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Vol. 32 No. 17

November 2018

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40th Annual Sauquoit Valley Fine Arts & Crafts Show

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Elegant juried show of fine quality exhibitor booths!

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Visit www.svcraftshow.com or Facebook for more information!

Sauquoit Valley Middle School, Sulphur Springs Rd, Route 8 to the Sauquoit exit & follow signs

This year marks the 40th Anniversary of our show!

To celebrate our 40th, there will be special giveaways throughout this year's show.

Many New Exhibitors!
 Home-Made Baked Goods!
 Kids' Art Activities!
 Electronics Raffle!

Town Crier

Christmas Star Bazaar

New Hartford Presbyterian Church, 45 Genesee Street, will host the Christmas Star Bazaar on Saturday, November 10th, from 9 a.m. to 3 p.m. The Bazaar provides an excellent opportunity to get a head start on holiday shopping. Shoppers will find unique handcrafted items including wreaths, ornaments, holiday decorations, knitted items, quilts, pillows, and children's toys. There will also be "attic treasures," vintage items, collectibles, and antiques, including glassware, furniture, linens, used books and plants. Lunch will also be available, with a variety of sandwiches and homemade soups. The annual bazaar is a major fundraiser for the New Hartford Presbyterian Women. Money raised supports community outreach and church needs. In the past, funds from the bazaar have been used to assist community organizations including Health Friends, Herkimer ARC, the Presbyterian Home, the FARE Allergy Walk and the Salvation Army. They have also helped the church purchase computers and a kitchen stove.

Local Hidden Gem

By Hannah Gage

Central New Yorkers are getting ready for cooler temperatures. Whether you are excited or dreading the impending snow to follow, leaves continue to change. Many are planning to get snowmobiles, snow blowers, skates and skis tuned. Others have already purchased season tickets to local ice rinks, ski mountains and placed deposits on trips.

G.E. Ski Club has been hard at work organizing happy hours and bus trips to Gore Mountain. The big trips this season are to Big Sky Montana, Mont Tremblant Canada and Aspen/ Snowmass Colorado.

I joined this club last season and was quickly left with a huge regret of not finding and joining years ago. Believe it or not, it was established in 1966! The discounts offered to local mountains and group discounts on trips make it super affordable. I was able to go every week and make wonderful memories with my son. The membership fee is nominal, the friendships made are priceless and I have gained a wealth of knowledge from senior members.

Come get social with us and get excited about the upcoming season! We have members of all ages. You can see our year-round activities like kayaking, golfing, camping, hiking, bicycling or wine tours. Let's make some plans to go snowshoeing and cross-country skiing.

Big Sky has been sold out for over 2 months! There are still spots available for other trips. You can see the full list and sign up at geskiclub.org. Snowboarders are welcome members too.

New Hartford Marquee 2018 Presents

ONCE ON THIS ISLAND JR.

November 2 and 3, 2018 at 7pm
November 4, 2018 at 2pm
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All Tickets: \$7
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Medeco High Security Locks

Submitted by New Hartford Safe & Lock Co.

Last month, we touched upon the multiple benefits of installing a restricted key system within your home or business. At the end, we briefly mentioned the brand name Medeco. Medeco is a world renowned high security lock manufacturer. Implemented in 1968 from the success of a trial lock made by the Mechanical Developmental Company (hence the name Medeco), the Medeco lock is entrusted with securing some of the nation’s top doors, like at The White House. The design principle consists of not only vertically lifting pin tumblers, like any conventional lock, these pins also rotate to a certain angle to expose a channel for a ‘sidebar’, making picking the lock open an extreme for most, to say the least. They are so pick resistant, in fact, that when the lock first came out in the 1960’s, the company offered a \$50,000 reward to anybody that could pick it. One man, a New York City detective, succeeded once, but only once. ‘Bumping’ a Medeco lock is also out of the question. If a lock can’t be picked or bumped, then what’s a burglar’s next plan of attack? If you thought drilling a Medeco lock would be easy, you’re wrong. Medeco locks have hardened steel pin and plate inserts surrounding all of the lock’s vital components. There are four pins within the lock plug itself, a ball bearing on the face of the side bar element, and the mortise and rim variants of Medeco locks have two hardened steel plates in the 12 and 3 o’clock positions. Even the tumbler pin’s are made of steel, with hardened steel inserts! Medeco branded deadbolts also have this protection, however with the addition of two more ball bearings in the ends of the mounting screw chambers. Good luck, thieves. As we mentioned earlier, the pins (which are chisel-tipped) on Medeco locks also rotate. And for this to happen, the cuts on the keys need

to be cut at very specific angles. This also means that someone trying to have a duplicate key made for your home or business will not have an easy time doing so. Medeco keys can only be cut on special machines, in which the cutting wheel oscillates (to create the angles). Each key is an origination, and not a duplicate, meaning they can’t be cut on traditional side-by-side key duplicators, like at the big box hardware stores. Only a trained locksmith will be able to service your Medeco lock and cut keys for it. Medeco also offers restricted keys. While all Medeco keys require a special machine that almost all locksmiths will have, there are multiple levels of key control within Medeco locks. Some keys can only be cut by a specific locksmith, and others can only be cut at the Medeco factory in Virginia. The standard ‘commercial’ line of Medeco hardware can generally be sold and serviced by all professional locksmiths. While no lock is undefeatable, Medeco locks are the industry standard high security brand, built to the highest quality, and a classic, go to name for locksmiths throughout the country. They come in all cylinder styles, finishes, and keying arrangements. They can be master keyed, or keyed individually like a standard lock. We like them so much, we even have them on our own shop doors. Next month, we’ll discuss more about the feature’s of other high security lock brands, and why you should install them on your home or business.

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- Ralph Waldo Emerson

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3

Rest & Recovery:

An Essential Component

Submitted by Jim LaFountain, All American Fitness Center

During a recent talk I gave, my statement that “exercise does nothing to produce fitness results, caused a stir. The key word is “produce”. Exercise, especially at a high intensity, simply turns the body’s production switch on. Rest allows for recovery and the body’s “super compensation” mechanisms to do their magic. Rest comes in many forms:

*Passive Rest: Allowing the body to recover with a day between workouts is usually a good idea. There’s strong evidence supporting total body resistance sessions, followed by a recovery day, will produce optimal results. Unless you’re a professional bodybuilder, split routines (a day dedicated to addressing a particular body part) doesn’t make scientific sense. Recovery and supercompensation (muscle fibers getting thicker and stronger) from resistance and cardiovascular sessions also has strong scientific support.

*Active Rest: Performing very light workouts after high intensity cardiovascular sessions allows for oxygen rich blood to aid in healing exercise induced, microscopically damaged tissue. A cardio workout at 50-60% of one’s maximum heart rate should be appropriate to aid recovery. Many trainees make the mistake in getting “caught up” in the recovery workout and train too hard (above 60% HR max). This, obviously defeats the purpose.

*Regularly Scheduled Recovery Periods: World class athletes meticulously plan their training year (Periodize) including 6-8 week’s (Mesocycles) allowing this training to increase in intensity over the course of the mesocycle, followed by a period of recovery. Coaches

and athletes prioritize important competitions, where they must be in peak condition. Olympians seem best at periodization.

One key question that often comes up is “Should I exercise if I don’t feel well?”

A rule of thumb answer says, if you have a fever, complete rest is the answer. A fever indicates that your body’s immune system is battling some sort of invasion. Exercise would only overtax an immune system that’s preoccupied with healing and returning to normal (homeostasis).

A body temperature of around 98.6 degrees is normal and light exercise would be of benefit. If you’re simply “not feeling well,” your training goal should be to maintain your level of fitness.

A workout that may be considered “active rest” is a prudent choice. A high intensity workout would prohibit recovery.

Overtraining: Over the course of several days or a few weeks, when the body is not allowed to recover, progress comes to a screeching halt or even regresses. Accomplished athletes or seasoned fitness buffs monitor their morning resting pulse. When that pulse exceeds 7 or more beats than your normal, a day or more of rest is in order.



Judge Joan Shkane

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

MYTH: All New York State government employees’ retirement information is confidential.

REALITY: The New York website www.seethroughny.net reports on state government spending. Among the reported data is all pension information for public sector workers statewide. Since 2014, the Court has ordered that teacher pension information must be disclosed, among other employees’ disclosures. So far there is only one exception to this disclosure. New York City police officers rely on an older court decision that ruled that addresses of pensioners could be withheld. Therefore, they are refusing to disclose the information on retired police pensioners. The request that the Empire Center for Public Policy made in 2010 is for names and amount paid in pensions, not addresses. The argument for non-disclosure of police pensions is that retired police officers could be targeted by criminals if information is disclosed. Empire argues that if an employee is paid by the public, the public is entitled to know what (s)he is being paid by pensions or wages.

MYTH: The conduct of all judges in New York is subject to an ethics review, and discipline if appropriate, including in the case of claims of sexual misconduct.

REALITY: In New York all state judges from Justices

of the Court of Appeals to Town Justices are subject to review of complaints made to the NYS Judicial Commission on Judicial Conduct. The Commission will review all claims and act accordingly. Every state in the country has a form of such a Commission. However, all citizens and residents of the US are subject to a second Court with its own rules and procedures, that is, Federal Court. Although federal judges have a code of conduct that they must follow, there is no commission to handle claims that a judge has not followed the code. All complaints are handled by the judges themselves in-house, and any complaint and investigation is closely guarded by the judges from public disclosure. In 2016, more than 1300 such complaints were charged throughout the US, but only four were investigated. Fewer than one federal judge per year is criticized by colleagues for misbehavior. Legislation has been proposed to create a judicial inspector general who would be charged with investigating and reporting on allegations such as those levied against now Justice of the US Supreme Court Brett Kavanaugh. To date, no such commission has been created and the judges themselves continue to handle claims against their colleagues.

MYTH: All laws live forever unless changed.

