contact the Hospice Bereavement Team at 315-735-6484 ext. 1214. We look forward to welcoming the community to this enlightening session.

Contact: Hospice & Palliative Care, Inc. Phone: 315-735-6484 Website: Hospice & Palliative Care, Inc. Email: [info@hospicecareinc.org](mailto:info@hospicecareinc.org)

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### MVILR Announces Exciting Summer Series for Adult Learners

The Mohawk Valley Institute for Learning in Retirement (MVILR) is thrilled to announce the Summer Series, a unique and enriching week of classes for adult learners, to be held from July 15-18, 2024, at the MVCC Rome Campus. This series offers an opportunity to dive into a diverse range of topics designed to inspire and ignite new passions in a vibrant, stress-free environment.

Unlike our regular semesters, the Summer Series allows participants to sign up for the entire series and attend any classes throughout the week without the need to sign up for individual sessions. This flexible format is perfect for those looking to explore different subjects and engage with like-minded individuals.

**Classes and Activities Include:**

- Intro to Poetry with Fred Capozzella
- Science: A Genetic Deep Dive with Dr. Robert Lowenstein
- American Icons: Let's Talk Landmarks with Cheryl Pula
- Nature Trail Walking – A group-led casual walk on MVCC's beautiful nature trail
- Film Analysis then the Class Decides What's Next – Learn to analyze films and vote on what to watch for the other three days!
- Social Justice: What Does It Mean to Society? with Beverly Quist
- Classical Music Goes to the Movies with Nancy Ketz

**Event Details:**

- Dates: July 15-18, 2024
- Location: MVCC Rome Campus
- Entry Fee: \$50 per person (Free for MVILR full-year members)
- Lunch: \$20 for the week

Join us for a week of discovery and enrichment at MVILR's Summer Camp for Adults! For more information and to register, please contact us at 315-334-7761 or visit [tinyurl.com/MVILR-Summer](http://tinyurl.com/MVILR-Summer). Register by July 11, 2024.

We look forward to seeing you there!

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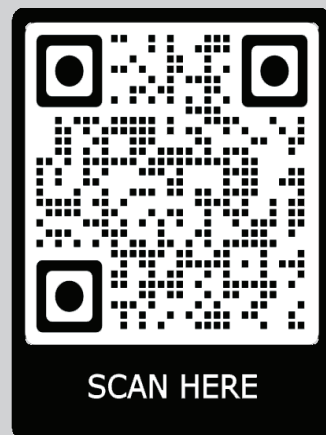
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by Raymond J. Durso, Jr., President/CEO The Genesis Group

### “Reasons to Call Mohawk Valley Home”

Do you ever wonder why we live here in the Mohawk Valley region? Perhaps you're a native, or maybe it was a job or a relationship that brought you here. There are many reasons we can be proud to "Call the Mohawk Valley Home." The title "Call Mohawk Valley Home" was used previously by Mohawk Valley EDGE for a web portal to offer information on area education, employment, economic development, cultural venues, events and many other resources important to one's quality of life. I thought it was a good title for today's message.

In 2000, when the Genesis Group began, the very first project we did was to look at studies that had been prepared to see how the region could grow and become better. We reviewed (25) studies (valued at \$1.2 million). These studies were done from 1970 thru 2000, and revealed that the region had strong industries in Education, Healthcare, Tourism, Arts and Culture, Banking and Finance, Insurance and Agri-Business. The Genesis Group saw an opportunity and prepared a compilation of more than (165) projects and ideas that we and others could implement to help create positive impact for our towns, villages and cities. That project became the basis of how (and why) the Genesis Group became established as a regional organization focusing on the community.

Today - 24 years later, I believe those same industries still represent potential for growth. Combined, they define our community and can be referred to as "sectors." Many of them have a significant impact. Let's take a look at some of them:

Economic Development – Programs, policies and activities seek to improve the economic well-being and quality of life of a community. The most notable form of economic development is identifying ways to incentivize and attract new businesses and jobs. The Mohawk Valley region has many business parks and areas with small and large companies employing hundreds of people. Our economic development

agencies (and others) are always working to provide exciting growth and to enhance opportunities. The economy of the Mohawk Valley continues to make great strides and our potential is unlimited!

Education – Both the K-12 sector and our colleges make Education one of several billion dollar industries in the region. With thousands of students and faculty, Education serves as an economic engine for the community. Our schools and colleges are magnets for companies looking to locate here. We have a strong pipeline that includes area schools, colleges and businesses. We also have excellent workforce and training programs to assist employers and workers.

Healthcare – Healthcare is an industry that continues to be transformational. Recently, the Genesis Group hosted a forum with the CEO's from Bassett Healthcare Network (Staci Thompson), Mohawk Valley Health System – WYNN Hospital (Darlene Stromstad), Rome Health (AnneMarie Czyz) and Oneida Health (Felissa Koernig). Together, they addressed some of the challenges they are dealing with. More importantly, they discussed opportunities for expansion, growth, new and enhanced services and the benefits of their collaborations. Some of these projects are big and include hurdles - but that is fine. Our healthcare leaders are focused on achieving their goals and working to provide the best healthcare services to our residents.

Tourism/Arts & Culture – Central New York and the Mohawk Valley region have become a year-round destination. With our new Nexus Center, we are attracting visitors from across the globe. Tourism is one of New York State's top industries and our region is a major contributor. The region has a plethora of events and attractions and we are known for our quality food. "The word is out about our Chicken Riggies, Italian Greens and of course Tomato Pie." Our region has something for everyone!

