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Vol. 32 No. 3
March 2018

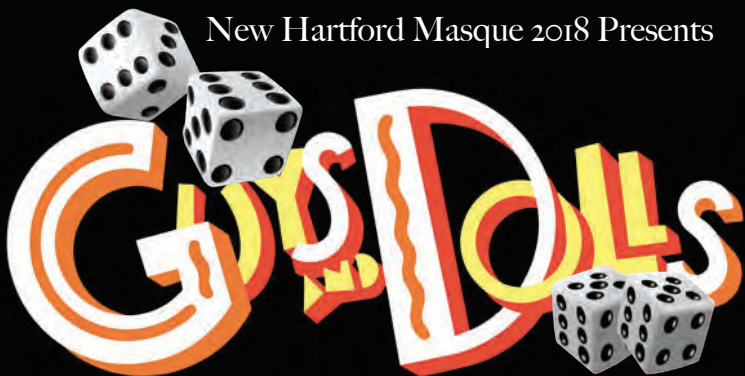
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SPRING FORWARD

March 11th

New Hartford Masque 2018 Presents



Guys and Dolls

A Musical Fable of Broadway

MARCH 15 - 17, 2018 at 7:00 PM
MARCH 18, 2018 at 2:00 PM

Meyer Performing Arts Center, New Hartford Central School, 33 Oxford Road

Tickets go on sale
Sunday, March 4 at 10:00 AM

To reserve your tickets, please go to
www.newhartsfordschools.org

Note: reservations are only finalized upon payment of the reserved tickets on either Tuesday, March 13th from 5 - 6 pm in the theater entrance, or by 6:30 pm / 1 pm on the respective show night.

For any questions, special seating needs, or for NH Senior Citizens with the Gold Pass, please call 315-725-8430

All Tickets: \$10.00

Stage Direction by **MATTHEW ROMANOW**
Music Direction by **CHRISTINE KRUMBACH**
Choreography by **MICHELLE GRIMMER**
Orchestra Direction by **THOMAS J. MCAVANEY**

Based on the Story and Characters by Damon Runyon
Music and Lyrics by Frank Loesser | Book by Jo Swereling and Abe Burrows

GUYS AND DOLLS is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI. www.MTIShows.com



Save the Date

The 31st Annual
Epicurean Delight

Sunday, April 15, 2018

Hart's Hill Inn
Whitesboro

Clinton High School Presents "9 to 5: The Musical"

March 8th, 9th, and 10th 2018 at 7:30 pm in the Clinton Central Schools Performing Arts Theater. Public Pre sale dates will be March 8th & 9th, starting at 7:30 am -11:30pm and 12:30pm - 4:00 pm. All ticket sales must be made in person during these times or beginning at 6pm the night of each show. No credit cards can be accepted, cash or check only please. No phone reservations will be taken or filled.

"9 to 5: The Musical" is based on the 1980 movie and set in the late 1970s. It features music and lyrics by Dolly Parton and a book by Patricia Resnik. It opened on Broadway in 2009 and received 15 Drama Desk Award nominations (the most ever) and 4 Tony Award nominations.



Tables & Tastings

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



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Debbie Dougherty, Owner of Debbie's Cafe



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EventCo Managing Director Gina Scampone says the combination of talented chefs, world class craft brewers, gifted vinters and community minded sponsors coming together in such a wonderful setting for a good cause reflects the creative community partnership principle she wants involved in all of her company's events. "Things are looking up in Utica, and we look forward to staging events that add to the quality of life in and around the city."

Details and updates on this and other EventCo presentations are available at eventscny.com.



How to Make a Butter Lamb

On Saturday, March 10th, the Utica Public Library will host "How to Make a Butter Lamb" at 11:00 am and 1:00 pm and on Saturday, March 24th at 11:00 am and 1:00 pm in the Music Room of the library. Four sessions are now being offered due to the amount of public response. If one session is filled, patrons have 3 other sessions to choose from. Learn how to sculpt beautiful butter lambs in the Polish tradition for your holiday table. It's fun and easy and anyone can learn! The library will provide the butter and all supplies. The program is free to the public. Registration is required, please call the library at 315-735-2279 or you can register online at uticapubliclibrary.org. Sessions fill quickly.



Fine Food Pairing Dinner Sunday, April 29th from 4-7pm at The Stanley Theatre

The Stanley Theatre will host the 4th in a series of Fine Food Dining events on Sunday, April 29th, 2018.

Presented this year by The Event Co and The Restaurant Equipment Company, the popular on-stage pairing dinners that raised over \$10,000 dollars for the historic theater last year will include some new elements. As was the case last year, each four-course dinner will be orchestrated by one of the region's finest chefs. Pairing options have been expanded to allow diners to opt for either wine or craft beer to accompany each course.

Spirits tastings have also been added to the pre-dinner social hour in the Stanley lobby.

Dinner on Sunday, April 29th will be prepared by Executive Chef Jeffrey Daniels and his staff from Daniele of Valley View.

The Social Hour starts at 4pm in The Stanley's enchanting lobby with wine, craft beer and liquor sampling, along with cheeses and other light food samples from fine local eateries.

The evening then shifts to the stage for a sumptuous dinner, each course paired with a craft beer or wine from one of the region's fine craft breweries or wineries. Live music and additional entertainment will accompany the dinner hour. Tickets for the April 29th Pairing go on sale Monday, Feb. 5 at 10am at The Stanley Box Office or charge-by-phone at 315-724-4000. Advance purchase required by April 23rd. Tickets are \$75 to benefit The Stanley. Both Individual tickets and tables of 8 will be offered. This event is presented by The EventCo and The Restaurant Equipment Company in partnership with The Stanley, Daniele at Valley View and McCraith Beverages, with sponsor support from WKTV and PJ Green.

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Typeset by: The Town Crier

Printed by: The Leader-Herald, Gloversville, NY

Sales: Andi Dinerstein

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

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THE TOWN CRIER

LIBRARY NEWS

MARCH 2018

NH Public Library

2 Library Lane

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- New and Noteworthy
Non-Fiction
- When: The Scientific Secrets of Perfect Timing: Daniel H. Pink
 - American Pravda: My Fight For Truth in the Era of Fake News: James O’Keefe
 - The End of Old Age: Living a Longer, More Purposeful Life: Marc E. Agronin M.D.
 - All-American Murder: The Rise and Fall of Aaron Hernandez, the Superstar Whose Life Ended on Murderers’ Row: James Patterson, Alex Abramovich
 - Fifty Years of 60 Minutes: The Inside Story of Television’s Most Influential News Broadcast: Jeff Fager
 - An Appeal to the World: The Way to Peace in a Time of Division: Dalai Lama and Franz Alt
 - The Art of Screen Time: How Your Family Can Balance Digital Media and Real Life: Anya Kamenetz
 - Building the Great Society: Inside Lyndon Johnson’s White House: Joshua Zeitz
 - Why Bob Dylan Matters: Richard F. Thomas
 - The 12-Week Diabetes Cookbook: Linda Gassenheimer
 - Trumpocracy: The Corruption of the American Republic: David Frum

- New and Noteworthy
Fiction
- The Immortalists: Chloe Benjamin
 - Munich: Robert Harris
 - Robicheaux: James Lee Burke
 - Operator Down: Brad Taylor
 - Red Clocks: Leni Zumas
 - The Chalk Man: C.J. Tudor
 - Fall from Grace: Danielle Steel
 - Dark in Death: J.D. Robb
 - The Grave’s a Fine and Private Place: Alan Bradley
 - The Wife: A Novel of Psychological Suspense: Alafair Burke
 - The Gatekeeper: Charles Todd

UPCOMING EVENTS

Sat., May 19, Trash and Treasure Flea Market

Wed., July 11, Ice Cream Social

Sat. Nov. 3, The Bill Bonsted Indoor Miniature Golf Tournament

TRASH AND TREASURE
FLEA MARKET

Friends of the New Hartford Public Library will once again sponsor this event at the New Hartford Recreation Center. The date is Saturday, May 19th, 2018. More information will be forthcoming about rental spaces and applications---SO---during these

dreary winter months tackle stuffed drawers, closets, attics and cellars and get ready to SELL!!!

BOARD-FRIENDS
NOMINATIONS FOR 2018

President: Susan T. Fountain, Vice President: Kathy Ventura, Treasurer: Shirley Cannistra, Secretary: Monica Maier, Corresponding Secretary: Mary Jude Winn. Subcommittees: Publicity: Marcia Danella, Used Books: Annette Barber, Membership: Gary Fountain

FRIENDS MEETINGS

Please mark your calendar! All are welcome March 10, April 14, May 12, June 30, July & August: no meeting, Sept. 15, Oct 20, Nov. 17

If you are interested, the following items are available at the library circulation desk:

Friends of the NHPL Cookbooks: \$5.00
NHPL Library Tote Bags: \$2.00

Story Time

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

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

Rocking Chair Reader
Story Time

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

Kids Read to Therapy Dog

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

Peter Cottontail and the
Tickly Monkeys!

Kids’ Yoga Join instructor Dawn Wheeler for a fun class of Peter Cottontail and the Tickly Monkeys! themed Yoga on Friday, March 16, 4:30-5:30. Kids ages 4-6, limited to 15. Please bring a yoga mat. Kids can wear a costume if they wish! *Registration required. Call the library at 315-733-1535 to register.*

Kids Egg Hunt &
Easter Bunny!!

Join us for an Egg hunt, coloring pages, sidewalk chalk, bubbles, AND the Easter Bunny!! This is another FREE library event on Saturday, March 31 from 11:00-12:30 in the library garden. Bring a bag or basket to collect eggs! Egg hunt will be divided by ages. This event is open to children up to 8 years old and registration is required. *Please call the library at 315-733-1535 to register your child.*

Looking Ahead to April!!

The New Hartford Public Library will be hosting a Chocolate Baking Event & kids and adult themed movies with chocolate in the titles! Check the library website and upcoming Town Crier for event dates!!

March Artist on Display

Albert Casatelli earned his BA in Fine Arts and Sculpture from Syracuse University. He continued his graduate studies in art education, earning his New York State permanent art certification to teach secondary art. Albert taught high school art for 32 years at Poland Central School. Albert also owned and operated a gallery and picture framing business for 22 years. He has been a freelance artist for over 50 years and currently paints daily. A piece of Albert’s sculpture has been published in the art book *The Design Continuum* by Fisher and Krantz, while he attended Syracuse University. Arthur has been a part of Juried Shows and Regional Art Shows at Kirkland Art Center, Munson Williams Proctor Institute, Utica Public Library Gallery, and the Gannett Gallery at SUNYIT.

2018 Artists Needed To Display

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

Skin Care & Make up Class

Tuesday, March 27, 7:00-8:30. Join instructor Darlene Wilbur for a night to learn how to pamper yourself!! Darlene will be talking all about skincare! She will review ingredients in modern skincare that you should avoid, and learn about natural DIY’s that you can make at home that will give you the same results - without compromising your health. She will also be showing you how you can get a flawless face using all natural makeup! Seats are limited so call 315-733-1535 to claim your spot today!!

Social Security
Retirement Info Session

The New Hartford Public Library will be hosting a Social Security retirement information program on Monday, March 26th at 6:00 PM for pre-retirees wanting to know how to make a more informed claiming decision.

Topics covered include:

- When is the best time to collect benefits?
- How much money can one earn before being penalized?
- What do the “New Rules” mean for those born after January 1, 1954?
- Understanding the differences between worker, spousal and survivor benefits?
- Where can one get help with their claiming decision?

The (1) hour information program called, “Planning Your Social Security Retirement Income Strategy” is being offered as a public service by John N. Kalil, Jr., Financial Coach and President of Retirement Solutions, LLC. The event is open to the public and there is no cost to attend. Seating is limited with pre-registration required in advance. To RSVP, please call the library at (315) 733-1535.

