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Vol. 32 No. 2
February 2018

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Attention all Muggles

You are Hearby Invited to BBG's Harry Potter Day

Muggles of all ages are invited.
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Date: February 24th

Time: 12 PM

Send Your Sweetheart a Valentine Serenade

If you can't find the words to say "I love you" this Valentine's Day, or just want to send a valentine that your sweetheart will never forget, why don't you have somebody sing to them?

The Mohawk Valley Chapter of The Barbershop Harmony Society will once again carry on its serenading tradition all over the Mohawk Valley & points beyond. From nursing homes to people's offices, houses to restaurants, and even bowling alleys, the sky's the limit. But no matter where they go, the response is always positive after that last note is sung. Best of all, the proceeds go to support this 501(c)(3) charity to promote barbershop singing.

Don't wait. Call now to schedule the memory of a lifetime. And If it's the last minute and you need a special valentine, call us! This year Singing Valentines will be available February 13th & 14th. Your special valentine receives 2 songs, a card & flower. Pricing starts at \$40. For further info or to order between now and Valentine's Day, call Rusty at our Valentine's Central from 9 a.m. to 9 p.m. at: 315-272-0454

And guys, If you are interested in joining the Mohawk Valley Chapter as a singer, please contact Don at 315-507-7238.

For More Info: Don Drake ~Vice President of Marketing and Publicity & Chapter Development. Mohawk Valley Chapter of the Barbershop Harmony Society, 315 Richfield Hill Rd, West Winfield, NY 13491. Call or Text 315-507-7238, dondrake@windstream.net.



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2 THE TOWN CRIER **HAPPY VALENTINE'S DAY!** FEB. 2018

MVHS Wellness Center Begins Biggest Loser Competition

The Mohawk Valley Health System (MVHS) Wellness Center's eight-week Biggest Loser competition begins Monday, February 5, 2018 and runs until Friday, March 30, 2018. The cost is \$20 to register with an additional dollar for each week that participants gain over their original weight.

"I look forward to this event every year," said Bethany Kleist, MVHS Wellness Center Coordinator. "The participants are all so motivated and the transformations throughout the competition are remarkable, both with weight-loss and overall health."

Participants will have access to personalized wellness coaches to provide guidance on fitness, nutrition and other topics. Weigh-ins happen each week at the MVHS Wellness Center, which is open weekdays between 3 p.m. and 6 p.m. The Wellness Center is located at the Faxon Campus, 1676 Sunset Avenue, Utica. Prizes will be awarded to the top three participants who lose the largest percentage of their original weight.

2017 winner and avid runner, Mike Williams, gained quite a bit of weight the previous year after suffering from a herniated disc.

"Unfortunately, I replaced running with eating junk, and it showed," said Williams. "The Biggest Loser Contest started right around the time I was given the OK to get back on the treadmill. I began jogging and watching what I was eating, and kept to the diet because of the contest."

To enter the contest, call Bethany Kleist at 315-624-5484 or email wellness@mvhealthsystem.org. More information is available online at mvhealthsystem.org/wellness-center.

Chocolate Lover's Sale

Our annual Chocolate Lover's Sale will be held at Stone Presbyterian Church, 8 So. Park Row, Clinton on Saturday, February 10th from 10am to 2pm. Plenty of delicious homemade chocolate goodies (including pies) will be available for your pleasure! The proceeds from this sale will go to support Hope House in Utica, a place where needy folks in the Utica area can go to have a hot, nutritious meal served with a smile by various groups of area volunteers. Come and help us celebrate Valentine's Day by purchasing something chocolate-y for yourself or a loved one. You won't regret it!

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Valentine's Day Sale

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Nu Psi Omega Chapter of Alpha Kappa Alpha Holds Mardi Gras Fundraiser

Nu Psi Omega Chapter of Alpha Kappa Alpha will hold a fundraising party on Saturday, February 10, 2018 at the Radisson Hotel. The Mardi Gras themed event will feature music by DJ CHUCK, delicious food, cash bar, lots of dancing, and a 50/50 raffle.

Come dance the night away and help raise money for a worthy cause. So come in from the cold and party with a purpose. Money raised at this event will be used to provide scholarships to help defray the cost of college for area students.

For tickets, contact Michelle LaGuerre at 315-266-7548 or by email at laguerremedia@gmail.com.

Alpha Kappa Alpha Sorority, Incorporated® (AKA) is an international service organization that was founded on the campus of Howard University in Washington, DC in 1908. It is the oldest Greek-lettered organization established by African-American, college-educated women. Alpha Kappa Alpha is comprised of more than 290,000 members.

This sorority is dedicated to activities that promote literacy and education in the Utica-Rome public school system. Over the past year, Alpha Kappa Alpha donated hundreds of dollars worth of Candy to Cornhill's organized Halloween event. The chapter also, donated book bags with school supplies to neighborhood elementary schools.

The Mardi Gras fundraiser helps to raise funds for local college scholarships and ongoing community service programs.

Tickets: \$35 per person; \$65 for couples

For tickets contact Michelle Laguerre at 315-266-7548 or by email at laguerremedia@gmail.com.



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Boilermaker Training Program 2018

Have you ever wanted to run the Boilermaker or just begin to run for fun and fitness? The Utica Roadrunners will begin their Boilermaker Training Program on Saturday Morning Feb 3rd at the Fitness Mill. The starting time is 7:30 AM. The program begins for 4 weeks at the Fitness Mill and will focus on injury prevention, nutrition, and proper attire. After 4 weeks, they move outside to begin running from the Utica Recreation Center on the Parkway. Routes begin slowly and are shorter. They gradually progress to a mileage close to the Boilermaker distance. The group will run portions of the Boilermaker route each week. They provide water and have volunteers available to help with safety. The cost is the same as membership within the club. Under 18 is \$10.00, 18 and over \$20.00, couple \$25.00 and Family of 3 or more is \$30.00. For more information contact Melanie Crisino at mcrisino@yahoo.com or Wayne Murphy at wayne13413@yahoo.com.

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THE TOWN CRIER

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Child Rearing 101

Submitted by Jim LaFountain, All American Fitness Center

A recent Harvard Project, including five longitudinal studies of 41,567 children, estimates that over half (57%) the children ages 2-19 in 2016 will be obese by the age of 35. Being sedentary and ingesting excess food, especially sugar, has become an American pastime. Personal responsibility has regressed in record numbers and

nearly every publication wants to place the blame outside of the home. Fast food restaurants, school physical education and the highly processed food industry seem to be the favorite targets of "blame."

I suggest parents log onto www.hsph.harvard.edu/pec to seek nutritional/exercise interventions for their children. But for now, let me offer some suggestions.

*Immediately begin to read labels. Overly sugared foods must be eliminated, especially those containing high fructose corn syrup, juices, candies and even sports drinks.

*Children are tremendous imitators, especially of adults with whom they spend the most time.

As with all areas in our parental lives, we set the tone for our children. Nutritionally conscious parents who include regular exercise in their life, generally have more fit children.

*Pack healthy lunches for your children. School lunches are the creation of budgetary constraints, which usually include inexpensive, highly processed foods. School officials have their hands tied when it comes to providing healthy breakfasts and lunches. Low sugar, more natural choices are far more expensive than highly processed foods. Parents MUST take responsibility for their child's

nutritional behavior.

*Limit screen time. Electronic devices should be learning tools, not babysitters. Although educational games are available, time spent with their nose buried into their device, steals time away from physical activity. Again, regularly active parents have more fit children.

*Like homework, set aside time each day for exercise. At first, it may be an inconvenient "chore," but over time, it becomes an enjoyable way of life for families.

*Up until a few years ago, experts warned against resistance training (weights, machines, bands) for children. Their restrictive warnings were based on the physical maturity of a child.

Current research suggests using mental maturity to determine whether a child should be allowed to engage in a resistance program. In other words, is your child mature enough to be instructed by a trained professional?

These suggestions are just the tip of the childhood health "iceberg." As parents, most of us take schoolwork, social skills, spiritual training and hygiene seriously. Now is the time to treat our child's long term health just as seriously. It's our responsibility to assure a healthier existence for our children. No blame allowed!

Judge Joan Shkane

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

MYTH: When an Appeals Court reviews a trial and finds an error, that court is limited in its options.

REALITY: A New York State Appeals Court can totally throw out a decision after trial or save parts of the decision. It can also send the whole case back to be redone with another judge and/or jury. When the whole case is sent back for retrial, the party who won the first trial may want to save part of that trial. The party who lost probably wants to start with a clean slate. If the appellate court sends the

whole case back, the second trial must start all over, as if there had never been a first trial. New evidence by new witnesses and other proof can be put to the jury, and new defenses can be raised. If only a portion of the case is sent back, then only that part will be retried.

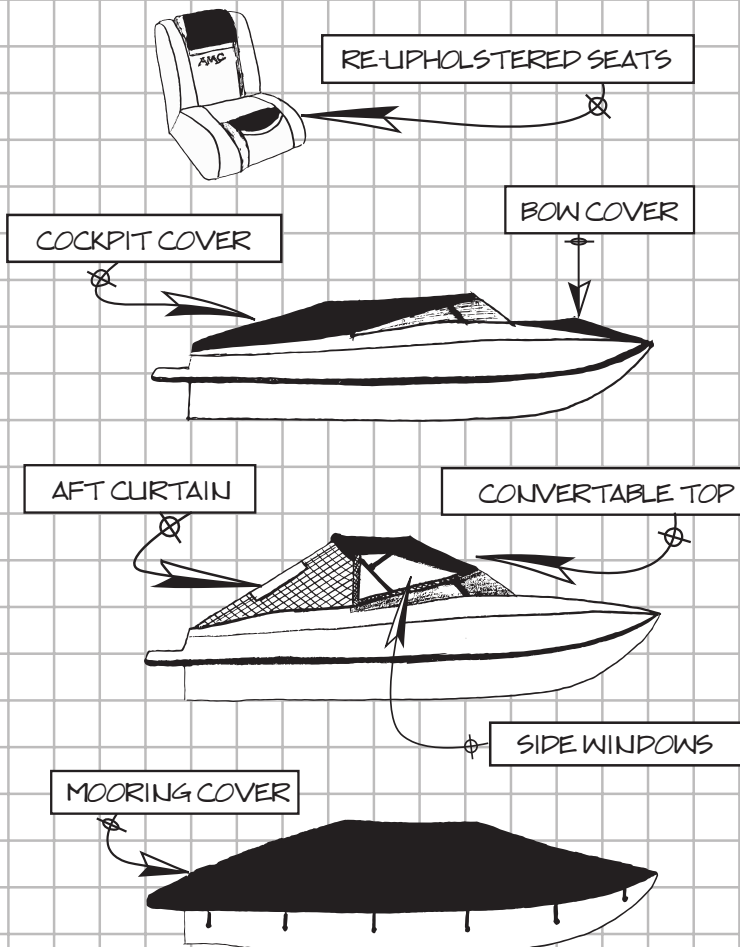
MYTH: New state judges go from being a lawyer directly to being a judge.

REALITY: This would be almost impossible to do! Each year about 100 new state judges travel to the Judicial Institute in White Plains, NY for about one week to learn how to be a judge. This school has been functioning for about 100 years and has trained about 1250 judges in this state. 2400 town and village justices have had separate training in Albany, NY. Of course, for each new judge his/her experience as a lawyer goes with him/her and is of vital importance. That's why the public's wisdom generally chooses a lawyer with many years of varied experience and maturity to be a new judge, although this does not always happen. The law requires only that a candidate for judge be licensed as a lawyer for ten years. It does not require wide and varied experience. At judge school experts teach specific subjects, such as criminal law, matrimonial, and custody issues. Experienced judges teach topics such as judicial ethics, courtroom conduct, and decision writing. They warn against "black robe disease" described as a judge having delusions of superiority. They remind judges that with a black robe does not come a crown, and that bad behavior such as arrogance is more subject to criticism than bad decisions. They also encourage a judge to find healthy outlets for stress, such as exercise or family activities. They remind judges that they may not accept gifts or be seen as being overfriendly with lawyers in their courts. All of these lessons are designed to make competent judges out of former lawyers

MYTH: If you are the victim of child sexual abuse, you can sue the perpetrator.

