

# MOHAWK VALLEY LIVING

A bouquet of tulips in a white vase on a wooden table. The tulips are in various stages of bloom, with colors ranging from pale pink to bright yellow. The background is softly blurred, showing more of the same bouquet and a hint of a window.

April 2025

THE  
SPRING  
ISSUE

**BUZZWORTHY**  
EVENTS &  
ENTERTAINMENT

**10** PLACES FOR  
EASTER BRUNCH

**SPRING  
REFRESH**

HOME, GARDEN & OUTDOOR  
LIVING

**FREE**  
MAGAZINE  
TAKE ONE!



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“ Dr. Caruso and Staff, You took care of a last minute situation so quickly. Everyone is always nice and helpful. My son Aaron thanks you and we thank you.  
— Lisa W.

## Meet The Team



**Dr. Paul Caruso, D.D.S.**  
Diplomate, American Board of Orthodontics



**Dr. Cynthia Micaroni, D.D.S.**  
Diplomate, American Board of Orthodontics



**Dr. John Hamlin, D.D.S.**  
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# MOHAWK VALLEY LIVING

APRIL 2025 ISSUE 137

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**Carrie Byrne Putelo**  
**Editor-in-Chief, Owner & CEO**

# Editor's Note

Dear Readers,

I am honored to introduce myself as the new Editor-in-Chief, Owner & CEO of Mohawk Valley Living. With over two decades in the magazine industry—much of it spent shaping entertainment and lifestyle publications—I've had the privilege of connecting audiences with the people, places, and moments that inspire them. Eight years ago, my husband Alex and I moved to the Mohawk Valley with our son Luke and daughter Lila, returning to a place where both of our families have deep roots. Since then, we've fallen in love with everything that makes this region so special—the people, the culture, the history, and the endless opportunities to explore.

That's why I'm so excited to be reimagining Mohawk Valley Living into the ultimate resource for our community. We won't just tell stories; we'll connect you with everything happening right here, from an extensive calendar of events to the best places to eat, drink, and be entertained. We'll also highlight the lifestyle elements that make life richer—health, beauty, fashion, and home—because living well is about more than just where you go; it's about how you feel in your everyday life.

Most importantly, we will shine a spotlight on the incredible organizations and people who give back to this community. That spirit of generosity and dedication is what truly makes the Mohawk Valley special, and we are committed to celebrating those who make a difference.

To help bring this vision to life, I'm honored to welcome Joanne Donaruma Wade as our Style Editor-at-Large. Her expertise will help us create a magazine that not only inspires but also informs and elevates the way we experience life in the Mohawk Valley.

I'm also deeply grateful to Sharry and Lance Whitney, who remain on board to connect us to the magazine's rich history. Their dedication and vision have made Mohawk Valley Living what it is today, and I'm honored to build upon that legacy as we move forward.

This is just the beginning. I can't wait to share this journey with you and to celebrate everything that makes this place we call home truly extraordinary.

With excitement and gratitude,

Carrie Byrne Putelo  
Editor-in-Chief, Owner & CEO  
Mohawk Valley Living



# Get to know our history as we celebrate many milestone anniversaries this year within the Steet Ponte Auto Group!

## United Auto Sales of Utica, Est. 1945

Steet Family's used car store opened by brothers, Joseph G. and Tony A. Steet. Now in their third generation, Joseph A., Joseph T., and Carly Steet Mathias. We sell quality used vehicles, used luxury, and hard-to-find models! Don't forget, "we take anything in trade!"



4994 Commercial Drive, Yorkville or [UnitedUsedCars.com](http://UnitedUsedCars.com)

## Steet Toyota of Yorkville, Est. 1995

Family and locally owned and operated dealership. We sell, service, and provide parts for new, pre-owned, and Certified Pre-Owned Toyota vehicles. Joe Steet's dream (working across the street at United Auto) was to own this store.



4991 Commercial Drive, Yorkville or [SteetToyota.com](http://SteetToyota.com)

## Steet Ponte Chevrolet, Est. 1997

Herkimer's family owned and operated, and only new car dealer! We sell and service new, pre-owned and Certified Pre-Owned Chevy vehicles. Where Steven Ponte was the General Manager when he met Joseph Steet. They teamed up and formed what is now the Steet Ponte Auto Group!



3036 State Route 28, Herkimer or [SteetPonteChevy.com](http://SteetPonteChevy.com)

## Steet Ponte Ford (2003) Lincoln (2005)

Family and locally owned/operated dealership that sells and services new, pre-owned and Certified Pre-Owned Ford vehicles, as well as housing one of the area's few Luxury brands with Lincoln!



5074 Commercial Dr., Yorkville  
or [Steet-PonteFord.com](http://Steet-PonteFord.com) & [SteetPonteLincoln.com](http://SteetPonteLincoln.com)

## Steet Toyota of Johnstown-Gloversville, Est. 2007

Built in 2007 when Toyota approached Steet & Ponte with the opportunity. We have many women in leadership roles, this store is the first to have a female General Manager, who has been with the store since we opened! Proudly servicing Fulton County and ADK regions.



310 N. Comrie Ave, Johnstown or [SteetToyotaJohnstown.com](http://SteetToyotaJohnstown.com)

## Steet Ponte Mazda, Est. 2011

The area's only Mazda dealer! Originally within one of our other stores, our new state-of-the-art dealership was built in 2020. Won 1st place nationally in customer service by Mazda! We sell, service, and provide parts for new, pre-owned, and Certified Pre-Owned Mazda vehicles.



5065 Commercial Drive, Yorkville or [SteetPonteMazda.com](http://SteetPonteMazda.com)

## Steet Ponte Volkswagen, Est. 2011

Family owned and operated VW dealer. We sell and service new, pre-owned, and Certified Pre-Owned Volkswagens, and are proud to house a large selection of Audis! Our store has an incredible Parts and Accessories Department as well.



5046 Commercial Drive, Yorkville or [SteetPonteVW.com](http://SteetPonteVW.com)

## Steet Ponte Nissan, Est. 2021

Purchased in 2021, we are proud to be the area's only Nissan dealer! Recently undergoing a massive renovation to uphold Nissan and the Steet Ponte standard of quality. We sell, service and provide parts for new, pre-owned, and Certified Pre-Owned Nissan vehicles.



4967 Commercial Drive, Yorkville or [SteetPonteNissan.com](http://SteetPonteNissan.com)

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ONLINE: [STEETPONTEAUGROUP.COM](http://STEETPONTEAUGROUP.COM)

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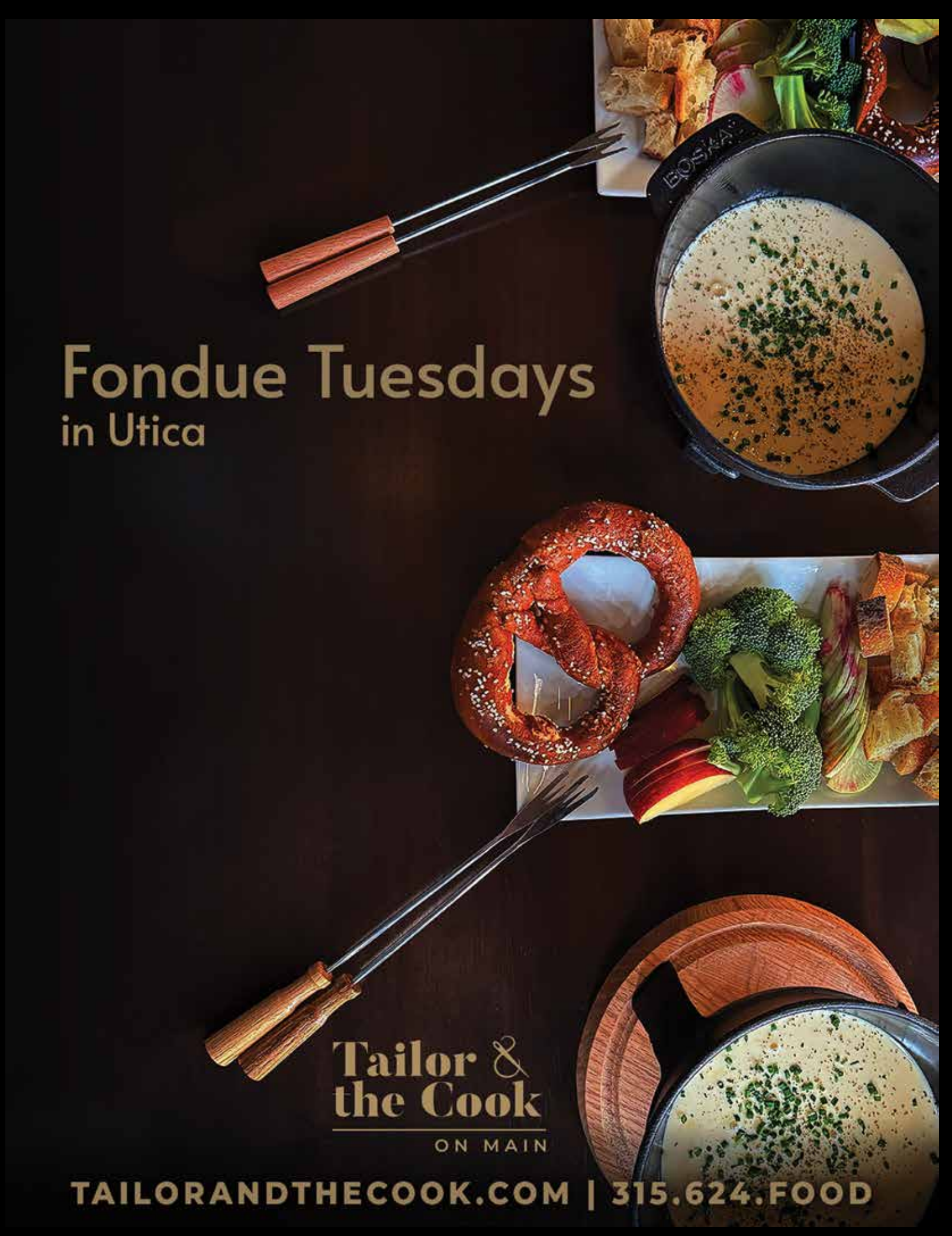
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# Fondue Tuesdays in Utica

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## WHAT'S HAPPENING IN THE MOHAWK VALLEY IN APRIL

**1**  
APR



### Canvas to Culture

Canvas to Culture from now until May 18th, featuring 50+ works inspired by Thomas Cole's *The Voyage of Life*, tracing its journey from private galleries to homes & movie palaces. Munson, 310 Genesee Street, Utica. Admission is \$5 for non members & free for members.