REALITY: With respect to length of life of a law, there are two types of laws. One type lives forever unless changed by the legislature. The other is limited in time. The length of life of a law depends on how the law is written. An example of this is Kendra’s Law. This law concerns mentally ill people who could be a danger to themselves or others. The law permits court-ordered outpatient treatment for those who are believed to be in need of such treatment and who will not seek it by themselves. The law permits mandatory outpatient treatment. Reliable studies have found that Kendra’s Law is helpful in these areas, among others: reducing serious violent crime; fewer and shorter psychiatric hospitalizations; decline in the probability of arrest; higher social functioning and less stigma. The issue now is that the law automatically expires every five years. It has been at least five years since the law was last enacted. Despite continuous efforts of a state legislator during the last ten years to make the law permanent, it has not been made permanent. It could, in fact, disappear entirely if not soon renewed.

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

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SAVE THE DATE

The Bill Bonsted Indoor Miniature Golf Tournament

Saturday, November 3, 2018 from 10–4 p.m.

\$5.00 per person

Come play 18 holes of miniature golf inside the library where you don’t have to worry about the weather. Test your skills as you weave among the book shelves through masterfully designed holes by community members. Fun for all ages. Add your name to TROPHY for the lowest team score. There are door prizes, a bake sale, face painting and goody bags, and many smiling faces!

Any questions, please contact the library at 733-1535.

USED BOOKS

We are always delighted to receive your book donation for the used book room. Just need to let you know that because our used book room has limited space, we now will accept three (3) cartons or bags at a time. Thank you for your cooperation.

MITTEN TREE

Reminder to all knitting enthusiasts to grab your needles and yarn to get ready, set, knit!

Children’s sizes are especially needed to warm little hands at the Thea Bowman House. Thank you

IMPORTANT

Library Closure Dates

We will be closed on Thursday, November 22nd and Friday, November 23rd in observance of Thanksgiving. We will be open on Saturday and Sunday that week.

MANY THANKS TO.....

Thanks to the many families who participated in our Family Halloween Extravaganza!!

Thanks to North Star Orchards for partnering with us to provide the beautiful pumpkins for our Halloween event!

New Magazine in Children’s Area – Beanz

Beanz magazine is a bi-monthly online and print magazine about learning to code, computer science, and how we use technology in our daily lives. The magazine includes hard to find information, for example, a list of 40+ programming languages for education, coding schools, summer tech camps, and more. Each issue includes stories about secret codes, Minecraft, Scratch, robots, electronics, and more.

LEGO Wall

There is a new LEGO wall in the Children’s area – come in and check it out!

Snap Circuits Kits

Snap circuit kits are now available for use within the library. Kits are located on the shelf behind the circulation desk. Kits can be used in the library only and must be checked out with your library card. These kits were purchased with a generous donation from the Mason’s Amicable Lodge, Brothers of 664.

Story Time

For preschool age children continues on Tuesdays and Thursdays at 10:30.

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

Bedtime Story Time

This program is scheduled for the 3rd Monday of each month through December, (November 19, and December 17) at 6:30. Enjoy stories and crafts with Miss Ashlyn in time to wind down for bed. Aimed toward preschoolers, but all are welcome.

Rocking Chair Reader Story Time

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

Teens only Painting Party

Monday, November 5th 6:00-8:00. Connect with your inner artist and bring your friends for a relaxing evening of painting. All materials provided. 13-18 yr olds. Call the library at 315-733-1535 to register.

Kids’ Yoga

Join instructor Dawn Wheeler for a fun class of Thanksgiving themed Yoga on Friday, November 9th 4:30-5:30. Kids ages 4-6, limited to 15. Please bring a yoga mat.

Registration is required. Call the library at 315-733-1535 to register.

Kids After School Thanksgiving Craft

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

Kids Mini Loom Weaving

Monday, November 12th 11:30-12:30. Join us as we make a simple textile project!

Tail Waggin’Tutors presentation (kids read to Therapy Dog)

Monday, November 12th 1:00. What do you get when you bring children, dogs and books together? You get happy, confident children who love to read. The Therapy Dogs have been trained to be good listeners, and they want to help you read! Therapy Dogs International is a volunteer group organized to provide qualified handlers and their Therapy Dogs for visitation in a variety of facilities and settings. Join us at New Hartford Public Library for an informative presentation to learn more about the program and meet one of the Therapy Dogs!

Save the Date!

Saturday, December 8, 2:00-3:00 pm for our Annual Holiday Party and Crafts for kids!

American Red Cross Blood Drive

Join us on Friday, November 16th from 10:30-6:00 and save some lives! We are partnering with the American Red Cross and would love your support. Please call 315-733-1535 to schedule an appointment. Walk-ins are always welcome!

The Basics of Alzheimer’s Disease and Dementia

Monday, November 26, 11:00-12:00. This program explores how communication takes place when someone has Alzheimer’s. Learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. This program is intended for caregivers and friends of anyone that interacts with an individual living with Alzheimer’s disease or other dementia. Registration is required.

Women of Mystery... A New Discussion Group

From Agatha Christie to Louise Penny, women writers have mystified and puzzled readers with their stories of murder and mayhem. If you want to learn the back stories of some of these women authors, discover new writers, or explore types of writing from cozies to police procedurals, plan to attend a series of classes entitled Women of Mystery. Taught by Janet Hoover, the classes will take place the 4th Saturday of each month (Sat, Nov. 24nd) at 11:00 at the NHPL.

The Serious Side of Food: A Humanities of NY Book Club

This series will explore an aspect of our culture that often gets taken for granted: food. Food provides both nourishment and pleasure but under the surface of each meal lies a series of complex interactions and





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entanglements. Working with histories, novels, and journalism, this series exposes some of the issues that lie on our plates. Texts include historical accounts, novels, and narrative nonfiction. Join us on Tuesday, Nov. 20th at 7:00. Books will be provided but limited to 15 participants.

Drop In Scrap-Booking

Due to a generous donation of scrap-booking materials, we are starting a drop in scrap-booking group. We will provide the space and materials; you provide the creativity and the imagination. Bring your current project or feel free to start a new one! Drop in scrap-booking will take place on the 4th Monday of each month from 7:00-8:00 pm (Nov. 26th).

November Artist on Display

Lynn Christiano

Highlighting the people and places of Mexico.

Display case November

Hussein Behforoot

YA Books to Movies Book Club

Sunday, November 18th 2 - 4pm. We are starting a brand new book club that will focus on YA books that have been made into movies. Our first book/movie will be Everything, Everything. Copies are available to borrow at the circulation desk. We'll read the book ahead of time, watch the movie together, and discuss the differences. Come to the TRAG meeting at 1:00 and stay for the movie at 2:00!! And of course - snacks!!

Senior Level Yoga Classes with Bill Skinner

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

Yoga Nidra

Offered by Andrea O'Brien MS, OTR/L Holistic Occupational Therapist from O'Brien Wellness. Classes are scheduled for Mondays, Nov 26, Dec 17 from 6:00-7:00. Simply translated as "Yogic Sleep," Yoga Nidra offers profound deep rest and relaxation to the body. Perfect for those with little to no meditation experience as well as those with regular practice. Please bring a yoga mat to lie on, a soft blanket, and a soft pillow. Dress comfortably. Space is limited, so please reserve your spot with the library 315-733-1535.

Join Ruth Anne Kane for Knitting and Crocheting Lessons!


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

2019 Meeting Room Reservations

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

Tai Chi Classes

Tai Chi Classes at the library Due to a scheduling conflict, Tai Chi classes are on hold until January.



Cynthia Davis, LCSW-R

Licensed Clinical Social Worker-Registered

"He who is not every day conquering some fear has not learned the secret of life."

- Ralph Waldo Emerson

Make Music Instrument Collection

Saturday, November 10 1-5pm. The NHPL is working in conjunction with Girl Scout and Gold Star recipient Holly Sagrestano to create a musical instrument lending program for area school children as well as adults. Search your closets, attic, and basement for those long-forgotten music makers. We would be delighted to take them off your hands and very thankful for your generosity. Receipts will be available for tax purpose.

American History Essay Contest Announcement

The Oneida Chapter of the National Society of the Daughters American Revolution is sponsoring their annual American History Essay contest for Students in Grades five through eight. Eligible Schools are New Hartford, Clinton, Sauquoit, Notre Dame, the Utica Elementary Schools, including the Utica Charter Schools, and all Home Schooled students grades 5-8. There are monetary awards for each of the top three contest winners in each grade level.

The topic this year is "The Women's Suffrage Campaign," based on the passage of the 19th Amendment, giving women in the US the right to vote and hold public office. Imagine you are living in 1919 when women were fighting for the right to vote. Discuss both the pros and cons of the 19th amendment and the arguments given at that time. How do you feel the passage of the 19th amendment will affect the United States in the future. The due date is November 17, 2018.

For more information please contact: Naomi Starsiak at 315-527-8901 or Nancy Langenegger at 315-735-6571.

The National Society Daughters of the American Revolution was founded in 1890 to promote patriotism, preserve American history, and support better education for our nation's children. Its members are descended from the patriots who won American independence during the Revolutionary War. With more than 165,000 members in approximately 3,000 chapters worldwide, DAR is one of the world's largest and most active service organizations. To learn more about the work of today's DAR, visit www.DAR.org.



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6 THE TOWN CRIER

COMMUNITY NEWS

NOV.
2018



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

Down With Debt

We recently had the amazing opportunity to visit some finance students at my alma mater, New Hartford High School. The students had won a cash prize for a winning stock picking contest and we were able to make a complementary contribution towards installation of a live stock ticker feed in their classroom. The students and faculty were very enthusiastic, and the new ticker is likely to spark a lot of interest in New Hartford's finance classes.

Some parting words of wisdom from one of our advisors included strongly urging the students to stay out of debt. While simple, this advice is critical. For Americans in particular, debt is easy to access and widely accepted as part of personal finances. In 2018 the average American now has a whopping \$38,000 in non-mortgage personal debt¹. So, for those aspiring finance majors and everyone else out there here are just a few tips for getting or staying debt-free.

Emergency Reserve: The only certainty in life is uncertainty. Establishing a reserve fund helps cover those unforeseen expenses without having to swipe your plastic or borrow against assets (house, 401(k) plan). Be sure to refill the coffers once they are tapped. If you save enough, you may be able to make an outright purchase versus taking on a loan.