REALITY: If you have delayed in bringing a lawsuit for any reason, you are currently unable to do so if you have reached age 23 years. Those abused in a public setting like a school have just ninety days from the incident to file a required form called a "notice of intent to sue". If you do not file this form, you may not be able to sue. This form is not required in a private setting. The Manhattan District Attorney Cy Vance, Jr. is joining others in demanding that the law be changed. The Assembly passed a bill in 2008 and again in 2017. This bill would permit survivors to bring lawsuits up to their 50th birthday and felony criminal cases up to their 28th birthday. The bill also included a one-year window to revive old cases, and public and private institutions would be treated the same. Some groups oppose the provision that could revive old cases. The state Catholic Conference supports doing away with the criminal statute of limitations, treating public and private institutions the same, and lengthening the civil statute of limitations. The Assembly bill has twice died in the state Senate.

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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4 THE TOWN CRIER **LIBRARY NEWS** **FEB. 2018**

NH Public Library
2 Library Lane 315-733-1535

New and Noteworthy Non-Fiction

1. Prairie Fires: The American Dreams of Laura Ingalls Wilder: Caroline Fraser
2. God: A Human History: Reza Aslan
3. Fire and Fury: Inside the Trump White House: Michael Wolff
4. The Aliens Among Us: How Invasive Species are Transforming the Planet - and Ourselves: Leslie Anthony
5. The Four: The Hidden DNA of Amazon, Apple, Facebook, and Google: Scott Galloway
6. American Idea of Home: Conversations about Architecture and Design: Bernard Friedman
7. 1917 Lenin, Wilson, and the Birth of the New World Disorder: Arthur Herman, PhD
8. Defining Moments in Black History: Reading Between the Lies: Dick Gregory
9. Counting Backwards: A Doctor's Notes on Anesthesia: Henry Jay Przybylo MD
10. It Occurs to Me that I Am America: New Stories and Art: Richard Russo
11. Queen Victoria's Matchmaking: the Royal Marriages that Shaped Europe: Deborah Cadbury

New and Noteworthy Fiction

1. Little Fires Everywhere: Celeste Ng
2. The Wanted: Robert Crais
3. City of Endless Night: Douglas Preston and Lincoln Child
4. The Great Alone: Kristin Hannah
5. Need to Know: Karen Cleveland
6. The Woman in the Window: A.J. Finn
7. The English Wife: Lauren Willig
8. Radio Free Vermont: Bill McKibben

9. Death and Nuremberg: W.E.B. Griffin and William E. Butterworth
10. Murder in July: Barbara Hambly
11. The Bomb Maker: Thomas Perry
12. The Wife Between Us: Greer Hendricks and Sarah Pekkanen

Friends of the New Hartford Public Library News

The Mitten Tree

Heartwarming news! During the month of December, the mitten tree was brightly decorated with 2 hats, 1 scarf, 4 sets of hats/scarves/mittens/, 10 gloves, and 24 mittens. They were comfy, cozy and wonderful as they brightened Christmas for many in need.

We are especially delighted to discover that the Thea Bowman House, the recipient of the splendid, handcrafted mitten tree decorations serves over 300 children.

We thank the talented knitters who gave their time, a special gift and a smile. Their generosity is greatly appreciated.

NHPL is Now Open on Sundays!

The New Hartford Public Library is now open from 1:00-5:00 pm on Sundays. Stop in and relax by our fireplace, have a cup of coffee or cocoa from our cafe and enjoy an afternoon reading, playing games, working on a puzzle, or using one of our many computers. We are thrilled to be open again on Sundays and hope to have you join us!

Story Time for Preschool Age Children

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

Rocking Chair Reader Story Time

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

Kids Read to Therapy Dog

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

February Artist on Display New Hartford Student Art

The New Hartford Central School District's Art Department is honored to be displaying artwork at the New Hartford Library throughout the month of February. Viewers of this show can enjoy two and three dimensional works of art created by students in Kindergarten through twelfth grade in a variety of areas such as painting, drawing, computer art, photography, sculpture, ceramics, and more.

At this time in education, when so much emphasis is on standardized tests and the common core, it's important to take time to recognize the important role that Fine Art plays in education! The Art Department is not only happy to adorn the walls of the library to promote the talented students in this community, but is excited to display all levels of artwork together so that viewers can see the progression of art skills and the breadth of meaningful art experiences students have in New Hartford CSD! These passionate art teachers also believe that it is important to give students the special experience of seeing their artwork on display in the community so that they know that what they are creating in art class is important and should be celebrated.

Hopefully the art of these young people will inspire you! If you like what you see in this show some other opportunities to see the work of New Hartford's talented artists are at the Scholastic Art Show, which is a regional

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juried show on display from January 12 to March 2, 2018 at Onondaga Community College in Syracuse, NY. This year 32 awards were given to New Hartford students for their work in this show. You may also join the New Hartford Art Department at their Annual K-12 District Arts Festival on Saturday, May 12th from 12-4pm in the Sr. High Gymnasium.

2018 Artists Needed To Display

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

Display Case February

Utica Curling Club In celebration of their 150th Anniversary!!

Fun With Drones! Stem Education

February 19, 11-12. Free program for children ages 6 and up, hosted by ADKops LEVEL UP.

Learn about how drones work in the air and on the ground. Experience live demonstrations of different models of drones. Various types of drones will be on display. Encourage girls to become involved with STEM (Science, Technology, Engineering, and Math) Laugh and have fun while working on an activity utilizing coding for drones. Hosted by ADKops Level Up.

Valentine’s Day Kid’s Craft

Drop in after school at the New Hartford Public Library on Thursday, February 8th from 4:00-5:00pm to make a Valentine craft!

February 3rd is Take Your Child to the Library Day!

Did you know that Feb. 3rd is Take Your Child to the Library Day? We have so much to offer and want to help you instill a love of reading, learning, and socializing in your child. Take Your Child to the Library Day is a perfect opportunity to see all that we offer!

Blood Drive February 2, 11:30-4:30.

Though there is always a need for blood, the bitter cold and the East coast blizzard has resulted in an urgent need. Join us and save a life. Walk-ins are always welcome or you can call the Library and choose a time to donate. Thanks in advance! [315-733-1535](tel:315-733-1535)

Looking to Join a Book Club?

Join one of our monthly book clubs and gather with fellow readers. Our book clubs cater to a variety of genres so you’re sure to find one that suits your needs and tastes. You can find more information on our website at <https://www.newhartfordpubliclibrary.org/2017/05/02/book-club-information/>

Want to start your own book club and need a space to meet as well as multiple copies of a title for your readers? We would be more than happy to work with you and schedule a space and order your books for you. Call [315-733-1535](tel:315-733-1535) or stop in and we will gladly assist you!

Adult Yoga Classes with Megan Capuana

Classes will be held on Sundays from February 4 through March 25 1:30-2:30. Megan is the resident instructor, artist, and self-described “fine mess” of A Fine Mess Yoga. Megan began doing yoga at the age of seventeen after being introduced to the practice in a high school gym class. Initially drawn to yoga for the low impact exercise, Megan started practicing on and off at home and at studios for the next 5 years. After getting into a regular routine of attending class in-studio, Megan soon found herself wanting to share her love of yoga with others. With a “fine mess” mindset, Megan seeks to offer yoga practice to those trying to balance work, school, and family life, while still looking to take time for them to find a little inner peace and calm amidst the daily hustle. Megan completed her 200-hour Yoga Certification in September 2017 and is excited to offer yoga and meditation to public and private classes. Participants should bring a yoga mat and water bottle. For more information and to sign up call 315-733-1535.

Join Ruth Anne Kane for Knitting and Crocheting Lessons!

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

Does Your Group or Club Need a Space to Meet?

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

Tai Chi Classes at the Library

Classes resume on January 11 - March 1st, followed by another session March 22 - May 10th. The Beginner Class meets from 10:00-11:00, and the Advanced Class meets from 11:15-12:15. No registration required.

R-E-A-D-O Winter Challenge

Looking to encourage your child or teen to read this winter? Are you looking to branch out from the usual books you have been reading? If so, our R-E-A-D-O Winter Challenge is perfect for you. This challenge is similar to BINGO. Stop in and pick up your cards to start reading and cross boxes off your cards. We have cards designed for kids, teens, and adults. There’s an added bonus too....if our Library submits the most completed R-E-A-D-O cards in the Mid York System we will win a KANO coding kit for our Children’s Area. The challenge starts on December 15th and runs throughout the winter and ends on March 1st. Let’s get reading! For every 5 cards completed – the New Hartford Library gets a chance to win a coding kit for the kids!



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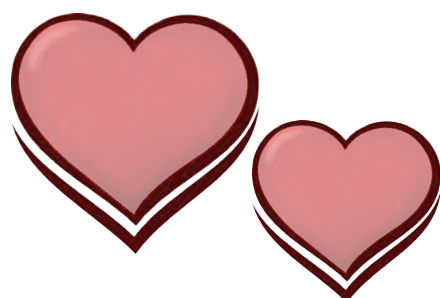
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FEB. 2018

A Second Chance at Wellness Through Chair Yoga

Read how BEVERLY, age 65, was able to regain her lost mobility and physical and emotional vigor and begin to enjoy her retirement. ©2017 SHARON L. KANFOUSH (sharonkanfoushwellness.weebly.com) 12/14/17

I had known my now-client for over 17 years because we worked together as faculty members at a small teaching-focused college. When she showed up in my yoga class, she said something I will never forget and that, frankly, broke my heart. “I couldn’t wait to retire to have the time to do all the things I wanted to do. Then when I did retire, I found out I couldn’t move well enough to do them.”

My former colleague, who I will call Beverly (not her real name*), was a bright, hard-working employee who cared deeply for the institution for which she worked – too deeply as it not only consumed much of her work hours but, occupied much of her thoughts well after hours and on weekends. This created a certain amount of long-term stress. The job involved a great deal of mental activity but little physical activity.

Following her retirement, Beverly decided to participate in one of my yoga group classes. In this “all-levels” class, I give detailed instructions leading into and out of every pose and build from the ground up from first an easier, modified level and then offer modifications to “dial up” the challenge if participants wish. I was sad to see my colleague struggled tremendously with not only the easier level of postures, but even to get down to the mat and up. We spoke after class, and I reiterated the importance of not pushing beyond her ability. I even encouraged her to find a chair-yoga class, so that, although I would miss her, it would be safer and likely also more enjoyable for her. To my surprise, she continued to come to my class, saying she simply enjoyed the atmosphere and sense of community. I began working one-on-one with Beverly in May 2017 at her home, meeting twice each week. Beverly was wrestling with diabetes, clinical depression, and general stiffness and weakness following a sedentary career and lifestyle. We started with strictly chair yoga and kept things very gentle so that I could get a sense of her abilities and her limitations at that time and of end. I noted overall stiffness and weakness with particular stiffness in her back, shoulders, and neck. She had significant hair loss for many years.

Asana, all seated in early sessions, consisted of repeated gentle side bends (“seaweed arms”), cow and cat, twists, hand/wrist/arm movements such as compression and a gentle pull of each finger with arms extended forward and figure-8 movements with fingers interlaced. Shoulder shrugs and forward and backward swimming motions were performed. Head/neck movements consisted of head tilts forward and to each side followed by forward semi-circles. Working down-body, trunk circles were included. Then leg/ankle/foot motions followed such as gently swinging the lower leg forward and back. This basic structure was kept fairly consistent for the first month, and the client was assigned “homework” of several of the motions to do on her own each day between our sessions. Beverly was wonderfully compliant with this although, interestingly, did many of the motions in bed before rising in the morning. Nonetheless, her overall mobility was visibly improving.

After the first month, the asana was expanded to include standing tree pose with the support of a chair. Conversations with Beverly revealed she had slipped a bit in her consistency with her independent work and that part of the reason was that she didn’t like “homework” and asked if we could call it something else! I of course agreed, and we instead began calling it “opportunities for practice”. Her new homework was, in addition to continuing the earlier movements/postures, to now practice tree – always with the support of a chair, countertop, or wall. In addition, since her flexibility was so improved, I shifted focus a bit to her lack of strength. I asked her to also add in simply standing up from a chair and sitting back down repeatedly five times in a row at least once each day to help build leg strength. Following a couple of weeks of this, I asked her if she had been practicing. To my surprise and utter joy, Beverly abruptly popped up from the chair and said, “Oh, yes! And in between each I do this!” ... A tree pose with no support!!

