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Vol. 32 No. 1
January 2018

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Sunday, Jan. 28th, 2018 10:00am - 4:00pm



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The Illusionists – Live from Broadway

On the heels of a highly successful multi-city tour and run on Broadway, the world's best-selling touring magic show, THE ILLUSIONISTS - LIVE FROM BROADWAY™ (www.theillusionistslive.com), presented by BROADWAY UTICA, will play at the Stanley Theatre in Utica on January 16th, as part of its North American tour in 2018. Tickets for THE ILLUSIONISTS are on sale now at the Broadway Utica offices located at 258 Genesee Street @ Court Street, at BroadwayUtica.com, or by phoning 315-724-7196. Broadway Utica is the exclusive ticket resource for all Broadway Utica tickets.

THE ILLUSIONISTS - LIVE FROM BROADWAY™ is produced by Simon Painter, Tim Lawson and MagicSpace Entertainment. Conceived by Simon Painter, the show's creative team also includes executive producer Tim Lawson, director Neil Dorward and creative director Jim Millan.

Full of hilarious magic tricks, death-defying stunts and acts of breathtaking wonder, THE ILLUSIONISTS has shattered box office records worldwide and thrilled audiences of all ages with a mind-blowing spectacular showcasing the jaw-dropping talents of five of the most incredible illusionists on earth.

Creative Producer Simon Painter said, "We can't wait to bring this electrifying show to (CITY) for a truly entertaining experience for the whole family. THE ILLUSIONISTS is the most non-stop and powerful mix of outrageous and astonishing acts ever to be seen on the

live stage."

The five stars, each a master in their own field, are:

The Trickster, Jeff Hobson is the epitome of glamour and showmanship. Don't be fooled by his innocent appearance; Jeff has audiences laughing long after the curtain goes down.

The Inventor, Kevin James is known for innovative illusions, is an inventor, comedian and collector of the strange and unusual. Kevin is one of the most prolific inventors of magic in the world and has created some of the most celebrated illusions of the last century.

The Deductionist, Colin Cloud, one of the greatest thought readers of all time is a psychic savant known as a real-life Sherlock Holmes. Don't play against him in a game of poker – he's never lost.

The Manipulator, An Ha Lim: The first place winner at Korea's Busan International Magic Competition (2006), Italy Club Convention Manipulation (2006) and World Magic Seminar in Asia (2007), An Ha Lim was also a Golden Lion Award winner at the World Magic Seminar in Las Vegas (2008).

The Daredevil, Jonathan Goodwin, is widely considered one of the most creative, skilled, and frankly crazy stunt performers in the world. He is an accomplished knife thrower, archer, escape artist, fakir, martial artist, free diver, and free climber. Unlike the other performers in the show, Jonathan is not a magician or illusionist but he will leave the audience breathless with his death-defying stunts.

SIMON PAINTER, CREATIVE PRODUCER

Simon Painter is a visionary creative theatrical producer who hails from London. Simon started his career on stage as a classical violinist, and performed the lead role for Spirit of the Dance in Las Vegas. The first show he produced, Le Grand Cirque smashed box office records at the Sydney Opera House selling over 40,000 tickets in 10 days. His two subsequent productions, Aerial Dreams and Adrenaline also broke records in Sydney and across the world and achieved critical acclaim. In 2010 Simon had five versions of Le Grand Cirque playing concurrently. In late 2010 Simon joined forces with Australian producer and close friend Tim Lawson and began assembling the greatest magical minds from a wide spectrum of disciplines. His production of The Illusionists has already performed to record breaking crowds in theatres and arenas across the globe including Australia, Mexico, Latin America, South America, Europe, Asia and the Middle East. In addition to The Illusionists: LIVE FROM BROADWAY, Simon's current projects include Le Noir

(The Dark Side of Cirque) and Illusionists 2.0, both of which are currently playing extensive international tours.

TIM LAWSON, EXECUTIVE PRODUCER

Tim Lawson is the CEO of TML Enterprises, servicing Australia and international territories with first class musicals and family entertainment with productions spanning across over 100 cities in 20 countries. Australasian theatrical touring credits include Sweet Charity, Buddy – The Musical, Jolson starring Rob Guest, Spirit of the Dance, Oh! What A Night, Fiddler on the Roof starring Topol, It's A Dad Thing!, Weary – The Life of Sir Edward Dunlop, Shout! The Musical, Brave Men Run In Our Family, Jekyll and Hyde starring Brad Little and The Rocky Horror Show narrated by Richard O' Brien. Tim's award winning production of A Chorus Line transferred to the prestigious London Palladium, and his production of Chitty Chitty Bang Bang recently completed a 13 month tour. With partner Simon Painter, credits include Le Grand Cirque, Ariel Dreams, Adrenaline, Le Noir – The Dark Side of Cirque, The Illusionists and The Illusionists 2.0, all enjoying record breaking success and extensive international arena and theatrical touring.

MAGICSPACE ENTERTAINMENT, PRODUCER

MagicSpace Entertainment is headed by Lee D. Marshall, Joe Marsh, John Ballard, Steve Boulay and Bruce Granath and has been producing and presenting national tours, Broadway shows, concerts and museum exhibits worldwide for over 35 years. Consistently one of the top promoters in the world, MagicSpace Entertainment typically produces and presents more than 350 events worldwide per year. Recent Broadway credits include The Illusionists - Witness the Impossible (Broadway & West End), Donny & Marie – A Broadway Christmas, American Idiot and RAIN - A Tribute To The Beatles On Broadway. National tour credits include The Illusionists – Live From Broadway, Lord of the Dance created by Michael Flatley, Jamie Hyneman and Adam Savage starring in Mythbusters - Unleashed, Alton Brown Live, Mannheim Steamroller Christmas by Chip Davis, Donny & Marie Christmas, RAIN – A Tribute to the Beatles, The Magic of David Copperfield, Circus 1903 – The Golden Age of Circus, Jesus Christ Superstar, A Chorus Line and national concert tours by Janet Jackson, Cher and Fleetwood Mac to name just a few. Touring museum exhibitions produced include Jurassic World: The Exhibition, Tutankhamun and the Golden Age of the Pharaohs exhibition, Titanic: The Exhibition and Diana – A Celebration, St Peter and the Vatican: The Legacy of the Popes exhibition.



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JAN. 2018 **CONSULT THE CONSULTANTS** **THE TOWN CRIER** 3



The Great "Re-Start"
submitted by Jim LaFountain, All American Fitness Center

With a dropout rate at about 75%, I thought some advice on how to re-start your New Year's Resolutions may be in order. Here goes:

Time: Life gets in the way, more often than not. Set aside time each day for exercise, much like a doctor's appointment. A week consists of 168 hours. It's not unreasonable to devote a couple of those hours to physical activity (about 1.19 %).

Intensity: Going too hard, too soon is a common mistake. Beginners tend to hurry the process, mistakenly assuming the age old "no pain, no gain" policy still exists. Pain simply isn't cool.

Going it Alone. Solitude is a wonderful way to relax, but generally not the best choice to assure exercise compliance.

Plan for Setbacks. Like life, regular exercise offers challenges that set us back. Progress is painfully slow, expectations are often inflated and discouragement leads to dropout. The best way to get back on the wagon is to simply show up.

Boredom. Change is a must, as it relates to exercise adherence. Workouts should be modified every 4-8 weeks.

The Comparison Game. Having a friend achieve noticeable results, while yours have stalled, is one of the biggest reasons for giving up on your program. You are unique and exercise is a very personal matter.

Genetics. Experts tell us that at least 50% of what we can physically achieve is determined by our genetic background. Where and how much fat we store are handed down to us by our ancestors. Fat loss, simply put, will create a smaller "you".

Restrictive Diets Do NOT Work. Modest reductions in dietary intake will not produce the metabolic slowdown associated with mass restriction. Adding regular exercise to a modest reduction of your food intake will, over time, produce long lasting weight regulation.

Sugar NOT Fat Is the Culprit. Holidays in America include generous amounts of sweets around the home. Our poor Pancreas, in an effort to reduce blood sugar, almost always overproduces insulin, which triggers the storage of fat. Experts tell us that even modest reductions in sugar intake have a positive effect on both blood sugar, A1C and fat storage.

Reality. Our wonderfully designed body is meant to move. Heart disease, obesity and associated diseases were almost nonexistent before the Industrial Revolution. Movement created good health. Since then, automation and the birth of electronic proliferation have created a sedentary society.

Hopefully, these reminders will get you back onto your program.



"The law with Paul"
Submitted by Paul M. Deep, Esq.

This is a continuing discussion of Legal Myths and Realities, because an informed citizen is usually the most successful citizen.

MYTH: A New York State Court can seize a person's foreign passport.

REALITY: This issue often comes up in custody matters when there is a concern that a parent may flee with a child. However, the courts cannot seize a foreign passport as the passport is considered property of the foreign nation. There are measures that can be taken by the Court to restrict the travel of a child. For example, upon the proper motions being filed with the court the courts can seize United States passports for an adult or a child. The Court can also issue orders to prohibit the international travel of a child and require law enforcement to enforce the orders.

MYTH: A person cannot be sued for defamatory comments if the comments are made online.

REALITY: A false statement that is published, even if only online, can make a person liable for a defamation of character lawsuit. There is no additional protection for the person making the statement because it is posted online, i.e. Facebook, Twitter, etc. As long as the statement is false and defamatory, made against the Plaintiff which is published to a third party and causes damage to the Plaintiff a defamation of character suit can be brought. There are some statements that are so defamatory in nature that actual harm does not need to be proven and the Plaintiff can still be successful.

MYTH: Town and village courts cannot suspend someone's license if the defendant fails to pay their fines on a traffic ticket.

REALITY: There are many traffic violations that enable local courts to suspend someone's license if they fail to pay their court fines. The Court's refer to these violations as scofflaws. If the court suspends a person's license and they are pulled over the defendant can now face criminal charges and in some cases the charge can actually be as high as a felony.

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, but not limited to, custody of children, money payable for any reason or any other civil or criminal matter, it is wise to consult with a lawyer who can advise you of the truth of the many legal myths. This discussion is not intended to render legal advice on specific cases or to express an opinion on any specific case or to display any predisposition.

Adirondack Mt. Club Program in New Hartford

John Pitarassi will talk about his outdoor experience of good stewardship towards fishing in Central New York on Tuesday, January 2, 2018, 7:00 pm at New Hartford Presbyterian Church meeting room, Genesee Street; park and enter at side entrance. The program is sponsored by the Iroquois chapter of the Adirondack Mountain Club; ADK's business meeting precedes the presentation. Refreshments are provided and Q & A follow the talk.