**5**  
APR



### Munson Art Market

Featuring unique artwork, handmade goods, and creations by Pratt Munson students, it provides a vibrant space to support and celebrate the local arts community. 10am-5pm, 310 Genesee Street, Utica

**6**  
APR



### Fort to Fort Run

The 37th annual Fort to Fort Run returns to Copper City Brewing in 2025! Originally starting at Griffiss Air Force Base and looping to Fort Stanwix, the race now begins and ends at the brewery. <https://runsignup.com/Race/NY/Rome/Fort2FortRuns>

**12**  
APR



### Boilermaker Panel

The Boilermaker began in 1978 as a 15K race with 876 runners, celebrating Utica Boiler's 50th anniversary. Now a weeklong event with 20K+ participants, this panel explores its origins, growth, and future. Panelists: Joe Kelly, John Pitaressi, Jim Stasaitis, & Vikki Townsend. Event details: Saturday, April 12 from 2pm-3pm at Oneida County History Center, 1608 Genesee Street Utica

**12**  
APR



### Gala Di Mistero

Black-tie masquerade ball on April 12, 2025, from 7-11 p.m. at Vernon Downs Casino Hotel. Guests will enjoy live music, dancing, performers, auctions, and a four-hour open bar. Tickets: \$150, benefiting youth and family services at The Neighborhood Center.

**15**  
APR  
&  
**16**  
APR



### Easter Bunny Express

On April 15-16, ride the Adirondack Railroad from Holland Patent to Remsen Depot for an Easter egg hunt, meet the Easter Bunny, and receive a goody bag!

**18**  
APR



**Joan Jett & The Blackhearts**  
Rock legend Joan Jett, known for hits like I Love Rock 'n' Roll and Bad Reputation, leads the iconic Blackhearts and holds a Rock & Roll Hall of Fame spot. See them live at The Stanley Theatre on April 18, 2025!



## Sarah's Spotlight Event of the Month

**APRIL 25, 2025**  
**BRANTLEY GILBERT:**  
**THE TATTOOS TOUR 2025**

SARAH FOSTER CALERO is President, Oneida County Tourism & Contributing Editor, Mohawk Valley Living



**Date:** Friday, April 25, 2025 at 7 p.m.  
**Location:** Adirondack Bank Center at the Utica Memorial Auditorium  
**Special guests:** Travis Denning and Payton Smith  
**Tickets:** Tickets start at \$25 plus applicable fees  
**Packages:** Includes a pre-show performance package and a side stage experience

**19**  
APR



**Vernon Downs Harness Racing**  
From April to November you can listen to the beat of the Horses featuring some of the finest races in the area. Vernon Downs Casino Hotel is home to some of harness racing's premier stakes events.

**19**  
APR



**Eggstravaganza**  
Hop into Easter fun at the Utica Zoo! Enjoy egg hunts, up-close animal encounters, and festive spring activities for the whole family. Don't miss this egg-citing day!

**26**  
APR



**Earth Day at NY Energy Zone**  
Stay tuned for details on this exciting event! Join us on Saturday, April 26, from 10 a.m. to 4 p.m. at the NY Energy Zone, 35 Utica Zoo Way, Utica, NY—right next to the Utica Zoo.

**26**  
APR



**Wine & Chocolate Festival**  
Indulge in a delightful pairing of regional wines and chocolates at this popular festival, perfect for a sweet outing.



For local events and more, visit [oneidacountytourism.com](http://oneidacountytourism.com)



## THE FACES OF EXCELLENCE: *Mohawk Valley's Top Professionals*

### *Elevating Healthcare Excellence: Dr. Zimmer's Vision for Neuroscience at Wynn Hospital*

By Mohawk Valley Living Magazine, in the heart of Utica, a transformation is underway in the medical landscape, spearheaded by none other than Dr. Zimmer, the Chief Medical Officer of Wynn Hospital. With a rich history of revitalizing healthcare institutions, Dr. Zimmer's arrival marks a turning point for the region's medical community, particularly in emergency medicine and neuroscience. As a distinguished ER physician, he brings a wealth of hands-on experience in high-pressure situations, making him uniquely qualified to lead this transformation. For Dr. Zimmer, the challenge of building a world-class hospital in an underserved area is not a limitation—it's an opportunity. "We must transition from reactive care to proactive wellness," he explains, emphasizing his commitment to expanding patient access and recruiting top-tier specialists to meet the community's diverse needs.



**Gary D. Zimmer, MD, FACEP**  
Chief Medical Officer, MVHS

One of his crowning achievements has been the recruitment of elite medical talent— an area where Dr. Zimmer excels. His ability to identify and attract exceptional physicians has already borne fruit, with the arrival of Dr. Satish Krishnamurthy, a renowned neurosurgeon specializing in brain tumors and neurosurgical oncology. Thanks to strategic collaborations with CNY Brain & Spine Neurosurgery, complex neurosurgical cases that once required transfers to Albany or Syracuse can now be treated right here in Utica.



The future of neuroscience at Wynn Hospital is bright. Dr. Zimmer envisions a facility equipped with the latest robotic-assisted surgical technology, ensuring that Mohawk Valley residents receive world-class care without leaving the region. "At the Mohawk Valley Health System, we are excited about the possibility of bringing in new technology that we have not had before including the robotic assisted tools for both cranial neurosurgical procedures and spinal procedures. These are very large investments that we are preparing to make so that we make sure that we have the most cutting-edge equipment some of which is not available any place else in the region. I look forward to being able to welcome that in the near future to the Wynn."

With a keen eye for building strong partnerships, a relentless pursuit of excellence, and an unwavering dedication to improving patient outcomes, Dr. Zimmer is reshaping healthcare in Mohawk Valley—one strategic decision at a time.





Satish Krishnamurthy, MD

## Revolutionizing Neurosurgery in the Mohawk Valley

### Dr. Satish Krishnamurthy Joins Wynn Hospital and CNY Brain & Spine Neurosurgery

The Mohawk Valley is entering a new era of world-class neurosurgical care, thanks to the arrival of Dr. Satish Krishnamurthy, a renowned neurosurgeon specializing in neuro-oncology, skull base, and vascular surgery. Formerly a tenured professor and interim chair of neurosurgery at SUNY Upstate, Dr. Krishnamurthy has trained some of the most successful neurosurgeons in the country. Now, he's shifting his focus to bringing cutting-edge brain and spine care to underserved rural communities—a mission that aligns perfectly with the \$300 million investment in Wynn Hospital and the groundbreaking work of Dr. Nicholas Qandah of CNY Brain & Spine Neurosurgery.

"I've spent my career training residents and advancing neurosurgical care across the country," Dr. Krishnamurthy explains. "One of the biggest challenges in healthcare today is managing complex care delivery in rural and underserved areas. Wynn Hospital presents a unique model for optimal care delivery by providing accessible, high-quality care for patients who previously had to travel long distances for specialized treatment."

*Dr. Krishnamurthy is not just a practicing neurosurgeon—he and Dr. Qandah are also research pioneers. With a partnership at SUNY Poly, they are collaborating on groundbreaking neuroscience and robotic research to develop the next generation of neurosurgical technology. Their partnership is positioning the Mohawk Valley as a leader in brain and spine innovation, ensuring that patients in the region have access to the same level of advanced care as major metropolitan hospitals.*

A national leader in minimally invasive brain surgery, Dr. Krishnamurthy is bringing state-of-the-art innovations to Wynn Hospital. "Robotic technology is revolutionizing the field," he says. "With robotic precision, we can perform complex brain tumor and stroke surgeries with greater accuracy, better outcomes, and faster recovery times."

Beyond advanced technology, Dr. Krishnamurthy is focused on building a world-class neurosurgical team. "We need a comprehensive neuroscience program—including specialists in neurology, neurocritical care, trauma, and rehabilitation—to fully support patients at every stage of their recovery," he explains. "Wynn Hospital's leadership is committed to attracting top talent, and together, we are creating a program that will set the standard for neurosurgical care in the Mohawk Valley and beyond."

#### SUNY Poly, The Next Generation

SUNY Poly Council Chair RoAnn Destito, President Dr. Wole Soboyejo, Dr. Krishnamurthy, and CNY Brain & Spine collaborate to advance neurosurgical research, backed by a significant investment from the Community Foundation's, Alicia Dicks



Dr. Qandah leading robotic spine surgery

“With unmatched expertise, cutting-edge research, and a vision for the future, Dr. Krishnamurthy's arrival marks a turning point for neurosurgical care in the region. “I'm excited to be here,” he says. “With the right talent, technology, and commitment to patient care, we will transform all aspects of Neurosurgical care—just as Dr. Qandah has done for robotic spine surgery. Dr. Q is already recognized as a national and global leader in robotic-assisted spine surgery, revolutionizing spinal care with precision technology and minimally invasive techniques. Together, our combined expertise in robotic brain and spine surgery will push the boundaries of neurosurgical excellence—delivering exceptional outcomes, right here at home.”





From community gatherings to the hottest events, we capture the faces and moments that define the Mohawk Valley's social scene. See who's been out, where they've been, and what's creating buzz locally.

1. Business After Hours at Five Points Public House in Utica (pictures 1-4)

2. Rakesh Patel, Visions Hotels; Rachael Cook, First Source Federal Credit Union; Jessica Pensabene, Elevattitt Inc.; Brandee Townsend, Visions Hotels; Eddie Barone, First Source Federal Credit Union

3. Joanne Thompson, Greater Utica Chamber of Commerce; Derek Crossman, Empire State Development; Michelle Klosek, The Varick Bar & Grill; Taylor Klosek; Gavin Law, Upstate Film Co.

4. Ryan Cooney, Standard Heating Cooling & Insulating; Sophie Jones, Upstate Caring Partners; Will Wadas, Wadas Eye; Travis Rabbers, M&T Bank; Gabe Broomfield, BOOKLY; Michal Marchio, Potentia Management Group; (front) CJ Hanrahan, Mohawk Valley EDGE

5. With temps near 60 degrees on March 15th, Irish and non-Irish alike flooded downtown Utica for the Annual Utica St. Patrick's Day parade! (pictures 5-7)

6. Morgan Mielnicki, Sentinel Media, Kari Puleo, Greater Utica Chamber of Commerce, Sarah Foster Calero, Oneida County Tourism, Kathryn Puleo, St. Lawrence Chamber of Commerce, Meg Bernier, Daniela Calero and Cecilia Calero DeSantis, AmeriCU

7. Oneida County district attorney, Todd Carville, and family joined Dr. Paul Caruso, Bernie Adorino of AGI construction and Notre Dame Athletics at the Utica Saint Patrick's Day Parade in support of Mother Mary Ann's Kitchen.





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# The Rome Health Foundation Annual Gala

The Rome Health Foundation's Annual Gala, held on March 7, 2025, at the Turning Stone Resort Casino, was a night of elegance and philanthropy. Over 400 guests attended the black-tie preferred event, enjoying delicious food, an open bar, and live entertainment by the Grand Central Station Band. A silent auction showcased unique items, adding excitement to the evening. The event was generously supported by sponsors, including Nunn's Home Medical Equipment as the Presenting Sponsor.