Banking & Finance/Insurance – For a moment, just think of all the banks, credit unions and insurance companies we have. Now think of all the transactions taking place on a daily and weekly basis. These sectors represent a significant impact on the economy while employing hundreds of people. They also involve the use of data analytics. We are fortunate to have good jobs in these industries.

Agri-Business – Agri-Business is also one of New York's top industries. Agriculture impacts society in many ways, including: supporting livelihoods through food, habitat, and jobs; providing raw materials for food and other products; and building strong economies through trade. The Mohawk Valley region is a top contributor to Agri-business, and we should appreciate our Farmers for all they do!

There is so much more to write about this community. While most news is positive, challenges do exist. We are not immune to them because all communities have challenges. But we need to focus on opportunities. Let's appreciate and learn from our past, enjoy the present and look forward to a brighter future. This is our home. Let's "Call the Mohawk Valley Home" because we have so many reasons to do so!

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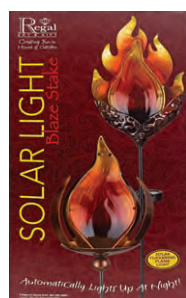
### Don't Forget About Our Annual Sidewalk Sale Thursday, July 11<sup>th</sup> through Sunday, July 15<sup>th</sup> 75-80% OFF Hundreds of Items



Vera Bradley Perennials Noir Dot Cardinal Red Perennial Grays



Pop It Fidget Toy



BLAZE Solar Light Stake



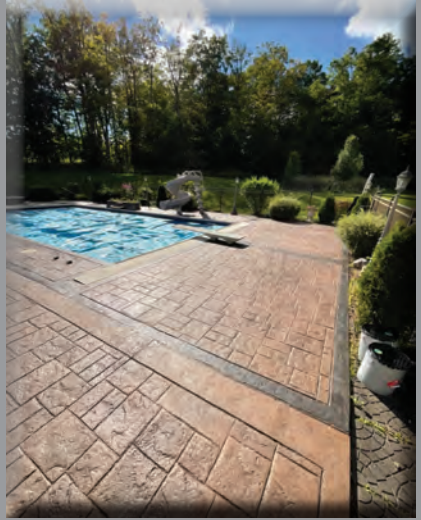
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For more information contact  
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[campinventrocks@gmail.com](mailto:campinventrocks@gmail.com)

**Live Music before the Rodeo!**

**August 2**  
Ty James – 4pm-7pm

**August 3**  
Last Left – 4pm-7pm

\*Live Music at the Subaru Village is **FREE** to attend. Located across the street from the Adirondack Bank Center.

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**VILLAGE**  
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Utica, New York




**2024 UTICA STAMPEDE**  
RODEO & EXPO Presented By **Don's FORD**

Fri, Aug 2<sup>nd</sup> & Sat, Aug 3<sup>rd</sup>

**Adirondack Bank Center**

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# Summer



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# NEW HARTFORD PAST TIMES

July 2024

## NEW HARTFORD HISTORICAL SOCIETY



### New Harford Historical Society pairs with First Source Federal Credit Union to help Honor our Hometown Heroes!

There is no greater piece of a community's history than the Veterans that served to protect it! Since the inception of the "Hometown Heroes" banner program in Utica just a few short years ago, the popularity of the banners has spread like wildfire into the surrounding communities. Last year many banners dotted the streets of both the Town and Village of New Hartford as families purchased the banners to honor their loved ones. The program allows for banners purchased to be displayed for three years, between Memorial Day in May and Veteran's Day in November.

Last years inaugural program in New Hartford was, to say the least, a tremendous success. When the application process opened this year, our Treasurer Ray Philo, who heads the Veteran's project here at the Society, suggested we explore purchasing banners for those who no longer have family here or may not be able to purchase them. The Board wholeheartedly agreed and through Ray's efforts, secured a grant from First Source F.C.U. With their generous assistance, we purchased nine banners honoring many spanning those who served as far back to the Revolutionary War. These nine added to the nearly fifty additional banners purchased bringing nearly sixty new banners to the streets of New Hartford.

It was a pleasure honoring men and women from our "Hometown" who sacrificed so much for us, our community and the nation! We are looking forward to keep our participation in this worthwhile program going again next year. If any of our readers wish to support our banner project going forward, please send donations to the Society at P.O. Box 238, New Hartford, NY 13413 and note in the memo: "Banner Project". All donations are tax deductible.



Pictured above: Board Member Steve Grant and Board President Jeff Madden.



- Jedediah Sanger -  
Founder of New Hartford. Banner at the corner of Oxford Road and Sanger Avenue.



- Edward Goggin -  
Well known Village businessman and 25yr member of New Hartford Fire Dept. (1952-1977). His banner is in front of 14 Genesee St.



- Christopher Green -  
Born, raised and educated in New Hartford Schools and currently serving with Town of Webb P.D. Banner at the corner of Genesee Street and Route 12 South (across from Utica National).



- Lindsay Grove -  
Born and raised, a 1941 graduate of New Hartford H.S. He flew 32 combat missions in P-51 Mustang fighters and amassed over 180 combat hours. His banner is in front of One Genny on Genesee St.



- Vera Marshall -  
Beloved Library Aid in New Hartford Schools for many years. Her banner is at the corner of Oxford Road and Gateshead Road.



Museum is Open To the Public  
Currently by appointment.

FREE ADMISSION  
Village Point Apt. Building  
2 Paris Road – 315-724-7258

Email: [historicalnh@yahoo.com](mailto:historicalnh@yahoo.com)

Like Us on Facebook



- Edward Masel -  
Popular High School teacher and coach with New Hartford for nearly 4 decades. Banner displayed in front of old High School (now Admin offices and Bradley Elementary) on Oxford Rd.