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LIBRARY NEWS

JAN. 2018

NH Public Library
2 Library Lane 315-733-1535

New and Noteworthy Non-Fiction

1. Bobby Kennedy: A Raging Spirit: Chris Matthews
2. Sisters First: Stories from Our Wild and Wonderful Life: Jenna Bush Hager and Barbara Pierce Bush
3. Inside Camp David: The Private World of the Presidential Retreat: Michael Giorgione
4. Craig & Fred: A Marine, A Stray Dog, and How They Rescued Each Other: Craig Grossi
5. Lidia's Celebrate Like an Italian: 220 Foolproof Recipes that make every meal a party: Lidia Matticchio Bastianich and Tanya Bastianich Manuali
6. Stalin: Waiting for Hitler, 1929-1941: Stephen Kotkin
7. Cuba on the Verge: 12 Writers on Continuity and Change in Havana and Across the Country: Leila Guerriero
8. Advocates for Animals: An Inside Look at Some of the Extraordinary Efforts to End Animal Suffering: Lori B. Girshick
9. Hacks: The Inside Story of Break-ins and Breakdowns That Put Donald Trump in the White House: Donna Brazile
10. Brand Luther: How an Unheralded Monk Turned His Small Town into a Center of Publishing, Made Himself the Most Famous Man in Europe: Andrew Pettegree
11. Promise Me, Dad: A Year of Hope, Hardship, and Purpose: Joe Biden

New and Noteworthy Fiction

1. The People vs. Alex Cross: James Patterson
2. End Game: David Baldacci
3. Past Perfect: Danielle Steel
4. Tom Clancy Power and Empire: Marc Cameron
5. Artemis: Andy Weir
6. Two Kinds of Truth: Michael Connelly
7. Every Breath You Take: Mary Higgins Clark
8. Year One: Chronicles of the One, Book 1: Nora Roberts
9. Promise Not to Tell: Jayne Ann Krentz
10. Typhoon Fury: Clive Cussler
11. A Christmas Return: Anne Perry

Thank You!

The New Hartford Public Library would like to thank all of our donors, volunteers, and supporters for a wonderful 2017. Your continued support and presence is greatly appreciated. We look forward to an amazing 2018!

NHPL is Now Open on Sundays!

Starting January 7th, the New Hartford Public Library will be open from 1:00-5:00 pm. 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

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

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

Local author Connie Watkins will join Miss Ashlyn for story time on January 9 and January 11 at 10:30 to read her book The Icebox Snowball.

MLK Day

Monday, January 15, 2:00-4:00pm. Drop in to the New Hartford library to make a Squishy Circuit, play with LEGOS, and color!

Kids Moana Themed Yoga

Kids Moana themed Yoga Join instructor Dawn Wheeler for a fun class of Moana themed Yoga on Friday January 12, 4:30-5:30. Kids ages 4-6, limited to 15. Please bring a yoga mat. Kids can wear a Moana costume if they wish! Registration begins Monday, December 11th. Call the library at 315-733-1535 to register.

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.

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!

Knitting & Crocheting Lessons

Join Ruth Anne Kane for knitting and crocheting lessons! She will be teaching the basics of knitting and

crocheting. Class starts on Thursday, January 25th and will meet 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. Give us a call and book a room today. 315-733-1535.

Tai Chi Classes

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.




Kids Oneida Staff with NHTA Officers, Pictured L to R: Lou Raya (KO), Deb Dowling (NHTA Pres.), Mike DeSantis (KO), Lisa Morgan (NHTA 1st VP), Jeremy Callahan (KO), Brandi Candido (KO), and Dominick Commisso, (KO).

New Hartford Teachers Association Annual Holiday Project

Once again, the NHTA members from the district's five schools, purchased and wrapped gifts for families chosen through Kids Oneida. The NHTA is proud of its commitment to the community. This annual holiday tradition of giving is a special opportunity to assist our neighbors.

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COMMUNITY NEWS

THE TOWN CRIER

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Holiday Giving at NHCS

Examples of community service at New Hartford Central Schools abound and take on special significance during the holiday season. Throughout the year, a sense of commitment is fostered at every grade level. This is accomplished through school-wide initiatives, goals set by particular classroom teachers, by extracurricular groups, or through the aims of individual students. During the past month, students often contribute to efforts that have become school holiday traditions.

At our elementary schools each year students collect winter coats, hats, and mittens for local families in need through "coat drives" or hat and mitten "giving trees" on which students hang collections on a holiday tree. This year, children are writing season's greetings cards to US soldiers deployed overseas and to local seniors spending the holidays at assisted-living centers. Toys are being collected for the annual Toys-For-Tots campaign, and supplies are being collected for the Utica Zoo and Spring Farm Cares. In some instances, individual classrooms "adopt a family" for the holiday and buy holiday gifts by earning allowance money at home or through small jobs in their neighborhoods.

What makes many of these holiday giving efforts special is that students learn to work with many agencies to capitalize on regional giving efforts, such as the Express Employment Coat Drive, the Evelyn House, the Rescue Mission of Utica, and the US Marine Corps (Toys-for-Tots). Often times, individual grade levels choose to support specific charities for donations during the month of December, such as the Great Pajama Drive. A major effort is also underway by elementary students to gather food and supplies for the Steven-Swans Humane Society.

At Perry Junior High and Senior High schools, holiday giving is often coordinated by extracurricular groups and individual student efforts. For example, the Jr. High Builders Club is committing recycling efforts to purchase holiday presents for families in need through the Kids Oneida "Adopt a Family" program. Students are also collecting food for the Veteran's Outreach Center.

While community service continues throughout the year, it is especially important to consider the impact that students and teachers have through holiday giving. Students learn important lessons about giving back to the community that nurtures them.



LtoR: Club President and Club member of 40 years, Kathy Montesano, New members: Polly Angerosa, Mary Obernesser and their sponsor, Gail Lewis. Gail and Regina Winkler celebrated their 20th year Anniversary as club members this year.

Lioness of Greater New Hartford Welcomes Two New Members

Two new members were welcomed during this year's Christmas party at Carmellas Cafe. The Christmas contribution went to Feed the Vets this year. New members are always welcome. For more information, please call Kathy Montesano at 315-732-0411.

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THE TOWN CRIER

COMMUNITY NEWS

JAN.
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The Stanley will host the 18th Annual Mohawk Valley Antiqufest presented by Vintage Furnishings

The Mohawk Valley Antiqufest returns to The Stanley Theatre in Utica. The show will be held on Saturday, January 27th from 10 a.m. to 5 p.m. and Sunday, January 28th from 10 a.m. to 4 p.m. Admission is \$7 per person, good for both days.

The floor plan will encompass the Lobby, Mezzanine, Romano Room, Full Stage and South Gallery Wing. Vintage Furnishings is very excited about doing the show at the historical Stanley Theatre. The top-notch antique show will feature 32 antique dealers from all over the northeast, glass grinding by Tony Perretta, appraisals by Back of the Barn Antiques, and a 50/50 Raffle to benefit The Stanley.

Antique hunters and collectors come every year from the across Central New York area and beyond in search of their treasures. Dealers save merchandise throughout the year for exposure to this audience and there will be a variety of fresh and exciting material for consideration. "The show's popularity, with it's eclectic array of dealers and enthusiastic audience of buyers, makes it a much anticipated event every year," said organizer Gerald Dischiavo of Vintage Furnishings. The show features a broad range of merchandise and collectibles, including furniture from country to formal, painting, carpets, silver, estate jewelry, postcards, clocks and more.

Start the New Year off right and join us for "The Antique Show Everyone Waits For."

For more information please call 315.738.1333, 315.725.2612 or visit www.vintagefurn.com.

About The Stanley

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



Chamber Music Society of Utica presents Parker String Quartet

The Chamber Music Society of Utica presents the Grammy-award winning Parker String Quartet on Sunday afternoon, January 28, 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 and the MWPAI auditorium, the Parker Quartet will perform Mendelssohn's Quartet in e minor Op. 44, No. 2 (1837/1839) and Beethoven's Quartet in B-flat Major Op. 130 (1825), with the Grosse Fuge, Op. 133.

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.

Inspiring performances, luminous sound, and exceptional musicianship are the hallmarks of the Grammy Award-winning Parker Quartet. Renowned for its dynamic interpretations and polished, expansive colors, the group has rapidly distinguished itself as one of the preeminent ensembles of its generation. The New York Times hailed the quartet as "something extraordinary," and the Boston Globe acclaims their "pinpoint precision and spectacular sense of urgency."

Now in their thirties, the Parkers formed in their sophomore year at New England Conservatory. The quartet began touring on the international circuit after winning the Concert Artists Guild Competition as well as the Grand Prix and Mozart Prize at the Bordeaux International String Quartet Competition in France. Chamber Music America awarded the quartet the prestigious biennial Cleveland Quartet Award for the 2009- 2011 seasons. Their Naxos recording of György Ligeti's complete works for string quartet won the 2011 Grammy Award for Best Chamber Music Performance (the last string quartet to win this category).

Following a 2017 summer season that had the ensemble crossing North America for appearances at music festivals from Maine to Colorado and Virginia, this fall the Parker Quartet began its fourth year in-residence at Harvard University with the new prestigious title of Preceptor. The Quartet's 2017-18 season continues with performances and residencies around the United States, including for the Schubert Club, Skidmore College, St. John's College, University of South Carolina, Kansas City's Friends of Chamber Music, and an appearance on the Jukebox series at the Kennedy Center. The Quartet also continues to be a strong supporter of violist Kim Kashkashian's project Music for Food by participating in concerts throughout

the United States for the benefit of various food banks and shelters.

The Parker Quartet's members hold graduate degrees in performance and chamber music from the New England Conservatory of Music and were part of the New England Conservatory's prestigious Professional String Quartet Training Program from 2006-2008. Some of their most influential mentors include the original members of the Cleveland Quartet, violist Kim Kashkashian, Hungarian composer and pianist György Kurtág, and German violinist Rainer Schmidt, of the Hagen Quartet.

For more information on the Parker String Quartet and their acclaimed discography, see their comprehensive website <http://www.parkerquartet.com/>

CMSU welcomes the Dover Quartet for its next performance, Sunday, February 25, 2018, at 2:30 PM in the MWPAI Auditorium.

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.



On stage before the recent Kenny G concert at The Stanley: Lisa Betrus, CEO/Administrator at Valley Health Services, Eve Van de Wal, Regional President of Excellus BC/BS and Jerry Kraus, Executive Director of the Stanley Theater

Stanley Theater Thanks Excellus BC/BS for Their Sponsorship

We extended a very special Thank You to Eve Van de Wal, of Excellus BC/BS, for their 10-year sponsorship support of our Fall fundraising concerts. Over the years, those concerts have included Tony Bennett, Johnny Mathis, Trace Adkins, Martina McBride, REO Speedwagon, Michael McDonald and most recently Kenny G, on Nov 5th. The funds raised benefit the programs at Valley Health Services and the operation of The Stanley Theater. Lisa, who also is a long term member of The Stanley Board of Directors, joined Jerry on stage to present Eve with a beautiful framed photo of the Stanley Theater's interior with their sincere thanks.



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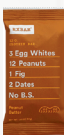


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COMMUNITY NEWS

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17th Annual Students Inside Albany Conference

The League of Women Voters, Utica/Rome Metro Area is seeking nominations of high school sophomores, juniors and seniors from Oneida and Herkimer Counties for the 17th annual Students Inside Albany conference. The conference, scheduled for May 20-23, 2018 in Albany, is sponsored by the League of Women Voters of New York State Education Foundation and is designed to increase students' awareness of New York's governmental process. This interactive conference brings together high school students from across the state to learn about the process by which citizens can participate in the policy making arena, including tours of the Capital and opportunities to shadow their representatives in the Senate and Assembly.

The conference will feature highly informative workshops, including: Media Perspectives on Public Policy Issues, How Does NYS Government Work? and Tips for Being a Successful Citizen Lobbyist

For those students selected to represent Oneida/Herkimer Counties, all expenses are covered, including travel, overnight accommodations and meals during the conference. Applications are due by January 30, 2018.

Information on the application process contact the League at youth@lwvuticarome.org. For more information, contact Dawn Laguerre at 315-266-7548 or email her, laguerremedia@gmail.com.



