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the TOWN Crier

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Vol. 32 No. 12
December 2018

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Make Your Mark at Players of Utica! Volunteer to Help with Upcoming Shows

Want to see great shows for free? Volunteer at Players of Utica and become a part of the oldest continually producing community theatre in New York State! As a volunteer, you'll receive free admission to the production. It's easy! We're always looking to get more people involved, so email secrill89@gmail.com and sign up to lend a hand today!

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For more information, a complete history, and to support or participate, visit www.playersofutica.org or "Like" us on [Facebook](#).



Blood Drive!

**AMERICAN RED CROSS
BLOOD DRIVE
FRIDAY, DEC. 7**

The New Hartford Volunteer Fire Department will host an American Red Cross Blood Drive on Friday, December 7, 2018, from 1pm to 6pm at the fire station. Reservations may be made by calling 1-800-RED CROSS. Reservations are appreciated and walk-ins are always welcome.



The Peanuts Gang Comes to Utica's Stanley Theater for A Charlie Brown Christmas Live On Stage

New Production is a Fresh Take on the Timeless Classic; Tickets On-Sale now at the Broadway Utica Box Office located at 258 Genesee Street, by phone at 315-724-7196 or online at BroadwayUtica.com

Just in time for the holiday season, the Peanuts gang will be coming to The Stanley Theater, Utica, on December 7th, 2018 for *A Charlie Brown Christmas Live On Stage*. Tickets are on sale now at BroadwayUtica.com.

A Charlie Brown Christmas Live On Stage is a fresh take on the timeless classic that gives the audience a completely new way of experiencing the storyline as portrayed by real actors who maintain the integrity and spirit of each Peanuts character.

This Emmy and Peabody award-winning story by *Charles M. Schulz* has been a longstanding tradition, warming the hearts of millions of fans since it first aired on television over 50 years ago. Now, the live on stage adaptation of the classic animated television special brings all your favorite characters to life - all set to the unforgettable sounds of the Vince Guaraldi musical score.

A Charlie Brown Christmas Live On Stage encompasses each of your favorite scenes from the original animated television show. It even expands the storyline into greater detail with more fun, more music, more finding the true Christmas spirit. This Peanuts

Experience also includes an intermission and, after the final bow, the show crescendos into a celebration of song as the audience is invited to join the Peanuts gang in singing Christmas favorites.

So, join Charlie Brown, Snoopy, Lucy, Linus and the rest of the Peanuts gang in their journey to uncover the true meaning of Christmas.

Ticket Information:

For tickets, phone Broadway Utica at 315-724-7196, in person at 258 Genesee Street, Utica or online at www.BroadwayUtica.com

**19TH ANNUAL
Mohawk Valley
Antiquefest**

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259 Genesee Street, Utica NY
Saturday, Jan. 26th, 2019 • 10am-5pm
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2

THE TOWN CRIER

COMMUNITY NEWS

DEC.
2018

Lady and Leap Toy Shop Why We Opened-Because Play Matters!

Many people have asked us why we opened up our store. Some have stated the obvious, that there isn't another toy store in our area. While that is true, our reason to open the store is definitely more than that. Have you ever heard of the phrase "It takes a village to raise a child"? Having four children ourselves, we have definitely grown to understand what that phrase truly means. Parents cannot possibly do it all on their own. There are the obvious places a parent can rely on-school, places of faith, youth athletics, etc. All of these are exceptionally important factors in raising a child. What is missing is PLAY. Play truly matters! There is scientific evidence that proves it. Today, so much of a child's life is shifting towards more specialized education, reduced in-school play time, starting sports earlier, etc. While these things do strengthen a specific area of a child-they lack the extra 'oomph' that really will propel your child! Yes, play does that!! Our store is more than just a place to purchase toys-

Cristin and Ben Heselton invite you to stop in at their shop in the New Hartford shopping center.

Here are the events happening in December at Lady and Leap Toy Shop:

Mondays-Baby Tadpoles and Me Class-10:30 a.m.

Wednesdays-Little Ladies and Leaps Class-10:30 a.m.

Fridays-Ladies and Leaps Class-10:30 a.m.

Saturday, Dec. 1st- Parent Night Out 6-8 p.m.

Saturday, Dec. 15th-6:30-8 p.m. Polar Express event.

(limited space in our classes-reserve your spot today!)

Visit their website for more information on the events, classes and shop at www.ladyandleap.com. Their phone number is 877-721-PLAY (7529). Hours:Monday-Saturday-10-8 p.m. Sunday-Noon to 4 p.m.

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Typeset by: The Town Crier

Printed by: The Leader-Herald, Gloversville, NY

Sales: Andi Dinerstein

Editor and Publisher:Kristi Zbytniewski; P.J.Green Inc.

Cynthia Davis, LCSW-R
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~ Johnny Miller

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Jan 26th & 27th

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Flu Season: Staying Well

Submitted by James LaFountain, All American Fitness Center

Flu season is upon us. With that said, the most commonly asked question I get during this time of year is should I exercise when I'm sick? If your temperature is elevated, no. If it is not, tread lightly. Let's dig deeper.

Our Immune System is a very active, intricate and powerful force that never gets a break. A Microbiology professor of mine once said "There's a constant war going on" referencing our body's Immune System. Several "protective" cells are constantly at work to prevent the invasion of cells that seek to harm us. Micro organisms actually live under our eyelids, scraping invaders from the thin skin covering that essential area of the body.

Exercise, especially of high intensity further taxes our immune system. High intensity exercise encourages physical improvement, once the body is given enough time to recover. The downside of this type of exercise is that it may over burden our immune system. On the flip side, low to moderate intensity exercise, over time, may improve our ability to ward off infection and illness, ultimately improving immune system function. Some experts claim it does so by:

- *flushing bacteria out of our lungs and airways
- *causing positive changes in antibodies and white blood cells
- *causing a brief rise in core body temperature, possibly helping fight off infection
- *slowing down the release of stress hormones

The bottom line: Too much High Intensity exercise overwhelms our immune system, while lower intensity exercise may improve it. Experienced fitness enthusiasts learn, through trial and error, to balance their training to illicit consistent results and strengthen their immune system in the process.

- What would an effective training week look like?
- Sunday: Long slow distance cardiovascular exercise
- Monday: Rest
- Tuesday: Short (30 minutes) High Intensity cardiovascular exercise plus resistance training
- Wednesday: Long slow distance cardiovascular exercise
- Thursday: Short (30 minutes) High Intensity cardiovascular exercise plus resistance training
- Friday: Rest
- Saturday: Medium Intensity 45 minute cardiovascular exercise plus resistance training
- Some additional tips to help enhance recovery and physical improvement:
- *Monitor your morning resting pulse. A resting pulse of 6-7 beats above normal requires a day of rest.

*Hydrate...hydrate. Approximately 70% of each cell consists of water, a required nutrient for all bodily functions, especially recovery from exercise.

*Understand. More is NOT Better. Quality training, followed by adequate recovery is the key to long term fitness success.

*Although regular exercise enhances fat loss, women should ingest no less than 1,200 calories a day and men no less than 1,800 calories.

*Wash your hands regularly; consult your physician to discuss getting a flu shot.

*Make sure you are getting enough sleep (7-10 hours nightly)



Judge Joan Shkane

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

MYTH: There is no easy way to find voter information about candidates running for judge.

REALITY: Candidates for judge are very restricted in how they must conduct themselves, just as judges are. This can leave the public with little information to help in choosing among candidates. The New York Unified Court System has published a website that anyone can access. The site is non-political and gives personal information about those who are seeking to become a judge or running for re-election for judge. In 2018 in New York State there were 117 such vacancies, several in our district. There will likely be about the same number in 2019. Sadly, this information was just released so rebutting this myth is too late for 2018, but may be helpful in the future in determining how to vote intelligently, without media hype. Candidate participation in the site is completely voluntary. The site provides a biography of each candidate, including, among other things, current occupation, educational and professional history and a short personal statement. It covers most of the elected judgeships in the state. The site can be found at www.nycourts.gov/vote/2018. A goal of many voters is to ban a judge candidate from affiliating with any political party. A large number of states already have this ban in place, so a future judge under this system will remain completely neutral, and without party affiliation or bias.

MYTH: in a dispute about children such as custody or visitation, the attorney for the parents or other parties with authority such as grandparents should always talk with the children.

REALITY: This action is absolutely forbidden. The children will have their own lawyer(s) appointed by the court. No lawyer should speak with another lawyer's client(s) without permission of the second lawyer (attorney for child). In a recent case the mother's lawyer drove the mother, a nanny and the children a

fairly short distance without notifying and getting permission from the children's lawyer. The mother's lawyer did not have a conversation on any topic with the children, and did not speak about the issues with the mother anywhere the children could hear him. However, the Court said that the children simply being in the lawyer's car with the mother gave the appearance that the lawyer was rescuing their mother and was shielding their mother from a private investigator hired by the father. Children could reasonably be expected to defend either parent, and a lawyer could be viewed as a hero for that parent. This could cause the children to adopt whatever position the parent's lawyer represents. Therefore, the Court removed the lawyer from the case so that he could no longer represent the mother. The lawyer vows to appeal the decision to a higher court. Stay tuned, but in the meantime if you are in such a dispute, do not let your lawyer anywhere near the children if you want to keep that lawyer.

MYTH: If one is lucky enough to find a wealthy widow or widower and marry that person at the very end of his/her life, you can claim your marital share of the wealth on his/her death.

REALITY: This is an issue that is frequently litigated, and one would have thought would be decided law already. Not so, until now. It often comes down to the adult children of the wealthy deceased person versus the spouse of the deceased. A recent decision may help clarify the answer. Following eleven years (yes, eleven) and a 37 day trial, The Court issued a decision that may go some way in ending "predatory" marriages. The deceased wealthy man was 99 years old when he married his live-in caretaker. He died when he was 100, and they had been married about one year. The marriage was performed by a hired Mandarin translator (the new wife's native language), nobody in the husband's family knew of the marriage until after his death, and he had become mentally incompetent around the time of the marriage. The wife was in charge of his care 24 hours, seven days a week. After the marriage, she transferred the husband's lucrative business to herself. She told his children and natural heirs about the marriage on the way to the funeral home. She was not included in the will, but claimed her 1/3 share as his spouse. The Court made a first time ruling. The Court ruled that the Court must make a decision on 1. whether or not the wife knew that the husband was mentally incapacitated, and 2. if she took unfair advantage of him by marrying him for the purpose of getting benefits, and 3. If she exercised undue influence. This will be the new standard in deciding these types of cases. If all these criteria are met, then the Court will find that the surviving spouse engaged in elder exploitation. Although probably an ancient practice, this is increasingly becoming a problem as people live longer and are sometimes kept alive by artificial means.

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.

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IMPORTANT Library Closure Dates

The New Hartford Public Library will be closed on December 24, December 25, December 31, and January 1st. The library will also be closed on January 21, 2019 in observance of Martin Luther King Jr. Day. There will be no story time the week of December 24-December 28th.

Story Time

For preschool age children continues on Tuesdays and Thursdays at 10:30. Story time is a program of stories, songs, and crafts.

Bedtime Story Time

This program is scheduled for the 3rd Monday of each month (with the exception of January - due to Martin Luther King Jr. Day closure) through April. Bedtime Story time is scheduled for January 28, February 18, March 18, April 22, at 6:30. Enjoy stories and crafts with Miss Ashlyn in time to wind down for bed. Aimed toward preschoolers, but all are welcome.

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.

Annual Children’s Holiday Party

Join us for holiday crafting on Saturday, December 8, 2:00-3:00 pm. Holiday music, hot cocoa, and treats will be provided!

Adult Essential Oils HolidayCraft

December 8, 2pm. Drop in to learn more about the benefits of essential oils and learn how to make some essential oil infused holiday bath salts and a no sew rice bag with Dawn Wheeler.

Women of Mystery... A New Discussion Group

If you enjoy mysteries, join us at the New Hartford Public Library on Saturday, December 22 at 11:00 as we learn more about those women writers who have mystified and puzzled readers with their stories of murder and mayhem. Our topic for this session of Women of Mystery is Food, Glorious Food; led by Janet Hoover, we will explore the writings of Virginia Rich, Diana Mott Davidson, and Joanne Fluke (and taste some of their recipes!) If you enjoy these authors books, come to learn more about them. If you have never heard of them, come to discover new ideas for your reading list. Women of Mystery meets the fourth Saturday of each month and there is no assigned reading!

The Town of New Hartford Climate Smart Committee Lecture

The Town of New Hartford Climate Smart Committee Lecture has organized a series of lectures by local professors to help educate residents and begin a dialogue regarding the issue of climate change. The second lecture in the series will focus on ways that we can reduce our impact on the Earth's climate and also how we can handle the coming changes to the climate. The second talk will be held on December 3rd, from 7:00 - 8:00 PM at the New Hartford Public Library. This talk will be presented by Dr. Aaron Strong, Assistant Professor of Environmental Studies at Hamilton College.

Save the Date

Feng Shui workshop January 8, 6:30-8:00. Registration required and begins on December 15. Please call 315-733-1535 to register.

Display Case December

Friends of the New Hartford Public Library will display a Christmas village for the month of December.

Senior Level Yoga Classes with Bill Skinner

Classes will continue on Mondays from 3:00-4:00 through December 17, 2018. Each participant is required to bring their own yoga mat. The classes are conducted by Bill Skinner. Bill received his training at The Savannah Yoga Center in Savannah, GA and has 4 years experience teaching senior yoga. Class is limited to 25 participants. Please call [315-733-1535](tel:315-733-1535) to register.

Yoga Nidra

Offered by Andrea O’Brien MS, OTR/L Holistic Occupational Therapist from O’Brien Wellness. Class is scheduled for Monday, December 17 from 6:00-7:00. 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 lie on, a soft blanket, and a soft pillow. Dress comfortably. Space is limited, so 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.

2019 Meeting Room Reservations

Does your group or organization need a space to meet in 2019? The NHPL has several rooms that the community can use for free. Room reservations for 2019 will be accepted starting October 1st. Reservations are on a first come, first served basis. Please ask for Amy for details or email her at abenson@midyork.org. Additional details regarding meeting room use can be found on our website. Registration forms can be found online or at the Circulation Desk.

Tai Chi Classes at the Library

Classes resume on January 10 – February 28th (no class on February 7). The Beginner Class meets from 10:00-11:00, and the Advanced Class meets from 11:15-12:15. No registration required.

The Mitten Tree

The mitten tree will be displayed in the library within the next few weeks and will be waiting for hugs from hats, scarves and mittens. As a reminder to all knitting enthusiasts, grab your needles and yarn to get ready, set, knit! Children’s sizes are especially needed to warm little hands at the Thea Bowman House.