After the second month, we began to add in seated half sun salutations and more standing postures. We introduced Mountain, Pencil, and Warrior poses. One problem we encountered is that standing poses sometimes made Beverly a bit dizzy and nauseous – causing us to return to the chair for the remainder of the session. We continued to forge ahead simply returning to the chair whenever needed. We then suspected certain postures triggered the symptoms more often than others, so we abandoned most of the Warrior poses. We also began doing the ½ sun salutations standing in addition to in the chair. After the third month, Beverly said, “I feel so good now, I have begun cooking again.”

We then added in a gentle baby cobra and bridge. The struggle to get down onto the mat

and back up remained, but Beverly did surprisingly well with the postures themselves. We included child’s pose and table with a forward-backward rocking motion as counter-stretches to the backbends. To further enhance this goal, push-ups against the wall were also added. After another two months, Beverly said, “I feel like I’m thinking more clearly.” And to me it appeared that her hair was beginning to thicken a bit.

Since then, we have continued roughly the same approach. Most recently, at month seven, I mentioned to Beverly that her feet looked noticeably healthier and that to me she actually appeared taller as she is simply carrying herself differently than before.

Beverly has been doing her practice on her own with impressive regularity, but she has not been doing any other physical activities. She told me she used to walk to a coworker’s house a few blocks away. Despite my encouragements, she did not feel confident in her ability to do it or to walk anywhere. But then I was able to “trick” her one day into walking with me a few blocks from my office to check out a new business that was renovating. As we began month eight, Beverly had asked that we change one of our twice a week sessions into meditation only and leave the other as is (a combination of pranayama and meditation and our gentle chair/wall-assisted asana) because she has found it helpful in dealing with her depression. I added that one other way around that would be to replace the one “lost” asana session with her coming to my group chair class which happens to be at a studio quite close to her. I wasn’t sure she’d go for it since she has said on more than one occasion, “I don’t like people.” BUT... she came! And, not only did she come, but she talked and was humorous! After class she stopped and had a coffee at the coffee shop right next door and then... SHE WALKED HOME!! And, even more exciting, she told me last week that she went to the mall to Christmas shop and said, “I figured while I was there, I might as well join the mall walkers.” Eureka!!

After nearly eight months of one-on-one chair yoga sessions twice each week, and more recently a weekly meditation session also, Beverly’s flexibility has improved substantially, and her leg strength and balance have increased modestly. The better color in her feet and regrowth of some hair suggest her general circulation has improved. I believe her quality of life and overall mood have improved notably. However, the biggest change of all that bodes well for future maintenance or even continued progress is that her mindset has shifted such that she is now adding movement on her own.

(*Note: Written permission was granted to the author to share her story.)

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Worth A Visit!

Just before the holidays I had occasion to visit Vernon Variety Shoppes at 5349 Route 5 in Vernon. This unique vender co-op offers a wide variety of antiques and collectibles well-displayed in a warm and comfortable store. Practically every category of collectibles is covered- glassware, china, paintings, toys, books, furniture and a whole lot more. A helpful staff is on duty to assist you. Plan on spending some time there as there is a lot to see. Everything I saw was priced right. If you want to call ahead, the number is 315-829-2105. It's a short trip and well worth checking out!

Madison Bouckville 2018 Shows

The dates for the June and August Madison Bouckville Antique Shows on Route 20 have been announced. The June Show will be June 1, 2 and 3, 2018. This weekend event is a mini version of the huge August event, but still a great show with lots to see.

The Antique Week will be August 13-19, 2018. This mega show which features 2,000 plus dealers is the antique event of the year.

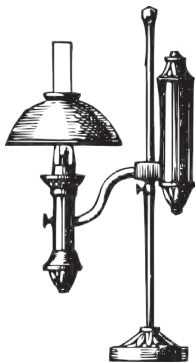
You've got the dates. Now plan accordingly!

Keep Those Cards and Letters Coming!

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

Support the NH Historical Society

If you haven't already done so, now is the time to renew your membership in the New Hartford Historical Society or start one if you haven't already joined. Dues are only \$12 for an individual and \$17 for a family. Send a check payable to New Hartford Historical



Society, PO Box 238, New Hartford, NY 13413. Check out their new website at www.newhartfordhistory.com. Your membership helps this great community asset. Send your membership today!

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

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

This year's theme: Tomorrowland- Where Robots Rule!

New Hartford, NY (January 15, 2018) – Tickets to the New Hartford Central School District Foundation's 8th annual Prince Charming Ball are now on sale! The event will take place on Saturday, April 14, 2018, from 6:00- 9:00 p.m. at Daniele's Banquet Specialist in New Hartford. This year's theme is *Tomorrowland - Where Robots Rule!*

An evening filled with dinner, dessert, and dancing, this year's annual mother-son dance will include robot-themed costumed characters, raffles, dinner, dancing, dessert, and a host of other entertainment.

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

The New Hartford Foundation is grateful to have the support of many local sponsors, including:

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- Snyder Fuel Service
- Boulevard Graphics

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

About NH Central School District Foundation

The New Hartford Central School District Foundation is an independent, 501 © (3) non-profit organization providing support for all district schools and their educational programs within the Town of New Hartford. The group raises funding by partnering local businesses, organizations, individuals, alumni, as well as by hosting special events. For more information, visit <http://www.newhartfordschools.org/foundation>.

Foundation Accepts Grant Applications

The Slocum-Dickson Foundation is currently accepting grant applications for health and medical projects that focus on education and training. Applications should be submitted by email to joycea1435@adelphia.net or in writing by March 15, 2018 to Slocum Dickson Foundation, c/o Joyce Astafan, 1435 Herkimer Rd, Utica, NY 13502. An Application Packet is available at <http://www.slocumdicksonfoundation.com> or call Joyce at (315) 723-5597

The Foundation also provides funding for special educational programs such as, development disabilities, asthma, mental illness and drug/alcohol education in the schools. Grants are restricted to the Greater Utica and Mohawk Valley areas. Applicants should be organizations approved by the IRS as tax-exempt; first time applicants should include their IRS tax-exempt letter. The Foundation does not give grants to individuals, nor does it make grants for operating expenses or endowment funds.

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- 2/1 - 7:00pm - Volleyball: Girls Varsity @ High School Gym
- 2/2 - 5:30pm - Basketball: Boys Modified @ NH - Perry Junior High School
- 2/2 - 4:00pm - Basketball: Boys Modified @ NH - Perry Junior High School
- 2/2 - 6:30pm - Ice Hockey: Boys Varsity @ New Hartford Rec Center
- 2/3 - 4:00pm - Basketball: Girls JV @ High School Gym
- 2/3 - 5:30pm - Basketball: Girls Varsity @ High School Gym
- 2/3 - 5:30pm - Cheerleading: Varsity @ High School Gym
- 2/5 - 5:30pm - Basketball: Girls Modified @ NH - Perry Junior High School
- 2/5 - 4:00pm - Basketball: Girls Modified @ NH - Perry Junior High School
- 2/6 - 5:30pm - Basketball: Boys JV @ High School Gym
- 2/6- 7:00pm - Basketball: Boys Varsity @ High School Gym
- 2/6 - 7:00pm - Cheerleading: Varsity @ High School Gym
- 2/7 - 5:30pm - Basketball: Girls JV @ High School Gym
- 2/7 - 5:30pm - Basketball: Girls Modified @ NH - Perry Junior High School
- 2/7 - 4:00pm - Basketball: Girls Modified @ NH - Perry Junior High School
- 2/7 - 7:00pm - Basketball: Girls Varsity @ High School Gym
- 2/7 - 7:00pm - Cheerleading: Varsity @ High School Gym
- 2/7 - 7:30pm - Ice Hockey: Boys Varsity @ New Hartford Rec Center
- 2/10 - 3:30pm - Basketball: Girls JV @ High School Gym
- 2/10 - 5:00pm - Basketball: Girls Varsity @ High School Gym
- 2/10 - 5:00pm - Cheerleading: Varsity @ High School Gym
- 2/13 - 7:00pm - Basketball: Boys Varsity @ High School Gym
- 2/13 - 5:30pm - Basketball: Boys JV @ High School Gym
- 2/13 - 7:00pm - Cheerleading: Varsity @ High School Gym
- 2/13 - 7:00pm - Cheerleading: Varsity @ High School Gym
- 2/15 - 5:00pm - Swimming/Diving: Boys Modified @ High School Pool

Utica Curling Club News

The Utica Curling Club will be hosting an Olympic Open House on Saturday, February 24, from 10am-4pm, cost \$10. UCC will provide the equipment and instruction to deliver stones on the ice. Clean athletic shoes and warm clothing are strongly recommended. Those under 18 must have a legal guardian. The club is located at 8300 Clark Mills Road, Whitestown.

The Utica Curling Club will be conducting a Curling School on Sundays, March 4, 11, 18 from 5pm - 7pm, cost \$75. The club will provide complete instruction and equipment and no experience is necessary. Clean athletic shoes and warm flexible or loose fitting clothing is strongly recommended. Participants must be at least 18 years of age. Reservations are required via email membership@uticacurling.com The club is located at 8300 Clark Mills Road, Whitestown.

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Upcoming Zoo Camps

Utica Zoo has winter and spring zoo camps scheduled for different age groups, including a brand new Adult Zoo Camp! If you are interested in registering for a zoo camp session, please email the Education Department at kathleen.mcgill@uticazoo.org to reserve your slot. Registration is on a first come, first serve basis, with limited space available per session.

Adult Zoo Camp: Animal Nutrition: Have you ever wanted to join in the fun of our zoo camp programs? Now you can with our Adult Zoo camp! Perfect for those grown-ups who are young at heart. Learn about what it takes to be a zookeeper, meet animals up close and personal, and explore the world of conservation.

Saturday, February 10th from 9:00am-12:00pm. \$35.00 per adult for members, \$40.00 per adult for nonmembers. 15 slots available.

Marvelous Mammals

Kindergarten to 2nd Grade. Explore the different types of mammals that live around the world and learn about the ways they adapt to their environment! Wednesday, February 21st from 9:00am-12:00pm. 15 slots available. \$25.00 per child members / \$30.00 per child non-members.

Why Do Ferrets Dance?

3rd Grade to 5th Grade. Have you ever wondered why animals do the things they do? Learn all about animal behavior at this winter break zoo camp! Friday, February 23rd from 9:00am-3:00pm. 15 slots available. \$35.00 per child members / \$40.00 per child non-members.

Who's New at the Zoo?

Kindergarten to 2nd Grade. Meet some of our newest additions! Learn about the journey our animals have made to join us and how we care for them here at the zoo! Wednesday, April 25th from 9:00am-12:00pm. 15 slots available. \$25.00 per child members / \$30.00 per child non-members.

Conservation Kids

3rd Grade to 5th Grade. From Earth Day to Arbor Day, April is all about conservation! Join us as we learn about the challenges animals face in the wild and what we can do to help! Friday, April 27th from 9:00am-3:00pm. 15 slots available. \$35.00 per child members / \$40.00 per child non-members.

To stay up to date on all things Utica Zoo, visit UticaZoo.org. Daily updates on Facebook, Twitter and Instagram @UticaZoo.

Utica Zoo creates unique experiences and promotes public appreciation of wildlife through education, conservation and recreation. Located in Roscoe Conkling Park, the Utica Zoo was established in 1914 as part of a recreational complex made possible by the donation of land from Thomas R. Proctor. The zoo has grown from its beginnings of three Fallow Deer donated by the New York Zoological Society to its present collection of more than 100 species from around the world.

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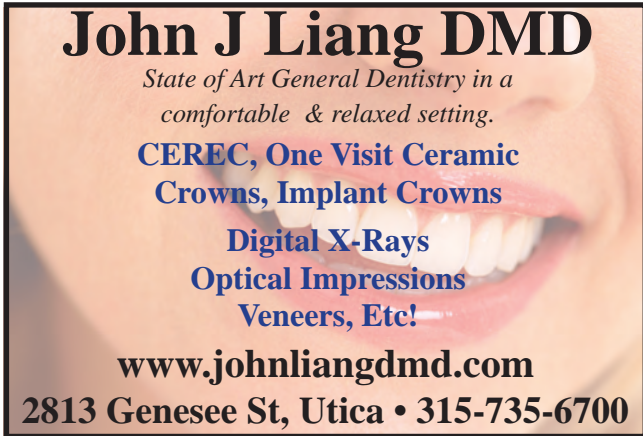
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DOVER QUARTET

FEB.
2018



Chamber Music Society of Utica Presents Dover Quartet

The Chamber Music Society of Utica presents the Dover String Quartet—“the young American string quartet of the moment” (New Yorker)—on Sunday afternoon, February 25, 2018, at 2:30 in the auditorium of the Munson Williams Proctor Arts Institute, 310 Genesee Street, in downtown Utica NY, 13502. .