- Lena Ward Risley - Army Nurse, served at Rhoads Hospital where she met her husband. Went on to work as an RN at Faxon Hospital and later Broadacres. Banner in front of 147 Oxford Road.



- Jacob Schafer -  
Resided on Merritt Place, New Hartford. WWI Vet succumbed to influenza while in France. Banner at the corner of Seneca Turnpike (Route 5) and Genesee Street.



- Harry Stevens -  
Well known Mortician in Village and served 14yrs with NHFD 1911-1925. Banner in front of St. Stephen's Church on Oxford Road.





**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  
2 Paris Road – 315-724-7258

Email: [historicalnh@yahoo.com](mailto:historicalnh@yahoo.com)

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**NHFD News**

Your New Hartford Volunteer Fire Department responded to 75 alarms during the month of May 2024 as indicated by the monthly call report listed below by category:

- Fires = 1
- EMS = 38
- Hazardous = 8
- Service Type = 8
- Good Intent = 8
- Other Alarms = 12
- Overpressure = 0
- Mutual Aid = 1
- Weather Related = 0
- Other = 0



Total Calls for the Month of May 2024 = 75.

Of the 75 alarms, 70 were in the town and 4 were in the village with 1 mutual aid alarm.

Total alarms year-to-date through May 31, 2024 = 526.

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

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

**New Hartford Volunteer Fire Department Schedules 20th Anniversary Fire Truck Spectacular in New Location**

The New Hartford Volunteer Fire Department's 20th Annual Fire Truck Spectacular will be held on Thursday evening, July 18, 2024, from 6 to 9 p.m. in a new location - Sangertown Square – Macy's wing parking lot. Also, new this year will be the addition of several Food Trucks.

Fire and Emergency Medical Service apparatus from throughout Oneida and Herkimer counties and beyond are expected to participate. "This show provides an opportunity for the public to see the various pieces of equipment and the latest technology currently used in the fire service. It also provides the public with a chance to ask questions and interact with emergency services personnel in an informal setting. Our goal is to inspire individuals to join their local department," said Roy Schultz, Event Chairman. "This event provides for a great family atmosphere!"

Various fire apparatus, both old and new, will be on display including new firefighting technology and equipment. Local ambulance services, fire equipment vendors, all area volunteer and paid fire departments have been invited. "This is an opportunity to meet with our fellow firefighters on a totally different level, while providing a valuable educational tool to inform the public about the services the Fire and EMS companies perform within their respective communities," said Schultz.

Two popular contests between the various departments will take place. They are: Fastest Gear Contest and the Ice Cream Eating Contest. Individuals at the event will be able to scan a special QR code to vote for the following: Best Appearing Pump Engine, Tanker, Tower/Ladder, Rescue, Squad, Ambulance, Antique and the Department traveling the farthest distance.

This event is made possible thanks to our sponsors that include: A&P Master Images; Amicable Lodge # 664 F. & A.M.; Edwards Ambulance Service; Excellus BC/BS; FJ Basile, CPAs, PC; Gates-Cole Insurance Agency; GPO Federal Credit Union; Indium Corporation; JPJ Electronics; New Hartford Safe and Lock; Nicky Doodles; Pavia Real Estate; PJ Green; Rockford Auto Glass; Scharf Plumbing and Drain; Standard Insulating Company; Steet-Ponte Auto Group; Tallman's Tire; The Fountainhead Group; The Travelers; and Trainor.

In addition, there will be a possibility of a live remote from Big Frog 104. The Fire Truck Spectacular will be held rain or shine. Admission is free. Visit the New Hartford Volunteer Fire Department's website for more details at: [www.nhfd.com](http://www.nhfd.com) and the NHFD Facebook page for current updates and news about the department.



**Tradewinds Education Center Celebrates 2024 Graduates**

Commencement ceremonies for Upstate Caring Partners' Tradewinds Education Center graduates in Utica, Rome, and Chadwicks occurred last week on their respective campuses. Graduates celebrated this milestone with friends, family, and staff as they received their diplomas, sporting the traditional cap and gown synonymous with this significant lifetime achievement.

"Graduation is a momentous occasion for any young individual, serving as the culmination of several years' worth of hard work," says Jeremy Earl, Executive Vice President of Education Services. "It is an honor, and a privilege, to celebrate the many remarkable achievements of our Tradewinds graduates. On behalf of our administrators, staff, and Board of Directors, we want to wish our graduates all the best in their future endeavors."

The Tradewinds Education Center provides excellence in education and residential services to children between the ages of 5 and 21 with differing developmental or intellectual abilities. The Tradewinds Education Center is a private school approved by the New York State Education Department.

The primary focus of the Tradewinds program is to provide a therapeutic environment for children, supporting the development of social skills and communication. Each child sees a comprehensive approach taken by the education, clinical, and residential staff. Our team works synergistically with families to develop and implement goals focused on each student's overall development to provide a supportive, positive environment that nurtures learning and growth. Our state-of-the-art learning centers include classrooms, gymnasium, outdoor recreation areas, music room and cafeteria, much like any other school.

For more information on Upstate Caring Partners' Tradewinds Education Center contact Jeremy Earl [Jeremy.Earl@upstatecp.org](mailto:Jeremy.Earl@upstatecp.org) | 315-724-6907

**New Hartford Historical Society**  
~ Membership Form ~

Please check one of the following:

- \$15<sup>00</sup> Individual Name: \_\_\_\_\_
- \$20<sup>00</sup> Family Address: \_\_\_\_\_
- \$25<sup>00</sup> Contributing \_\_\_\_\_
- \$50<sup>00</sup> Corporate Phone: \_\_\_\_\_
- Renewal E-Mail: \_\_\_\_\_
- New Member

Please send check made payable to:

**New Hartford Historical Society**  
P.O. Box 238  
New Hartford, N.Y. 13413



### New Hartford Highway News

submitted by Richard Sherman, Highway Superintendent

I want to start by saying curbside pick-up was changed to the fall, so the Highway Department could use the month of June for storm water projects that are ongoing and new projects that have been on the waiting list for some time. The month of October is less busy with our employees doing leaf pick-up, which

only takes 4 trucks to accomplish. The rest of the crew will work on curbside trash pickup during that month.