Snow-Ball Attack: If you find yourself already in debt, author Dave Ramsey offers up the "snowball method" for debt management. Instead of prioritizing debts with the highest interest rate, Ramsey suggests paying the minimum amount on each of your debts and then applying all available funds towards the smallest debt balance. Once one debt is eliminated the process continues to the next smallest balance. Small-wins

build confidence and increase the likelihood of staying with the program until the debt is gone.

Stay in Control: Living debt-free likely means having to say no to certain purchases or letting go of some lifestyle expenses. Self-control is one of the hardest behavioral biases to manage, but short-term sacrifice (passing on a purchase or paying off debt) leads to future flexibility and success. Be patient, keep things simple and you will thank yourself down the road.

¹Northwestern Mutual® Planning & Progress Study 2018

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

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Interesting Local Artists & Craftspeople featured at the 40th Annual Sauquoit Valley Fine Arts & Crafts Show

This year marks the 40th Anniversary of the Sauquoit Valley Fine Arts & Crafts Show and may prove to be the best show yet. In celebration of our Anniversary, we will have special giveaways throughout this year's show. It will take place Saturday, November 17th, 10-5 and Sunday, November 18th 10-4 at the Sauquoit Valley Middle School in Sauquoit, NY. The event is an elegant, juried, fine art and high-quality craft show, making it the perfect place to shop for that special someone, or yourself! This year there are several new exhibitors, along with many returning favorites. Exhibitors are an exciting mix of fine artists, craft artisans, photographers, and culinary artists (many of whom are local). Admission is \$3, children under 12 are free. There is an adult supervised kid's arts & crafts room to entertain the children for \$3 per hour while you shop.

Lunch will be provided by the Willowvale Diner this year and home baked desserts are also available. Parking is free and frequent shuttle buses will transport show goers to and from their vehicles. To get to the

show take the Sauquoit exit off of Rt 8 and follow the signs, or visit www.svcraftshow.com for directions. Each year all of the show's proceeds support beneficial arts, educational programs, and special events for all Sauquoit Valley school students, in addition to contributing for field trips the students take. The Sauquoit Craft Show also awards scholarships to two creative Sauquoit seniors at graduation each Spring.

One of the new and local artisans this year will be Midnight Designs. Matthew Angiulli of Midnight Designs creates unique, hand crafted retro-Edison lamps that are absolutely brilliant. These would make a cool gift idea and it is made right here in Sauquoit. *(Interviews are encouraged! contact information available upon request)*

Philippa Schrader from Linden Street Paper has been with us since 1991 and she will join us again this year, displaying her beautiful, one-of-a-kind paper designs. Her beautiful greeting cards, paper boxes and earrings are some of our customer favorites. You will find a design to meet your holiday or every day needs. *(Interviews are encouraged! contact information available upon request)*

Each year the Sauquoit Valley Fine Arts & Crafts Show seeks out new and highly interesting artists and welcomes back many of everyone's longtime favorite exhibitors. This show and the attending public make it possible for many local artists to pursue careers they truly love. For more information: www.svcraftshow.com

Basket Bonanza

St. Peters Lutheran Church, 4897 Old Oneida Rd. Verona, N.Y. will hold a Basket Bonanza Saturday, November 3rd from 9am to 3pm. Theme Basket Raffles, 50/50 raffle and two special raffles. Lunch and baked goods can be purchased. For more information, please call 315-264-7787.

Adirondack Mt Club Meeting

The Iroquois Chapter of ADK will meet on Tuesday November 6th at the First Baptist Church in New Hartford at 7PM. The speaker will be Peter Hemmerich discussing the life of Adirondack legend French Louie. This meeting is open and free to the public.

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COMMUNITY NEWS

THE TOWN CRIER

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Taps Our Duty

We celebrate Veterans Day on November 11th so what better time to share the unique story of local Navy Veteran, Mark Williamson.

Retiring as a Navy Master Chief, Mark grew up in Utica, became an Eagle Scout and graduated from UFA. Mark joined the Navy in 1983 at the suggestion of his high school guidance counselor. His career lasted over 23 years and resulted with him achieving the highest possible enlisted rank....Command Master Chief.

Mark was deployed to Desert Shield/Desert Storm in 1990/91, Southwest Asia's Desert Fox, Kosouo in 1997, and Operation Iraqi Freedom III in 2005.

He has received decorations including the Bronze star, Legion of Merit, Navy Achievement medal and a Combat Action Ribbon.

After his 2007 retirement, Mark began his second career as a Naval Science teacher at Proctor High School, a job he still holds today.

Upon settling in Utica, Mark began attending memorial services for area veterans. He became

inspired to develop a more elaborate memorial service and was awarded a U.S. Patent for his ideas in 2017.

His business, TAPS OUR DUTY, LLC, officially opened in June 2018, as the only forum of its kind in the country.

The mission of TAPS OUR DUTY, is to provide deceased Veterans with the ultimate tribute by working with the funeral homes and families to properly celebrate the life of military members from all cultures. When your loved one, who served our country, dies, you can give them the dignity and honor they so deserve, by asking your funeral director to contact Mark.

TAPS, OUR DUTY, provides a triangle shadow box and cemetery flag stand free of charge. One of the most fascinating acts about Taps Our Duty, is that native Utican, General Butterfield actually helped to compose the music of TAPS.

Mark plans to hire veterans and family members and help them start their own business of carrying Taps Our Duty throughout New York State.

For more information on Taps Our Duty, LLC, log on to Tapsourduty.com or call 315-272-7327.



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popular gift item. Our whitewashed terra cotta stone (from Bangladesh) is deeply incised with a nature-inspired design and sits within a handwoven kaisa grass basket with palm wrap and is oven safe. These and many, many more unique handmade items from 38 different countries are available at our Fair Trade Shop, Stone Presbyterian Church, 8 So. Park Row, Clinton. Purchasing fair trade items ensures artisans and small farmers fair wages and healthy working conditions, providing dignity, sustainable development and hope to marginalized people. The entrance to our shop is on Williams Street. Our hours are every Thursday from 10am to 6:30pm and second Saturdays from 10am to 4pm. For more information, contact Lauralyn Kolb, lkolb@hamilton.edu, 315-725-1326, visit our website at www.stonepres.org or like us on Facebook at www.facebook.com/stonepres.

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 - 11/17 - Ice Hockey: Boys Varsity Scrim.-1:30pm vs. Beekmantown Ctrl @ NH Rec Center
 - 11/21 - Ice Hockey: Boys Varsity Scrimmage - 10:00am vs. East Syracuse - Minoa, Fayetteville-Manlius @ NH Rec Center
 - 11/27 - Bowling: Girls Varsity Game - 4:00pm vs. Whitesboro @ New Hartford
 - 11/28 - Basketball: Girls JV Non-League - 5:30pm vs. Henninger @ NHHS Gym
 - 11/28 - Basketball: Girls Varsity Non-League - 7:00pm vs. Henninger @ NHHS Gym
 - 11/28 - Ice Hockey: Boys Varsity Game - 7:30pm vs. Ithaca @ NH Rec Center
 - 11/29 - Volleyball: Girls JV Game - 5:30pm vs. Whitesboro @ NHHS Gym
 - 11/29 - Volleyball: Girls Varsity Game - 7:00pm vs. Whitesboro @ NHHS Gym
 - 11/30 - Bowling: Girls Varsity Game - 4:00pm vs. Vernon-Verona-Sherrill @ New Hartford
 - 11/30 - Basketball: Boys JV Non-League - 5:30pm vs. Cortland @ NHHS Gym
 - 11/30 - Basketball: Boys Varsity Non-League - 7:00pm vs. Cortland @ NHHS Gym

Clinton United Methodist Bazaar

The United Methodist Women of the Clinton United Methodist Church are holding their annual holiday bazaar on Saturday, November 17. The Winter Wonderland Bazaar will feature several shops, including Attic Treasures, Cookie Walk, Candy & Baked Goods, Knives, Christmas Crafts, and a General Store. Guests can bid on an item in the Silent Auction; included in the available items is a Sanibel Island Vacation from April 27 through May 4, 2019. The bazaar is open from 9 a.m. until 1:30 p.m.; admission to the bazaar is free.

Brunch will be available from 9 a.m. until 12:30 p.m.; the menu includes Spinach Quiche, Skiers French Toast, Cheese and Potato Casserole, Baked Ham Slices with Cranberry Plum Sauce, Louise’s Escalloped Tomatoes, Muffins and Scones, and Apple Crisp. Brunch Bazaar Donation is \$9.00 for adults; \$5 for children under 10.

The United Methodist Women support a number of local, national, and global causes. The annual church Christmas Bazaar is the main source of support.

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November 2018

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	2 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	3 4-5:30 PM PUBLIC SKATE 6PM-7:30 PM FAMILY SKATING ONLY
4 3 PM-5 PM PUBLIC SKATE	5 NO SKATING	6 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	7 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	8 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	9 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	10 4-5:30 PM PUBLIC SKATE 6 PM-7:30 PM FAMILY SKATING ONLY
11 3 PM-5 PM PUBLIC SKATE	12 Public Skating 1 to 3 pm Veterans Day	13 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	14 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	15 10AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	16 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	17 4-5:30 PM PUBLIC SKATE 6 PM-7:30 PM FAMILY SKATING ONLY
18 3 PM-5 PM PUBLIC SKATE	19 NO SKATING	20 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	21 12-1 PM ADULT SKATE 1PM-3PM PUBLIC SKATE No School	22 Happy Thanksgiving NO SKATING	23 12-1 PM ADULT SKATE 1PM-3PM PUBLIC SKATE No School	24 4-5:30 PM PUBLIC SKATE 6 PM-7:30 PM FAMILY SKATING ONLY
25 3 PM-5 PM PUBLIC SKATE	26 NO SKATING	27 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	28 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	29 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	30 10 AM-NOON PUBLIC SKATE 12-1 PM ADULT SKATE	

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Gold Digging Your Way to Stronger Decision Making

by Kristy Lenuzza

Let’s clear something up right out of the gate: Being decisive does not equal being difficult. For some reason, we have created a culture that usually pegs women who make decisions with confidence as being difficult; not playing for the team. We are selfish. We’re not considering everyone’s feelings. We’re a pain in the butt. God knows that we can’t have that as our image, so we second-guess. We become anxious. We fear regret. We cringe at not being liked. We stare holes into ceilings at 3 am which results in facing the day a few hours later with mental and physical exhaustion. Do this enough and our freak outs blur into burnouts as we lose a total sense of self. We forget why we are here, but it’s okay because we’re not bothering anyone.