Appearing for the first time in Utica, the Parker Quartet will perform Mozart’s String Quartet No. 15 in d minor, K. 421/417b; Schoenberg’s String Quartet in D Major; and Zemlinsky’s String Quartet No. 2, Op. 15.

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

The phenomenal Dover Quartet catapulted to international stardom following a stunning sweep of the 2013 Banff Competition. Recently the winner of the Cleveland Quartet Award and the coveted Avery Fisher Career Grant, the Quartet’s rise from up-and-coming young ensemble to occupying a spot at the top of their field has been “practically meteoric” (Strings). Bringing rare musicianship and an infectious joy in music-making to repertoire ranging from Mozart and Tchaikovsky to Schoenberg, Duke Ellington, and Derek Bermel, the Dover Quartet is, as the Washington

Post observes, “the very model of a modern young classical ensemble.”

All four Quartet members are consummate solo artists: first violinist Joel Link took first prize at the Menuhin Competition; violinist Bryan Lee and violist Milena Pajaro-van de Stadt have appeared as soloists with the Philadelphia Orchestra and Tokyo Philharmonic, respectively; and cellist Camden Shaw released a solo album debut on the Unipheye Music label. As Strad magazine observes, “With their exceptional interpretative maturity, tonal refinement, and taut ensemble,” the Dover Quartet is “pulling away from their peers.”

Hailed as “the next Guarneri Quartet” (Chicago Tribune), the Dover Quartet draws from the lineage of that distinguished ensemble, as well as that of the Cleveland and Vermeer Quartets. The Dover’s members studied at the Curtis Institute of Music and Rice University’s Shepherd School of Music, where they were mentored extensively by violinists Shmuel Ashkenasi, Kenneth Goldsmith, Joseph Silverstein and Arnold Steinhardt; violists James Dunham and Michael Tree; and cellists Norman Fischer and (Utica native) Peter Wiley.

It was at Curtis that the Quartet first formed, and its name pays tribute to fellow Curtis alumnus Samuel Barber’s setting of “Dover Beach” (Matthew Arnold’s lyric poem) for string quartet and baritone. The Quartet has since returned for residencies to Rice and to Curtis, where it became the conservatory’s first Quartet-in-Residence, in 2013-14. In addition, in 2015 the Dover was appointed the first Resident Ensemble of Peoples’ Symphony Concerts in the 116-year history of New York City’s oldest concert series. Currently, the Quartet serves as the quartet-in-residence for the Bienen School of Music at Northwestern University, and will also continue multi-year residencies for the Walton Arts Center’s Artosphere, Peoples’ Symphony, and the Amelia Island Chamber Music Festival.

The Dover Quartet is dedicated to sharing its music with under-served communities and is actively involved with Music for Food, an initiative enabling musicians to raise resources and awareness in the fight

against hunger.

For more information on the Dover Quartet’s discography, collaborators, and performances this season, plus an update on the Dover’s feature-length documentary film-in-process, directed by award-winning filmmaker Bruce Broder, see their website <http://www.doverquartet.com/> . Aural and video clips are also available on their website, Facebook and YouTube.

CMSU’s next performance features the chamber ensemble Frisson on Sunday, May 6, 2018, at 2:30 PM in the MWPAI Auditorium. Based in New York City, Frisson features the best and brightest of classical music’s rising stars drawn from the nation’s major music schools.

For information on all CMSU concerts in the 2017-2018 season, phone 315-507-3597 or 315-794-9741, or see CMSU website www.uticachambermusic.org.



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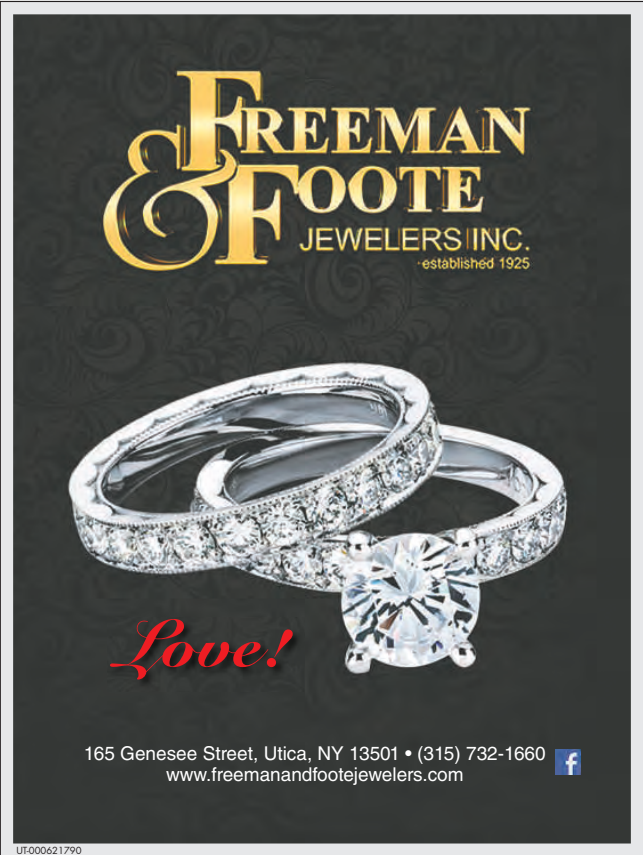
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Jeremy Camp

UP MUSIC TELEVISION and COMPASSION INTERNATIONAL presents Jeremy Camp LIVE at The Stanley Theater in Utica on April 19th. Following a successful 25-city run of tour dates in the fall featuring multiple sell-out performances, award-winning GRAMMY® nominee Jeremy Camp will extend ‘The Answer’ Tour this spring and will perform at the Stanley Theatre on APRIL 19th at 7pm with special guest Dove Award Nominee Micah Tyler. Opening songs will be presented by Mark Bolos the emcee for the concert. The tour takes its name from Camp’s newest studio album, The Answer (Capitol CMG), which released late last year. According to Billboard, he has the most No. 1 songs among solo artists on Billboard’s Christian Airplay chart.

“I can’t wait for everyone to hear these songs,” shares Camp about the new album and tour. “After all these years, it’s amazing how the well to draw from never runs dry when we rely on Him. The Lord continues to give deeper and deeper songs that speak to different seasons of life. With this new album, we’re doing some things we’ve never done before. I’m releasing five songs with five different music videos for each song before the album even comes out. And I’m definitely ready to play these songs live. On The Answer Tour, we’ll be playing new songs, of course, but also bringing back some very early ones. It’s a very exciting season.”

Tickets for The Answer Tour are on sale to Stanley Theater members this Thursday, January 18th and to the general public on Friday, January 19th. A special VIP package is available and start at \$65 (Premium)

and \$99 (Ultimate-Orchestra PIT), which includes a preshow 30 minute Q&A with photo opportunity, early entry at 5:00pm, VIP seating closest to the stage available and an exclusive signed 11x17 tour poster with laminated pass. Reserved seats start at \$25-\$35-\$45 Orchestra Level and \$49 for upper Loge seating. (Additional Fees may apply). There are discounts for groups of 10 or more with \$5.00 off all ticket price ranges. For tickets and complete details call The Stanley Box Office at (315) 724-4000, visit the Box Office at 261 Genesee Street (M-F 10a-4p) or log on to: thestanley.org or ticketmaster.com.



Credit: Courtest of NBC News

Libby Leist Will Lead NBC’s ‘Today’ to Tomorrow

Libby Leist’s path to the top of the first two hours of NBC’s “Today” started in Washington, D.C.

Leist, daughter of Connie and Alan Leist Jr., from New Hartford, joined NBC News’ Washington bureau as a desk assistant in 2001, and soon rose through the ranks to become a senior producer for Capitol Hill coverage and a senior producer for “Today” in Washington, D.C. Her assignments would have her working with people like Andrea Mitchell and Savannah Guthrie.

That relationship with Guthrie, now a co-anchor on “Today,” would serve her well. While other women have supervised NBC’s A.M. franchise – Alexandra Wallace, a former NBC News senior vice president, once had responsibility for the program’s many hours – no female staffer has run the show’s first two hours, which are the most lucrative, most watched and most scrutinized. The first two hours of “Today” are said to bring in around \$500 million in advertising revenue each year, according to Kantar, a tracker of ad spending.

Leist replaces Don Nash, a veteran hand at “Today” who has supervised the program since 2012. She has been senior producer of the 7 a.m. hour of “Today” for the past five years.



RACC Hosts Keith M. Leonard Art Exhibit

The Rome Art and Community Center presents a solo exhibit by local artist, Keith Leonard.

“Adventures in Realism: Watercolors by Keith M. Leonard” features three dozen beautifully rendered watercolor paintings.

Leonard says of his paintings, “My work is an expression of my love for nature, especially trees, water, and animals. I am fascinated by ‘man’s’ footprint on the natural world. I strive to paint a scene exactly as seen or photographed. If I am successful, the viewer will share in the beauty or drama that was my original inspiration.”

The exhibit will be on display through February 22nd. For more information, call the Center at 315-336-1040.



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COMMUNITY NEWS

THE TOWN CRIER

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Pictured (r) is Kevin Burnside, using the SkiErg to train in the Paralympic sport of biathlon, which combines cross-country skiing with adaptive shooting. Because the SkiErg can still be used effectively while sitting in a chair, it's also functional and effective for many individuals rehabbing, or for athletes with disabilities.

Boost Your Resolution in Sitrin's Wellness Program

Still sluggish from the holidays? Having trouble sticking to your New Year's resolution? Cabin fever got you down? Don't be discouraged!

It's a brand new year and it can be a brand new you! Whether you are eating healthier, giving up bad habits, or starting a new exercise regime, wellness is a crucial part of your everyday life. Let Sitrin Health Care Center's Wellness Program empower you to meet your health goals.

In Sitrin's program you'll discover all the tools to meet your fitness needs in a private, no-pressure environment. As a member, you can customize your workout and wellness goals based on both your health wants and needs, with support from attendants trained to assist with all of the equipment.

In addition to free weights, cybex machines, Nustep, arm bikes, treadmills, stationery bikes and elliptical, Sitrin has two SkiErg machines. Unique to the area, the SkiErg is a great addition to any exercise routine. Similar to an upright rower and simple in structure, the machine's movements are comparable to using ski poles along the slopes to gain momentum, resulting in

improved power, strength, and endurance.

"The SkiErg simulates the movements of real cross-country skiing with both double-pole and classic alternating arm technique," said Dr. James Wallace, director of clinical rehabilitation at Sitrin. "These movements offer one of the most challenging strength and endurance tests available in a fitness machine, targeting the legs, arms, and core for a full body workout adaptable to anyone's size and skill level."

Wellness Center hours are Mondays through Thursdays, from 8 a.m. to noon, and from 1 p.m. to 7 p.m., and on Fridays from 8 a.m. to noon, and from 1 p.m. to 4 p.m. It's also open on Saturdays and Sundays from 8 a.m. to noon.

Another benefit to members is the use of Sitrin's two therapy pools, heated to 93 degrees for maximum comfort. Pool hours are Tuesdays and Thursdays from 8 a.m. to noon and from 1 p.m. to 7 p.m., as well as on Saturdays from 8 a.m. to noon.

Sitrin's Wellness Program membership is open to individuals in the community 13 years of age or older. An application is required before joining. There are individual memberships for \$30 per month, and \$45 per month for a family of two living in the same household, with \$5 for each additional immediate family member ages 13-18. Member benefits include half-off any aquatic class. In addition, members may bring children under the age of 12 on Saturday mornings for open swim. Children must be accompanied by an adult 18 years or older. Cost is \$3.00 per swimmer. Non-members also receive half-off any additional aquatics classes after one full-price class purchase.

For more information about Sitrin's Wellness Program, and a full schedule of classes, visit www.sitrin.com/wellness or call (315) 737-8000.