## Be Social in April

at these amazing April events at  
Turning Stone Resort Casino:

**Lance Burton:**

**Master Magician & Friends**

Experience an evening of mesmerizing illusions with the legendary Lance Burton on Sunday, April 6, 2025, at 8:00 PM in The Event Center.

**The Temptations & The Four Tops – 40th Anniversary Tour**  
Enjoy a night of classic Motown hits as these iconic groups take the stage!

Sunday, April 27, 2025, at 8:00 PM  
in The Event Center.

For more information and to purchase tickets, visit the Turning Stone Event Calendar at:  
[turningstone.com](http://turningstone.com)



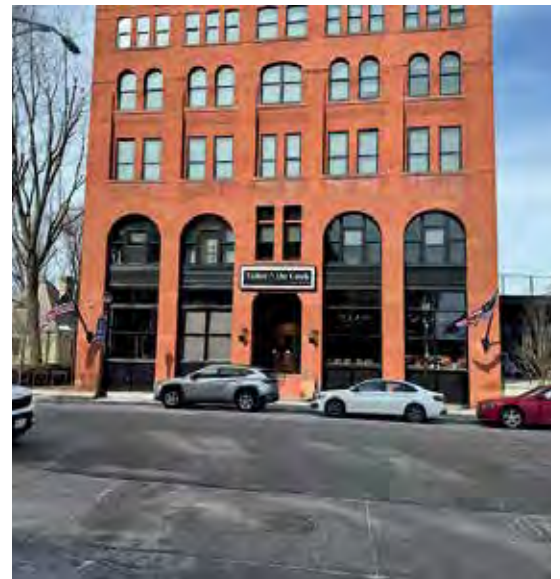
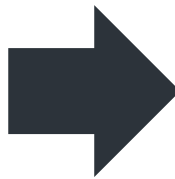
## new commercial development - revitalization - reconstruction



SMAJIC Construction is revitalizing Utica with expert craftsmanship in commercial construction. Founded in 2011 by Nedzad Smajic, the company transforms businesses, and community spaces with quality renovations and new builds. Dedicated to strengthening the city's future, SMAJIC Construction is building more than structures—they're building a better Utica.



**Before**



**After**



*Easter Brunch Bliss***Where to Celebrate in the Mohawk Valley**

Easter Sunday is a time for gathering with loved ones, celebrating traditions, and, of course, indulging in a delicious brunch. Whether you're looking for a refined buffet, classic comfort dishes, or a waterfront dining experience, the Mohawk Valley has plenty of exceptional options to make your Easter meal memorable. From elegant inns to cozy cafés, here are the top spots for Easter Brunch this year.



The Otesaga Resort, Cooperstown



Delmonico's, Utica



The Hub Eatery, Utica



Brewster Inn, Cazenovia

**The Otesaga Resort Hotel | Cooperstown, NY**

For an elegant Easter brunch in a grand setting, The Otesaga Resort Hotel is an unmatched experience. Their lavish Easter buffet includes an impressive spread of gourmet breakfast items, fresh seafood, prime rib, and decadent desserts. With stunning lake views and impeccable service, this is the perfect place for those looking to celebrate Easter in style. For reservations, call 607.547.9931. Visit their website at [otesaga.com](http://otesaga.com).

**Delmonico's Italian Steakhouse | Utica, NY**

Delmonico's is famous for its hearty Italian meals, and their Easter brunch is no exception. Expect a menu filled with Italian-inspired breakfast dishes, from prosciutto and mozzarella omelets to rich, creamy pasta selections. Their warm ambiance and signature service make it a great spot for a family gathering. For reservations, call 315.732.2300. Visit their website at [delmonicositaliansteakhouse.com](http://delmonicositaliansteakhouse.com).

**The Hub Eatery | Utica, NY**

Hop over to The Hub Eatery in Utica for an All-You-Can-Eat Easter feast! Plus, don't miss a special visit from the Easter Bunny, who will be there for free photos—perfect for families and kids! Enjoy a delicious spread of brunch favorites in a cozy and welcoming atmosphere. Whether you're craving savory classics or sweet treats, The Hub Eatery has something for everyone. For reservations, call 315.864.3564. Visit them on Facebook.

**Brewster Inn | Cazenovia, NY**

Celebrate Easter with an all-you-can-eat buffet brunch at The Brewster Inn in Cazenovia! From 10:00 AM - 4:00 PM, enjoy a delicious spread featuring brunch favorites like smoked ribeye, crème brûlée French toast, an omelet station, seasonal salads, desserts, and more—all served in an elegant lakeside setting. For reservations, call 315.655.9232 or visit [resy.com](http://resy.com).



### The Canal Side Inn | Little Falls, NY

Celebrate Easter with a delicious buffet at Canal Side Inn in Little Falls. Join us on Easter Sunday from 11 AM - 3 PM for a festive buffet featuring a ham carving station, chicken marsala, broccoli cheddar quiche, sweet potato casserole, assorted desserts, and more. Enjoy a welcoming atmosphere and a full bar to complement your meal. For reservations, call 315.823.1170. Visit their website at [canalsideinn.com](http://canalsideinn.com).

### Aqua Vino | New Hartford, NY

Celebrate Easter at Aqua Vino, a restaurant known for its elegant atmosphere and fresh, flavorful dishes. Aqua Vino's Easter buffet includes dishes like chef-carved filet tenderloin, honey-glazed ham, chicken français, fresh greens, and pasta. To satisfy your sweet tooth, indulge in delicious homemade desserts, including pistachio cake and carrot cake. Seatings starting at 11:30. For reservations, call 315.732.0116 or visit [resy.com](http://resy.com).

### The Trackside Restaurants and Banquets | Utica, NY

Celebrate Easter with a delicious buffet at Trackside Restaurant & Banquets on Sunday, April 20, 2025! Enjoy a festive spread featuring brunch favorites like French toast, home fries, stuffed pork, chicken cutlet, and more, plus assorted desserts to sweeten the celebration. With multiple seating times available, it's easy to find a time that works for you and your family. For reservations, call 315.316.0228 or visit [uticatrackside.com](http://uticatrackside.com).



The Canal Side, Little Falls



Aqua Vino, New Hartford



Trackside Restaurant, Utica



Delta Lake Inn, Rome



### Delta Lake Inn | Rome, NY

Set on the beautiful shores of Delta Lake, this historic inn is a favorite for holiday brunches, and Easter is no exception. Their grand buffet features everything from eggs benedict to honey glazed bone in ham and freshly baked desserts. If you're looking for a picturesque setting with a cozy and welcoming atmosphere, Delta Lake Inn is the perfect choice. For reservations, call 315.533.7710. Visit their website at [deltalakeinn.com](http://deltalakeinn.com).

### Tavolo | Utica, NY

Celebrate Easter with a special brunch at Tavolo in Utica. Enjoy a carefully curated menu featuring seasonal favorites and chef-inspired dishes in a warm and inviting atmosphere. Whether you're gathering with family or friends, Tavolo offers a memorable dining experience for the holiday. Reservations are strongly recommended. For reservations, call 315.732.9358. Visit their website at [tavolo315.com](http://tavolo315.com).

### Knead to Eat | Utica, NY

If you're looking for a hearty and satisfying Easter brunch, Knead to Eat has you covered with their famous Pancake Board, stacked with fluffy pancakes and all the delicious toppings you could want! Their menu also features generous portions of brunch favorites, making it a great choice for families looking for a fun and filling holiday meal. For reservations, call 315.737.3110. Visit them on Facebook.



Knead to Eat, Utica



# THE BLACK STALLION: *Where Customers are Family*

by Maryann Vanderpool-Imundo



14oz bone in pork chop, with The Black Stallion's orange sesame glacé, topped with shiitake mushrooms, scallions, and sesame seeds

Above: Sal and Risa Vullo in front of a portrait of Sal's mother, Maria

**The Black Stallion**  
5656 State Route 5, Vernon  
(315) 829-2203  
theblackstallionny.com

The tastefully decorated dining area has rustic touches flattered by Meyda Tiffany lamps artfully stenciled with horses. Mirroring nearby Vernon Downs is a beautiful painting of two stable hands grooming a horse near its racing sulky. Sal said, "That one was given to my father years ago in the 1970s." His attachment to the artwork attests to his affection for his father and all the happy memories he has of growing up in the restaurant.

Sal purchased The Black Stallion from his parents in 1986. He has put his twist on things but ascribes the restaurant's success to his father, Gino Vullo, and his late mother, Maria Vullo. Risa attests to her in-laws' good character and sees similar qualities in her husband. "Sal has such a big heart. He was raised right. My mother-in-law was truly a wonderful woman," she said, referencing Maria's photo which hangs outside the kitchen door. Risa adds, "The high quality and consistency of the food all began with Gino

and Maria."

The food is a delightful combination of Sal's parents and his long-time Chef Jeff Beam's culinary creativity. Some of their most unique and favorite menu choices are:

**Arancini appetizer:** Italian rice balls appetizer mixed with Asiago cheese and beef topped with Alfredo and Marinara Sauce. Others include: French Onion Soup, Italian Greens, Hot Antipasto Salad, and Fried Calamari.

**Tuscan Salad:** mixed greens, roasted red grapes, pickled blueberries, red onion, goat cheese, candied walnuts. Other salads are: Caesar, Tuscan, and Black and Blue.

**Bacon Jam Burger:** arugula, bacon, cheddar, portobello mushrooms, caramelized onions and bacon jam. Other sandwiches are: Italian Chicken, The Frenchie, and Steak Sandwich.

**Frutti De Mar:** sautéed shrimp, scallops, clams, plum tomatoes, sauce, and angel hair pasta. Other entrees: Chicken Riggies, Homemade Hats Verdi, Chicken Milano, Eggplant Parmigiana, Veal Saltimbocca, Chicken Francaise, and Veal Rocco.

The Black Stallion's homemade desserts are made by Francine Williams and Deb Coston. This evening featured Pistachio and Chocolate

Mocha Cake.

Sal said, "Jeff Beam does a lot of the creative in-house specials. He has been with me for 20-plus years. He and my staff are like family." The tastefully decorated dining area has rustic touches flattered by Meyda Tiffany lamps artfully stenciled with horses. Mirroring nearby Vernon Downs is a beautiful painting of two stable hands grooming a horse near its racing sulky. Sal said, "That one was given to my father years ago in the 1970s." His attachment to the artwork attests to his affection for his father and all the happy memories he has of growing up in the restaurant.

Sal purchased The Black Stallion from his parents in 1986. He has put his twist on things but ascribes the restaurant's success to his father, Gino Vullo, and his late mother, Maria Vullo. Risa attests to her in-laws' good character and sees similar qualities in her husband. "Sal has such a big heart. He was raised right. My mother-in-law was truly a wonderful woman," she said, referencing Maria's photo which hangs outside the kitchen door. Risa adds, "The high quality and consistency of the food all began with Gino and Maria."