The Town Highway Department along with the New Hartford Public Library, again hosted the "Touch the Truck" event in the library's parking lot. This year the New Hartford Police and Fire Departments joined the Highway Department with two vehicles. The Police Department also had their drones on display. This was a huge success for the Highway Department, Library, Fire Department, and Police Department. We distributed hard hats for the children to wear as they went from vehicle to vehicle, to look and learn about the different equipment. We estimate there were about 350-400 in attendance with parents and/or grandparents. The John Deere payloader had the longest waiting line to get in the cab and I believe won the most interesting piece of equipment. Other equipment at the event included a small Bobcat for sidewalk cleaning in the winter, the John Deere front end loader with a 3cubic yd bucket, a street sweeper, the Western Star 10-wheel dump truck, the new 10 wheeler snow plow with double wings, a new plow truck with a single axel, the new sewer truck

and the Highway Superintendent's pickup.

The town will be setting up a meeting with home owners and businesses in a couple of weeks, to talk about the first phase of the project in Chadwicks on Oneida Street from Elm Street to Grange Hill Rd. This is the start of the Historical Chadwicks project.

If you are out and about, check out the Veterans Park with new fountain, stamp concrete, LED lighting and new landscaping. The park is located across the street from Utica National Insurance. The crews are also working on the dog park at Sherrill Brook Park with new drainage, turf, and black fencing.

Another project we are working on is a detention pond off Roman Rd. Mallory Rd is also moving forward on the detention pond for flooding.

The Town Highway crew is working on mowing the town ROW on the Town roads and County roads. Please use caution when you see the mowing ahead signs out.

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



## Did You Know?

## FUN FACTS ABOUT

# JULY

There is a sense of balance about July. That may be because the exact middle of each year occurs on July 2.



The month of July is named after Roman leader Julius Caesar. Before the name change, July was known as Quintilis. Quintilis, the Latin word for five, was the fifth month on the Gregorian calendar. Julius Caesar modified the calendar, adding the months of January and February. The Julian calendar is still in use today.



July is known as a month for firsts, such as the first ever rabies vaccine was administered by Louis Pasteur on July 6, 1885. The first atomic bomb test was detonated in New Mexico on July 16, 1945.

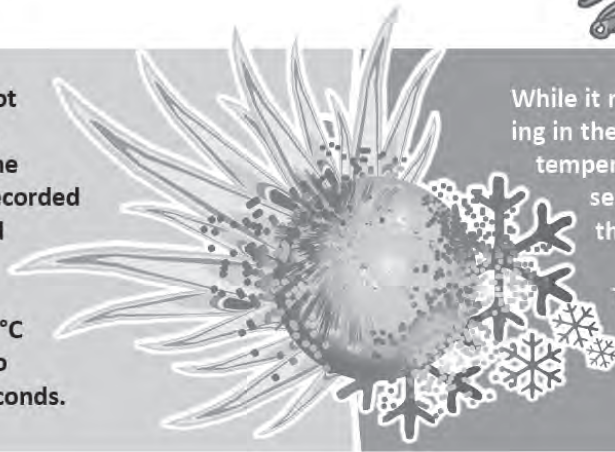


And the first bikini debuted in Paris on July 5, 1946 at the famous Piscine Militair swimming pool.



The month of July holds some very hot records! In the northern hemisphere, July is usually the hottest month of the year. The hottest temperature ever recorded in the United States was in Greenland Ranch, California.

The thermometer soared to 134°F/57°C on July 10, 1913. It was hot enough to fry an egg on a rock in a matter of seconds.



While it may be hot north of the Equator, people living in the southern half of the world see their coldest temperatures in July. In fact, the most severe cold season on record happened in July 1983 near the South Pole.

The temperature at Vostok Station in Antarctica saw an extreme temperature of -129°F/-89.6°C. That's weather only a penguin could love.



### Seven presidents have died in the month of July.

They are: John Adams, Thomas Jefferson, James Monroe, Martin Van Buren, Zachary Taylor, Andrew Johnson and Ulysses S. Grant.



Information for facts came from — [www.funfactsabout.com/fun-facts-about-july/](http://www.funfactsabout.com/fun-facts-about-july/) and [potus.com/presidential-facts/presidents-deaths-by-month](http://potus.com/presidential-facts/presidents-deaths-by-month)



Nobody's going to believe this!

July 2 is also World UFO Day

... and now you know!





LET THE  
*summer*  
BEGIN



# Tequila Tuesdays

Special Menu 4-9 PM

**Mediterranean Chicken Tacos**  
Marinated Grilled Chicken & Tzatziki

**Pork Osso Bucco Tacos**  
Served with Braising Liquid for Dipping

**Caprese Tacos**  
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- ◆ Lone Ranger
- ◆ Tequila Martini
- ◆ Margaritas



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**Instructors:** Eileen Roth and Anna Pearlman  
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**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

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Entertainment provided by ShoreCuts DJ Service

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Hinckley, New York

September 15, 2024



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[WWW.FACEBOOK.COM/CONNORSWAYMEMORIAL](http://WWW.FACEBOOK.COM/CONNORSWAYMEMORIAL)



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- Large Commercial Down to Small Residential

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NON-EMERGENCY SERVICES. PLEASE CALL OUR  
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**WATER DAMAGE...  
FLOODED BASEMENT  
BURST PIPES, TOILET OVERFLOW,  
SUMP PUMP FAILURE...**

Disaster Services is a locally owned company serving the Oneida County and surrounding areas for over 40 years. We will answer your phone call and do not use voice prompts, answering services or machines. In your time of need when you need answers we are there. In 90 minutes or less of Disaster Services receiving your call we will respond to your home or business and accurately evaluate the damages and advise as to the most effective course of action to take. We use the latest technology including thermal imaging and all of our work is guaranteed. We offer direct billing to your insurance company or for non insured claims or general services, payment options are available.