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Warren Miller’s “Face of Winter” Tuesday
December 11th at 6:30 p.m.
at The Stanley Theater

Winter is just around the corner, that means it’s time for the annual Warren Miller ski and snowboard movie premiere at The Stanley Theater! This year’s film, Face of Winter, will be shown at The Stanley for one night only on Tuesday, December 11th. Doors will open at 5pm and the movie starts at 6:30. All attendees will receive free lift ticket coupons from Sugarbush, Gore Mountain, Woods Valley, Snow Ridge, Holiday Valley, and Oak Mountain.

The late, great Warren Miller built his legacy on capturing the essence of winter magic, and that legacy launches the start of the ski and snowboard season every year. In the 69th feature film, celebrate the man who became known as the face of winter throughout the skiing industry, and the places and people he influenced along the way. This year’s film was shot around the world in locations such as Chamonix, British Columbia, Alaska, Chile, Iceland, and New Zealand.

Tickets are \$22 and are on sale now at The Stanley Box Office and Skier’s Outlet at Schuss in New Hartford. To purchase tickets come to The Stanley Theater Box Office Monday through Friday from 10:00 a.m. – 4:00 p.m. or give us a call at (315) 724-4000. All attendees are encouraged to come early to receive their lift ticket coupons. For any questions about the show, please contact the Skier’s Outlet at Schuss or email: uticamovieco@gmail.com.

Senior Breakfast Club at RCIL
- A Free Event for Seniors!

The Resource Center for Independent Living (RCIL) invites local Seniors to join us for Senior Breakfast Club on Saturday, December 8th from 9am-Noon at the Dorothy Smith Center for Advocacy at RCIL (1607 Genesee Street in Utica).

Have breakfast, get out of the house for a bit, and meet some new people. Caregivers can run some errands and do some holiday shopping (or do whatever they need to) while their loved ones enjoy Senior Breakfast Club.

This event is FREE! We’ll have staff on-site to help provide care (if it is needed) so caregivers can have a

few hours to themselves on a Saturday morning. Please RSVP by Tuesday, December 4th by calling 315-797-4642 ext. 2553.

Schedule as follows:

9am-10am - Continental Breakfast/Social Hour

10-11:30am - Group Activities: Bingo, Crafts, Chair Zumba

11:30am - Snacks & Individual Activities

Noon - Event Ends

This event is brought to you by Caregiver Connections at RCIL. RCIL is working to improve the lives of Seniors and Caregivers in our community.

All In For Vin Memorial Fund
Awards Grants to Community Nonprofits

The All In For Vin Memorial Fund, created in February 2018 by the Maugeri family in memory of Vincent “Vinny” Maugeri, has awarded its first-ever grants to community nonprofits. The donor-advised fund at The Community Foundation seeks to support youth-based causes that were important to Vincent, allowing his spirit to live on. Funds are raised through an annual event as well community donations.

The following organizations were awarded grants for the projects described:

Abraham House – Holiday gifts for guests and their families

Jewish Community Federation of the Mohawk Valley – Middle school and high school basketball programs

New Hartford Youth Basketball Association – Vinny’s Minis Youth Basketball Program and New Hartford Travel Team

The House of the Good Shepherd – Car seats for foster care program

The grants were awarded to programs that reflect Vincent’s kind heart, willingness to help and his love for basketball.

A basketball tournament dedicated in Vincent’s memory called the “*All In For Vin*” *Memorial Tip-Off Classic* is held annually. In 2017, the tournament hosted eight teams from area schools, and the event had over 40 local sponsors. This year’s tournament was held on November 21, 23 and 24 at New Hartford High School.



LtoR: Patrice Joslin King, Women’s Fund Of Herkimer and Oneida Counties, Jennien Colozzi, owner of Colozzi’s Card & Gift Shop and Cara Fenstemacher, Women’s Fund of Herkimer & Oneida Counties

Colozzi’s Donates to Women’s Fund

Colozzi’s Card & Gift Shop recently held a two-day fundraising event to benefit The Women’s Fund of Herkimer & Oneida Counties, Inc. Customers were encouraged to shop on June 1st and 2nd and 10% of all sales were donated to The Women’s Fund. The event, which was held at both Colozzi’s North Utica and New Hartford stores, raised \$1,000 for The Women’s Fund. According to Sam Colozzi and Jennien Colozzi, store owners, “The Women’s Fund does so much in our community to support women who face challenges such as poverty, homelessness, or domestic violence. We wanted to do something so they could help more women.”

Partnering with a shop such as Colozzi’s seemed like the perfect match for The Women’s Fund. Cara Fenstemacher, a founding member of The Women’s Fund and coordinator of the Colozzi’s event, spoke on behalf of The Women’s Fund commenting that “Colozzi’s great selection of gift merchandise draws in women, and this gave us the opportunity for women to learn about the work that we do. I think it was a win-win for both Colozzi’s and us.” Monies raised at the Colozzi event will be used to provide grants that will teach women life skills, helping the many women and girls in need in our community. To learn more about The Women’s Fund, or to find out how you can become involved and make a difference for other women, visit womensfundhoc.org.

A New Plan was just Approved in Oneida County
“Medicare Special Needs Plan”

To learn more about this plan you MUST have **BOTH** Medicare & Medicaid or have a medical condition such as Congestive Heart Failure, Diabetes or others. Remember, your **PCP** (Primary Care Physician) must be **IN-Network (HMO)** for you to Qualify.

Special Needs Plan also provides benefits such as Dental (Comprehensive), Vision, Transportation and Acupuncture.

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6 THE TOWN CRIER

COMMUNITY NEWS

**DEC.
2018**



Aaron R. Evans, CFA, CFP® a Senior Advisor at Strategic Financial Services

Make a List – Check It Twice

Following a tryptophan-induced slumber, I woke up after Thanksgiving thinking about all the things I wanted to get accomplished by the end of the year. Sure enough, many of our clients have the same thoughts as we approach the new year. It's a busy time for life in general, let alone your personal finances. So, to make things a little easier we have highlighted some year-end checklist items that can be used whether you were naughty or nice.

Top-Off Retirement Savings: If you have a goal to max out your contributions to an employer retirement plan, double check and make sure you will hit the limit. Good news for maximizers; limits are set to go up by \$500 next year for 401(k) plan participants.

Give the Gift of Education: It's a great time to add to or start a new college savings account for a child / grandchild. The maximum gift for each recipient is capped at \$15k (\$30k for a married couple) annually, unless you want to do some extra tax planning.

Meet Required Minimum Distributions (RMDs): If you are 70 ½ or older, you will need to take RMDs from most retirement accounts by December 31st or face a stiff IRS penalty (50% of the amount not distributed). If you turned 70 ½ this year, you will have until April 1, 2019 to take your first RMD, noting another would be needed by December 31, 2019.

Spread Some Holiday Cheer: It's a great time of year to think about others. Consider making charitable gifts or gifts to loved ones. If you have investments with unrealized capital gains or some room left to meet your RMD, these (along with their tax burdens) can be passed onto most charities who don't pay taxes.

Replenish Reserves: It's likely that with some holiday spending you may have tapped into reserve

accounts. Try to backfill as much as possible to get yourself on track heading into the new year.

Reflect and Celebrate: Consider giving you / your family a financial "grade" for the year. Identify where you can improve, but more importantly celebrate all the successes you've had over a long-year. Maybe even splurge a little if your plan allows for it!

Submit questions or topics of interest to aevans@investstrategic.com

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.

Pianist Sar-Shalom Strong to Perform at Horned Dorset Inn

Celebrate the season wrapped in the warm glow of holiday lights and trimmings on Sunday, Dec. 9, with a gourmet dinner and the tinkle of ivories as well-loved Pianist Sar-Shalom Strong performs a potpourri of selections, including some holiday fare, at The Horned Dorset Inn's final dinner concert of the 2018 season.

The program begins at 4 p.m. with cocktails and hors d'oeuvres, followed by the concert at 5 p.m. and then dinner. The cost is \$68 per person, excluding beverages, tax and gratuity. Reservations should be made by calling [315-855-7898](tel:315-855-7898). Proceeds benefit the scholarship fund of the Horned Dorset Arts Colony, a non-profit artist residency program.

Recognized throughout Upstate New York for his highly sensitive performances as both a soloist and collaborative artist, Strong has performed with many international touring artists and top Upstate New York musicians for more than 30 years. He also served for a decade as the pianist of the Syracuse Symphony Orchestra.

He is core pianist with The Society for New Music, appearing on several recordings on the Innova label. A founding member of the Jewell Piano Trio and the Southwick Trio, he is a lecturer in piano and coordinator of staff pianists for Hamilton College and previously

was associated with Colgate and Syracuse universities. Strong remains dedicated to teaching and mentoring aspiring younger musicians, whether they are pianists, instrumentalists, singers, or composers.

The Horned Dorset Inn, located at 2000 State Route 8 in the hamlet of Leonardsville, is a scenic drive of approximately 25 miles from both Utica and Cooperstown. For information about the restaurant and its overnight accommodations, visit www.horneddorsetinn.com. For information about the artists colony, go to www.horneddorsetcolony.org.

Utica Children's Museum to Celebrate 55 Years

The Junior League founded the Junior Museum of Oneida County in 1963 in the basement of the Utica Public Library with one exhibit - an Iroquois Longhouse that is still exhibited today. Flash forward 55 years and the Utica Children's Museum will be celebrating this milestone with a celebratory event on Wednesday, December 5, 2018.

Adults can expect to have a FUN night at the Museum enjoying food, drink and live music as well as plenty of hands-on games and activities to take part in... on all four floors!

Many of the committee members who assisted with the historic "5th Day" fundraiser – held for many years at the Museum – are back on board helping with this event. The presenting sponsor is Bank of Utica and AAA Northeast and Direct Alloys are also on board as major sponsors.

The event is open to anyone who would like to attend. Following the "55th" theme, the time of the event is 5:55pm - 7:55pm and tickets are \$55 per person. RSVPs can be made by calling the Museum at (315) 724-6129 or emailing Deborah Kessler, Development Coordinator, at dkessler@kidsoneida.org.

The Museum is currently open Thursday-Saturday from 10:30am-4:30pm and Sundays from 12noon- 5pm.

Groups are welcome and birthday parties are offered throughout the week. The Museum just opened a new exhibit in early November – Mike Zarnock's Hot Wheels collection to celebrate Hot Wheels' 50th Anniversary. Work is also underway in the train section of the fourth floor – guests on December 5th will be amongst the first to see the trains running again!

For more information, please visit: www.uticacm.org



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Stephanie Skinner Attends Nationals and Won Title of Miss New York Junior Teen 2018

Miss Stephanie Skinner, daughter of Elizabeth Skinner and granddaughter of Stephen and Virginia Snyder has earned the opportunity to attend Nationals through her successfully scored event(s): Won State Title of : Miss New York Junior Teen 2018.

The National Pageant is to be held in Anaheim, California at Disneyland® during Thanksgiving week, representing the great state of New York, where she will have the opportunity to win her share of over \$500,000 in cash and prizes!

The National American Miss Pageants are dedicated to celebrating America’s greatness and encouraging its future leaders. Each year, the National American Miss Pageants awards 1.5 Million dollars in cash, scholarships, and prizes to recognize and assist the development of young women nationwide. National American Miss has added the ultimate door prize to Nationals . Each girl that qualifies for the national pageant has a chance to win a new Ford Mustang Convertible. For more details visit www.namiss.com/car. National American Miss is dedicated to developing

the success of young women across our nation with a program that is designed to be age-appropriate and family-oriented. Pageants are held in each state for girls ages four to eighteen in five different age divisions

The National American Miss Pageants are for “Today’s Girl” and “Tomorrow’s Leaders.” The pageant program is based on inner beauty, as well as poise, presentation, and offers an “All American Spirit” of fun for family and friends. Emphasis is placed on the importance of gaining self-confidence, learning new skills, learning good attitudes about competition, and setting and achieving personal goals. The pageant seeks to recognize the accomplishments of each girl while encouraging her to set goals for the future! Find out more about National American Miss at www.namiss.com.

Miss Stephanie Skinner’s additional activities and awards at the state competition in August included the following optional contests where she placed: First place: Talent and Casual Wear Modeling. First runner up: Photogenic. Second runner up: Top Model Third. Runner up: Actress. Won the prestigious award of Most Promising Model.

She will be participating in the optional Talent, Casual Wear Modeling, Runway, Top Model and Photogenic competitions at the National Pageant.

Since being crowned in August Stephanie has been very active in the community: She has volunteered at the Ronald MacDonald House, participated in the American Cancer Society’s Breast Cancer Walk,

mailed toiletries to the Carolinas for those affected by Hurricane Florence, represented New York State at the state fair parade and volunteered at Upstate Cerebral Palsy’s Buddy Walk in Utica where she sold wrist bands, “Leaping With No Limits; #Support Disability Inclusion.” Stephanie donated the proceeds to Upstate Cerebral Palsy. Stephanie has also visited our local police and fire departments.

This year National American Miss has a new program called the People’s Choice Award. A portion of the proceeds will go to Teach for America, a nonprofit organization that recruits college graduates from top universities around the United States to serve as teachers in low-income communities. The state queen with the most votes from her state will automatically get entered into the top 11 finalists. For those who would like to support at great cause and your New York State Queen please visit the NAM website at www.namiss.com and vote for Stephanie Skinner, your 2018 North New York Junior Teen. Each vote costs \$1.00. You may vote through Wednesday, November 20, 2018 at 9:30 pm (PST).



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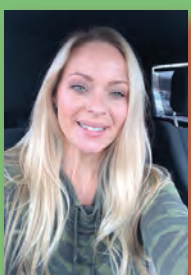
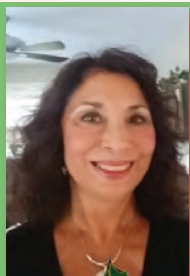
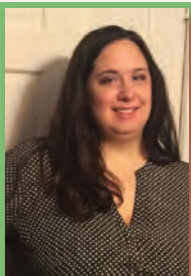
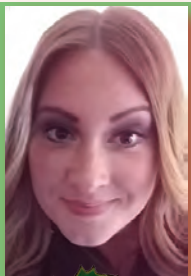
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**NEW HARTFORD
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High Security Locks

Submitted by New Hartford Safe and Lock Co.