LIONS Club News

The LIONS Club hopes that everyone had a great holiday season. They held a Christmas Party on Mon. Dec 11th at Uncle's Tavern in New York Mills. What made this special, was the attendance of several Central Association for the Blind Workers. Yes, these workers are blind or visually impaired but have learned to package, sew, receptionist and other tasks at the CABVI. It is amazing to see how they use other senses to compensate for their lack of sight. They fully participated in fun activities; including a spinning wheel that had either prizes or an instruction, such as leading the singing of a Christmas Song. This event was a great way for these blind individuals to mix socially with our membership. Special thanks go to LION Alan Zweirecki and Paula Flisnik as key organizers and LION Jeff Berman for the pictures.

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Using The New Year To Help Your Child Learn To Set Goals

I recently re-joined the gym, the next step in my goal of an overall healthy lifestyle. An action step that is only a piece of the metaphorical, and ironic, “pie” that is this lifestyle change. A pie that includes multiple other pieces. Some big, some small. Some easy, some hard. Some eaten with vigor and excitement, others choked down with resentment. Some forgotten about, requiring diligence and reminders. Others easily accomplished.

All intentional.

Anyway, while I was reveling in the rows of empty ellipticals, a thought came to me – “Pretty soon this place is going to be jam packed with New Years resolutions”. Yes that’s right, “resolutioners” look it up. I believe it means those who decide, again, for the 10th year in a row, to make a lifestyle change; that this year is going to be the one. They start off strong, inspired by their dreams of change, and somehow despite their best efforts, putter to a halt, for whatever reason.

This made me think - how can this cycle be broken, so that a better example of goal setting is role modeled for children? How can we as adults help our kids develop realistic goals and take steady and planful action towards those goals. To set them up on a trajectory of inspiration, motivation and momentum, peppered with rewards to keep them going.

Some have probably heard of S.M.A.R.T goals. Specific, Measurable, Achievable, Relevant, Time bound. There seems to be validity in an approach to setting goals that make sense, can be tracked, have taken into account how they can be reached, seem reasonable for the person to achieve a desired outcome, and have some semblance of a target date to increase the likelihood that the goal can be checked off the list.

So in light of all that, I offer the following as a general outline to begin this process with your child:

Specific: The goals should be clear. You can help your child clarify goals by working through the “what, why and how” with them. Help them brain storm but let them choose. Ultimately, the goal has to be theirs, not yours.

Measurable: There has to be a way to track progress. This helps to show if the goal has been achieved or not and keeps the momentum moving forward. Help your child answer: What can be done now to start working towards this goal? What needs to be accomplished by next week, next month, in the next 3 months (you get the point) to achieve the target? Help your child create a visual. A vision board, poster, or some sort of checklist, can serve as a tool to keep the goals in the forefront of their minds, and also helps monitor progress. Ask questions like “How will you know when you have accomplished this goal?” “What will help you monitor how you are doing?”

Achievable: Big or small, we need to see that we are reaching milestones along the way to stay motivated. If the goal they set seems outrageous (i.e. becoming an NFL star), help them to break that goal down into small, attainable, short term goals (action steps). Maybe your child needs to learn how to play football first. Help them think about the small action steps that go into a goal like learning a new sport. Even big goals that seem out of reach can be achieved by taking steady action along the way.

Relevant: To set your child up for success, the goals need to be relevant. Important questions to ask: Is it something they care about? Or, is it something they think they should care about but aren’t truly invested in? Does the goal make sense, for them, at this time?

Time bound: Help your child figure out the target date for the overall goal. This sets up accountability and makes it easier to create action steps to be accomplished along the way. This critical step to goal setting also outlines a map to the goal and creates a reward system for our brains. An organ that responds to rewards, keeping us motivated and on track.

One final tip:

Role Model: I’ve said this before, kids learn more from what we do than what we say. You can have greater impact by being an example...make it a family effort.

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

jenniemazzajones.com.

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

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

New Hartford Central School District Announces Kindergarten Registration for 2018-19

Submitted by Robert J. Nole, Superintendent of Schools

The New Hartford Central School Kindergarten registration for the 2018-2019 school year will be held on Tuesday and Wednesday, January 16 and 17, 2018 in all three elementary schools from 9:30 – 11:30 a.m. and 12:30 – 2:30 p.m. To save time that day, you may download the registration packet located on the district’s website (www.newhartfordschools.org) and click on the link “Enrollment and Registration” found under the “For Parents” tab) or you may call the elementary office and a registration packet can be mailed to you. Packets will also be available for pick up at each of the three elementary schools.

To be eligible for Kindergarten in New Hartford, a child must be five years of age by December 1, 2018. The birth certificate must be submitted at the time of registration as proof of age. Also, proof of residence must be submitted, as well as proof of immunization for polio, measles, diphtheria, mumps, rubella, Hepatitis B and varicella. The child need not be present for registration.

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6 Balance Exercises You Can Safely Perform at Home

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

Dangerous falls are increasingly common in people over 65 years of age and can result in serious injury, and even death.

According to the Centers for Disease Control and Prevention, 2.5 million older people are treated in the emergency room for fall injuries each year. The average health care costs related to falls is \$35,000 per fall.

Performing safe exercises at home can help strengthen your lower body to reduce your overall fall risk.

Following are 5 easy exercises that you can do at home. Always check with your health care provider before beginning any home-exercise program.

For all of the following exercises, position yourself near a counter top or sturdy surface that you can hold on to for support.

1. Standing March

Stand in place and start marching in place slowly for 20-30 seconds. As this becomes easier, challenge your balance and change up the surface you are marching on: from hardwood to carpet, foam pad, grass, etc.

2. Standing 3-Way Kicks

Standing on 1 leg (with a soft knee, not locked in full extension), move the other leg in front of you (keeping your leg as straight as possible), then out to the side, and then behind your body. Perform 10 times on each side.

3. Sidestepping

Walking alongside (facing) a countertop or near a wall (with hands on surface as needed), step sideways in 1 direction with your toes pointed straight ahead. Move 10 steps in 1 direction, then return in the other direction. As this becomes easier, use a resistance band just above the ankles.

4. 1-Leg Stand

Stand on 1 leg as long as you are able, up to 30 seconds. Alternate legs, and try to do this 3-5 times on each leg. As this becomes easier, challenge yourself by doing other tasks while standing on 1 leg, such as brushing your teeth, talking on the phone, or while doing biceps curls.



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5. Sit to Stand

Rise out of a chair without using your arms to push up. If this is difficult at first, use a firm pad underneath you (to place on chair seat) to raise you as you need. Perform 10 times.

6. Tandem standing or tandem walking

Place 1 foot directly in front of the other, so the heel of the front foot touches the toe of the back foot. Maintain standing in this position as long as you are able, or up to 30 seconds. As this becomes easier, try taking a few steps in this heel-to-toe format, as if you are walking on a tight rope. Remember to use something to hold on to for safety.

Authored by Julie A. Mulcahy, PT, MPT

New Hartford Rec Center

Now that winter has settled in for good, our choices for recreation become more limited. Outside activities need to center around snow and the adaptation to the cold and snow. Skiing, Snowboarding, Snowmobiling, and even sledding can be expensive and require some advanced planning, if you have enough snow for the activity chosen. Let me suggest Ice Skating for an inexpensive, quick decision type activity, for your

whole family. Skating sessions are abundant; weekends, holidays and even snow days have some public skating sessions to meet your family's schedule.

Admission is \$5.00 on weekends, holidays and New Hartford Central School snow days. Rentals are also \$5.00. The rental skates are purchased and issued by Mark Kotary's Hockey Shop and are in very good condition. That's important for your skating experience, as the skate must be of good condition to support your ankles and have a sharpened blade. All the rental skates are sharpened and evaluated on a regular basis. So for \$10.00 you can enjoy the fun and exercise of ice skating. \$5.00 if you have your own skates, with your family or group of friends for a couple of hours. The experience or "inexperience" of skating is difficult at first, but the fun of it is persevering and seeing you improve over a short time. Be prepared to laugh at yourself and others in your group, as you get this "skating thing" down and maybe take in a hot chocolate or snack.

So there you have it, a fun activity for all ages. Good exercise, in a safe atmosphere and inexpensive. Compared to other weekend or snow day activities, you may try, \$10.00 a person, is a bargain in this area.

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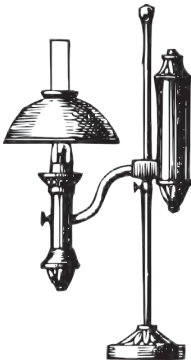
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Victor J. Fariello Jr.



HAPPY NEW YEAR! “From The Mailbag”

Q. I have an old photo that has been in the family for several generations. It is a portrait of a distant relative from perhaps the Civil War era. It is encased in a hard case that closes like a book and has a latch. Several people who have seen it over the years have referred to it as a “daguerreotype.” Do you know anything about them and whether they are of any great value?

A. Yes, those people had the right terminology for your photographic item. The daguerreotype was the first commercially successful photographic process (1839-1860) in the history of photography. Named after the inventor, Louis Jacques Mandé Daguerre, each daguerreotype is a unique image on a silvered copper plate. They were quite fragile and susceptible to damage, thus the special decorative case to protect it. Examples that depict well known or historic figures are quite valuable. If in very good condition, yours would be valued at \$50-\$75. I’m sure it has much more sentimental value than that to you and your family.

Q. I have an antique vase that was handed down to me from my grandmother. I have always called it “Roseville” but only recently discovered it is marked “Weller” on the bottom. I would have bet money on it being Roseville. Is this a common mistake?

A. Yes, much more common than you could imagine. Despite having viewed hundreds of pieces of both Roseville and Weller over the years, I still can’t tell them apart without looking at the bottom. The reason for the similarity is that along with Rookwood Pottery, Weller and Roseville were the 3 major producers of art pottery in the U.S. at the turn of the 20th Century, and oddly, all 3 were produced in Ohio in close proximity to each other. While most people are more familiar with Roseville, the fact is that by 1905, Weller was the largest producer of art pottery in the U.S. They mass produced art pottery until about 1920 and commercial lines until closing in 1948. Although you misidentified it in the past, you should not be at all disappointed to own a piece of art pottery history.

Let Me Hear From You!

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

It’s Almost Here 18th Annual Antiquefest!

It’s almost time for the 2018 Antiquefest at the historic Stanley Theater. This is the 18th Annual event put on by Jerry Dischiavo of Vintage Furnishings & Collectibles in downtown Utica. The dates are Saturday, January 27, 2018 from 10 a.m. to 5 p.m. and Sunday, January 28, 2018 from 10 a.m. to 4 p.m. The Antiquefest features quality antique dealers, food, music, glass grinding and appraisals. There is also a 50/50 raffle that benefits The Stanley. For more information visit www.vintagefurn.com or call Jerry at 315-738-1333 or 315-725-2612.

Support the NH Historical Society

It’s time to renew your membership 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 them out at <http://nhnyhistorical.com>. They are doing great work to preserve the heritage and history of New Hartford. Let them know how much you appreciate what they are doing by supporting them with your membership.

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.



Pieces of Weller Pottery are often mistaken for Roseville. Both were produced in Ohio in the early 1900's.


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This is an example of the daguerreotype, a popular type of photography from 1839-1860.