**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

**Services Include:**

- Job Size Limit - None
- Water Removal
- Structural Drying
- Sewer & Drain Back Ups
- Anti-Mildew & Disinfecting
- Fire Damage & Smoke Cleaning
- Ultrasonic Content Cleaning
- Guaranteed Odor Control
- Certified Mold Removal & Testing
- Furnace Puff Back Clean Up
- Hepa Air Scrubbing
- Carpet & Furniture Cleaning
- High Pressure Tile & Grout Cleaning
- Total Structure & Content Cleaning
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- Debris Clean Up & Removal
- Bio-Hazard Cleaning

**We Offer:**

- Immediate response to damage caused by Fire, Water, Smoke and Mold
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- Compliant with EPA, NYC Health Department and IICRC guidelines
- Speak directly to a trained professional, no voice mail or answering machines
- Provide the highest quality, most technically accurate, Guaranteed services, with over 18 years experience
- Provide a cost estimation and time projection
- Direct insurance billing

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# BUTTERFLY RELEASE CELEBRATIONS



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

## Wednesday, July 17th, 2024

Pick up your butterflies and release with family & friends at a location special to you and make it your own private celebration of life! Receive a special program recognizing all of those being honored.

### Curbside Pick-Up Locations/Times Include:

- ★ Herkimer College - College Center (3:00 - 6:00 pm)  
100 Reservoir Road, Herkimer, NY
- ★ Oneida Health Cancer Care Radiation Oncology Affiliate of Roswell Park Care Network (3:00 - 6:00 pm)  
601 Seneca Street, Oneida, NY
- ★ Adirondack Bank Center at the Utica Memorial Auditorium (3:00 - 6:00 pm)  
Labatt Blue Entrance Parking Lot  
400 Oriskany St W, Utica, NY
- ★ Hospice & Palliative Care (Noon - 6:00 pm)  
4277 Middle Settlement Road, New Hartford, NY
- ★ Nunn's Home Medical Equipment (3:00 - 6:00 pm)  
1340 Floyd Ave, Rome, NY

To order go to [hospicecareinc.org](http://hospicecareinc.org) or for more information call (315) 735-6484

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

## You Can Make an Impact with your Donation to Hospice & Palliative Care

We are honored that you want to donate or volunteer your time to support the work and mission at Hospice & Palliative Care. As a not-for-profit, we rely on community support to enhance the programs and services we provide to chronically ill and terminally ill patients and their families.

Our mission is to enhance the quality of life for individuals and their loved ones touched by a chronic or terminal illness. Hospice & Palliative Care has provided end-of-life care, in the home or home-like setting, since 1977. We offer symptom management, compassionate care, and caregiver support to individuals and their loved ones, advocating for end-of-life wishes that focus on a and a better quality of life. Your generous donation allows Hospice & Palliative Care to continue providing important programs and services in Oneida, Herkimer, and Eastern Madison Counties.

Your gift makes a real difference in the lives of people in the communities we serve who are at their most vulnerable as they cope with a life-limiting illness or with grief and loss. Your gift makes you our partner in ensuring that people receive comfort care whenever and wherever they need it. Your gift helps hospice patients in our care – regardless of age or inability to pay – live their remaining days fully, in dignity, comfort and peace, and in accordance with their wishes and beliefs. And it assures our patients' loved ones and many others from the broader community receive the bereavement care they need at no charge to them.



### Become a Hospice & Palliative Care Volunteer

Volunteers are a vital part of the hospice team. As a volunteer, you bring a personal touch to people with terminal illness and their families. The efforts of volunteers are critical to the mission of Hospice & Palliative Care.

When you join the Hospice & Palliative Care volunteer team, you provide services essential to hospice care. You will belong to a health care team that includes dedicated physicians, nurses, social workers, spiritual care coordinator, bereavement counselors and administrative staff. Your role will offer you meaningful opportunities, such as sharing in individual's and families' lives, loves, tears and laughter. Your caring, dedicated presence will help brighten someone's day and make a difference in individual's lives and in the lives of those caring for them. You may also choose to devote your time to assisting bereaved family members with supportive phone calls or by providing administrative support. There are so many ways to provide support and help others.

To become a Hospice & Palliative Care volunteer, call Jerry Plows, Volunteer Coordinator at 315-735-6487 ext. 1014 or 800-317-5661 (toll-free) to request a volunteer application. Once completed, you'll be invited to interview with Jerry to discuss your interests, availability and experience with death and dying. This will also be a good time for you to ask questions about the volunteer role and responsibilities.

If you are accepted into the program, you will then attend a Hospice volunteer training in person or online. This comprehensive training is intended to increase your understanding of hospice care and provide you with the background needed to feel prepared for your first assignment.

## BUTTERFLY RELEASE CELEBRATIONS

## Butterfly Order Form 2024

To have your loved one's name in the program, you must submit your form by Friday, July 12. Butterflies will be available until sold out.