Save The Date

/fərbôl/

- noun*
- 1. A furry pet animal.
 - 2. *informal*: a gala organized to raise money for animals in need.

05.18.2018

7:00 PM — 11:00 PM

Yahnundasis Golf Club
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Buy Tickets Online
www.stevens-swan.org
\$75 per person
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Formal Invitation to Follow

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BENEFIT FOR JERRY REGINELLI

Sunday, March 11, 2018, 1pm - 5pm

Stonebridge Golf Course
2340 Graffenburg Rd.
Frankfort, NY 13340

As most of you may know, Jerry Reginelli was recently diagnosed with Acute Myeloid Leukemia (AML) and is hoping for a bone marrow transplant. A few (well, many) of his friends and family have gotten together to figure out a way to help with any costs that have incurred from this life changing illness.

Jerry is a gracious, kind, and loving person. Anyone who knows him would attest to his beautiful and peaceful nature. He is a great friend, loving husband, sweet father, and dedicated grandfather. He is currently receiving weekly treatments at Roswell Park in Buffalo, NY.

So here is your chance to help a great guy! Game on!

FOR TICKETS • MORE INFO • PAYPAL: benefitforjerryreginelli@gmail.com
OR CALL CHRISTINA: (315) 725-8714, OR JERRY: (315) 725-8715
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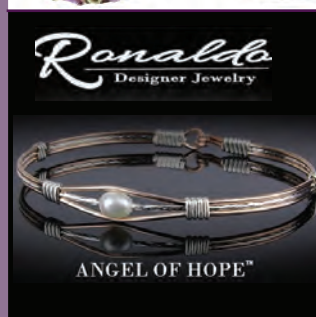
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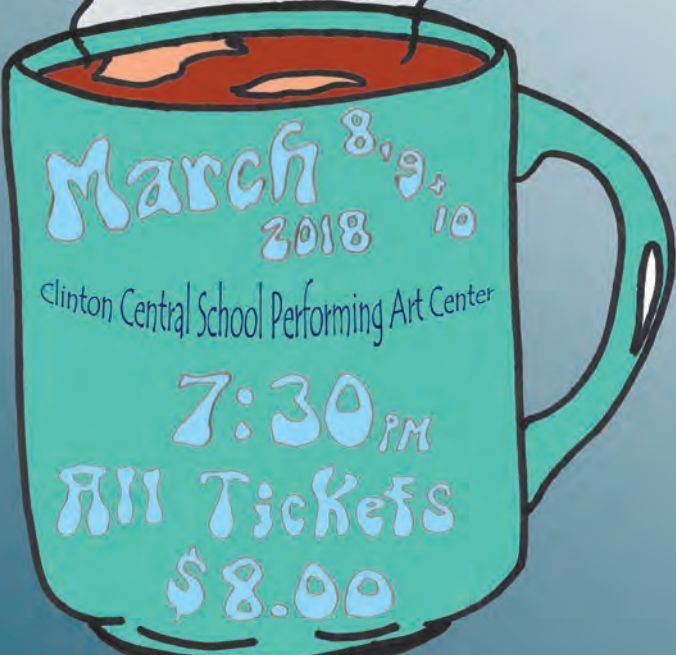
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Clinton High School Presents...

9 TO 5

The Musical



March 8, 9, 10 2018
Clinton Central School Performing Art Center
7:30 PM
All Tickets \$8.00

Pre-Sale tickets from the School Box Office March 8th & 9th (7:30-11:30am and 12:30-4pm)
9 to 5 is produced in cooperation with Music Theatre International
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MARCH
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THE TOWN CRIER

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Victor J. Fariello Jr.

March Antique Shows Sure To Please!

The 28th Greater Syracuse Antique Expo will be held Saturday, March 10, 2018 from 9 a.m. to 5 p.m. and Sunday, March 11, 2018 from 10 a.m. to 5 p.m. in the Horticulture Building at the New York State Fairgrounds in Syracuse. This antiques extravaganza features 200 exhibitors and lots of free parking. Admission is \$7. A weekend pass is \$8. A great way to usher in the Spring antiques season.

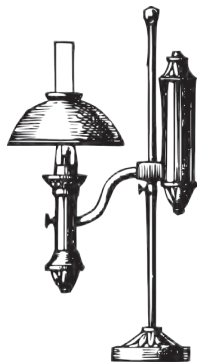
If you're willing to travel a little further west, the 58th Annual Clarence Jaycees Antique Show and Sale is Sunday, March 25, 2018 from 10 a.m. to 4 p.m. at the Clarence Town Park Clubhouse, 10405 Main St. (Rt. 5) in Clarence, NY. 25 dealers will be displaying their wares for sale. Admission is \$4. A luncheon is served from 11 a.m. to 2 p.m. One of the longest running antique shows in New York.

Antiquefest 2018 A Crowd Pleaser!

Kudos to Jerry Dischiavo for another great Antiquefest! The 18th Annual antiques event was held January 27-28, 2018 at The Stanley in Utica. The event featured many quality dealers displaying a wide-range of antiques and collectibles. We will be looking forward to news on the 2019 show. Keep up the good work Jerry!

Let Us 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.



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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.

Hamilton College Scholar to Speak about South Africa

Hamilton College professor of government, Dr. Stephen Orvis, will speak about South Africa's Fragile Democracy on Thursday, March 22, 2018, 7:00 PM at Unitarian-Universalist Church, 10 Higby Road, Utica. Free of charge and open to the public, questions are welcomed and refreshments are served. Dr. Orvis teaches many courses about Africa at Hamilton College and is an expert on African rural development and transitions to democratic rule. He published the textbook *Introducing Comparative Politics* with Carol Ann Drogus in 2011. His articles appear in *African Studies Review*, *Africa Today*, *Studies in Comparative International Development*, and *Journal of Asian and African Studies*. This 2018 Great Decisions program is sponsored by the United Nations Association, Upper Mohawk Valley, www.umvuna.org.



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

*"Probably he who never made a
mistake never made a discovery."
~ Samuel Smiles*

Library News Continued



Looking to Join a Book Club?

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

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

Adult Yoga

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

Join Ruth Anne Kane for knitting and crocheting lessons

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

Does your Group or Club Need a Space to Meet?

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

Tai Chi Classes

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

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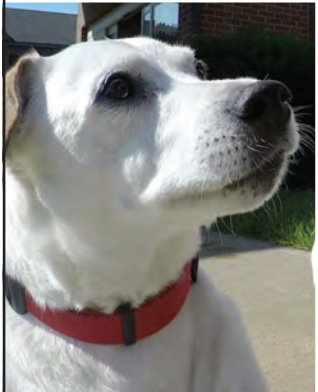
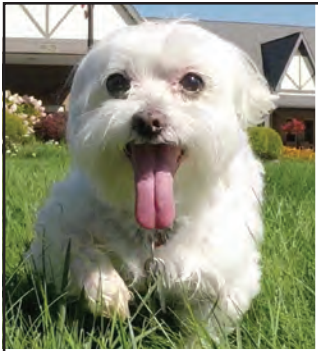
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Your Aging Journey: Which Path Will You Choose?

Submitted by: MaryJo Timpano

I'm thrilled to be writing my first article for the Town Crier. I'd like to spend this time introducing you to Community Wellness Partners and talking with you about our vision: *To inspire and nurture successful aging*". Community Wellness Partners is a non-profit faith based affiliation of LutheranCare and Presbyterian Homes & Services and offers the most complete continuity of health and wellness services in Oneida County. We are passionate about wellness and committed to creating a culture of growth, empowerment and possibilities for team members, residents and our community.

Community Wellness Partners is a leader in an exciting initiative to ensure that this is a place where you don't just live or work—you thrive and grow. This successful aging partnership with Masterpiece Living (MPL) is about being the best you can be regardless of your age or level of living. MPL has spent more than 16 years building upon a game-changing study by the MacArthur Foundation, which revealed that 70% of physical aging and about 50% of mental aging is determined by lifestyle! The study also found that where we live can have a dramatic impact on how resilient we are in our next phase of life. Most

importantly, we discovered that it's never too late to make a difference in our aging journey. So, what does the path to successful aging look like: a physically active and mentally stimulating lifestyle, strong social engagement, purpose and meaning in your life and an environment that supports this lifestyle. Like MPL, at Community Wellness Partners, we're committed to changing the experience and perception of aging and creating opportunities to support your lifestyle and wellness goals.

Your successful aging journey begins with a decision to make healthy lifestyle choices in four components: social, intellectual, physical and spiritual (SIPS). Social connections improve immune function and lower the risks of many chronic conditions. Keep learning! Research shows that challenging our brain by learning new things can enhance mental abilities and improve memory. Keep Moving! Being active, eating well, and getting proper rest reduce our risk of chronic illness and help us to feel good. Find Purpose! Engaging in something meaningful to you helps reduce stress and worry while fostering greater well-being.

Start taking small **SIPS** out of life today!

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

"You are never too old to set another goal or to dream a new dream"- C.S. Lewis

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

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COMMUNITY NEWS

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Keep Calm & Invest On

Submitted by Aaron Evans

February's first weeks were quite a wild ride. We've been spoiled for quite some time without these stock market swings especially the moves down. Many investors may have set their risk tolerance during the calm ahead of February's storm. Now, those strategies are being

"gut-checked".

Moments like these can be great opportunities to understand just how risk tolerance can change as markets move. This "first derivative" of risk tolerance is something called *risk composure*. In other words, will you stick with a plan that was set in place, likely when everything was going smoothly, or do you jump ship at the first sign of rough seas. Let's look at a couple of examples:

Client A deposited some newly inherited cash into their investment account to be invested in a diversified U.S. stock fund. Right at the time of deposit, the market moved down by roughly -2%. Client A panicked and wanted to make sure the investment had not yet been made. This case is an example of low risk composure, with Client A's desire to take risk varying wildly in just a few days' time.

About a week later, Client B checked on up on his/her investments and noted that from the market peak in January the portfolio was down by -7%. Client B shook this off, understanding that it was part of the risk of investing. This case is an example of high risk composure, or the ability to "weather the storm" mentally.

Low risk composure can lead to overreaction and market-timing which ultimately can jeopardize the success of a well-designed plan. This problem can be remedied by managing short-term emotions and redirecting focus on longer-term success. In extreme cases, it could be an indication that the right level of risk was not set from the get-go. A high risk composure provides the ability to stay the course with a thoughtfully implemented strategy based on goals and risk tolerance. Using these experiences to understand both your appetite for risk, and how that appetite can change over time, can help you navigate the road ahead.

If you'd like to hear more or learn about any particular topic, please send emails to aevans@investstrategic.com with the subject: NH Town Crier.