Sitrin is a not-for-profit corporation located on Tilden Avenue in New Hartford. In addition to a Wellness Program, Sitrin provides a variety of services for people of all ages and abilities including comprehensive medical rehabilitation (inpatient and outpatient), long-term care, independent living (Georgian Court Estates), assisted living and enriched housing (Cedarbrook), a NeuroCare program, residences for people with intellectual disabilities and medically complex conditions, adult day health care (OPAL Program), a military rehabilitation program, a dental clinic, and child care center.



Mohawk Valley Chapter Trout Unlimited Schedules Annual Banquet

The Mohawk Valley Chapter of Trout Unlimited will hold its 2018 banquet on Saturday, February 24, 2018 at the Roselawn in New York Mills.

This year's Guest Speakers are Mr. Dan Josephson and Ms. Lisa Abel. Mr. Josephson is a Fishery Research Biologist at Cornell University and Manager of the Little Moose Field Station. His topic will be "Acid Rain Recovery in the Adirondacks" and "The Resurgence of the Brook Trout". Ms. Abel will address the group on "Casting for Recovery".

The cocktail hour will begin at 6:00 P.M. followed by the deluxe buffet dinner at 7:00 P.M. In addition, there will be door prizes and bucket raffles. The cost of the banquet is \$20.00 per person.

For reservations please contact any one of the following individuals: Ken Ziobro, Chapter President, at 315-736-3521 or via email at: kziobro@verizon.net; Steve Priervo at 315-956-9124 or email at: spriervo@gmail.com; or Scott Black at 315-338-1914 or email: Beef3588@gmail.com.



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Why Leading From the Heart Doesn't Sound Smart

by Kristy Lenuzza

You've heard it a million times: follow your heart. It's so cliché that you may dismiss it as a touchy-feely idealistic way of living your life. It sounds innocent and childish. It doesn't *sound* smart because it's not. Everything smart needs to be contained and organized and practical. It all comes from the left side of our brain where we camp out analyzing and rationalizing our thoughts, data, and actions away like little minions. Then suddenly something happens to wake you up. A divorce. A death. A natural disaster. A diagnosis. Or maybe it's an empty house. A lay off. A birth. Something big happens and it shifts you to your heart. Fast. You're suddenly *feeling* instead of thinking and chances are that what happens is that you wish you had been living this way all along. How much better could your life have been if you bucked the system and actually slowed down enough to listen to how you felt and not just what you or others were thinking? It's not too late. You can start right now. As long as you still have a pulse you still have a choice.

Because, really, decision making comes down to two things: Love or Fear. This is not about impulsive and rash decision making. Not at all. What it *is* about is finding a way to pay attention to how you are feeling on a regular basis so that no matter what the decision is that you're making, you know that it's being made from your best Self. With practice, you will begin to have your thoughts in order with conviction. You'll see boundaries and compassion surface much easier and frustrations and doubt dwindle away. Whether you're making decisions for yourself, your family, or your work, you will find yourself doing it with more comfort and peace.

When you are consistently in your head you give zero chance for your intuition to come into play. Leading from the heart is not for sissies. It's super courageous. Where did the Groupthink of flying through life and not coming up for a breath even come from? Just imagine if we all normalized slowing down as a regular practice in our culture. Picture what the world would look like if we all banned together and took the time to go inside for the answer instead of always looking outside of ourselves. What would happen to illnesses and

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crime rates? What would the inside of homes, schools and organizations look like?

When you make the choice to practice listening to your higher Self, you are pivoting your life down a path of least resistance and regrets. Yes, you will disappoint people along the way; it's inevitable. The upside is that by consistently checking in to how you feel, you shift over to wiser decision making. You are then aligning yourself with continually being true to who you are and even more with why you were put in this beautiful world in the first place.

Just like anything, it takes a commitment and practice to differentiate between second guessing and your gut feeling. The more you practice, the easier it will be to clearly feel the difference. Your intuition is always talking to you. It's up to you to listen.

Here are two exercises to start you out:

Exercise 1. Work with direct (literal) intuition.

Find a place to sit comfortably.

Follow your breath by counting '1' on the inhale and '2' on the exhale.

When you are relaxed and quiet, identify an event or situation that you'd like more insight about.

Focus on the event or situation intently for a few minutes.

Ask for a direct intuitive experience about it in the near future.

Let it go.

Exercise 2. Work with indirect (symbolic) intuition.

Get a piece of paper and a pen or pencil.

Ask yourself, "What does my life need right now?" three times in row, pausing between each question. Imagine you are going toward a more meaningful answer each time you ask.

When you've finished with the 3 rd question, pick up your pen and draw one symbol on your paper.

Interpret this symbol. What does it suggest you add, subtract, or enjoy from your life?

Kristy Lenuzza is a writer, speaker and trainer whose focus is on communications and creativity. If you are interested in booking Kristy for a workshop or speaking engagement, please contact her at kristy@kristylenuzza.com. You can follow her blog and learn more at www.kristylenuzza.com. Please find the ad for, Parents Soaring a workshop she is co-facilitating, in this issue of the Town Crier.



Tapping Into Your Parenting Intuition

As a society we are constantly inundated with information. This is a beautiful thing. We, quite literally, have countless tools at our finger (or thumb) tips. And we can gain access to resources that give us answers like never before.

Don't know? Just Google it.

In so many ways, this has made our lives much easier. Just ask anyone who used to have to go to the library to look something up in an Encyclopedia.

But despite this, sometimes I am left feeling more confused. Less able to glean the answer, rather than more empowered to make the right decision. Sometimes, I get caught down the Google "rabbit hole" never to be seen again. Eventually, I come back up, anxious and terrified. Or even mad. Desperate to just have the permission to listen to my own gut. To trust what I know as a parent. To trust what feels right for my family and me, and then to do that very thing, without guilt, because someone else said there is a better way.

Yes, we need accurate information and logic. We have all seen what happens when we don't use it. But sometimes we just know. We don't know why we know,

we just do. Call this "knowing" what you will. "Gut feelings," "Mother's Intuition" (don't forget dads have it too), "inner wisdom," "My bad knee knows when it's gonna rain" (ok, not that one, but maybe).

Intuition has been defined as "the ability to understand something immediately, without the need for conscious reasoning," and the field of neuroscience is even discovering that some parts of intuition are linked to unconscious cognitive processes. Things that our brain is doing without our awareness.

For example, memory research has discovered that implicit memory is information we acquire without knowing it. Simply put, we miss things on a conscious level but unconsciously we are still obtaining and retaining them, and this information comes back to us in the form of intuition. This is happening all the time, throughout our entire life. So it makes sense that we get a sense of when something "feels" right or wrong, because we have retained information about it somewhere along the way.

The amount of information we receive is increasing at an alarming rate. Practicing awareness of our intuition is not really an option - it's vital. I am not proposing we make decisions willy-nilly because they make us *feel* a certain way. It's important to do your research. However, I do argue, it's equally important to tap into your own inner guidance because there is a reason it's there. Listening to it can lead you to that person, website or place. It can be a wise shortcut to find answers. Ultimately, doing both can make for a more informed decision. Especially when it comes to our children.

It's not lost on me that this is another article that can be found down that Google rabbit hole. That I am guilty of producing the same information that I complained of above. But in spite of that, I am hoping that the next time you feel your insides pointing you in a certain direction, you are encouraged to practice being aware. To slow down, take time to be still, pay attention, be curious. You never know what your gut may reveal.

Interested in delving into this topic even more? In the month of March, I am partnering with communications specialist Kristy Lenuzza for Parents Soaring: From the Inside Out. An interactive workshop aimed at discovering and uncovering the parent you want to be. Check the Ad in this month's Town Crier for details!

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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COMMUNITY NEWS

THE TOWN CRIER

19



New Hartford Highway News

Submitted by Highway Superintendent Richard Sherman

I am working on a new schedule for the BRUSH COLLECTION and DUMPSTER- DROP OFF COLLECTION for 2018 season. This will be coming out in the town crier in the month of March. This will start on April 2nd for drop off and Tag pick up. Remember if you want items picked up you must see the town clerk and get a tag by Friday March 30th for Monday April 2nd pick up. The cost will remain the same as last year \$5.00 per item. The clerk's office is open Monday-Friday 8:00am to 4:00pm. We will have the dumpster drop off along with the tag pick up for the months of April, May, July, August, and September. The month of June will be suspended for tags and the drop off at the highway garage for trash as curb side pickup throughout the town will take place the month of June.

If you received lawn damage this winter from the plows give my office a call and put your name and address on the list so that we can repair damage when the weather gets nice in April. It is very hard for the plow drivers to see in a zero visibility conditions. We have had a few so far this season in early morning hours that the plow drivers can't see. When we get a January thaw and the snow melts away then we have to start over with snow banks. The snow banks help to see where the road ends and grass meet. That happened to us on January 13th this pass month when it was 65 on the 12th and 10th of snow on the 13th.

I've had a lot of phone calls and e-mails about the leaf program this past fall. Why were our leaves not picked up?

Remember the fall was very warm and the leaves didn't fall until middle of November and December.

The crews worked very hard to try and get them all picked up. In middle of December the accumulative snow hit before all leaves were picked. The town Highway Superintendent and the town board with the town Supervisor are looking at different ways to get the job done more efficient and faster for next season.

Also I would like to get some of our R.O.W. brush and tree trimming done again this spring. I or my foreman will make contact with the home owner before we start to let you know what we are going to trim and cut.

Exercise for Arthritis: What You Should Know

submitted by Helen Sarandrea, PT, (315) 738-1671

Do you have stiff, achy, painful joints? You're not alone. An estimated 54 million adults are living with this chronic condition: arthritis.

Arthritis steals movement and sometimes the things you love to do, but you can get it back. Exercise is one of the best ways to improve pain, stiffness, and decreased range of motion, which are common symptoms of arthritis. Many people with arthritis think exercise will be painful—probably because they've tried and it was. But we know through research that people with arthritis *can* exercise without worsening their pain.

Indeed, exercise decreases arthritis pain and improves walking activities. The trick is doing the right exercises, in the right way, at the right time.

It isn't easy. Arthritis is a pretty complicated condition. Once arthritis moves into the joint, muscles surrounding the joint become weakened. This leads to a ripple effect of joint pain and muscle weakness because all of your body's muscles and joints are connected.

If you've tried to exercise and stopped because of pain, consider working with a physical therapist (PT) who can work with you to develop a customized, safe, and effective strengthening and conditioning program that helps reduces your pain, not add to it, and improves your mobility and function. That's right—exercise shouldn't hurt if you have arthritis.

Generally, people with arthritis need to increase their exercise routines more gradually than someone without it. A PT will partner with you to develop a program tailored specifically to your level of function and your goals. Walking, cycling, and swimming are great forms of cardiovascular exercise, but strength

training and stretching are equally important. The trick is to perform these exercises with the right form and posture and for the right duration (time) and intensity (repetition).

If you have questions about how exercise can help address your arthritis symptoms, Find a PT near you. Also consider finding a community-based physical activity program, which research has shown to be effective for people with arthritis.

Learn more about ways that physical therapists can help by exploring the arthritis health center.

"The Game's Afoot" at Players of Utica

Players of Utica continues its 105th season with its first performance of 2018. For two weekends only, local theatergoers will be treated to a wonderful entertaining "whodunit" mystery with "The Game's Afoot", directed by Rose Cirillo.

ABOUT THE SHOW: It is December 1936 and Broadway star William Gillette, admired the world over for his leading role in the play Sherlock Holmes, has invited his fellow cast-members to his Connecticut castle for a weekend of revelry. But when one of the guests is stabbed to death, the festivities in this isolated house of tricks and mirrors quickly turn dangerous. Then it's up to Gillette himself, as he assumes the persona of his beloved Holmes, to track down the killer before the next victim appears. The danger and hilarity are non-stop in this glittering whodunit set during the Christmas holidays. DATES/TIMES:

Feb 2, 3, 8, 9, and 10 at 7:30pm. Feb 4 and 11 at 2pm
TICKETS: Individual Ticket Prices For 2017-2018 Season Performances

+ \$20.00 regular admission
+ \$17.00 senior admission
+ \$10.00 student admission (valid ID required)
(\$2 from each ticket sale goes directly to the Capital Fund)
To get tickets: Call (315) 724-7624.