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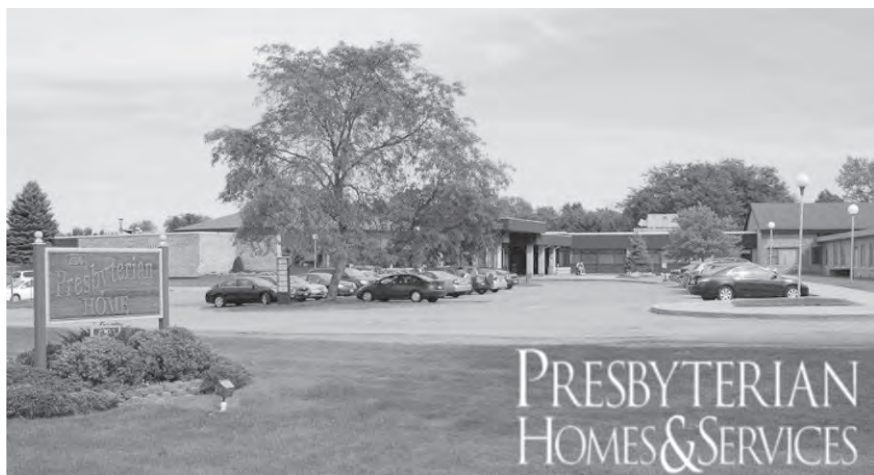
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Chamber Night

**Wednesday, January 24
5:30-7:30pm**

Presbyterian Homes & Services **Middle Settlement Road, New Hartford**

Join us for Chamber Night with our members, Presbyterian Homes and Services! Enjoy happy hour beverages and appetizers with your fellow Chamber Members, their guests and prospective members as you learn what's new with this organization that's been serving New Hartford and surrounding areas for more than 50 years.



Presbyterian Home of Central New York first opened its doors to the public as an 80-bed nursing home for the senior community in 1967, and was founded on the promise of compassion and devotion for every person the organization encountered in the later years of their life. Since that time, the Presbyterian Home has grown into a multifaceted community serving more than 1,000 people per day through home care, independent living, assisted living, rehabilitation, skilled nursing care and more.

Presbyterian Homes and Services recently entered into an affiliation with LutheranCare® in Clinton. Together, they form Community Wellness Partners.

Community Wellness Partners combines nearly 150 years of service to create the most complete continuity of health and wellness services for older adults in Oneida County. From home care, adult day programs and independent living, to short-term and outpatient rehabilitation, assisted living and skilled nursing, Community Wellness Partners is your partner in health. They are dedicated to providing quality care that enables older adults to achieve physical, intellectual, social and spiritual wellness.

Chamber Nights are free for members of The New Hartford Chamber of Commerce, along with their employees and their guests.

Prospective members and others from the business community are welcome to attend with a \$10 admission. Registration is required for an accurate headcount. Please go to bit.ly/NHChamberNight or call 796-1520.

PAST MEMBERS are encouraged to renew their memberships at the old rate and enjoy complimentary admission to this and other events.

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Shop Small New Hartford!

The Buy Local Committee at The Chamber, headed up by Joanna Robertson, owner of The Treehouse Reading and Art Center, sponsored a Small Business Scavenger Hunt on Saturday, November 25th in conjunction with Small Business Saturday. There were several prizes presented to participants who visited the most of our small member merchants and found "the snowman" hidden in each shop. Special thanks go out to the following members who helped make the event such a great success:

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Daughtry to Headline Sitrin’s ‘Concert for a Cause’ Presented by New York State Tool

The Sitrin Foundation’s “Concert for a Cause” is back to rock Central New York! On Thursday March 29, the platinum-selling band Daughtry will headline an unforgettable night of live music.

The band’s first self-titled album, *Daughtry*, soared to number one on the *Billboard 200*, became the fastest selling record in Soundscan history, and reached quadruple platinum status. The group has also been nominated for four Grammy Awards, including Best Pop Performance by a Duo or Group, Best Rock Album, Best Rock Song, and Best Rock Performance by a Duo or Group.

Formed and fronted by Carolina musician and *American Idol* contestant Chris Daughtry, the band has over twenty hits around the world. Daughtry will bring arena-style rock to the Stanley Performing Arts Theater

stage, performing some of their most popular hits including “Home,” “It’s Not Over,” and “Feels Like Tonight.” In addition to the tour, Daughtry is gearing up to announce new music that is set to be released in early 2018, prior to the concert at the Stanley.

Opening for Daughtry will be Sinclair, an award-winning classically trained guitarist turned singer-songwriter. Her critically acclaimed debut album *Sweet Talk* features a standout song, “This Too Shall Pass,” which has more than 12 million streams on Spotify to date. “We are very excited to have the band Daughtry perform in Utica at the Stanley Theatre, and deeply appreciate our sponsors for supporting this event,” said Christa Serafin, Sitrin President and CEO. “Fans will enjoy songs from Daughtry’s earlier days, as well as his new music.”

Proceeds from the concert will support programs and services at Sitrin, including the Military Rehabilitation Program and *STARS* (Success Through Adaptive Sports and Recreation) Program.

This event is made possible by Presenting Sponsor New York State Tool. Additional sponsors to date include Platinum Sponsor NBT Bank, as well as Events Forum, who is also coordinating the concert, Sodexo, M. Griffith Investment Services, Cool Insuring Agency, Inc., Edward Kowalsky, Christa Serafin, Centolella Green Law Firm, P.C., Healthpro-Heritage, Meyda Lighting, and WKTV News Channel 2.

Tickets are on sale now at the Stanley Theater box office, www.thestanley.org, or at www.ticketmaster.com. For more information, find us on Facebook @SitrinHealthCareCenter and Instagram using #SitrinConcertForACause.

Sitrin is a not-for-profit corporation located on Tilden Avenue in New Hartford. 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, wellness gym, and child care center.



Left to Right (Jimi Wadnola, Leon Zong, Kyle Grover, Keegan Birt, Kyle Tuttle, Liam Evans, Ari Sprague)

JavaScouts

On December 3, the youth robotics team - the JavaScouts, competed in the regional qualifier for the First Tech Challenge at Sauquoit High School. The JavaScouts and their robot not only qualified for the Regional Championship but also received the Inspire Award. The FTC Inspire Award is given to the team that truly embodied the ‘challenge’ of the FTC program. The team that receives this award is chosen by the judges as having best represented a ‘role model FTC Team. This Team is a top contender for all other judging categories and is a strong competitor on the field.



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COMMUNITY NEWS

THE TOWN CRIER

19



Becoming Financially Fit in the New Year

Provided by Nick Lennon, CFP® & RBC Wealth Management

As the calendar flips to 2018, many Americans are making New Year's resolutions. If you are like most, your resolutions concern your physical health – eat better, exercise more, stop smoking or drinking, lose weight. But, while improving your physical health, don't forget to take a look at your financial health. Just like with physical fitness, small changes can make a big difference.

Review last year's spending and savings to make a realistic budget – In order to change the future you need to know where you've been. Review end-of-year credit card statements and bills. This will give you an accurate snapshot of where your money is going each month. You may even find opportunities to save on things like the cable bill or cell phone service. In addition, don't forget to review end-of-year statements from your investment and benefit accounts to fully understand your income stream. Once you know your true financial picture, make a realistic budget and stick to it.

Start saving or increase your savings for retirement – If your employer has a 401(k), invest at least enough to get the match, if available. If not, contribute to an IRA. If you already contribute, consider raising your contribution by one percent. You aren't likely to notice the difference now but the compounded interest you gain with this small increased investment will be a big boost to your retirement savings over time. Or, consider taking a look at the advantages of a Roth IRA. This retirement investment vehicle provides tax benefits while allowing you to make contributions up to April 15th.

Invest in your children's future – College costs are increasing faster than the cost of living. But there is good news; early investing means compounded interest over time. So, the money you invest when your child is born will be worth much more when they are preparing to go off to college. But, saving for your children's future education doesn't mean skimping on your retirement savings. Remember, you can get loans for college but you can't get a loan for retirement.

Set up an emergency or opportunity account – We've all heard that we should save for a rainy day. But, saving for a rainy day doesn't always mean an emergency. That rainy day may be literal and you've found a great deal to escape for a beach vacation. Rather than letting the opportunity pass or accruing more credit card debt

wouldn't it be nice to have a nest egg you can tap? Consider setting up or increasing deductions into an investment or savings account. The money will be there for the unexpected life event or opportunity that comes your way.

Look at insurance coverage, including disability and long-term care – Benjamin Franklin once said, "In this world nothing can be said to be certain, except death and taxes." However, according to the Health Industry Association of America, during the course of your career, you are three and a half times more likely to be injured and need disability coverage than you are to die and need life insurance. With advancements in medicine, many previously life threatening diseases now disable rather than kill patients, requiring sustained healthcare needs. These are expensive and can quickly deplete savings. Consider making an investment in your future healthcare needs by purchasing disability and long-term care insurance.

No one has time to become an expert in everything. Just as you might seek a personal trainer to help you lose weight, you should consider hiring a financial professional who can help you meet your financial goals. Taking control of your finances means you just may have enough savings to afford that gym membership to help with your other resolution, getting in shape.

This article is provided by Nick Lennon, CFP®, a Financial Advisor at RBC Wealth Management who can be contacted at (315) 423-1421 and may not be exclusive to this publication. The information included in this article is not intended to be used as the primary basis for making investment decisions. RBC Wealth Management does not endorse this organization or publication. Consult your investment professional for additional information and guidance.

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"Fund Your Business: Fact vs. Fiction" is a seminar where you will learn about various loan programs, qualifications, sources of financing, and financial projections. This event will be held on Wednesday, January 17th from 9 am – 11 am on the campus of SUNY Poly. The fee to attend is \$20.00.

"Small Business Start-Up" will jump start your new business. If you are thinking about starting your own business or have recently opened a new business, this workshop is for you! Taught by SBDC business advisors, you will gain a comprehensive understanding of business start-up information. This class will be held on Thursday, January 25th from 10 am – 4 pm at SUNY Poly. The fee to attend this session is \$75.00.

These series are open to the public. Pre-registration and payment are required. Contact the Small Business Development Center at (315) 792-7547 or email palazzp@sunyit.edu to register.