In last month's article, you read about Medeco brand high security locks. This month, we're going to discuss other brands of high security locks, and just what makes them high security. If you recall, the Medeco lock has multiple additional features that your typical big box store brands don't have. The overall build quality of a Medeco lock, including it's solid brass housing, and precision machining process is a few steps above most other manufacturers. Most of the big box store locks can be picked in seconds, bumped even sooner, and drilled in a minute or two. Plus, anyone who has your key can make unauthorized duplicates. So, high security locks go beyond the average principles of standard pin tumbler locks by offering additional locking features and mechanisms such as sidebars, security pins, restricted keyways, and drill resistant

housings and cores. High security locks are available in both the residential and commercial markets. By simply going to a locksmith and consulting about your home's security options, you are already ahead of the average homeowner. Some new home buyers will not even bother to rekey their locks after they've moved in. Of course, no lock will stop a determined thief, but high security locks will definitely slow one down, or even deter them completely. Home security systems and cameras are commonplace today, and there's no substitute for either. A home fire and burglary safe will also up your ante. So what are some other brands of high security locks? There's the Abloy disc detainer lock, which unlike Medeco and your standard locks use a series of rotating discs, which when aligned to the proper rotation angle, allow a sidebar to fall into place and the cylinder to turn. There are over 11,000,000 possible combinations on an Abloy key. And to this day, Abloy is the manufacturer of an unpicked lock, the Abloy Protec 2 Cylinder. It uses the same rotating disc principle, as well as a ball bearing locking element. Sweden's ASSA lock line offers extreme drill resistance in their locks, as well as a patented sidebar design that uses a second pair of cuts along the side of the key.

Mul-T-Lock's line offers 'dimple' key technology, which are pins... inside of pins! They too use a sidebar as well as other 'interactive' elements to deter picking and bumping attacks. There are other brands also available for both commercial and residential use, such as the Sargent Keso, BiLock, Schlage Primus, and several international brands that are available in the US markets. The point of this is to understand the current level of security in your home, and to be wary that there are several other options besides the average big box store locks, not only to upgrade security, but quality, function, and long-lastingness. Big box hardware store brands typically have a low life expectancy, depending on use, primarily because of their build quality. There are some locks that are great for residential use, but are not high security. Next month, we'll be discussing residential door security and what you can do as a home or business owner to increase the physical security of your doors.

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- ### NH Home Games

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 - 12/01 - Ice Hockey: Boys Varsity - 1:30pm vs. Pittsford @ NH Rec Center
 - 12/04 - Bowling: Boys Varsity - 4:00pm vs. Utica Notre Dame @ AMF Pin-O-Rama Lanes
 - 12/04 - Basketball: Boys JV - 5:30pm vs. Utica Notre Dame @ NHHS Gym
 - 12/04 - Basketball: Boys Varsity - 7:00pm vs. Utica Notre Dame @ NHHS Gym
 - 12/04 - Cheerleading: Varsity League - 7:00pm vs. Utica Notre Dame @ NHHS Gym
 - 12/05 - Ice Hockey: Boys Varsity League - 7:30pm vs. Oswego City School District @ NH Rec Center
 - 12/06 - Volleyball: Girls Modified - 4:15pm vs. Oneida @ Perry JH Gym
 - 12/06 - Volleyball: Girls JV - 5:30pm vs. Vernon-Verona-Sherrill @ NHHS Gym
 - 12/06 - Volleyball: Girls Varsity - 7:00pm vs. Vernon-Verona-Sherrill @ NHHS Gym
 - 12/07 - Bowling: Girls Varsity - 4:00pm vs. Camden @ AMF Pin-O-Rama Lanes
 - 12/07 - Basketball: Girls JV - 5:30pm vs. Utica Proctor @ NHHS Gym
 - 12/07 - Cheerleading: Varsity League - 7:00pm vs. Utica Proctor @ NHHS Gym
 - 12/07 - Basketball: Girls Varsity - 7:00pm vs. Utica Proctor @ NHHS Gym
 - 12/10 - Volleyball: Girls JV - 5:30pm vs. Central Valley Academy @ NHHS Gym
 - 12/10 - Volleyball: Girls Varsity - 7:00pm vs. Central Valley Academy @ NHHS Gym
 - 12/11 - Bowling: Boys Varsity - 4:00pm vs. Central Valley Academy @ AMF Pin-O-Rama Lanes
 - 12/11 - Basketball: Boys Modified - 4:00pm -New Hartford Blue vs. CVA 7 @ Perry JH Gym
 - 12/11 - Swimming/Diving: Boys Varsity Meet - 5:00pm vs. Fayetteville-Manlius @ NHHS Pool
 - 12/11 - Basketball: Boys JV - 5:30pm vs. Whitesboro @ NHHS Gym
 - 12/11 - Basketball: Boys Modified - 5:30pm - New Hartford Red vs. CVA 8 @ Perry JH Gym
 - 12/11 - Cheerleading: Varsity League - 7:00pm vs. Whitesboro @ NHHS Gym
 - 12/11 - Basketball: Boys Varsity - 7:00pm vs. Whitesboro @ NHHS Gym
 - 12/12 - Wrestling: Varsity - 6:00pm vs. Oneida @ NH Bradley Gym
 - 12/12 - Wrestling: JV League - 6:00pm vs. Oneida @ NH Bradley Gym
 - 12/14 - Bowling: Girls Varsity - 4:00pm vs. Utica Proctor @ AMF Pin-O-Rama Lanes
 - 12/14 - Basketball: Boys Modified - 4:00pm - New Hartford Red vs. Whitesboro 8 @ Perry JH Gym
 - 12/14 - Basketball: Boys JV - 5:30pm vs. Oneida @ NHHS Gym
 - 12/14 - Basketball: Boys Modified - 5:30pm - New Hartford Blue vs. Utica Notre Dame @ Perry JH Gym
 - 12/14 - Basketball: Boys Varsity - 7:00pm vs. Oneida @ NHHS Gym
 - 12/14 - Cheerleading: Varsity League - 7:00pm vs. Oneida @ NHHS Gym
 - 12/15 - Ice Hockey: Boys Varsity CNS Optimist Tournament Cicero Twin Rinks- TBD
 - 12/17 - Volleyball: Girls JV - 5:30pm vs. Utica Proctor @ NHHS Gym
 - 12/17 - Volleyball: Girls Varsity - 7:00pm vs. Utica Proctor @ NHHS Gym
 - 12/18 - Bowling: Boys Varsity - 4:00pm vs. Rome Free Academy @ AMF Pin-O-Rama Lanes
 - 12/18 - Basketball: Girls Modified - 4:00pm - New Hartford Blue vs. RFA Orange @ Perry JH Gym
 - 12/18 - Swimming/Diving: Boys Varsity Meet 5:00pm vs. Liverpool @ NHHS Pool
 - 12/18 - Basketball: Girls Modified - 5:30pm - New Hartford Red vs. RFA Black @ Perry JH Gym
 - 12/18 - Basketball: Boys JV - 5:30pm vs. Rome Free Academy @ NHHS Gym
 - 12/18 - Cheerleading: Varsity League - 7:00pm vs. Rome Free Academy @ NHHS Gym
 - 12/18 - Basketball: Boys Varsity - 7:00pm vs. Rome Free Academy @ NHHS Gym
 - 12/19 - Wrestling: Modified Triangular - 4:00pm vs. Camden, Oneida @ Perry JH Cafeteria
 - 12/19 - Volleyball: Girls Modified - 4:15pm vs. Whitesboro @ Perry JH Gym
 - 12/19 - Volleyball: Girls Modified - 4:15pm vs. Whitesboro @ Perry JH Gym
 - 12/19 - Wrestling: JV League - 6:00pm vs. Whitesboro @ NH Bradley Gym
 - 12/19 - Wrestling: Varsity - 6:00pm vs. Whitesboro @ NH Bradley Gym
 - 12/20 - Basketball: Boys Modified - 4:00pm - New Hartford Blue vs. CVA 8 @ Perry JH Gym
 - 12/20 - Basketball: Girls JV Non-League - 5:30pm vs. Oswego City School District @ NHHS Gym
 - 12/20 - Basketball: Boys Modified - 5:30pm - New Hartford Red vs. Whitesboro 7 @ Perry JH Gym
 - 12/20 - Cheerleading: Varsity Non-League - 7:00pm vs. Oswego City School District @ NHHS Gym
 - 12/20 - Basketball: Girls Varsity Non-League - 7:00pm vs. Oswego City School District @ NHHS Gym
 - 12/21 - Swimming/Diving: Boys Varsity Meet - 5:30pm vs. CBA - Jamesville-Dewitt @ NHHS Pool
 - 12/22 - Ice Hockey: Boys Varsity League - 1:30pm vs. Clinton @ NH Rec Center



The Farndale Avenue Housing Estate Townswomen's Guild Dramatic Society's Production of ‘A Christmas Carol’

The absurd antics of the Farndale Avenue Housing Estate Townswomen's Guild Dramatic Society will have you rolling with laughter in the aisles as they attempt to put on a seasonal production of Charles Dickens’ “A Christmas Carol.” However, the resulting performance is a farcical comedy rather than a Dickensian drama, but in spite of missing cast members and technical issues, the show must go on!

“The Farndale Avenue Housing Estate Townswomen's Guild Dramatic Society's Production of ‘A Christmas Carol’” is by David McGillivray & Walter Zerlin, Jr. and the Players of Utica play is directed by Marilee Ensign. The four ladies and one gentleman enthusiastically portray a dizzying array of characters from the Dickensian favorite (and a few which aren't), engineer some novel audience participation while bravely contending with an intrusive PA system and rap their vocal cords around two original songs.

Erase the stress of the holiday season with this delightful play where everything goes wrong!

Tickets are available by calling 315-724-7624 or online at playersofutica.org.

Performance dates: December 7, 8, 13, 14, 15 at 7:30 p.m. and December 9 and 16 at 2 p.m.
Cast:

Mrs. Reece.....Carrie Bostick
Thelma.....Rayna Schneider
Mercedes.....Eileen Tiller-Clanton
Felicity.....Grace Otto
Gordon.....Stephen Wagner

Individual ticket prices: \$20, Adults; \$17, Seniors; \$10, Students (with valid IDs).

About Players of Utica

Players of Utica is a non-profit community theatre that has been continuously producing shows since 1913. We have engaged over 1 million individuals with affordable, first-class community theatre. Players of Utica is an equal opportunity organization. For more information, and to support or participate, visit www.playersofutica.org, follow us on Instagram @playersofuticany, Twitter @UticaPlayers or “Like” us on [Facebook](https://www.facebook.com/playersofutica).

ANGELS AMONG US FOOD PANTRY DATES December 8th & 22nd

The pantry is open at scheduled Saturdays from 10-12 AM. Enter through door behind the church.

Food emergencies---Call the rectory Mon -Thurs 9 AM - 2 PM at 315-732-2050
Angels Among Us Food Pantry is located at St John the Evangelist Church, 66 Oxford Rd, New Hartford

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Executive Director of The Stanley, Jerry Kraus, Will Retire Effective March 1, 2019

After serving the Stanley Theater for over 10 years, with 6 of those years as the Executive Director, Jerry Kraus ("The Doctor") has announced that he will be retiring as the Executive Director effective March 1, 2019. Over Jerry's time as the Executive Director, The Stanley has experienced tremendous positive growth and results and has regained its status as a "gem" of the greater Utica area.

Over the past 6 years, there has been tremendous activity at The Stanley with performances from such stars as Bob Dylan, John Mellencamp, Chris Botti, Martina McBride, REO Speedwagon, Daughtry, America, Kenny G, The Elders and many more. In addition, The Stanley has become a major venue for a variety of other events including Broadway rehearsals and performances, weekend cheerleading, dance and body-building competitions, summer youth theatre camps, Riggiefests, Antiquefests, local band showcases, movies, community events and fundraisers and touring comedy shows. The Stanley has returned to profitability and is extremely well positioned to continue its ever-increasing number of theatre events.

As the Executive Director, Jerry has overseen theater projects including extensive boiler upgrades, major roof repairs and refurbishing of the main entry doors. Jerry has also been heavily involved in Corporate Development and Individual Membership campaigns as well as marketing initiatives that position The Stanley as a major economic driver in the Greater Mohawk Valley.

A placement firm has undertaken the process of the search for qualified candidates. The goal is to bring on

the new Executive Director effective the beginning of the year to enable Jerry to work with this new Executive for at least 2 months. As Stanley Board President Curtis Pearsall stated, "we can't thank Jerry enough for the great job he has done. He has created solid momentum for us moving forward. The Stanley has always been near and dear to Jerry and we know that even moving forward, he will continue to have a role in our future success."

About The Stanley Theatre

For nearly a century, The Stanley has been bringing the community together with live concerts, Broadway shows, musicals, ballets, movies, graduations and recitals. Today The Stanley operates as a not-for-profit organization run by the Central New York Community Arts Council. Originally built as a movie theatre, The Stanley opened its doors in 1928 with 2,963 seats, a grand entry staircase that resembles the main staircase on the Titanic, a gold leaf interior and terra cotta and tiled mosaic exterior. Designed by renowned architect Thomas Lamb, whose creations include The Stanley Theatre, Proctor's Theatre, Schenectady and The Landmark Theatre, Syracuse.

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How Vanilla Ice Helps Me Make Better Decisions

by Kristy Lenuzza

This is the second installment of a three-part series on decision making. If you missed last month’s article, “Gold Digging Your Way to Stronger Decision Making” you can find it at www.kristylenuzza.com.

What if you just met the love of your life on a cruise ship that happens to be heading straight for an iceberg? What if you wreaked havoc on the police department, turning your town upside down because they’ve done a crap job handling the murder case of your only daughter? What if you had to face your own loneliness as your best friend prepares for her wedding and you find yourself competing for her attention with a beautiful passive aggressive socialite? What if you caught a subway within seconds of the doors sliding closed and your life unfolded in ways you least expected?

In the creative arts world, these energy boosters that jazz up imaginary worlds are called the “Magical If.” *What if... Act as if...* They transport us to help tell a story in colorful and meaningful ways that hopefully resonate with people and make us feel a profound, shared human condition.

In the real world? What if seems to have an entirely different meaning. We don’t tend to look at “what if’s” as magical at all. It’s more like the “Dreaded If”; The “Cringing If”; The “Vomit Inducing If.” What if I move to a new city and make no friends and am miserable? What if I never find someone who “gets me”? What if I spend too long building my career that I end up with fried eggs and no babies? What if I make a total fool of myself when I speak up at the meeting? What if I sign up for that class and am the oldest one by a bazillion years? What if I ask my boss for a raise and he thinks I’m being difficult? What if I ask my boss for a day off and she thinks I’m being lazy? What if what if what if whatifwhatifwhatifwhatif.