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

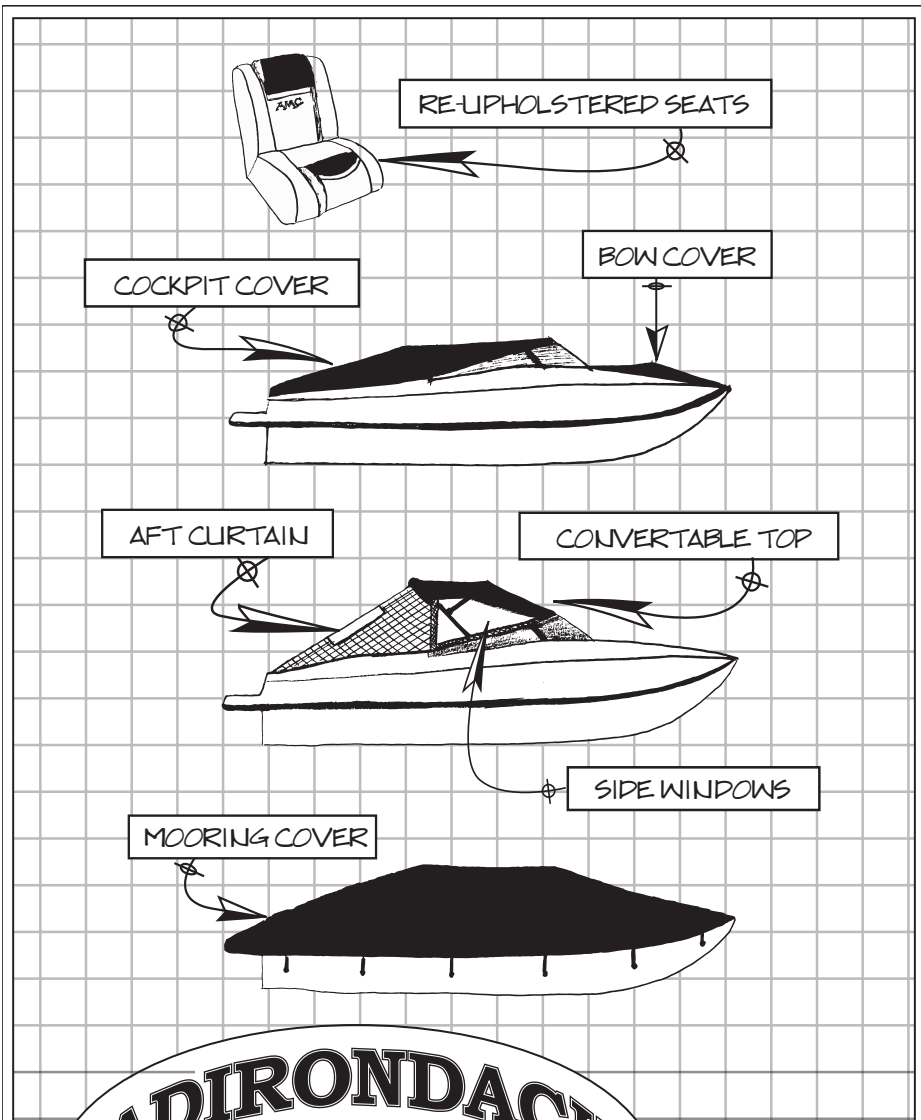
As a Senior Advisor, Aaron partners with clients of all ages to oversee their financial affairs. He develops structured financial plans and investment portfolios to achieve a wide variety of client goals, and helps clients discover what their goals might be if they are just getting started.

This material does not constitute the advice or recommendation of Strategic Financial services, and should not be used as the basis upon which to make investment or financial decisions. Strategic Financial Services. provides advice and makes recommendations based on the specific needs and circumstances of each client. Clients should carefully consider their own investment objectives and never rely on any single chart, graph or marketing piece to make decisions.

Donate a Gift Basket or Prize to Epicurean Delight – Support Hospice Services!

Hospice & Palliative Care is busy planning for their upcoming Epicurean Delight on Sunday, April 15th and needs your help! Are you creative and interested in supporting hospice services in your community? If so, please consider donating a basket for the Epicurean Delight Auction or Raffle. Wine and food baskets are always popular as are spa baskets, jewelry baskets, Italian baskets, family fun baskets, kitchen baskets, pet lover baskets and many more. Did you receive a gift you cannot use that would make a great prize? Show your creativity and join in the effort to support the event by donating a gift basket or prize.

Gift certificates for restaurants, stores, hotels and donations of vacation time shares are also appreciated and businesses offering goods or services are encouraged to donate. This year being our Epicurean Delight, we anticipate over 400 guests will be in attendance. In 2017, Hospice & Palliative Care served more than 700 patients and their families in Oneida, Herkimer & Eastern Madison counties. For more information on Hospice or to contribute to Epicurean Delight please contact Laurie Barr at 735-6487 ext. 1004 or labarr@hospicecareinc.org.



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COMMUNITY NEWS

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Jeremy Camp

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

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

but also bringing back some very early ones. It's a very exciting season."

Tickets for The Answer Tour are on sale to Stanley Theater members this Thursday, January 18th and to the general public on Friday, January 19th. A special VIP package is available and start at \$65 (Premium) and \$99 (Ultimate-Orchestra PIT), which includes a preshow 30 minute Q&A with photo opportunity, early entry at 5:00pm, VIP seating closest to the stage available and an exclusive signed 11x17 tour poster with laminated pass. Reserved seats start at \$25-\$35-\$45 Orchestra Level and \$49 for upper Loge seating. (Additional Fees may apply). There are discounts for groups of 10 or more with \$5.00 off all ticket price ranges. For tickets and complete details call The Stanley Box Office at (315) 724-4000, visit the Box Office at 261 Genesee Street (M-F 10a-4p) or log on to: thestanley.org or ticketmaster.com.

Dinner Cabaret Sparks a New High School Musical Tradition

The singing wait staff at Ellen's Stardust Diner in Midtown Manhattan gave Masque musical director Matthew Romanow an idea. Why couldn't his high school musical performers do the same for theatergoers back home as the Broadway-hopeful wait staff did at this New York landmark? With some careful planning, all he would need to do was transform the stage at the Meyer Performing Arts Center; the stage would have to temporarily pose as a restaurant with some singing waiters of its own. With that, planning for the "Masque Dinner Cabaret" was born.

Over the past decade, as high school musical productions have become more and more ambitious, costs have steadily increased. Romanow imagined the Masque Dinner Cabaret as an enjoyable fundraiser to help his performance troupe offset some general costs of production, whether it be costume rentals for performers to t-shirts for the crew. As the Dinner Cabaret event unfolded on the evening of February 6, Romanow realized that such an evening could provide unique opportunities for the school community and performers alike.

"I really wanted everyone attending the dinner to see the transformation of the performance space," Romanow said, "from what it ordinarily looks like into something special when the musical is performed."

Though the stage is unassuming now, Masque is well into the production of Frank Loesser's "Guys and Dolls." Attendees got a chance to tour the backstage area, and then were seated at tables set up across the stage area. They were treated to a pasta dinner prepared at school whose ingredients were generously donated by Casa Imports. Planned for 80 people in all, tickets for the dinner were sold out in three days.

New Hartford seniors Jeremiah Murray and Rylee Santino functioned as both servers and performers and suggest that the "Dinner Cabaret" gave them new insights into the art of performance. After all, it was one thing to perform on a stage before an audience, but imagine sharing the performance space with the audience as they enjoy pasta and meatballs! "I really like the aspect of serving and singing to the same folks," Murray said. Santino agreed, explaining that the cabaret atmosphere was especially enjoyable as a performer. The intimate setting "made it more comfortable as a performer," Santino said, "because as singers we were all there together on stage, a group of performers encouraging each individual performance."

While the success of "Dinner Cabaret" has certainly given Romanow and company a number of new ideas for unique fundraising ventures to support student artists, their sights are currently set on their spring production. "Guys and Dolls" plans to open March 15 with shows through March 18.

Skating at the Rec Center

With winter in the second half of its cycle, March is the last time you and your family will be able to skate at the Recreation Center. We take out the ice for non-ice events at the end of March. There are a lot of great times available to rent out the ice for a private skating party or pick up hockey games, as the youth groups using the ice currently begin to relinquish some of their ice time in March. Private ice is available week nights, as well as weekends. Please call (315) 724-0600 to inquire about this or any other uses of the ice or the building in general. Thank you for your business this winter and all the past winters at the Rec. Center.

Remember that the Town of New Hartford's web site is now www.townofnewhartfordny.gov.

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Holy St. Patrick on a stick! Someone has stolen the pot of gold and now you and all the other leprechauns of Clover Union Local Number 7 have your tails in a spin. The president of your local, Jack Daniels O’Toole is demanding that you get your wee bottoms over to the pub as fast as your little feet can carry you!! This Mystery Dinner Theater with ACME Mystery Co. is hosted by the JM Chubbuck Foundation will benefit cancer patients in financial need in Oneida, Herkimer, Madison, and Onondaga Counties. Sponsored by MVHS Cancer Center, Oneida Research Services, and CNY Association of Vascular Access. Harts Hill Inn 135 Clinton Street Whitesboro from 7-10pm. Doors open at 6pm and all guests must be seated by 6:45pm. Appetizers, Buffet dinner with lent-friendly foods included, and Desserts. There will be a 50/50 raffle, basket raffle, and Cash bar. Guests can dress casual & are encouraged to wear green or their favorite St. Patrick’s Day outfit. After all, we are Leprechauns! RESERVATIONS REQUIRED!! Call 315-339-5993 or go to www.thejmc.org under “Events”. \$40/person.



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

*“In the midst of winter, I finally learned
that there was in me an invincible
summer.”*
~ Albert Camus

Spaziani Receives Bachelors Degree

Gabrielle Spaziani received a Bachelor of Science degree from Clarkson University in December. Gabi’s major field of study was Psychology with a concentration in Health, and she minored in Human Resources Management. Earning Dean’s List each semester, Gabi was president of the Psi Chi International Society, a member of Theta Phi Alpha sorority, and president of Women in Wellness. At CU, she interned for the Social Media and Diversity & Inclusion offices, and held intern positions at Reach Out, a crisis hotline, and at St. Lawrence Psychiatric Center. Last year Gabi presented her psychology research at the Eastern Psychological Assoc. conference in Boston, and also presented at the Research and Project Showcase at CU where she was awarded Best Undergraduate Poster in Social Sciences. This summer she will travel to Atlanta to present at the annual social psychology conference. Gabi plans to enroll in a graduate program beginning this fall to study Industrial Organizational Psychology. Gabi is the daughter of Paris and Liz Spaziani of New Hartford, and is a 2014 graduate of New Hartford Central High School.





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Oneida County Magistrates Association Swearing In Ceremony

Recently the Oneida County Magistrates Association held a swearing in ceremony for newly elected officers. Oneida County Judge Robert Bauer officiated.



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SAT., MARCH 31, 2018

10:00 AM

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MARCH
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COMMUNITY NEWS

THE TOWN CRIER 19



Ukrainian Pysanka Egg Workshop

Register today for Madison County Historical Society's Heritage Handicrafts: A Leisure Arts Workshop Series: Ukrainian Pysanka Egg Decoration on Sunday, March 18 from 1 pm- 4 pm. Artist, Educator, Linda Evans will lead participants through the steps and techniques in creating a traditional Ukrainian Pysanka Egg. All materials will be provided. This workshop is for adults and children aged 13 years and up.

Linda Evans graduated with a BS degree from SUNY Oswego in elementary education and K-12 art education. Evans taught first grade at Verona, N.Y. for more than five years before taking a leave to raise her two children. Evans returned to teaching art for the Oneida City School District in 1989. Since retiring in 2005, she is active in many clubs and civic organizations. She has been a workshop instructor for Ukrainian egg decorating for more than eighteen years, and her personal collection includes more than 150 Pysanka eggs. Evans is a member of the Cazenovia Watercolor Society and has had her artwork in several local exhibits, both group and solo.

The workshop will be held at the First United Methodist Church located on 116 West Grove Street in Oneida across the street from the Madison County Historical Society on Sunday, March 18 from 1 pm- 4 pm. The cost for the workshop is \$25. Space is limited to 20 participants, so register soon. For more information please contact the Madison County Historical Society at 315-363-4136, or history@mchs1900.org. The Madison County Historical Society is a nonprofit organization that operates both a museum and the Mary King Research Library located at 435 Main Street in Oneida. The society continues to preserve, collect, promote, and exhibit the history of Madison County and its fifteen towns and one city through the development of programs that enhance Madison County's heritage. The historical society's headquarters are housed in an 1849 Gothic Revival Villa that is listed on the State and National Registry of Historic Places.