Sautéed pulled pork, pork belly, onions and cherry peppers, over sidewinder fries. Topped with gravy and a 4-cheese sauce.



Cinco de Mayo cocktails! Peach basil margarita and Tequila blood orange Moscow mule



Beef carpaccio appetizer



Heirloom tomato and fresh burrata salad, with marinated peaches and topped with a balsamic reduction drizzle

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Risa said, "In the summer, we use fresh herbs and vegetables from our garden." They are also used as garnishments, giving the dishes a lovely presentation. "And we always have fresh flowers for the tables from Oneida Floral," Risa said.

The clientele comes from all over, especially his neighbors from Freedom Farm, Utica-Rome Speedway, Vernon Downs, and Dibbles Inn Say I Do Event Center.

Seated at the bar are Barb Duffy and Joanne Kellogg, both business executives at Dibbles Inn Say I Do. They enjoy an appetizer of Hot Peppers, warm crusty bread, Rigatoni, Chicken Saltimbocca, and wine. Kellogg said, "Eating at The Black Stallion is always a wonderful experience. Sal and his staff are always so gracious." Duffy validated Kellogg's accolades, and they raised their glasses to "Cheers!"

Seated at a cozy booth are Margaret and Andy Arden enjoying cosmopolitans (cranberry and vodka cocktail) before receiving their Chicken and Seafood Alfredo. Andy Arden said, "We usually get the specials. The service and the quality of the food are always consistent." Margaret Arden adds, "...and I like that everyone here knows your name."

In 2020, The Black Stallion faced one of its toughest challenges when the building caught fire. "There was extensive water and smoke damage," said Sal, "which forced us to remodel."

Risa adds, "That was a very emotional time." Sal did a lot of the repair work himself alongside his friends Kerry Richmond and Brian Vanderhoff. "My goal was to update it with the same feeling, homey and comfortable," said Sal. Risa did most of the interior decorating and respectfully kept the mementos of the past.

One of the greatest additions post-fire is the enlarged event space which has a seating capacity of 40. It is cleverly styled with barn doors. Risa says, "It's nice because we can close it off, and now we have audiovisual equipment in there as well." It's a popular space for wedding rehearsal dinners.

The Black Stallion does a lot of catering for local weddings, Christmas, graduation, and birthday parties. Some catering contracts are: Bean Acres Event Space, The Hayloft On The Arch, Vernon Downs, Wolf Oak Acres, The Boxing Hall of Fame, and The Vernon Fire Department.

Sal and Risa are grateful for their success and enjoy being surrounded by many friends and loved ones. Sal says, "I've had three generations coming in that I've known since I was a kid. Now I see their kids and grandkids come in."

Affectionately sentimental, Sal says, "I love my community. We treat everyone like family: customers, help, even if you walk in here for the first time, you're family."



# RESTAURANT GUIDE

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# Spring Refresh

## HOME, GARDEN & OUTDOOR LIVING



**W**elcome to Your Ultimate Guide to Home, Garden & Outdoor Living. As the seasons change, so does the way we enjoy our homes and outdoor spaces. This guide is designed to help you refresh, maintain, and enhance every aspect of your home, garden, and outdoor living areas—from flower gardening and landscaping to outdoor fixes, pool maintenance, and stylish backyard upgrades. Whether you're looking to create a lush garden, install a tranquil water feature, open your pool for the season, or add functional hardscaping, you'll find expert tips and inspiration to make the most of your home's exterior. Let's dive into a season of beautiful, stress-free outdoor living!

### **Spring Renewal: Refreshing Your Landscape**

As winter fades and warmer days return, it's time to breathe new life into your outdoor space. The first step in preparing your yard for spring is clearing out winter debris, pruning back overgrown shrubs, and raking away any leftover leaves that may have accumulated. A fresh start ensures that plants get the sunlight and airflow they need to thrive.

A lush, green lawn sets the foundation for a beautiful landscape, and spring is the ideal time to aerate, overseed, and fertilize for healthy grass growth. A well-maintained lawn not only boosts curb appeal but also provides the perfect backdrop for colorful garden beds and structured landscaping.

Incorporating hardscaping elements such as stone pathways, decorative borders, and retaining walls can add elegance and structure to your outdoor space. Not only do these features create visual interest, but they also serve practical purposes, such as controlling erosion and defining garden areas. Gravel pathways, natural stone edging, and raised beds are particularly popular choices for homeowners looking to add a polished yet functional touch to their yards.





## THE ART OF FLOWERS:

### Choosing & Planting the Perfect Blooms

#### Selecting Flowers That Thrive in Central New York

Creating a stunning flower garden starts with choosing plants that flourish in Central New York's climate. Perennials like coneflowers, black-eyed Susans, and daylilies return year after year, providing vibrant color with minimal upkeep. Pairing them with native plants such as milkweed, bee balm, and wild lupine not only ensures hardiness but also supports local pollinators like bees and butterflies.

For those who love seasonal bursts of color, annuals like petunias, marigolds, and begonias are excellent additions to garden beds and containers. These flowers bloom continuously throughout the season, offering long-lasting beauty from late spring through fall. Hydrangeas are a fantastic choice for gardens in Central New York, thriving in the region's climate with proper care. They provide stunning blooms from summer through fall, adding elegance to landscapes.

A well-planned flower garden incorporates layers of height and texture. Taller plants such as hollyhocks and delphiniums create a striking backdrop, while medium-sized blooms like zinnias and snapdragons add variety. Ground covers like creeping phlox or alyssum soften edges and fill in gaps, creating a lush and cohesive design.

Timing is everything when it comes to planting flowers. Early spring is the best time to start seeds indoors and prepare garden beds for planting. By May, hardy perennials and cool-weather annuals can be safely planted outdoors, while June is ideal for adding heat-loving flowers that thrive in warmer temperatures.

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Mulching around plants helps retain moisture and suppress weeds, ensuring that flowers stay healthy throughout the season.

With the right mix of thoughtful landscaping, strategic flower selection, and smart design choices, your yard can become a vibrant, welcoming space that requires minimal effort to maintain. Whether you're incorporating hardscaping, adding a tranquil water feature, or planting a colorful array of flowers, spring is the perfect time to refresh and transform your outdoor oasis.

## Where to Shop

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## HOME UPGRADES:

### Pavers, Fences, Driveways & Quick Handyman Fixes

Your home's first impression starts at the curb—and upgrading your driveway, walkway, or fencing can instantly boost appeal. Stamped concrete mimics high-end stone at a fraction of the cost, while modern wood-alternative fencing offers durability without the maintenance.

For a sleek and contemporary touch, horizontal wood slat fences are in demand, giving your property a modern yet timeless feel. Paver patios and decorative concrete not only improve your outdoor aesthetics but also increase your home's resale value.

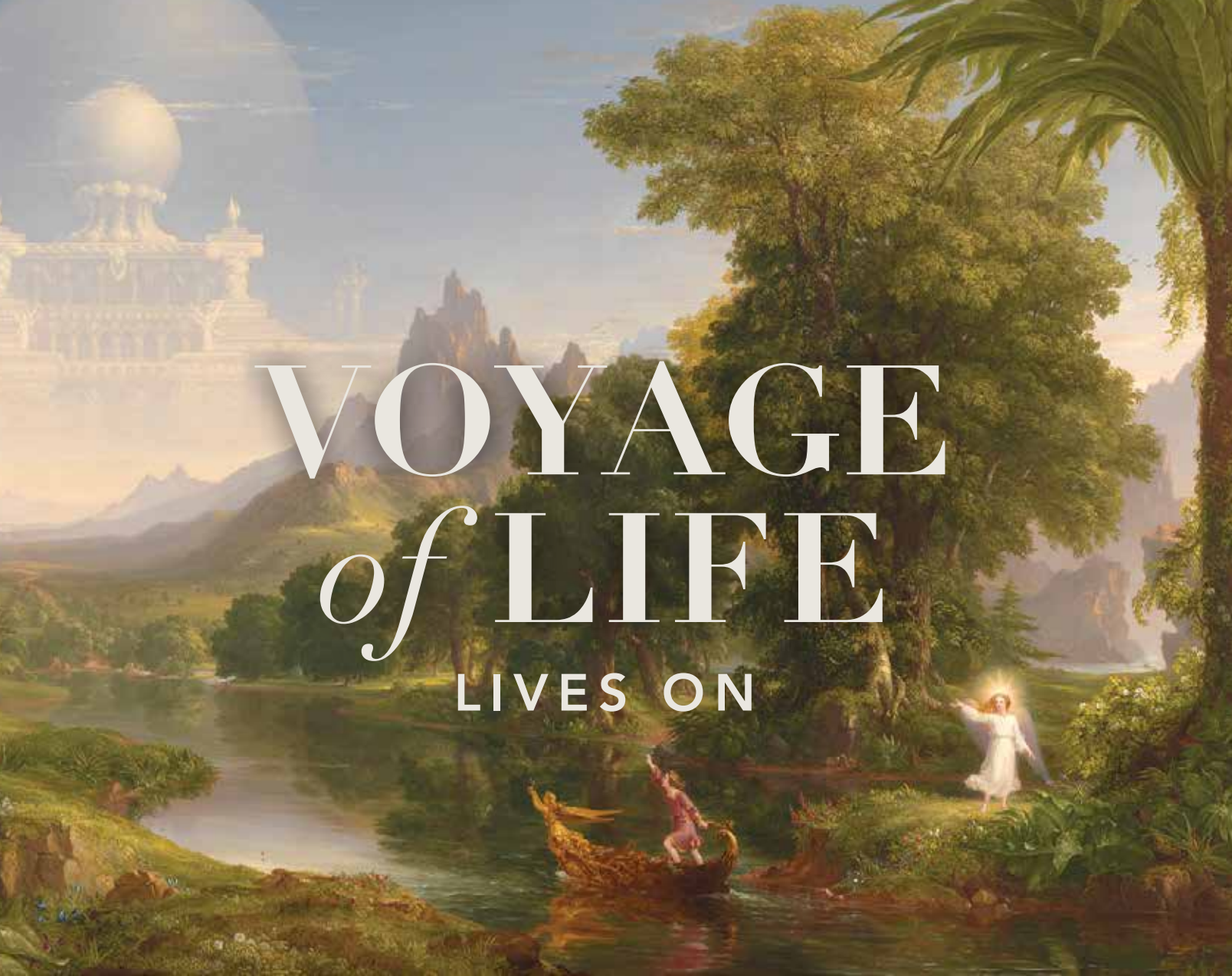
Thinking small? Even replacing a mailbox, adding house numbers, pressure-washing your siding, or applying a fresh coat of asphalt sealer to your driveway can make a big impact. If winter left behind some wear and tear, now's the time to fix drafty windows, repair loose railings, or refresh exterior paint. A little TLC now means smooth sailing into summer!