We can drive ourselves bananas with all of the what if’s. It stalls us from making progress of any sort. But thanks to the wise man that is Vanilla Ice, there’s another way. Vanilla Ice shows us that insight doesn’t have to be poetic and profound to be meaningful. His to-the-point lyric of “stop, collaborate and listen” does the job and then some.

Let’s break it down, shall we:
STOP

When I fall into the “Dreaded If” of decision making, stop is the first word to pull me back out of my head and into the present moment. It’s a “pay attention” nudge to have me look up and get out of my head and into my space. This simple and effective step shows the power in the pause which allows us to take in our surroundings and come back to the present. Think of it like the power of silence when you listen to someone

speak. That pause creates a palpable vibration.

You are influenced to check in instead of checking out. From this point you’re out of your head and into the present. Mindfulness and presence have become trendy buzzwords which has a tendency to dilute the power of their effectiveness. So if “mindfulness” or “presence” doesn’t work for you then find a word or phrase that does. “Pay attention,” “Stop,” “I’m back”. Any of these will do. You can even do a quick check-in of your senses. What’s the first thing you see?

Feel? Hear? Smell? Taste? “I see a black fan.” “I feel my feet in my shoes.” “I smell fresh coffee.” “I hear rain on the window.” It’s so simple that it’s easy to fly by and discount this step. Remember that there is immense beauty in simplicity.

COLLABORATE

Now that you’re less reactive and more responsive, your emotions are calmer, and you can face the decision from a more grounded mental point of view. The knee-jerk urgency has subsided and you’re ready to neither flee nor fight but listen in. You’re collaborating your internal voice with your external voice. Yes, your intuition always matters when it comes to decision making but it’s not just about saying yes or no with your “gut”. It’s about listening in to see if you need to gather more information and ask more questions before giving an answer.

One way to be proactive and prepare for these decisions is by taking the time to pause, checkin, and write down what matters to you. What are your values and your beliefs? It’s not enough to think them. Writing them down allows you to reflect on them and be clear on what are your true core values and beliefs and what are not. How do you feel when you write them down?

When I did this exercise there was anywhere from a slight to severe shift internally when I wrote down what I believe and care about. Whatever fired me up and/or filled me with joy stayed. The rest was taken out of my list of priorities. Some people do this exercise a few times a year. They carry the list with them and take peeks at it to keep their values and beliefs in the forefront of their minds. I do this more frequently because I find that the practice of regularly handwriting a list amps up the power of them. Go with whatever works for you.

LISTEN

From there, you can choose to listen in to yourself and to others. This is by far the trickiest step. You can get ready for a flood of resistance from your ego from not speaking up first, or getting in the last word, or god forbid, being wrong. No matter what, once you make the brave move to chill out and see what comes up, have faith that you’re moving in the right direction. Sometimes it’s loud and clear: Yes or no. Stop or go. Sometimes it’s knowing that there’s a need to gather more information. Sometimes it’s realizing who to ask for advice.


Other times the next step is sitting in inaction. Don’t be fooled that this is doing “nothing.” This is sometimes the hardest choice to make because we want to fix things. We want to move on and fast. Being in the in-between place is uncomfortable. But sometimes just knowing that we’re choosing to sit in that space uncovers answers that we never would’ve seen otherwise and the solutions become crystal clear.

By choosing to pause, dig deep, and then listen from a genuine and soulful front seat, decision making is not as daunting.

The “Dreaded What If” is now toned down and when it does show up, you’ll be able to catch it (most of the time). You may even find yourself looking at “what if” from the vantage point of creating a life you want to live. Whether it’s brainstorming ideas for your career, family, self, or life, starting sentences with an exciting “what if” may be just what you need to keep you grounded in confidence to take bold action. Having brought this method into workshops, I’ve seen people surprise themselves with the power of their unused imaginations. This creative style of shifting our thoughts helps to refocus our minds on facing our fears so that we can create more of what we love. As a knowing person once said, “Worry is the misuse of your imagination.” And, no, it was not our boy, Vanilla Ice.

The “Magic What If” is not just for the page, stage and the screen. It’s for the story of our life that we are choosing to create. By making this shift to think about ” what if” in a positive light instead of a negative, we begin to create more of what we do want. It’s a practice to keep redirecting our thoughts in grounded optimism. Will the fear ever stop? Yo, I don’t know. But I bet if you turn off the lights, you’ll still glow.

Kristy Lenuzza is the founder of Sow to Speak, LLC, a company that runs workshops in academic and professional settings by applying the techniques and tools of improvisational theater to improve teamwork, communication, leadership, and creativity. A trusting, safe, and playful environment is immediately created so that participants can work together to build resilience to failure and uncertainty while boosting healthy risk-taking, stress management, selfawareness, and speaking with confidence. To learn more visit www.kristylenuzza.com or contact Kristy for a free 15 minute consultation at kristy@kristylenuzza.com.



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The Power of Gratitude

Submitted by MaryJo Timpano

Gratitude is defined as the quality of being thankful and readiness to show appreciation for and to return kindness. Today I'm grateful to have the opportunity to share a few thoughts about how gratitude can change our perspective and actually improve our health. Gratitude makes us happier. It strengthens relationships, improves wellbeing, reduces stress, and in general makes us happier. When we come from a place of gratitude we experience more positive emotions, sleep better and become more compassionate. The latest research also suggests that being grateful strengthens our immune system! This is the power of gratitude.

December can be a tricky month. Colder temperatures, less sunshine, holiday stress and longer to-do lists can take a toll. This can also be a particularly challenging time of the year when expectations are high but we may be feeling low. The hustle and bustle of the holiday season is front and center, and for anyone who is struggling, the bright lights of December can often shine a spotlight on our challenges. Practicing gratitude for the small, everyday blessings in our life has been shown to decrease stress and increase happiness. So this month, all of us at Community Wellness Partners would like to express our gratitude to you, our community, for your trust and support. We will continue to work tirelessly to create an environment where everyone can discover new possibilities and create a life of growth, empowerment, purpose and gratitude!

Combining nearly 150 years of service, Community Wellness Partners is a faith-based 501 © (3) nonprofit affiliation of LutheranCare and Presbyterian Homes & Services. Offering the most comprehensive post-acute continuum of services in Oneida County, NY, Community Wellness Partners has over 980 team members and serves over 1,000 older adults each day throughout our continuum, which includes Home Care, Independent Living, to Rehabilitation, Skilled Nursing, and a state-of-the art Wellness Center.

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. MaryJo is a RYT-200.

The Art of Stephen T. Fletcher

2048 Gallery at Valley Talent Education Center,
2048 Genesee St. Utica
Saturday Dec. 1st 3:00-5:30
Exhibit runs through Jan. 6th.
Please call 315-725-7005 for Gallery hours

Born in 1967 in Utica, New York, Stephen T. Fletcher is a notable force in this generations Adirondack art scene. Fletcher started painting in oils at a very young age with the influence of his mother who was a hobby artist. He studied Commercial Art, Advertising and Design and later attended Munson Williams Proctor art Institute for fine arts. Fletcher's work has won numerous awards and can be found in a myriad of public places and private art collections both in the United States and abroad, and has been seen in numerous exhibitions. He currently lives and creates his paintings in Forestport, New York.



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★ SMALL BUSINESS SATURDAY ★

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Shop Small New Hartford!

The Buy Local Committee of the New Hartford Chamber of Commerce officially kicked off the holiday shopping season with Small Business Saturday on November 24th. Local shoppers picked up custom maps from participating member businesses featured on the map. (see below) For every business visited on Small Business Saturday, participants received an entry into a prize giveaway. The day culminated in a Tree Lighting ceremony at the Village Point Tree and then the festivities moved to Cavallo’s where prizes were awarded.

The Chamber encourages you to “Shop Small” and Buy Local this holiday season in support of all the small businesses in New Hartford and surrounding areas.




Winter Wonderland

Come enjoy a traditional holiday event in the Village of New Hartford on **Saturday, December 1st**. Lola n Lulu Boutique is hosting a Winter Wonderland complete with Santa and Mrs. Claus...and the elves! Santa will read "Twas the Night Before Christmas" at 4:30pm and afterwards, children can get their photo taken with Santa and make ornaments with the elves for the Village Tree. The elves will also help the children write letters for Santa to take with him!

Later, the festivities move across the street to the Point School Park where families can help decorate the Village Tree prior to it being relit at 6:30pm.

SMALL BUSINESS SATURDAY

November 24th



Village of New Hartford

In Bloom Yoga: 1 Genesee Street
 Cavallo's Corked and Craft: 40 Genesee Street
 One Genny Pizzeria & Restaurant: 1 Genesee Street
 Village Florals: 27 Genesee Street
 Gracious Home and Gifts: 54 Genesee Street
 Lola N Lulu Boutique: 70 Genesee Street
 The Village Basement: 70 Genesee Street

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Williams Variety Shop: 8 Clinton Street
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New Hartford Highway News

submitted by Superintendent of Highways Richard Sherman

Today is November 15th and we have been picking leaves for about two weeks. The new trucks have been around the whole town three times. The leaves fell very late this year around the first of November. Remember we have a total of 172.16 lane miles of town roads, 42.11 lane miles of county roads and Rt. 12, Rt5, and R.t 12B which are state roads. We will continue to pick leaves until the first major snow fall. Thank you for being patient during our leaf pickup season.

December will be here when this article comes out and plows and sanders are ready for another busy snow& ice season. Our shifts will begin on November 25th and we will be working with two shifts again this year like last year. First shift will be 4:00am til 12:00 and if snowing 4:00PM. The second shift will be 4:00pm til 12:00am and 4:00am if storming. Remember no all-night parking effective on all town roads so we can clean the streets safely. Please tell your driveway plows not to plow snow across the roadways.

The town will be using brine again this year to pretreat the roads before a storm, and after the storm if needed. The price of salt this snow season went up by \$11.32 cents a ton. Weather permitting our day crew will be trimming trees over the roadways. My cell phone is 315 534-2998 E-Mail rsherman@townofnewhartfordny.gov.

**Cynthia Davis, LCSW-R
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Free Hatha Yoga Classes at Utica Library

The Utica Public Library is offering Hatha Yoga with Kristy Caruso on Mondays, January 7th, 14th, & 28th at 6:30 pm. Hatha Yoga is a practical philosophy that incorporates physical postures, breathwork, and meditation to bring balance and harmony to the mind/body. This ancient science of wellness and peace is appropriate and beneficial to all ages. This three class program is an introductory course that is free to the public and open to all adult ages & skill levels. Please bring your own mat. To register please call the library at 315-735-2279 or sign up online at uticapubliclibrary.org. Registration begins on Friday, December 7th at 8:30 am. Space is limited. The classes will be offered again in April 2019.

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The 2019 Town and County tax bills will be mailed during the week of December 26, 2018, and may be paid during the month of January 2019, Holidays excepted, as follows:

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Thursday & Friday 9 AM – 5 PM
Saturday 9 AM – 12 Noon

TO PAY ON-LINE, please visit www.taxlookup.net **Be sure you are looking at the 2019 taxes, not the 2018 tax amounts.**

On all taxes received after January 31, 2019, there shall be added One Percent (1%) interest for taxes paid during February 2019 and One and one-half Percent (1 ½ %) for taxes paid during March 2019. Taxes may be paid during February and March 2019 at the aforementioned payment locations. Taxes paid in March 2019 will also be subject to a \$2.00 second-notice mailing fee. Pursuant to law, unpaid taxes/tax roll will be returned to the Oneida County Treasurer on April 1, 2019.

IF YOU PAY YOUR TAXES THROUGH A BILL PROCESSING CENTER, PLEASE NOTIFY THAT AGENCY OF THE ADDRESS CHANGE FOR MAIL-IN PAYMENTS (LOCKBOX) AND ASK THEM TO IMMEDIATELY UPDATE THAT INFORMATION ON YOUR ACCOUNT

PLEASE ENTER YOUR TELEPHONE NUMBER IN THE “MEMO” SECTION OF YOUR CHECK, CASHIER’S CHECK OR MONEY ORDER, AS WE MAY NEED TO CONTACT YOU

CAUTION: When presenting a single check/money order for multiple tax bills, be sure the total amount equals the total tax bills; if the Bank discovers an error in your payment, all tax bills are considered unpaid.

Gail Wolanin Young, Town Clerk/Receiver

Photo: Nancy Long

Utica Dance presents
The Nutcracker 2018
@ MVCC

Friday/Dec 14, 7 pm
Saturday/Dec 15, 2 & 7 pm
Sunday/Dec 16, 2 pm



Purchase tickets at UticaDance.com



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MON. DEC. 3rd
& WED. DEC. 5th**



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DEC. 2018 **HAPPY HOLIDAYS!** **THE TOWN CRIER** 23



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Drawing at Sitrin, Noon Dec. 28, 2018

Only 350 Tickets Sold!

For More Information, Call (315) 737-2245.

Proceeds benefit the Sitrin Medical Rehabilitation Center, a not-for-profit corporation. Entrants must be 18 years of age or older, and need not be present to win. The cost of tickets is not deductible as a charitable contribution. Winner is responsible for all applicable State and Federal Taxes.

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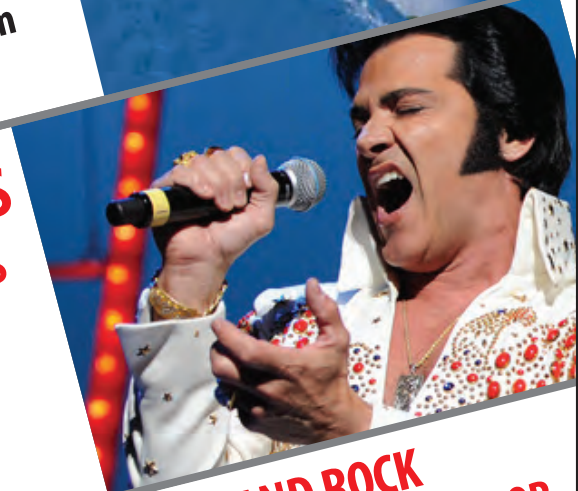
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RETURNS TO THE STANLEY**
Thursday | Dec 6 | 7 pm

**WARREN MILLER'S
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THE MAGIC OF CHRISTMAS**
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EASY MONEY BIG BAND**
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Wednesday | Jan 16 | 7 pm



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Sunday | Jan 27 | 10 am - 4 pm

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LIVE ON STAGE**
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Managing Holiday Stress

The holidays are a time for connection. Celebrating faith in whatever way that means to you and yours. A time to take a break from the hustle and bustle and settle in with the ones we love.

Does this sound like your vision of the holidays?