Madison County Historical Society's Heritage Handicrafts: A Leisure Arts Workshop Series is programming designed to engage and involve Madison County residents in Fine Arts and Craft activities common in the 19th century, with a focus on making cultural connections to creative pastimes which are still relevant today. There are a series of four workshops offered: Pysanka Egg Decoration (March 18); Leisure Art Festival for Youth (April 26) 9 am-12 pm, free to all students; The Art of Theorem Panting (May 5) 9 am-

12 pm, \$30 registration fee; and Botanical Watercolors (June 9) 9 am- 12 pm, \$30 registration fee. This project is made possible with funds from the Decentralization Program, a regrant program of the New York State Council on the Arts with the support of Governor Andrew Cuomo and the New York State Legislature and administered by CNY Arts.

Caption: Ukrainian Pysanka Egg Workshop, Sunday, March 18 at First United Methodist Church located on 116 West Grove Street in Oneida across the street from the Madison County Historical Society from 1 pm- 4 pm.



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Sitrin's Launches New Outpatient Services and Clinic to Improve Community Health

The Sitrin Health Care Center is establishing new ways to improve the health of local residents by offering two new clinics: Sitrin's Orthopedic Injury Clinic and NeuroCare's Outpatient Clinics for persons with Huntington's Disease and Amyotrophic Lateral Sclerosis (ALS).

For individuals experiencing a recent sprain, strain, tear, or other acute injury, Sitrin's Orthopedic Injury Clinic focuses on fast, functional recovery by pairing individuals with musculoskeletal specialists, including Orthopedic Surgeon Dr. Alfred Moretz, as well as doctors of physical therapy Dr. James Wallace and Dr. Shawna Marmet. In the clinic, a person with an injury will be seen right away to receive an accurate diagnosis, set expectations for recovery, and begin the healing process with a supportive and specialized care team.

Once a person has been injured, the team will facilitate a session with Moretz, who will perform an ultrasound and consult with the individual to provide a precise, immediate diagnosis. Moretz will then review the specifics of the injury and work with the individual to establish a treatment plan specific to the injury.

"People need to recognize if their injury is mild, moderate, or severe," says Moretz. "Without knowing these things first, an individual will not know what it will take to properly recover, and can possibly end up

doing more damage."

Sitrin emphasizes that the clinic is a form of non-urgent, urgent care. People can sidestep a trip to the emergency room and not have to wait to get a referral from their primary physician to see an injury specialist. They will be able to speak one-on-one with a dedicated orthopedic specialist in a comfortable setting, where they can set recovery goals, and then consult with a physical therapist to initiate rehabilitation right away.

"People want to maintain a healthy lifestyle, heal faster, and spend less to get more care," says Wallace. "The goal of the clinic is to empower individuals to take ahold of their injury and to recover better, faster, and stronger, eliminate undue costs, and make more informed decisions regarding surgical needs."

Sitrin's Orthopedic Injury Clinic is open on Tuesdays between 9 a.m. and 12 p.m. at the Sitrin Health Care Center in New Hartford. Individuals can call (315) 737-2246 for more information or to schedule an appointment.

Sitrin NeuroCare Outpatient Clinics

Sitrin is now offering outpatient services for individuals affected by Huntington's Disease (HD) or Amyotrophic Lateral Sclerosis (ALS). These new clinics provide multidisciplinary care by balancing medical and clinical services with a personalized approach.

Individuals are paired with a clinical social worker who helps them and their families develop a plan of action to enhance overall wellbeing. Additionally, therapists facilitate treatments focused on physical and pulmonary functioning, motor abilities, communication, and overall mobility. The team will provide education and additional resources for both individuals and caregivers, as well as promote safety in and around the home setting. Neuropsychology services are also available when needed.

"It's important that Sitrin's NeuroCare team be completely integrated," says Marc DePerno, Sitrin's NeuroCare Outreach Coordinator. "We focus on the person and how they are affected by the disorder, while building a partnership with them throughout the progression of the disease."

The clinic begins with a comprehensive medical assessment for each individual, and continues by discussing and facilitating customized options, evaluating upcoming clinical trials, and providing ongoing care. The NeuroCare team will work to

impart disease information, process, and treatment options, promote functionality, independence, and safe management of daily activities, as well as assist in acquiring specialized equipment and home modifications.

Clinic hours are Fridays between 8 a.m. and 4 p.m. at the Sitrin Health Care Center. For more information, call (315) 797-3114 or visit sitrinneurocare.com.

In addition to these clinics, Sitrin provides a myriad 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, adaptive sports, a dental clinic, a wellness center and child care center.




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New Hartford Highway News

Submitted by Highway Superintendent, Richard Sherman

The 2018 Season Dumpster – Drop-Off Collection Schedule is almost complete. Our program this spring is expected to begin April 2nd for drop off items at the Highway Garage and to purchase tags for the Highway Crew to pick up items at your home. Remember if you want items picked up you must see the Town Clerk and purchase a tag by Friday March 30th for Monday April 2nd pick up. The cost will remain the same as last year \$5.00 per item. The Town Clerk’s Office is open Monday-Friday 8:00am to 4:00pm. Additionally, we will have the dumpster drop off along with the tag pick up for the months of April, May, July, August, and September.

The month of June will be suspended for tags and the drop off at the Highway Garage for trash, as curb side pickup throughout the town will take place in the month of June. For curb side pick-up Area A will be the week of June 4th through June 8th. So please have your trash out in front of your residence by Sunday evening June 3rd. Area B will be the week of June 11th through June 15th. Have your trash out on Sunday night June 10th.Area C will be the week of June 18th through June 22nd. Please have your trash at the curb side by Sunday night June 17th. Area D will be the week of June 25th through June 29th. Please have your trash at the curbside by Sunday night June 24th. Please adhere to the weekly schedule of that area that you live in so trash is not out all over the town the same time period.

Another change in the Highway Department this upcoming season is the way the Highway Department picks up the brush. There will not be a schedule for picking up brush. The new system will be that the crews will be in front of your residence weekly not every two weeks like in the past. The town has purchased two

new pieces of equipment (compactors) that will split the town in half. Each truck will be responsible for half of the town. One truck will do Area’s A & C and the second truck will do Area’s B&D. The Highway Department is asking every residence to use containers (garbage cans) for the brush (branches) etc. and green waste so that the container can be dumped in the compactor. The larger tree limbs can be 6” in diameter and 6-8’ in length. Place the limbs in a neat pile at the edge of the roadway. If you have a tree come down that is larger, call the Highway Department to schedule an appointment and we will stop by with the new chipper and chip the larger limbs. The heavy pay loaders with clam buckets will no longer be picking up the brush making lawn divots and road divots with the bucket. The pay loaders not on the street will save wear and tear on these machines.

Please do not put out any rocks, metal of any kind or debris in the brush and green waste piles or they will not be picked up. With everyone’s cooperation to these changes in the programs and working with the Highway Department, we can keep our streets clean and safe.

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

Totally in the Tetons

Adirondack Mt. Club presentation entitled “Totally in the Tetons”. Ralph Greco’s experience observing the solar eclipse of 2017 from a western vantage. Tuesday March 6th 7PM at New Hartford Presbyterian Church.

Ralph has taught Earth Science and Physics at Whitesboro High School for 27 years. He is a product of the Mountain Sports. Ed Bielejec, Jimmy Deyle generation, and as a result has hiked, biked, skied, boated, and climbed for over 40 years all around NY state, the Western USA, Alaska, and British Columbia. Trip highlights include a 3 week kayak trip in Alaska, Wapta Icefield Ski traverse, traverse of the Wind Rivers, Teton Pass Ski traverse, Summit Mt. Rainier, Mt. Whitney, several 10,000 ft peaks in Colorado and New Mexico, and of course the Grand Teton. Ralph has also hiked, skied, and canoed extensively in the Adirondacks, and has climbed most of the high peaks in both summer and winter.



Cayea Appointed Chief Executive Officer of Hospice & Palliative Care

Hospice & Palliative Care, Inc. (HPCI) has appointed Shannon Cayea as its new Chief Executive Officer. She was officially named to the position following a competitive recruitment process. Cayea was most recently the Chief Executive Officer at Elderwood at Wheatfield, Wheatfield, NY. She will replace Ann Tonzi as the Chief Executive Officer.

The Board of Directors is pleased to announce Shannon Cayea’s appointment to this position. “Shannon is an experienced administrator with a breadth of healthcare experience. Her years of experience in healthcare and her ability to lead an organization will enhance Hospice’s position within our healthcare community and at the state level,” stated Rudolph von Bernuth, HPCI’s Board President.

Shannon Cayea holds a Masters in Science in Public Health Administration from the New School University in Manhattan, New York and a Bachelor of Science in Geriatric Psychology from the State University of New York College at Brockport. Shannon is a licensed nursing home administrator and has served as a nursing home administrator and as an executive leader at several healthcare facilities throughout New York State.

HPCI has been providing quality, compassionate end-of-life care to residents of Oneida, Herkimer and Eastern Madison Counties since 1977. For 40 years Hospice has supported those in the community with life-limiting illnesses and their families with quality, compassionate end-of-life care. In 2016 Hospice & Palliative Care served 867 patients and their families in their own homes, the Hospice Siegenthaler Center, hospitals, nursing homes and other home-like residences. For more information about hospice, please call (315)-735-6484 or view their website at www.hospicecareinc.org.



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Second Annual Adult Easter Egg Hunt

The Landmarks Society of Greater Utica will be hosting its second annual Adult Easter Egg Hunt at Rutger Mansion No. 3 in Utica on Saturday, March 31, 2018. Rutger Park will be covered in silver and copper eggs, filled with tickets for prizes, donated by local businesses.

The lucky hunter to find the golden egg will win a private party at the Rutger Mansion, designed by Jordan Marcel, Inc., to use in 2018 (valued at \$1,500.00).

“Whether you are new to the Greater Utica Area, have lived here all of your life, or somewhere in between, I am sure you have had moments full of awe focused around the rich history of the buildings in the footprint of our city. Sometimes, when driving throughout Utica, or attending events, I truly wonder what I would learn if walls could talk,” reflected Jordan Marcel Short, CEO of Jordan Marcel, Inc. and the honorary chairperson of the Adult Easter Egg Hunt. “Thankfully, the Landmarks Society of Greater Utica, has made it their mission to keep the stories that live in the walls of hundreds of buildings in Utica alive. I’m excited to help them in their mission through the Annual Easter Egg Hunt and hope everyone will join us again for this fun event.”

Desserts, mimosas and spirits will be served inside the Mansion, as “Utica’s Party Band” D’Funk’D performs live and winners claim their prizes. Attendees are encouraged to dress in their ‘Sunday best,’ including Easter hats. A prize will be given for the best homemade decorated “Easter Bonnet.”

Check-in for the event begins at 1:00 PM. The Egg Hunt begins promptly at 2:00 PM.

Tickets are \$20.00 per person, with optional upgrades to collect more eggs. Tickets can be purchased online at www.jordanmarceldesigns.com or at the door if and while they last. The event is 21+.

Local businesses are encouraged to donate items to be included as prizes for the egg hunt. If you would like to donate to the Adult Easter Egg Hunt, please email Karen Day, VP of Fundraising and Events at LandmarksKDay@aol.com.

Become a Utica Zoo Docent

Utica Zoo is looking for enthusiastic and dedicated individuals to join their team of docents! A zoo docent is a volunteer, teacher, or guide who is committed to educating the public about the environment, wildlife, conservation, and the Utica Zoo.

What does a Utica Zoo docent do?

Assists with education classes both on and off zoo grounds

Promotes the zoo’s mission by acting as a zoo ambassador

Educates zoo visitors on important conservation topics through the use of bio-facts, live animals, and other educational tools.