Visit www.players.ticketderby.com

CAST: William Gillette/Holmes: Stephen Wagner
Martha Gillette: Deborah Martin
Felix Geisel: Paul Hernon
Madge Geisel: Beth Dunwoody Bohstedt
Simon Bright: Steven Handzel
Aggie Wheeler: Amanda Berman
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Jim Friedel



Don Edmunds

Professor Stephen Orvis of Hamilton College to speak March 22 about South Africa

Stephen Orvis, Professor of Government and Associate Dean of Students at Hamilton College, will speak about South Africa on March 22, 2018, 7:00 p.m. at Unitarian-Universalist Church, 10 Higby Road, Utica. Dr. Orvis studies comparative politics with an emphasis on Africa. He served as an international election observer in Kenya. He and Carol Ann Drogus published the textbook *Introducing Comparative Politics: Concepts and Cases in Context* (CQ Press, 3rd edition, 2014). Orvis' articles on African democratization and rural development in Kenya have appeared in *African Studies Review*, *Africa Today*, *Studies in Comparative International Development*, *Journal of Modern African Studies*, and *Journal of Asian and African Studies*. Orvis earned his doctorate at the University of Wisconsin.

The program will be followed by audience questions; refreshments are served.

Four Ways Hospice Can Help

The vast majority of Americans say what they want at the end of life is to die in their own homes, as comfortable and pain free as possible. The hospice philosophy is about making sure that a patient's death experience reflects their wishes. Here are four ways that hospice helps to deliver this:

Hospice gives patients comfort. Hospices are experts at managing life limiting illness. The hospice team ensures that medication, therapies and treatments all support a care plan that is centered on the patient's goals. And hospice services can be offered wherever the patient calls home, allowing friends and family to visit freely—something they might not be able to do in a hospital ICU setting.

Hospice gives patients peace. Beyond physical relief, hospice strives to help patients and families find emotional and spiritual comfort during what is often a very traumatic time. Hospice is able to provide families with social workers, spiritual care counselors and bereavement professionals who can best support their struggles with death and grieving. These services are part of the hospice benefit, covered by Medicare, Medicaid and most private insurances.

Hospice gives caregivers guidance. Most families are not prepared to face the death of a loved one. In addition to caring for patients, hospice also offers services for families and loved ones that provide emotional support and advice to help family members become confident caregivers and adjust to the future with grief support for up to a year.

Hospice gives patients and caregivers more. Be it more joy, more love, or more quality of life in general, the goal of hospice is to offer patients the ability to enjoy the time they have remaining, and create meaningful memories for their families. Hospice offers more moments of life.

If you or someone you know could benefit from the supportive care of Hospice & Palliative Care, please call (315) 735-6484 and ask for the Admissions Department.



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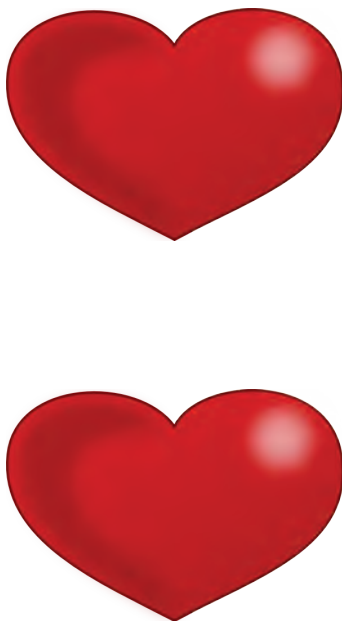
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**NHFD Benevolent Association
Installs Officers**

The New Hartford Volunteer Fire Department's Benevolent Association also installed its officers for 2018 during its annual Installation of Officers banquet meeting on Saturday, January 13, 2018. Left to Right: Treasurer, David E. Maier, Financial Secretary, Michael J. Galligano, Vice President, David W. Butler, Recording Secretary, James F. Luley, Director James P. Kreutzer, President Joseph S. Luker, and Director, David M. Reynolds. Missing from the photo are Director, Charles J. Obernesser, Assistant Treasurer, James F. Spellman, and Assistant Recording Secretary William J. Wren.

B Sharp Free Concert

On Sunday, February 11, 2018, 3 PM, the B Sharp Music Club will present a free concert at the Munson Williams Proctor Arts Institute, 310 Genesee St, Utica, NY. The performers are Peter J. Costianes (bass/ baritone), Linda LoRusso (alto vocals), Michael DiMeo (trumpet), Sar-Shalom Strong (piano), and Opus Black String Quartet [Ally Brown (guest) violin; Liz Friedel (guest) violin; Kristen Kopf (guest) cello; Allyson Sklar, viola]. Performances will include a wide variety of selections to include "Take Five" (Dave Brubeck), "Ashoken Farewell" (J.Unger), "Whiter Shade of Pale" (Procol Harum), "Creep" (Radiohead),"Game of Thrones" (Ramon Djawadi), "In diesen heil'gen hallen" (W.A.Mozart), "Send in the Clowns" (S. Sondheim), "Some Enchanted Evening" (Rodgers/Hammerstein), "Cry Me A River" (J.Timberlake /S.Storch), "God Bless the Child" (B. Holiday/A. Herzog, Jr.), and "I Remember Clifford" (B. Golson).


The B Sharp Musical Club encourages a broader culture in the performing arts among its members and in the community at large. It is organized exclusively for charitable and educational purposes, within the meaning of section 501(c)(3) of the Internal Revenue Code. For more information click on www.bsharpnycny.org.



NHFD Installs Officers

The New Hartford Volunteer Fire Department installed its officers for 2018 during its annual Installation of Officers banquet meeting on Saturday, January 13, 2018. Left to Right: First Lieutenant, Jon S. St. Louis, Fire Police Second Lieutenant, Peter L. Rebisz, Fire Police Captain, William H. Randall, Third Lieutenant, Jason T. Stallone, Second Assistant Chief, Richard E. Alexander Jr., Fourth Lieutenant, Michael P. Jones, Second Lieutenant, Jeremy M. Spinella, Second Captain, Kevin J. Monahan, First Assistant Chief, James H. Monahan, Third Assistant Chief, Brian D. McCormick, First Captain, Sean M. Luley, First Lieutenant, Robert S. Cornish, Third Captain, Steven G. Karrat, and Chief, Thomas A. Bolanowski II.

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Workforce Development Board**

Chamber Alliance Meeting

Wednesday, February 21st
Yahundasis Golf Club

11:30am Networking / Registration
12:00 - 1pm Lunch Meeting (\$15)

The Chamber Alliance of the Mohawk Valley (CAMV) will hold it's next monthly meeting in the Town of New Hartford at The Yahundasis Golf Club on February 21st at noon. This is a working lunch meeting and the cost is \$15. All CAMV members, affiliate members and individual members are encouraged to attend.

Scott Mathias, CAMV Second Vice President and manager of The New Hartford Chamber of Commerce will speak about the Alliance's mission and purpose with specific regard to information sharing between members and the community.

Members of the New Hartford Chamber of Commerce are encouraged to attend and network with business leaders from all across the greater Mohawk Valley. All members of CAMV member organizations are invited to attend.

The Chamber Alliance of the Mohawk Valley is an association of independent chambers of commerce and organizations that meets monthly for information sharing, mutual support, advocacy, education, and joint planning. Established in 1997, CAMV's purpose is to represent and promote the collective interest of the Chambers of Commerce of the Mohawk Valley—that geographic area which includes, but is not limited to, Herkimer, Oneida, Madison, Otsego, Fulton and Montgomery Counties.

Approximately 2,500 Mohawk Valley businesses, organizations, individuals, and professional firms are represented by the alliance chambers and affiliate partner organizations.

Register Online: bit.ly/CAMV-Event
or Call 315-796-1520



(L-R: Scott Mathias, Joshua Lamie, Tricia Bushee, Paul Miscione, Mark Turnbull, Donald Ryan)

Chamber Welcomes New Members

On December 29th, The Chamber welcomed new member Wireless Vision and their new T-Mobile store in the Aspen Dental plaza on Commercial Drive next to fellow member, AAA Northeast. We are excited to have Store Manager Joshua Lamie and his staff in our membership.

The New Hartford Chamber also proudly welcomes the following new members to the organization:

**Straight Arrow Archery
Realm Chiropractic
Amy Lefevre Interiors
Mohawk Valley Business Women's Network
Peak Performance Physical Therapy Wellness
Sangertown Square**



Call for Student Interns

Immediate Internship opportunities for local college students pursuing future local employment options in communications and/or marketing.

The ideal candidates will be well-organized and also, analytical thinkers. Firm command of the English language in both written and verbal forms absolutely required.

The successful candidates are naturally excelling in the classroom and have a well-established routine for classroom and study-times. Internship schedule will be carefully arranged around the student's classroom and homework schedules. Interns are expected to keep to the established work schedule at least 96% of the time. Regular communication between sponsoring organization and interns' schools will be maintained to help insure program success.

The New Hartford Chamber of Commerce seeks 2-3 candidates with the above characteristics to begin an internship that will immerse the students into content creation, contact management, social media, member relations, email marketing, event management, visual marketing, website design, SEO and cyber-security.

This internship is open to Town of New Hartford residents currently enrolled in a local college with preference given to the candidates who wish to begin a career in the immediate area upon graduation.

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24 THE TOWN CRIER

FIRE DEPT NEWS

FEB. 2018

NHFD News

The month of December 2017 was once again a busy month for your New Hartford Volunteer Fire Department as indicated by the monthly call report listed below by category:

December 2017:		
Fires	=	3
EMS	=	48
Hazardous	=	2
Service Type	=	7
Good Intent	=	3
Other Alarms	=	10
Weather Related	=	0
Other	=	0

Total Calls for the Month of December 2017 = 73. This brings the total number of calls year-to-date through December 2017 to 1,154.

Below is a breakdown of the total number of calls your NHFD answered in 2017:

Total Calls for the Year 2017:		
Fires	=	22
EMS	=	626
Hazardous	=	57
Service Type	=	228
Good Intent	=	61
Other Alarms	=	158
Weather Related	=	2
Other	=	0
Total Calls for 2017 = 1,154		

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.



NHFD Recognizes Firefighters

During the annual Installation of Officers Banquet, held Saturday evening, January 13, 2018, Chief Thomas Bolanowski recapped the department's 2017 history along with recognizing several members for their outstanding service to the department and to the community.

Chief Bolanowski reported the department answered a total of 1,154 calls in 2017, bringing the total number of calls to 39,929 since the department's founding in 1901. The call breakdown for year 2017 is as follows: 22 fire calls, 626 EMS calls, 57 hazardous conditions, 228 service calls, 61 good intent and 157 false alarms, 1 overpressure and 2 weather related calls. This amounts to well over 14,000 hours for calls and other department activities and more than 2,168 training hours.

Since January 3, 1901, 807 individuals have stepped forward and answered the call to serve our community. Of those 807, 100 are current active members. Combined, these 807 men and women have given over 8,177 years of service. The average length of service for past members is 8yrs, 3months. The average length of service of our current 100 members is 21yrs 3 months.

Of note, the department noted that Rev. Janet Hoover, retired Minister from The New Hartford Presbyterian Church, has 16 years of service in the department and is only the second Chaplin in the department's 117 year history to surpass 15-years of service.

Several awards were also presented. They are:

IRONMAN AWARD

The William G. Martin" Ironman Award" is given to a deserving member of each of the town's three volunteer fire department's annually. This award, named in honor of Mr. Martin, a 40-year member of the New Hartford Volunteer Fire Department, was first presented to William Martin in 1991. The award recognizes the volunteer firefighter who is ever ready, ever willing, and ever present to serve the community. The recipient of this award has exemplified an outstanding dedication to service. The New Hartford Town Board recognizes the resolve, commitment, and genuine enthusiasm of this individual as an inspiration to all. This year's award was presented to Joseph S. Luker. Luker, an active member of the department for more than 39 years, currently serves as President of the NHFD Benevolent Association. Luker is no stranger to the fire service as his father was an active member of the department, prior to his passing, his mother served as President of the Ladies Auxiliary and his two uncles and a sister continue to be active members of the department. He recently retired from

the Oneida County Sherriff's department.He is one of our top responding members annually and a very deserving recipient of this prestigious acknowledgment from his peers and community. This is the 27th year that this award has been presented to an active and outstanding member of the department.