### Energy-Efficient Home Updates

If you're looking for ways to lower utility costs, spring is a great time for energy-efficient home updates. Consider installing smart thermostats to optimize heating and cooling. LED lighting for long-lasting and cost-effective brightness. Insulated windows and doors to prevent drafts. Solar panels for an eco-friendly way to reduce electricity costs.





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# MUNSON



## ELEVATE YOUR OUTDOOR LIVING: Fire Pits, Cozy Spaces & Backyard Upgrades

### **Fire Pits: The Heart of Outdoor Entertaining**

A fire pit is more than a heat source—it's a gathering spot for roasting marshmallows, sharing stories, and enjoying cool nights. Whether you opt for a built-in stone fire pit or a sleek gas model, adding a paver patio, built-in seating, or a fire screen enhances both safety and style.

### **Comfort & Style: Outdoor Seating & Decor**

An inviting outdoor space starts with comfortable seating like deep-cushioned sectionals, Adirondack chairs, or weather-resistant lounge sets. Outdoor rugs, lanterns, and throw pillows create warmth and make your patio feel like an extension of your home.

### **Outdoor Kitchens & Dining Areas**

A grill station or outdoor kitchen makes entertaining easy. From a simple setup with a prep table to a full-scale kitchen with stone countertops, a sink, and a mini-fridge, there's a setup for every lifestyle. String lights, a sturdy dining set, and potted herbs complete the perfect outdoor dining experience.

### **Pergolas & Shade Solutions**

For shade and structure, a pergola, retractable awning, or shade sail offers relief from the sun while adding architectural interest. Climbing vines or outdoor curtains bring extra privacy and a lush, inviting feel.

### **Lighting & Ambiance**

Extend your outdoor enjoyment with solar path lights, LED string lights, and lanterns for warmth and ambiance. Spotlights on trees, walkways, or water features create a stunning nighttime effect.







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# GET YOUR POOL & SPA SUMMER READY!

## Call the Pros!

As the snow melts and temperatures rise, it's time to wake up your pool and spa from their winter slumber! A proper opening ensures clean, safe water and fully functioning equipment, so you can enjoy a stress-free season. Instead of dealing with the mess yourself, call your local pool and spa professionals for expert care.



### *Spring Pool Opening Checklist*

1. Cover Removal & Cleaning– Clear debris and properly store your cover.
2. Equipment Inspection– Check pumps, filters, heaters, and plumbing for winter damage or leaks.
3. Chemical Testing & Balancing– Adjust pH, chlorine, and alkalinity for safe, clear water.
4. Shock Treatment & Algae Prevention– Eliminate bacteria and prevent cloudy water.
5. Check Pool Surfaces & Accessories– Inspect liners, tiles, ladders, and lighting for cracks or wear.

### *Spa & Hot Tub Reopening Checklist*

1. Drain & Refill– Fresh water keeps your spa clean and inviting.
2. Inspect Jets & Filtration System– Ensure proper flow and efficiency.
3. Sanitization & Chemical Balancing– Maintain crystal-clear, bacteria-free water.
4. Check Cover & Seals– A tight seal prevents heat loss and keeps energy costs down.

As the days grow longer and the promise of warmer weather lingers, now is the perfect time to prepare for pool season. Scheduling your opening early ensures everything is ready when the first heatwave arrives—so you can simply sit back, relax, and enjoy the water.





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## NEW HARTFORD FROM THE OFFICE OF THE TOWN SUPERVISOR

Here's what has happened in the  
last quarter and what's to come!

Dear Residents of New Hartford,

I am honored to address you as your Town Supervisor and to reflect on the great progress we have made together over the past year. Our town continues to grow, thrive, and improve, thanks to the dedication of our residents, town employees, and community leaders. I want to take a moment to highlight our accomplishments and share exciting projects on the horizon.

This past year, we have focused on infrastructure improvements, community development, and public safety. Our road paving and drainage projects have significantly enhanced our streets, making them safer and more efficient for all. We have invested in upgrading our parks and recreational facilities, providing families and residents with improved spaces to gather, exercise, and enjoy the outdoors.

Economic development has also been a priority. We have worked closely with local businesses to foster growth and bring new opportunities to our town. Our commercial district efforts are making New Hartford a more vibrant place to live, shop, and work. With new businesses opening and existing ones expanding, we are seeing positive momentum that benefits our entire community.

Public safety remains at the forefront of our efforts. We have strengthened our police and emergency services, ensuring they have the resources needed to keep our town safe. Additionally, we have enhanced community engagement programs, reinforcing the strong relationship between law enforcement and our residents.

Looking ahead to the coming year, we have several major projects in the works. We will continue investing in infrastructure, including road improvements, services, and the enhancement of public spaces. Plans for new community events and recreational programs are also underway, offering more opportunities for residents of all ages to engage and connect.

None of these achievements would be possible without your support and involvement. I encourage everyone to stay engaged, attend town meetings, and share your thoughts and ideas as we move forward. Together, we will continue building a stronger, more prosperous New Hartford for future generations.

Thank you for your trust, commitment, and dedication to our town. I look forward to another year of progress and success.



*New Hartford Town Supervisor, Paul Miscione*

### In this newsletter you can expect:

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Community Updates

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Parks & Recreation

---

Summer Program

---

Police Year in Review

---

Tax Assessor & Town  
Clerk Updates

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Highway Department  
on the cover

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*Paul Miscione*



# TOWN OF NEW HARTFORD DEPARTMENT OF PARKS AND RECREATION SUMMER 2025

## **TOWN BOARD**

Paul A. Miscione, Supervisor  
Anthony Trevisani, Deputy Supervisor  
James Messa, 1st Ward  
John Latini, 2nd Ward  
David Reynolds, 3rd Ward  
David Tehan, 4th Ward

Official Website:  
[www.townofnewhartfordny.gov](http://www.townofnewhartfordny.gov)

## **PARKS & RECREATION STAFF**

Paul A. Miscione  
[pmiscione@townofnewhartfordny.gov](mailto:pmiscione@townofnewhartfordny.gov)

John Randall  
[jrandall@townofnewhartfordny.gov](mailto:jrandall@townofnewhartfordny.gov)

Haoran Chen  
Anthony Messa

Parks Dept – (315) 733-7500 x2332  
Recreation Center – (315) 724-0600

## **RECREATION GROUPS SERVING NEW HARTFORD**

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**New Hartford Youth Hockey  
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Chris Moran – (315) 404-4737

**Skating Club of New Hartford**  
[hotvedt@roadrunner.com](mailto:hotvedt@roadrunner.com)  
Liz Hotvedt

**New Hartford Aquatics Swim Club**  
[www.newhartfordaquatics.com](http://www.newhartfordaquatics.com)  
Scott Wanner

## **TOWN PARKS**

Sherrillbrook Town Park, 4191 NY State Rt. 12, New Hartford, NY 13413  
Donovan Town Park, 9400 Elm Street, Washington Mills, NY 13479

Open 7 days a week, May 1-September 30, 8 am-8:30 pm

## **NO ALCOHOL ALLOWED IN PARKS**

## **PAVILION RENTALS**

The Town has picnic facilities at Sherrillbrook Park and Donovan Park in Chadwicks. Chadwicks has two pavilions with several tables and grills; rest rooms are available. Sherrillbrook has several pavilions with several tables and grills, along with rest rooms available. Reservations for Sherrillbrook and Donovan Park can be done online at <https://parksrec.egov.basgov.com/newhartford>

Large pavilions are \$80 for Town of New Hartford residents and \$200 for non-residents. Small pavilions are \$40 for Town residents and \$100 for non-residents. Gazebo weddings are \$40 for Town residents and \$100 for non-residents. Reservations cannot be made by phone or in person. You must upload a copy of driver's license as proof of residency.



## **PICKLEBALL COURTS** at Sherrill Brook Park

*There are 6 pickleball courts at Sherrill Brook  
Park open for play from dawn to dusk everyday.*



## **MOUNTAIN BIKE POLICY**

In an effort to protect Sherrill Brook Park hiking and ski trail system, while trying to allow for limited use of specific trails for mountain bike activities, the Town of New Hartford Parks & Recreation Department has adopted a municipal law which restricts mountain bike riders to the trail A section of the parks hiking and ski trail system, and any paved roadways within the park. Biking enthusiast who are operating their bikes on any lawn areas of the park or on trails other than the trail A section of the park will be subject to a fine and removal from the park.

## **COMING SUMMER 2025**

Dog Park updates are underway and may be completed by late Spring.

New Playground equipment has been ordered and will be installed by late Spring.

## SUMMER PROGRAM

Our 6 week Summer Program will be JULY 7th-AUGUST 15th. Participants must register for the playgrounds as indicated according to their grade completed in the spring of 2025 and elementary school for which they attend. Only children who are residents of New Hartford and have just completed grades K-6 in the spring of 2025 will be eligible to participate in the 2025 program. The playground program continues to offer young children in the community an excellent opportunity to take part in a variety of summer activities. Leadership at the playground will consist of a Playground Director, with a staff of Camp Counselors. Pay special attention to the dates, age requirements, fees, locations, and registration procedures as you make your summer program plans.

Daily attendance is not a requirement of this program. However, the participant's parents or specified guardian must sign the child in and out, to enter or leave the program site, in order to remain in the program. A violation of this policy shall result in dismissal from the program.

Fees: - **\$500** for the six week program for each child. Local elementary schools will be contacted to confirm your child's enrollment and grade completed.

The summer playground program is not intended to be a day care or day camp program. Daily attendance is not mandatory to remain in the program.

**NOTE: ALL REGISTRATIONS FOR THE SUMMER PROGRAM AND FOR TRIPS ARE MADE ONLINE ONLY, USING CREDIT OR DEBIT CARD WITH A NOMINAL PROCESSING FEE. Field trips require a fee in addition to the program registration. Field trips are TBD.**

**PROGRAMS ARE FOR NEW HARTFORD RESIDENTS ONLY.  
PLAYGROUND REGISTRATION WILL BEGIN JUNE 2ND**

Registration will be filled on a first-come, first-served basis. **REGISTRATION PROCEDURE**

**All registration will be only at the <https://parksrec.egov.basgov.com/newhartford> and will be open June 2, 2025.**

You must register before attending a program. Payment/Fees are due at the time of registration through the website using credit or debit card. No registration is accepted in person. There is a nominal processing fee with all payments. Refunds will be given if the Town of New Hartford cancels a program. NO REFUNDS will be given after the start of the program.