While this is how many of us want the holidays to pan out, our reality may be different. Sometimes we can't be with the ones we love. Or, on the contrary, sometimes being with the ones we love for too long can be overwhelming. Already busy schedules get overloading with extra events. We may be sleeping less in an effort

to do more. Kids are overexcited and over stimulated.

And trying really hard to be good.

In light of all of this, it's easy to lose sight of the spirit of the holidays.

By the way, how did your Thanksgiving go?

If it wasn't exactly how you would have liked it to be, rest assured it's not too late to change up the holiday season. And, regardless of your faith, these are tips you can use all year round.

Get enough sleep: No one of us functions at our best when we are depleted.

Say no: What events can you pass on so you can say yes to more relaxed time connecting with your family?

Manage your own expectations and emotions: For some of us, no matter how

much we love our loved ones, extra time with extended family can cause stress and anxiety to creep in. Some of us may love hosting the holiday event, but our desire for it to be perfect makes life miserable for us and those around us. Managing expectations and emotions can be a small way to make a big difference. When tension begins to build, where can you find breaks for peace and connection with your child? It's good to be playful, but can you laugh when it inevitably doesn't go as planned? When adults are stressed kids notice and tend to take on that stress.

Traveling with kids or having family stay with you? Kids love to know what to expect. Do your best to give them the information that is available to you: where you are going? how long it will take? who will be there? Try to keep some semblance of a routine for them by bringing some of their favorite foods/snacks, favorite toy or comfort item. Keep nap times if you can.

Use devices wisely: By all means capture your memories, but don't forget to partake in the actual memory as it happens. Enjoy now, post later. If family is far away use skype or facetime to connect with them.

Create a tradition of cultivating gratitude. It's a time for giving. But many parents find themselves feeling frustrated with their child's focus is on receiving. By making gratitude important, you are role modeling for your child how to do this as well. Make it a practice in your family to tell each other every day one thing you are grateful for. Compile a list. (Side note: Don't hold expectations. Your child may say the same thing every day. That's ok. It's the practice that's important). Volunteer your time. Donate gently used toys. There are plenty of opportunities in our community to help local agencies help those in need.

Missing someone? Light a candle in their honor or create a tradition of how to keep their memory alive.

Children learn from what we do, not what we say. Pay attention to the memories you are creating. Are they ones you want to remember?

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, 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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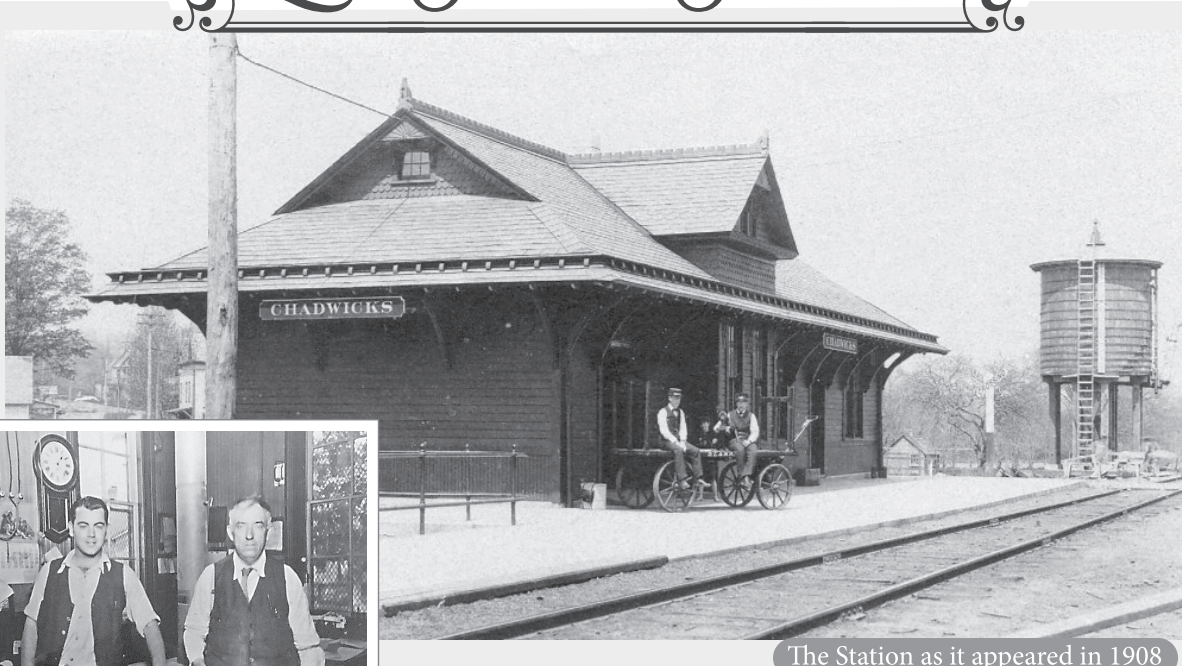
NEW HARTFORD PAST TIMES

DECEMBER 2018

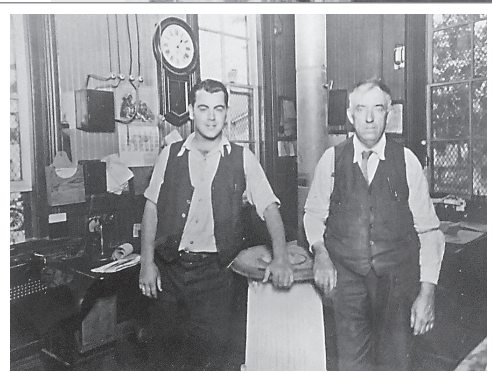
NEW HARTFORD HISTORICAL SOCIETY



ELM STREET STATION



The Station as it appeared in 1908



Telegrapher Patrick J. Reilly (P.J.), and Station Master, Mr. Polly.



The Station after restoration was completed in 1989.

Constructed in 1908 by the Delaware-Lackawana and Western rail line, the station, on Elm Street, was built to replace the old passenger station. In 1950, the rail line gave up passenger service. Until the early 1980s, the station was leased by various businesses. In 1987, Senator Donovan persuaded the property's new owner, the Delaware-Otsego Corporation to deed the station and the property to the Town of New Hartford. Donovan spearheaded a restoration program obtaining \$70,000 in state funds to restore the building to its original charm. He also arranged for Mid-State CorFacility inmates to perform much of the work. When completed, the station was used as a community center until 2014.

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.

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.

MUSEUM IS OPEN TO THE PUBLIC

Mondays: 1-3pm
The 3rd Saturday of the Month: 11am-2pm
Or by appointment.

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THAT was THEN

{ THIS
IS
NOW }

A sampling from our photo collection...
comparing a look at the past with a
modern-day view.

MOBILGAS

The Mobil Station at Oxford and Genesee was centerpiece of Village Commerce. It's remembered fondly as "Blumenstock's Mobil". John Blumenstock moved his family to New Hartford from Topeka, Kansas in 1949. John ran the station from the early 50's until his retirement in the late 1970s. Today it's the Italian Chef.

ITALIAN CHEF



2018



1950's

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DEC. 2018

COMMUNITY NEWS

THE TOWN CRIER 27

New Horizons Barbershop Chorus at Utica Library

On Saturday, Dec. 1st at 1:00 pm, the Utica Public Library will host a concert by the New Horizons Barbershop Chorus. These talented artists will present an entertaining evening of great classics, Broadway standards, pop hits, and a hint of the holiday season. There will be performances by individual quartets, as well as, the entire chorus. Here's an opportunity to see and hear local talent with a wealth of full, rich vocal skills. Free to the public. For more information call the library at 315-735-2279.



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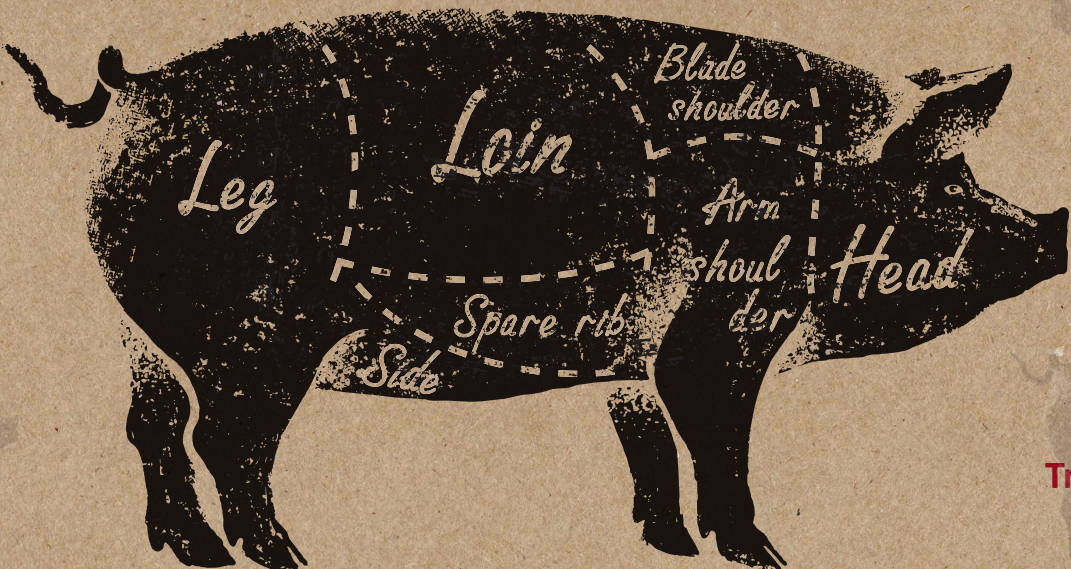
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Check our Facebook Page for Schedule

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Enjoy every game here with the NFL Sunday Ticket
Buy 1 - Get 1 Well Mixers
Kansas City BBQ Blood Mary's
\$3 UC and Bud Lite Pints
\$2.50 Select Bottle Beer
.75 cent Wings (dine-in only)

• { appetizers } •

Sriracha Deviled Eggs |
3 - \$2.99 | 6 - \$5.99 | 12 - \$9.99
Soup | Cup \$3.95 | Bowl \$4.95 | Quart \$12.95
Ask your server for available choices
Shrimp | 1/4 lb. \$6.99 | 1/2 lb. \$11.99
Basket of peel and eat shrimp • served chilled
with a spicy remoulade for dipping
Fried Green Tomatoes | \$5.99
Fresh sliced green tomatoes • panko breaded
served with chili aioli
Brisket Poutine | \$11.95
House-cut fries • cheese curd • brown gravy •
brisket
Southern Fried Chicken Tenders | \$8.95
House-breaded • fried chicken tenders •
your choice of sauce
Nachos | \$7.99
Tri-colored corn chips • cheese • baked beans •
salsa • jalapeño • sour cream
Add Meat (pork, turkey or brisket) + \$4.00
Smoked Chicken Wing Dip | \$7.49
Spicy three-cheese dip with hot sauce •
smoked, pulled chicken
Hush Those Puppies | \$6.49
Deep fried corn bread • with house-made
maple butter
Reuben Balls | half \$5.99 | full \$11.49
Everything that's in the sandwich rolled into a
bite-sized ball
Loaded Fries | \$7.99
House-cut fries • cheddar • monterey jack
cheese • bacon
House-Cut Fries | \$4.99
Sweet Potato Fries | \$5.99

• { smoked wings } •

Char-grilled with your choice of buffalo style,
honey garlic or any of our house-made sauces
3 - \$3.99 | 6 - \$5.99 | 12 - \$11.99

• { dinners } •

Served all day • Dinners include two
sides • **Homemade Corn muffin**
CHICKEN & WAFFLES | \$14.99
Southern fried chicken tenders • belgian waffles •
house-made honey mustard glaze
SOUTHERN FRIED CHICKEN | \$13.99
HALF BBQ CHICKEN | \$12.99
PULLED PORK | \$14.99
MEMPHIS-STYLE RIBS | \$18.99
BABY BACK RIBS | \$18.99
SMOKED TURKEY | \$14.99
EAST TEXAS SAUSAGE | \$15.99
TEXAS-STYLE BEEF BRISKET | \$16.99
TWO MEAT COMBO | \$19.99

• { meat only } •

PULLED PORK | \$11.99/lb.
TEXAS BEEF BRISKET | \$15.99/lb.
SMOKED TURKEY | \$14.99/lb.
EAST TEXAS SAUSAGE | \$13.99/lb.
HALF BBQ OR FRIED CHICKEN | \$9.99/ea.
MEMPHIS RIBS
1/2 Rack \$17.99 | Full Rack \$26.99
BABY BACK RIBS
1/2 Rack \$17.99 | Full Rack \$26.99

• { sauces } •

All sauces are house-made
Texas - Our original texas bbq sauce
Carolina - Our original vinegar-based bbq sauce
Jake's Honey Bourbon - Classic texas bbq sauce
with a hint of honey and bourbon
Kansas City Sweet - Sticky sweet and tangy
with a hint of heat
Kansas City Hot - Sticky sweet and tangy
with hot habanero heat
Colonel Mustard - Our classic mustard-based
carolina sauce

• { sandwiches } •

All served with one side
**PULLED PORK, TURKEY, BRISKET
OR SAUSAGE** | \$9.99
CAROLINA STYLE PULLED PORK | \$10.99
served with slaw on top
THREE-LITTLE-PIGGIES | \$11.49
Three sliders with your choice of pulled pork,
sausage, smoked turkey or brisket
THE CUBAN | \$10.99
Pulled pork • ham • swiss cheese • pickle • ranch
or colonel mustard bbq • grilled on rye bread
FRIED OR BBQ CHICKEN SANDWICH | \$10.99
Southern fried or bbq chicken breast on a ciabotta
roll • lettuce • tomato • cheddar • bacon and
chipotle mayonnaise
BRISKET GRILLED CHEESE SANDWICH | \$10.99
Brisket • havarti and cheddar cheese • colonel
mustard • grilled on panini bread
YESTERDAY'S BRISKET | \$10.99
Thin sliced brisket served cold on a hard roll •
lettuce • tomato • onion • provolone • garlic aioli

• { salads } •

WEDGE SALAD | \$9.99
Iceberg lettuce • bacon • tomato • house-made bleu
crumbled egg
HOUSE SALAD | \$6.99
Spring mix • tomato • cucumber • sliced red onion
• house-made balsamic
COBB SALAD | \$11.95
Grilled chicken • avocado • bacon • crumbled egg
• tomato • iceberg and romaine lettuce • house
dressing or house-made bleu cheese
FETA SALAD | \$9.99
Spring mix with almonds • cranberries • topped
with feta cheese • served with • house-made
raspberry balsamic vinaigrette
BUFFALO CHICKEN SALAD | \$10.95
Romaine • tomatoes • cheddar jack cheese •
buffalo-style tenders • house-made bleu
ADD MEAT TO ANY SALAD | ADD \$4

• { burgers } •

Black Angus Beef • 8 oz. Burger
served on hard roll with one side
CHEESEBURGER | \$10.99
Burger topped with your choice of cheddar •
swiss • provolone or havarti **Add Bacon + \$2**
THE BIG BAD WOLF | \$12.99
Burger topped with havarti • mushrooms •
caramelized onions • hot peppers
BBQ BURGER | \$12.99
Burger served with cheddar • bacon • fried
onion rings • kansas city sweet bbq sauce
SOUTHERN BURGER | \$12.99
Burger topped with house-made pimento
cheese • bacon • fried green tomatoes
BACON BLEU BURGER | \$12.99
Burger topped with bacon • cheddar •
house-made bleu cheese
AVOCADO BURGER | \$12.99
Burger topped with havarti cheese •
bacon • sliced avocado • chipotle mayonnaise

• { seafood } •

THREE CATFISH TACOS | \$13.99
Breaded deep-fried catfish • shredded lettuce
• corn & black bean salsa • sliced avocado •
cheddar jack cheese • chipotle lime aioli •
served with your choice of one side
FISH FRY (FRIDAY ONLY) | \$13.99
8 oz. fresh haddock house-breaded •
served with your choice of two sides

• { kids } •

BURGER OR PORK SLIDERS | \$7.99
Two beef or pork sliders served with
your choice of side
CHICKEN FINGERS | \$8.99
Chicken fingers served with your choice
of sauce and your choice of side
GRILLED CHEESE | \$7.99
Grilled Cheese sandwich with your choice of side
CROCK OF BAKED MAC & CHEESE | \$5.99

• { sides | \$2.99 Each } •

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Sitrin's nursing staff build strong bonds with the residents and patients to whom they provide care.