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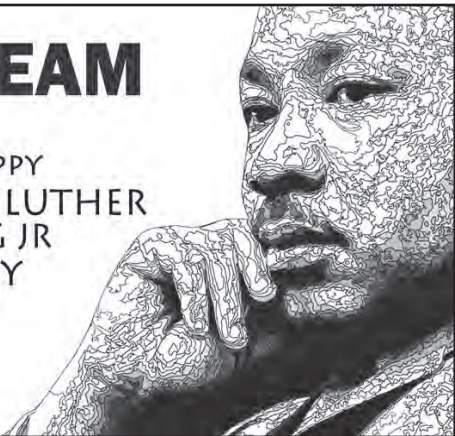
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NH Home Games

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 - 1/3 - Volleyball: Girls Varsity League 7:00pm vs. Vernon-Verona-Sherrill @ NHHS Gym
 - 1/5 - Bowling: Girls Varsity 4:00pm vs. Vernon-Verona-Sherrill @ AMF Pin-O-Rama Lanes
 - 1/5 - Basketball: Boys Modified 4:00pm - New Hartford Blue vs. CVA 7 @ Perry Junior High School
 - 1/5 - Basketball: Boys Modified 5:30pm- New Hartford Red vs. Whitesboro 8 @ Perry Junior High School
 - 1/6 - Basketball: Boys JV 4:00pm vs. Whitesboro @ NHHS Gym
 - 1/6 - Basketball: Boys Varsity 8:00pm vs. Whitesboro @ Utica College
 - 1/6 - Cheerleading: Varsity Non-League 8:00pm vs. Whitesboro @ Utica College
 - 1/8 - Volleyball: Girls JV 5:30pm vs. Oneida @ NHHS Gym
 - 1/8 - Volleyball: Girls Varsity 6:30pm vs. Oneida @ NHHS Gym
 - 1/9 - Bowling: Boys Varsity 4:00pm vs Utica Notre Dame @ AMF Pin-O-Rama Lanes
 - 1/9 - Basketball: Boys Modified 4:00pm - New Hartford Blue vs. John F. Kennedy @ Perry Jr. High School
 - 1/9 - Swimming/Diving: Boys Varsity Non-League 5:00pm vs. Fulton @ NHHS Pool
 - 1/9 - Basketball: Boys Modified 5:30pm - New Hartford Red vs. Oneida @ Perry Jr. High School
 - 1/9 - Basketball: Boys JV 5:30pm vs. Vernon-Verona-Sherrill @ NHHS Gym
 - 1/9 - Cheerleading: Varsity Non-League 7:00pm vs. Vernon-Verona-Sherrill @ NHHS Gym
 - 1/9 - Basketball: Boys Varsity 7:00pm vs. Vernon-Verona-Sherrill @ NHHS Gym
 - 1/10 - Wrestling: Modified Triangular 4:00pm - CVA, VVS, NH @ Perry JH Cafeteria
 - 1/10 - Wrestling: Varsity Dual 6:00pm vs. Vernon-Verona-Sherrill @ New Hartford Bradley Gym
 - 1/10 - Ice Hockey: Boys Varsity Non-League 7:30pm vs. Whitesboro @ New Hartford Rec Center
 - 1/11 - Basketball: Girls JV 5:30pm vs. Oneida @ NHHS Gym
 - 1/11 - Cheerleading: Varsity Non-League 7:00pm vs. Oneida @ NHHS Gym
 - 1/11 - Basketball: Girls Varsity 7:00pm vs. Oneida @ NHHS Gym
 - 1/12 - Bowling: Girls Varsity 4:00pm vs. Camden @ AMF Pin-O-Rama Lanes
 - 1/12 - Basketball: Girls Modified 4:00pm - NH Red vs. Vernon-Verona-Sherrill@ Perry Jr High
 - 1/12 - Basketball: Girls JV 5:30pm vs. Oneida @ NHHS Gym
 - 1/12 - Basketball: Girls Modified 5:30pm - NH Blue vs. Utica Notre Dame @ Perry Jr High
 - 1/12 - Cheerleading: Varsity Non-League 7:00pm vs. Oneida @ NHHS Gym
 - 1/12 - Basketball: Girls Varsity 7:00pm vs. Oneida @ NHHS Gym
 - 1/16 - Bowling: Boys Varsity 4:00pm vs. Central Valley Academy @ AMF Pin-O-Rama Lanes
 - 1/16 - Basketball: Boys Modified 4:00pm - New Hartford Blue vs. RFA Orange @ Perry Jr High
 - 1/16 - Basketball: Boys JV Game 5:30pm vs. Camden @ NHHS Gym
 - 1/16 - Basketball: Girls Modified 5:30pm - New Hartford Red vs. Camden @ Perry Jr High
 - 1/16 - Cheerleading: Varsity Non-League 7:00pm vs. Camden @ NHHS Gym
 - 1/16 - Basketball: Boys Varsity 7:00pm vs. Camden @ NHHS Gym
 - 1/18 - Basketball: Boys JV Non-League 5:30pm vs. Baldwinsville @ NHHS Gym
 - 1/18 - Cheerleading: Varsity Non-League 7:00pm vs. Baldwinsville @ NHHS Gym
 - 1/18 - Basketball: Boys Varsity Non-League 7:00pm vs. Baldwinsville @ NHHS Gym
 - 1/19 - Bowling: Girls Varsity 4:00pm vs. Utica Proctor @ AMF Pin-O-Rama Lanes
 - 1/19 - Basketball: Boys Modified 4:00pm - NH Blue vs. CVA 8 @ Perry Jr High
 - 1/19 - Basketball: Boys Modified 5:30pm - NH Red vs. Donovan @ Perry Jr High
 - 1/23 - Basketball: Boys Modified 4:00pm - NH Red vs. NH Blue @ Perry Jr High
 - 1/23 - Basketball: Girls Modified 5:30pm - NH Blue vs. NH Red @ Perry Jr High
 - 1/25 - Wrestling: Varsity Dual 6:00pm vs. Camden @ NH Bradley Gym
 - 1/26 - Bowling: Boys Varsity 4:00pm vs. Rome Free Academy @ AMF Pin-O-Rama Lanes
 - 1/26 - Basketball: Girls Modified 4:00pm - NH Red vs. RFA Black @ Perry Jr High
 - 1/26 - Basketball: Girls Modified 5:30pm - NH Blue vs. Oneida @ Perry Jr High
 - 1/26 - Basketball: Boys JV 5:30pm vs. Central Valley Academy @ NHHS Gym
 - 1/26 - Cheerleading: Varsity Non-League 7:00pm vs. CVA @ NHHS Gym
 - 1/26 - Basketball: Boys Varsity 7:00pm vs. CVA @ NHHS Gym
 - 1/27 - Ice Hockey: Boys Varsity Non-League 1:30pm vs. Beekmantown Central @ NH Rec Ctr
 - 1/29 - Volleyball: Girls Modified 4:15pm vs. Whitesboro @ Perry JH Gym
 - 1/29 - Volleyball: Girls JV 5:30pm vs. Whitesboro @ NHHS Gym
 - 1/29 - Volleyball: Girls Varsity 7:00pm vs. Whitesboro @ NHHS Gym
 - 1/30 - Basketball: Boys Modified 4:00pm - NH Red vs. Whitesboro 7 @ Perry Jr High
 - 1/30 - Bowling: Boys Varsity 4:00pm vs. Whitesboro
 - 1/30 - Basketball: Girls JV 5:30pm vs. Utica Proctor @ NHHS Gym
 - 1/30 - Basketball: Boys Modified 5:30pm - NH Blue vs. VVS @ Perry Junior High
 - 1/30 - Cheerleading: Varsity Non-League 7:00pm vs. Utica Proctor @ NHHS Gym
 - 1/30 - Basketball: Girls Varsity 7:00pm vs. Utica Proctor @ NHHS Gym



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NHFD News

November was another busy month for your New Hartford Volunteer Fire Department with 72 calls as indicated by the monthly call report listed below by category:

Fires	=	2
EMS	=	57
Hazardous	=	3
Service Type	=	4
Good Intent	=	0
Other Alarms	=	6
Weather Related	=	0
Other	=	0

Total Calls for the Month of November 2017 = 72. This brings the total number of calls year-to-date through November 2017 to 1,080.

The total number of calls (year-to-date) for 2017 of 1,080 exceeds last year's total for the same time period by 125.

Some of the calls listed above - such as Fires, EMS, and Hazardous - are self -explanatory. Others such as



Service, Good Intent and Other Alarms are not. Service Calls includes water or animal problems, public assistance or standbys. Good Intent refers to responding but did not find anything or canceled in route. Other alarms include explosions, carbon monoxide, smoke or sprinkler detector activations.

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

New Hartford Volunteer Fire Department Elects Officers for 2018

Chief, Thomas A. Bolanowski II was re-elected for his tenth consecutive term. Other officers include: First Assistant Chief, James H. Monahan; Second Assistant Chief, Richard E. Alexander Jr.; and Third Assistant Chief, Brian D. McCormick.

First Captain, Sean M. Luley; Second Captain, Kevin J. Monahan; and Third Captain, Steven G. Karrat. First Lieutenant, Robert S. Cornish, Second Lieutenant,

Jeremy M. Spinella; Third Lieutenant, Jason T. Stallone; and Fourth Lieutenant, Michael P. Jones.

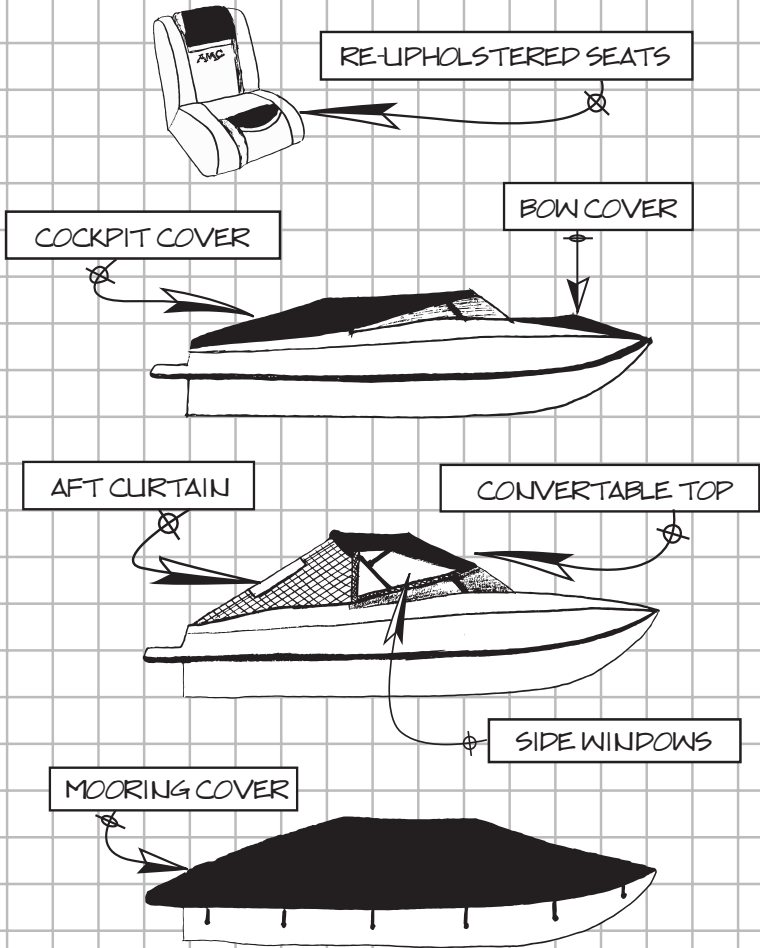
Fire Police Captain, William H. Randall; Fire Police First Lieutenant, Jon S. St. Louis and Fire Police Second Lieutenant, Peter L. Rebisz.

The above elected Line Officers represents over 218 years of combined experience of serving our neighbors within the New Hartford Fire District.

In addition, the department's 2018 Benevolent Officers were also elected. Re-Elected to his tenth term is: President, Joseph S. Luker. Other officers elected are; Vice President, David W. Butler; Recording Secretary, James F. Luley; and Financial Secretary, Michael J. Galligano, Sr. Charles J. Obernesser was elected Director for 2018- 2019 -2020. In addition, President Luker announced the appointments of David E. Maier, Treasurer, James F. Spellman, Assistant Treasurer and William J. Wren, Assistant Recording Secretary.

The department will hold its 117th Annual Installation of Officers on Saturday, January 13, at The Yahnundasis.