It’s time that we remember why we’re here and start bothering people. Because when you are true to yourself, decisions that you make will annoy people. Of course, it’s not your intention, but it’s bound to happen. But if you’re going to upset people, wouldn’t you rather bother them from a place of integrity rather than from a place of indecision? One of them builds respect while the other erodes credibility. Wild guess which does what. So, what’s the number one starting point in decision making? Know yourself. Know yourself hard.

Build from the inside out. Who are you and what do you want? It may sound like a tall order, but it’s worth taking the time to do. Your livelihood depends on it and

so does ours because once you are clear about who you are and what you value and believe in, you can make the every day and ever big decisions from a place of integrity. They may not always be easy breezy, but they will be true to you.

The problem is that we are in the thick of living at a time where instant gratification, external validation, and debilitating competition is at an all-time high. We knee-jerk into looking outside of ourselves to know how we are stacking up and what the next move is to make. Am I doing enough fun stuff? Am I working hard enough? Did I sound like an idiot? What did that eyebrow raise mean? Why is she so quiet? Why didn’t I get enough likes? Why didn’t she respond to my text? It’s been 2 minutes, C’mon! Enough.

We are told, and usually want, to be a team player and get involved so we jump in before we even know why we showed up. The pressure to be part of something for the sake of fitting in is creating devastating results with no time to step back and check in with ourselves. After all, that would mean we’ll miss out on something. #nowayjose.

Anxiety is the new It kid, and we’re all striving, subconscious or not, to have our own Britney sized breakdowns. Because, hell, if you’re not mind-numbingly fried and anxious, ready to combust by the end of the day then what good are you?

Calm and steady have been given a Beyoncé size hip-check for the stadium packed center stage angsty jitters of unease and it’s ruining us at our core.

“Confidence comes from stepping out of your own comfort zone and working towards goals that come from your own values and needs, goals that aren’t determined by society.” Caroline Miller, a professional coach, best-selling author, and a leader in Positive Psychology (quoted from the New York Times best-selling book, *The Confidence Code* by Katty Kay and Claire Shipman)

So, I made a decision to go digging for mental gold in search of “The Big Why?”. I created an experiment of documenting why I was doing what I was doing. I set timers to see where my mind was focused. I paused to see if my intentions were from a place of fear or courage. I took timed breaks to stretch, go for walks, and meditate. I called myself out when needed and listened in for nuggets of truths that came to me clearly and gently. I took a month long hiatus from all social media (yes, creep-free). I began to pay solid attention. I made a pact with myself that I would bravely face decision making from an intimate place of center versus an external point of focus. The best part? I didn’t tell a soul. This was for me and me alone. Until now... I share this with you because it works. It clears away the muck so that you can uncover what has been there all along. And, if you’re lucky, you may even hear a fiery internal voice that says, “Hey, you found me! It’s about time.”*

Yes, it was incredibly uncomfortable at first but having already done the work on why I was doing this in the first place, it helped me stay on course. Once again, the power of intentions always leads the way. I began breaking the habit of looking outside of myself for answers and gave myself credit for slowing down and following internal hunches. I spent much time alone, and I began to be kinder to myself. This, in turn, led me to people who I formed rich personal and professional relationships with through choice and not out of obligation.

This technique as a whole is not for everyone, but if you’re interested at all, start small. Set a daily timer, ideally on a phone-free device so you stay focused, a few times a day. Stretch for five minutes. Go for a 10-minute walk. Breathe. Check in with yourself. All you need is you. The continued practice of it has allowed me to create a newfound, appreciation, respect, and loyalty to who I want to be and make sure I’m staying on the right path. Plus, a mini daily retreat? Sign. Me. Up.

The need for alone time is a common theme that runs through all of my writing and my life. The importance of spending time in solitude to reassess and course correct is not an option; it’s a requirement.

From this place, decisions are made that have to do with a deeper why. So, while at first, it may seem like a “selfish” act, we are teaching ourselves how to tap into a more vibrant part of ourselves that in the end will help us make decisions from core beliefs of our own creation. Then when we reenter the group, we are contributing to and collaborating with more insight, truth, and love.

Will you be seen as difficult? Will you face disapproval? Will you disappoint people? Big fat yes’s all around. It’s inevitable and uncomfortable and that’s why they call it a practice. How do you know when you’re aligned with who you are? Oh, you’ll feel it, baby. And you’ll want more!

There will still be times of tears and frustrations, but you’ll seek solace in knowing that you are anchored in something that no one can take away from you and that’s worth its weight in gold.

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



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Victor J. Fariello Jr.

Antique Talk “From the Mailbag”

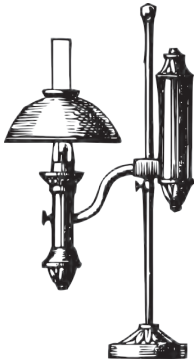
Q. In your opinion, what is the current market for oak china cabinets with round glass on the sides? I have one that is heavily carved and has claw feet. I would like to have some idea of their desirability in today’s marketplace.

A. Curved glass oak china cabinets have been one of the most sought after and coveted furniture items. In the 1930’s and 40’s, a great number of them were produced. I can tell you this for sure, they are getting harder to find. The bad news is that the market for this particular furniture item has been softer in recent years as compared to the height of their popularity in the 1980’s and 90’s. Prices back then for one like you described were often \$1,000 or more. Providing that yours is solid oak and in very good condition, you might expect to get \$400-500 for your piece.

Q. I have an iridescent blue vase that I bought at auction several years ago. There is an underlined “N” in a circle on the bottom. Can you tell me anything about it?

A. You are the proud owner of a piece of Carnival glass made by the Northwood Glass Company of West Virginia. The company started in 1901. The mark at the bottom that you describe dates your vase between 1905 and 1915. The company ceased production in 1925.

Q. I have an antique pocket watch. It is made by the Elgin Watch Co. As you can see in the picture, it is missing the minute hand. It is gold color but not real gold. It does run. Is there anyone locally who could restore it for me? It’s been in the family and I would like to have it in better condition.



A. Your nice antique watch is in what is called a hunters case. These are getting harder to find and even harder to repair, as skilled watchmakers are hard to come by and the parts to repair them are even harder to find. Replacing your missing minute hand would not be hard to do, however. We are fortunate to have a knowledgeable watchmaker in the area. The Village Time shop is located at 45 Burrstone Road in NY Mills. I am unsure of the hours so you would want to call ahead if you decide to pay them a visit. The number is 315-736-9095.

Please support your New Hartford Historical Society. If you’re not a member yet, please consider this great investment in your community. Dues are only \$12 for an individual and \$17 for a family. Send a check payable to New Hartford Historical Society, PO Box 238, New Hartford, NY 13413. This organization works very hard to preserve the legacy of those who came before us.

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.



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**NEW HARTFORD YOUTH EMPLOYMENT PROGRAM
FALL CLEAN UP**

The New Hartford Youth Employment program is looking for residents and local businesses in New Hartford who are in need of odd jobs to hire a youth. Please contact the Youth Employment Director, Melody K. Fancett if they have a job to offer as we have many youths looking for employment.

The New Hartford Youth Employment program encourages industrious young men & women ages 14-19 to be matched with local residents & businesses that need seasonal or part-time work done: This program matches youths with residents or businesses that need odd jobs done such as babysitting, lawn maintenance, mowing, painting, gardening, cleaning, copying, filing, organizing, party clean up, cellar and/or attic clean out, moving, leaf raking, snow shoveling etc. Jobs are often short term and the rate of pay is at the discretion of the business or resident.

Youths may sign up in person with the Youth Employment Director in the Town Clerk's Office located in Butler Memorial Hall, 48 Genesee Street, New Hartford, NY 13413 or call 733-7500 ext. 2323.

Once registered, the Program Director will try to match the skills offered by the youth, with the appropriate employment opportunity. When a match is found, the youth and employer will be given the name and contact number to reach each other, and at that time the resident or employer will be asked to initiate contact with the youth to determine the rate of pay and hours of work for the job to be completed. The Youth Employment Director will follow up each referral with a phone call to the employer to ensure that there was a satisfactory conclusion to the match, and determine whether a youth will be given additional job referrals. It is important to know that youths will not be employees of the Town, but rather working for individuals within our community.

It is the intent of the program to fill a need in the community by providing a part-time work force in the Town, and to help youths communicate with potential employers and be responsible for constructively planning out the arrangements of employment.

The program runs year round! The program currently has many youths between the ages of 14 to 19 looking for residents and/or businesses in New Hartford that's in need of work done either around your home or business. If you have small, odd jobs in need of completing, please consider contacting the New Hartford Youth Employment Director Melody K. Fancett at 315-733-7500 ext. 2323 or stop by the Town Clerk's Office between 8:00 A.M. and 4:00 P.M. Monday-Friday, holidays excepted, for more details.



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Shaw Receives Designation

J. Michael Shaw, on September 14, 2018, received his Certified Public Manager designation from Florida State University. This is a nationally recognized program for training and developing current and future managers and leaders in government. Michael is currently an Emergency Management Coordinator-Operations for Collier County, Naples, Florida. Also serves as Emergency Management Division’s training and exercise lead as well as co-chair of the Florida Emergency Preparedness Association’s statewide WebEOC working group. He and his wife Leslie and son, Brendan, live in Naples, Florida. He is a 2002 graduate of New Hartford High School. Michael is the son of Dory Shaw and the late John Shaw.



Scholarship Benefit Concert

The B Sharp Musical Club will present its annual Scholarship Benefit Concert on Sunday, November 4, 2018 at 2 PM in the Sinnott Family Bank of Utica Auditorium at Munson Williams Proctor Arts Institute. This year’s theme will be B Sharp Salutes America- Three Cheers for the Red, White, and Blue!

