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Vol. 32 No. 4
April 2018

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Permit # 566
Utica NY

Spring Fling Craft Show

60 Crafters & Vendors!

April 21 | 10am -5pm

New Hartford Rec Center

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Sperling Holocaust Lecture Features Child Survivor

This year's Helen and Leon Sperling Holocaust Memorial Lecture and Yom HaShoah Commemoration will be held on Tuesday, April 10 at 7:30 p.m. at the Jewish Community Center, 2310 Oneida Street, Utica.

The featured speaker will be Frank Grunwald, a child survivor.

Frank Misa Grunwald was six years old when German troops entered Czechoslovakia in March 1939. In the summer of 1942, he and his family were deported to the Terezin ghetto. He was transported to Auschwitz in December 1943 and miraculously escaped its gas chamber. After surviving four other concentration camps, he was liberated by the American Army in May 1945. After his escape from the Communist regime in Czechoslovakia in 1949, he spent two years in England and immigrated to the United States in 1951.

Frank and his wife, Barbara, now live in Indianapolis. They have two married sons and five grandchildren.

This FREE program is sponsored by the Jewish Community Federation of the Mohawk Valley. The Federation is encouraging attendees to carpool as parking is limited at the JCC and next door at Georgian Courts.



Spring is Here!

*Look for the story behind these
beautiful flowers in our May issue.*



The New Hartford Central School District's Art Department,
along with the PTA Council, presents:

The District Art Show/ Fine Arts Festival

Saturday, May 12th from 12:00-4:00PM

in the Senior High School gymnasium

Admission is free!

Art pieces will be on display from students throughout the district, including every elementary student and all secondary art students. This event is an exceptional showcase of the many talented students from all five buildings and the art department. Snacks and refreshments will be served! Please stop by!

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Tables & Tastings

Join us Friday, April 6, 5:30 pm, at Hart's Hill Inn for *Tables & Tastings* an event that unites two of our area's premier fundraisers: Come to the Table AND Wine for WERC! The evening includes the Table Design Auction that Come to the Table is known for, basket drawings, live music/dancing, heavy hors d'oeuvres, and a wine and beer tasting! Proceeds benefit The Peacemaker Program and the Women's Employment & Resource Center. Tickets on sale now at www.tablesandtastings.com or call 315-793-9700.



Chamber Music Society of Utica Presents Frisson, the New Faces of Classical Music

Chamber Music Society of Utica presents Frisson on Sunday, May 6, 2018, 2:30 PM, at Munson-Williams-Proctor Arts Institute in Utica. Performing for the first time in Utica, Frisson's program includes Beethoven's Septet in Eb, Op. 20, for strings and winds; Martinu's Nonet for strings and winds; and Ravel's Le Tombeau de Couperin for wind quintet.

Tickets will be available at the door: \$20 General, \$10 Student with ID. Please note that seating in the MWPAI auditorium is first come-first served. For more information, phone 315-507-3597 or 315-794-9741.

Led by Artistic Director and oboist Thomas Gallant, the NYC-based Frisson is comprised of rising stars—the best and brightest of recent graduates from top music schools. Intentionally designed to present all sizes and shapes of chamber music, the core group of nine musicians expands and contracts into a variety of ensembles featuring violin, viola, cello, double bass, flute, oboe, clarinet, bassoon, and French horn.

See Frisson's Facebook page at [ensemblefrisson](https://www.facebook.com/ensemblefrisson) and their website www.frissonensemble.com for the group's history, the performers' bios, excerpts from performances and their touring details.

CMSU subscribers: please note the upcoming Spektral Quartet performance at Hamilton College, Saturday, April 21, 2018, 7:30 PM, in Wellin Hall. This concert is complimentary with the purchase of CMSU season tickets.

For information on all CMSU concerts, past, present and future: 315-507-3597 or 315-794-9741, or www.uticachambermusic.org.

RPEA Membership Meeting and Breakfast

The next RPEA Membership Meeting and Breakfast will be held on Thursday, April 12th at the Holiday Inn, located in the Utica Executive Park, Burrstone Road, Utica. The cost will be \$8.50 per person. Registration begins at 8:30am, Breakfast (buffet style) will start at 9am. The guest speakers will begin at 10am. The Membership meeting will start at 11am. Door prizes will be awarded during the meeting.

The guest speakers will be Michael J. Romano, director at Oneida County Office for the Aging and Continuing Care. And Jordan Bellassai, Project Coordinator at the Communities of Oneida County.



Please invite a friend, they are always welcome. Please bring an item for our Food Pantry (voluntary). Please complete the registration form and return with your check to: Elaine Dziadyk, 119 Hampton Road, Frankfort, NY 13340-4437. RSVP by Thursday, April 5th. If you have any questions, please call Elaine at 315-735-7228.

We are also accepting donations of toiletries for "Make a Difference Day" This year's charity is the YWCA – Hall House.

The Adirondack Mountain Club Open House

The Iroquois Chapter of the Adirondack Mt. Club will have it's annual open house on Tuesday, April 3, from 7-8 PM at the New Hartford Presbyterian Church. There will be various displays emphasizing year round outdoor recreation. Refreshments will be served. The public is invited and welcome to speak with members about club related activities regarding membership, volunteerism, and recreation.

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Purposeful Fitness

submitted by James LaFountain, All American Fitness Center

I have a friend who has done the exact same resistance workout for over 20 years! I admire his compliance, but

question why or for what purpose? I have concluded, his purpose is more psychosocial than physical. One's purpose changes with age.

Pubescent Females tend to begin a fitness program for aesthetic reasons, they'd like to look better.

Pubescent Males also would like to look better, but often get caught up in the "alpha male" syndrome, where physical performance matters.

Adult Females, for the most part, they are building a career, they possibly find a partner and also place appearance above performance.

Adult Males are also building a career, where appearance matters, yet physical prowess is still their primary concern.

Older Adult Females have raised children, face physiological changes and begin to focus on staying healthy for "the long run".

Older Adult Males, if they're not careful, tend to get consumed with building a career, at the expense of their personal wellness.

Chronologically Challenged Females often regain their enthusiasm for personal fitness once the nest is empty. Aging often presents significant challenges for them and guidance is essential.

Chronologically Challenged Males may still have the drive to be fit, but with a much smaller engine. Common sense is often overlooked and guidance should also be included in their fitness regime. Medical conditions play a major role at this point.

Of course these are generalizations, but for the past 50 years in the field, it is what I've witnessed, researched and experienced myself. So, what's next?

Program Design is quite similar for the "pubescent" and "chronologically challenged" populations:

- *Guidance/Instruction is of paramount importance
- *Appropriate program design should focus on proper form
- *Improving "joint integrity" is important
- *Consistent with all fitness endeavors, compliance is essential and modifying the program every 6-8 weeks contributes to one's ability to "stick with it".

Designing a program for "Adult" and "Older Adults" must focus on one's specific needs. A woman coming back from having a baby is significantly different than a macho guy training for his first triathlon.

*Although the Internet can be a useful tool in many areas, beware of it's guidance when it comes to exercise, as one size does NOT fit all.

*One's personal commitment to sound nutrition is essential at all stages. Experts believe it to be 60-80% of the of the total fitness package.

*Reduce or eliminate sugar intake, quantity matters and water is essential



Judge Joan Shkane

This is a continuing discussion of Legal Myths and Reality, because an informed citizen is always the most successful citizen:

MYTH: Domestic violence affects

only the abuser and the victim, and courts can do little to limit it.

REALITY: Reputable studies show that one of every four women in the US will be a victim of domestic violence. Many men are also victims. Violence between parties who know one another affects more than 12 million people in the US each year and has increased 22 percent in 2016 over 2015. More than 28,000 such New York assaults were reported to police in 2016. Many go unreported. Children who see domestic violence, which can include verbal bullying, suffer many of the same effects as adult victims. Among the effects can be the children themselves becoming abusers, thereby perpetuating the cycle of violence. There are between 3 million and 4 million children between the ages of 3 to 17 nationwide at risk of such exposure each year. A State committee has recommended making it a major crime to commit an act of domestic violence in the presence of children age 15 and under. 24 states already have such laws. Another proposal is to permit social workers to testify in court about the impact of the violence on a particular child so that the child does not have to testify. The committee also recommends a school curriculum on domestic violence, a statewide registry on convicted abusers, gps monitoring of orders of protection, extending the time period for an order of protection beyond the usual one year, prohibiting law enforcement from asking a victimized immigrant about their immigration status, and removing firearms from individuals convicted of such crimes. Everyone agrees work needs to be done on this issue.

MYTH: Once you receive a pistol permit, you have no other filing requirements, and the permit is good for life.

REALITY: Pistol permit holders must recertify their permits periodically. As of mid-January, 2018 New York has approximately 1.2 million permitted pistol owners. As of the same date, more than three-quarters of them had not recertified their permits, although the New York Secure Ammunition and Firearms Enforcement (SAFE) Act sets a deadline at the end of January, 2018. This number includes tens of thousands of Central New Yorkers. Recertification can be accomplished online or by mailing the proper form. The form is found on the NYS State Police website or at any state police barracks and is free, and now must be filed every five years.

MYTH: If a parent legally responsible for payment of child support gives up his/her parental rights, which include custody and visitation, then he/she will no longer be required by law to pay child support.

REALITY: This is a myth that quite often comes up. If one pays child support, the support belongs to the child, not to either parent. This law has two basic principles that control: 1. New York State does not want to be responsible for the support of a child through public assistance or otherwise when there is one or more responsible parent available; 2. There are at least three persons, not two, whose consent is required in the equation, more if there is more than one child. Since a child typically cannot give consent, especially without legal advice of an attorney for child, then both parents will continue to be responsible for the child's support regardless of the parents' wishes or agreement. All three (parents and child) must agree. The fact that the parents, or one parent, gives up parental rights is irrelevant to child support. Even children in the custody of the Department of Social Services, and not living with either parent, are entitled to child support from the parents. The only real way to avoid child support is if the child is adopted by another, sometimes a stepparent.

Giving attention to legal myths is not wrong. It can be a starting point for developing an interest in the law. However, if legal issues are important in your life, for instance regarding custody of your children or money payable for any reason, it is wise to consult a lawyer who can advise you on the truth of legal myths. This discussion is not intended to render legal advice on specific cases or to express an opinion on any specific case.



School Board Seat Open

There is one (1) five-year position open for election on Tuesday, May 15, 2018. The Board candidate receiving the highest number of votes will receive the five-year position currently held by Linda Lark.

Nominating petitions may be picked up at the district office, located at the Bradley Elementary School, from 9:00 a.m. to 4:00 p.m. Petitions may also be found on the district's website at www.newhartfordschools.org. There must be at least 25 signatures of qualified voters on the petition. The name on the ballot will be printed as it appears on the nominating petition.

Petitions must be filed with the Board Clerk, Betty Heil, no later than Monday, April 16, 2018. Petitions must be filed at the New Hartford Central School District Office between 9:00 a.m. and 5:00 p.m.

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New and Noteworthy
Non-Fiction

1. Bunny Mellon: The Life of an American Style Legend: Meryl Gordon
2. In Shock: My Journey from Death to Recovery and the Redemptive Power of Hope: Rana Awdish
3. The Road Not Taken: Edward Lansdale and the American Tragedy in Vietnam: Max Boot
4. Ali: A Life: Jonathan Eig
5. The Grouchy Historian: An Old-Time Lefty Defends our Constitution Against Right-Wing Hypocrites and Nutjobs: Ed Asner
6. A Moonless, Starless Sky: Ordinary Women and Men Fighting Extremism in Africa: Alexis OKeowo
7. Educated: A Memoir: Tara Westover
8. I've Been Thinking: Reflections, Prayers and Meditations for a Meaningful Life: Maria Shriver
9. Home Work: Design Solutions for Working from home: Anna Yudina
10. Total Cat Mojo: The Ultimate Guide to Life with Your Cat: Jackson Galaxy
11. Passione: Simple, Seductive Recipes for Lovers of Italian Food: Genarro Contaldo

New and Noteworthy
Fiction

1. An American Marriage: Tayari Jones
2. Fifty Fifty: James Patterson and Candice Fox
3. Raspberry Danish Murder: Joanne Fluke
4. Look for Me: Lisa Gardner
5. White Houses: Amy Bloom
6. Hello Stranger: Lisa Kleypas
7. Red Sparrow: Jason Matthews
8. Night Moves: Jonathan Kellerman
9. The Hush: John Hart
10. Mrs. Osmond: John Banville
11. The Whispering Room: Dean Koontz

Friends of the NHPL
Elected Officers

Elected Officers for 2018:
President: Susan T. Fountain
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Treasurer: Shirley Cannistra
Recording Secretary: Monica Maier
Corresponding Secretary: Mary Jude Winn
Sub Committees:
Publicity: Marcia Danella
Used Books: Annette Barber
Membership: Gary Fountain
Next Friends meeting:4/14- Large Study Room, 9:30-11am



A BIG Thank You to the Amicable Lodge, Brothers of 664. Guests from the Mason's Amicable Lodge, Brothers of 664, presented a donation to the Library of \$1000 to be used toward STEM programs at NHPL. This generous gift was gratefully accepted by the Board of Trustees. STEM is an acronym for Science, Technology, Engineering, Math. The library will be planning programming and adding resources to their collection with this generous donation. Many thanks to Brian Moore, Ralph Humphries, Dan Williams, Jim Nagy, Don Beckman and Richard Butcher for presenting the check to the New Hartford Public Library.

April 8-14th National Library Week

Come celebrate National Library Week with us! Throughout the week we will have drop in crafts in the Children's Area. On Tuesday, April 10th from 10-12:00 we will be hosting an eResources Open House. Bring your tablets and phones and we will demonstrate how to use Hoopla, Zinio, and Libby. Don't have a library card? This is the perfect week to get one. Come see all that we have to offer!

Story Time for preschool age children continues on Tuesdays and Thursdays at 10:30.

Story time is a program of stories, songs, and crafts.

Rocking Chair Reader Story Time

Volunteers read to children every Friday at 10:30. Thank you to all of the wonderful volunteers that have taken part in reading to the children. If you are interested in becoming a Rocking Chair Reader, call the library at 315-733-1535 and ask for Ashlyn.

Kids Read to Therapy Dog

Meet Dixie...a Certified Therapy Dog from the "Tail Waggin' Tutor" program. Dixie has been trained to be a good listener, and she wants to help you read! Dixie and her human Karen, will be visiting the library on Mondays from 4-5pm. Come to the library and read to Dixie. Call the library for more information 733-1535.

Local Author

Local Author Constance L. Watkins will be joining Miss Ashlyn for Story time

April 24 & April 26 at 10:30. She will be reading her book *Mushu* to the children

Kid's Movie & Popcorn

Monday, April 23, 1:00-3:00. Willy Wonka and the Chocolate Factory.