MICHAEL D. SOWICH " FIREFIGHTER OF THE YEAR" AWARD

The Michael D. Sowich "Firefighter of the year" award was established in memory of a NHFD member, who had taught various state fire school classes spanning a 15- year relationship with the department. To honor his love for firefighting and his dedication to teaching others, NHFD dedicated their "Firefighter of the Year Award to honor his memory. This year's award was presented to Joshua Famolaro.

EMERGENCY MEDICAL TECHNICIAN OF THE YEAR AWARD

NHFD established the William V. Kelly award in honor of a 39- year member who in 1927 established what would become today's "Emergency Medical Service (EMS) program. In his honor, NHFD annually recognizes members who go "above and beyond" the call of service to the fire department. This year's honoree is Kenneth J. Phelps.

NHFD ROOKIE OF THE YEAR

NHFD established the "Rookie of the Year Award" to honor a firefighter who is within the first three years of their service. Although on a probation period (which covers the first three years of active service) the firefighter is reviewed annually. This award recognizes the new member who has gone above and beyond the service expected of a rookie firefighter. This year's award was presented to Brett D. O'Grady.

TRAINING AWARD

The department's newest award, the NHFD Training Award is presented to a firefighter who has achieved the most hours of ongoing training during the past year. This year's award was presented to Joshua Famolaro.

Service pins, for years of service in the department, were also presented.

- 50 Years of Service: David M. Reynolds
- 40 Years of Service: Donald J. Brodt
- 35 Years of Service: David W. Butler
- 30 Years of Service: Steven M. Ingersoll, Robert A. Matt, William J. Wren
- 25 Years of Service: Richard E. Alexander, Thomas A. Bolanowski, Joseph E. Saunders,
- 20 Years of Service: James M. Spinella
- 10 Years of Service: Jonathan E. Reese
- 5 Years of Service: Dylan R. Alexander, Trey M. Geary, Michael R. Kowalski, Christopher A. Mathias
- For more information on The New Hartford Volunteer Fire Department please visit us at: www.nhfd.com.

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David M. Reynolds Honored for 50 Years of Service

The New Hartford Volunteer Fire Department and the community honored one of its own during the department’s 117th Annual Installation of Officer Banquet held in mid-January. Former Fire Chief, David M. Reynolds, was presented with his 50-years of service pin, several proclamations, and declarations from both government and the private sector. One of those, presented by Village Mayor Donald Ryan proclaimed David M. Reynolds, January 13, 2018.

Reynolds, who believes in giving back to his community, joined the department in March 1967, during the time that Ed Roman was the department chief and Jerome Madden was president of the NHFD Benevolent Association. He quickly became a very active member of the department and worked his way through the officer ranks being first elected to the office of 3rd Lieutenant in 1974 and as 2nd Lieutenant in 1975 and 1976. In 1977, he was elected Captain before being elected 2nd Deputy Chief, a position he held for two years. In 1980, he was elected Assistant Chief. In 1981, Reynolds was elected Chief and served in that capacity through 2005 – a total of 25 years!

While serving as chief, he worked closely with the presidents of the department’s Benevolent Association. These presidents were John Hoffman (1981-1982), James Kreutzer (1983-1985), Thomas Watkins (1986-2002), and David Corr (2003-2005).

The fire service has always been a way of life for members of the Reynolds family. His brother, Rodger Reynolds, joined the department in February, 1972 and served until his death in March, 2016. His brother-in-law, Joseph Luker, joined the department in April, 1978 and currently serves the Benevolent Association president. His nephew, Tim Reynolds joined the department in October, 1979. His father-in-law, Fred Luke Jr., joined the department in March, 1949 and served until his passing in January, 1987.

Reynolds was elected to the department’s Board of Directors in 2013 and continues to hold that position. Besides serving his own department, Reynolds served as President of The Oneida County Fire Chief’s Association in 1990 and Chief of the Engine 11 in 1999.

Reynolds presently serves as the 3rd Ward Councilman for the New Hartford Town Board, a position he has held since 2006.



still need your house cleaned once a week? Or perhaps that great introductory rate on your internet service has expired and now you’re paying double the price without even realizing it. Combating such hidden budget busters begins with a review and assessment of your current financial situation.

Routine spending audit. “Conducting a spending audit at least once, preferably twice per year, and evaluating monthly expenditures can be revealing,” says Rob Berger, founder and publisher of the personal finance blog Dough Roller.¹ Even expenses that are small individually can add up. If your TV, internet, and phone service have all increased by \$20 a month, and you have a few services you’re paying for but not using, you could easily be looking at a few hundred dollars per month that could be used elsewhere in your budget.

Berger suggests an initial focus on routine monthly expenses, including mortgage, utilities, insurances, car payments, and debt service as well as subscription services such as phone, cable, and periodicals. “Ask yourself: Do I still need this? Am I using what I’m paying for?”

Financial blogger Liz Frugalwoods agrees with this approach. “A comprehensive monthly review can seem arduous,” says Frugalwoods, publisher of the blog Frugalwoods,² who has discussed these topics on *The Today Show*, Money.com, Forbes, and Business Insider. “But once you begin, you realize all the ways your money is drifting out of your pocket.”

So where are many common budget busters hiding? Here are some likely candidates and strategies for maximizing savings:

Subscription services. “Many people subscribe to several streaming video services, yet find they mainly use only one,” says Berger. “Choose the one that provides the most value — you’ll likely not miss the others.” Other candidates for elimination are internet cloud storage, digital photo hosting sites, and even credit-monitoring services. These are often under-used, easily forgotten and, in the case of photo hosting, offered free with other services you may be paying for, such as Amazon Prime.

“Any automatically renewed bill is an immediate danger area,” says Frugalwoods. “Magazines, periodicals, even

Combating Hidden Budget Busters

It’s easy to overlook recurring expenses that you no longer need or that can be reduced based on life changes. For example, if your kids are now grown and living on their own, do you

gift subscriptions should be reviewed to see if you are still getting value from them.” Don’t want to eliminate something entirely? Changing distribution channels or service levels may offer significant savings. Online periodical subscriptions, for example, are often far less expensive than the print rate. Cable and internet are two other areas where you can save money, often by negotiating a better deal with a simple call to customer service.

Insurance. Comparison shopping on health, life, car, home, and auto can save hundreds of dollars annually. Most providers also offer discounts for combining coverage, leading to additional savings. If you find yourself not using your health insurance very often, consider whether a higher-deductible plan could save you money on monthly premiums, understanding you could end up paying more down the road if you do have an illness or accident.

Debt. Review interest rates on any debt you may have. Berger says that in some cases it may be advantageous to refinance home or auto loans, consolidate and reduce your rate on student loans, or use 0% balance transfer options to help pay off credit card debt. “Reduce your rate with the one-time effort and save money year in and year out,” he says.

Routine purchases. “Where, when, and how you shop make a big difference,” says Frugalwoods. Groceries, for example, are often an overlooked area for savings. Buying in bulk, talking advantage of loyalty cards, and saving on senior discount days all add up.

How to keep track. In order to analyze your spending habits and trends, Berger and Frugalwoods suggest using online expense tracking. there are several online options and software programs offering these services. “This can be particularly helpful for a deeper look over time,” Berger says.”The good thing about expense review,” Berger adds, “is that by identifying savings once, you can reap the benefits for months and years to come.”

¹<http://www.doughroller.net/> ²<http://www.frugalwoods.com/>
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Tuesday Morning, 6:30, Men’s Fellowship Breakfast
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Wednesday Evening, 6:30, Praise Team Practice
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Wednesdays: AWANA - 6pm
Fridays: Christian Service Brigade - 7pm
Sundays: Jr. & Sr. High Youth Fellowship.
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Yoga by Kristy: Tuesdays at 5:30pm & Thursdays at 9:30am
EGA Meetings: 1st Mondays of the Month
St. Stephen’s is handicapped accessible.

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

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9501 Weston Rd., NH (Next to Perry Jr. High), 737-5222
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Monthly Youth Events - Call for details!
Church is handicapped accessible.

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www.newhartfordpresbyterian.org

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

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10 Higby Road, email: welcome@uuutica.org
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105 Utica Road, Clinton
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Sunday school during worship following children’s time
Office Phone: 853-3358
www.clintonmethodist.org

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Rev. Justin Eiwell, Pastor
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THE TOWN CRIER

WATER DAMAGE/MOLD

FEB. 2018

Protect Your Home from Water Damage and Mold

submitted by Dean Tucciarone, Disaster Services LLC.

Water damage – whether caused by leaks or condensation - can do more than cause unsightly stains in your home. It can cause permanent structural and mold damage.

As a general rule, water damage from poor or infrequent maintenance, neglect or general deterioration isn't covered by your insurance. But proper home maintenance can help you prevent messy and costly damage to your home.

MOLD: IS THIS A HUGE AND EXPENSIVE CONCERN ?

As of January 1st 2016 New York State has implemented a law stating all mold remediation contractors shall be licensed and carry the proper pollution insurance.

Start with the roof

Your roof is “out of sight and out of mind” – so it's easy to forget – until you have unsightly water damage from a leak. Defend your home by stopping that leak before it starts. Corrosion or deterioration of your roof, wind or hail damage or improper installation of vents, flues, chimneys, air conditioners, evaporative coolers or condensers can all result in roof leaks. Your attic is part of your home, however most people do not frequent this area often, and when they do, a mold problem could have escalated into an expensive fix.

Regular inspections and maintenance can prevent problems before they begin. Inspect your roof for punctures, cracks or breaks. Each year clean and inspect rain gutters, downspouts (be sure they extend at least 6 ft from your home. All types of manufactured home roofs should be checked once a year – whether shingled, metal, vinyl or fiberglass.

Seal metal roofs with a good commercial manufactured home roof coating at least every other year – more often in some climates. Apply roof coating around all vents and seams and use coating along the drip edge of the roof. Make sure to cover all exposed screw heads, fasteners and other areas susceptible to leaking. Don't forget to inspect and seal the roof around vents and chimneys. Look for and repair loose, damaged or missing shingles, missing or damaged vent caps, raised nail heads and anything else that's in disrepair or could cause damage.

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Eliminate excess moisture

Today's well-built, well-insulated homes can trap excess moisture and condensation inside, especially if you have inadequate ventilation. This unwanted moisture shows up as: musty odors, rusty stains around light fixtures, damp, sticky floors, mildew along the ceiling, wall and baseboard edges, dripping pipes, condensation on windows and cold surfaces, and mold and mildew growth.

Good preventive maintenance can help eliminate many moisture problems. Keep inside air circulating with vents and fans to avoid condensation. Use exhaust fans in the bathroom when showering. It's a good idea to have an exhaust fan installed in your laundry area and use it when doing laundry. Also, make sure to exhaust all moist air to the outdoors and never into your attic or basement.

Fix leaky faucets and dripping toilets. In cold climates, water flowing down the drain under the home may freeze, causing water to back up through the drain lines and into your home. Invest in a good portable dehumidifier with a humidity control. Ideally choose one that a garden hose can be connected to and gravity drains the unit. This prevents the constant manual draining of the unit.

Be sure the skirting around the base of your home is well ventilated and allows air to circulate freely, to help eliminate unwanted moisture being drawn into the sub-flooring of your manufactured home.

Inside your home

Obviously a dripping pipe can cause water damage inside your home. To find problems before they cause damage here are some tips: Listen for any unusual hissing sounds, discoloration of vinyl floor covering, musty odors etc. Periodically check hard-to-reach, seldom seen spaces around the water heater, under sinks and behind clothes washers. Check the ice maker lines, furnace humidifier lines and filters for your refrigerator.

Water stains and wetness are often caused by loose or damaged plumbing fixtures or fittings. Moisture at the base of a toilet may indicate a deteriorated wax ring, which is easily replaced. If you discover interior water damage correct the problem immediately. If you can't make the repair yourself, hire a qualified repair person.

If your water supply has over 80 pounds of pressure, consider having your repair person install a pressure

regulator to help avoid high water pressures that may cause a line rupture or leak.

Emergency tips

If you discover a build-up of water on the floor, find standing water in your home or experience severe, sudden and accidental water damage, it is best to call in a professional mitigation company to access the damage and explain your options to you. At Disaster Services we use state of the art thermal imagining and precise moisture meters to evaluate moisture in wall, ceiling cavities and under flooring. This prevents the expensive and unnecessary process of demolition.