The concert will feature patriotic selections and music composed by American composers including Aaron Copland, William Bolcom, Scott Joplin, Irving Berlin, Gary Shocker, John Philip Sousa, George M. Cohan and Clinton native, Ben Moore. There will be readings of works by Walt Whitman, Francis Scott Key, Emma Lazarus and Abraham Lincoln. Performing will be Peter Costianes, bass-baritone; G. Roberts and Lauralyn Kolb, piano duo; Stephanie Mata, flute; Mike McCormick, tenor; Rayna Schneider, reader; Sar-Shalom Strong, piano; and Jon Fredric West, heldentenor.

Admission will be \$20 for non-members and \$15 for members. Vets and military with ID will be admitted for free. All proceeds will benefit the B Sharp Scholarship Fund. Annually, B Sharp awards about \$5000 in scholarships to talented young musicians in Oneida, Herkimer and Madison Counties. These high-school aged students compete for prizes in auditions held in March in three categories, piano, voice, and instrumental. The winners are presented in a concert at Munson Williams Proctor Arts Institute in April.

Anyone wishing to make a donation to support the B Sharp Scholarship Fund may do so on our website, www.bsharpnny.org. B Sharp is a 501(c)(3) accredited organization and all donations are tax deductible.

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THE TOWN CRIER

HIGHWAY DEPT. NEWS

NOV. 2018

New Hartford Highway News

submitted by Richard Sherman, Highway Superintendent

As I write this article today October 15, 2018, the leaves are just starting to fall. Many trees are still green with little piles at the curb. It seems like every year the leaves are falling later in the season. All this tells me that the leaves are going to fall late again this year. This gives us a very small window if snow arrives early. So please once the leaves start to fall, don't wait. Get them to the street. This year, our two brand new leaf trucks are out picking up the leaves. The crews ran the trucks for a couple of days stating that the new machine is much faster. Once the leaf piles get heavy the Highway crew will have two shifts working to pick much faster. The two shifts will be 6:30a.m. -2:30p.m. and 2:00p.m. -10:00p.m. with the two trucks working together. Please do not place leaves in plastic bags or containers. PLEASE DO NOT PLACE ARTICLES SUCH AS BRUSH, PUMKINS, AND ROCKS IN WITH THE LEAVES. These articles damage the machines impeller fan causing down time during our busiest season. The rainy season is also upon us which brings the leaves down and plugs our catch basins which cause flooding.

Please remove all basketball hoops from the town right of ways so that the plows will not hit them and damage the hoops during the winter season. Also remember no all-night parking on Town of New Hartford Highways starting October first.

The Highway department winter shifts will start November 25,2018 this year. The Town will have two shifts 4:00am- 4:00pm and 4:00:pm- 4:00am for plowing and sanding.

The Highway department continues to demo the Fema houses this fall. The New Hartford highway crew working closely with the City of Utica has taken four houses down with seven more to go. Attached is a photo with the two crews working on #6 Woodberry Rd demo. There are seven more houses to be demolished on Oneida Street, Chadwicks.

Clinton Middle School Presents... Buggy Malone Jr.

Performances will be at the Clinton Central School Performing Arts Theater
Tickets are \$5 - assigned seating
Tickets will be available at the School Box Office beginning at 6pm the nights of both shows.

Pre-sale ticket sales will be available at the Theater Box Office 7:30am-11am & 12-3pm on Wednesday November 7th and Friday November 9th.

Based on the hit 1976 film, starring a pre-teen Scott Baio and Jodi Foster, and featuring a catchy, swinging score by the composer of *The Muppet Movie*, *Bugsy Malone JR.* is good, clean, comedic fun!

Two gangs in a fictitious city populated only by children are in a rivalry. Dandy Dan's gang has gotten the upper hand since acquiring the "splurge" (a weapon that shoots silly string). Bugsy Malone, a one-time boxer, is thrust into the limelight when he becomes the last chance Fat Sam's gang has of surviving. All Bugsy really wants to do is spend time with his new love, Blousey... but that just isn't in the cards for our hero.

Music and Lyrics by: Paul Williams. Book By: Alan Parker.



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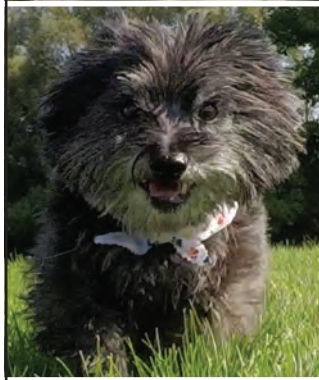
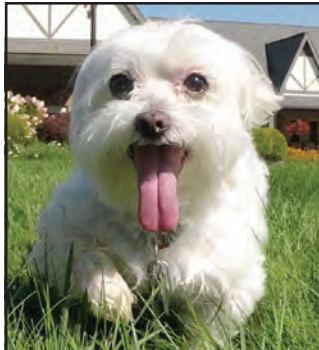
We are pleased to announce that Holly Cafalone has joined the firm as the Daily Operations Lead.

Holly brings complex technical knowledge and strong leadership skills to her new role at Strategic. Previously, Holly served as an Operations Team Leader at M. Griffith Investment Services, Inc., where she was responsible for maintaining and managing all aspects of the Operations Department. Holly began her career at Alliance Bank N.A. where she served as the Computer Operations Coordinator.

ABOUT US

Strategic Financial Services, Inc. focuses on goal-based, long term investing and financial planning. The firm is driven to grow the wealth, portfolios and life experiences for families and individuals across the Northeast. To learn more, please contact Mike Leist at 315-724-1776 or email at mleist@investstrategic.com.

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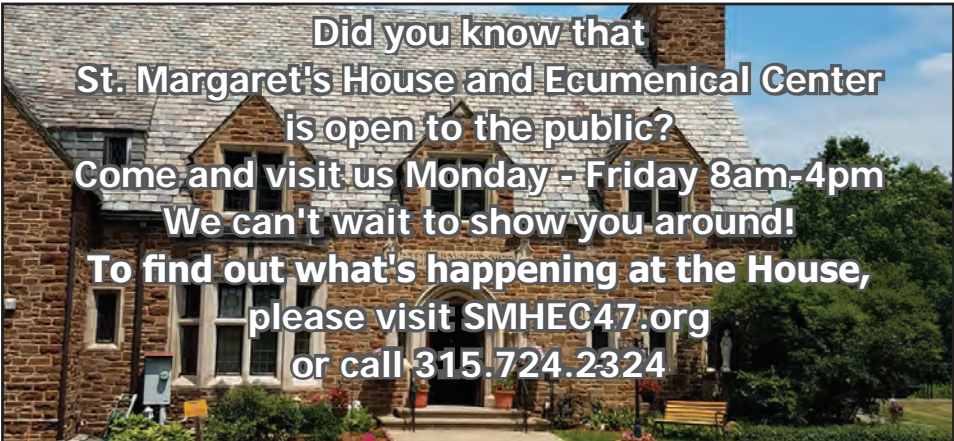
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HAPPY THANKSGIVING!

THE TOWN CRIER

23



Historic Old St. John's Church Receives Papal Blessing

On the occasion of its 200th anniversary currently being celebrated by Historic Old St. John's Church, Utica, N.Y., the church recently received a Papal Blessing from Pope Francis, Vatican City, Rome, Italy. The church will

culminate its yearlong schedule of bicentennial events with a gala celebration on Sunday, Nov. 4. The day will begin with a special Mass at 1 p.m. at St. John's celebrated by the Most Rev. Robert J. Cunningham, bishop of the Syracuse Diocese. A reception and dinner will follow at Hart's Hill Inn at 3:00 p.m. All are welcome to the Mass and dinner. Tickets for the dinner are \$25 and may be purchased on St. John's website: www.historicoldstjohnschurch.com. Tickets are also available through Oct. 28 after Masses at St. John's at 4:00 pm on Saturdays, and following 9:00 am and 11:00 am Masses on Sunday. In the photo, left to right, are: parishioner Bertha Romanow; Pastor John A. Buehler; parishioners Mike Dziura, Cathy Patterman and Adel Cortes.



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



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

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

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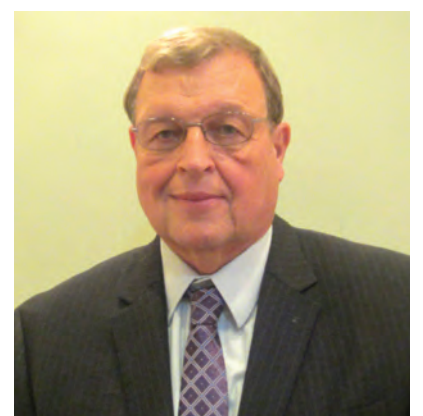
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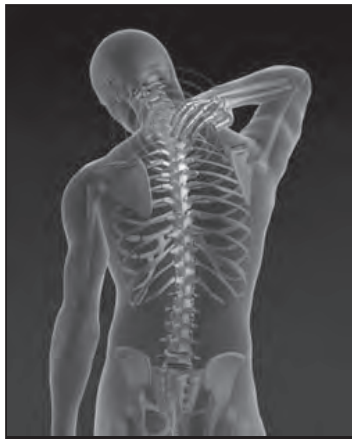
My name is Richard Lenart and I am running for **New Hartford's 2nd Ward Councilman**. I live in New York Mills with Helen, my wife of 45 years – together, we have three children and five grandchildren.

I am excited to be running for a position that will continue working to help beautify and better this community. If elected, I will collaborate with others to keep our top-rated community competitive, and support increases to our town's family-friendly activities. I am a dedicated, hard-working individual who is passionate about this town, tackles problems head-on, and am open to ideas from others...making the Town of New Hartford a better place for everyone in the community is my top priority!

- ★ Currently reside in New York Mills
- ★ Graduate of New York Mills High School, MVCC and Utica College
- ★ Retired from Niagara Mohawk after 32 years of service as a Senior Financial Analyst
- ★ Current Member of the New York Mills Zoning Board of Appeals
- ★ Current Treasurer of the New York Mills Seniors Organization
- ★ Current Superintendent of the St. Stanislaus and St. Casimir Cemetery

I have the experience and determination to help the Town of New Hartford...and I hope I get the opportunity to demonstrate my commitment to the Town of New Hartford. **Vote on November 6th** for a candidate that will put community first – **vote Richard Lenart**.