Kid's Rock Painting (Kid's Spring Break Program)

The New Hartford Public Library is once again joining up with the Kindness Rocks Movement! Kids of all ages are welcome to join us on Tuesday, April 24 from 11:30am – 1:00pm (following story time) outside (weather permitting) or in the Corasanti Room, to paint a rock and spread some kindness. Participants will paint inspirational words or pictures on a rock,

and then place the rock somewhere on the Library grounds to be discovered by another visitor. Or, bring the rock with you and leave it somewhere else in our community to be discovered! No matter where you leave it, you'll brighten someone's day and help to spread kindness in our community! Check out www.thekindnessrocksproject.com to learn more about the Kindness Rocks Movement.

Smiley the Clown

Kid's Spring break program Thursday, April 26, 2:00-3:00. Join us for some awesome magic with Smiley the Clown!

Blankets for Boston:

Gavin's 1 Yr. Liverversary. Gavin is the son of Fred and Dana Jerzak. Gavin was born with a rare and fatal liver disease called Biliary Atresia. On 3/16/17 he received his life saving liver transplant at Boston's Children's Hospital. To honor his liver anniversary he and his family want to give back. Gavin has always found comfort in blankets, so they want to hold a blanket drive. They will be collecting donations of new

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LIBRARY NEWS

THE TOWN CRIER

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or hand made baby and/or “big kid” blankets to gift to the children at Boston Children’s Hospital Transplant Unit. If you would like to participate, please drop off blankets to the New Hartford Public Library during our business hours. We will be collecting blankets until Friday, April 20th. Donations will be delivered to Boston on April 23rd. Thank you in advance!

The Great NHPL Bake-Off: Chocolate Edition
Calling all chocolate lovers! Do you have a winning recipe for a chocolate treat? Or, do you just like to taste something sweet? Bakers can make bars, cookies, brownies, or any hand held treat and tasters can stop by to vote for their favorites. Drop off Sunday, April 15, 1-5pm. Judging Monday, April 16, 2-6pm. Bakers should pre-register starting April 12. Tasters should just bring their sweet tooth on April 16th. The Grand Prize winner will be the baker with the most votes cast for their chocolate treat. Grand Prize is a Gift Certificate for Café CaNole!

Adult Movie

Sunday, April 8, 2:00-4:00. Like Water for Chocolate

April Artist on Display

Utica Art Association show A Utica Art Association members only show will be on display at the New Hartford Library for the month of April, beginning April 3 -30th.

With a few interruptions, the Utica Art Association (UAA) has been in existence since 1836, and continues today with monthly meetings held at the Heritage Home at 7pm on the last Monday of each month from September through June. Programs vary between critiques of member’s art work to presenters providing educational demonstrations on their own specialties and knowledge. The Association is always looking for and welcomes new artists to broaden their membership’s interest and collective knowledge. For more information, please go to the Utica Art Association’s website at www.uticaartassociation.org.

April Display Case

Stanley Wiater Toy Collector – Antique Toys

2018 Artists Needed To Display

The New Hartford Public Library has several months still available to exhibit your artwork in 2018. If you are interested in displaying your artwork, call the library at 315-733-1535.

Intro to Yoga

Nidra Offered by Andrea O’Brien MS, OTR/L Holistic Occupational Therapist from O’Brien Wellness. Monday, April, 16, 23, 30th and May 7th. Simply translated as “Yogic Sleep,” Yoga Nidra offers profound deep rest and relaxation to the body. Perfect for those with little to no meditation experience as well as those with regular practice. Please bring a yoga mat to lay on, a soft blanket and a soft pillow. Dress comfortably. Space is limited, please reserve your spot with the library 315-733-1535.

Join Ruth Anne Kane for knitting and crocheting lessons!

She will be teaching the basics of knitting and crocheting. Class meets on Thursdays from 1:00 - 2:30. All supplies are included but space is limited. Please call 315-733-1535 to register.

Does your Group or Club Need a Space to Meet?

The New Hartford public Library has meeting rooms available for the public to use. Have specific technology needs for your meeting as well? Let us know and we can try to accommodate those as well. Please call Amy at 315-733-1535 to book a space.

Tai Chi Classes at the library

Classes resume on March 22 - May 10th. The Beginner Class meets from 10:00-11:00, and the Advanced Class meets from 11:15-12:15. No registration required.



Leatherstocking Club Donates to Mini Golf Tournament

The Leatherstocking Club of the New Vision Pioneers recently made a donation to the Bill Bonsted Indoor Miniature Golf Tournament sponsored by the Friends of the New Hartford Public Library. In the picture is golfer Bryce Schmidt along with Susan Fountain, President of the Friends of the New Hartford Library on the left and Jacquelyn Schmidt, member of the Leatherstocking Club on the right.



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Tomato Pie	Tomato Pie	Tomato Pie	Tomato Pie

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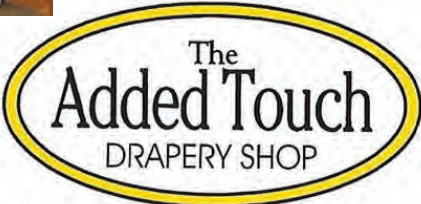
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8

THE TOWN CRIER

HAPPY SPRING!

APRIL
2018



NHHS Students Inducted into National Honor Society

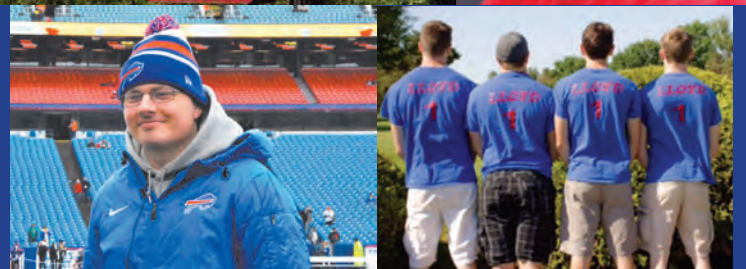
On March 12th, 7 senior high school students were inducted into the National Honor Society with a dinner honoring them at Hart's Hill Inn.

Picture of the seniors from left to right are: Nicholas Briggs-Ellenberger; Kaliana Sobolewski; Grace Reilly; Chloe Cattadoris; Katrina Briody; Kailey Brown; Shaun Crist.

First year inductees were: Gillian Biel, Gretchen Biel, Kaitlyn Carman, Angela Chen, Abbey Copperwheat, Nicholas Despina, McKenzie Keator, Mary Grace Kehrli, Kaitlyn Kulawy, Morgan McGauley, Sarah Sharpe, Karilynn Tramacera.



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Saturday, June 16, 2018

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"BEST BALL" GOLF SCRAMBLE With Prizes
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At Twin Ponds Golf Course 169 Main Street New York Mills,

Saturday June 16, 2018

Tee Off at 10:00 • Dinner at 4:00

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Banquet Includes Raffles, Door Prizes and a 'Chinese Auction'
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Victor J. Fariello Jr.

“From The Mailbag”

Q. I have what I think you call a castor set consisting of 5 bottles on a metal stand. Can you tell me anything about it and its approximate value?

A. You are correct that your item is a Victorian castor set. The bottles were for oil, vinegar, salt, pepper and a mustard pot. Although they adorned many a Victorian dinner table in the late 1800’s, it is rare to find them with all of the bottles intact. Taking that into consideration, your castor set would be valued at \$150-200.

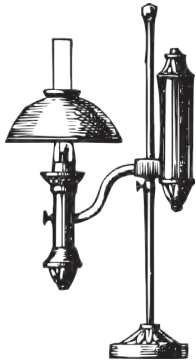
Q. I have a very small pair of binoculars that are very ornate. I’m wondering what their purpose would have been. Can you tell me how much they are worth?

A. Your item is actually opera glasses, used to view the performances on stage from the lofty boxes and balconies of days gone by. They were very popular with the upper class who could afford them. Your’s appears to be adorned with Mother of Pearl which was very popular in the Victorian era. I would place the value of them at \$250.

Q. I have a campaign button from Warren G. Harding’s 1920 presidential election. It is in excellent shape. I’m hoping that it’s worth something. Can you give me an idea if it is?

A. You would think that a piece of presidential campaign memorabilia that is almost 100 years old and in great condition would be worth a good amount, however, because so many were produced and still exist today in the condition of yours, they sell routinely for \$20 or less. You still have a nifty piece of history that’s worth hanging on to.

Let Me Hear From You!

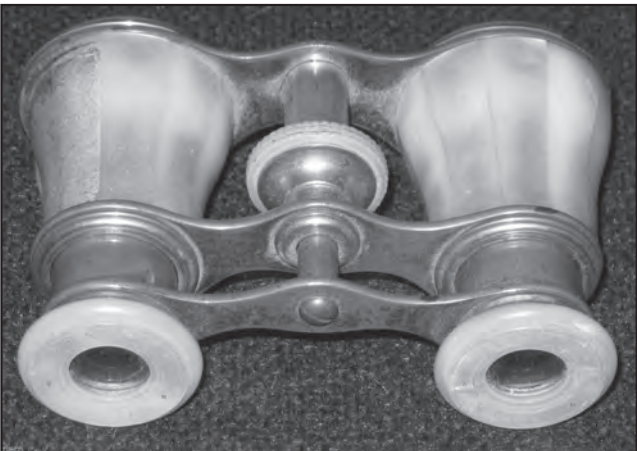


If you have any questions on anything relating to antiques or collectibles, or just want to share information about something you own, please drop us a line at Antique Talk, PO Box 194, Washington Mills, NY 13479 or email vjfariello@gmail.com. I look forward to hearing from you.

Support the NH Historical Society

If you haven’t already joined, or need to renew your membership in the New Hartford Historical Society. Dues are only \$12 for an individual and \$17 for a family. Send a check payable to New Hartford Historical Society, PO Box 238, New Hartford, NY 13413. Check them out at newhartfordhistory.com. The museum is back open after the winter hiatus. Check the website for hours of operation.

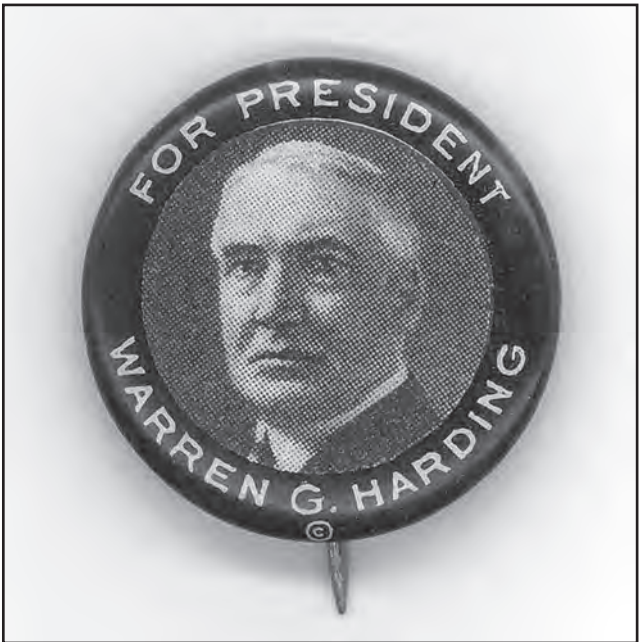
Victor J. Fariello Jr. is a lifelong resident of New Hartford and has been a collector and dealer of antiques for many years. He is a past officer and member of the New Hartford Historical Society and is in the process of organizing the Jedediah Sanger Chapter of The Questers, an International organization for people who love antiques and have a commitment to preservation. Questions on anything related to antiques can be sent to him at PO Box 194, Washington Mills, NY 13479 or by email to vjfariello@gmail.com. Any photos submitted will be returned upon request.



Opera Glasses from the late 1800’s were all the fashion with the aristocratic society members who could afford them.



Castor sets like this were a popular addition to the Victorian dinner table.



This 1920 Harding campaign pin is a great piece of presidential history but regrettably not very valuable based on the law of supply and demand.



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10

THE TOWN CRIER

NH HOME GAMES

APRIL 2018

NH Home Games

**subject to change without notice*

Tue - 4/03 - Lacrosse: Boys JV Non-League - 4:45pm vs. Tully Junior Senior @ NHHS Turf

Thu 4/05 - Lacrosse: Girls Varsity Non-League - 4:15pm vs. Clinton @ NHHS Turf

Thu - 4/05 - Lacrosse: Girls JV Game - 6:00pm vs. Clinton @ NHHS Turf

Sat - 4/07 - Lacrosse: Boys Varsity Non-League – TBD vs. Whitney Point Senior @ NH

Sat - 4/07 - Track: Girls Varsity Scrimmage - 11:00am -
Cooperstown Central, Holland Patent Central, Oriskany CSD @ NH

Sat - 4/07 - Track: Boys Varsity Scrimmage - 11:00am -
Cooperstown Central, Holland Patent Central, Oriskany CSD @ NH

Mon - 4/09 - Baseball: Varsity Non-League, ALS Awareness Classic - 7:00pm vs. VVS @ Onondaga CC

Tue - 4/10 - Tennis: Boys Varsity Game - 3:30pm - Utica Notre Dame @ NHHS Tennis Courts

Tue - 4/10 - Lacrosse: Girls Varsity Non-League - 4:15pm vs. Chittenango @ NHHS Turf

Tue - 4/10 - Lacrosse: Girls JV Non-League - 6:00pm vs. Chittenango @ NHHS Turf

Thu - 4/12 - Baseball: Varsity League - 4:30pm vs. Central Valley Academy @ NHHS Baseball field

Thu - 4/12 - Softball: JV League - 4:30pm vs. Camden @ NH Washington Mills Field #2

Fri - 4/13 - Baseball: Varsity Non-League - 4:30pm vs. Bishop Grimes @ NHHS Baseball field

Sat - 4/14 - Softball: Varsity Non-League – time TBD vs. TBA @ Mudville Softball Complex

Mon - 4/16 - Golf: Boys Varsity Game - 3:30pm vs. Utica Proctor @ Skenandoa Golf Club

Mon - 4/16 - Tennis: Boys Varsity Game - 3:30pm vs. Utica Proctor @ NHHS Tennis Courts

Mon - 4/16 - Softball: JV Game - 4:30pm vs. Utica Proctor @ Wash Mills Athletic Park Field #2

Mon - 4/16 - Baseball: Varsity Game - 4:30pm vs. Utica Proctor @ NHHS Baseball field

Mon - 4/16 - Softball: Varsity Game - 4:30pm vs. Utica Proctor @ Wash Mills Athletic Park Field #1

Mon - 4/16 - Lacrosse: Girls Varsity Non-League - 5:00pm vs. Indian River @ NHHS Turf

Tue - 4/17 - Lacrosse: Girls Varsity Game - 4:15pm vs. Whitesboro @ NHHS Turf

Tue - 4/17 - Baseball: JV Game - 4:30pm vs. Whitesboro @ NHHS Baseball Field

Tue - 4/17 - Lacrosse: Girls JV Game - 6:00pm vs. Whitesboro @ NHHS Turf

Wed - 4/18 - Golf: Girls Varsity - 3:30pm vs. Holland Patent Central, Oneida @ Stonebridge Golf Club