Leads guided educational tours

Helps during special events

Participates in animal enrichment activities.

Anyone interested in becoming a docent must be at least 18 years of age and complete the Docent Training Course. The course will cover very important information that all Utica Zoo docents are required to know and maintain knowledge of. Attendance at each

class is required in order to become an official Utica Zoo Docent.

2018 Docent Training Course – 2 Days (18 years or older)

Day 1: Saturday, March 3 from 10:00am to 1:00pm

Day 2: Saturday, March 10 from 10:00am to 1:00pm

Pre-registration is required as there are only 12 spots available. Please pre-register by Thursday, March 1 by contacting Nicolette at (315) 738-0472 ext. 34 or email volunteer@uticazoo.org. The fee for the course is \$25 for non-members and \$20 for members. The fee covers any and all materials that will be handed out during or after the course is completed, a docent t-shirt, a name badge, and your first year of docent dues. Docents are asked to pay an annual fee of \$10 to the Docent Organization that may be used for things such as enrichment items, docent trips, and picnics etc.

Utica Zoo is open daily at 10am. Closed Thanksgiving and Christmas. To stay up to date on all things Utica Zoo, visit UticaZoo.org. Daily updates on Facebook, Twitter and Instagram @UticaZoo.

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

The Utica Curling Club News

The Utica Curling Club hosted its 11th annual College Bonspiel with Rensselaer Polytechnic Institute 1 besting State University of New York Polytechnic 1 by a score of 8 - 7 in the finals. RPI 1 led 7 -1 after four ends but SUNY Poly 1 battled back to tie the match heading into the eighth and final end before falling short. The game matched two of the top ranked college teams in the country with RPI 1 number 1 and SUNY Poly 1 at number 5. The bonspiel included 18 teams from all over the Northeast and performance and participation in the tournament provided meaningful points toward eligibility to play in the USA Curling College Championship, March 9 - 11 in Eau Claire, Wisconsin. Teams must finish in the top 16 in order to participate. Two other local teams are also ranked, Colgate University at 14 and Hamilton at 16.

Players on RPI’s winning team included Skip, Evan Mullaney, third Joe Skulski, second, Mitch Loser, and lead, Kait Fermano. SUNY Poly 1 was skipped by Blake Hagberg, third, Jeremy Zhang, second, Luke Sanders, and lead Dan Coletta.

In the D event finals Colgate University 1 lost to Rochester Institute of Technology in a extra end. Colgate was skipped by Emily Sweitzer, and her teammates included Steven Paolini, Matt Miller and Kate Miller. It was a notable tournament for Colgate 1 who upset Yale, one of the favorites in the bonspiel.

Founded in 1868 the Utica Curling Club is celebrating its 150th anniversary in 2018 and is recognized as one of the oldest curling clubs in the U.S. It has six sheets of dedicated curling ice and is the largest curling

facility in the U.S. east of Chicago Over the years the club has hosted numerous national and international events including the men’s, women’s, mixed U.S. Curling Association National Championship and the U Curling College Championship. In 1970 UCC had the distinction of hosting the Silver Broom World Championship held at the Utica Auditorium.

UCC will be conducting Curling School on Sundays, March 4, 11, 18 from 6:00 pm to 8:00 pm for individuals 18 and above, cost \$75. Registration for the school is required before March 1st by email membership@uticacurlingclub.org Participants for both the clinic and the school should bring a pair of clean athletic shoes and warm loose fitting or flexible clothing.

Boilermaker Partners with Comets, Adirondack Bank Center on 2018 Erie Canal Race

The Boilermaker Road Race has partnered with the Utica Comets and the Adirondack Bank Center on an exciting new format for the Erie Canal Race presented by Commercial Travelers Life Insurance Company, which is set to take place on Sunday, May 20th.

This year all events, which include a half marathon, a two-person relay and a 5K will finish on the arena floor of the Adirondack Bank Center. The races will be followed by a post-race party open to runners, spectators and the community. There will also be concessions for sale including Saranac products. A free kids run will take place on Saturday, May 19th at A&P Master Images on Water Street.

“Incorporating iconic sports venues into road races is a trend we are seeing throughout the country,” said Boilermaker Marketing Specialist, Jordan Peters. “Here in Utica we have one of the most unique arenas in the country and we can’t wait to provide this unforgettable experience to our runners.”

“There is ample opportunity for the Comets to partner with the Boilermaker, and this is a great first step in that direction,” said Cecelie Pikus, VP of Marketing for the Utica Comets. “We’re excited to incorporate the Adirondack Bank Center into the Erie Canal Race, and to see what the future holds for the partnership.”

Registration for all Erie Canal Events is currently underway. All event information, including how to register, is available at eriecanalhalf.com.

The 41st running of the Boilermaker Road Race will take place on Sunday, July 8th, 2018. The Boilermaker Road Race is a member of the PRRO Circuit.

Benefit for Snowmobile Accident Victim

Donna Reale’s Brother lost his leg due to a snowmobile accident. She is hoping to raise funds to offset the hospital costs. On Saturday, March 10 at 10:00 a.m to Noon, There will be a free chair yoga class, plus refreshments at St. John The Evangelist Parish Center, 1 Sherman St. New Hartford. 315-765-6896. All Donations are most appreciated.

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COMMUNITY NEWS

MARCH 2018



Scagel Upgraded to Captain at Endeavor Airlines

Tyler Scagel, son of Nancy and Donald Scagel of Sauquoit, has just been upgraded to the position of Captain at Endeavor airlines, Delta's regional airline. Tyler has been with Endeavor as a first officer since November 2015. He will be flying the CRJ 900 aircraft, which seats 76 people, and will continue to be based out of New York's JFK airport.

HBRMV Calling for Vendors for Home Show '18

If you've never attended one of the Home Builders & Remodelers Association of Mohawk Valley's annual home shows, then you may be under the impression that it's only for builders. A wide variety of home improvement-related businesses participate in the Home Show and now yours can too. The HBRMV Home Show 2018 is calling for vendors to participate in this year's event, which will be held on March 9, 10 and 11.

Building industry professionals such as homebuilders and developers, remodeling and home improvement contractors & building materials suppliers typically exhibit as well as companies providing related products and services. This includes, but is not limited to, HVAC, plumbing, electrical, lighting, concrete & masonry, flooring, roofing & siding, landscaping, pool and spa retailers, appliance stores and banking/financing institutions. By registering as a vendor at the Home Show, businesses will be showcased at one of the largest home shows in Central New York, and will have access to thousands of attendees. Last year, more than 3,000 people attended the Home Show.

To learn more about becoming a vendor at Home Show 2018, please visit hbrmv.com/home-show/exhibitors/. There, you'll find detailed information about the show, as well as pricing, floor plans, sponsorship opportunities and an online signup form. You may also call (315) 798-8858 for further information or to sign up.

Home Show 2018 will take place at the Jorgensen Athletic Center on the MVCC-Utica Campus, and is open to the public. It will run from 5 p.m. to 9 p.m. on Friday, March 9, from 10 a.m. to 7 p.m. on Saturday, March 10, and from 11 a.m. to 4 p.m. on Sunday, March 11.

ABOUT HBRMV

The Home Builders & Remodelers Association of Mohawk Valley is a non-profit organization representing the residential construction community throughout the Mohawk Valley region. The Association advocates choice in housing, economic growth and quality of life in our region. Our builder members include small, medium and large volume homebuilders, commercial builders, developers and remodelers.



British Invasion Concert Night!

Saturday, March 10th, The Stanley Theater presents: British Invasion Night, starring Joey Molland of Badfinger.

Joey Molland, best known for his work with the now legendary English band Badfinger, will be headlining an entire evening of music dedicated to the influential bands from England from the 1960's. The opening set of 'British Invasion' tunes from The Beatles, The Rolling Stones, The Who, The Kinks, The Animals, The Moody Blues and many more will be presented by various local musicians dubbed The Central New York All-Stars! After intermission, Joey Molland and his band will showcase 'Badfinger, The Beatles and Beyond', featuring the music of Badfinger, plus Joey's stories of recording and touring with John Lennon and George Harrison of The Beatles, The Rolling Stones, Cream and others.


Signed to the Beatles' Apple label in the late '60s, Badfinger would go on to score four consecutive worldwide hits from 1970 to 1972: "Come And Get It" (written and produced by Paul McCartney), "No Matter What", "Day After Day" and "Baby Blue". In 1971, a cover of the Badfinger song "Without You" by Harry Nilsson became a number one hit on the Billboard charts. Surviving member Joey Molland has continued to keep the Badfinger flame alight through concerts and recordings over the past 40 years.

Tickets start at just \$20 and will be available starting tomorrow for Stanley Members and on sale to the public this Friday. Additional service charges may apply. To purchase tickets come down to the Stanley Theater box office Monday through Friday from 10:00am - 4:00pm, give us a call at (315) 724-4000 or go to Ticketmaster.com.

For more on Joey Molland, go to BadfingerSite.com.

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MARCH
2018

CHAMBER NEWS

THE TOWN CRIER

27

Welcome New Members!

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



Logoz Custom Apparel



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



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What do the recent tax law changes mean for you, your business or your estate? Join us for a Lunch-n-Learn and find out! NH Chamber member Nelson & Strife has teamed up with trusted accountant D'Arcangelo & Co. and trusted estate and trust law firm, Pierro & DiGiorgio to bring you a concise, informative session that will answer all your questions.

This informative session is free, but advance registration is REQUIRED. Space is limited. Please call 315-790-5599, email info@nelsonstrife.com or register at www.NewHartfordChamber.com/events



Chamber Night

Tuesday, March 20th
Homewood Suites by Hilton @ Woods Park
5:30 - 7:30pm

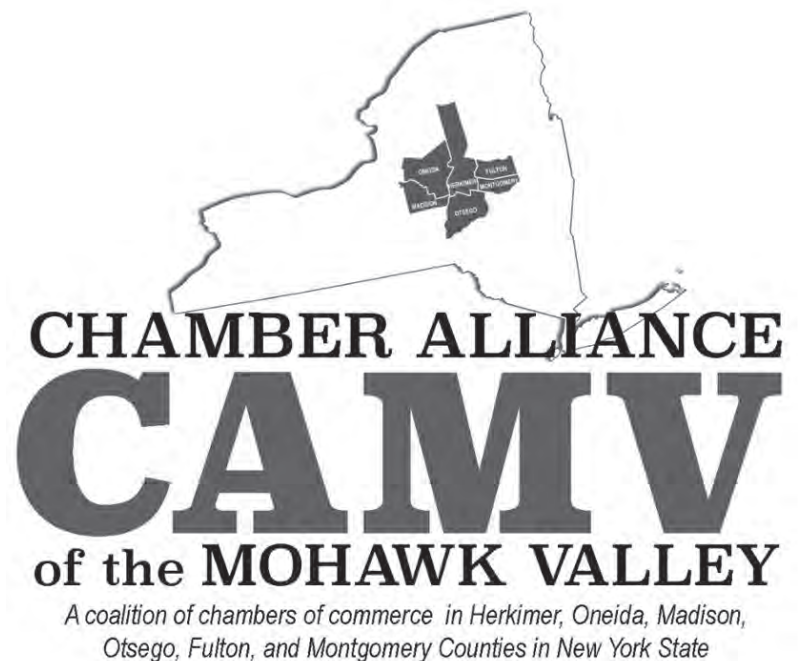


Join us for Chamber Night at one of the newest premier hotel properties in New Hartford, The Homewood Suites by Hilton located in Woods Park. Enjoy Happy Hour with fellow members, guests and prospective new members as you get to know this beautiful new asset in New Hartford.

Chamber Nights are FREE for members, their employees and their guests. Prospective members and visitors are welcome with a \$10 admission fee.