Sitrin Provides Local Students with Nursing Scholarship

Sitrin Health Care Center has recently established a new scholarship program to aid the nationwide nursing shortage and provide students of the community with a career-building opportunity. The Keep Calm & Nurse On program is available for high school juniors and seniors throughout the region. In this program, Sitrin will award selected students with a scholarship to become a Certified Nursing Assistant (CNA), as well as provide employment as a CNA at Sitrin.

Understanding that not everyone who graduates moves on to higher education, this exciting two-part program will provide students who may be unsure about their futures with the first step to a career path. The overall objective is to introduce young adults to health care, and get them excited about an impactful career in nursing.

Applicants will first go through an interview and job shadowing process, meeting with leaders of Sitrin's nursing department. This will allow students to learn first-hand about Sitrin's unique services. Those interested in a faster-paced environment, similar to that of a hospital, may experience inpatient medical rehabilitation. Students seeking more interpersonal connections may enjoy working with Sitrin's senior population, or with registrants of the adult day care program. Others may work with a variety of ages and abilities in NeuroCare, providing critical care to individuals with Huntington's Disease (HD) and Amyotrophic Lateral Sclerosis (ALS).

Those selected after this process will move on to the final scholarship phase, during which Sitrin will pay the costs associated with pursuing a CNA certification. After completion of the certification, recipients will begin work as a CNA at Sitrin. This opportunity will provide the new CNAs with competitive salaries, life and health insurance, paid time off, no mandatory overtime, and other employee benefits. Full-time, part-time, and flexible scheduling options are available. Ultimately, this will allow pre- and post-graduates the freedom and security they seek after completing school.

Sitrin first launched this program at a seminar last month. High school principals, counselors, and youth agency employees were invited to learn about the program. Attendees were introduced to Sitrin staff

members who showcased the distinctive qualities of the program, including being open to students of any academic ability, availability of part-time work while enrolled in school, potential for growth in a nursing career, and much more. Overall, the seminar introduced the benefits this program will provide to students and schools alike.


Local high school juniors and seniors are invited to apply for Sitrin's Keep Calm & Nurse On program. There is no GPA or experience requirement. Application forms can be downloaded at www.sitrin.com/scholarship. In addition to the application, students must also provide a brief essay on why they would be a good candidate for the program, as well as an academic letter of reference. For more information, please contact Brenda Cobane at bcobane@sitrin.com or (315) 737-2224.

In addition to the aforementioned program, Sitrin provides a variety of services, including comprehensive medical rehabilitation (inpatient and outpatient), long-term care, assisted living and enriched housing (Cedarbrook), independent living (Georgian Court Estates), NeuroCare, residences for people with intellectual disabilities and medically complex conditions, adult day health care (OPAL Program), military rehabilitation, adaptive sports, specialized care clinics, dental clinic, aquatic therapy, wellness center, and child care center.


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Most homeowners policies do not cover sewer backup unless specific sewer backup insurance coverage is added. If your home falls victim to the damages of backups or overflows and you aren’t covered, you’ll be liable for home repairs and cleaning costs out of pocket. Discover some of the most common ways your sewer lines can be damaged, and what you can do to protect your home!

1. Blockages Due To Tree Roots

The trees in your yard may be beautiful, but their roots can cause damage to your plumbing. Tree roots can dig very deep in search of water and nutrients, things that can be found in abundance in pipelines. These roots can enter pipes through small cracks and continue to grow until extensive damage is caused. Different tree roots grow in different ways, so it’s a good idea to know about each kind located on your property!

2. The Flushing Game: Toys & Other Strange Items

Plumbers are no strangers to discovering weird objects in toilets like toys, keys and watches. However, some mystery clogs are caused by the most bizarre and unlikely items. We’ve compiled a list of some of the craziest items that have been flushed down the toilet:

3. Aging Sewer Systems

According to the Civil Engineering Research Foundation, the number of backed up sewers is increasing about 3% per year. Sewer systems in the United States are on average over thirty years old, which is a huge contributing factor to the rapid increase of sewer backups, overflows and flooded basements.

4. Improper Disposal of Grease

Pouring grease down the drain can cause clogged pipes and even sewer overflows. Liquefied fat, oil and grease (FOG) that is poured down kitchen sinks will build up over time, and can cause major damage to your home. These fat and oil buildups cause about 36,000 sewer overflows each year!

To properly dispose of your cooking greases, simply place the cooled liquid into a sealed non-recyclable container and discard it with your regular garbage. If you pour grease down the sink or even into the toilet, it will cool and harden in your pipes (or in the sewer) down the line.

5. Combined Pipelines

Sometimes sewer systems combine the raw sewage pipeline with the storm water pipeline. During times of intense storms and runoff, this combined pipeline can become clogged with debris. This can result in a sewage backup situation in your basement or other low-lying drains.

The Cost Of Sewer Backup Insurance Coverage

It’s easy to see how many different ways your sewer pipelines can be compromised. But don’t wait until one of these factors causes a problem and your home is devastated by sewage and water damage. Sewer backup insurance coverage can be added to a homeowners insurance policy for as little as \$50 a year!

Ice Dams

What is an ice dam?

An ice dam is a ridge of ice that forms at the edge of a roof and prevents melting snow (water) from draining off the roof. The water that backs up behind the dam can leak into a home and cause damage to walls, ceilings, insulation, and other areas.

What causes ice dams?

There is a complex interaction among the amount of heat loss from a house, snow cover, ventilation and outside temperatures that leads to ice dam formation. For ice dams to form there must be snow on the roof, and at the same time higher portions of the roofs outside surface must be above 32°F while lower surfaces are below 32°F. For a portion of the roof to be below 32°F, outside temperatures must also be below 32°F. When we say temperatures above or below 32°F, we are talking about average temperature over sustained periods of time.

The snow on a roof surface that is above 32°F will melt. As water flows down the roof it reaches the portion of the roof that is below 32°F and freezes, an thus causing an ice dam.

The dam grows as it is fed by the melting snow above it, but it will limit itself to the portions of the roof that are on the average below 32°F. So the water above backs up behind the ice dam and remains a liquid. This water finds cracks and openings in the exterior roof covering, and flows into the attic and / or living area space. Non uniform roof surface temperatures lead to ice dams.

What causes different roof surface temperatures?

Since most ice dams form at the edge of the roof, there is obviously a heat source warming the roof elsewhere. This heat is primarily coming from the house. Exhaust systems like those in the kitchen or bathroom that terminate just above the roof may also contribute to snow melting. Recessed lights, skylights, complicated roof designs, and heating ducts in the attic will all increase the risk of ice dam formation.

Frequent use of wood stoves and fireplaces allow heat to be transferred from the chimney into the attic space. Improperly vented exhaust directly into the attic space from bathrooms, stove exhaust and inadequately insulated or leaky duct work in the attic space can all contribute to snow melt resulting in ice dams.

Preventing and dealing with ice dams:

Remove snow from the roof. This eliminates one of the ingredients necessary for the formation of an ice dam. A "roof rake" and push broom can be used to remove snow, but may damage the roofing materials.

In an emergency situation where water is flowing into the house structure, making channels through the ice dam allows the water behind the dam to drain off the

roof. The channel will become ineffective within days and is only a temporary solution to the ice dam.

WARNING!

Any person on the roof during the winter or performing work on the roof from below is risking injury and risking damage to the roof and house. It is important to contact professionals to carry out this job.

Whenever a house is tightened up, ventilation systems, exhausting devices, and combustion devices must have enough air to operate safely and effectively! Weatherization contractors, who may be listed under Energy Management and Conservation Consultants or Insulation Contractors in the Yellow Pages or on the internet are professionals who can deal with the heat transfer problem that creates ice dams. Professional, experienced mitigation contractors should be called to deal with interior water damage and damaged areas should not be repaired until confirmed dry. In addition, interior repair should be done together with correcting the heat loss problem that created the ice dam(s) or the damage will occur again.

Moisture entering the home from ice dams can lead to the growth of mold and mildew. These biologicals can cause respiratory problems. It is important that the growth of mold and mildew be prevented. This can be done by immediately drying out portions of the house that are wet or damp.

For more information on any concerns, please feel free to call Disaster Services. When in need of emergency or non-emergency services, Disaster Services LLC. offers immediate certified response to damage caused by water, fire, smoke and mold. We are a N.Y.S. licensed mold removal firm and recognized by all insurance carriers, working closely with both the home owner and insurance carrier. When calling our office, you will always speak to a certified technician not an answering machine. We realize that in your time of need you should be speaking to a live voice, not a machine. When your emergency arises, call us at 315 797-1128 day or night.



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10 BBQ Ribs 11:00 Aerobics 1:00 Sr Theater Prod	11 Chicken/Supreme Sauce 10:00 Bridge/Canasta 10:00 Computer Training 10:30 Entertainment	12 Macaroni & Cheese 11:00 Attorney Mark Wilber will be here	13 Shepherd’s Pie 10:00 Canasta	14 Fish Sticks 10:00 Bridge 11:00 Aerobics
17 Chicken Riggies 11:00 Aerobics 1:00 Sr Theater Prod	18 Tuna Noodle Casse- role 10:00 Bridge/Canasta 10:00 Computer Training 10:30 Entertainment	19 Cheese Omelet N H SENIOR CHOIR WILL BE HERE TO SING AT 12:00	20 Italian Wedding Soup 10:00 Canasta AARP DRIVERS CLASS 8:30-3:30	21 XMAS HAM DINNER 10:00 Bridge 11:00 Aerobics 11:00 SENIOR BAND
24 CLOSED XMAS EVE	25 Merry Christmas !	26 Salisbury Steak w/ Gravy	27Kielbasa 10:00 CANASTA	28 New Year’s Dinner Sliced Roast Beef 10:00 Bridge 11:00 Aerobics 11:00 SENIOR BAND
31 Spanish Rice 11:00 Aerobics 11:30 Scott Redmond Enterr- tainer 1:00 RSVP Theatre Group	Chair Yoga is offered at N H P L At 11 A M ON TUESDAYS			

NH Senior Center

Submitted by Eileen Spellman, director

What a year for the Senior Center Seniors. We started at 1 Sherman St. which we had been at for 32 years and we loved it. Then we needed to move as time changes and our Town Supervisor wanted to consolidate the Town offices including the Senior Center to be in the same place and save money for the taxpayers. We moved to Willowvale as St. John’s needed the space for a latch key program and nursery school expansion. This also was a plus for them, as we had air conditioning at the senior center.

The Willowvale Fire House meeting rooms are great and we love it as the people are very welcoming to us and the building is beautiful. It has an outstanding kitchen and my office is the conference room which gives me time to think up programs and write grants. We have lots of light here and a country atmosphere which is quiet and peaceful. Imagine me saying quiet and peaceful at a fire house, but it is. We know the fireman go out on calls, however it is very quiet in the building. There is a senior band that comes and plays frequently and we have Charles Ernst who plays the keyboard and Jeff Glatt, plus an extra bonus, Scott Raymond. It is good to have a lot going on and we do.

Dinners are served at 11:45 a.m. and they are very good. Our health fair was a huge success followed by our celebration of being a senior center for 32 years. A very special thank you to Capital District Physician Health Plan for sponsoring the Sr. Anniversary party. The seniors enjoyed a hot delicious turkey dinner and received a beautiful mum plant. We will have candidate’s day this upcoming week as I am writing this article in late October. I hope the best one wins. We also had our Halloween/Birthday party and were entertained by the Senior Band.

We will have had our recognition of Veterans thanks to American Legion post 1376, and then our Ecumenical/Memorial Program followed by our Thanksgiving Dinner. A very special Thank you for the area clergy who did this for us and the Senior Band Choir.

Now for December.: We will have the Senior Band here several times, Charlie Ernst who is here every Tuesday playing the keyboard. What a blessing bringing music to the Seniors.

Dec. 12 at 11:00 a.m., Attorney Mark Wolber will be here. He always brings us updated information on Senior Power of Attorney, Health Care Proxies and Living Wills. Plus information on what Seniors need

to know.

The New Hartford High School Choir will be here or at the new Town Hall if the center is ready. We will be busy getting everything moved from here to there now and getting all organized ASAP. The new address will be New Hartford Town Hall 8635 Clinton St. New Hartford, NY 13413

That could be after Dec. 15, if all goes as planned. Our current address is 48 Genesee St until the end of this year.

As of Jan. 1, 2019, we will not have our Senior Wellness program. I want to thank Cindy La Fountain and Mark Inserra for doing this for us 23 years. What a great program. We will miss Cindy and Mark. Cindy we wish you the best in your retirement. Enjoy it is well deserved. Mark Inserra will continue doing his great work at the All American Fitness Center.

We will have an Aerobic program starting Jan 14th at Monday 11:00 a.m. and again on Fridays at 9:45 a.m.