Wed - 4/18 - Track: Boys Varsity Game - 4:00pm vs. Utica Proctor, Whitesboro @ New Hartford

Wed - 4/18 - Lacrosse: Boys JV Non-League - 6:00pm vs. Cazenovia @ NHHS Turf

Thu - 4/19 - Tennis: Boys Varsity Game - 3:30pm vs. Rome Free Academy @ NHHS Tennis Courts

Thu - 4/19 - Lacrosse: Boys JV Non-League - 4:15pm vs. Chittenango @ Perry Junior High School

Thu - 4/19 - Lacrosse: Girls Varsity Game - 4:15pm vs. Vernon-Verona-Sherrill @ NHHS Turf

Thu - 4/19 - Softball: Modified Game - 4:15pm vs. Donovan @ Perry Junior High School

Thu - 4/19 - Baseball: Modified Game - 4:15pm vs. Donovan @ Perry Junior High School

Thu - 4/19 - Baseball: Varsity Game - 4:30pm vs. Rome Free Academy @ NHHS Baseball field

Thu - 4/19 - Softball: Varsity - 4:30pm vs. Rome Free Academy @ Wash Mills Athletic Park Field #1

Thu - 4/19 - Softball: JV Game - 4:30pm vs. Rome Free Academy @ Wash Mills Athletic Park Field #2

Thu - 4/19 - Lacrosse: Girls JV Game - 6:00pm vs. Vernon-Verona-Sherrill @ NHHS Turf

Sat - 4/21 - Lacrosse: Boys JV Non-League - 11:00am vs. Carthage @ NHHS Turf

Sat - 4/21 - Lacrosse: Boys Varsity Non-League - 1:00pm vs. Carthage @ NHHS Turf

Sat - 4/21 - Softball: Varsity Tourn - 2:00pm vs. Bethlehem @ Westmoreland Rd Elem. Field #2

Sat - 4/21 - Softball: Varsity Tourn - 4:30pm vs. Colonie Central @ Westmoreland Rd Elem. Field #1

Tue - 4/24 - Lacrosse: Boys Varsity Non-League - 10:00am vs. South Jefferson @ NHHS Turf

Tue - 4/24 - Track: Boys Varsity League Meet - 1:00pm -
Camden, Central Valley Academy, Oneida, Rome Free Academy, Utica Proctor,
Vernon-Verona-Sherrill, Whitesboro @ New Hartford

Tue - 4/24 - Lacrosse: Girls Modified Game - 4:15pm vs. Clinton @ NH - Myles Elementary

Tue - 4/24 - Baseball: Varsity Non-League - 4:15pm vs. Holland Patent Central @ NHHS Baseball field

Wed - 4/25 - Golf: Girls Varsity - 3:30pm vs. Holland Patent Central, Oneida @ Stonebridge Golf Club

Wed - 4/25 - Lacrosse: Boys Varsity Game - 4:15pm vs. Clinton @ NHHS Turf

Thu - 4/26 - Baseball: JV Game - 4:30pm vs. VVS @ NHHS Baseball field

Sat - 4/28 - Baseball: JV Non-League - 12:00pm vs. Marcellus @ NHHS Baseball field

Mon - 4/30 - Golf: Boys Varsity Game - 3:30pm vs. Oneida @ Skenandoa Golf Club

Mon - 4/30 - Tennis: Boys Varsity Game - 3:30pm vs. Oneida @ NHHS Tennis Courts

Mon - 4/30 - Softball: Varsity Game - 4:30pm vs. Oneida @ Wash Mills Athletic Park Field #1

Mon - 4/30 - Softball: JV Game - 4:30pm vs. Oneida @ Wash Mills Athletic Park Field #2

Mon - 4/30 - Baseball: Varsity Game - 4:30pm vs. Oneida @ NHHS Baseball field

Barbershop Harmony Society
Presnets Hallelujah!

On Saturday, April 21 @7:30 pm, the Mohawk Valley Chapter of the Barbershop Harmony Society, New Horizons Chorus is proud to present Hallelujah! It's Barbershop! a two hour. live A Capella concert featuring the 2017 Barbershop Harmony Society International Quartet Silver Medalist Quartet Signature! Known for their soulful presentation, music lovers of all genre's will enjoy Signature's amazing, tight harmonies. The concert will also include performances by All In, the 2017 Seneca Land District Quartet Champions and the 2016 Seneca Land District Chorus Champion New Horizons Chorus. Don't miss this amazing night of music at the Clinton Central School Theatre in Clinton, NY! Tickets are available by calling 315-240-6124 or visiting <http://www.bhs-mv.org>.

**Hallelujah!
It's Barbershop!**

7:30 PM
April 21st, 2018

Clinton Central
School Theatre

College Street and
Chenango Avenue in
Clinton, NY





Join us for a soulful evening of a capella music with Signature, the 2017 BHS International Silver Medalist Quartet. Also featuring the *New Horizons Chorus*, and chapter quartets *All In* and *ASure!*

Tickets:
\$15 for Adults
\$7 for Students

To order tickets, head over to bhs-mv.org or call 315-240-6124
We can't wait to see you there!



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Artistic Director, Melissa Larish, RAD RTS

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-2018-

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&

SUNDAY, MAY 20TH AT 2:00PM

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Prior sales excluded.

Olde Wicker Mill CELEBRATION SAVINGS COUPON

Good April 15th through April 21st

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any single piece of regular-priced jewelry

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Prior sales excluded.



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Bullying Statistics



More than one out of every five students report being bullied.



Of those students who reported being bullied, 13% were made fun of, called names, or insulted; 12% were the subject of rumors; 5% were pushed, shoved, tripped, or spit on; and 5% were excluded from activities on purpose.



More than half of bullying situations (57%) stop when a peer intervenes on behalf of the student being bullied.

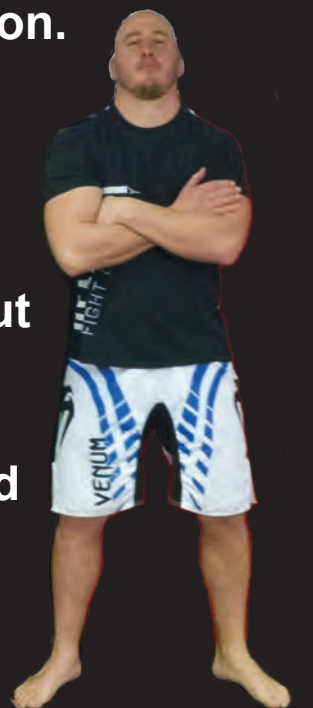
Effects of Bullying



Students who experience bullying are at increased risk for poor school adjustment, sleep difficulties, anxiety, and depression.



Bullied students indicate that bullying has a negative effect on how they feel about themselves, their relationships with friends and family and on their school work, and physical health.



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APRIL CHAMBER NIGHT

Wednesday, April 18
5:30 - 7:30

OPEN HOUSE & HAPPY HOUR

@I71
EVENTS

171 Genesee St.
Downtown Utica

Curious to get a peek inside the historic halls of the hottest new industrial-chic downtown event venue? This is your chance! Join us for April Chamber Night with Board Member, Christine Martin and explore the newly renovated historic halls of this Urban Revitalization Project, 171 Genesee St. and her latest venture, @I71 Events.

Enjoy Happy Hour and refreshments as you mingle with fellow Chamber Members, their guests and prospective new members!

All are welcome! Please register in advance to reserve your place.

MEMBERS, THEIR EMPLOYEES & THEIR GUESTS: FREE
PROSPECTIVE NEW MEMBERS: \$10pp

Register Online: www.NewHartfordChamber.com/events
or call: 315-796-1520

Save the Date!

ANNUAL MEETING

Thursday, May 10th 2018
5:30 - 8:30pm

Honoring:

Jack Jones
&

William Randall

For their years of service to the NH Chamber

Keynote Speaker:

Paul Miscione

New Hartford Town Supervisor



The Yahnundasis Golf Club

Welcome New Members!

The New Hartford Chamber of Commerce proudly welcomes the following businesses into it's membership:

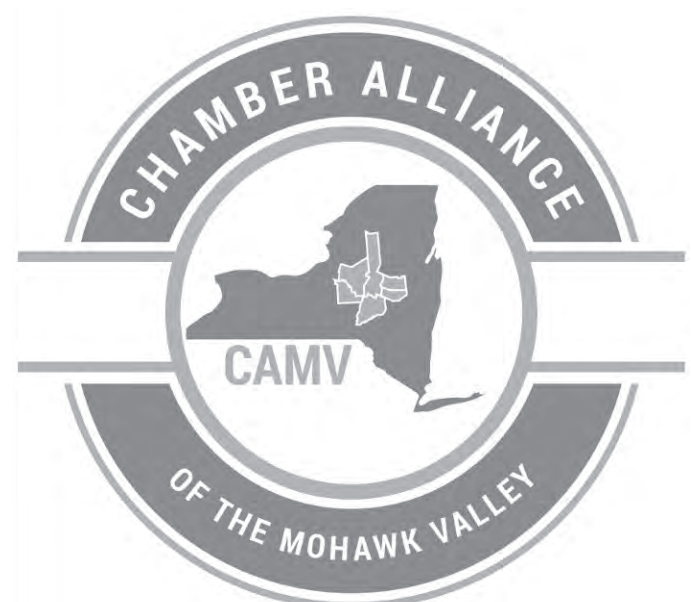


@I71
EVENTS

...and welcome back:

Tom Cavallo's
Restaurant ~ Banquet ~ Bar

All local businesses who have been a member of the chamber anytime in our 45 year history are cordially invited to renew their membership at the old dues structure of \$50 for businesses and \$25 for individual members. Please complete the form at NewHartfordChamber.com for "Legacy Members."



Next Meeting
April 18th at Noon
The Thinkubator - Utica
hosted by:



Half Pint Academy Child Care Center
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Tax-Bracketology

Aside from weather and college basketball, the most common topic of conversation we had during March was taxes. As investors wrapped up their 2017 returns, many wondered how the new Tax Cuts & Jobs Act would impact them going forward. While virtually all taxpayers will be effected, everyone's situation is different, as will be their returns. Here are some common pros and cons across the board.

PRO - Lower Income Tax Brackets: For most, if taxable income remains the same in 2018 you will face a lower top tax rate. Many employers have adjusted withholdings, so you could see a bump in your take home pay.

CON - Limited "SALT" Deduction: A cap of \$5,000 for single filers and \$10,000 for joint filers is now in place for deducting state and local taxes (SALT) and real estate taxes. In upstate New York, this one hurts with the 8th highest state income tax in the country and no shortage of real estate taxes.

PRO - Higher Standard Deduction: The standard deduction (almost) doubles to \$12,000 for single filers and \$24,000 for joint filers. This is good news for those who didn't itemize before. When combined with the "SALT" limits, many who did itemize will now likely apply the standard.

CON - Eliminated Exemptions: The \$4,050 personal, spouse and qualifying child/relative exemptions are no longer in place. Simply put, more of your income is taxable, particularly for big families.

PRO - Increased Child Tax Credit: The maximum child credit doubles from \$1,000 to

\$2,000 per qualifying child. The income phase out for this credit also doubles for joint filers from \$200,000 to \$400,000, meaning it will apply to a broader base of taxpayers. Remember, if you have a baby by December 31, you'll get the credit for 2018.

CON - Above the Line, No More: Some reductions of taxable income are eliminated/limited going forward including alimony (for orders executed after 2018), tuition and fees, and moving expenses (except active military relocations).

WILDCARD - Corporate Taxes: If you are a business owner, even more changes apply which will impact company and individual taxes depending on corporate structure.

Just like basketball's "March Madness", tax planning has lots of moving pieces and changes occurring over time. Please be sure to consult your tax professional.

Original content provided by Aaron R. Evans, CFA, CFP® a Senior Advisor at Strategic Financial Services

This material does not constitute the advice or recommendation of Strategic Financial services, and should not be used as the basis upon which to make investment or financial decisions. Strategic Financial Services provides advice and makes recommendations based on the specific needs and circumstances of each client. This material is not intended to provide professional tax advice, which should be obtained from a certified tax professionals.

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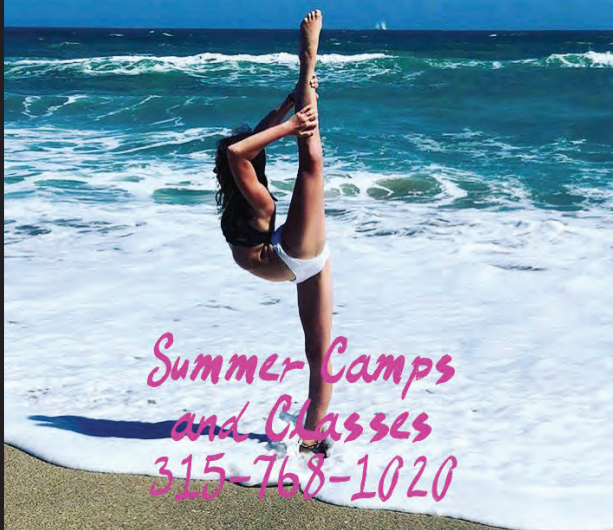
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School and Community Garden Funding Available through North Country Eat Smart NY

North Country Region Eat Smart New York (NCR ESNY) is pleased to announce the availability of grant funding to support school and community gardens for the 2018 growing season. New and existing community and school gardens within Oneida, Herkimer, Hamilton, Essex, Clinton, Franklin, St. Lawrence, Jefferson, Lewis, and Oswego counties are encouraged to apply and may qualify to receive up to \$500 in garden supplies and materials.

Interested groups should complete an application at northcountryeatsmartny.org/pre-gardenfundingsurvey by Wednesday, April 18, 2018. Grant funding is limited.

NCR ESNY sponsored gardens have been successful in providing SNAP-eligible community members with access to fresh fruits and vegetables. In 2017, 1,845 pounds of produce was raised in 17 gardens within

the NCR ESNY region. Garden produced vegetables were donated to food pantries and soup kitchens, and qualified students and adults were able to utilize the produce for their own consumption. In addition, NCR ESNY staff collaborated with garden managers within schools to organize taste testing in classrooms and incorporate produce into school lunch programs.

If you have questions on starting your own school or community garden contact North Country Eat Smart New York toll-free at 1-844-3MY-ESNY or email: northcountrysnaped@cornell.edu.

NCR ESNY is funded by the USDA Supplemental Nutrition Assistance Program (SNAP), and works with SNAP eligible families and individuals, as well as agencies, schools, clubs, and organizations to promote and support our program goals of eating more fruits and vegetables, drinking fewer sugar-sweetened beverages, and increasing physical activity. The North Country Eat Smart New York region includes Oneida, Herkimer, Oswego, Jefferson, Lewis, Hamilton, Essex, Clinton, Franklin, and St. Lawrence counties. Learn more about NCR ESNY by visiting northcountryeatsmartny.org or by calling at 1-844-3MY-ESNY.