Here are some precautions to start with until help arrives:

Shut off the water source, if possible.

Protect your property from further damage with temporary, reasonable and necessary repairs, like plywood or plastic covers over roof or wall openings.

Move household items to an undamaged area of your home or cover them with plastic. Mop, blot up as much water as possible.

Don't leave books, magazines or other colored items on wet carpeting. Remove oriental or other colored throw rugs from wet wall-to-wall carpeting. Remove the pad from under saturated carpets Place wood blocks or aluminum foil between furniture legs and wet carpeting.

Wipe excess water from wood furniture. Open drawers and cabinets to aid in faster drying. Open windows to speed drying.

Make small holes in sagging ceilings to get rid of trapped water. Be sure to put a pan or bucket below to catch the water before you make a hole. And don't turn on a ceiling fixture if the ceiling is wet – don't mix water and electricity!

Clean-up cautions

Stay safe while you clean up. For the average homeowner, It is difficult to determine the extent of water travel. It is often best to avoid using and electrical appliances, fixtures or power equipment until the electrical system can be evaluated and isolated if necessary.

For more information on any concerns, please feel free to call Disaster Services. When in need of emergency services, Disaster Services LLC. offers immediate certified response to damage caused by water, fire, smoke and mold. We are recognized by all insurance carriers and work 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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1. Diabetic— Low Calorie

Monday	Tuesday	Wednesday	Thursday	Friday
<i>If N H Schools close because of ice/bad weather, we close. Road Runners meet the 1st and 3rd Tuesdays at</i>	Free Computer Help and other tech items. 1/2 hr per person. Call to sign up for appt. 10 to Noon	AARP Driving Class Feb 8Thurs and Feb.9 Fri 10-2 (2 day class) Feb. 15 8:30 to 3:30 one day class Boscov’s Health Fair 11-2	1 Roast Turkey/Gravy 10:00 Canasta 11:00 a.m. Entertainment Charles Ernst Keyboard	2 Macaroni/Cheese 10:00 Bridge 11:00 Aerobics 10:00 Yoga
5 BBQ Chicken 10:30 Knitting/Croqueting 11:00 Aerobics 12:00 Chair Yoga 1:00 Sr. Theater Prod.	6 Kielbasa 10:00 Bridge/ Canasta 10:00 Computer Instruction 11:00 St. Elizabeth’s College of Nursing Students Winter Safety	7 Chicken Riggies 10:00 Yoga 11:00 Chair Yoga 11:00OFA Outreach Worker	8 Shepherd’s Pie 10:00 Canasta 11:00 Entertainment Keyboard Charles Ernst	9 Ham w/Orange Sauce 10:00 Bridge 11:00 Aerobics 10:00 Yoga
12 Chili 10:30 Knitting/Crocheting 11:00 Aerobics 12:00 Chair 1:00 RSVP Theater Group	13 Cranberry/glazed Chicken Breast 10:00 Bridge / Canasta 11:00 Heart Health St E’s 10:00 Computer Instruction	14 Seafood Chowder 10:00 Yoga 11:00 Chair Yoga 11:00Valentine Day Party Ash Wednesday	15 Roast Pork/Gravy 10:00 Canasta 11:00 a.m. Entertainment Key-board Charles Ernst	16 Spaghetti & Meatballs 10:00 Bridge 11:00 Aerobics 10:00 Yoga
19 CLOSED PRESIDENT DAY	20 Rib B Que 10:00 Bridge / Canasta 10:00 Computer Instruction 11:00 Pep Up Your Life St. E’s	21 Ov Brn Chicken 10:00 Yoga 11:00 Chair Yoga 11:00 Attorney Mark Wolber	22 Italian Sausage w/Peppers&Onions 10:00 Canasta Senior Band 11:00 a.m.	23 Fish on a Bun w/Cheese 10:00 Bridge 11:00 Aerobics 10:00 Yoga
26 Salisbury Steak 10:30 Knitting/Crocheting 11:00 Aerobics 12:00 Chair Yoga 1:00 RSVP Sr. Theater Prod.	27 Chicken ala King 10:00 Bridge Canasta Computer 11:00 Seasonal Affective Disorder (AED) St. E’s Students	28 Lemon Pepper Fish 10:00 Yoga 11:00 Chair Yoga/Jeff Glatt Birthday Party Entertainment	WE HAVE THE 2018 SMART SHOPPERS BOOKS ONLY 20.00	EVERY Thursday at 11:15 CHARLIE ERNST PLAYS PIANO FOR US COME AND LISTEN !

NH Senior Center News

Submitted by Eileen Spellman, director, 315-724-8966, spellman@town.new-hartford.ny.us

Hello everyone. We are looking forward to the Super Bowl and the Olympics. What a wonderful busy month. Jelly Bun Day Feb. 13 and enjoying those delicious Holland Farm Jelly donuts. Valentine’s Day and Ash Wednesday falls on Feb. 14th. Senior Band will be Feb. 22 and Charles Ernst every Thurs except the Feb. 22nd. We love music and parties.

Attorney Mark Wolber will be here at 11:00 a.m. Feb. 21, to speak about the Health Care Proxies, Living Wills, Power of Attorney and Estate Planning.

Indoor Heart Walk, Sangertown, March 1st 7:00 a.m. to 7:00p.m.

Heart Expo at Utica College, Friday March 2, 2018 9:00 a.m. to 7:00 p.m.

We have free income tax assistance but it is filling up fast. The dates are now March 15 and April 5th both on Thursdays starting at 9:00 a.m. to Noon. Please call for your name to be placed on the list. We can only take 20 for each session and when you arrive it is first come first served.

We will have our Birthday Party Feb. 28th. Jeff Glatt will entertain.

We have been located at 1 Sherman St. for over 31 years. It is a great place to be. Every St. Patrick’s Day Celebration is started with thanking our First Responders and then followed by a Corned Beef and Cabbage Dinner and entertainment by the Robert L. Bradley 3rd graders. This is a special day for all. We have our Volunteer Recognition Dinner in May and thanks to the New Hartford Jr. and Sr. High School Choir, we are treated to a wonderful concert. We are fortunate to have them come and entertain again for our Christmas Party.

A very special Thank you To Capitol District Physician Health Plan for funding several of our big events.

Boscov’s is hosting a Community Wellness Health Fair Wednesday Feb. 28, 11-2p.m. Come and meet the many representatives of these agencies helping Seniors. I attended their first one last year and it was very interesting and fun.

St. Elizabeth’s College of Nursing Students will be here again this Spring. I always say they bring the sunshine and their presentations are most welcome and educational.

Here is the following schedule; All on Tuesdays: Feb. 6, Winter Safety, Feb 13, Heart Health, Feb. 20, Pep Up your Life, Feb. 27, Seasonal Affective Disorder, March 13, Diabetes, March 27, Arthritis, April 3, Foot Care.

New Hartford Senior Center:

We are located at 1 Sherman St. It is centrally located, not a high risk area and the traffic is easier for the Seniors to travel. We have a terrific center. We offer many programs and the Seniors love being here. The library and schools are nearby plus the Fire Dept. and Police Station within a short distance. This center is located in an ideal location and we have plenty of space to provide the programs we have now and keep growing. We are handicapped accessible and have railings in the hallways and rest rooms thanks to a Senior’s Donations. We are currently looking into purchasing a new bus or van as transportation for the Seniors is needed as they feel more comfortable taking a bus than driving. We will need community support in accomplishing this endeavor. Please help keep our Seniors safe. Many cannot drive anymore and need our help to get to and from the center. A van or bus is the solution for those who need to get here and cannot. A very special thank you for those Seniors who bring in Seniors who are vision impaired and those who want to be here and need someone to bring them. You are special and caring.

We have a great Senior Wellness Program: Every Monday and Friday at 11:00 a.m. you can do aerobics geared for Seniors at the New Hartford Senior Center. On Tuesdays and Thursday starting at 10:00 a.m. to Noon you can go to the All American Fitness Center and use the exercise machines under supervision. You must have a doctor’s permission form signed and sent or brought to the Sr Center. We have the forms at the New Hartford Senior Center. This is a very popular program. Thanks to Jim and Cindy LaFountain and Mark Inserra for helping to keep our Seniors healthy. They have been doing this for our center for 22 years now.

We also have Yoga and Chair Yoga. Check menu for the times and days. Free computer classes and AARP Defensive Driving Classes. We schedule speakers Wednesdays and also have a Birthday Party on the last Wednesday of each month. Jeff Glatt entertains for the party. We celebrate many events and have a Health fair. Check out the one at Boscov’s this Feb. 28th. Bridge and Canasta players can always use new people to come and join them. Bridge is Tuesday and Friday at 10:00 a.m. and Canasta is Tuesdays and Thursdays at 10:00a.m.

Come in for a healthy delicious meal. If you are 60 or older, the cost is \$2.25 or what you can afford. Spouses under 60 are also included. The best part is you do not have to shop, cook or do the dishes, pot and pans. We have a wonderful group who comes in every day Monday thru Friday. It feels like family here. You are always welcome.

Please get plenty of rest, wash your hands often, eat well and make sure you wear your boots, hats, gloves and warm clothing as needed. This is flu season and we want everyone to be healthy and feeling great. God Bless You.

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NEW HARTFORD PAST TIMES



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FEBRUARY 2018

FULLER'S RESTAURANT

By Jeffrey Madden

Who remembers Fuller's Restaurant in the Village of New Hartford? If you do, chances are you've been in New Hartford for quite some time!

Fuller's Restaurant had its start in the mid 1930's. It was run by Earl and Mae Fuller. The Fullers ran the establishment and lived upstairs with their son Gerald (as many owner/operators typically did with their businesses in those days). In addition to serving food and drink, Earl also sold gasoline out front of his restaurant. We've also been told that a crude bar was erected towards the back of restaurant made up of nothing more than a few planks and 2 wooden saw horses. Records show that the liquor license reverted back and forth between Mae and Earl.



Here is a recent addition to the Historical Society's archives: a brass token good for ten cents in trade at the restaurant.

Records indicate that Mae ran the restaurant for several years after Earl's passing in 1943.

Mae sold the restaurant sometime around 1952 to Lewis Wisniewicz and Mae continued to live upstairs with her son until moving to Utica around 1961. Mae passed away in August 1973.

Do you know the businesses that have occupied Fuller's Restaurant since then? The building still exists today and here's a hint: Mr. Wisniewicz also ran a bar/restaurant and after him, the business has changed hands only 3 times. Visit the Historical Society's Facebook page and post your answers.

Do you have memories, photographs or any other memorabilia of other eateries in New Hartford? If so, we'd love to hear from you. Please e-mail us at historicalnh@yahoo.com or stop by the museum at 2 Paris Road (ground floor of the Village Point apartments). We are there most every Monday 1pm-3pm. We'll gladly digitally reproduce any photograph received and return the original.

NEW MUSEUM HOURS

The museum is closed for the winter season. We will reopen in April.

Feel free to call us for an appointment (phone number listed below).

Village Point Apt. Building
Lower Level
2 Paris Road • 315-724-7258
historicalnh@yahoo.com
www.nhnyhistorical.com

HELP US MAKE HISTORY!

Do you have any historical photos, stories, trivia or facts? ...Any relics from the past that you're not sure what to do with? If you think you may, please share them with us at the New Hartford Historical Society and help us expand our library of information.

Call 724-7258 and let us know!

WE NEED YEARBOOKS!

The New Hartford Historical Society is missing yearbooks from the years **1984, 1988, 1990, 1994 & 2015.**

If you're interested in donating a yearbook, let us know!

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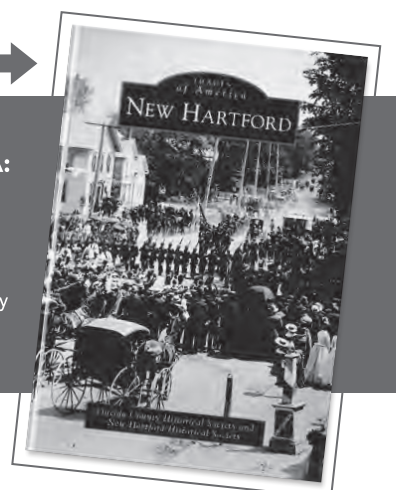
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