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NOV.
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COMMUNITY NEWS

THE TOWN CRIER

25



The Power of Social Connection

Submitted by MaryJo Timpano

“How we bond and stay attached to others is at the core of our resilience, self-esteem and physical health. We build the brains of our children through our interaction with them, and we keep our own brains growing and changing throughout life by staying connected to others”

-Dr. Louis Cozolino

As we approach a season of less daylight, colder temperatures and comfort food it's not uncommon for us to get into that “hunker down” mode and spend less time with family and friends. But just because the warm summer days are behind us, for now, doesn't mean we can't maintain our social connections. In fact, it's more important than ever. The research on successful aging suggests that the relationships and social support we have with others is good for our health. We now know that people who are socially connected with others have better mental health, cardiovascular health, immunological functioning, and cognitive performance. In his book, *Timeless: Nature's Formula for Health and Longevity*, Dr. Louis Cozolino, writes “of all the experiences we need to survive and thrive, it is the experience of relating to others that is the most meaningful and important”. Think about what this might mean as we watch our loved ones grow older or as we age ourselves. Staying connected with our friends may get more challenging, but we know how important it is especially as time marches on.

At Community Wellness Partners our vision to inspire and nurture successful aging comes to life every day. We look for opportunities to share the wisdom and experiences of our older adults with team members, residents and the greater community to create those social connections that improve quality of life. Through our partnership with Masterpiece Living we have created a culture of growth, purpose and possibilities for all that live and work here. You can do the same. Every connection we make has the ability to make a positive difference in someone's life. Whether it's as simple as a warm smile or a cup of coffee with a friend, these experiences help us learn better, stay healthier, and live longer.

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

MaryJo Timpano is a Wellness Consultant at

Community Wellness Partners in Clinton NY and the Director of Health and Wellness at the Rome Rescue Mission. She has extensive experience in the wellness field and a passion for working with older adults. She has an MA in Psychology with a Health and Wellness specialization and is a Masterpiece Living certified Successful Aging Coach. MaryJo is a RYT-200.



Strategic Financial Services and Ithaca College Donate Stock Ticker to Classroom

Submitted by Robert J. Nole, Superintendent of Schools

Though students in Andrew Goodelle's Personal Finance course may always have money on their minds, they've recently been provided a high-tech reminder: a digital stock ticker for their classroom. It is the same sort of scrolling screen common on stock trading floors, at business colleges, and in gigantic form in Times Square. Purchase of the stock ticker was made possible with donations by local firm Strategic Financial Services and Ithaca College School of Business.

Personal Finance is a dual-enrollment class where students earn high school and college credit through Mohawk Valley Community College. Students learn how to create a financial plan, manage personal finances and reach personal financial goals. “Using the stock ticker in class provides students with an authentic financial instrument,” said Goodelle, “which will make our graduates feel right at home in the college and business worlds.”

Last year, students in Goodelle's class earned first place in Ithaca College's annual High School Investment Competition that challenges high school students to profitably manage a virtual stock portfolio. This year, with the addition of the new stock ticker, students have additional motivation to live up to alumni success. And in more ways than one: donor Strategic Financial Partners boasts several New Hartford alumni.

“The big win in the Ithaca College competition is a testament to the great work Mr. Goodelle has put in with the students,” said Michael Leist, marketing head at Strategic Financial Partners. “New Hartford High School is such a big part of who we are, and it's great to have the chance to give back.” A member of New Hartford's class of 1999, Leist once played basketball for Goodelle. “Coach Goodelle was one of the best--and toughest!--coaches I ever had and it is great to see the positive impact he continues to make on students,” said Leist.

Superintendent of Schools Robert J. Nole values both the contributions of higher education, New Hartford alumni, and the promise of new educational tools. “It is inspiring to know that we have the support of prestigious college programs and accomplished alumni who always find ways to give back to our school community,” said Nole. “This gift by Strategic Partners and Ithaca College helps prepare our students for exciting careers in business and to build a secure foundation in personal finance.”

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NEW HARTFORD PAST TIMES

NOVEMBER 2018

NEW HARTFORD HISTORICAL SOCIETY



OLD NEWS

Headlines and stories from our collection of local newspaper articles.



As published in the Utica OD Feb 14, 1968

Snow “Scouts” Always Prepared

The Snowmobile Rescue Unit. Town of New Hartford. ...Ready to go wherever needed.

Members of New Hartford Snowmobile Rescue unit parked their 16 machines in a neat line in front of the Town Barn this week, and had on display the array of equipment the use for responding to winter emergencies.

Inside the town barn, about 50 persons gathered near a pot-bellied stove to discuss the training and exercises the unit is developing to pin down and streamline its procedures.

The Town of New Hartford group is one of nine such unites organized over the past two years in Oneida County, with an overall membership of about 200.

Typical of the other units, the 20-member New Hartford outfit consists of outdoorsmen and snowmobile owners who have volunteered their time and equipment to assist people who are the victims of wintertime hazards.

The unit captain, William J. Freiburger, directs the unit's preparation. He said the members have undergone training to

locate a lost person, reach an airplane crash site, or transport needed equipment to emergencies that can't be reached by foot or car.

As the exercise starts, three-man inspection teams check the snowmobiles to assure they're safe, gassed up, properly fitted out with rescue equipment, and in radio contact with a base station. One team checks safety throughout the entire exercise.

On a typical problem, a manikin is left in a remote location and unit members are told to look for a missing person in a snowbound tract. Experience in the conduct of an orderly search is gained. The object is to formalize procedures enough so that delay or confusion would be avoided in a real emergency.

The existence of the units – which can carry firemen to a remote building or bring aid to a motorist stranded in a snow storm – takes some of the chill out of the emergencies in which the units are ready to assist.



Paris Cinema Ad - 1968

BECOME A MEMBER!

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



1950's

NEW HARTFORD (PARIS) CINEMA

The New Hartford Theatre, later Paris Cinema, opened in 1947. Like most small movie houses, it found competing with large “multi-plex” theaters in the 80's and 90's difficult. Since the last movie that ran, the building has housed a night club and a children's arcade, to name a few.

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Last year’s winners, Matthew and Lisa Wilsey, took home a vivid black 2018 Harley-Davidson Street Glide FLHX.

Harley-Davidson Raffle Tickets Now on Sale!

(Fundraiser benefits Sitrin Medical Rehabilitation Center)

Attention all local motorcycle enthusiasts! Back by popular demand, the Sitrin Health Care Center is hitting the road for the 23rd Annual Harley-Davidson raffle, and this year’s easy rider could be you!

One lucky winner will kick off the new year by cruising

the streets in a vivid black 2019 Harley-Davidson Street Glide FLHX, valued at \$23,000! Plus, the winning ticketholder will never have to ask for directions, as the bike comes complete with touchscreen GPS technology.

Thanks to a change in the Charitable Gaming Laws of New York State, Sitrin is able to accept payment in the form of cash, checks, and credit cards. This good news has spurred ticket sales, and Sitrin expects another sellout this year! Only 350 will be sold at \$100 per ticket.

“Harley raffle tickets also make great stocking stuffers,” said Rosemary Bonacci, vice president, Sitrin Foundation & Communications. “People who have received a Harley raffle ticket as a holiday gift have actually won, and the excitement is surreal; we look forward to making that call every year!”

Don’t wait! Hurry and get your ticket now; nearly half the number of tickets have already been sold.

The drawing will be held on Friday, December 28, 2018 at noon at the Sitrin Medical Rehabilitation Center. Ticketholders need not be present to win.

Proceeds from the raffle benefit the Sitrin Medical Rehabilitation Center, a not-for-profit corporation. This facility houses some of Sitrin’s most unique programs, such as the STARS (Success Through Adaptive Recreation & Sports) program, Equilibrium Concussion Management Network, pediatric therapy, aquatic therapy,

and Sitrin’s Military Rehabilitation Program.

The community’s strong, continued support of this fundraiser has enabled Sitrin to purchase specialized adaptive sports equipment, such as wheelchairs for basketball, curling, and road racing, provide training and travel costs for athletes who wish to compete in Paralympic-level sports, as well as other health and wellness initiatives.

Most recently, Sitrin launched an orthopedic outpatient clinic, focusing on fast, functional recovery by coordinating treatment within the clinic team. Dr. Alfred Moretz, orthopedic surgeon and highly regarded musculoskeletal specialist, is an essential member of this clinic, along with the area’s most advanced musculoskeletal and neurological physical therapists, Dr. James V. Wallace, Philip Fess, and Shawna Marmet.

Harley raffle tickets can be purchased in person at the Sitrin Health Care Center. Sitrin staff will also sell tickets on designated dates at Harley-Davidson of Utica; for a schedule of these selling dates, visit www.sitrin.com.

For more information, contact Cheryl Jassak, special events/planning associate at (315) 737-2245, toll-free at 1-888-578-8807, ext. 2245, or email cjassak@sitrin.com.

Sitrin is a not-for-profit corporation located on Tilden Avenue in New Hartford. In addition to the aforementioned programs, Sitrin provides comprehensive medical rehabilitation (inpatient and outpatient), long-term care, independent living (Georgian Court Estates), assisted living and enriched housing (Cedarbrook), residences for people with intellectual disabilities and medically complex conditions, adult day health care (OPAL Program), a dental clinic, aquatic therapy pools, wellness gym, and child care center.




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Troop 4 News

Troop 4 sponsored by the New Hartford American Legion Post 1376 participated in the 2018 International Brotherhood Jamboree at Wellesley Island State Park. The Jamboree included over 1900 scouts and scouters from the US and Canada. In the photo, from l to r, are Nate Berntson, Christian Sierson, Kris Sierson, Miles Hoerle, Paul Obernesser, Christopher Smith, Amy Smith, Ron Baron, Ray Eschenbach, Jacob Eschenbach, Noah Eschenbach, Peter Obernesser and Deven Smith. Troop 4 meets on Wednesday evenings from 7 to 8:30 at Myles Elementary School 100 Clinton Road, New Hartford. For more information go to: bsatroop4.org or Leatherstocking Council.org.