Name (Print) \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_  
 Street \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Email \_\_\_\_\_

I would like to reserve \_\_\_\_\_ (# of butterflies) at \$25 each or 5 for \$100. Total enclosed: \$ \_\_\_\_\_

### Please indicate your butterfly pick up location or if you would like us to release them for you:

- Hospice & Palliative Care, 4277 Middle Settlement Road, New Hartford, NY
- Nunn's Home Medical Equipment, 1340 Floyd Ave, Rome, NY
- Herkimer College - College Center, 100 Reservoir Road, Herkimer, NY
- Oneida Health Cancer Care Radiation Oncology Affiliate of Roswell Park Care Network, 601 Seneca Street, Oneida, NY
- Adirondack Bank Center at the Utica Memorial Auditorium, Labatt Blue Entrance Parking Lot, 400 Oriskany St W, Utica, NY
- Please release my butterflies for me.

Name of person(s) being recognized: *(if you need additional space, please write on back of sheet)*

1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_  
 4. \_\_\_\_\_  
 5. \_\_\_\_\_

**Due to limited space, we cannot list special occasions or messages in our program.**

*(Optional) Please send an acknowledgement of my gift to: (if you need additional space, please write on back of sheet)*

Name \_\_\_\_\_  
 Street \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

### Credit Card Transaction (Please Print):

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 Exp. Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ 3-Digit Security Code (on back of card) \_\_\_\_\_

Make checks payable to Hospice & Palliative Care.  
 Please mail form to: Hospice & Palliative Care, Inc; 4277 Middle Settlement Road, New Hartford, NY 13413  
 For more information, call (315) 735-6484 or visit our website at [www.hospicecareinc.org](http://www.hospicecareinc.org)



**Unique One-of-a-Kind Gifts**

Summer is here! Time to enjoy gatherings of all sorts, including weddings, showers, engagement, birthday, anniversary parties, and more. If you are looking for a unique, one-of-a-kind gift, look no further than our Fair Trade Shop, Stone Presbyterian Church, 8 So. Park Row, Clinton.

An intricate depiction of a loving embrace, our Eternal Love Sculpture is a solid stone statue that will last as long as your love. Hand-carved kisi, found only in Kenya, is a soft soapstone, easy to carve into many forms. Its satiny finish is achieved through multiple stages of sanding, followed by waxing. Shadowy blues, purples and blacks swirl around this handsome Ancient Beauty Bud Vase from the West Bank. Recycled bottles are smashed into pieces and melted in high temperature ovens. In Phoenician glass blowing, artisans add substance to the molten glass, creating a range of colors within each piece. Each piece has its own unique blend of color and pattern.

These and MANY, MANY MORE uniquely handcrafted gift items from 38 different countries can be found in our FAIR TRADE SHOP, every Thursday, 10AM TO 4PM, SECOND SATURDAYS, AND EVERY THURSDAY AT THE FARMER'S MARKET ON THE VILLAGE GREEN IN CLINTON DURING THE SUMMER MONTHS.

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per person, per session  
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per session

**\*\*Beginner Classes\*\***

**Mondays, 2:30 - 4:30 p.m., \$6/person**  
**Fridays, 2:30 - 4 p.m., \$5/person**

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For more information, call (315) 733-2343, or e-mail David at [dmeislin@aol.com](mailto:dmeislin@aol.com)



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Christopher J. Carbone

# Pay Yourself First. Take Time for your Financial Well-Being Checkup

The beginning of a new year is often a time when we look at the progress we've made toward our goals and set or reset goals so we can continue to see improvement. Physical well-being tends to top the list of resolutions, but financial well-being is just as important.

As you're considering your goals and developing new money habits, think about ways to pay yourself first. This is about prioritizing your long-term

financial well-being. Here are four actions that can help you define this strategy in a way that works best for you.

1. Determine your "money jobs" — what you want your money to do  
"Money jobs" are the things we want to accomplish with our money. They can be short-term, like buying a car or home, or long-term, like funding retirement.  
Michael Liersch, head of Advice & Planning at Wells Fargo says, "When we align what we want to accomplish in life with our money, it can clarify whether money is truly working hard for us to get us to where we want to go. But that requires us to be intentional about what we want in our life [and] the jobs we want money to do for us."

Once you assign a purpose to your money, you should have a better understanding of why you should pay yourself first. You might even consider naming different accounts after specific money jobs: New Car Fund, New Home Fund, etc. With a clearer purpose, you may better prioritize your spending and giving to help ensure your overall investment plan is on track.

2. Keep down or pay off debt  
A clear next step for how you pay yourself first is chipping away at any debt you may have. Over time, this should free up more funds to save or invest toward your money jobs.

There are two approaches to paying down or paying off debt: logically or emotionally.  
Logically, it makes sense to apply the "avalanche method" by first tackling debts with the highest interest rates or heaviest tax implications, such as credit card debt or loans against a 401(k) plan. The amount you'll stop spending on interest is extra money in your pocket.  
Another logical approach is the "snowball method," when you give yourself a quick win by paying off the smallest debt first and then adding that payment amount to the next debt in line to keep the momentum going.

Emotionally, you might consider starting with the debt that makes you the most uncomfortable, such as medical debt that reminds you of a past health crisis. Paying off emotionally negative debt may help ease your concerns and put you in a more optimistic mindset overall, establishing a better frame of mind to reach other financial goals.

Regardless of the strategy you choose, it can help to discuss debt prioritization with a financial advisor, who will be able to help you strategize.

3. Take small actions  
Simple changes to your spending habits could make a big difference as you work toward your goals. For example, it can help to review all of your subscriptions (streaming services, magazines, the gym, etc.) and cancel the ones you don't use or don't really love. Paying attention to your habits when it comes to small purchases can be like giving yourself a bonus every month after you cancel.