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January 2018
PUBLIC SKATING SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 NO SKATING HAPPY NEW YEAR No School	2 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	3 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	4 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	5 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	6 4-5:30 PM PUBLIC SKATE 6 PM-7:30 PM FAMILY SKATING ONLY
7 3 PM-5 PM PUBLIC SKATE	8 NO SKATING	9 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	10 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	11 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	12 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	13 NO SKATING Figure Skating Competition
14 3 PM-5 PM PUBLIC SKATE	15 1 PM-3 PM PUBLIC SKATE No School Martin Luther King Jr. Day	16 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	17 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	18 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	19 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	20 4-5:30 PM PUBLIC SKATE 6 PM-7:30 PM FAMILY SKATING ONLY
21 3 PM-5 PM PUBLIC SKATE	22 NO SKATING	23 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	24 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	25 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	26 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	27 4-5:30 PM PUBLIC SKATE 6 PM-7:30 PM FAMILY SKATING ONLY
28 3 PM-5 PM PUBLIC SKATE	29 NO SKATING	30 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	30 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	31 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	happy new year	

FEES: \$5.00 WEEKENDS & HOLIDAYS
\$5.00 JUNGLE HOCKEY (MUST WEAR HELMET)
\$1.00 WEEKDAY MORNINGS/P.S.
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Review Your Investment Objective

Periodically reviewing your investments to ensure they are on the right track is an important and meaningful measure in working toward your financial goals. Here is a simple but valuable way to get more from your investment strategy. When your next brokerage statement arrives, check your account profile to make sure that all the sections are accurate and up to date. This includes your investment objective, risk tolerance, and time horizon.

Investment objective. Focusing on your investment objectives helps us align the other parts of your investment strategy – risk tolerance, time horizon, and liquidity needs – appropriately. Our asset allocation models are grouped within three overarching portfolio orientations:

Income: Portfolios that emphasize current income with minimal consideration for capital appreciation. They usually have less exposure to historically more volatile growth assets.

Growth and Income: Portfolios that emphasize a blend of current income and capital appreciation. They usually have some exposure to historically more volatile growth assets.

Growth: Portfolios that emphasize capital appreciation with minimal consideration for current income. They usually have significant exposure to historically more volatile growth assets.

Risk tolerance. Everyone is different when it comes to factoring risk into their investment strategy. Each investment objective can be tilted toward assets that tend to be more or less volatile. Risk tolerance is the amount of risk you’re willing and able to accept in order to help achieve your financial goals. Risk tolerance should be viewed along the following continuum:

Conservative investors accept the lowest amount of

risk.

Moderate investors seek a balance between stability and appreciation in their portfolio.

Aggressive investors accept a higher risk for losses while seeking greater potential for returns.

Time horizon. How long do you plan to invest before you’ll need the money? The answer, of course, depends on your stage in life and your goals. Your time horizon is the expected number of months, years, or decades you plan to invest toward your financial goals. Time horizon is generally expressed as:

Immediate – Less than 1 year

Short-term – 1 to 3 years

Intermediate – 3 to 5 years

Moderate – 5 to 10 years

Long-term – More than 10 years

When checking your portfolio’s alignment, it’s also a good idea to make sure you’ve accounted for your liquidity needs. Liquidity measures the ease with which you can meet financial obligations with your available liquid assets. For reference, cash is the most liquid asset, while real estate, fine art, and collectibles are all relatively illiquid. Liquidity needs include:

Significant (primary need is liquidity)

Moderate (may need quick access to cash)

None (have other sources of cash)

When building your portfolio, it can be tricky to figure out if you’re getting the best return for your risk level. Talk with your financial advisor to make sure your strategy is on track to help achieve your goals.

Our firm does not provide legal or tax advice.

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

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Announcing \$250,000 in funding to repair the Chenango Road Bridge with my state colleagues and Town of New Hartford officials

Stabilizing Chenango Rd Bridge

Few things are as important to our area’s economic growth and progress as investing in local road and bridge projects. We were pleased to announce with Senator Joe Griffo and Town of New Hartford officials that we have secured \$250,000 in state funding to stabilize the Chenango Road Bridge linking Utica, New Hartford, and New York Mills. Twice this year, heavy rains caused erosion and minor damage to the bridge. This funding will help the Town quickly repair this vital structure used by hundreds of drivers daily. Sen. Griffo was joined for the announcement by Assemblyman Brian Miller; New Hartford Town Councilman and Supervisor-Elect Paul Miscione; New Hartford Town Highway Superintendent Richard Sherman; and New Hartford Town Councilman Dave Reynolds.



**Cynthia Davis, LCSW-R
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“Letting go helps us to to live in a more peaceful state of mind and helps restore our balance. It allows others to be responsible for themselves and for us to take our hands off situations that do not belong to us. This frees us from unnecessary stress.”

~ Melody Beattie

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William Rust Joins Strategic

Strategic Financial Services, Inc. (“Strategic”) of Utica, New York, is pleased to announce that William Rust has joined the team as a Financial Consultant. Rust, a New Hartford, NY native, is responsible for formulating, implementing, and coordinating advice for clients on Strategic’s next generation wealth management platform, Strategic SKY.

“Bill is great culture fit for the team and a value-added resource for our clients. We are thrilled that he decided to return home to Upstate NY and continue his exceptional career with Strategic,” said Principal and Senior Advisor, Alan R. Leist III, CFA.

Rust brings over 5 years of industry experience to his role at Strategic. Previously, he held positions at Amundi Pioneer Asset Management and Edward Jones Investments in Boston MA. While at Edward Jones, Rust completed their Financial Advisor Career Development Program (FACD). The intensive nine-month program included one-on-one training, mentoring and real-world, on-the-job experience that helped launch Rust’s career as a Financial Advisor.

He is a graduate of St. John Fisher College and holds a Bachelor of Science in Management with Concentration in Financial Planning and Minor in Corporate Finance.

About Strategic Financial Services, Inc.

Founded in 1979, Strategic Financial Services, Inc. is a leading investment and wealth management firm managing and advising on client assets over \$1.2 billion. The Strategic team has been recognized by Barron’s magazine as one of the nation’s Top 100 Financial Advisors three times and as one of the nation’s Top 100 Independent Financial Advisors three times.

With headquarters in Utica, NY, the firm has additional offices in Syracuse, NY and West Palm Beach, FL.



Ask Rebecca

Q: How do you personally know when a "no" is fear based and when it's a true, aligned, highest good "NO!" Thanks!?

A: I believe all decisions can become simple when you ask yourself, is this a yes, or a no for me? The good news is that, once you choose, you will either get the result you wanted, or not. If you don’t get what you wanted out of your choice, then you can decide not to make that choice ever again.

When any action is sourced from fear it will feel intense, charged, off, or all of the above. Even if your choice is sourced from fear, you can learn from it. If you are feeling anxious, needy, or desperate it is definitely fear talking. Another sign you are in fear, is if you are afraid others will think you are too greedy, selfish, or won’t succeed. If you want to get approval or avoid conflict, that would also be a fear based “NO.”

“NO” because of fear isn’t always a bad thing. Our patterns, that cause us to suffer, are often more comfortable than new beginnings. You may want to say no to something simply because it’s new territory for you, and that is scary. It could just be that you are going farther than you ever have before, and your flight or fight response is screaming “NO”, because it isn’t sure how to handle this new experience.

Ask yourself when conflicted, about a choice, what your

most inspired self would want. Choose powerfully for you, because you are the one who has to live with the choice. Let go of others opinions, and make a conscious choice. Know that your outcomes are learning opportunities, and we all make fear based, and inspired choices. The goal is to be as awake as possible. Know what you want first, and then choose what “yes” will grow you the most. You can’t lose, you will only grow.

Make sure that as you consider options, you are paying attention to how you feel. Is the decision a powerful one, and one you can stand up for even if other people disagree with it? Do you know why you are making the choice and have you thought through whether or not it will be good for you long term? Your actions all have lifelong consequences. Will you be proud of your choice in 5 years, 10 years, or 20 years?

This is a new year, and you have a fresh start in making this year yours. Choose because you are in charge as the leader of your life. Sometimes it will work out, and sometimes it won’t. Sometimes fear will win, and sometimes it won’t. Use your fear to learn more about you, what you want, and what you don’t want. Our lives are filled up with the choices we have made, the choices we are making, and the choices we will make. Choose wisely and consciously.

Happy New Year!

Make the IMPOssible, Possible. Love, Rebecca
 Bio - Rebecca Silence, owner of Inspired Results, is a certified Legacy Life Coach, and a Nationally board certified music therapist with a Master's in counseling. She is known as the “relationship guru” and radio personality from “Confession Tuesday” on KISS-FM in Utica, NY. She provides Women’s Weekend retreats, couples coaching and one-on-one life coaching and is located in Whitesboro, NY. If you would like to submit a question email Rebecca@inspiredresultscoach.com. Visit her website here: www.inspiredresultscoach.com

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 Salisbury Steak 10:00 Bridge/Canasta 10:00 Computer Instructions 11:00 Entertainment	3 Hot Dog 11:00 Oneida County OFA Outreach Worker	4 Macaroni and Cheese 10:00 Canasta 10-2 AARP	5 Oven Brown Fish 10 –2 AARP 10:00 Bridge 11:00 Aerobics
8 Baked Ziti w/Meat 10:30 Knitting/Crocheting 11:00 Aerobics 12:00 Chair Yoga 1:00 Sr. Theater Production	9 Kielbasa w/Cabbage 10:00 Bridge/ Canasta 10:00 Computer Instruction 11:00 Entertainment	10 Cranberry Glazed Chicken 9:45 Yoga 11:05 Chair Yoga 11:00 Star Program	11 Spanish Rice 10:00 Canasta	12 Roast Turkey w/Gravy 10:00 Bridge 11:00 Aerobics
15 Closed Martin Luther Day 	16 Baked Chicken 10:00 Bridge/ Canasta 10:00 Computer Instruction 11 :00 Entertainment	17 Swedish Meatballs 9:45 Yoga 11:05 Chair Yoga 11:00 Brookdale Ind Living	18 Hawiian Pork 10:00 Canasta 11:15 Ed Welch Winter Safety <div>AARP Drivers Class</div>	19 Chili w/Chese 10:00 Bridge 11:00 Aerobics <div>10:00am-2:00</div>
22 Rib B Que 10:30 Knitting/Crocheting 11:00 Aerobics 12 Chair Yoga 1:00 Sr. Theater Production	23 Beef Stroganoff 10:00 Bridge/ Canasta 10:00 Computer Instruction 11:00 Entertainment	24 Oven Brown Chicken 9:45 Yoga 11:05 Chair Yoga 11:00 Entertainment Aged Whiskey-Vintage Wine	25 Meatloaf w/Gravy 10:00 Canasta 8:30—3:30 AARP 11:00 Senior Band	26 Stuffed Cabbage Roll 10:00 Bridge 11:00 Aerobics
29 Meatball Minestrone Soup 9:30 Art 10:30 Knitting/Crocheting 10:00 Aerobics 1:00 Sr. Theater Production	30 Chicken ala King 10:00 Bridge/ Canasta 10:00 Computer Instruction 11:00 Entertainment	31 Lasagna Roll ups 9:45 Yoga, 11:05 Chair Yoga 11:00 Jeff Glatt Entertainment 11:00 Birthday Party 		

New Hartford Senior Center News

Submitted by Eileen Spellman, director. New Hartford Senior Center. 1 Sherman St. New Hartford. (315)-724-8966, email espellman@town.new-hartford.ny.us

January 2018 Happy New Year Everyone. There is so much to look forward to and as one gets older the faster time flies.

This is a time for new beginnings and making resolutions to help everyone and yourself. It is a positive time, looking forward to all the upcoming events.