## SPLASH PAD INFORMATION

***Water activated playground located in Donovan Town Park***

Open: July 7th-August 24th  
Hours: Monday-Friday 10 am-6 pm  
Saturday & Sunday 10 am-4 pm  
Days: Every Day 7 Days a week  
Cost: \$5.00/day Ages (3-12)  
(pay for child, adult supervision is free)

The use of the splash pads is for children.

Adults are not permitted without a child. There will be no loitering of teenagers within the confines of the Splash Pad.

The only time the park is closed during heavy rains, thunderstorms or other threatening weather or if the equipment or facility is damaged or undergoing maintenance.

If an individual has rented a pavilion for a gathering and asks about a pass for multiple people to enjoy the splash pad – they can purchase a group pass at a discount of \$40.00 for up to 10 ppl (kids)....these can be purchased at the Splash Pad

Splash pad recommended usage age is 3-12 years. Children under age of 7 or under 40 inches tall must be accompanied by an adult. Food and NON-alcoholic beverages are allowed. Only swim diapers are allowed.

### Season Passes Fees

Individual \$60.00

Family \$100.00

Only pay for kids – parents/person accompanying kids are free.



## NO – Smoking, Vaping, Alcoholic Beverages

**We no longer accept cash - only tokens. There is a machine that takes cash and gives tokens. Machine accepts \$1s, \$5s & \$20s. A \$20 bill will get \$25 in tokens. We do not accept debit/credit cards. Attendants WILL NOT have ANY cash on them for making change, etc.**



# TOWN OF NEW HARTFORD POLICE DEPARTMENT 2024 YEAR IN REVIEW

With the support of our Residents, Town Supervisor, Town Board and Police Commission the following advancements and achievements were able to be accomplished during 2024 by The New Hartford Police Department to better protect and serve our community. As always if you see something report it. Often a minor report makes an impact on public safety.  
For Emergencies Dial 911.

**1 Implementation of AXON LPR System**

Patrol Vehicles upfitted with the latest License Plate Reader Technology to provide enhancement in the following areas:

- Crime prevention: LPRs can deter crime by making it harder for criminals to get away.
- Investigative leads: LPRs can provide video footage and information that help investigators identify suspects and solve crimes.
- Missing person search: LPRs can help locate missing people by searching for vehicles associated with AMBER alerts.
- Stolen vehicle recovery: LPRs can help recover stolen vehicles and license plates.
- Public safety: LPRs can help improve public safety by allowing officers to act quickly when a match is found.
- Officer safety: LPRs can help officers be more aware of their surroundings and the safety of the public.
- LPRs are integrated with The Mohawk Valley Crime Analysis Center to assist in creating a broader scope of information gathering and investigative support.

**2 Non-Lethal Impact Munitions**

Equipment, training and deployment completed. Offers potential to end armed encounters with lower instances of serious injury.

**3 Thermal Imaging Evidence Cameras Acquired**

Will aid in evidence detection and support criminal investigations and evidence-based casework.

**4 Booking Room - Operational Safety Plan Implemented** To reduce risk of injuries or harm to suspects in police custody.

**5 Neighborhood Specific Patrols and Community Policing** Planning, implementation and documentation finalized. Will support increased uniformed police residential neighborhood patrols.

**6 Basic patrol medical kits deployed into patrol vehicles** deployed into patrol vehicles. Tools that are carried aboard our police vehicles to aid in officer injuries or pre ems intervention.

**7 Recruitment and hiring** - ongoing.

**We look forward to working  
each day to serve and protect  
The Town of New Hartford.**

**Ronald M. Fontaine**  
Chief of Police  
(315) 724-7111  
[www.tonhpolice.com](http://www.tonhpolice.com)



# TOWN OF NEW HARTFORD ASSESSOR

The Assessor's office is responsible for determining and maintaining assessments, property inventory records, ownership interest and mapping on approximately 9500 parcels. Processing exemptions and preparing an annual assessment roll each year.

Some of the exemptions that may be available are Senior Citizen and Enhanced Star for School Taxes, Veterans Exemption, Clergy, Business Exemption, Non-Profit Exemptions, Agricultural Exemption and Low Income Disabled. All forms for the above exemptions can be obtained from the Office of Real Property website.

---

**KEY DATES:**

TAXABLE STATUS DATE & EXEMPTION DEADLINE – March 1st

TENTATIVE ROLL – MAY 1ST

GRIEVANCE DAY – 4TH TUESDAY OF MAY

FINAL ROLL – JULY 1ST



Darlene Abbatecola  
Town of New Hartford Assessor  
315-733-7500 Ext 2427  
darlena@townofnewhartfordny.gov

Teresa Webb  
Real Property Tax Service Aide  
315-733-7500 Ext 2428  
twebb@townofnewhartfordny.gov

**EXEMPTIONS:** (YOU MUST OWN AND RESIDE AT THE PROPERTY YOU ARE APPLYING FOR)

**ENHANCED EXEMPTION** is based on age and income. If you currently have the Basic Star. You would have to be 65 by the December of the year in which you are applying. Forms RP-425-E and RP-425-IVP would have to be filed by March 1st with proof of income requested on current years forms.

**SENIOR CITIZENS EXEMPTION** is in addition to the Enhanced Exemption for seniors with lower incomes. Your complete income would have to be \$37,900 and lower to start to qualify. This exemption is a sliding scale according to income level. Form RP-467 and proof of requested year of income required.

**DISABILITY EXEMPTION** is available to residents with an award letter stating disability and a complete household income starting at \$37,900 and lower. Form 459-c would have to be filled with proof of income required.

**VETERANS EXEMPTION** is available with a copy of a DD214 (there is an additional exemption if disabled through the military with letter showing disability rating) Form – RP-458-A for Alternative Veteran or Rp-458-B for Cold War Veteran.

ALL EXEMPTIONS ARE DUE IN OUR OFFICE BY TAXABLE STATUS DATE OF MARCH 1ST

**STAR CREDIT: THIS REPLACES THE STAR EXEMPTION**

**ALL NEW OWNERS HAVE TO APPLY THROUGH THE STATE AT 518-457-2036 OR [www.tax.ny.gov/star](http://www.tax.ny.gov/star)**

**You will only have to apply once and will receive a check each year in September from the state.**

**HELPFUL LINKS:**

TOWN & COUNTY BILLS - <https://taxlookup.net/>

ONLINE ASSESSMENT SEARCH - <https://townofnewhartford.sdgny.com/disclaimer.aspx>

EXEMPTION FORMS - [https://www.tax.ny.gov/forms/form\\_number\\_order\\_ad\\_cms.htm](https://www.tax.ny.gov/forms/form_number_order_ad_cms.htm)

GRIEVANCE FORMS - <https://www.tax.ny.gov/pit/property/contest/compleategriev.htm>





# TOWN OF NEW HARTFORD CODES

Earlier in the year, the Town of New Hartford Code Enforcement Officer, Lary Gell retired from his position. I would like to thank Lary for his many years of dedicated service.

I have replaced Lary as the new full time Codes Enforcement Officer. Let me start by introducing myself. My name is George Farley and I have over twenty-five years' experience serving as a Codes and Zoning Enforcement Officer with other local municipalities.

The Town of New Harford is currently recruiting for a second full time Codes Enforcement Officer. Please contact me if you are interested.

The Code Department is responsible for the interpretation and enforcement of codes pertaining to Zoning, Building Construction, Property Maintenance and Fire Safety. We also work with the Planning Board, Zoning Board and Town Board on various matters as they relate to our department.

It is the goal of the Code Department to administer codes in a fair and unbiased matter and to help to maintain a safe community.

We have a team of Fire Inspectors that are doing yearly inspections at all businesses and multi-family homes to determine compliance with requirements of the fire prevention ordinances and property maintenance code.

You will see us throughout the Town whether it be the Code Officer or one of the Fire Inspectors. We all will have Town of New Hartford Code Department shirts and ID badges to assure you that we are employees of the Town. We are here to ensure the safety of our residents. Resident Safety is our #1 responsibility.

If you have any questions, please contact me at 315-733-7500 ext. 2425 or my email: [gfarley@townofnewhartfordny.gov](mailto:gfarley@townofnewhartfordny.gov)

## 2025 TOWN MEETING SCHEDULES

**Town Board:**

Wednesday, April 9, 2025 at 6:00 p.m.  
Wednesday, May 7, 2025 at 6:00 p.m.  
Wednesday, June 4, 2025 at 6:00 p.m.  
Wednesday, July 9, 2025 at 6:00 p.m.  
Wednesday, August 6, 2025 at 6:00 p.m.  
Wednesday, September 3, 2025 at 6:00 p.m.  
Wednesday, September 17, 2025 at 6:00 p.m.  
Wednesday, October 8, 2025 at 6:00 p.m.  
Wednesday, October 22, 2025 at 6:00 p.m.  
Wednesday, November 5, 2025 at 6:00 p.m.  
Wednesday, November 19, 2025 at 6:00 p.m.  
Wednesday, December 10, 2025 at 6:00 p.m.

**Planning Board:**

Monday, April 14, 2025 at 5:30 p.m.  
Monday, May 12, 2025 at 5:30 p.m.  
Monday, June 9, 2025 at 5:30 p.m.  
Monday, July 14, 2025 at 5:30 p.m.  
Monday, August 11, 2025 at 5:30 p.m.  
Monday, September 9, 2025 at 5:30 p.m.  
Monday, October 13, 2025 at 5:30 p.m.  
Monday, November 10, 2025 at 5:30 p.m.  
Monday, December 8, 2025 at 5:30 p.m.

**Zoning Board of Appeals:**

Monday, April 21, 2025 at 6:00 p.m.  
Monday, May 19, 2025 at 6:00 p.m.  
Monday, June 16, 2025 at 6:00 p.m.  
Monday, July 21, 2025 at 6:00 p.m.  
Monday, August 18, 2025 at 6:00 p.m.  
Monday, September 15, 2025 at 6:00 p.m.  
Monday, October 20, 2025 at 6:00 p.m.  
Monday, November 17, 2025 at 6:00 p.m.  
Monday, December 15, 2025 at 6:00 p.m.

# TOWN OF NEW HARTFORD

Town Clerk/Registrar/Receiver of Taxes/  
Registered Municipal Clerk

Town Hall Hours: Monday - Friday, 8:00 a.m. - 4:00 p.m.

## New Hartford Town Clerk's Dedication to Veterans and Veterans Park

New Hartford's Town Clerk is a dedicated advocate for local veterans, providing essential services and leading efforts to enhance Veterans Park.

### A Commitment to Veterans

The Clerk has long supported veterans and their families, ensuring they receive the recognition and services they deserve.

### Enhancing Veterans Park

Veterans Park stands as a tribute to those who served. Thanks to the Clerk's leadership, the park has seen new benches, repaved pathways, and improved landscaping, creating a serene space for reflection and connection.

### Honoring Veterans' Legacy

A key project includes expanding the Veterans Memorial with new plaques honoring service members from all military branches. The Clerk also organizes an annual Memorial Day ceremony, bringing the community together to honor its heroes.