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COMMUNITY NEWS

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Basement Mold

Your basement is one of the most common areas of the home for mold to grow. Mold is a fungus and all it needs to grow is the presence of water and something to feed on. Basement mold is so common because these conditions are so easily created. Dry basements are notoriously difficult to create and maintain.

Basement mold can land and feed on wood, ceiling tiles, wallpaper, paints, carpet, sheet rock, brick, cement block or insulation—and that’s just to name the most common feeding materials. There isn’t a basement that doesn’t have something for mold to feed on. Of course, not all basements are infested with basement mold. Part of this is simply the randomness of living organisms, but doing your best to reduce moisture levels and water leaks will reduce the likelihood that you have to deal with basement mold.

Finding the Problem

Basement mold is usually detected by sight or smell. If you think you see or smell mold, you probably have a problem. An experienced mold remediator should not only be able to give you a more definitive assessment of the problem, but also the controls to put in place once remediation is complete to keep the area clean and dry. The first thing you should do is identify the source of water entering your basement. If you have mold, you also have a current moisture problem or previous water infiltration into the home that was not addressed properly at the time. Some causes of moisture in the basement might be:

Water seepage; Clogged gutters or poor yard drainage; Cracks in the basement wall; Cracks in the foundation; High humidity; Flooding; Missing or broken basement window covers.

Where Mold Grows - Some areas to check for signs of mold include: Walls, Building framing lumber, Ceiling, Insulation, Furniture, Pipes, HVAC vents and Personal items, especially if stored in a closet or closed storage room.

A Job Better Left To The Professionals: Basement Mold Removal

Some forms of mold are harmless; others can be harmful to your health, especially if you have allergies or asthma. Prior to the start of remediation, a licensed mold professional will construct the proper containment and have the proper air filtration in place before removal begins to eliminate the spread of the mold to other areas of the structure.

Attic Mold

Not all discolorations on wood are molds. Almost all building products will support mold or fungi growth. On wood there are three basic fungi: decay fungi, stain fungi and mold fungi. Some dark stains can be attributed to the natural oils or acids inherent in wood that are often brought to the surface by the heat inside the attic. Stain fungi is an aesthetic problem, decay fungi damages the wood and mold fungi can be cleaned or removed.

The attic should be dry in the summer, because the heat from the roof drives moisture to the inside of the home or out through the roof vents. Attics are more susceptible to moisture problems in the winter when heat generated inside the home drives moisture from the living area to the attic. Pull down stair cases, passage doors etc. can all allow heat and moisture to reach the attic space. When moist air reaches the dew point, it condenses back to water and soaks into the rafters, decking or insulation. It is the moisture that helps to feed the mold spores and decay fungi. Mold spores will always be with you. To prevent future mold growth or decay, you need to control the moisture in the attic, inside the home and especially under the home. Use an attic fan that has a humidistat to pull moisture from the attic in the winter. Inside the home use bathroom and kitchen vent fans that are vented to the exterior, never to the attic, garage or foundation. If you have any kind of leak, whether plumbing, roofing or foundation, repair and dry out the area immediately. If the area has been wet for some time or there is a presence of mold, do not direct any air into the area. A remediation professional should evaluate the space to determine a proper protocol for dry out and removal.

In addition, people with a mold allergy that also have asthma are at an increased risk of having their asthma symptoms triggered by a moldy environment, according to the CDC. However, Prof. Stephen Spiro, the deputy chairman of the British Lung Foundation in the UK, informed MNT that the presence of indoor mold can go further than simply exacerbating pre-existing conditions: Certain mold species can cause serious lung infections and scarring. For instance, in some asthmatics, inhaling the spores of a species of mold called aspergillus can lead to a condition called allergic bronchopulmonary aspergillosis, which can impact on the breathing. Individuals whose immune and respiratory systems are already weakened by chronic conditions would appear to be more susceptible to adverse effects from indoor mold. Prof. Spiro also told MNT that among patients with certain blood disorders, inhaling mold could even lead to fatal complications. Although more conclusive evidence is required, the CDC report that some research suggests there could be an association between indoor exposure to mold and the development of respiratory conditions in otherwise healthy people. In 2004, the Institute of Medicine (IOM) reported that there was enough evidence to connect indoor mold with the development of upper respiratory tract problems in healthy people, and some evidence suggesting the same in healthy children. More recently, the CDC state that exposure to mold early in a child’s life could be associated with the development of asthma.

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

The 16th Annual Auction & Dinner Event to Raise Funds for the Neighborhood Center, Inc.

The Marie A. Russo Neighborhood Center Institute is proud to announce that the 16th Annual Auction & Dinner in support of The Neighborhood Center, Inc. will be held on Friday, November 16th, 2018 at Harts Hill Inn. The event, which runs from 6-9pm is action packed with both a silent auction and live auction. Over 300 generous people attend this event and it sells out each year.

Tickets, which are on sale now, are only \$40 each and include dinner and a chance at a \$1,000 door prize. There are over 50+ fantastic silent auction items and baskets to bid on that include generous donations from many local businesses. The live auction will include some unique artwork and some great get-a-ways.

Funds raised from this event each year support The Neighborhood Centers child and family programs. Quality, affordable childcare is imperative but is difficult for the middle class to afford, it is impossible for working poor families to afford. Without help from our donors, grants and foundations, the children would be at risk physically, socially, educationally as parents may have to resort to child care considered illegal by NYS.

“The Marie A. Russo Neighborhood Center Institute, which is the fundraising arm of the Neighborhood Center, is proud to host this event for our childcare programs. The event brings together supporters of The Neighborhood Center for a fun night of high spirited bidding, but regardless if you win in the Auction, everyone leaves feeling like a winner.” – Jeff Gornick, President of the Marie A. Russo Neighborhood Center Institute Board of Directors

The mission of The Neighborhood Center, Inc. is to enrich the lives of individuals and families through cooperative opportunities, resources and advocacy which embrace diversity, promote empowerment, and foster responsible citizenship. Through its sustained pattern of activities that benefit children, families and the community since 1905, The Neighborhood Center, Inc. continues to advance in our enduring mission of truly “human” service.

For more information about The Neighborhood Center, call (315) 272-2600, visit www.neighborhoodctr.org,

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5 Eggplant Parmesan 10:30 Knitting Crocheting 11:00 Aerobics 1:00 Theater	6 CLOSED ELECTION DAY	7 Chicken 11:00 Outreach Worker	8 Pork Chopette 10:00 Canasta AARP DRIVERS CLASS 8:30-3:30 SENIOR BAND TODAY AT 11:00	9 Stuffed Pepper Soup 10;00 Bridge 11:00 Aerobics VETERANS PROGRAM COLOR GUARD
12 CLOSED VETERANS DAY	13 Seafood Newburg 10:00 Bridge/ Canasta 10:00 Computer Training 11:00 Chair Yoga 11:15 Entertainment	14 RIB B Que 11:00 Mark Wolber	15 Thanksgiving Dinner Roast Turkey 10;00 Canasta Ecumenical Program at 11:00	16 Vegetable Quiche 10:00 Bridge 11:00 Aerobics
19 Spanish Rice 10:30 Knitting/Crocheting 11:00 Aerobics 1:00 Theater	20 Chicken Tenders 10:00 Bridge/ Canasta 10:00 Computer Training 11:00 Chair Yoga 11:15 Entertainment	21 Italian Sausage	22 Thanksgiving Day Closed	23 Closed
26 Salisbury Steak 10:30 Knitting/Crocheting 11:00 Aerobics 1:00 Theater	27 BBQ Chicken 10:00 Bridge/ Canasta 10:00 Computer Training 11::00 Chair Yoga	28 Lasagna Roll Up BIRTHDAY PARTY	29 Corn Chowder 10:00 Canasta	30 Chicken 10:00 Bridge 11:00 Aerobics

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Submitted by Eileen Spellman, director

A very special thank you for our Veterans and God Bless You for you have done for us.

Please come to the recognition of our War Veterans on Friday Nov. 9 at 11:15 a.m.

I cannot believe it is November already, the time is going so fast and as Seniors will tell you it will even go faster as you grow older. But oh boy do we have memories, life is wonderful if you do for others and make people smile. You can be in pain, but that goes with the process of aging and we know we are thankful we can put our feet down on the floor and be able to get up and move. I over estimate what I can do as I think young and it gets me into trouble. I overdue it and find out I cannot move until I rest.

Fortunately, I have a wonderful physical therapist team that keeps me going. We need that extra support especially when we have back problems. I always try to be there for others when I can and that is for the Seniors and for my family especially our 2 year and 4 year old grandchildren. They all bring such joy to me and most of all having a great husband who is kind and thoughtful. This is what I am thankful for. People who make you smile and help others. I am thankful for the people I work with, You could not find a better group also for both the New Hartford and Willowvale Fire Departments and Edwards Ambulance Service for their support. These people work hard helping others. This is a month to thank God and we all have much to thank Him for especially for the volunteers. I always say God puts the right people in my path and He does, some I would cheerfully like to push them off, but they mean good and that is what it is about. For all you wonderful people who make this area so nice, thank you and God Bless You! I want to thank everyone who helped make the Flu Shot and Health Fair Clinic a success. It was well attended and we all had a wonderful day plus getting the flu shot.

Pretty soon we will have a new New Hartford Town Hall. Paul Miscione, the Town Supervisor, Town Board and Staff members are working very hard to make this happen ASAP. It will be the First Town Hall for the Town. That is History in the making and I can assure you that is has been challenging all the way but when it is finished WOW! We all will have a building we can be proud of and again thanks to Paul Miscione and the New Hartford Town Board in getting this accomplished.

Now for the New Hartford Dining and Activity Center activities for November.

Nov. 6th - We will be closed because of Election Day.

Nov. 7th - Oneida County OFA Outreach worker helps with HEAP papers

Nov. 8th - Senior Band at 11:00 a.m.

Nov. 9th - Veterans Day Recognition at 11:15 American Legion Post

Nov.14th - Attorney Mark Wolber Wednesday, at 11:00 a.m. Medicare, Medicaid, Health Care Proxies, Living Wills and Power of Attorney.