This is also a time to keep safe from falling. Be careful while out in winter weather. Dress appropriately and do not go out if the weather is bad if you do not have to. You know, roads and streets are icy, wind and snow can be pretty uncomfortable. We have the four seasons and I love it. However we all need to use common sense and be able to go out whenever we can. I am seeing a lot of seniors having falls. Always use the railing when going up and down the stairs and if it is possible that you can reach both while going down, do. Especially as you get older. Watch out for those throw rugs, do not use them if you can. They are big causes for tripping. Ok, you know what I mean, stay safe.

The New Hartford Senior Center had a great Senior Wellness Program. Seniors can take part in the Aerobics class every Monday and Friday at 11:00 a.m. till 11:45 a.m. Cindy La Fountain does a great job running this program and she gets help from Mark Inserra when she needs to be someplace else.

This is a very popular program and we have the use of the All American Fitness Center on Tuesdays and Thursdays starting from 10:00 a.m. to 12:00 p.m. You are supervised while using the machines so you do not overdo it.

You do need a Doctor’s Certificate stating that you can take part in these programs.

We have Yoga which is very popular. Mon: Chair Yoga Noon to 1:00, Wed Reg. Yoga 10:00 a.m. to 10:50a.m. and Chair Yoga 11:00 to 11:50 a.m.

Bridge is Tuesday and Fridays at 10:00 a.m. and Canasta Tuesdays and Thursdays at 10:00 a.m.

RSVP Theatre Readers Group meets every Monday at 1:00. You read the script. They perform at Senior Centers, Nursing Homes, Libraries and wherever requested if possible.

Free Computer Instruction: Utica Library will send an instructor here Tuesdays 10 a.m. to Noon. Please

call for ½ hr appt. Fridays, Jack Henke will teach you about the many interesting topics available to you such as weather and travel conditions to where you are driving. Also checking your family history and helping you with whatever you want to learn using the laptop, and computer. He will be here every Friday at 11:30 so you can also enjoy lunch while learning. You need to call 315 724-8966 for a reservation for lunch. If not, call and list your name for the class.

Ruth Cohen would light up a room when she came here. She was very knowledgeable as she was a school teacher and if something was not right in politics or she did not agree, you would often see a letter to the editor of the Utica OD from Ruth. This Lady was a valuable asset to the Community. She loved coming to the New Hartford Senior Center and conversing with her daily lunch partners about what was happening in the Community. She will be missed.

Jack Jecko worked at the New Hartford Senior Center for 20 years. He was a very special individual who shared his love and compassion with both the New Hartford Senior Center and the All American Fitness Center. He had volunteered and assisted in the kitchen and in the dining area of the Center. Jack was a very friendly person who always was able to put a smile on someone’s face. He had done many great things in his life such as participating in the Heart Run and Walk. He has been a supporter for the Heart Walk and did the walk for countless years. We were truly blessed to have him a part of our lives at the Senior Center. His dry sense of humor, when things get tense (as they sometimes do), Jack would have us all laughing. He was so proud of his family and had many friends. He enjoyed his trips to Florida, but was happy to come back here. We missed him as we do now. He was a hard worker and I think he thought of the Sr. Center as his second home. I still cannot believe he is gone, but we are very fortunate to have had him in our lives.

Rye King was an outstanding Lady. She was very humble and held one of the top jobs at St. Elizabeth’s Hospital as Administrative Assistant. Rye raised 5 children, 2 daughters and 3 sons. She was active in Girls Scouts and Cub Scouts and many community school organizations and activities. She enjoyed coming to the New Hartford Adult Dining and Activity Center and took part in many programs. She was the moving force in getting us to go up to Sangertown at 7:00 a.m. to do the indoor heartwalk. How could you not do it when a Senior 98 years old was there waiting for you to take part in this endeavor. Jack Jecko always

walked in this event also. Thanks to Patricia Lennon, it was made much easier for us and we did not have to cope with much paperwork. Rye loved doing this walk and we loved being with her.

Marge Anweiler is Rye King’s daughter and we are lucky to have Marge working here as our Site manager. Marge would bring the newspaper over to her Mom’s home every morning where they would have a nice visit. Rye was a hard worker and would be seen outside mowing the lawn and raking the leaves and Marge would have to rush over to make sure she was not out shoveling the snow as Rye was in her upper 90’s and still kept doing these activities. I know she baked banana breads for the village workers every so often to thank them for picking up the garbage, leaves, and grass clippings. Her family was there for her and they will miss her very muc. She had such impact on so many lives and they know what a wonderful lady she was and how she loved her God, Family, New Hartford and Old Forge. Losing Rye was losing a valuable asset to the Town of New Hartford, She knew so much about the History of this area and the names of so many people, that many of us would forget. It was a gift and she shared it with us. We will miss you Rye and thank you for being in our lives.

Please check menu for activities.

We are taking names for the income tax assistance program. Dates are Feb. 1, Feb. 22, March 15 and April 5. This starts at 9:00 a.m. until Noon. They will take only 20 per session. You need to call to let us know what day you plan to come in. We take the first 20 names and then when you come here it is first come first served from that list.

We have Smart Shoppers Books\$20.and Around the Town Books \$25.

Have a very Happy New Year. New Hartford Presbyterian Church, 45 Genesee Street, offers worship services each Sunday morning at 10:30 a.m., led by The Rev. Dr. Sue A. Riggie. Sunday School programs for children and adults begin at 9:30 a.m. Communion will be offered on Sunday, January 7th. New officer training will take place on Saturday, January 20th, with installation and ordination on Sunday, January 21st. The annual congregation meeting is scheduled for Sunday, January 28th. That same afternoon, members of the congregation will prepare and serve the evening meal at Hope House in Utica. Information about the church is available online at www.newhartfordpresbyterian.org, or by calling the church office at 732-1139. Visitors are welcome each Sunday.

Parkinson Support Group
Presbyterian Home
3rd Tuesday
of each month
at 12:30
797-7500
for more information



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28 THE TOWN CRIER FAITH IN NEW HARTFORD JAN. 2018



FIRST UNITED METHODIST CHURCH

105 Genesee Street, New Hartford – (315) 733-4227
office@firstumconline.org
www.firstumconline.org
We are also the home of the Family Nursery School!
Rev. Brad Chesebro, Senior Pastor
Deacon Becky Guthrie, Congregational Care Coordinator
Winter Worship Schedule
9:00 am Children & Adult Sunday School
10:00 am Coffee Hour
10:30 am Worship Service
Second Saturday Service will be held on January 13th at 5:00pm
Communion offered 1st Sunday of each month
Child care provided for all Church activities
We are handicapped accessible!
Visit our website to view recent sermons.

CLINTON ROAD BAPTIST CHURCH SBC

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

ST. JOHN THE EVANGELIST CHURCH

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

HOPE ALLIANCE CHURCH

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

ST. THOMAS CHURCH

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

ST. STEPHEN'S EPISCOPAL CHURCH

25 Oxford Road - 732-7462 (Parish & Rectory)
The Reverend Joell Szachara
Office Hours: 9 a.m. to 1 p.m. Tues-Thurs.
Sunday Services: Holy Eucharist 10:00am
And Hosts:
YMCA School Age Child Care Office & Programs
Al-Anon meets Thursdays 5:30pm
A.A. meets Sundays & Thurs 8pm

Yoga by Kristy Tue, Wed 5:30-7pm; Thurs 9:30-11am
Embroiders Guild meets first Monday of each month 10-3
St. Stephen's is handicapped accessible.

ST. GEORGE'S EPISCOPAL CHURCH

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

IMMANUEL BAPTIST CHURCH

9501 Weston Rd., NH (Next to Perry Jr. High), 737-5222
www.ibcfamily.com E-mail: info@ibcfamily.com
Sunday Morning Worship Service 9:45 am
Preschol and Children's Worship Hour 9:45 am
Nursery services also available during the Worship hour.
Adult Bible Classes held after the Worship Service at 11:00 am
Prayer Meeting every Wednesday at 6:30 pm
Monthly Youth Events - Call for details!
Church is handicapped accessible.

NEW HARTFORD PRESBYTERIAN CHURCH

45 Genesee Street, NH - 732-1139
www.newhartfordpresbyterian.org
Worship services begin each Sunday at 10:30 a.m., led by the Rev. Dr. Sue A. Riggle.
Sunday School programs for children and adults begin at 9:30 a.m. Deacons will decorate the sanctuary for Christmas on Saturday, December 2nd. Communion will be offered on Sunday, December 3rd. A Christmas season children's program is scheduled for Sunday, December 10th, during worship.
On Sunday, December 17th, the choir will present its annual Christmas Cantata, led by Minister of Music Susan Sady . On December 24th, a Christmas Eve service will take place at the church at 5:00 p.m. "Noisy Sunday," when children collect coins for the pastor's discretionary fund, will be observed on Sunday, December 31st. More information about the church is available online at www.newhartfordpresbyterian.org, or by calling the church office at 732-1139. Visitors are welcome each Sunday.

OUR LADY OF THE ROSARY CHURCH

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

SAUQUOIT VALLEY UNITED METHODIST CHURCH

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

FIRST BAPTIST CHURCH OF NH

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

UNITARIAN UNIVERSALIST CHURCH

10 Higby Road, email: welcome@uuutica.org
(315)724-3179 uuutica.org
Minister: The Rev. Eve Stevens
Sunday services & Religious Education for children 10:30am
Followed by Coffee Hour
Jan 7 Rev Eve Stevens "In any given moment we have two options, to step forward in growth or to step back into safety."- Abraham Maslow Join us and take the time to reflect on how you intend to live in 2018!
Jan 14th "Does White Supremacy Exist in the Mohawk Valley?" In the wake of events like Charlottesville, many people were left wondering if something like that could happen in our town. Oftentimes, white people can't see the structures around them that produce white supremacy and cause it to persist, but black people can't avoid them. Patrick Johnson, who works on issues of race in our community, will be giving us his perspective as a black man.
Jan 21st "Beyond Categorical Thinking" When thinking about hiring, a picture of the "ideal minister" (categorized by age, gender, gender identity, nationality, physical ability, race, and sexual orientation) comes to mind. With this picture in place, it can be easy to unintentionally exclude ministers who fall into

certain categories. At times, as we get caught up in comparing candidates to our "picture," we can even forget what it is we hoped for in a minister. The Beyond Categorical Thinking program is designed to promote inclusive thinking and help prevent unfair discrimination in the search process for a new minister.

Following the service, there will be a lunch provided and a Beyond Categorical Thinking workshop from 1-4pm. The UUUtica Search Committee invites all congregational leaders, members, and friends to participate in this workshop. In the workshop, UUUtica members and friends will:

Consider the hopes, expectations, and concerns they have for a new minister

Learn more about the ministerial search process, and Explore how thinking categorically about people sometimes interferes with choosing the best candidate.

No pre-registration is necessary, but to get an idea of a head count for lunch, please let the Search Committee know if you expect to attend.

Jan 28th Rev Eve Stevens "A person will worship something, have no doubt about that. We may think our tribute is paid in secret in the dark recesses of our hearts, but it will out. That which dominates our imaginations and our thoughts will determine our lives, and our character. Therefore, it behooves us to be careful what we worship, for what we are worshipping we are becoming."-Ralph Waldo Emerson. Join us for our annual cluster service where we will be joined by Unitarian Universalists from all over the Mohawk Valley and beyond with combined choirs under the direction of Mark Bunce.