This isn't to say you should eliminate spending money on things you like; this is suggesting that you be mindful of where your money is going. If a purchase isn't offering long-term benefits and you decide it's not that important to you, perhaps the money should instead go toward one of the goals that you know is more important.

A financial advisor can help you take an aggregate look at your savings accounts, spending, and investments. With that point of view, you might see some obvious places where additional savings can occur.

4. Invest for your future, even amid challenges  
Unexpected financial events happen to everyone, whether it's a change in your kids' activities or education suddenly getting pricier or a parent having a big health-related expense they can't handle.

At these times, remember the airplane rule: Put on your own mask before helping others. Try to stick to the investment plan you have established, and when things pop up, review the plan with an advisor to see how you might be able to make adjustments to help others without derailing your progress toward your goals.

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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Advertisement for Adirondack Marine Canvas & Upholstery featuring diagrams of boat modifications (re-upholstered seats, cockpit cover, bow cover, aft curtain, convertible top, side windows, mooring cover) and contact information for Joe Lopata.



## Hospice & Palliative Care, Inc. Hosts Informative Session on Advance Directives

Hospice & Palliative Care, Inc. is pleased to announce an educational session titled "Advance Directives: Essential Planning for Your Future Health Care," to be held on July 22, 2024, from 10:30 a.m. to noon at The Root Farm, 2860 King Road, Sauquoit, NY 13456. This event is free and open to the public.

The session will feature expert presenters Stephanie Robinson, LCSW, and Julie Moskal, FNP-C, Nurse Practitioner, who will provide valuable insights into the significance of advance directives and guide attendees through the process of completing them.

Advance directives are crucial documents that allow individuals to outline their preferences for medical care in situations where they might be unable to communicate their wishes. By having an advance directive, individuals ensure their healthcare decisions are respected and alleviate the burden on family members during times of crisis.

Key topics to be covered in the session include:

- The definition and components of an advance directive.
- The importance of having an advanced directive, regardless of age or health status.
- Step-by-step instructions on how to create an advance directive.
- Legal considerations and common misconceptions.

"Advance directives empower individuals to take control of their healthcare decisions and provide peace of mind for themselves and their loved ones," said Stephanie Robinson. "Understanding and completing these documents is an essential part of proactive health planning."

Julie Moskal added, "Our goal is to educate the community on the importance of advance directives and provide the necessary tools to complete them properly. This session is an excellent opportunity for attendees to learn from professionals and ask questions in a supportive environment."

Hospice & Palliative Care, Inc. encourages everyone, regardless of age or health condition, to attend this informative session and take the first step towards securing their healthcare future.

For additional information, please contact the Hospice Bereavement Team at 315-735-6484 at ext. 1214. Contact: Hospice & Palliative Care, Inc. Phone: 315-735-6484 Website: [www.hospicecareinc.org](http://www.hospicecareinc.org) Email: [info@hospicecareinc.org](mailto:info@hospicecareinc.org)

*About Hospice & Palliative Care, Inc.: Hospice & Palliative Care, Inc. is dedicated to providing compassionate care to patients and families facing serious illness and end-of-life issues. Our team of professionals offers a range of services, including pain management, emotional support, and bereavement counseling, to enhance the quality of life for our patients and their loved ones.*



From left, Outstanding Educators Chairperson Bart Gorman, Rotary Club of Utica President Linda Iannone, Award winners Peter Anderson, Trisha Moore, Sharece Toner and Audrey Foote, Proctor HS Senior Logan Wolfe (representing Christine Golden who could not be in attendance), and award recipients Michael Zogby and Jeffrey Kuhn.

## Local Rotary Clubs Honor Seven 'Outstanding Educators'

The Rotary Clubs of Utica, New Hartford, North Utica-Whitestown and Sauquoit gathered at Five Points Public House/Irish Cultural Center on June 6 to honor seven 'Outstanding Educators' at an awards luncheon.

The following educators were honored by the local Rotary clubs and their students at the event:

- Peter Anderson, Social Studies Teacher, New Hartford.
- Audrey Foote, Science Teacher, New York Mills.
- Christine Golden, Social Studies Teacher, Utica CSD.
- Jeffrey Kuhn, High School Principal, Whitesboro.
- Trisha Moore, Math Teacher, Sauquoit Valley.
- Sharece Toner, Math Teacher, Notre Dame.
- Michael Zogby, History Teacher, Clinton.

The Outstanding Educators Committee works with future leaders of our community and honors those who help mold them. Two students from each of the seven area high schools were recently given an opportunity to introduce themselves to the Rotary members, and to learn about Rotary's community, regional and international services, which are the fulfillment of the Rotary motto of "Service Above Self."

The committee then organizes the end-of-the-school-year luncheon to honor outstanding educators nominated by those students. The students were asked to select teachers who they believe exemplify the Rotary motto, Service Above Self, and the values of Rotary as expressed in its Four Way Test (Is it the Truth? Is it Fair to all concerned? Will it build Goodwill and better Friendships? Will it be Beneficial to all concerned?)

Outstanding Educators Chairman Bart Gorman explained that the Rotary Club of Utica's tradition of having high school students attend meetings dates back to the mid-1940s. He added that the current 'Outstanding Educators' effort is "a direct evolution of Rotary's decades of commitment to the welfare of children and the enrichment of educational opportunities for all."

"As Rotarians we are grateful for you," said Gorman, "the Outstanding Educator professionals who truly do put service above self in the nurturing and development of young minds and bodies stretching to fulfill their desires for a positive, productive, rewarding and satisfying place in the future."