Mohawk Valley Health System Welcomes Surgeon Jonathan Blancaflor, MD, FACS

Medical Director for Robotic Surgery for MVHS

Jonathan Blancaflor, MD, FACS, a specialist in General, Colorectal and Thoracic Surgery, has joined the MVHS Robotic, General and Thoracic Surgery Group.

Dr. Blancaflor was in general surgical practice for 25 years at Shoreline Surgical Associates, PC, in Middletown, Connecticut. His specialties include minimally invasive procedures and robotic surgery. He earned his medical degree from the University of Connecticut School of Medicine, with honors in Surgery, in Farmington, Connecticut. He completed a residency in General Surgery and served as chief resident in General Surgery at Yale University/Hospital of Saint Raphael in New Haven, Connecticut, and a residency in General Surgery at the University of Connecticut Surgical Residency at New Britain General Hospital in New Britain, Connecticut. He received his Bachelor of Science in Biology, magna cum laude, from Boston College in Chestnut Hill, Massachusetts, was designated a Scholar of the College and was named to the Phi Beta Kappa academic honor society.

He is board certified in General Surgery by the American Board of General Surgery.

Jonathan Blancaflor, MD, FACS, is accepting new patients.



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COMMUNITY NEWS

THE TOWN CRIER

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Tickets Still On Sale for New Hartford Foundation's 2018 Prince Charming Ball

Tickets to the New Hartford Central School District's Foundation's 8th annual Prince Charming Ball are still on sale! The event will take place on Saturday, April 14, 2018, from 6:00- 9:00 p.m. at Daniele's Banquet Specialists. This year's theme is TOMORROWLAND-- WHERE ROBOTS RULE!

An evening of dinner and dancing, this year's annual mother-son dance will also include a new venue, live presentation by the JavaScouts Robotics Team, the return of the wheel game--a prize with every spin!, DJ Roscoe Red, a candy bar, sundae bar and a nut-free menu.

Tickets are \$50 for adults and \$25 for children. Those interested in supporting or attending the event are encouraged to visit: www.newhartfordschools.org/foundation or www.facebook.com/newhartfordfoundation for more information or to register for the event.

The New Hartford Foundation is grateful to have the

support of many local sponsors, including:

First Source Federal Credit Union, March Associates, The Pike Company, Gilroy, Kernan, & Gilroy, New York Bus Sales, Upstate Office Equipment, The Fountainhead Group, Ventura's Restaurant, Strategic Financial Services, PJ Green, Snyder Fuel Service, Boulevard Graphics, Friedel, Williams & Edmunds Funeral & Cremations Services, Bernard P. Donegan, Inc; Cathedral Corporation, Basloe, Levin & Cuccaro, Ltd.

Proceeds from the annual event benefit educational programming at the New Hartford Central School's three elementary schools. This year's proceeds will benefit the STEAM curriculum initiative. Since 2011, the New Hartford Foundation Board has raised more than \$90,000 through the Prince Charming Ball. In 2017, the Foundation donated more than \$10,000 for the purchase of instructional technology to support students and aid teachers within the Developmental Program. Approximately 860 students, who attend New Hartford's three elementary schools, benefit daily from this technology.

About NH Central School District Foundation

The New Hartford Central School District Foundation is an independent, 501 © (3) non-profit organization providing support for all district schools and their educational programs within the Town of New Hartford. The group raises funding by partnering local

businesses, organizations, individuals, alumni, as well as by hosting special events. For more information, visit <http://www.newhartfordschools.org/foundation>.

Facebook groups: [New Hartford Central School District Foundation](#)

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HIGHWAY DEPT. NEWS

THE TOWN CRIER

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New Hartford Highway News

Submitted by Highway Superintendent, Richard Sherman

We have some new exciting announcements to share as we head out of March madness and into April showers!

The 2018 Season Dumpster – Drop-Off Collection Schedule is complete and available on the Town's website. Remember our program this spring is expected to begin April 2nd and end September 24th. For those items which you would like your Highway Crew to pick-up, please remember you need to purchase tags from the Town Clerk Office by the last Friday of the month. The cost will remain the same as last year \$5.00 per item. The Town Clerk's Office is open Monday-Friday 8:00am to 4:00pm. Additionally, we will have the dumpster drop off along with the tag pick up for the months of April, May, July, August, and September at the Highway Garage. The regular drop off is still every Monday 6:30 -2:00 and every second Sat of the month, except the month of June.

Tags and the trash drop off at the Highway Garage will be suspended for the month of June, as the new curb side pickup throughout the town will take place the month of June. As noted by individual streets on the Town's website (Services/Highway/CurbSide Pickup), curb side pick-up is scheduled as follows:

Area A (vicinity of Applewood, Clinton Rd/St, Cherrywood, Clintonview, Collins, Manors, Merritt, Middle Settlement, Seneca Tpk,) will be the week of June 4th through June 8th. So please have your trash out in front of your residence by Sunday evening June 3rd,

Area B (vicinity of Pippenwood, Woodberry, Imperial, Sherrill, Sanger, Slusser, Root) will be the week of June 11th through June 15th have your trash out

on Sunday evening June 10th,

Area C (vicinity of Arlington, Augusta, Benton, Chapman, Deerpath, Higby Hills, Narla, Taber, Tilden, Stonebridge, Wadsworth) will be the week of June 18th through June 22nd. Please have your trash at the curb side by Sunday evening June 17th, and

Area D (vicinity of Grange Hill, Mallory, Mohawk, Sessions, Tibbitts, Chadwicks) will be the week of June 25th through June 29th. Please have your trash at the curbside by Sunday evening June 24th.

We ask that you please adhere to the weekly schedule as noted above because your Highway Crew will be staying on schedule in the various areas.

Another exciting new change is the way brush will be picked up at your curb. We will no longer be on a schedule as we have been the past couple of years. Instead your Highway Crew will be in front of your residence weekly. This is a result of your Town Council purchasing two new compactors that will be split evenly across the Town. One truck will do Area's A & C and the second truck will do Area's B&D.

The Highway Department is asking every residence to PLEASE use containers (garbage cans) for the brush (branches) etc. and green waste so that the container can be dumped easily into the compactor. The larger tree limbs can be 6" in diameter and 6-8' in length. Place the limbs in a neatly pile at the edge of the roadway. If you have a tree come down that is larger, call the Highway Department to schedule an appointment and we will stop by with the new Town Council approved chipper to chip the larger limbs. The heavy pay loaders with clam buckets will no longer be picking up the brush making lawn divots and road divots with the bucket. The pay loaders not on the street will save wear and tear on these machines. If you have any questions please call me.

As always, please ensure that no objects such as rocks or metal be mixed with the brush and green waste piles or unfortunately we will not be able to take it from your curb. Working together, the new changes will help your Highway Department in keeping our streets clean and safe.

Finally, please don't hesitate to email anytime with questions or issues at rsherman@town.new-hartford.ny.us or my cell at 315-534-2998.



LIONS Club members at the St. Patrick's Day Parade

LIONS Club News

Spring will find LIONS with the heaviest schedule of the year. We participated in the St Patrick's Day Parade. LIONS from all clubs in the Region were represented. Covered by WKTV, anchor Kristen Copeland emphasized the long-term history of LIONISM as Utica was chartered over 80 Years ago. New Hartford was organized in 1948. Many do not know this is an International Organization and the world's largest service club. We assist the blind, visually impaired, hearing impaired, youth activities and where there is a serious need. One of our motto's is, "where there's a need there's a LION."

Weekend of April 27-29 will be a White Cane collection weekend. Club Members will be at Herb Philipsons in the New Hartford Shopping Center. Hours will be 5-7 Fri.10-2 Sat and 10-12 Sun. The New Hartford LIONNESS's have agreed to assist. There will be a Subway Day at 135 Oriskany Blvd. Whitesboro. Date is undetermined at this time but Mgr. Wayne Suber will donate 10 % of the proceeds to a charity of our choice.

Our major fundraiser of the year is the annual Journey for Sight Walk- A-Thon. The event takes place Sat. May 12 commencing 9:30 at Sauquoit High School. Through Ads and pledges, area LIONS feel we can raise \$15000. In recent years we have been between 10-15 thousands. We also encourage other area organizations, such as National Honor Society, sports teams etc. to participate. Funds raised will be returned to your organization. All of the organization has been done by us, you would only need to obtain as many pledges as possible. Contact LION Nick Montesano for more information at 315-732-0411.



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NH Class of 1968 Reunion

Class of 1968 New Hartford High
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 Please come to help us celebrate!

VILLAGE OF NEW HARTFORD CURBSIDE JUNK COLLECTION

The following information pertains to VILLAGE OF NEW HARTFORD residents only and does not include the TOWN OF NEW HARTFORD.

For more detailed information refer to your Village Municipal Collection Flyer or call 315-724-0379 (DPW Garage) or 315-732-1147 (Village Office).

The VILLAGE of New Hartford will have a curbside junk pick-up on May 14, 2018. Materials must be at the curb by 6:00 a.m. May 14th and sorted into separate piles as listed below:

- Please note anything longer than 8' feet will NOT be collected.
- Collection limits for categories #1) Household Junk and #2) Sanitary Waste are each limited to a pile not to exceed 4' wide 8' long and 3' high.
- 1) Household Junk: Lumber bundled, piled parallel with the roadway, roofing and plaster in containers weighing 60 lbs. or less, furniture without fabric, porcelain sinks and toilets, and storm windows;
- 2) Sanitary Waste: clothes, bedding, stuffed furniture, hardcover books, empty paint cans with lids removed, and toys;
- 3) Metal: major appliances and metal products;
- 4) Tires: tires must be off rims and no larger than 16". No large truck or tractor tires.

The DPW will NOT accept:

- 1) Recyclable materials, lumber exceeding the limit stated above, and shingles not contained. For construction and demolition projects, please contact the Village DPW or a private waste hauler to make arrangements for a dumpster.
 - 2) Propane cylinders, liquids, such as paints, thinners, waste oil, herbicides, and pesticides may be disposed of at the Oneida Herkimer County drop site per their collection schedule. For more information, call 315-733-1224.
 - 3) Automotive Batteries - due to employee and environmental hazards, batteries may be returned to a redemption or recycling facility.
- Your cooperation with sorting materials and observing these guidelines helps reduce costs and insures the continuation of this program.

VILLAGE OF NEW HARTFORD WEEKLY GREEN WASTE AND LEAF COLLECTION SERVICE

Leaves, grass clippings, and brush will be collected every Wednesday from May through September. During this time, brush must be bundled, and leaves, grass, and trimmings must be contained in reusable cans.

From October 1st through November 15th leaves will be collected loose at the curb once weekly. Please keep leaves separate from brush pile.

Plastic bags used for leaves and green waste will not be collected.

Limbs must be under 12" in diameter and less than 6' long for collection.

Please do not pile material in the roadway.

Compost is available free of charge while supplies last and can be picked up outside the Village hardfill dump located at the end of Graham Ave. Bring a shovel and containers.

New Hartford Students Gain A Big Perspective on Tomorrow's Technologies

Over the last decade parents and educators have been truly challenged to discover ways for children to interact with technology in a positive way. We all experience the considerable pace of communications technology advances, but we seldom get the chance to consider how current and emerging technologies will shape society in the future. Yet this is exactly one of the several main goals of the Emerging Technologies elective at the Senior High. Thus far, students in Mr. Amante's class have experienced some cutting-edge educational technology, defined personal learning goals, and have begun to consider the societal impact of advancing technologies. Mr. Amante has been opening his classroom to several guest educators and is avidly designing some additional learning experiences for the weeks ahead.

Students began considering the impact of technology implementation on the first day of class. They did so by considering what the experts in the technology field say may be the best ways to prepare for a future increasingly reliant on technology. Students learned that many experts in the fields of research, technology, and business believe we are entering a Fourth Industrial Revolution, one focused on artificial intelligence and its role in everyday life. "Students are conducting ongoing research and presenting it to their peers," Amante said, "essentially learning from each other about how, as just one example, robotic automation is changing manufacturing worldwide."

Based on a classroom poll, students have shown a significant interest in drone technology, and as the seasons turn from winter to spring, Mr. Amante will be able to allow students to explore those interests more fully with the use of the district drone. "Even though it's an elective course, I think it is essential," New Hartford junior Thomas Moe said, "because clearly our future relies on technology and this class helps us to determine what's coming and how it will impact us."

The class has also tested the effectiveness of emerging educational technology. For example, the class had a chance to test the HTC Vive Virtual Reality experience with Derek LaLonde of MORIC Model Schools. Students conducted their own demonstration of Google Tilt Brush, a 3D art software that saves artworks to their Google Drive. LaLonde explained that the impact of these virtual learning experiences comes from students being immersed in unique locations and situations. "It is one thing to see an image in a book or on the web of a shark or the Great Pyramids," LaLonde said, "and there is a base understanding of what these things look like. It is another thing to be virtually placed in these same environments where students can experience the true nature of what they are learning about."

Ultimately, students will discover how emerging technologies align with future job and lifestyle opportunities. Soon, students will have a chance to visit several community leaders in the field of high tech. Will these students end up contributing their own ideas to the world of technology? While that remains to be seen, the class was inspired by MVCC thINCubator Director Ryan Miller to use their class time wisely to begin the development of the next great idea now. "Don't wait to be discovered," Miller told the class, "put your plan in motion today because you'll wish you had ten years from now."


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April 22nd



Pictured is the Sitrin STARS team with New York State Comptroller Thomas DiNapoli, New York State Senator Joseph Griffo, New York State Assemblyman Anthony Brindisi, Oneida County Executive Anthony Picente, and Utica Mayor Robert Palmieri during Sitrin's 2017 Wheelchair Celebrity Classic

Sitrin Hits the Court for Celebrity Wheelchair Basketball

Start the game clock! Sitrin Health Care Center's Celebrity Classic Wheelchair Basketball game is back for its 16th consecutive year! On Thursday April 19 at 6:30 p.m., head out to the Utica College Clark Athletic Center and grab a seat courtside to see local celebrities go chair-to-chair with Sitrin's STARS (Success Through Adaptive Recreation and Sports) athletes. Don't miss celebrity headliners: four-time Olympian Erin Hamlin, and former Syracuse University basketball stars Lawrence Moten and Eric Devendorf.

As a local fan favorite, Hamlin excelled in the sport of luge, taking home an Olympic bronze medal in 2014. She has competed in four Winter Olympics, most recently at the games in South Korea. She was the first female American luger to medal at any Winter Olympics and the first American to medal in singles competition.

Moten was named the all-time career-scoring leader for both Syracuse University and the Big East. After S.U., he was selected in the second round of the 1995 NBA draft to play for the Vancouver Grizzlies. After two seasons with the Grizzlies, Moten finished his professional basketball career playing for the Washington Wizards.