This will be at the New Hartford Town Hall at the Orchard next to Kohl’s Dept. Store. Come join us as we will have a lot of fun there and you will make a lot of new friends. This is the happening place. Zumba will be at 10:00 to 10:45 a.m. on Thursdays. Chair yoga will be announced. I know it is at the New Hartford Public Library on Tuesdays at 11:00 a.m.

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A very special Merry Christmas, Happy Hanukah, Happy Holidays to all of you. I wish you the Joy and Peace at this beautiful time of the year. Keep God close

as He loves all of you. Remember to visit someone who is alone and help those in need. It will come back to you, helping others is what it is all about. Plus it keeps you young.



Thanksgiving Celebration Dinner at the NH Senior Center



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 Please bring a dish to pass plus your personal place setting.
 Program: Dr. Roy Cooley- Hiking is Southwest Ireland

Artists Opening Reception - Sunday, December 16 from 4:00pm - 6:00pm

The Kirkland Art Center welcomes artists Romaniko and Weir to the Main Gallery in Clinton, NY. The event is free and open to the public and includes hors d'oeuvres and refreshments!

Our last show of the year features artist Pavel Romaniko, born just outside Moscow, Russia. Pavel works with photographs, sculpture, and video. For his on-going project Nostalgia, Pavel Romaniko constructs miniature sets of building interiors using construction paper. Although reminiscent of domestic interiors Romaniko photographed in his previous series Russia (2005, 2007), and incorporating imagery from his series Still-Lives (2007), most of Nostalgia's carefully lit interiors are not always specific to actual locations but instead become symbolic reflections on Russia's political landscape and history, exile, blurred memory, and Romaniko's own longing for a relationship with his personal and cultural past. The empty, melancholic interiors are not only paper constructions, they are reconstructions created from Romaniko's recollection of the past and found photographs. The nostalgia, Romaniko feels for his personal past, mirrors his native Russia's attempts at reconciliation with its tumultuous history and its uneasy relationship with a rapidly changing present.

Margi Weir's works are inspired by the world around her, and meaning is implied by the juxtaposition of images, not stated in narrative fashion. Conclusions are left to the viewer in the hope that a continued questioning will be inspired by the work of art.

The exhibition will be in the gallery from December 11 - January 18, 2019.

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Conquer Your Digital Addiction

Mobile devices have revolutionized the way we communicate and access information. Yet as we constantly communicate with others via social media sites and cellphone apps, it sometimes comes at the expense of face-to-face interactions, which are so crucial to establishing and maintaining meaningful personal relationships. Below are five tips to help you enjoy your favorite gadgets without sacrificing quality time with the people you care about most.

Free up your hands. Licensed clinical social worker and relationship therapist Rhonda Milrad says most of us are more deeply connected to our mobile devices than we realize. In fact, according to a recent study by Deloitte, people in the United States collectively check their smartphones more than 9 billion times per day.¹ To truly unplug, you have to eliminate all temptation. “The phone has to be turned off and put in a place where you cannot see or hear it,” Milrad says. “Only then are you free to be more mindfully present to yourself, your surroundings, and others.”

Physically separating from your mobile device also frees you to engage in important nonverbal activities that nurture human connection. A 2015 study² published in the journal Social Psychological and Personality Science indicates that touch-related gestures strengthen the bond and feelings of closeness between couples. Similar studies indicate that touching can improve and protect adult relationships — romantic and otherwise.

Schedule a quitting time for devices. “It’s impossible to bond with the people who are in the room with you when your attention is elsewhere,” says Milrad. “Meaningful connections at the dinner table cannot

happen when everyone is busy checking their phones.” To help promote healthier family dynamics, set rules for when technology is off-limits in the house. Pick a common area, such as a box or basket, where all family members must leave their digital gadgets during the designated tech-free timespan.

Change your activities. If you’re worried about your ability to resist the lure of your cellphone, make more action-oriented plans with your friends, like taking a walk or learning a new activity together. This will help you be more mindful of your environment and focused on the people around you.

Give yourself permission to disconnect. Addicted to your mobile device because you have a job where it’s the norm to respond to email and text messages outside of business hours? Life coach Amy Hall says you may need to give yourself permission to disconnect to feel comfortable separating from technology. “We experience the most trouble disconnecting on our days off because we have an impulse to stay connected but feel a pull to make the most of our weekends,” she says. “The paradox can be quite anxiety-inducing.”

When her clients struggle with the idea of disconnecting because of work demands, Hall suggests they schedule 30 minutes on Sunday mornings to comb through email for any emergencies or fires to put out, write a to-do list for the week ahead, and make specific short- and long-term goals. Tending to pressing business (briefly) and outlining what the week ahead will entail can relieve the sense of anxiety that powering down often presents.

Create a new morning ritual devoid of electronics. Hall says that you’re sending yourself a signal that electronics will rule your day if you reach for the phone first thing. “Take time for yourself in the morning: meditate, have a screenless breakfast as a family, set positive intentions for your day before you ever glance at a screen,” she says. Although your mobile device may give you access to vital information, news, and tools, you’re in charge of where you place your attention.

¹<http://www2.deloitte.com/us/en/pages/technology-media-and-telecommunications/articles/global-mobile-consumer-survey-us-edition.html> (page 9 of report)

²<http://spp.sagepub.com/content/6/7/831.abstract>

This advertisement was written by Wells Fargo Advisors and provided to you by Christopher J.

Carbone, CFP®, AWM®, LUTCF®, First Vice President-Investment Officer-Financial Advisor.

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RPEA Holiday Luncheon and Membership Meeting

The Retired Public Employees Association, Mohawk Valley Chapter, will be having their Holiday Luncheon and Membership meeting on December 13th. It will be held at Club Monarch, 16 Erie Street, Yorkville. It will be held from noon until 3pm, lunch will be at 1pm. The guest speaker will be Jack McPadden, RPEA President. Holiday music will be by Linda LaDuc. There will be a lottery tree, door prizes and a theme basket raffle.

Lunch options are: Queen cut prime rib for \$27.

Chicken Francaise, boneless chicken breast sautéed in egg, parsley, parmesan cheese and baked in butter with lemon sauce for \$22.

Roast Pork, a generous portion of fresh roasted boneless pork over homemade dressing, covered with homemade gravy for \$22.

Stuffed fillet of Sole, baked sole stuffed with crab, shrimp and scallops, served with baked potato for \$22.

Gluten free or vegetarian options available upon request for \$22.

All dinners are served with salad, rolls, butter, tea, coffee and dessert.

Please make checks payable to: Mohawk Valley Chapter RPEA, mail to Elaine Dziadyk, 119 Hampton Road, Frankfort, NY 13340. For further information, please call Elaine at 315-735-7228. Reservations are due no later than December 5th.

Please bring toiletries for Make a Difference Day. Toothpaste and toothbrushes have been requested. Food Pantry and Make a Difference donations will be given to the Evelyn House.



DECEMBER SPECIAL
SATURATION MAILING SPECIAL



Good Thru 12/31/18

6" x 8.7" Full Color Postcard
mailing to every valid address in a neighborhood!
Minimum 2,000 Quantity

Target your Audience & Save money!

Let us show you how a Saturation Mailing can save you money versus Every Door Direct Mailing!!

.28¢ Standard Rate / .21¢ Non Profit Rate
includes: Print, Postage and Delivery to Post Office!

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



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First Vice President - Investment Officer

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0218-04940



Marty Gorton

Licensed Real Estate Agent

Cell: 315-534-4661
Office: 315-853-3535
realestatebymartyg@gmail.com



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2709 Genesee Street, Utica
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sharonkanfoushwellness@gmail.com



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zaknsam@roadrunner.com

NHFD News

Your New Hartford Volunteer Fire Department responded to 83 calls during the month of October as indicated by the monthly call report listed below by category:

Fires	=	0
EMS	=	43
Hazardous	=	6
Service Type	=	11
Good Intent	=	3
Other Alarms	=	20
Weather Related	=	0
Other	=	0



Total Calls for the Month of October 2018 = 83
Total calls year-to-date through Oct. 31, 2018 = 919.
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.

Be Safe This Holiday Season

New Hartford Volunteer Fire Department Fire Chief Tom Bolanowski, along with the officers and members, extend their very best wishes for a Happy and Safe Holiday Season. As the Christmas holidays approach, we'd like to take this opportunity to remind everyone of a few fire prevention safety tips.

This is the season that represents a time for family festivities and good cheer. But, also there is an increased risk of home fires. Many households engage in holiday activities that serve as some of the leading causes of U.S. home fires, including cooking, Christmas trees, candle usage and holiday decorations also significantly contribute to the seasonal causes of home fires. Add to that the hectic nature of the holidays, when people are trying to accomplish multiple tasks at one time, and the chance for home fires grows even more. Fortunately, with a little added awareness and some minor adjustments to holiday cooking and decorating, the season can remain festive and safe for everybody.

Here are a few preventative steps a for a happy and safe holiday season:

With unattended cooking as the leading cause of U.S. home fires and home fire injuries, we recommend someone stays in the kitchen while you're frying, grilling or broiling food. Most cooking fires involve the stovetop, so keep anything that can catch fire away from it, and turn off the stove when you leave the kitchen, even if it's for a short period of time. If you're simmering, boiling, baking or roasting food, check it regularly and use a timer to remind you that you're cooking. The department also suggests creating a "kid-free zone" of at least three feet around the stove and areas where hot food and drinks are prepared or carried.

Candles are widely used in homes throughout the holidays, and December is the peak month for home candle fires. The nonprofit National Fire Protection Association's (NFPA) statistics show that two of every

five home decoration fires are started by candles. During the month of December, it is estimated that over 11% of home candle fires began with decorations compared to 4% the rest of the year. Therefore, we encourage all New Hartford residents to consider using flameless candles, which look and smell like real candles. However, if you do use traditional candles, keep them at least 12" away from anything that can burn, and remember to blow them out when you leave the room or go to bed. Use candle holders that are sturdy, won't tip over and are placed on uncluttered surfaces. Avoid using candles in the bedroom where one-third (two of five) of U.S. candle fires begin or other areas where people may fall asleep. Lastly, never leave a child alone in a room with a burning candle.

According to NFPA, U.S. fire departments respond to an average of more than 230 home structure fires caused by Christmas trees each year. Nearly half of them are caused by electrical problems, and one in five resulted from a heat source that's too close to the tree. Things to consider for picking, placing and lighting the tree:

If you have an artificial tree, be sure it's labeled, certified or identified by the manufacturer as fire-retardant.

If you choose a fresh tree, make sure the green needles don't fall off when touched; before placing it in the stand, cut 1-2" from the base of the trunk. Add water to the tree stand, and be sure to water it daily.

Make sure the tree is not blocking an exit, and is at least three (3) feet away from any heat source, like fireplaces, space heaters, radiators, candles and heat vents or lights.

Use lights that have the label of an independent testing laboratory, and make sure you know whether they are designed for indoor or outdoor use.

Replace any string of lights with worn or broken cords, or loose bulb connections. Connect no more than three (3) strands of mini-string sets and a maximum of 50 bulbs for screw-in bulbs.

Never use lit candles to decorate the tree.

Always turn off Christmas tree lights before leaving the home or going to bed.

Holiday Special



GIVE SOMEONE THE GIFT OF FITNESS

Buy 3 Months AND Get 1 Month **FREE!**

for only **\$139**

AVOID SHOPPING CROWDS! Simply Call Us!

We will accept your credit card orders through December 31st. Your gift certificates will be mailed to you the day the order is taken!



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New Hartford
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36 THE TOWN CRIER

HAPPY HOLIDAYS!

DEC.
2018

The Horned Dorset Inn Continues to Earn OpenTable's Highest Award as it Approaches its Seasonal Closing Date

The Horned Dorset Inn will end its 2018 season on Jan. 6, closing for the winter but stepping out in style with yet another top award from OpenTable, as well as a variety of special holiday dining choices and a final dinner concert. The inn will reopen for the 2019 season on April 25.

Chef Aaron Wratten, his wife and inn Manager Maddalena Molli, and their staff continued their golden string of 2018 OpenTable awards for gourmet service in October, with diners who used the on-line reservation service rating the inn "Best Overall" for restaurants in the New York/Tri-State Area. The Horned Dorset earned top grades for its food, service, ambience, and overall value, as well as being named a favorite for romantic dining and special occasions.

With reservations full for Thanksgiving, the inn's next big event is the Dec. 9 dinner concert featuring Pianist

Sar-Shalom Strong. Known throughout Upstate New York for his highly sensitive performances as both a soloist and collaborative artist, Strong has performed with many international touring artists and top Upstate New York musicians for more than 30 years. He served as the pianist of the Syracuse Symphony Orchestra for a decade and remains dedicated to teaching and mentoring aspiring younger musicians, as well.

For the overall holiday season, the restaurant will expand both its menu and hours of service. It will offer a variety of special festive dishes, which will be posted at www.horneddorsetinn.com, and it will open its doors for dinner on both Christmas Eve and Christmas Day, as well as New Year's Eve and New Year's Day.

Live music by The Mollin-Clay Jazz Duo will continue, as usual, on most Friday evenings in the "Library Room."

Patrons needn't worry about the return drive home in darkness or under variable weather conditions. Reservations can be made for overnight accommodations in comfortable, well-appointed rooms either at the inn or in several restored houses within walking distance of the restaurant. A European-style buffet breakfast is included.

The inn can accommodate parties of between six and 80 guests, with an experienced coordinator dedicated to arranging the details of the event. The private dining rooms host up to 12 people.

The restaurant also is available to cater off-site private and business events ranging from lunches, cocktail parties and light dinners to buffets, galas and corporate events.

For those who prefer to entertain or dine in their own home, the restaurant offers "Horned Dorset To Go," allowing patrons the opportunity to order in advance and pick up their home holiday feast or business dinner to take out. Dinners feature fully prepared gourmet meals, including the inn's signature hot cheese soufflé; a well-accompanied entree of meat, game or fish; and a dessert.

Located at 2000 State Route 8 in the hamlet of Leonardsville, the inn is about a 25-minute scenic drive from either Utica or Cooperstown. For more details about the inn's menus, room rates, dinner-concerts, and other offerings, please visit www.horneddorsetinn.com or call 315-855-7898.



YOUR GIFT. THEIR SMILE.

For most, the holiday season is a festive time of year spent with friends and family, sharing joy and exchanging gifts with loved ones. Many children at [The House of the Good Shepherd](http://www.houseofthegoodshepherd.org) have only dreamed of holidays filled with laughter and presents.

HOLIDAY HOPES encourages members of our community to help make these holiday dreams a reality by fulfilling children's holiday wishes!