### A Community Effort

The Clerk's work, alongside local businesses and volunteers, has fostered a strong community spirit in supporting veterans. Future initiatives include additional park enhancements and veteran-focused programs.



Cheryl A. Jassak-Huther, RMC  
315-733-7500 ext. 2322  
[cherylj@townofnewhartfordny.gov](mailto:cherylj@townofnewhartfordny.gov)



### Save the Date: Gold Star Families Day

Sunday, September 28, 2025 –  
New Hartford will unveil a new monument honoring 12 fallen soldiers from Oneida County who served in Iraq and Afghanistan. A special ceremony will be held at Veterans Park—details to follow. All residents are encouraged to attend.



### E-ZPass On-the-Go Retailer

The Town Clerks Office is an E-ZPass On-the-Go retailer. This allows busy travelers to open an E-ZPass account without filling out an application or waiting in line. Customers can purchase an E-ZPass for \$25.00 at the Town Clerks Office. Cash or check are accepted.

## Dog Registration & Licensing Modernization

### Dog Licensing Requirement:

All dogs over 4 months old must be licensed in New York State. Contact the Town Clerk's Office for registration details. Forms are available online at [townofnewhartfordny.gov](http://townofnewhartfordny.gov)

### Streamlining Dog Licensing with DocuPet:

New Hartford has partnered with DocuPet to modernize dog licensing, making the process more efficient and accessible.

### Benefits of DocuPet:

- User-Friendly Platform – Easy online registration for pet owners.
- Real-Time Data Access – Instant licensing updates and pet records.
- HomeSafe® Program – Helps reunite lost pets with their owners.
- Added Services – Personalized pet tags and other resources.

*This initiative enhances pet safety and simplifies licensing, ensuring a more streamlined process for New Hartford residents.*





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# See you at the Market!

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# THIS MONTH'S HOT SPOT



A great hotspot in the Mohawk Valley in April is Beardslee Castle in Little Falls. The castle's stunning architecture and historic charm make it a must-visit in the early spring. Enjoy an elegant dining experience, explore the grounds as the gardens start to bloom, and, if you're feeling adventurous, inquire about their ghostly legends. They often host unique events and wine tastings, making it a perfect spot for a memorable night out.

Don't miss out on Murder Mystery Dinner Theater on Saturday April 19 and Friday April 25  
**HOMESTYLE HOMICIDE: the Freagan Family Reunion.**

Dining room reservations or dinner theater tickets, call 315-823-3000, more information at  
[beardsleecastle.com](http://beardsleecastle.com)



# QUEENS OF THE COURT

## Notre Dame Hoops & UVA Volleyball Dominate the Game



Photo credit: GGS Photos

Notre Dame Girls Basketball Pictured: Emma Johnson, Lily Johnson, Erin Trinkaus, Jules Otis, Ella Trinkaus, Jenna Heron, Tess Arcuri

### Notre Dame Utica

The Notre Dame Jugglers have long been a powerhouse in girls' basketball. Their commitment to excellence was most notably recognized in 2014 & 2024 when they clinched the state championships, a testament to their hard work and dedication.

This season, the Jugglers have continued their tradition of dominance. They secured the 2024-25 Section III Class A Sectional Championship on March 7, 2025, with a commanding 47-27 win over Jamesville-DeWitt High School. This triumph underscores their consistent performance and solidifies their position as one of New York's top teams in Division A.

### Utica Volleyball Academy

The 2025 NIKE Boston Volleyball Festival, New England's largest and most prestigious volleyball event, wrapped up its second weekend (Feb. 21-23) with thrilling competition and high-stakes matchups in the 18's Qualifier.

Among the standout teams, the Utica Volleyball Academy (UVA) 16U squad dominated the tournament, securing a Silver medal. Hosted over two weekends at the Boston Convention and Exhibition Center in the Seaport district, the event showcased top talent, jaw-dropping rallies, and clutch victories. With champions crowned and underdogs making waves, the energy was electric, leaving players and spectators eager for next year's showdown!



Utica Volleyball Academy 16U Team taking Silver in Boston. Pictured: Zoey Mule, Nora Galiulo, Mia Russo, Ava Roberts,, Clare Colantuoni, Lena Qandah, Jocelyn Bosc, Natalie Buckhout, Coach Lauren Jones

### A Community United in Athletic Excellence

The successes of Notre Dame's Girls Basketball team and the Utica Volleyball Academy reflect a broader commitment within Utica to support and promote girls' sports. These organizations have not only provided platforms for athletic development but have also instilled values of discipline, teamwork, and academic excellence. As these young women continue to break barriers and set new standards, they serve as inspiring role models for the next generation of female athletes in Utica and beyond.

*Do you know a local team that deserves a shout-out?*

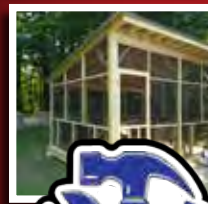
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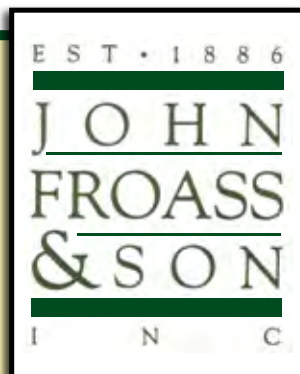
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## DEAR EVAN HANSEN COMES TO UTICA'S STANLEY THEATRE

Broadway Theatre League of Utica presents the Tony® and Grammy®-winning musical Dear Evan Hansen at The Stanley Theatre on April 8-9, 2025.

*This must-see production, hailed by The Washington Post as "one of the most remarkable shows in musical theater history," is more than just a Broadway hit—it's a conversation, a reflection, and a reminder that we are never truly alone.*

*April 8-9, 2025, presented by  
Broadway Theatre League of Utica*

Evan Hansen is a high school student struggling with anxiety and isolation when an unexpected turn of events thrusts him into the center of a story bigger than himself. The musical's poignant themes, combined with an unforgettable score by award-winning duo Benj Pasek and Justin Paul (The Greatest Showman, La La Land), make it one of the most powerful theatrical experiences of our time. Featuring hit songs like "You Will Be Found" and "Waving Through a Window," Dear Evan Hansen resonates with audiences of all ages, offering a heartfelt exploration of communication in today's digital world.

With only two performances, this limited engagement is a must-see. Tickets are available at The Stanley Theatre box office, [BroadwayUtica.org](http://BroadwayUtica.org), or by calling 315-724-4000. Group orders (10+) can be placed through Broadway Utica at 315-624-9444. Don't miss your chance to experience this unforgettable Broadway phenomenon live in Utica!



**TICKETS ON SALE NOW at  
[BroadwayUtica.org](http://BroadwayUtica.org), via  
Ticketmaster, by phone at  
315-624-9444, or at The Stanley  
Theatre Box Office.**

# Pea Shoot Dumplings

by Nat Levin

April is the cruelest month for vegetables. Storage crops have dwindled, and asparagus, radishes, and spinach are still a few weeks away. I find that the greening of the landscape makes me crave fresh food in a way that is not commensurate with what's available locally. Enter pea shoots: grown indoors from mid-winter into spring, they provide a welcome infusion of green that will tide you over during this seasonal transition. Kingfisher Farm sells them through Local Foods Mohawk Valley – 2 boxes for \$9 at the time of writing, a great deal considering how much organic salad greens cost at the supermarket! Pea shoots make a delicious stir-fry or addition to salad, and they're also a common filling in Chinese dumplings, often mixed with pork or shrimp. Here I pair them with shiitake mushrooms, which allows their sweet and verdant flavor to shine.

## Recipe

### Ingredients:

2 3.5-ounce containers pea shoots  
1 package dried shiitake mushrooms, reconstituted, or 8 oz. fresh shiitake (Fruit of the Fungi sells both through Local Foods Mohawk Valley)  
Thumb-sized chunk of peeled ginger, about 30 grams  
1 bunch scallions, trimmed of roots and any withered green parts  
1/2 teaspoon five spice powder  
1/4 teaspoon white pepper  
1 tablespoon Shaoxing wine, sub-dry sherry or mirin  
2 teaspoons soy sauce

**For the filling:** Heat two tablespoons of peanut oil (or other high-heat oil) in a wok (or heavy-bottomed pan) over medium heat.

Using a food processor (or by hand), chop the shiitake into very small pieces, but stop before it becomes a paste. Cook in the wok for about five minutes until the mushrooms give up most of their moisture, stirring occasionally.

While the mushrooms cook, use the food processor to finely chop the ginger and scallion. Add them to the wok with the mushrooms and stir to combine.

Pulse the pea shoots in food processor, stopping before they become completely pulverized. Some texture is desirable. Add to the wok and cook all the veg together for another five minutes until the pea shoots are completely wilted and ginger softens.

Remove from heat and stir in five spice, white pepper, Shaoxing wine, and soy sauce. Let cool slightly, then taste and correct for salt (soy sauce brands can vary widely in sodium content).

**To make the dumplings:** Place a wrapper on a lightly floured surface. Put two teaspoons of filling in the center of the wrapper, then fold in half to form a half-moon shape, or a triangle if the wrapper is square. Pinch the edges together, then turn the dumpling so the bottom sits flat on the counter, and the seam

points up. Use your thumb to press four or five pleats into the wrapper. If using store-bought wrappers, you will probably have to stop at the pinching part because they are less pliable. There are also tons of great dumpling folding tutorials on YouTube!

**To cook:** Heat a tablespoon of peanut or other high-heat oil over medium heat in a non-stick or well-seasoned cast iron pan. Place dumplings, flat side down, in the pan. Cook for about two minutes, until the bottoms begin to brown slightly. Add a scant quarter cup of water and quickly cover with a lid. Take care with this step, as the oil will splatter. You'll definitely want to have the kitchen fan running! Continue to cook covered for another two minutes, then remove the lid and cook for another one to two minutes, until the bottoms of the dumpling are golden-brown and all the water has evaporated.

**For the wrappers:** store-bought is fine, or make your own. I like the dumpling wrapper recipe from The Woks of Life. Note that if making your own, the dough needs to rest for an hour, so make the wrappers first then the filling.

**For easy dipping sauce:** mix together equal parts soy sauce, rice vinegar and chili crisp.

Local Foods Mohawk Valley is an online local food collective offering the Mohawk Valley the best local food year-round via a virtual store. Customers shop online from over fifteen local vendors Wednesday-Sunday and pick up on Tuesday at the St. Mary's Preschool in Clinton between 5:00-6:30pm [www.localfoodsmohawkvalley.com](http://www.localfoodsmohawkvalley.com)





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By Dr. Juleen Qandah

# SPRING INTO HEALTH:

## *A Season of Renewal and Vitality*

Spring in the Mohawk Valley signals renewal—longer days, fresh blooms, and a chance to reset our health. As an emergency physician, I see how seasonal changes impact well-being. Spring is the perfect time to refresh habits, get outside, and fuel our bodies with seasonal nutrition.