Devendorf ranks 14th in Syracuse University's all-time leading scorer list. Although he had one year left of eligibility at the school, he left to pursue a professional basketball career, playing all over the world. Devendorf recently returned to S.U. as the Assistant Strength Coach for Men's Basketball.

At halftime, two lucky audience members will compete in a three-point shoot-off against Moten and Devendorf. Additionally, Hamlin, Moten, and Devendorf will all be signing free fan autographs after the game.

Sitrin's STARS team also features local celebrities, including three-time Paralympian Jimmy "Jam" Joseph, two-time Miami Marathon winner, Hermin Garic, and National Junior Athlete of the Year, Jason Robinson.

"This event has been an incredible opportunity to show what we do in the STARS program," said Marc DePerno, director of the STARS program. "The support we receive from the community at this event ensures we can provide adaptive sports opportunities for years to come."

Tickets to the game are \$10 for adults, \$5 for students, and free for children five and under. Proceeds from this event will benefit the Sitrin STARS program, which provides adaptive sports and recreation for individuals with physical disabilities. Sitrin STARS athletes have competed internationally in Paralympic-level sports, including curling and biathlon, representing Team USA throughout the world.

This event is presented by Lois & Mike Silverman, Fust Charles Chambers LLP, Human Technologies, WKTV News Channel 2, and MetLife. Additional sponsors are The Fountainhead Group, The Hartford, Carbone Auto Group, Utica College, Superior Plus Energy Services, and BNY Mellon.

For more information, call (315) 737-2459 or follow Sitrin on Facebook @ SitrinHealthCareCenter.

Mazza Jones Earns Play Therapy Credential

Jennie Mazza Jones, LCSW, of Oriskany, NY, earned the prestigious Registered Play Therapist (RPT) credential conferred by the Association for Play Therapy (APT), according to its CEO Kathryn Lebby. Mazza Jones is a Licensed Clinical Social Worker.

To become a Registered Play Therapist, applicants must have earned a traditional master's or higher mental health degree from an institution of higher education, 150 clock hours of play therapy training, two years and 2,000 hours of clinical experience, 500 hours of supervised play therapy experience, and be licensed or certified by their state boards of practice. Play therapy continues to gain popularity as an effective modality by which licensed mental health professionals, school counselors, and school psychologists use play therapy theories and techniques in developmentally appropriate ways to better communicate with and help clients, especially children.

APT is a national professional society formed in 1982 to advance the field of play therapy. It sponsors research, training, and credentialing programs to assist the professional development of its nearly 6,000 member psychologists, social workers, counselors, and marriage and family therapists in more than 25 nations. Additional information is available at www.a4pt.org.

- Play Therapy is a mental health modality used by licensed mental health professionals, when developmentally appropriate, to better communicate with and help clients achieve optimal mental health. It is particularly effective with children because, just as adults use words to communicate ideas and feelings, children use play. Visit the [Why Play Therapy](#) section of the APT website.

- The Association for Play Therapy (APT) is a national professional society formed in 1982 to advance the play therapy modality and serve the research, training, and credentialing needs of its member counselors, marriage and family therapists, psychologists, and social workers. Licensed mental health professionals may earn and maintain its Registered Play Therapist (RPT), Registered Play Therapist-Supervisor (RPT-S), and School Based-Registered Play Therapist credentials. Visit the [APT website](#).

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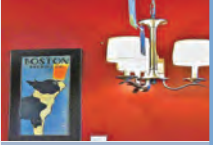
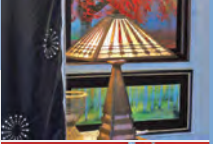


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Sample Local Restaurant Specialties & Support Hospice

The Hospice & Palliative Care Development Council is pleased to announce that tickets are now on sale for their 31st Annual Epicurean Delight. This annual food tasting will be held at Hart’s Hill Inn in Whitesboro, on Sunday, April 15th from 5:00 - 8:00 p.m. Epicurean Delight is Hospice and Palliative Care, Inc.’s most delicious fundraiser featuring area restaurants, great entertainment, a raffle and a live auction.

Tad Pole & Polly Wogg, Big Frog 104 Radio Personalities, will join us again as the Honorary Chair Couple for the event. “We feel privileged to be the Honorary Chair Couple for the 2018 Epicurean Delight. Please join us April 15th at Hart’s Hill Inn for a sampling from CNY’s best restaurants. It’s a wonderful event and it all benefits a very worthy and needed cause”, stated Polly Wogg.

Honorary Restaurants for 2018 are Hart’s Hill Inn, Minar Fine Indian Cuisine and The Phoenician. Guests will once again be able to vote for the People’s Choice Restaurant. The Savoy of Rome, the 2017 People’s Choice Restaurant, will be back this year to defend their title.

Sponsors this year include Hart’s Hill Inn, P.J. Green, Nunn’s Home Medical Equipment, Townsquare Media, Gilroy, Kernan and Gilroy and WKTV NewChannel 2. Tickets for the event are \$40 per person and are on sale now. To make a reservation or to learn more go to www.hospicecareinc.org. To donate a raffle basket or prize for the live auction call 735-6487 ext. 1004.

Hospice provides quality, compassionate care to those suffering an end stage illness and their families, serving residents of Oneida, Herkimer & Easter Madison Counties regardless of their ability to pay.

2018 Honorary Restaurants
The Phoenician (Theresa & George Karam))
Hart’s Hill Inn (Scott Lichorowic)
Minar (no photo)
2018 Honorary Chairpersons
Tad Pole & Polly Wogg, Big Frog 104



Hart’s Hill Inn (Scott Lichorowic)



The Phoenician (Theresa & George Karam)



Tad Pole & Polly Wogg, Big Frog 104

Wrate Named to Dean’s List at SUNY Cortland.

Jessica Wrate, New Hartford High School graduate, has been named to the Fall 2017 Dean’s List at the State University of New York College at Cortland. Jessica is majoring in Adolescence Education, Mathematics.

Charity Curling Challenge Raises over \$4,000 for Local Charities

The Nineteenth Annual Charity Curling Challenge sponsored by Focal Point Optics and Dr. Don Knapp Optometrist was held at the Utica Curling Club on Saturday, March 10th to benefit local charities. This year’s charity fund-raising had twelve teams of novice curlers competing and “curling for a cause”. Their efforts raised \$4,071 for ten different charities. The Grand Champion Team was determined by the highest combined total of dollars raised and curling points scored:

This year’s Grand Champion Team was Team “Don’t Take Us For Granite” raising \$1,450 for Hospice Oneida County.

The team was skipped by Matt Cully, 3rd Krisztina Welch, 2nd Frank Kopyt, and lead Kathleen Kopyt. Team Coach was Mitch Rubinovich.

Other charities benefiting from the event included: Stevens-Swan Humane Society, The Utica Zoo, Wounded Warriors, YWCA, St Therese Food Pantry, Special Olympics, Abraham House, American Cancer Society, NY Mills Fire Dept.



Cynthia Davis, LCSW-R
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“I asked, ‘Why doesn’t somebody do something?’ Then I realized that I was somebody.”
~ Author Unknown

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Talking to Kids Post Tragedy

Submitted by Jennie Mazza Jones, LCSW, RPT, CCPT

The wake of tragic events can leave children terrified and adults feeling helpless. School is supposed to be a safe place yet people are being killed and threats are being made. Some kids are afraid to go to school. Some parents are afraid to let them. It seems impossible to know what to do or say.

The following are some tips to help guide adults while communicating with children about these scary events:

It's important for parents to remember that they are the expert on their child. This knowledge can be used to inform how they address them.

Take age and development into consideration. Sometimes it's hard to know just how much information to give a child. A general rule of thumb: Follow the child's lead in the conversation. Don't answer what isn't asked.

It's ok to show emotions. Managing emotions in a healthy way role models this for children. However, if these emotions are too strong or uncontrolled it can make the situation scarier for the child. It's important for adults to get support from a trusted friend or professional if they are feeling excessively overwhelmed.

Limit what young children see on the news and other forms of media. Be aware of what is playing in the background at home or in the car. However, it's almost impossible to avoid exposure altogether since kids have access to information from various sources. By being one of those sources, parents can have more control over what their children are hearing.

Listen. Validate. This IS scary and it's ok to say so. Kids need to know

they can come to their parents or other trusted adults in their lives without fear of judgement.

Do your best to keep the routine as is.

Rumors happen, don't contribute.

Help kids identify safe adults and emphasize what is being done in their schools to protect them. There are measures being taken to keep people safe. Pointing this out shows your child that when bad things happen there are good people out there to help. Brain storm with your children things they can do to help or make the world a better place.

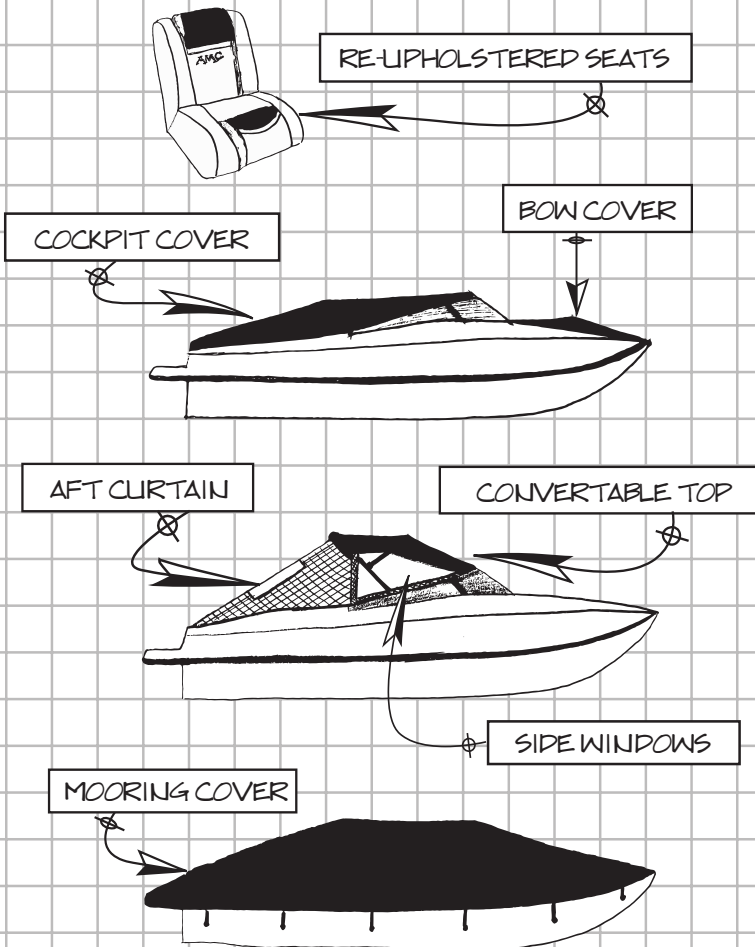
Everyone responds, reacts and processes things differently. Some kids may have strong reactions, others may not. Some may have many questions and others none. Some kids may require several conversations over time, for others, once is enough.


Just like an adult, children who are overwhelmed may need a break from normal activities. Stepping away or taking a break may become troublesome if the child is unable to return. You may notice physical symptoms or changes in behavior. Increased anxiety/fears/worries, irritability, and changes in behavior are to be expected. However, if this persists, or if drastic and sudden changes in behavior occur, consult your child's pediatrician or mental health professional.

Was this helpful? Email me your thoughts at jennie@jenniemazzajones.com.


Are you feeling like the daily struggle is just too much? Are you worried your child may have needs that extended beyond what you are currently able to offer them? Do you live in Central New York? If you are interested in learning more about psychotherapy and play therapy for your child I can be reached at 315-737-3094 or jennie@jenniemazzajones.com

Jennie Mazza Jones, LCSW, RPT, CCPT has a private practice located in Clinton NY, where she specializes in providing psychotherapy to children and their caregivers utilizing Play Therapy. Jennie helps kids who long to feel accepted, want to do well, and wish they could control their worries, anger, and behaviors, but struggle because they communicate in a way that many adults don't understand. She also helps parents/caregivers who want to help the important children in their lives reach their truest potential, but are afraid to make the wrong move, fear the worst, or are just unsure of what to do next. Jennie can be reached 315-737-3094, jennie@jenniemazzajones.com and www.jenniemazzajones.com.





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Your New Hartford Volunteer Fire Department responded to 68 calls during the month of February 2018. The monthly call report is listed below by category.

Fires	=	3
EMS	=	45
Hazardous	=	1
Service Type	=	10
Good Intent	=	3
Other Alarms	=	6
Weather Related	=	0
<u>Other</u>	=	0

Total Calls for the Month of February 2018 = 68

This brings the total number of calls year to date to 210.

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.



members are also employed as flight paramedics.

Providing excellent care is the mission of those involved in the EMS program, and all the members of the department as well. The intense New York State Basic EMT course consists of 185 hours of initial training and must pass a two-part (practical and written) exam. The cost can average around \$ 650 per individual. To achieve one's Critical Care Technician status an individual must complete over 400 hours of classroom and clinical time in addition to preceptorship with another Paramedic on an ambulance. For an individual to achieve Paramedic status, he or she must complete over 1300 hours of training, including clinical hours in hospitals and preceptorship with another Paramedic on an ambulance. Once certified, these individuals must continue taking refresher courses in order to keep their EMT status current. To become a Paramedic, including the continuing education and can cost on average of over \$5,000.

According to NHFD assistant Chief James Monahan, “training has become much more demanding for EMTs as well as staying current with today’s technology, skills, and protocols.”

NHFD provides EMS training on a variety of different topics and current trends at least once a month in order to provide constant training including updates in new protocols and equipment. Training has become much more demanding for EMT's as well as staying current with today's technology and skills. Providing monthly education and training provides continuing education hours for the EMT's to recertify every three years with New York State to maintain their certification. One of the greatest changes we have seen this past year is the limited use of backboards in patients who have been involved in an MVA or sustained injuries from a traumatic injury. Most patients will not be placed on backboards any longer. The new protocol now only applies a cervical collar on the patient with neck injuries or complaints of neck discomfort from an injury.

Your NHFD responded to 1,153 calls in 2017 of which 526 or 46% were EMS.

In an effort to continue to protect our community and its citizens, in 2017, the department was awarded a grant from the State of New York to purchase 10 Automated External Defibrillators (AED's) for the EMT's to have in their own vehicles so they can respond directly to the scene of a Medical Emergency. Early CPR and defibrillation are key to saving the life of a patient in Cardiac Arrest. These AED's have been distributed to responders who live throughout the town to provide a quick response with an AED. The department also has two light rescues with state of the art Advanced Life Support equipment to care for any type of patients.

Programs such as this provide another example of how the Volunteer Fire/EMS (including your NHFD) saves the taxpayers millions of dollars each year.

Please visit www.NHFD.com for additional department information.