Also, look for the special insert in this month's issue to read about the **Spirit of Josh Fund**, which will also help make children's wishes come true all year long!

Contact us today to find out how you can make a child's holiday wish come true! Giving levels are \$25, \$75, or more for entire families.

Call Bonnie Lynch at 315.235.7770 or email BonnieL@hgsutica.com for more information.

ChangingChildrensLives.com

Look what's coming up at the Museum!

Celebrate 55 Years with Us

Please join us for a Night at the Museum (for adults!)

All are welcome!

Enjoy four floors of food, drink, live entertainment and... play!

Wednesday, December 5, 2018

5:55 - 7:55pm • \$55 per person

Please RSVP to (315) 724-6129

or dkessler@kidsoneida.org

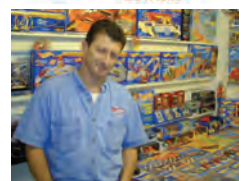
Join us over holiday break

The Museum will be open

December 26-30



And don't forget to see our new Hot Wheels exhibit featuring Mike Zarnock's amazing collection!



Like our page to keep up with the latest information for all events, school breaks and more.

Also think of us for birthday parties and field trips. Play passes and museum memberships make GREAT holiday gifts!

Hours: Thurs/Fri/Sat: 10am-4:30pm, Sun 12-5pm
Regular admission cost: \$6 children 2-17, \$8 adults,
\$7 students/Veterans/seniors, Museum Members: FREE

311 Main Street, Utica, NY 13501
www.uticacm.org



Utica Children's Museum

1963-2018

55 YEARS OF play

Utica Children's Museum is managed by kidsoneida.org

American Legion New Hartford Post 1376

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

Fish Fry Fridays!!

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

DEC.
2018

FAITH IN NEW HARTFORD

THE TOWN CRIER

37



FIRST UNITED METHODIST CHURCH

105 Genesee Street, New Hartford (315) 733-4227
office@firstumconline.org

We are also the home of the Family Nursery School!

Rev. Brad Chesebro, Senior Pastor

Deacon Becky Guthrie, Congregational Care Coordinator

Worship Schedule

9 am Classic Worship

10:00 am Coffee Hour

10 am Adult Sunday School

10:45 am Xalt Praise Service

Noon Youth Group Meeting

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.

www.firstumconline.org

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: crosspointchurchonline.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: 8:30am; Vigil, 5:15 p.m. Confessions 4:15-5pm

Sunday Masses: 8am & 11am

Mon-Fri Masses: 6:45am, 9:10am

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

tlmas@roadrunner.com

For more information, please contact Brian Johnson

at 315-736-3572

Sunday Holy Eucharist: 10 a.m.

IMMANUEL BAPTIST CHURCH

Pastor Fletcher Matlack

9501 Weston Rd., NH (Next to Perry Jr. High), (315) 737-5222

www.ibcfamily.com E-mail: info@ibcfamily.com

Sunday School for all ages: 9:00 am - 9:45 am

Sunday Morning Worship Service 10:00 am

Nursery, Preschool and Children's Worship hour: 10:00 am

Prayer meeting held every Wednesday at 6:30 pm

Youth Group for ages 12 and up meets every other Saturday

from 6-8 pm. See our website for schedule.

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.

Sunday School programs for children and adults 9:30am.

Communion is available on the first Sunday of each month.

11/10 - Christmas Star Bazaar from 9-3

(more details on front page)

Other November Highlights at New Hartford Presbyterian

Church

OUR LADY OF THE ROSARY CHURCH

1736 Burrstone Road - 724-0402

Pastor Joseph Salerno

Sunday: 7:30am and 9am

Masses held at Our Lady of Lourdes:

Saturday: 4pm and Sunday at 11:15am

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: 315-733-4570

firstbaptistnh@gmail.com

Rev. James Harrieff, Pastor

Sunday Service - 9:30am

Sunday School - 11:00am

Handicapped Accessible

UNITARIAN UNIVERSALIST CHURCH

10 Higby Road, Utica

315-724-3179. uuutica.org

Minister: Rev. Erin Dajka Holley

Sunday services/Religious Education for Children 10:30am

December's Theme is Mystery.

December 2

“With Caution”

Rev. Erin Dajka Holley

How does one address a mystery? If we are to pursue the un-

known, we must take caution and tread lightly. The unknown

is a danger in of itself.

December 9

Sunday Service 10:30 AM

December 16

“With Reverence”

Rev. Erin Dajka Holley

How does one address a mystery? Bring a sense of awe, that

feeling that something is both wondrous and terrible at the

same time.

December 23

Sunday Service 10:30 AM

December 24, 6:30 PM

Christmas Eve Candlelight Service

“With Hope”

Join us to meet the mystery of the season with hope and

light. Come to sing carols and be in a company of good cheer!

Whether this will be your first time through our doors, or the thousandth, you are welcome. Whatever faiths you have known, you are welcome. Happy Holidays from UUUtica!

December 30

“Without Words”

Rev. Erin Dajka Holley

How does one address a mystery? There are no words that can

describe an experience of the Holy. Who knows what expres-

sions will come forth in this multi-generational service?

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.

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 7/1/18:

Sunday Morning Prayer - 8:30am

Worship Service - 9:30am

Campfire Meetings -Thurs 6:30pm starting 7/12/18

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.

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!

SACRED HEART ST. MARY’S CHURCH

201 Main St. NY Mills, NY
Saturday Vigil Mass: 4:00 PM
Sundays: 8:15 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: Mon & Tues 8am, Wed 7:45am,
Fri. 8 am Communion Mass
Weekend Mass: Sat. 4pm Vigil, Sun. 9:30am
Confession: Sat 3:15pm-3:45pm

STONE PRESBYTERIAN CHURCH

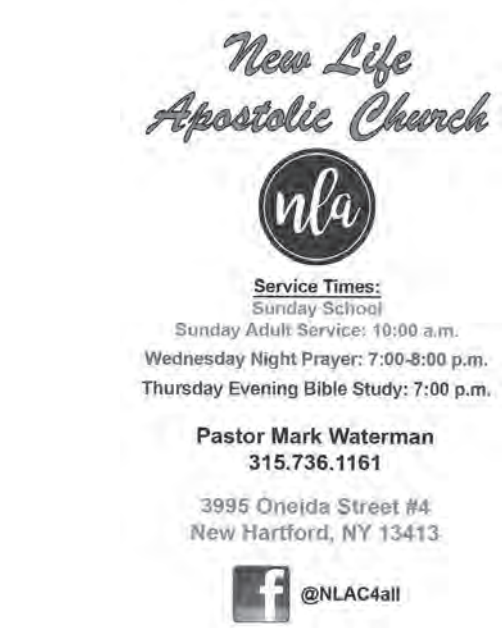
8 So. Park Row, Clinton
Scott Leonard, Commissioned Lay Pastor
Sunday service-10:30AM
Website: www.stonepres.org
E-mail: stonepres@verizon.net
Office phone: 315-853-2933
Handicapped Accessible

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



NOVENA TO ST. JUDE

May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world, now and forever. Sacred Heart of Jesus, pray for us. St. Jude, Helper of the Hopeless, pray for us. Say this prayer nine times a day. By the 8th day your prayer will be answered. Say it for 9 days. It has never been known to fail. Publication must be promised. Thank you St. Jude. ~CCF

NOVENA TO ST. JUDE

May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world, now and forever. Sacred Heart of Jesus, pray for us. St. Jude, Helper of the Hopeless, pray for us. Say this prayer nine times a day. By the 8th day your prayer will be answered. Say it for 9 days. It has never been known to fail. Publication must be promised. Thank you St. Jude. ~A.F.

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)

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Facebook: https://www.facebook.com/ChristChurchReformed-Presbyterian
Pastor: Aaron Goerner
Services:
Sunday School: 10AM
Sunday Worship: 11AM
Thursday Bible Study 7PM

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

Life in Christ Family Church
25 Robinson Road, Clinton
licfc@cfaih.org

Join us for our Christmas Celebration
Sunday, December 23 at 10am and plan to
stay for refreshments after the service!

Join us as we celebrate the New Year on
Sunday December 30 at 10am and plan to
stay for refreshments after the service!



PRAYER TO BLESSED VIRGIN MARY

Never known to fail. Oh, most beautiful flower of Mt. Caramel, fruitful vine, splendor of heaven. Blessed Mother of the Son of God. Queen of Heaven & Earth. I humbly beseech you from the bottom of my heart to secure me and my necessities (Make Request). There are none that can withstand your power. Oh Mary, conceived without sin, pray for us who have recourse to thee (3 times). Holy Mary I place this prayer in your hands (3 times). Say this prayer for 3 days and have published and it will be granted to you. ~ RMF

NOVENA TO ST. JUDE

May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world, now and forever. Sacred Heart of Jesus, pray for us. St. Jude, Helper of the Hopeless, pray for us. Say this prayer nine times a day. By the 8th day your prayer will be answered. Say it for 9 days. It has never been known to fail. Publication must be promised. Thank you St. Jude. ~RMF

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TEMPLE EMANU-EL
2710 Genesee Street, Utica, NY – 724-4177
teuticaoffice@gmail.com
Rabbi Peter Schaktman
Friday Shabbath Services: 6 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.
Kiddush on Saturday morning sponsored by the Sisterhood of TBE.
All are Welcome.

ZVI JACOB

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

THE JEWISH COMMUNITY CENTER

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

The poster for "FACES AROUND THE MANGER" features a bright yellow starburst in the top right corner. The text reads: "FACES AROUND THE MANGER SUNDAY, DECEMBER 16 6:00pm New Hartford Village Park Gazebo Hosted by New Hartford Presbyterian Church Outdoor Live Nativity Experience Hear the Story Read Join in Caroling Refreshments to Follow Free and Open to the Public". At the bottom, there is a silhouette illustration of a nativity scene with Mary, Joseph, the baby Jesus, and the three wise men. A small text at the very bottom says "Behold, I bring you tidings of great joy! Luke 2:10".

Faces Around the Manger
New Hartford Presbyterian Church, 45 Genesee Street, will host “Faces Around the Manger,” a live outdoor nativity scene, on Sunday, December 16th. The free public event begins at 6:00 p.m. in the Village Park Gazebo next to the church. Attendees will hear the story of Christ’s birth, will join in Christmas caroling, and enjoy refreshments. All are welcome.

Deacons will decorate the church for the Christmas season on Saturday, December 1st.

Communion will be offered during the December 2nd worship service to all who wish to receive it. Worship begins at 10:30 a.m. Sunday School for adults and children will begin at 9:30 a.m. In the afternoon, 4:00 p.m.-5:30 p.m., there will be a family event entitled “One Starry Night: A Savior is Born.” Participants will create the Bethlehem inn, visit Stargazer Hill, play a shepherd field game, and have their photo taken by the manger. There will be characters, music and refreshments.

Deacons will meet at 6:00 p.m. on Monday, December 3rd.

Worship on Sunday, December 9th, will feature the annual children’s Happening program. The theme this year is “The Mouse in God’s House.”

Church committees will meet at 7:00 p.m. on Tuesday, December 11th.

Members of the congregation will prepare and serve the evening meal at Hope House on Sunday, December 23rd.

A Christmas Eve worship service will begin at 5:00 p.m. “Noisy Sunday” will be observed on Sunday, December 30th, when children collect coins for the pastor’s discretionary fund.



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DEC. 2018

COMMUNITY NEWS

THE TOWN CRIER 39



Ann Tyler, AmeriCU Credit Union



Joannie Grande, McDonald's



Steve McMurray, WKTV NewsChannel 2

“Light Up A Life” for Hospice

“Light Up A Life” marks the beginning of the holiday season. It stands for everything the holidays are about – and everything hospice is about: families and communities coming together, supporting one another, remembering and honoring loved ones, and making new memories.

“Light Up A Life” is a holiday tradition which offers us a meaningful way to remember or honor someone who has touched our lives, while making a difference in the lives of others by supporting the mission of Hospice & Palliative Care. Each tag on the trees will remind us of someone special who brought light to our lives. “Personalized tags naming all those we wish to honor or remember, whether they used hospice services or not, will hang from trees across Oneida, Herkimer & Eastern Madison Counties, and serve as a reminder of our loved ones during the holiday season,” explained Laurie Barr, Hospice Community Support Services Supervisor.

“Light Up A Life” Honorary Chairpersons, selected for their years of dedication to, and support of Hospice and our community this year include Joannie Grande, McDonald’s; Steve McMurray, WKTV NewsChannel 2 and Ann Tyler, AmeriCU Credit Union.

Through the years, many individuals and businesses sponsoring the event have coordinated these tree locations and volunteered their time to staff the locations, thus making “Light Up a Life” a community event. Family and friends volunteer together in the spirit of giving, and are joined by businesses that make time to volunteer in the communities that support them.


“Light Up A Life” is made possible by our generous sponsors: Bond, Schoeneck & King, PLLC, Gilroy Kernan & Gilroy, Kids Oneida, Nunn’s Home Medical Equipment, P.J. Green, Steet-Ponte Ford Lincoln Mazda, Third Gate Partners, Inc., and Valet Park of America. Media sponsors include Lite 98.7, WIBX 950 and WKTV NewsChannel 2. Please join our sponsors in supporting “Light Up A Life” by visiting one of our tree locations during the holiday season.

These locations include:

- Sangertown Square, New Hartford
- Hospice & Palliative Care Office, New Hartford
- AmeriCU Black River Blvd., Rome and Griffiss Park, Rome
- Community Bank - Oneida & Hamilton
- Hummel’s Office Plus, Herkimer
- Kinney Drugs, Old Forge

The Hospice & Palliative Care Development Council raises funds by coordinating special events such as “Light Up A Life” to help cover patient costs not reimbursed through Medicare, Medicaid, or third party insurers. Proceeds from “Light Up A Life” provide patients and families with peace of mind knowing that their needs will be met. For more information please go to our website, www.hospicecareinc.org.

Are you Looking to Lease or Rent Office Space in New Hartford, NY?



Carve out a professional niche with an on-demand office or cubicle space, where you can focus on developing a small business or work through your mountain of freelancing opportunities. Our venue offers up-to-date offices and cubicle/workstation space availability which would be ideal for seven to ten people. The 1,300 square foot luxurious, multi-room office located in a meticulously maintained professional office building could be leased as a single office suite or individual shared office spaces. Move your office out of your home and into a professional environment. Lease costs for individual offices are approximately \$750/month with cubicle space costing \$500/month. Security deposit required. Both costs include all utilities, weekly cleaning, plenty of on-site parking and a private, well lit entrance.

Location: 4305 Middle Settlement Road, New Hartford.
Please contact Erica at (315)724-3728, extension 5.



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