Registration is requested so as to provide Chamber Night hosts with an accurate headcount for planning purposes.

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



Next Meeting

March 21st at Noon
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FIRE DEPT NEWS

NHFD News

January 2018 began another busy month (and year) for your New Hartford Volunteer Fire Department as indicated by the monthly call report listed below by category. In fact, the department answered 95 calls for the month.

Fires	=	2
EMS	=	60
Hazardous	=	1
Service Type	=	14
Good Intent	=	1
Other Alarms	=	17
Weather Related	=	0
Other	=	0

Total Calls for the Month of January 2018 = 95.



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.

A Look Back in Our NHFD History

As we begin a new year, Chief Bolanowski and the members of New Hartford Volunteer Fire Department took a look back in time when the department first began.

Since its founding in 1901, the NHFD has only had fifteen chiefs and 30 Benevolent Association presidents, a remarkable accomplishment for any volunteer organization.

Organized on January 3, 1901, at a meeting in Butler Hall, the department, under its first Chief, Albert H. Goddard and Benevolent Association President, Dr. A.C. Morgan, began a long and storied history which can be found in the Memorial Room at the fire station. In November 1916, it purchased its first apparatus. Several years later, in 1932, it became incorporated. Another interesting fact is the First Ladies Auxiliary President was Ms. Lucy Martin.

The NHFD Fire Department Chiefs that have served our community are:

Albert H. Goddard	1901 – 1906
Edward H. Hanley	1933 – 1944
John H. Corbett	1907 – 1911
Robert O. Morris	1945 – 1949
Albert S. Harris	1912 – 1917 (Jan - April)
John J. Salter	1950 – 1955
Joseph P. Corbett	1917 - (May – Dec)
Edward Roman, Jr.	1956 - 1977
Albert S. Harris	1918
Paul E. Lewis	1978 – 1980
Joseph P. Corbett	1919 – 1929
David M. Reynolds	1981 – 2005
James F. Doyle	1930 – 1932
William J. Freiburger III	2006 – 2008
Thomas A. Bolanowski	2009 –

The NHFD Benevolent Association Presidents are:

Dr. A.C. Morgan	1901
Edward H. Hanley	1953 – 1954
Edward Burns	1902 – 1904
Reed J. Fancher	1955 – 1958
Christopher Morgan	1905 – 1906
J. Ralph Pugh	1959 – 1960
Charles H. Williams	1907 – 1908
L. Daniel Callan	1961 –
Francis Hooks	1909
Reed J. Fancher	1962 – 1965

Christopher Morgan	1910 – 1912
Raymond P. Luker	1966 –
Joseph P. Corbett	1913 – 1914
Harold C. Lewis	1969 – 1971
Thomas S. Wilson	1930 – 1934
Matthew Bohn	1972 –
James F. Doyle	1935 – 1938
Alfred W. Schultz	1973 – 1974
Carson B. Cunningham	1939 – 1941
Stephen V. Scanlon, Jr.	1975 – 1976
Robert S. Campbell	1942 – 1944
James F. Spellman	1977 – 1979
James F. Doyle	1945 – 1947
John A. Hoffman	1980 – 1982
William F. Hamilton	1948 – 1949
James P. Kreutzer	1983 – 1985
William L. LaGrange	1950
Thomas R. Watkins	1986 – 2002
Douglas A. Bowman	1951
David M. Corr	2003 - 2008
George S. Glass, Jr.	1952
Joseph S. Luker	2009 -

For more information on The New Hartford Volunteer Fire Department please visit us at: www.nhfd.com.

Fire Prevention Program- New Hartford FD Start-up Formula

By NHFD Fire Fighter William Wren

The modern Fire Service is in the midst of a cultural change. For 3 centuries, American fire departments have been a reactionary force. When things happen, we respond. It's been that way since Ben Franklin.

But the 21st century firefighter is seeing a new responsibility- a different mission.

From the national conferences of 2004 and 2007, the National Fallen Firefighters Foundation has developed, endorsed and promoted the 16 Life Safety Initiatives Program to stem the trend of LODD's that has been the bane of our profession since the beginning. And, now cancer awareness has become a priority with the rank and file. In one aspect, this makes great sense. If we, as responders to the community needs, take on the mantle of Fire Prevention, we can actually reduce the numbers of fires thereby reducing firefighter risk. When you add in the other various safety topics that we are teaching to the public, we can impact many lives by simply being "out there".

These initiatives were broken down into focus areas, one of which was Prevention. Initiative #14 states: "Public education must receive more resources and be championed as a critical fire and life safety program."

With that in mind, many Fire Departments across the country have increased their community visibility. No longer can we sit behind our station doors and wait for the next call. In some cases, Departments that take tax dollars to exist and give little back to the towns and villages have been seen as a drain on the local budgets and therefore negotiable.

We have had Fire Prevention programs in our community for years. These include: School Presentations during Fire Prevention Month; Fire Station Open Houses for pre-school groups, Scout troops and civic organizations; car washes and chicken barbeques held at the station to raise funds for various special equipment purchases. (Thanks to the communities support during our kick-off to fire prevention month's open house last September, the Fire Prevention Committee was able to purchase two AED trainers to educate our students at the Junior and Senior highs).

We also have booths and tables with informational pamphlets; the list goes on....

It begins in October with visits to our local elementary schools. The administration sets up dates for us to visit the 3 schools. We try to spread them out over a couple of weeks to encourage a diversity of presenters. For each program, we make sure the trucks are polished and the PPE is clean. Kids love fire trucks and the dialogue will evolve from there.

We set up our apparatus in a driveway or parking lot nearest the doors for easy access. If we arrive at about

8:30, we can avoid much confusion and traffic. The teachers are given a schedule and we can expect to have one or two classes at the same time for perhaps 30 minutes each. Depending on the ages, Stop, Drop and Roll; EDITH, (Exit Drills In The Home); Smoke detectors and having a Meeting Place when the Smoke Detector sounds; all can be discussed for a few minutes. We often find that just opening the apparatus doors to display some tools for a show-and-tell can be an attention-grabber, also.

The program will only work if there are some knowledgeable Firefighters to do the talking. In many cases, these are your own children and nothing makes a 6 year-old prouder than to say, "That's my Dad (or Mom). (S)He's a firefighter."

We are able to reach several hundred children in our 3 elementary schools. Another important feature is that you should teach a Kindergartener differently than a 4th, 5th or 6th grader. Perhaps the presenter can also be the Training Officer or some other member with good communications skills. That being said, this group of students can be the most engaged and quick-witted you can encounter.

Keep your program flexible so weather won't have an impact. Try not to bring the children out in inclement weather. Have a Plan B so you can go inside if necessary.

We used this format for many years and it never failed us.

About 4 years ago, we realized that there was a demographic that had been completely overlooked: Grades 7-12. This group was only exposed to any form of Fire Prevention/Safety message when they took part in mandatory fire drills. Fire education doesn't have a place in modern school curriculums.

So we developed a program that would expose them to some very basic Fire Prevention and Fire Safety ideas. Our program has been in the schools now for 3 years and we can safely say it has had a tremendous impact. We also use it as a recruiting tool.

But let's go back to square 1 and see how a program can get started.

The first step should be to form a committee within the Department. This can be the basis for ideas, talent and seeing just what your department offers. The committee can do some research to determine what the community needs are. This is a key step in any presentation: audience analysis. Who would you be speaking to? In addition, the committee should be excellent representatives of the Department.

Once you've determined what the Department's capabilities are, you can contact someone at the school. Let them know what your objectives are and get some feedback. You may have experienced a fire, or some other event that has made an impression, or you may have noticed a trend in your responses.

In our case, it was a fatal fire that resulted in 3 young lives lost. Not only did the event impact our strategic and tactical postures but it was also a chance to educate the community in a significant way.

Our approach while writing the plan was to treat our high school audience like adults. They are at an age where they can accept responsibility for not only their own actions but to help their family in gaining situational awareness.

The program begins with some vivid, hard-hitting videos to get their attention. Once you have it, keep their attention with information and facts they may not know. Several websites can provide what you need: FEMA, NFPA, US Fire Administration are all reliable references. Since students of this age learn better by doing, we have added a Fire Extinguisher station and an AED trainer. Both of these were well received.


The biggest challenge for us was to provide 80 minutes of content. That was a major undertaking. Our program has 5 topic areas in the power point program and 2 hands-on stations. Depending on the expertise of the instructor and depth of knowledge, this doesn't have to be an obstacle. Preparation is everything and it may take a few months to put something together.

In order to validate our program, we put out a survey




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for all attendees. This resulted in 600 responses. Based on these answers, we re-tooled the program and now have a superior product we can count on.

Since we would be instructing groups that may see a program repeated, we have 3 versions so they won't see the same thing from year to year.

As previously mentioned, we use this opportunity for a recruiting message. We have a Junior FF program that currently has members who saw this program and were motivated to join.

I hope the information in this article will provide guidance for other Fire Departments who want to start a school or community program.

William Wren is a dedicated 29-year member of the New Hartford Volunteer Fire Department and co-chairman of the department's Fire Prevention Committee wrote this article for Romper.com. He is the recipient of the 2017 New York State Volunteer Firemen's Association "Safety Educator of the Year" and was recognized nationally for his fire safety program. He developed a specialized Fire Safety program for grades 7 thru 12 in the New Hartford Fire District that other departments nation-wide have begun using. He is a Level 2, New York State Fire Instructor, past captain and current Incident Safety Officer, and a member of the department's Fire Police.



Setting Personal and Family Wealth Goals

There's a Finnish quote, "Happiness is the place between too little and too much." In our culture that's so driven by having more, no matter what we already have, this can be a smart and helpful bit of advice. For families just starting to plan their financial priorities, budgeting can be a balancing act: paying bills, saving wisely in the event of emergencies, and investing in anticipation of children's college tuition or your own retirement.

The desire for more "stuff" actually can contribute to a financial bind for families. In many cases, a lack of financial priorities leads to overspending, leaving too little money to cover expenses and savings. As a result, many individuals have little choice but to continue working into their retirement years.

For many Americans, however, retirement will span decades — and that key thought should be near the forefront of your planning efforts.

Start by planning your journey.

Everyone should avoid the temptation to plow ahead with no plan, possibly because they think they don't earn enough to save or because poor decisions have left their finances in such turmoil that they don't want others, including family members, to know. You should never be embarrassed about what you make or the situation you are in. It might surprise people to know how many others are in situations similar to theirs.

The worst thing you can do is nothing. Seeking help

from a trusted financial advisor can help build your confidence, and most important, show you that you're not alone on your financial journey.

Set goals, ask the right questions, and find someone to help you.

Setting goals is critical to your financial wellbeing, and it starts with introspection and questions. For example, would you love to work into old age or do you want to retire early? Would you like to start a second career or own a business? How will you financially provide for your children's college education? Is your dream house a near or distant possibility?

At the heart of having an investment plan for your future is figuring out exactly what you want to achieve. In determining your investment goals, there are several questions that can help you and your financial advisor develop an appropriate investment plan.

First, how long can you invest your money?

Second, how comfortable are you with up and down movements in the value of your investments?

Third, how much ready cash do you need to meet unexpected emergencies or expenses?

Once you've answered those questions, you and your financial advisor can begin to weigh the three primary investment goals — growth, income, and stability or protection of principal — to determine how to select specific investments that are appropriate for your investment plan.

Move saving up your priority list.

Typically when we budget, we budget all of the required obligations that we have — mortgages, car loans, utilities — and then we budget our discretionary spending. And whatever is left over, if anything, is what we save. Re-order your list (and priorities): Pay required household bills and then budget your savings, moving nonessentials to the bottom of the list.