NHFD EMS Program Continues to be Strong An Update – What it Means to Our Community

The New Hartford community should be proud of their New Hartford Volunteer Fire Department and the professionalism of its members. Sometimes we take for granted the time and effort these individuals spend serving our community, protecting lives and property. Such is the case of the NHFD EMS (Emergency Medical Services) and the EMTs (Emergency Medical Technicians) program.

Today, the department has 97 active members of which 15 are certified EMTs who have taken the time to complete the basic EMT program. Four of these individuals have continued their education and became paramedics and two individuals are certified as Critical Care Technicians. In addition, two department

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Taking Care of Finances During Divorce

If you're divorcing, it's good to look at your finances in detail as early as possible. Being proactive about shared debt can help you maintain good credit. When you have a good understanding of your debt and assets, you can discuss dividing them.

A divorce is obviously an emotionally charged time for you and your family. Because you're juggling so many arrangements, you might decide to wait to work out financial details during your final divorce settlement.

However, most divorce attorneys actually suggest thinking about how to divide your financial responsibilities as early as possible—particularly if you have shared debt.

Look at shared debt

With the help of a mediator and/or your financial advisor, you may be able to decide which of you will take which debts. You may consider paying off or closing any credit accounts before you divorce.

Most states allow you to settle debt issues between you. If you can't come to an agreement and the court has to decide for you, the divorce can get very complex and expensive.

Another reason to be proactive about your shared debt: it can help you both maintain good credit ratings after your split and, perhaps most important, prevent uncomfortable conversations about unresolved debts with your ex-spouse in the future.

Pay attention to your credit score and any joint credit cards. You should both agree to stop using joint cards, but it's important to keep tabs and make sure that's actually happening.

Get help as soon as you consider a separation

Meet with your financial advisor at the first hint of impending separation. A good financial advisor will be compassionate and willing to remain neutral if he or

she serves both you and your soon-to-be-ex. He or she should also be fully supportive if you or your spouse decides to seek the guidance of separate advisors. In all likelihood, he or she will have advised divorcing couples in the past.

Your advisor can revisit your investment portfolio and do a cash-flow analysis to illustrate what you might draw as future income. Your advisor can also offer advice about which shared debts might be best for you to take on (or avoid), given the amount of risk with which you are comfortable.

Start with your credit report

The smartest way to begin reviewing your debts is to request a copy of your credit report so you can verify which liabilities are in your name. If your spouse is willing to share his or her credit report, that can help you get a full breakdown of all shared debts. Your obligations might include assets such as a primary home, vacation home, vehicles, credit cards and lines of credit, family business-related debt, and possibly student loan debt.

Once you have a full picture of your debts and assets, you can discuss dividing them. For instance, one of you might keep your primary home while the other takes your mountain cabin.

What about the house?

Many divorcing women want to keep the matrimonial home whenever possible, especially when children are still living at home. The spouse who keeps each home should also take responsibility for its loan, refinancing it in their name if at all possible.

Information is important to handling debt well during a divorce

One situation where you might have to continue working together with your ex-spouse on a shared debt is if you have an unresolved tax obligation. You should talk to the IRS about setting up separate payments on that joint debt.

You may not agree on how to split contentious debts, such as secret credit card debt created by your spouse. In that case, your state's laws will come into play. For instance, in most states, ownership of debts is decided by "equitable distribution." A judge or mediator assigns debts to spouses according to factors such as who signed for it, got greatest value from it, or has the larger income.

Separate debts into your individual names when you divorce.

It's important to understand, though, that your obligation to your financial institution is completely separate from any obligations to your ex-spouse resulting from your divorce decree.

For example, the wife gets the house in a divorce settlement and agrees to pay the mortgage. If she doesn't make the payments and her ex-husband is still jointly listed on the mortgage, he is still responsible for the debt. His credit rating and ability to get future loans can be compromised, and the bank could sue him for collections.

Overall, information is the most important key to handling debt well during a divorce. Collect tax returns, credit reports, and bank and brokerage statements as early as possible. The more you know about your marital finances, the easier it will be for you to negotiate over outstanding debts at the settlement table.

Wells Fargo Advisors is not a tax or legal advisor.

This article was written by/for Wells Fargo Advisors and provided courtesy of Christopher J. Carbone, CFP®, AWMA®, LUTCF Frist Vice President-Investment Officer- Financial Advisor New Hartford, NY at (315) 801-2546.

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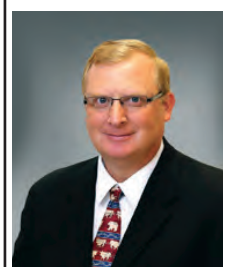
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Cynthia Davis, LCSW-R
Licensed Clinical Social
Worker-Registered

"Trust in God, but lock your car."
~ Author Unknown



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DISASTER SERVICES LLC.



ONE LOSS... ONE COMPANY
DISASTER SERVICES
NYS LICENSED MOLD CONTRACTOR
(315) 797-1128

Flooded Basements

Flooded basements constitute a large portion of a mitigation companies services. Flooded basements can happen throughout the year, at any given time due to broken water lines, ruptured hot water tanks, drain back ups, ground water flooding and sump pump failure.

Basement floods do more than cause property damage: they can also pose a threat to you and your family members. If you suddenly discover your basement is filled with water, fully evaluate the situations and hazards before entering the space. Even a few inches of water can pose a hazard electrical hazard or possibly a slip and fall. The experts at Disaster Services can properly evaluate and eliminate any immediate hazards and start the process to bring your basement back to normal conditions.

Despite some insurance companies claims to the contrary, basement flooding stands as a real possibility for all homeowners, even those who don't live on a flood plain or anywhere near a river.

According to the National Flood Insurance Program, floods are the No. 1 disaster in America, averaging over \$3 billion in claims per year. If you come home to a basement knee-deep with water, you need answers and have to make decisions quickly.

The most common basement flooding causes:

All basements are prone to flooding. Water always runs from high to low ground, and this means that under the right circumstances your basement becomes

an unwanted swimming pool. But where does the water come from?

One common culprit behind basement flooding is rain. Excessive amounts of rain in a short period of time can overload basement waterproofing systems, saturating the earth around your basement and then pushing in through foundation cracks.

Properly waterproofed basements and homes should have a tar sealant on both the inside and outside of foundation walls, in addition to what's known as "weeping tile." This tile pulls water away from your home to the local sewer system. If these systems fail because they can't handle the incoming water load, your basement will flood.

The slope of your lawn, also called the "grade," can contribute to your basement flooding. Your lawn should always slope away from your house, directing rainwater toward the sewer system. To make sure your lawn isn't the problem, take a walk around your home when it's raining. If you see water pooling next to your house, you have a problem.

Sewer backups also cause basement flooding. Suburban homes usually have a sewer tie-in line that is lower than the floor of the basement, allowing dirty water from tubs, toilets and sinks to be carried away. If this sewer line becomes clogged or damaged and its waterline rises above that of your basement floor, expect water to come rushing back into your home.

Backups into the basement can also occur from a homes septic tank or even municipalities doing work on the sewer system in your area.

In communities built on swamp or marshland, a sump pump failure can cause the flooding. Sump pumps are set in basins drilled into the floor of the basement and act as a fail-safe by mechanically pumping out excess water. Experts recommend installing a back up sump pump in case the primary pump fails.

Repair costs after a basement flood:

The costs to fix basement floods and their damage vary significantly depending on how much water infiltrated the area. The length of time the water sat also affects the price to repair the flooded basement, because of potential mold issues.

To help keep costs down, the first thing you need to do is evaluate the situation. If you're dealing with a few puddles on the floor, the homeowner can usually handle this by removing the water and placing a dehumidifier in the area. Substantially more water should be evaluated and addressed by a professional mitigation company capable of not only drying out the area and evaluating the contents but also evaluating to what extent the water has traveled into the surrounding building materials. This is important as to determine what building materials may need to be removed and what can be dried in place. Disaster Services can evaluate these materials quickly with a wide range of instrumentations.

Dealing with homeowner's insurance after a basement flood:

The insurance company will send out an adjuster to assess the damage, take a list of all the items and call in a professional. Whether you go with insurance or not, chances are you'll want to call an expert.

Bear in mind that, just like with auto insurance, you have the final say over who does work in your home. Insurance adjusters can recommend preferred contractors, they but cannot force you to use a specific company.

Disaster Services has successfully worked with all of the major insurance carriers for over 28 years. We have unmatched experience in water mitigation and we successfully mitigated hundreds of flooded basements. We can guide you through this process from start to finish. We are a N.Y.S. licensed mold removal company and will be glad to work with your insurance company or directly with the homeowner. When you call our office you will always speak to a trained professional and never an answering machine or service. You will also have the peace of mind of having the owner on the job from start to finish and who will be there to answer any of your questions. For immediate response due to damage caused by water, fire, smoke and mold, call Disaster Services @ 315-797-1128 or visit us on facebook.



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100
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100 + Envelopes

\$45.00

PLUS receive a **FREE** BW business card size ad in the **Town Crier**
to be used at a future date good through 12/31/18. Restrictions may apply.

FOR COMPLETE DETAILS EMAIL US AT:
INFO @ PJGREEN.COM



Early Bird Special

Saturday, May 5th
8am to 12 noon ONLY!

SAVE \$\$\$

For 1 Year ONLY \$299*
Add-on a Spouse or Family Member for 1 Year ONLY \$219*

* Convenient Payment Plan Available

ALL The Area's Personal Training Center
Exercise professionals will create a new program specific to your needs every 6-8 weeks!

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<ul style="list-style-type: none"> Water Extraction / Pipe Breaks Sewer & Drain Backup Flooded Basements Ice Backup • Damage Structural Drying / Anti Mildew Thermal Imaging For Moisture Detection Emergency Board Up Carpet & Upholstery Cleaning Insurance Claim Specialist 	<ul style="list-style-type: none"> Smoke, Soot & Odor Removal Furniture Puff Backs Complete Structural Cleaning & Deodorizing Emergency & Non Emergency Services Fully Insured Direct Insurance Billing Attic Mold Removal 	<ul style="list-style-type: none"> Ultrasonic Cleaning Vandalism Restoration Green Cleaning - Vapor Steam Technology Contents Cleaning Debris Clean Up & Removal Bio-Hazard Cleaning Pack Out & Climate Controlled Storage Facility
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Basement Mold Problems • Thermal Imaging For Moisture Detection
Cleaning/Disinfecting/Deodorizing • Flood Damage • Structural Drying/Anti Mildew
HEPA Air Filtration • Fully Insured • Direct Insurance Billing

VISA 315-797-1128
New Hartford N.Y. 13413 www.disasterservices.us

Mondays & Fridays: Lo-Impact Aerobics at the Center 11:00. Senior Evaluations: 2nd and 4th Wednesday by appointment. Tuesdays & Thursdays: 10:00-12:00



New Hartford Adult Dining & Activity Center
1 Sherman St.



24 Hour Notice
Required for Reservations
12:00 Noon is the deadline
Therapeutic Diet Available

Monday	Tuesday	Wednesday	Thursday	Friday
2 Salisbury Steak 10:30 Knitting/Crocheting 11:00 Aerobics 12 CHAIR YOGA 1:00 Sr. Theater Prod.	3 BBQ Chicken 10:00 Bridge, /Computer /Canasta 11:15 Foot care St. Elizabeth’s College of Nursing Students	4 Egg Salad Sandwich 10:00 Yoga 11:00 Chair Yoga 11:00 Outreach Worker	5 Lasagna Roll Up 10:00 Canasta 10:00 Zumba for Seniors	6 Oven Brown Fish 10:00 Bridge/Mat Yoga 11:00 Aerobics
9 Swedish Meatballs 10:30 Knitting/Crocheting 11:00 Aerobics 12 CHAIR YOGA 1:00 Sr. Theater Prod.	10 Mexican Chicken 10:00 Bridge, /Computer /Canasta 11:15 Entertainment	11 Shepherds Pie 10:00 Yoga 11:00 Chair Yoga 11:15 How To Prevent Falls	12 Kielbasa 10:00 SR. Zumba 10:00 Canasta	13 Beef Stew 10:00 Bridge/Mat Yoga 11:00 Aerobics
16 Chicken Parm 10:30 Knitting/Crocheting 11:00 Aerobics 12 CHAIR YOGA 1:00 Sr. Theater Prod.	17 Sausage / Peppers 10:00 Bridge/Computer /Canasta 11:15 Entertainment	18 Macaroni / Cheese 10:00 Yoga 11:00 Chair Yoga 11:15 Living Healthy In New York	19 Sliced Pork/gravy 10:00 Canasta 10:00 SR. Zumba	20 White Bean Chili 10:00 Bridge/Mat Yoga 11:00 Aerobics
23 BBQ Ribs 10:30 Knitting/Crocheting 11:00 Aerobics 12 CHAIR YOGA 1:00 Sr. Theater Prod.	24 Ham&scalloped po- taotes 10:00 Bridge/Computer Canasta 11:15 Entertainment	25 Country Fried Steak 10:00 Yoga 11:00 Chair Yoga 11:00 Birthday Party Jeff Glatt will be here today	26 Turkey Sandwich 10:00 Canasta/ZUMBA 11:00 SENIOR BAND AARP DRIVER CLASS 8:30—3:30	27 Chicken Breast 10:00 Bridge 10:00 Mat Yoga 11:00 Aerobics
30 Rigatoni / Meatballs 12:00 CHAIR YOGA 10:30 Knitting/Crocheting 11:00 Aerobics / 1:00 Theater	April 30 PRICE CHOPPER SHINGLES SHOTS AT 11	Price Chopper Pharmacist will be here April 16 at 11:00 a.m. to speak about Shingrex shots	May 3 Chicken BBQ 2:30 till gone	Happy Easter

NH Senior Center News
Submitted by Eileen Spellman, director
Easter came early this month and we have a new program planned, Zumba. If you are interested, please call 315-724-8966 \$5. Per class. April 5th at 10:00 a.m. This class is geared for Seniors and you can sit in a chair if you wish.
We will start a book club for the upcoming months. Those interested, call us and we will schedule this.
If enough are interested, we will schedule a water color class.

April brings nominations for the Oneida County Office for the Aging Recognition Program. Please nominate a Senior or Seniors who you feel needs to be recognized and thanked for what they do for others. Leave at NH Senior Center and I will send them to Oneida County OFA or mail to Oneida County Office for the Aging at 120 Airline St., Suite 201, Oriskany, NY 13424
A very special thank you to all who made our St.Patrick’s Day so special. Recognizing our First Responders is so very important and these men and woman deserve our thanks and appreciation for all they do. God Bless them.