# 30 DAYS OF DINNER PROMPTS

- |                      |                      |
|----------------------|----------------------|
| Spaghetti            | One pot pasta        |
| Beef or turkey tacos | Slow cooker pork     |
| Grilled chicken      | Oven fried chicken   |
| Sloppy Joe's         | Nachos               |
| Mac and cheese       | Stir fry             |
| Pork tenderloin      | Stuffed chicken      |
| Sheet pan dinner     | Breakfast for dinner |
| Slow cooker chicken  | Chili                |
| Burgers              | Curry chicken        |
| Dinner salad         | Stuffed potatoes     |
| Salmon               | 3 ingredient dinner  |
| Pizza night          | Chicken piccata      |
| Fajitas              | Fried rice           |
| Fish or shrimp tacos | Pork chops           |
| Chicken divan        | Soup + sandwich      |

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# GIANT BUBBLE RECIPE

- 12 cups water
- 1 cup dish soap
- 1 cup corn flour
- 2 tbs baking POWDER

Place all ingredients into a bucket, stir gently, let sit for an hour & then WATCH THE MAGIC HAPPEN!



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honor St. Margaret. Please register by July 10th. Cost is \$13 and includes lunch.

**Summer Concert | August 1st at 7:00 PM**

Join us for an evening of entertainment with the Floyd Community Instrumental Ensemble. Ice cream and refreshments provided. Thank you to Stewart's for donating funds enabling us to provide this program for free to the public. The rain date for the concert is August 6th at 7 PM.

**Safe Church Training with Rev. Deacon Lynne Walton**

| June 15th, August 24th, and December 7th from 9:30 AM to 1:00 PM  
St. Margaret's will be hosting Safe Church Trainings with Rev. Deacon Lynne Walton. Please call or email to register yourself or organization to attend one of the training days and times. Drinks will be provided. Please bring snacks to share.

**THREE STEEPLES UNITED**

2817 Old State Route 12, Paris, NY 13456  
315-368-3416 [threesteeples@gmail.com](mailto:threesteeples@gmail.com)  
We offer services every Sunday at 10AM!  
Three Steeples is a Presbyterian-United Church of Christ hybrid that offers a traditional foundation for progressive thinking and growth and is open to engaging with all faiths. Three Steeples United is an inclusive and member-driven faith community of active individuals and families who connect with and care for their neighbors and one another through worship, education, and culture. We challenge ourselves and others to discern, embrace, and act upon a relevant understanding of Christ's message in today's world.



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10 Hibgy Road, Utica NY 13501  
315-724-3179 [uuutica.org](http://uuutica.org)  
Join us for Sunday worship service at 10:30 AM followed by Coffee Hour. Also streaming on Zoom.

For details: [uuutica.org](http://uuutica.org)  
Minister: The Rev. Karen Brammer

**July 7** – Climate Justice: The Bigger Picture – Jim D'Aloisio  
It's not enough to be concerned about human-induced climate change. We need to cultivate our ability to envision a positive future... and connect our current actions to this happy outcome. Can we do this? Yes – by reaching deeply into, and living, our UU values. Let's explore.

Jim D'Aloisio is a lay member and former President of First UU Society of Syracuse, is on the board of the New York State Convention of Universalists, and is an engineer by profession. He has been called a climate activist and hasn't denied it.

**July 14** – On Boilermaker Sunday we will stream a service from another UU congregation.

**July 21** – Service with Rev. Karen A UU internal Compass for Spiritual Practice

If personal spiritual practice is not tethered to creeds and dogma, what might guide how we grow and deepen our spiritual and moral lives?

**July 28** – Mohawk Valley UU Cluster Service at Salisbury Center. 10:30 AM. Rev. Jeff Frank will lead the service. The combined UU choirs will sing under the direction of Mark Bunce. Covered dish luncheon will follow the service.

UUUtica will not be open on July 28. The Salisbury Center First Universalist Society has thoughtfully changed their start time to 10:30 in order to give us outliers more time to make that 40 minute drive. 138 State Rt 29A, Salisbury Center (good gps address). There will be car pooling from the UUUtica parking lot.

**BEIT SHALOM**

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



**TEMPLE EMANU-EL**

2710 Genesee Street, Utica, 315-724-4177  
[teuticaoffice@gmail.com](mailto:teuticaoffice@gmail.com)  
Rabbi Peter Schaktman  
Friday Evening Shabbat Services 6pm.  
All are Welcome

**TEMPLE BETH-EL**

1607 Genesee Street, Utica  
Rabbi Gustavo Geier  
In person and on zoom [www.tbeutica.org](http://www.tbeutica.org)  
Fri night - 5:30pm  
Sat morning - 9:30am

**ZVI JACOB**

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

**THE JEWISH COMMUNITY CENTER**

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

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

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## Angels Among Us Food Pantry

**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**

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## 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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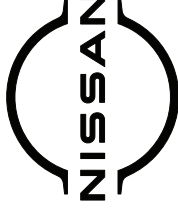
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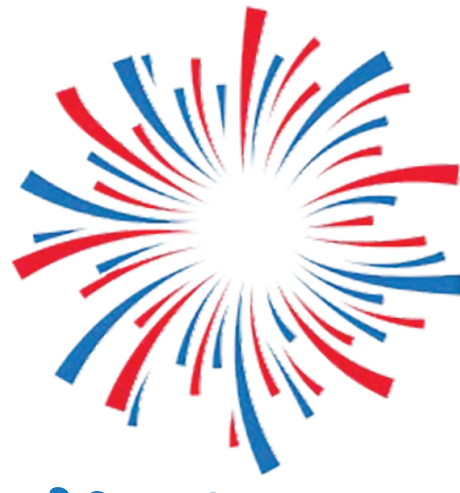
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