Smart planning starts with a simple principle: Pay yourself first.

Save systematically to take advantage of the potential for compound growth. As a hypothetical example, Sally, age 23, invests \$5,500 a year for 10 years in a Traditional IRA. At age 65, her investment will be worth \$363,418, based on a hypothetical, consistent return of 5%. By contrast, David starts funding his Traditional IRA at age 40, putting in a total of \$143,000 over 26 years until he's 65. Using that same assumed return, his investment will be worth \$295,180 — about \$68,000 less than Sally has in her account even though

she invested \$88,000 less.

A small amount can be huge here, even if you are saving \$10 a week or \$50 a month or \$200 a month. Doing so may be more reliable than hoping for an inheritance from your parents, who may incur unexpected medical bills or give their money to someone else.

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2018**

DISASTER SERVICES LLC.



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

Ice Dams

What is an ice dam?

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

What causes ice dams?

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

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

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

ice dams.

What causes different roof surface temperatures?

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

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

Preventing and dealing with ice dams:

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

In an emergency situation where water is flowing into the house structure, making channels through the ice dam allows the water behind the dam to drain off the roof. The channel will become ineffective within days and is only a temporary solution to the ice dam.

WARNING!

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

Whenever a house is tightened up, ventilation systems, exhausting devices, and combustion devices must have enough air to operate safely and effectively! Weatherization contractors, who may be listed under Energy Management and Conservation Consultants or Insulation Contractors in the Yellow Pages or on the internet are professionals who can deal with the heat transfer problem that creates ice dams. Professional, experienced mitigation contractors should be called

to deal with interior water damage and damaged areas should not be repaired until confirmed dry. In addition, interior repair should be done together with correcting the heat loss problem that created the ice dam(s) or the damage will occur again.

Mold, mildew, and air quality:

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

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



MARCH SPECIAL

100 CUSTOMIZED GLOSS INTERIOR STICKERS

**Include
YOUR MESSAGE**

on a full color 4" x 4" sticker

Good Thru 3/31/18



100

Custom Stickers

only \$35.00 plus tax

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

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



**Celebrating
36 Years**

**in Premier Personal
Training!**



The Area's Personal Training Center

Exercise professionals will create
a new program specific to
your needs every 6-8 weeks!

**One Campion Road
New Hartford
735-2219**



DISASTER SERVICES LLC

When Disaster Strikes!

FIRE • WATER • SMOKE • MOLD

24/7 Response - IICRC, CMRC & CMI Certified



Call Us For Your Mold Removal

25 Years In The Lead & All Work Guaranteed

NYS LICENSED MOLD REMOVAL COMPANY

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

Basement Mold Problems • Thermal Imaging For Moisture Detection
Cleaning/Disinfecting/Deodorizing • Flood Damage • Structural Drying/Anti Mildew
HEPA Air Filtration • Fully Insured • Direct Insurance Billing

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

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



New Hartford Adult
Dining & Activity Center
1 Sherman St.
(315) 724-8966



24 Hour Notice
Required for Reservations
12:00 Noon is the deadline.

Therapeutic Diet Available
• Diabetic—Low Calorie

Monday	Tuesday	Wednesday	Thursday	Friday
Roadrunners meet the First and Third Tuesdays of the Month 1:00 pm	JEFF GLATT WIL BE HERE ON WEDNESDAY March 28 AT 11:00 A M	FIRST RESPONDERS AMERI- CAN/IRISH FLAG RAISING CEREMONY Thurs. March 15 at 11:15	1 Pasta & Meatballs 10:00 Canasta 11:15 Entertainment	2 Clam Chowder 10:00 Bridge 10:00 YOGA 11:00 Aerobics
5 Italian Sausage with Peppers and Onions 10:30 Knitting/Crocheting 11:00 Aerobics 12:00 CHR YOGA 1:00 Senior Theater Production	6 Chicken Breast 10:00 Computer instruction by appt. 10:00 Bridge / Canasta 11:15 Entertainment	7 Goulash 10:00 Yoga 11:00 Chair Yoga 11:00 Outreach Worker	8 Sliced Turkey 10:00 Canasta 11:15 Entertainment	9 Oven Brown Fish 10:00 Bridge 10:00 YOGA 11:00 Aerobics
12 Spanish Rice 10:30 Knitting/Crocheting 11:00 Aerobics 12:00 CH YOGA 1:00 Senior Theater Production	13 Chicken Ala King 10:00 Computer instruction by appt. 10:00 Bridge / Canasta 11:15 ENTERTAINMENT	14 Salisbury Steak 10:00 Yoga 11:00 Chair Yoga 11:00 CABVI INFORMATION ON THE PROGRAM	15CORNED BEEF/CABBAGE DINNER 10:00 Canasta 11:15 Flag Raising Noon: New Hartford Robert L Bradley Elementary School 3rd Graders Entertainment	16 Squash Soup/Egg Salad Sandwich 10:00 Bridge 10:00 YOGA 11:00 Aerobics
19 Swedish Meatballs 10:30 Knitting/Crocheting 11:00 Aerobics 12:00 CH YOGA 1:00 Senior Theater Production	20 Hawaiian Pork 10:00 Computer instruction by appt. 10:00 Bridge / Canasta 11:15 ENTERTAINMENT	21 Pasta Fagioli 10:00 Yoga 11:00 Chair Yoga	22 Baked Ham 10:00 Canasta 11:00 Senior Band	23 Spinach Quiche 10:00 Bridge 10:00 YOGA 11:00 Aerobics
26 BBQ Ribs 10:30 Knitting/Crocheting 11: 00 Aerobics 12:00 CH YOGA 1:00 Senior Theater Production	27 Chicken W/ Gravy 10:00 Computer instruction by appt. 10:00 Bridge /Canasta 11:15 ENTERTAINMENT	28 Beef Burrito Birthday Party 10 Yoga 11 Chair Yoga Heart Walk Sangertown 7:00 a.m. dedicated to the late Rye King	29 Meatloaf / Gravy 10:00 Canasta 11:15 Entertainment 11:45 Easter Dinner AARP DRIVING CLASS 8:30—3:30	Good Friday Senior Center Closed

New Hartford Senior Services

Submitted by Eileen Spellman, Director

March brings Spring and the wearing of the green. What a wonderful joyful month. It means better weather is coming soon. St. Patrick’s Day is March 17, however we will celebrate it March 15 at 11:15 a.m. We will recognize our First Responders, who keep us safe and we want to thank them for all they do for us followed by a delicious corned beef and cabbage dinner. The Robert L. Bradley Third Graders will be entertaining at Noon. This is a terrific way to start the weekend. After this winter, we need to see lots of smiles and happy faces. I put this first as we have so much fun on those days and I love having the children come here to entertain our Seniors. We need to let our First Responders know how much we appreciate them and what better Holiday could we choose. For reservations call 315-724-8966.

The first day of Spring is March 20th.

We will have our Easter Dinner March 29th. Wow time goes fast.

The indoor heart walk will be March 1, Thursday, starting at 7:00 a.m., to 7:00 p.m.

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

The Heart Run will be March 3, Saturday.

March 8th, Thursday at 10:00 a.m. we will have Zumba Gold Classes. Get grooving. Come join the fun. Price is \$4...for a class

St. Elizabeth’s College of Nursing Students will be March 13, Diabetes and March 27th Arthritis starting at 11:15 a.m. These are very informative presentations and it is always a joy to have the Students here. They bring the Sunshine.

March 14th, Paula Flisnik of the Central Association for the Blind and Vision Impaired will be here at 11:00 a.m. Do not miss this. I heard her speak recently and what is happening at CABVI is exciting. You will be glad you came to hear her.

On April 9, Monday. at 11:15, we will have a pharmacist from Price Chopper come and speak to you about the pneumonia shot and the new shingle shot which is replacing the shingle shot we already had. This one is call Shingrix and it is a two shot procedure. First you get one and the other 2 to 6 months after. You do need a doctor’s prescription for the shingle shots. I questioned if we need to get the new shots if one already had the previous one and the answer is yes. Please speak to your doctor about this new shingle

shot. We do not want to get shingles.

Please check our www.townofnewhartfordny.org or.gov. This is our web page address. I am trying to get the best informational web page possible and if you have any input that you think Seniors should know please email me at espellman@town.new-hartford.ny.us

Oneida County Older American Awards nominations will be coming up. This is the time we recognize a special person or persons and a business or organization that works and helps seniors. We should have the forms here in March, however call 315-798-5456, the Oneida County Office for the Aging for a form. We will have them at the Senior Center also.

We have free computer help every Tuesday starting at 10:00 a.m. till Noon. They are ½ hour sessions, thanks to the Utica Library Staff.

The RSVP Theater Group meets every Monday at 1:00 p.m. at the New Hartford Senior Center. Come join them, they read from a script and perform at libraries, senior centers, nursing homes, health fairs and where ever they feel they will be of assistance plus bringing laughter to the whomever is lucky to hear their performance. This is free.

We have a knitting and crocheting group who meets at 10:30a.m. at the Senior Center on Mondays. They will help you learn if you never have done this and they are a very friendly group. Come join them. This is free. Also if you wish to knit or crochet red hats for infants with heart problems, please come and meet the group. We have received several donations of red yarn for this project. We can always use more.

We have a Bridge which meets Tuesdays and Fridays \$1. a session and Canasta Group which meets Tuesdays and Thursdays \$1.00 a session. This is great for Seniors, it keeps your brain active and that is what keeps you young.

I want to express my deepest sympathy to Dave Geiser and his Family in the loss of Ivy. She will be missed. Ivy always had a cheerful smile to greet you with and she was a very talented lady making beautiful quilts, sewing, gardening, cooking and active in her Church, and community organizations. Ivy was a teacher, wife, Mother, Grandmother and Great Grandmother. What a very full life she lived and we were very fortunate to have had her in ours. Dave and Ivy would come to the New Hartford Senior Center every day for lunch. Their family would often join them and their Daughter Robin would drive up from the Catskills to visit them every Thursday here at the Senior Center. They shared their

family with our Seniors and what blessing that is. We will miss Ivy and she will never be forgotten. She and Dave celebrated their 70th Wedding Anniversary here at the New Hartford Senior Center. What an example to all of us. They brought joy and very happy memories.



Rev. Janet Hoover, New Hartford Fire Department Chaplain, Mayor Don Ryan more of our First Responders from a few years ago and they are still active helping others. Thank you First Responders



New Hartford Seniors playing Canasta



Cookies anyone?

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

Irish Night

Corned Beef, Cabbage, Potatoes, Irish
Soda Bread, Salad, Coffee & Tea

Tues. March 13th 4-7 • Donation \$11
Take outs available

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THE TOWN CRIER

FAITH IN NEW HARTFORD

MARCH
2018



FIRST UNITED METHODIST CHURCH

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

CLINTON ROAD BAPTIST CHURCH SBC

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

ST. JOHN THE EVANGELIST CHURCH

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

HOPE ALLIANCE CHURCH

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

ST. THOMAS CHURCH

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

ST. STEPHEN'S EPISCOPAL CHURCH

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

ST. GEORGE'S EPISCOPAL CHURCH

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

IMMANUEL BAPTIST CHURCH

9501 Weston Rd., NH (Next to Perry Jr. High), 737-5222
www.ibcfamily.com E-mail: info@ibcfamily.com
Sunday Morning Worship Service 9:45 am
Preschol and Children's Worship Hour 9:45 am
Nursery services also available during the Worship hour.
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.
New Hartford Presbyterian Church, 45 Genesee Street, welcomes all to worship each Sunday at 10:30 a.m. Sunday School programs for children and adults begin at 9:30 a.m. Child care is available. Communion will be offered on Sunday, March 4th, to all who wish to receive it. On Sunday, March 18th, members of the congregation will assemble meals for Your Neighbors. On Sunday, March 25th, the choir will present its spring cantata during worship. Also on March 25th, members of the congregation will prepare and serve the evening meal at Hope House in Utica. Maundy Thursday services, on March 29th, will begin at approximately 7:00 p.m., following a dinner for church members. A series of classes on evangelism, "Engage the Gospel," will continue through Lent, meeting at 6:00 p.m. on Thursdays, and during adult Sunday School each Sunday. More information is available online at www.newhartfordpresbyterian.org.