Believe 271 Benefit to help raise funding to assist Volunteer Fireman and Ladies Auxiliary members that are stricken with cancer and other illnesses. This is a very worthwhile event and they are also looking for donations, gift baskets, gift cards to local restaurants, gas cards, gift certificates to local stores to be raffled off at this event. Doors open at 3:00 p.m. and it starts at 5:00 p.m. at the Willowvale Fire Dept. 3459 Oneida St. Chadwicks, NY 13319 (315) 737-8800) Contact Viktoriya Lyubezhanina, Chairwoman. Believe 271 is looking out for our First Responders and we all need to help this worthwhile event.
The New Hartford Third graders at Robert L. Bradley School did an outstanding job singing and providing the entertainment for the Seniors. They helped give us a great day. A very special thank you to Theresa Kennedy, the music director, the third grade teachers and their families and guardians for helping and supporting this event. I want to thank Principal Maureen Futscher and the outstanding job she does supporting this event. It is great when you see how the children enjoy and look up to their teachers and principal. These people care and we are very fortunate to have them here in New Hartford.
We are scheduling the Shingrex shots. You take one now and the second one 2 to 6 months after. This new shot is stronger and should help prevent the shingles.

If you have already had a shingle shot you need to check with you doctor to see if you need this one. The informational program will be April 16 at 11:15 a.m. and the shots April 30th at 11:00 a.m. You do not need a doctor’s prescription to receive the shot. Please check with your insurance company to see if there is a charge. Most do not charge for this shot.
Eating Healthy, Living Smart presentation is scheduled Wednesday, April 18, 11:15a.m.to 12:15p.m. This presentation will be scheduled for 14 sessions. It is sponsored by the Oneida County Health Department.
Have a wonderful April and remember the BOCES Chicken BBQ to help Students go to their prom. BBQ will be Thursday, May 3rd 2:30 p.m. till gone.



First Responders Raising the American and Irish flags for St. Patrick’s Day Celebration



Judge Kevin Copeland and NH Senior Center Director Eileen Spellman recognizing First Responders



Seniors having fun playing Canasta



Senior Band playing at New Hartford Senior Center St. Patrick’s Day



NH Councilman Dave Reynolds recognizing first responders at the New Hartford Senior Center.



New Harford Robert L. Bradley third Grade Students entertain NH Seniors at NH Senior Center



Debbie and Bernie Green here to greet you at the New Hartford Senior Center

American Legion New Hartford Post 1376

8616 Clinton Street, New Hartford • 315-736-7041

Fish Fry Fridays Are Back!!

Choice of potato, cole slaw, roll, butter, coffee or tea.

Serving 4-7 • Donation \$10.50

Take Outs Available - call 736-7041

Also on Fridays

Fried Shrimp & Scallops

Friday Special -
Prime Rib Dinner

Turkey Dinner

Potatoes, Dressing, Vegetables, Salad,
Rolls, Butter, Coffee & Tea

Tues. April 10th 4-7 • Donation \$11
Take outs available

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THE TOWN CRIER

FAITH IN NEW HARTFORD

APRIL 2018



FIRST UNITED METHODIST CHURCH

105 Genesee Street, New Hartford – (315) 733-4227
office@firstumconline.org
www.firstumconline.org
We are also the home of the Family Nursery School!
Rev. Brad Chesebro, Senior Pastor
Deacon Becky Guthrie, Congregational Care Coordinator
Winter Worship Schedule
9:00 am Children & Adult Sunday School
10:00 am Coffee Hour
10:30 am Worship Service
Second Saturday Service will be held on March 10th at 5:00pm
Communion offered 1st Sunday of each month
Child care provided for all Church activities
We are handicapped accessible!
Visit our website to view recent sermons.
Easter Services for 2018
Messy Lent February 18, 2018 - Pot Luck Dinner at 12 Noon with Activities
Messy Lent March 18, 2018 - Pot Luck Dinner at 12 Noon with Activities
Palm Sunday March 25, 2018 - Sunday School 9am – 10am
Worship Service 10:30am
Maundy Thursday March 29, 2018 - Christian Seder Celebration 7:00 p.m.
Good Friday March 30, 2018 - Youth-Led Worship Service 7:00 p.m.
Holy Saturday March 31, 2018 - Christian Easter Egg Hunt at 10am
Easter Sunday April 1, 2018 - No Sunday School
Worship Service 10:30 a.m.

CLINTON ROAD BAPTIST CHURCH SBC

dba Crosspoint Church
Senior Pastor, Samuel Macri
Youth Minister, Bobby Allen
140 Clinton Road, New Hartford
Sunday Morning Worship Service at 8:00
317 Oriskany Blvd, Whitesboro, 797-4520
Sunday Morning schedule:
Sunday School Small Groups, 9:00
Sunday Morning Worship, 10:30
Sunday Evening Youth, 5:00
Sunday Evening Discipleship, 5:30
Tuesday Morning, 6:30, Men's Fellowship Breakfast
New Hartford Campus
Wednesday Evening, 6:30, Praise Team Practice
Wednesday Evening, 7:00, Prayer Meeting
Thursday Evening, 6:30, College/Career Ministry
Website: crosspointchurchoonline.org
Sunday Morning Services streamed live
Pastor Sam's messages available at our website
We are Handicapped Accessible
Handicapped accessible!

ST. JOHN THE EVANGELIST CHURCH

66 Oxford Road - 732-8521
Rev. Kevin Bunger, Pastor
Cheryl Smith Dir. of Faith Formation
Saturday: 8am; Vigil, 5:15 p.m. Confessions 4:15-5pm
Sunday Masses: 7:00, 8:55, 11:15 am
Mon-Fri Masses: 6:45am, 9am
We are handicapped accessible!

HOPE ALLIANCE CHURCH

4291 Middle Settlement Road, P.O. Box 626, N.H.
General Office: 732-1349
Rev. Andy Ward, Pastor
Sunday Services: Sunday School for entire family: 9:30 a.m.
Morning Worship: 10:45 a.m. Communion First Sunday of the Month.
Tuesdays: Ladies Bible Study - 9:30 a.m.
Wednesdays: AWANA - 6pm
Fridays: Christian Service Brigade - 7pm
Sundays: Jr. & Sr. High Youth Fellowship.
Hope Alliance Church is handicapped accessible.

ST. THOMAS CHURCH

150 Clinton Road - 735-8381
Pastor: Rev. David Sears
Saturday Vigil: 4 p.m.
Sunday Mass: 9:00 a.m.
Confessions: Sat. 4:45-5:15 p.m.
Holy Day Schedule:
Holy Day Masses 12 noon
Adult Religious Education, Open to the Public
We are handicapped accessible!

ST. STEPHEN'S EPISCOPAL CHURCH

25 Oxford Road - 732-7462 (Parish & Rectory)
The Very Rev. Joell Szachara
Sunday Service of Holy Communion at 10am followed by fellowship
We host:
YMCA School Age Child Care Office & Program (315-797-4787)
Al-Anon Meetings: Sundays at 5pm & Thursdays at 5:30pm
AA Meetings: Sundays at 8pm
Yoga by Kristy: Tuesdays at 5:30pm & Thursdays at 9:30am
EGA Meetings: 1st Mondays of the Month
St. Stephen's is handicapped accessible.

ST. GEORGE'S EPISCOPAL CHURCH

9389 Elm Street, Chadwicks - 737-8474
tlmas@roadrunner.com
Contact During Evenings: Rev. Terry L. Sheldon 853-8124
Sunday Holy Eucharist: 10 a.m.

IMMANUEL BAPTIST CHURCH

9501 Weston Rd., NH (Next to Perry Jr. High), 737-5222
www.ibcfamily.com E-mail: info@ibcfamily.com
Sunday Morning Worship Service 9:45 am
Preschol and Children's Worship Hour 9:45 am
Nursery services also available during the Worship hour.
Prayer Meeting every Wednesday at 6:30 pm
A Seder Supper and Maundy Thursday Service will be held on Thursday, March 29th from 5:30 pm - 8:00 pm.
4/1 - Easter Sunday Service will be at 9:45 am.
All are welcome to attend.
Church is handicapped accessible.

NEW HARTFORD PRESBYTERIAN CHURCH

45 Genesee Street, NH - 732-1139
www.newhartfordpresbyterian.org
Worship services begin each Sunday at 10:30 a.m., led by the Rev. Dr. Sue A. Riggle.
New Hartford Presbyterian Church, 45 Genesee Street, welcomes all to worship each Sunday at 10:30 a.m. Sunday School programs for children and adults begin at 9:30 a.m. Child care is available.

OUR LADY OF THE ROSARY CHURCH

1736 Burrstone Road - 724-0402
Pastor Joseph Salerno
Saturday, Vigil Mass, 4 p.m.
Sunday: 7:30, 9 & 11a.m.
Weekday Mass Schedule:
Mon., Wed., & Fri. - 7:30 a.m.
Miraculous Medal Novena & Communion Service - Tues 7pm
Communion Service: Thursdays 7:30am
Reconciliation: Sat 3-3:30pm
Handicapped Accessible and Air Conditioned

SAUQUOIT VALLEY UNITED METHODIST CHURCH

Cor. Pinnacle Rd. & Mohawk St., Sauquoit
email: sauquoitvallyumc@aol.com
Pastor Carl Getz
Office - 737-7505
Sunday Worship 11 a.m. (Nursery Care Available)
Sunday School 9:30 a.m. For all ages.
Handicapped Accessible

FIRST BAPTIST CHURCH OF NH

7 Oxford Road - Office phone: 733-4570
Rev. James Harrieff, Pastor
Sunday Service - 9:30am
Sunday School - 11:00am

UNITARIAN UNIVERSALIST CHURCH

10 Higby Road, Utica
315-735-9930 uuutica.org
Minister: The Rev. Eve Stevens
Sunday Services/Religious Education for Children at 10:30am
April 1 -Rev. Eve Stevens "The Good Morning" Join us for a celebration of awakening as we welcome the spring. What is being reborn in you? What do you wish to bring to life in the world around you? Children are invited to participate in an Easter Egg Hunt immediately following the service.

April 8 - Our guest in the pulpit will be UUUtica member Tami Foley who will speak about the spiritual and life lessons she has learned and the journey of her experience with being blind

April 15 - Rev. Eve Stevens "A Time for Questions" Come with your questions big, small, profound, and silly. Instead of a sermon, all who attend are welcome to write down the questions on their hearts and minds and Rev. Eve will speak to as many as time and wit permit!

April 22- Last service by our minister Rev. Eve Stevens "Oh UUUtica How I Love You, Let Me Count the Ways" We say farewell to our current minister and prepare our hearts to receive the new. Followed by a celebratory Coffee Hour.
April 29 Rev. Jill Farnham-U's, retired Hospice Chaplin and co-chair of Interfaith Coalition of Greater Utica, will be our guest in the pulpit. Rev. Jill who is a Christian feminist/activist will speak about her experience of ministry during the AIDS epidemic .

BIBLE BAPTIST CHURCH

4431 Middle Settlement Road – 797-0404
www.bbcnhny.org
Pastor J. Douglas Hanback
Sunday Services:
9:30 am Sunday School
10:45 am Worship Service & Children's church
Wednesday Prayer Meeting: 6 pm
Nursery Provided. **Handicap Accessible!**

FAITH IN CHRIST FELLOWSHIP CHURCH

3431 Oneida St., Chadwicks - 737-0753
www.faithnchristfellowship.com
Pastor : John Kelly
Sundays: Worship, 10 a.m.
Children's Church during the sermon.
Bible Study and Prayer - Wed evening 7:00 p.m.

ST. GEORGE ORTHODOX CHURCH

350 Higby Road, New Hartford, 315-292-6682
Reverend Fr. Nikolai Meyers
Sat - 5pm Vespers
Sun - 9am Matins
Sun - 10am Liturgy
Wed - 5:30pm Vespers
Bookstore hours: Open Sundays after Services.

NEWMAN CENTER at UTICA COLLEGE

1600 Burrstone Road - 792-3284
Rev. Paul J. Drobin
Saturday Vigil: 5 p.m.
Sunday: 10:30 a.m.

LIVING FAITH BIBLE CHURCH

Corner of Pinnacle Rd. and Oneida St, Sauquoit - 737-5075
David Green, Pastor
Sunday Service: 10:30 am
Junior Church available. Nursery also available
Wednesday Bible Study - 7:00 p.m.
Sunday School 9:30am
We are handicapped Accessible.

WESTMINSTER-MORIAH-OLIVET PRESBYTERIAN CHURCH

Minister Rev. Robert G. Umidi, PHD.
Music Director Richard Crawley
Worship service: Sunday 10:30 a.m.
714 Washington St., Utica
Handicapped accessible
315-732-6518, www.wmoutica.org. find us on Facebook & Twitter

NORWICH CORNERS CHRISTIAN CHURCH

10233 Roberts Road, Sauquoit - 737-0757
WHERE JESUS IS LORD!
Pastor Walter J. Wharram, Jr.
Sunday Morning Prayer - 8:45am
Sunday School - 9:30am
Sunday morning Worship Service - 10:30
Mid-Week Bible Study - Thursdays 7pm
Summer Hours - Beginning 6/18/17:
Sunday Morning Prayer - 8:30am
Worship Service - 9:30am
Campfire Meetings -Thurs 6:30pm starting 7/13/17

TRINITY LUTHERAN CHURCH

2620 Genesee St., Utica. (315)732-7869
Fall/Winter Worship:
9am - Sunday School & Adult Bible Study
10:30am - Worship is led by our Seminary Student Vicar Peter Saie. At the conclusion of his stay with us, he will become an Ordained Minister of the Lutheran Church - Missouri Synod.
Handicapped accessible.