BIBLE BAPTIST CHURCH

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

FAITH IN CHRIST FELLOWSHIP CHURCH

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

ST. GEORGE ORTHODOX CHURCH

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

NEWMAN CENTER at UTICA COLLEGE

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

LIVING FAITH BIBLE CHURCH

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

WESTMINSTER-MORIAH-OLIVET PRESBYTERIAN CHURCH

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

NORWICH CORNERS CHRISTIAN CHURCH

10233 Roberts Road, Sauquoit - 737-0757
WHERE JESUS IS LORD!
Pastor Walter J. Wharram, Jr.
Sunday Morning Prayer - 8:45am
Sunday School - 9:30am
Sunday morning Worship Service - 10:30
Mid-Week Bible Study - Thursdays 7pm

American Legion New Hartford Post 1376

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

Fish Fry Fridays Are Back!!

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

Serving 4-7 • Donation \$10.50

Take Outs Available - call 736-7041

Also on Fridays

Fried Shrimp & Scallops

Friday Special -
Prime Rib Dinner

Italian Night

Baked Ziti, Meatballs, Sausage,

Garlic Bread, Salad, Coffee, Tea

January 9th 4-7 • Donation \$11

Take outs available

JAN.
2018

FAITH IN NEW HARTFORD

THE TOWN CRIER

29

Summer Hours - Beginning 6/18/17:
Sunday Morning Prayer - 8:30am
Worship Service - 9:30am
Campfire Meetings -Thurs 6:30pm starting 7/13/17

TRINITY LUTHERAN CHURCH

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

FIRST PRESBYTERIAN CHURCH

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

ST. VOLODYMYR THE GREAT UKRAINIAN CATHOLIC CHURCH

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

LIFE IN CHRIST FAMILY CHURCH & BIBLE SCHOOL

25 Robinson Rd. Clinton - 315-853-1582
www.licfc.org
Pastors Peter & Addie Forrester
Adult Sunday school 8:45 AM
Sunday Service 10 AM
(Nursery & Sunday school provided)
Wednesday Prayer Mtg 7 PM
Monday night Bible study (every 3rd Mon.) 7 PM
Operating in all of the gifts of the Holy Spirit including 'healing'
Go on line and check out our school!

SACRED HEART ST. MARY'S CHURCH

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

ANNUNCIATION CHURCH

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

STONE PRESBYTERIAN CHURCH

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

CLINTON UNITED METHODIST CHURCH

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

MESSIAH UNITED CHURCH OF CHRIST

3810 Oneida Street, Washington Mills
Rev. Justin Eiwell, Pastor
Services - 11am Sunday
Handicap Accessible

PLYMOUTH BETHESDA UNITED CHURCH OF CHRIST

500 Plant St, Utica (Oneida Sq, across from Dunkin Donuts)
Mike Ballman, Pastor

Sunday Mornings 9:30am
Last Sunday of the month - 10:30am
www.plymouthbethesda.com

CORNERSTONE COMMUNITY CHURCH

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

CHRIST CHURCH (REFORMED PRESBYTERIAN)

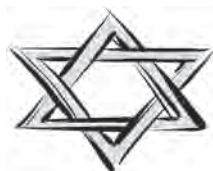
8470 New Floyd Rd.
Rome, NY 13440
Website: www.christchurchreformed.com
Facebook: <https://www.facebook.com/ChristChurchReformed-Presbyterian>
Pastor: Aaron Goerner
Services:
Sunday School: 10AM
Sunday Worship: 11AM
Thursday Bible Study 7PM

HOLY TRINITY ROMAN CATHOLIC CHURCH

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

BEIT SHALOM

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



TEMPLE EMANU-EL

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

TEMPLE BETH-EL

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

ZVI JACOB

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

THE JEWISH COMMUNITY CENTER

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



NH Presbyterian Church

New Hartford Presbyterian Church, 45 Genesee Street, offers worship services each Sunday morning at 10:30 a.m., led by The Rev. Dr. Sue A. Riggle. Sunday School programs for children and adults begin at 9:30 a.m. Communion will be offered on Sunday, January 7th. New officer training will take place on Saturday, January 20th, with installation and ordination on Sunday, January 21st. The annual congregation meeting is scheduled for Sunday, January 28th. That same afternoon, members of the congregation will prepare and serve the evening meal at Hope House in Utica. Information about the church is available online at www.newhartfordpresbyterian.org, or by calling the church office at 732-1139. Visitors are welcome each Sunday.



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NEW HARTFORD
PAST TIMES

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Hartford

HISTORICAL SOCIETY

NEW HARTFORD HISTORICAL SOCIETY

JANUARY 2018

NEW HARTFORD HISTORICAL SOCIETY LAUNCHES NEW AND UPDATED WEBSITE

The New Hartford Historical Society is pleased to announce the launch of their new and updated website **NewHartfordHistory.com**.

Launched after our annual meeting and open house on Sunday, December 10th, the site has information about our Society and Museum. Please take a moment and explore the new site. We also encourage you to stop back often and look for future additions to the site. We are grateful to Carl Saparito, an extremely talented volunteer who assisted us in getting the new site up and running. Prior to building our new website, Carl has been dedicating much of his time to digitizing and organizing old photographs from our archives. He continues to aid and assist us with our photographs. **Thank You Carl!**



HAYES-GORDON AND GRANT REELECTED TO DIRECTOR POSTS

Also at our Annual Meeting and Christmas open house in December, the membership reelected Steve Grant and Mary Hayes-Gordon to the positions of Director on the Society's Board. Both Mary and Steve are energetic, enthusiastic and eager to continue with the Board in order to keep the Society and our Museum moving forward in our goal to preserve our rich local history. Congratulations Steve and Mary!

MEMBERSHIP FORM

NAME: _____	D \$12 INDIVIDUAL	DNEWMEMBER
ADDRESS: _____	D \$17FAMILY	DRENEWAL
_____	D \$2STUDENT	
PHONE: _____	D \$25 CONTRIBUTING	
EMAIL: _____	D \$50 CORPORATE	

*All donations are tax deductible

**PLEASE SEND CHECKS
MADE PAYABLE TO:**
**New Hartford
Historical Society**
P.O. Box238
New Hartford, NY 13413

NEWMUSEUM HOURS

The third Saturday of
each month: 11am-2pm
Monday: 1pm-3pm

Volunteers will be on site to help
you enjoy the museum and help
with your questions.

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!

WENEED 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!

GET YOURS
TODAY!

IMAGES OF AMERICA:
NEW HARTFORD

Available for purchase
NOW at the
Oneida County Historical Society
and Barnes and Noble.



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new group classes

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www.towinguticany.com

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315-797-1128.

What should you do if a water pipe freezes?

You should make sure it never happens again! When the water freezes, it tries to expand inside the pipe. It pushes against the sides of the pipe, as well as any nearby valves, seams and faucets. The freezing action of the water is more than capable of rupturing any pipe. Unfortunately, a water pipe may freeze even if you have taken precautions. Perhaps you lost electrical power for several hours, the temperature inside your house fell and the pipes froze. Or maybe you left on vacation, turned down the heat and weren't expecting an early blizzard. Or perhaps your heat tape quit working, and you didn't find out until you discovered none of the faucets worked.

Bear in mind that a frozen pipe doesn't leak – the water is ice. You'll discover you have a leak only after the ice melts. If you're not home, a ruptured pipe can cause a great deal of damage.

Here are some methods to thaw out frozen pipes:

CAUTION!: Before you try any of these methods, first open the faucet the frozen pipe supplies. The steam you create while heating the pipe can burst the pipe if it doesn't have an escape.

Method #1: Use electric heat tape on the pipe, and wait for it to thaw out. This is a good method to use because it slowly thaws the pipe, which means it reduces wear and tear on the pipe itself.

CAUTION!: Remember to use only heat tape certified by a nationally recognized testing laboratory for use with mobile homes. Be careful never to wrap the heat tape back over itself. This could cause the heat tape to overheat and start a fire.

Method #2: Direct a heat lamp on the pipe itself. Place the lamp at least a foot away from the pipe. Cover adjacent areas with a layer of aluminum foil so the heat does not scorch these materials. Make sure the heat lamp is on dry ground. Even better, plug it into a ground Fault Circuit Interrupter (GFCI) outlet.

CAUTION!: Do not use any direct heating method if

the frozen pipe is next to a gas pipe! Call a professional for help.

Method #3: Hold a hand-operated hair dryer to the pipe, and slowly move up and down the length of the frozen section. Make sure you are standing on dry ground. Because you are working this close to water, plug the dryer into a GFCI protected outlet.

You will know the pipe is thawed out when water starts to trickle out of the open faucet. Let the water run for a while to completely clear the pipe. Then, close the faucet and check for leaks.

CAUTION!: Do not use a propane torch to thaw out frozen pipes. Do not use a propane torch even if it has a fire spreader attachment. This is not only a fire hazard, but it's also a quick way to destroy your plastic plumbing pipes. Remember to locate the main water shut off before you begin to thaw the pipe, in case the break is large and the main water supply needs to be turned off immediately.

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.

Taking preventive measures before cold weather arrives, you can prevent freezing pipes and the costly damage that goes with them.

Wicked winter weather can cause plumbing pipes to freeze and possibly burst, causing flooding and costly water damage to your home. Taking preventive measures before winter sets in can reduce and eliminate the risk of frozen pipes and other cold-weather threats.

How to Protect Your Home From Severe Cold

Where the trouble lies

"Some pipes are more prone to freezing than others because of their location in the home," explains Paul Abrams, spokesman for Roto-Rooter. Pipes most at risk for freezing include:

- Exposed pipes in unheated areas of the home.
- Pipes located in exterior walls.
- Any plumbing on the exterior of the home.
- Preventative measures for outside

A frozen garden hose can cause more damage than a busted hose; it can actually burst an interior pipe. When the water in the hose freezes, it expands, increasing pressure throughout the whole plumbing system. As part of your regular seasonal maintenance, garden hoses should be disconnected, drained, and stored before the first hard freeze. If you don't have frost-proof spigots, close the interior shut-off valve leading to that faucet, open and drain the spigot, and install a faucet insulator. They cost only a couple bucks and are worth every penny. Don't forget, outdoor kitchens need winterizing, too, to prevent damage.

Exposed interior plumbing

Exposed pipes in the basement are rarely in danger of freezing because they are in a heated portion of the home. But plumbing pipes in an unheated area, such as an attic, crawl space, and garage, are at risk of freezing. Often, inexpensive foam pipe insulation is enough

for moderately cold climates. For severe climates, opt for wrapping problem pipes with thermostatically controlled heat tape (from \$50 to \$200, depending on length), which will turn on at certain minimum temps. Under-insulated walls

If pipes traveling in exterior walls have frozen in the past (tell-tale signs include water damage, mold, and moisture build-up), it's probably because of inadequate or improperly installed insulation. It might well be worth the couple hundred dollars it costs to open up the wall and beef up the insulation. "When nothing else works, say for a northern wall in a really cold climate, the last resort is to reroute a pipe," notes Abrams. Depending on how far the pipe needs to be moved—and how much damage is caused in the process—this preventative measure costs anywhere from \$700 on up. Of course, putting the room back together is extra. Heading south for the winter?

For folks leaving their houses for an extended period of time in winter, additional preventative measures must be taken to adequately protect the home from frozen pipes.

Make sure the furnace is set no lower than 55 degrees.

Shut off the main water supply and drain the system by opening all faucets and flushing the toilets.

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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