OUR LADY OF THE ROSARY CHURCH

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

SAUQUOIT VALLEY UNITED METHODIST CHURCH

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

FIRST BAPTIST CHURCH OF NH

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

UNITARIAN UNIVERSALIST CHURCH

10 Higby Road, Utica
315-735-9930 uuutica.org
Minister: The Rev. Eve Stevens
Sunday Services/Religious Education for Children at 10:30am
Followed by coffee and conversation - Please Join Us
March 4th -Dina Radeljas tells "My Journey as a Refugee" Dina will talk about her experiences as a Bosnian refugee. She arrived as a refugee to the Utica area in 1995 after living in a camp in Pakistan. She will talk about the challenges she encountered integrating into US culture. Dina earned her doctorate in psychology in 2014 and is currently an Assistant Professor in social science at MVCC.
March 11 -Rev Eve Stevens "The Great Balancing Act" Are you prioritizing what is most important to you? Are you privileging your joy and curiosity? What is weighing on your shoulders and making your steps unsteady? Join us for a life check up.
March 18 - Rev Eve Stevens "Grateful for Your Presence Through the Long Night" We celebrate all those leaders and teachers and friends who have shown us the way when the light is flickering and uncertain.
March 25 -Rev. Janet Stemmer returns to the pulpit to speak on "Rebalancing". Over time, we see how our lives and the civilizations in which we live rebalance. Change is always a certainty yet there is often shock when change occurs. How do we grow ourselves in times of change? What are the lessons?
April 1 - Easter Sunday. 10:30am. Rev Eve Stevens "The Good Easter Morning" Join us for a celebration of awakening as we welcome the spring. What is being reborn in you? What do you wish to bring to life in the world around you? Children are invited to participate in an Easter Egg Hunt immediately following the service.

BIBLE BAPTIST CHURCH

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

FAITH IN CHRIST FELLOWSHIP CHURCH

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

ST. GEORGE ORTHODOX CHURCH

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

NEWMAN CENTER at UTICA COLLEGE

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

LIVING FAITH BIBLE CHURCH

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

WESTMINSTER-MORIAH-OLIVET PRESBYTERIAN CHURCH

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

NORWICH CORNERS CHRISTIAN CHURCH

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

TRINITY LUTHERAN CHURCH

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

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

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

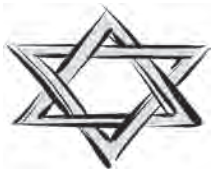
Thursday Bible Study 7PM

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.

Hospice & Palliative Care Offers Spring Workshops & Support Groups

Adult Parental Loss

Adult Parental Loss is for any adult who has experienced the death of a parent. The loss of a parent is the most common form of bereavement in our country. Because of this, adult children often feel a sense of isolation and may feel an unspoken message that adult parental loss is less significant than other losses. No matter what the age of our parent or where or how the death occurred, the grief felt by an adult child can be intense and overwhelming. This group is a safe place to share feelings and experiences, ask questions, seek comfort or just listen. It is a place to receive and give support. This group will be facilitated by Adrian Bartholomeo, LMSW, and will meet on Mondays from 4:00-5:30 p.m. from March 12 through April 16. To register, contact Adrian Bartholomeo at 315-735-6487 x1070 by March 5, 2018.

Bravehearts Children’s Program

This group is for children between the ages of 6- 12 years old who have lost a parent, grandparent, or special person in their life. This group utilizes arts and crafts to help children recognize their own grief, understand their feelings, express them in a healthy manner, and give and receive support. Parents are requested to come early for pickup of their children at the first meeting in order to attend a parent orientation session at 7:15 p.m. This group will be facilitated by Judy Tastor, Children’s Services Coordinator, and will meet on Thursdays from 6:00-7:30 p.m. from April 19 through June 7. To register, contact Judy Tastor at 315-794-6833 by April 12, 2018.

Spousal Loss

This group is for anyone who has experienced the death of a spouse or partner. The length of the marriage or committed relationship does not determine the depth of grief. This group focuses on normal responses to grief and the tasks of mourning, as well as providing a safe place to share feelings

and experiences, to ask questions, and to seek comfort. It is a place to give and seek support. This group will be facilitated by Janet Benjamin, LCSW-R, and will meet on Tuesdays from 2:00-3:30 p.m. from March 20 through April 24. To register, contact Janet Benjamin at 315-735-6487 x1007 by March13, 2018.

Young Widows

This group is for young widows 30’s to 60’s. Often women in this age group do not have peers who are going through this kind of loss and their grief can feel very isolating. Juggling jobs, children, parents, and social obligations is hard; it feels overwhelming when spousal grief is added. This group provides the time to express and share grief, learn coping skills from one another, give and receive support and begin the healing process. This group will be facilitated by Linda Clark, LCSW, and will meet on Wednesdays from 5:30-7:00 p.m. from March 14 through April 18. To register, contact Linda Clark at 315-735-6487 x1015 by March 7, 2018.

Passages

This group is for any adult who has experienced the loss of a loved one through accident or illness. Each person grieves in their own way and in their own time. This group is a safe place to share feelings and experiences, ask questions, seek support or just listen. It is a place to receive and give support. This group will be facilitated by Dave Roberts, LMSW, and will meet on Wednesdays from 5:30-7:00 p.m. from May 9 through May 30. To register, contact Dave Roberts at 315-736-8684 by May 2, 2018.

Grief 101

Grief 101 is an educational opportunity for any adult experiencing grief. Normal grief reactions, theories related to grief, and coping techniques will be presented via a PowerPoint presentation followed by a time for questions. This workshop will be facilitated by Adrian Bartholomeo, LMSW, and will meet on Friday, March 9 from 3:00-4:30 p.m. To register, contact Adrian Bartholomeo at 315-735-6487 x1070 by February 28, 2018.

Grief After the First Year

Grief After the First Year is an educational session for adults who are beyond the first year of grief. This session will cover what to expect as the grief journey continues, techniques to find the balance between grieving and going on, and ways to incorporate the loss into one’s identity and search for meaning. This workshop will be facilitated by Linda Clark, LCSW, and will meet on Wednesday, March 7 from 2:30-4:00 p.m. To register, contact Linda Clark at 315-735-6487 x1015 by February 28, 2018.

Hospice Sangertown Walkers

Hospice Sangertown Walkers is a social support group for any adult who has experienced a loss of a significant other/ spouse. Walk and talk with others who have experienced a loss or walk as an individual in quiet introspection knowing support is nearby if wanted. The group meets in front of Macy’s inside Sangertown on Wednesdays at 9:30 a.m. This group is facilitated by specially trained Hospice volunteers. Pre-registration is not required. For questions, call Bertha Lawson at 315-724-5026 or Nan Hyde at 315-737-5833.

All groups are free and open to the public. Meetings will be held at Hospice & Palliative Care at 4277 Middle Settlement Road, New Hartford. For more information please contact the facilitators listed above.


Irish Tea Fundraiser

Celebrate St. Patrick’s Day with the Oneida County History Center! Join us for our 3rd annual Irish Tea featuring a three course tea with finger foods, desserts, door prizes, and more. Entertainment to include a presentation by Bob Sullivan on one of our country’s most famous Irish descendants, John F. Kennedy. Visit the event’s Facebook page for more details and updates.


Tickets are \$18 per ticket or \$135 per table of 8. All proceeds benefit the Oneida County History Center. Tickets can be purchased at the history center or by phone (315)735-3642. Seating is limited; tickets at the door will be based on availability. This event is co-sponsored by the Anchor Light Inn (Sylvan Beach), Anchor Heating (Utica), and Betty Abel-Jellencich.

This program takes place in the center’s main gallery on Saturday, March 17 from 1:00-3:00 PM.

The Oneida County History Center, formerly the Oneida County Historical Society, is a private 501(c)(3) not-for-profit educational institution and is dedicated to preserving history and promoting the culture of the Greater Mohawk Valley. Admission to this program is free for the general public; donations are encouraged. Please contact the center at 315-735-3642 or visit the OCHC website (www.oneidacountyhistory.org) or [Facebook.com](https://www.facebook.com/OneidaCountyHistoryCenter) page for additional information.




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THE IRONMAN AWARD

By Jeffrey Madden

The fire service has long been known for its “tradition”. Many traditions date back to the late 1800’s while others are more recent. A locale tradition was started in the Town of New Hartford, by then Town Supervisor John Kazanjian, in 1991 and has since spread to neighboring departments. It is called the “Ironman” Award.

The “Ironman” Award is a spin on the nickname “Iron Horse”. Lou Gehrig was dubbed the “Iron Horse” back in the 1939 after a stretch of playing 2,130 consecutive games for the NY Yankees. A record that stood unbroken for 56 years until Cal Ripken surpassed it in 1995.



On October 23, 1991, William G. “Bill” Martin, a still active member of the New Hartford Fire Department at the age of 80, passed away in St. Elizabeth’s hospital after a brief illness. Only days earlier, Bill was being driven to the hospital by his son Terry for some tests. While en route there, a fire call came across the radio. In true form, Bill instructed Terry to divert to the fire call first! Supervisor Kazanjian created the award to honor the dedication and resolve of Bill Martin and acknowledge not only his, but the faithful service of all volunteer firefighters in the Town (New Hartford, New York Mills and Willowvale).

Since 1992, every year the Town Board recognizes a firefighter from each department (recipients are selected by their respective department’s). To date, 81 individuals have been chosen. Many more have also been recognized in neighboring fire department’s whose leaders have adopted the “tradition.



NEW MUSEUM HOURS

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

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

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

HELP US MAKE HISTORY!

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

Call 724-7258 and let us know!

WE NEED YEARBOOKS!

The New Hartford Historical Society is missing yearbooks from the years **1984, 1988, 1990, 1994 & 2015.** If you’re interested in donating a yearbook, let us know!

MEMBERSHIP FORM

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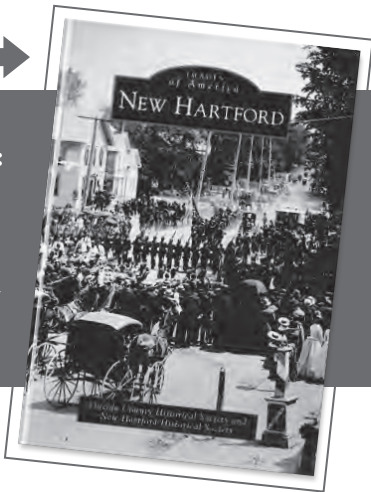
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Bullying Statistics



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



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



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

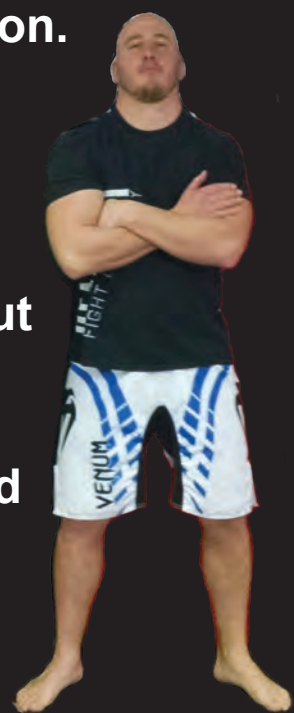
Effects of Bullying



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



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



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