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FAITH IN NEW HARTFORD

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FIRST PRESBYTERIAN CHURCH
1605 Genesee Street, Utica 732-5111 - fpcutica@verizon.net
Opening Doors, Hearts & Minds: Serving Christ & Community
Reverend Jeanne M. Kumbalek
Sundays - 10:30 Worship
10:45 - Sunday School for Elementary Ages
Faith Enrichment for all ages
Call or email for schedule.
Nursery Care Provided
Wheelchair Accessible

ST. VOLODYMYR THE GREAT UKRAINIAN CATHOLIC CHURCH
4 Cottage Place, Utica, NY (315)735-5138
Very Rev. Michael Bundz, Pastor
Masses: Sunday 10:00 am
Saturday 5:00 pm, in English
confessions before Mass
Handicapped accessible

LIFE IN CHRIST FAMILY CHURCH & BIBLE SCHOOL
25 Robinson Rd. Clinton - 315-853-1582. www.licfc.org
Pastors Peter & Addie Forrester
Adult Sunday school 8:45 AM
Sunday Service 10 AM
(Nursery & Sunday school provided)
Wednesday Prayer Mtg 7 PM
Monday night Bible study (every 3rd Mon.) 7 PM
Operating in all of the gifts of the Holy Spirit including ‘healing’
Go on line and check out our school!
4/1 - The Joy of the Resurrection (Easter) Sunday 10am

SACRED HEART ST. MARY’S CHURCH
201 Main St. NY Mills, NY
Saturday Vigil Mass: 4:00 PM
Sundays: 7:30 AM, 8:45 AM, 11:15 AM
Weekday 12:10 PM -Tuesday, Thursday, Friday
12:10 - Communion Service Only Wednesdays

ANNUNCIATION CHURCH
7616 E. South Street, Clark Mills - 853-6138
Fr. Kevin J. Bunger
Deacon Gil Nadeau
Weekday Mass: Tues.-Thurs. 8am Mass
Fri. 8 am Communion Mass
Weekend Mass: Sat. 4pm Vigil, Sun. 8am & 10am
Confession: Sat 3:15pm-3:45pm

STONE PRESBYTERIAN CHURCH
8 So. Park Row, Clinton
Scott Leonard, Commissioned Lay Pastor
Sunday service-10:30AM
Website: www.stonepres.org
E-mail: stonepres@verizon.net
Office phone: 315-853-2933
Handicapped Accessible

CLINTON UNITED METHODIST CHURCH
105 Utica Road, Clinton
Pastor Jeff Hale
Sunday Worship Service 9:30 AM
Sunday school during worship following children’s time
Office Phone: 853-3358
www.clintonmethodist.org

PLYMOUTH BETHESDA UNITED CHURCH OF CHRIST
500 Plant St, Utica (Oneida Sq, across from Dunkin Donuts)
Mike Ballman, Pastor
Sunday Mornings 9:30am
Last Sunday of the month - 10:30am
www.plymouthbethesda.com

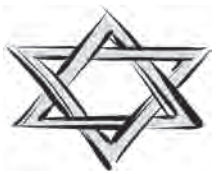
CORNERSTONE COMMUNITY CHURCH
500 Plant St. Utica(Oneida Sq. across from Dunkin Donuts)
Mike Ballman, Pastor
Sunday Mornings: 11:15am
Last Sunday of month 10:30am
www.cornerstoneutica.com

CHRIST CHURCH (REFORMED PRESBYTERIAN)
8470 New Floyd Rd.
Rome, NY 13440
Website: www.christchurchreformed.com
Facebook: <https://www.facebook.com/ChristChurchReformed-Presbyterian>
Pastor: Aaron Goerner
Services:
Sunday School: 10AM

Sunday Worship: 11AM
Thursday Bible Study 7PM

HOLY TRINITY ROMAN CATHOLIC CHURCH
Father Canon John Mikalajunas
1206 Lincoln Ave Utica, Phone 315-724-7238
“The Big Church on the Arterial next to the Ped Bridge”
Only 5 minutes from New Hartford (per Mapquest)
Saturday 5pm/ Sunday 8AM + 10AM (English Masses)
Sunday 11:30AM only all Polish Mass in Central NY
Weekday 8AM Mass followed by Rosary 7 days a week
Confessions Daily 7:45am, Saturdays 4pm
Handicapped accessible - Air conditioned

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



TEMPLE EMANU-EL
2710 Genesee Street, Utica, NY – 724-4177
teuticaoffice@gmail.com
Rabbi Peter Schaktman
Friday Shabbath Services: 7:30 p.m.
Friday Evening Oneg Sabbath sponsored by the Sisterhood of Temple Emanu-El. All are Welcome

TEMPLE BETH-EL
2710 Genesee Street, Utica , NY – 724-4751
Cantor: Kalman A. Socolof
Executive Director: Mrs. Mundy B. Shapiro
Friday Evening Services: 5:30 p.m.
Sabbath Morning Services: 9:30 a.m.
Weekly Morning Minyan Services are held Mon., & Thurs. from 8:00 a.m. at 2710 Genesee Street.
Friday Evening Oneg Sabbath as well as the Saturday Morning Kiddush are sponsored by the Sisterhood of Temple Beth El.
All are Welcome.

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Power of the Purse Luncheon

The Women’s Fund of Herkimer & Oneida Counties, Inc. is delighted to announce that the *Power of the Purse Luncheon* will take place on Tuesday, May 8, 2018 from noon to 1:30 pm at Harts Hill Inn, 135 Clinton Street, Whitesboro. Registration begins at 11:30 a.m. This year *The Power of the Purse Luncheon* will celebrate the 21st year of The Women’s Fund and our mission to empower women and girls to realize their dreams.

This year’s guest speaker is Amy Dickinson. Amy Dickinson writes the “Ask Amy” column, widely syndicated through North America and with a readership estimated at 20 million. She is also a regular panelist on the popular NPR comedy quiz show, “Wait Wait Don’t Tell Me...!” She grew up on a dairy farm in Freeville, NY (pop. 505) and has lived in New York City, Washington DC, London, and Chicago.

Amy’s 2009 memoir, “The Mighty Queens of Freeville”, became a NYT best-seller. Her new memoir, “Strangers Tend to Tell Me Things” (Hachette), covers her decision to move back to her hometown and her mid-life marriage to a local builder. She is the mother and stepmother to five daughters.

This year’s recipient of the Alumnae Award is RCIL. Their mission is independence. At RCIL, real solutions are provided to the personal, social or governmental barriers that may prevent a person’s decisions from being respected and realized

This year’s recipient for the Dream Maker Award is Mary Finkle. This award is given annually to an individual who has had a positive impact on our community. Mary Finkle has been a long time community organizer, advocate, and nurturer for the community of the Mohawk Valley.

After receiving her Master’s in Social Work from Syracuse University in 1998, Mary went to work for 15 years at Community Health and Behavioral Services in Rome counseling adults and children with mental health needs, always with an emphasis on building healthy lifestyles. In 2003 she continued to provide counseling to patients in Rome, but added to her responsibilities by becoming the Clinical Supervisor at Mental Health Connections in Utica, overseeing all operations of an outpatient health clinic. Continuing on the vision of self-empowerment, in 2006 Mary left Mental Health Connections and accepted the administrative position of Director of Clinical Services at the YWCA which included counseling individuals in domestic violence situations, all the while still providing both group and individual counseling to people with mental health needs in Rome. As if her wisdom and generosity had not been shared enough, at this same time, Mary took on the role of Director of Heath and Counseling Services at PrattMWP, providing guidance to staff and counseling to students. Currently Mary has consolidated her counseling practice to become the Safe Harbour Coordinator. Here she provides counseling and advocacy to youth who have been labor or sexually trafficked.

And through this all, Mary has provided yoga instruction to all ages into her own private practice of Yogatherapy Practice. Poverty, mental health needs, domestic violence, sexually trafficked youth, these are all the hardships that none of us wants to ever endure, but Mary has taken all of this on, one on one, and always with a loving smile. She is a Dream maker.

Tickets for the luncheon are \$45 per person. The luncheon will also feature exciting raffles, awards and grant announcements. Reservations must be received by Tuesday, May 1, 2018.

The Power of the Purse Luncheon is the major fundraiser for the organization and the proceeds of the event will help provide the necessary funds for The Women’s Fund to continue the valuable role it plays in changing women’s lives and the lives of their children. To order tickets or for more information go online to: www.womensfundhoc.org or e-mail: womensfundhoc@centralny.twcbc.com.

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* now accepting fall registration applications

NEW HARTFORD PAST TIMES APRIL 2018

NEW HARTFORD HISTORICAL SOCIETY



REMEMBERING BOB DICKER

Robert Everett Dicker
January 14, 1924 - February 26, 2018

It is with great sadness to announce the passing of Bob Dicker. Bob was an Honorary Trustee and past President of the New Hartford Historical Society and his dedication and loyalty to the organization was unending. Bob was active in numerous volunteer groups with specific affinity for historical societies, antique bottle clubs, and sportsman's organizations. He is remembered as "A handsome and wonderful man of varied interests and solid knowledge. A kind man, caring neighbor, doer of good deeds, steward of living things". Bob will be greatly missed by all of us at the historical society and also members of the community that knew him. We offer our condolences to his family and very dear friend, Barb Munde.

DO YOU HAVE A STORY?

Do you have a fond memory of growing up in New Hartford? A favorite place? Artifacts of times past? Please share them! Your story may be considered for publication on our website or featured in our monthly article.

Send your story and photos to:
chrismartin@newhartfordhistory.com

HELP SUPPORT US!

The New Hartford Historical Society thrives on donations both monetary and items of interest that are relevant to the community. We are always looking for new interesting items, photos and documents to display in the museum or to assist in the illustration of our town's history.

BECOME A MEMBER!

Please stop in to visit us and consider becoming a member. Membership fees are \$12 Individual, \$17 Family, \$2 Students and \$50 for Corporate members. The Historical Society is a non-profit, tax deductible organization.

MUSEUM IS OPEN TO THE PUBLIC

Mondays: 1-3pm
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"YOUR STORY"

From our collection of stories, memoirs and experiences of life in our town.

GROWING UP ON LEARD ROAD IN NEW HARTFORD IN THE 1960's

BY RICK GIFFUNE

- MY STORY -

A block "U" shaped neighborhood encompassed by the Yahnundasis Golf Course on Seneca Turnpike and the old Levitt Farm (now Sangertown Mall). Once part of the old Levitt Farm, after World War II, it became one of the new "baby Boomers" neighborhoods. There were a few houses with stucco and wooden siding, but mostly aluminum siding.

As a re-payment for our Veteran's winning that horrible war, if they could come up with \$500.00, Uncle Sam guaranteed them a mortgage. My father meeting the requirements somehow kept \$500.00 from my mother and on the Fourth of July weekend 1962, we said good-bye to West Utica and Hello to New Hartford.

The new neighborhood was a playground of adventure with 2.3 kids per American household. The activities were endless from building forts in the "Fields" to playing baseball on the practice course.

Some of the new friends I made, showed me the ropes of things to do, such as stealing cucumbers out of gardens, watermelons from Cary's Market and cigarettes out of the Golf Carts. At this time, New Hartford had two movie theaters, one outdoor drive in and the Aurora Bowling Alley, countless sports to play such as little league, pop warner and various leagues at the schools.

New Hartford Shopping Center was a world in itself. The downtown shopping era was coming to an end. And mothers now drove cars and could shop at the outskirts of the city rather than rely on bus transportation. As a



Rick's father in front of their new home

teenager, we hung around the New Hartford Shopping Center because the girls from Utica rode up on the bus, and we could call them names. I consider myself very lucky to have grown up in this time frame and neighborhood. The friendships and memories I made are everlasting. Although most of the original families are gone, I still on occasion drive through that old neighborhood and if I listen real hard, I can still hear the shouts of the Old Gang up to some mischief.



Playing Hockey on the site where Sangertown Square is located today

SHARE YOUR STORY!

Send your story and photos to: chrismartin@newhartfordhistory.com
and it may be featured on our website or our monthly article.

HAPPY SPRING!

APRIL
2018

COMMUNITY NEWS

THE TOWN CRIER 35



Your Aging Journey: It Really is Up to You!

Submitted by MaryJo Timpano

Last month I had the pleasure of introducing you to Community Wellness Partners and sharing our vision: *"To inspire and nurture successful aging"*. We are steadfast in our commitment to be leaders in a movement to re-shape what it means to grow older in our society. That journey takes place one person, one organization and one community at a time. Remember that the latest research tells us that 70 percent of physical aging and about 50 percent of mental aging is determined by lifestyle choices we make every day. But the research also tells us that having the knowledge about what it takes to live healthier isn't always enough to change behaviors. We have to answer the question "WIIFM".....what's in it for me?

Individually, successful aging lifestyles have been shown to reduce the risk of chronic illness and help us live a better quality of life. But what's important to YOU determines whether or not you'll start and maintain a successful aging journey. You can start by identifying your area of growth. First, ask yourself what's one area of your life that you want to focus on? It can be something social, intellectual, physical or spiritual. Second, what makes this important to you? Think about this for a moment. The more you can drill

down to why this is meaningful the more likely you are to commit to the action steps. Third, what would success look like for you and what would you like to see as a result? Depending on where you are in your journey this could be anything from speaking the native language on your dream vacation to walking your daughter down the aisle at her wedding. Finally, what are three action steps that you will take right now to help you get there?

At Community Wellness Partners we believe growth is possible at any age and that it's never too late to make healthy lifestyle choices across the "SIPS" (social, intellectual, physical and spiritual) dimensions of wellness. We are committed to creating a supportive environment for you to reach your wellness goals and partner with you on your successful aging journey.

To celebrate our successful aging initiative, Community Wellness Partners will offer a free screening of the film *The Age of Love* at The Clinton Performing Arts Theater Tuesday, April 17th 2:00 P.M. This groundbreaking documentary presents an unexpected story of possibility and growth regardless of age. The director of the film will be present for a Q and A session following the showing. For more information please contact MaryJo Timpano at mtimpano@cwpc.org or visit us at www.communitywellnesspartners.org

"Never put an age limit on your dreams" Dara Torres, U.S. Olympic Gold Medalist, Swimming

MaryJo Timpano is a Wellness Consultant at Community Wellness Partners in Clinton NY and the Director of Health and Wellness at the Rome Rescue Mission. She has extensive experience in the wellness field and a passion for working with older adults. She has an MA in Psychology with a Health and Wellness specialization and is a Masterpiece Living certified Successful Aging Coach. She is currently in training to pursue her goal of becoming a Certified Yoga Teacher.



Transcendental Meditation® Lecture

A lecture on the Transcendental Meditation program will be presented on Friday, April 6, at 6:30 pm at the New Hartford Hampton Inn. Bill Schaeffer, who is a certified Transcendental Meditation instructor, will be the speaker.

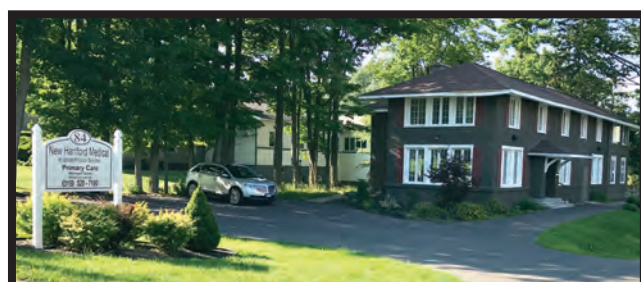
Transcendental Meditation, or TM, is practiced by millions of people throughout the world. According to Schaeffer, because TM is so easy to learn, he's been able to teach children as young as five years old.

"TM is very different from other forms of meditation", says Schaeffer, "where they may say it takes powers of concentration and years to master. With TM, we say 'if you can think, you can meditate'. The actual course of instruction is 4 days long, about 90 minutes each session."

Schaeffer also points out that TM has been incorporated into many organizations. Norwich University in Vermont is the oldest private military college in the country. They introduced TM to a trial group of thirty in one platoon. It quickly became apparent, though, that the TM meditators were outperforming the others.

Says university president, Richard Schneider, "Within four or five weeks, the kids who didn't get the training were complaining". They've now rolled out TM to their entire school, including faculty.

A short video highlighting the experience of TM at Norwich University will be included at the lecture on Friday. More information on TM can be found at www.TM.org, or by contacting Schaeffer at wschaeffer@tm.org.



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