### Step Outside: Nature's Health Boost

Winter keeps us indoors, but spring invites movement, reducing stress, boosting immunity, and improving heart health. Explore local gems:

1. Roscoe Conkling Park & Eagle Trail (Utica): Scenic valley views for a post-work walk.
2. Pixley Falls State Park: Hike to stunning waterfalls and wake up your muscles.
3. Utica Marsh Wildlife Area: Birdsong and nature for stress relief.
4. Adirondack River Outfitters (April Kickoff!): Whitewater rafting for an adrenaline-fueled workout.

Even a simple walk or sitting in the sun can work wonders for body and mind.

### Spring Clean Your Diet: Eat for Energy

Light, fresh foods replace winter's heavier meals. Try these seasonal powerhouses:

- ✓ Leafy Greens (Spinach, Kale) – High in fiber, vitamins A & C.
- ✓ Citrus Fruits (Oranges, Grapefruit) – Immune-boosting vitamin C.
- ✓ Asparagus & Artichokes – Detoxifying and digestion-friendly.
- ✓ Local Maple Syrup – A natural sweetener with antioxidants.

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## CHALLENGE

### 7-DAY SPRING WELLNESS CHALLENGE

- DAY 1** 20-minute walk at Proctor Park or Erie Canal Trail.
- DAY 2** Add extra greens to your meals.
- DAY 3** Swap processed snacks for fresh fruit or nuts.
- DAY 4** Drink half your body weight in ounces of water.
- DAY 5** Watch a sunrise or sunset—breathe deeply.
- DAY 6** Unplug from screens for one hour before bed.
- DAY 7** Do something that makes you laugh!

### Final Thoughts: Small Steps, Big Impact

Spring is a fresh start—embrace movement, eat well, rest deeply, and savor the season. As I tell my patients: Health isn't about perfection, but progress—one step at a time.!

### Create a Wind-Down Routine:

Read, sip herbal tea, or stretch before bed.

Limit Screens at Night: Blue light disrupts melatonin.

Get Morning Sunlight: Regulate your internal clock naturally.

Boost mental wellness by picking up a new hobby, decluttering, or practicing gratitude.







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## The New Kitchen Aesthetic: Modern, Minimal, and Warm

The modern kitchen is more than just a place to cook—it's a statement of style, sophistication, and functionality. As trends evolve, homeowners are moving away from outdated designs and embracing a look that feels contemporary yet inviting. The latest kitchen trends lean toward minimalism while incorporating warmth, natural materials, and thoughtful design choices. Here's what's in and what's out in today's kitchen design.

### *Always In: White, But Not Sterile*

White kitchens remain timeless, but the stark, clinical aesthetic is out. Instead, today's white kitchens blend seamlessly with neutrals, earth tones, and strategic pops of color. Subtle, muted greens and blues—especially in subway tile backsplashes—are making a quiet yet impactful statement. Busy and overly decorative backsplashes are fading away in favor of these refined, nature-inspired hues.

### *What's Out: Black, Open Shelving, and Farmhouse Overload*

Black kitchens had their moment, but they're stepping aside as homeowners seek lighter, more inviting spaces. Open shelving, while visually interesting, is giving way to sleek, streamlined cabinetry that keeps clutter out of sight. Farmhouse aesthetics—once the pinnacle of kitchen design—are making way for a more modern, curated look. Gray and taupe tones, often associated with farmhouse style, are also on their way out, replaced by richer, more natural color palettes.

### *The New Accents: Warm Woods & Mixed Metals*

Instead of gold dominating the scene, today's kitchens incorporate a blend of metals—think brass, matte black, and brushed nickel. But the biggest shift? A return to warm wood tones. From cabinetry to shelving, natural wood adds depth and coziness to an otherwise sleek, modern space. This organic element keeps minimalism from feeling cold, striking a balance between contemporary and inviting.



### *Natural Stone:*

#### *The Go-To Surface*

Countertops are making a luxurious statement with natural stone leading the way. Quartz and quartzite continue to dominate as top choices for their durability and elegance. These materials add a layer of sophistication, elevating even the simplest kitchen designs.



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## ***Statement Lighting: The Ultimate Finishing Touch***

Lighting is no longer just functional—it's a key design element that sets the tone for the entire space. Chandeliers, pendant lights, & layered lighting solutions create a dynamic, sophisticated look. Homeowners are embracing bold, sculptural fixtures—sometimes even incorporating multiple chandeliers—to add elegance and drama. Integrated LED lighting under cabinets and within shelving enhances ambiance while providing practical illumination. The right lighting highlights key features and brings warmth and dimension to the kitchen's aesthetic.



## ***The Must-Have Features for Remodels***

If you're planning a remodel, consider adding high-end functionality that enhances everyday living. Butler's pantries and second kitchens are becoming more popular, offering additional prep and storage space. Coffee stations, smoothie bars, and built-in 'coffee garages' keep countertops clear while making morning routines effortless. Another smart upgrade? Pull-out bread boxes and hidden storage solutions that maintain a clean, uncluttered look.

## ***The Rise of the Butler's Pantry***

Once considered a luxury, the butler's pantry has become an essential element in modern kitchen design. This secondary space, often tucked away from the main kitchen, provides ample storage for dry goods, cookware, and small appliances—keeping clutter out of sight and allowing the main kitchen to maintain its sleek, minimal aesthetic. Many butler's pantries now feature second sinks, dishwashers, and even refrigeration, transforming them into fully functional prep spaces that streamline cooking and entertaining.



## ***The Future of Kitchen Design***

As kitchen design continues to evolve, the focus remains on blending functionality with beauty. Homeowners are embracing spaces that feel intentional, uncluttered, and welcoming—where high-end materials meet everyday practicality. Whether incorporating bold lighting, natural stone, or smart storage solutions, the modern kitchen is designed for both luxury and livability. The key to a timeless kitchen is balance: a space that is both striking and soothing, contemporary yet warm, and always inviting.



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This spring, audiences will have the opportunity to experience an exciting lineup of performances featuring world-class musicians, an iconic filmmaker, and a tribute to the golden era of folk rock. From classical piano to provocative comedy and Latin-infused melodies, the season's offerings promise something for everyone at Munson in downtown Utica.

### Keyboard Conversations®: A Few of Our Favorite Things Saturday, April 5 | 2 p.m.

Renowned concert pianist Jeffrey Siegel returns with his celebrated Keyboard Conversations® series, offering an engaging performance that blends live music with insightful commentary. He will showcase beloved masterpieces by Chopin, Rachmaninoff, Debussy, and Brahms. This performance is \$23 for members, \$28 for the general public, and \$15 for students.

Sponsored by Dr. Cynthia Parlato, Dr. Douglas Hurd, and Dr. Lorna W. Grant.

### Special Performance: John Waters – The Naked Truth Thursday, April 10 | 7:30 p.m.

Filmmaker, writer, and cultural provocateur John Waters takes the stage for an all-new spoken word show, "The Naked Truth." Part confessional, part social critique, Waters delivers a fast-moving and irreverent performance that challenges societal norms while celebrating the "gender-guerilla" generation. With his signature wit, he explores the evolution of the sexual revolution and calls for humor as a tool of resistance in today's cultural landscape. For adult audiences only. Tickets are \$44 for members and \$55 for the general public.

### Concert in the Court: Live from Laurel Canyon Saturday, May 10 | 7:30 p.m.

Celebrate the music that shaped a generation with Live from Laurel Canyon: Songs and Stories of American Folk Rock. This immersive concert honors the legendary artists who revolutionized American pop music in the 1960s and '70s, including The Mamas and The Papas, James Taylor, Carole King, Joni Mitchell, Jackson Browne, and the Eagles. Featuring live performances and behind-the-scenes stories, the show captures the spirit of an era defined by creativity and cultural transformation. Tickets are \$28 for members, \$35 for the general public, and \$15 for students.

### Concert in the Court: Nella Saturday, May 31 | 7:30 p.m.

Grammy® Award-winning Venezuelan singer Nella brings her captivating fusion of folk and flamenco to the stage. Known for blending her South American roots with an Andalusian flair, Nella has mesmerized audiences worldwide, sharing the stage with icons such as Alejandro Sanz and Jennifer López. Accompanied by her trio, she delivers a performance rich in passion and authenticity. Tickets are \$28 for members, \$35 for the general public, and \$15 for students.

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Nella, May 31



Jeffrey Siegel, April 5



John Waters, April 10



Laurel Canyon, May 10



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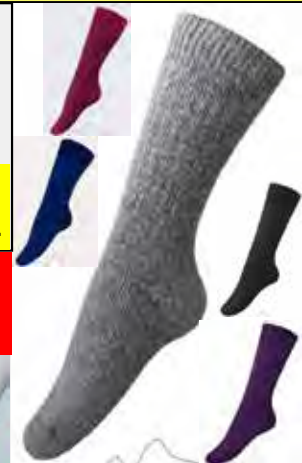
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## Honoring the Spirit of the Community

*Generosity is at the heart of the Mohawk Valley. From local charities to everyday heroes, this section highlights those who uplift others through acts of kindness and service. Their efforts inspire us all, proving that even small gestures can make a big impact.*

### **America's Greatest Heart Run & Walk: A Tradition of Impact and Community**

For 51 years, America's Greatest Heart Run and Walk (AGHRW) has been a Mohawk Valley tradition—and the nation's first heart walk. What started as an 18-mile run to a WIBX radiothon has grown into a major community effort against heart disease.

A signature highlight is Heartbreak Hill in New York Mills, where residents cheer on participants. The two-day event kicked off Friday, March 7th with an expo, the Slocum-Dickson-sponsored WIBX Radiothon, and the high-energy Treadmill Challenge. Saturday's walk on March 8th united thousands in a shared mission for heart health.



Executive Director, Central New York American Heart Association Heather Evans, and Red Cap Ambassador, Ann Furner.

This year, the focus has been on increasing awareness of Hands-Only CPR, a lifesaving skill that can make a difference in emergencies.

The funds raised have an impact both locally and globally—supporting cutting-edge research at MMRI, public health initiatives, and advocacy efforts. The community's dedication is captured in the acronym RACE:

**R – Research**  
**A – Advocacy**  
**C – Community Impact**  
**E – Education**

### **Passing the Torch**

Leadership of the event also saw a transition, as Frank Mastrovito passed the torch to Kristen Bourgeois, a VP at Adirondack Bank, who will serve as Executive Chair for the 52nd AGHRW.



Red Cap Ambassadors share their survivor stories each year. Here are 2 of this year's Red Caps. Ann Furner and Andrew Sikora. Andrew also served as volunteer chair for the Healthy for Good Expo.





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