Nov. 15th - Thanksgiving, Dinner will be celebrated here Thursday, Nov. 15th. We will be closed the day after Thanksgiving. Senior Band will be here for the Thanksgiving Ecumenical Program. They will sing the hymns for this service. The Ecumenical/Memorial Program starts as 11:00 a.m. followed by the Thanksgiving Dinner

Nov. 28th - Birthday Party will be Nov. 28th Jeff Glatt, entertainment. 11:00 a.m.

I hope you have a great Thanksgiving.



Seniors listening to Financial Exploitation Information



Congresswoman Claudia Tenney speaking to New Hartford Seniors at Willowvale



Attorney Michael Arcuri talking to Martha Smith about real estate issues and what to look for when buying or selling a home.



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Is Sitting Really the New Smoking?

By: Rachel Stewart, LMT, LE, Universal Yoga and Massage Center

Humans are living longer now than we ever have in history. The longevity of a person’s lifespan is considered one of the greatest achievements of this generation. Advancements in medicine, technology, and healthcare have provided us with the ability to live twenty-five years longer than we did a hundred years ago.

But, what about the quality? We are living longer but we are not necessarily living healthier. Throughout the past ten years the number of adults living with chronic diseases such as heart disease, diabetes, and cancer has increased from 9 to 30 percent. Over half the population is in chronic pain while depression and anxiety continue to rise.

What is contributing to this rapid decline of our health? One major problem is the amount of time we sit. Studies show the average American worker sits around 13 hours a day. This type of sedentary lifestyle has been scientifically supported to lead to a decline in overall health, an increase in disease, and a greater chance of premature death. Since 1950, sedentary jobs have risen 83 percent, leaving less than 20 percent of jobs involving physical activity.

The body is not physically designed to sit for hours at

a time. While we sit, blood and lymph (immune boosting white blood cells) are not able to circulate properly. This stunts the body’s immune system and prevents the disposal of toxins. The lack of blood circulation means that the nutrients, oxygen and other elements of the blood cannot be delivered properly to the body. Sitting also creates a muscular imbalance in the neck and shoulders, causing them to round forward and create a stooped posture. This position is not only to blame for neck and back pain, but it also prevents the lungs from fully expanding allowing for less oxygen to be circulated throughout the body.

These physiological shifts in the body that happen while we sit directly lead to an increased likelihood of disease. In a study done at the University of Regensburg in Germany, sitting was associated with a 24 percent increased risk of colon cancer, a 32 percent increased risk of endometrial cancer and a 21 percent increased risk of lung cancer. Sedentary lifestyle also accounts for 22 percent of coronary heart disease cases and is a top contributor to the 29 million Americans diagnosed with Type-2 diabetes.

The deprivation of oxygen and blood flow that happens while you sit also effects the brain and cognitive function. Thinking, memory, sleeping and breathing become more difficult and there is a decline in motor control and coordination. Studies also link the amount a person sits to an increase risk of depression, anxiety, and insomnia.

There is no doubt that the amount we are sitting today is leading to a decline in our health. But what can we do to change?

One easy solution is to choose standing over sitting. Studies show increased productivity, better respiration, reaction and alertness when standing. Circulation is also improved and when standing properly it can offset the muscular imbalances that occur while sitting, lessening neck and back pain. Another solution is to sit a less total time throughout the day. Go for a walk after dinner instead of watching television, park your car farther away at the grocery store, get up from your desk every half hour and take a walk around the office. Simply interrupting your sitting throughout the day can have immense benefits on your health.

Combining less sitting with increased physical activity is the perfect solution to improving your health and decreasing your chance of disease. Set a small goal and stick to it. Start with a walk around the block 3 times a week for a month. After that, lengthen your walk and maybe try for 4 times a week. Exercise with friends to make it more enjoyable. Go for a hike, take a yoga class or join a gym! Every bit of physical activity is important. True happiness and health are possible and it begins when you take control of your life.

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Steps for Maintaining a Thriving Family Business

“In a family business, every decision and policy has to be evaluated based both on how it works for the business and also how it will affect the family dynamic – and that adds an extra dimension,” says Daniel Prebish, Director of Life Event Services for Wells Fargo Advisors. Here are six steps he suggests you can take to ensure your family business is positioned to thrive and survive:

1. Put people in jobs based on ability. It’s best to hire when you have a business need for a position, not because a family member needs a job, Prebish says. Then choose the candidate whose talents, not lineage, best fit the job. “The most successful family business owners are very honest about the talents of their family members,” Prebish says. “The oldest child may be a better fit in a sales role rather than CEO. Or maybe a child is better off being an artist and not affiliated with the business at all.” Sometimes, recruiting talent from outside the company is the best way to fill a job.
2. Clarify and define job responsibilities. Family firms tend to be more informal than other companies, and that can lead to misunderstandings about expectations. Take the time to write formal job descriptions that detail each employee’s responsibilities and goals, and establish regular reviews. The older generation should

also refrain from micromanaging. “Parents tend to constantly second-guess what a child is doing, and then the child never feels like he is actually contributing,” says Jim McKown, High Net Worth Strategist for Wells Fargo Advisors. “You need to think, ‘If they weren’t a family member, how would I be handling this situation?’ And that’s how you should handle it.”

3. Leave work at the office; leave your personal life at home. Try not to talk shop during family gatherings, especially at holidays, weddings, and other special events. And refrain from bringing personal drama into the office.

4. Groom the next generation. Invest in education and experiences for young family members, sending them to industry conferences and getting them training to develop a skill the business can use. McKown recommends encouraging them to work elsewhere before joining the family firm.to establish themselves as employees and giving them an opportunity to mature and make mistakes outside the business. Having the next generation develop a solid background in business may help secure your investment as you pass it on.

5. Outline your succession plan. Passing a family business on to the next generation can be tricky, and that’s why it’s important to have a strong succession plan. “It should start with how you define success: Is it keeping the business as a family entity over many generations, or are you comfortable selling it to another firm with more resources that could build it into something better?” Prebish says. You will also need to consider how to pass along ownership in a tax-efficient manner, how company founders will be taken care of in retirement, how to replace the current talent and adapt it for a changing market, and how the business may be a part of your personal retirement plan.


6. Know when to seek outside help. Many business owners consult with outside estate and financial planning experts to help with succession planning. But a disinterested third party can also help resolve disputes and look at the business rationally because there is no emotional attachment, McKown says.

This advertisement was written by Wells Fargo Advisors and provided to you by Christopher J. Carbone, CFP®, AWMA®, LUTCF®, First Vice President-Investment Officer, Financial Advisor.

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- Henry David Thoreau

Endorsement from Paul Miscione

It is my honor and pleasure to support and endorse Richard Lenart for the New Hartford Town Council. He is committed to the Town of New Hartford being a community of business vitality and citizen-centered opportunities.

He always acts with integrity, caring, and thoughtfulness -- traits that are useful during town council deliberations. He has a commitment to public safety, increased parks, recreational programs and facilities.

Richard is currently a member of the New York Mills Zoning Board of Appeals and is the Treasurer of the New York Mills Seniors organization

He is a person that has longevity in the community and is experienced, knowledgeable and understands the assets our community needs and the willingness to listen to ideas from anyone that brings them forward.

I urge all voters in the New Hartford 2nd Ward to support Richard Lenart for Councilman.



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NHFD NEWS THE TOWN CRIER 35

NHFD News

Your New Hartford Volunteer Fire Department responded to 86 calls during the month of September as indicated by the monthly call report listed below by category:

Fires	=	1
EMS	=	45
Hazardous	=	9
Service Type	=	8
Good Intent	=	7
Other Alarms	=	15
Weather Related	=	1
Other	=	0

Total Calls for the Month of September 2018 = 86

This brings the total calls year-to-date to 836 through September 2018.

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.



In Other Department News

The department has seen an increase in carbon monoxide (CO) detector activations. We are not alone as according to the National Fire Protection Association (NFPA), in 2010 fire departments across the US responded to an estimated 80,100 non-fire CO incidents in which Carbon Monoxide was found, or an average of nine calls per hour. This report shows a 96% increase from 40,900 incidents reported in 2003 and this number continues to grow as evidence by the continued growth in the number of CO detectors being sold and installed.

According to the Mayo Clinic, approximately 10,000 Americans experience some degree of Carbon Monoxide poisoning while the Consumer Product Safety Council reports that 170 individuals die each year. This coupled with the Center for Disease Control and Prevention reports that shows more than 20,000 visits to the emergency room and 4,000 others are hospitalized, the importance of understanding CO.

Often referred to as the "silent killer", carbon monoxide is an invisible, odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn incompletely. In the home, heating and cooking equipment that burn fuel are potential sources of carbon monoxide. Vehicles or generators running in an attached garage can also produce dangerous levels of carbon monoxide.

CO alarms should be installed in a central location outside each sleeping area and on every level of the home and other areas where required by applicable laws, codes, or standards. For the best protection, and if possible, interconnect all CO alarms throughout the home. Follow the manufacturer's instructions for placement and mounting height. Select a CO alarm that has the label of a recognized testing laboratory.

Test your alarms at least once a month and replace if necessary. Once activated, check to see if the batteries are low. If they are, replace them and if it continues to sound or if people in the vicinity are starting to feel ill, call 911.

With winter approaching, make sure vents for your dryer, furnace, stove, and fireplace are clear from the snow build-up.

Symptoms of CO poisoning very as CO enters the body through breathing. It can sometimes be confused with flu like symptoms, food poisoning and other illnesses. Some symptoms include shortness of breath, nausea, dizziness, light headedness or headaches. High levels of CO can be fatal, causing death within minutes.

CO levels are measured by specific equipment which is carried by your New Hartford Volunteer Fire Department officers and on the various fire trucks. It is very similar to the equipment used by National Grid when they are called to investigate. Should the department be called and arrive first, most often than not, they will request a representative from National Grid to respond, if National Grid has not been previously dispatched.

The NHFD wants to keep our neighbors safe now and in the future.

For additional information please visit www.nhfd.com.

PLAN AHEAD

NHFD To Hold American Red Cross Blood Drive

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

Clearance Frames

now **\$49** with purchase of lenses.

Select yellow tag inventory. Offer excludes vision care plans. Expires 12/31/18



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Gobble Up A Chance!*

*Only 350 Tickets Sold!

2019 Harley-Davidson
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\$100 Each!
Cash, Check or
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www.sitrin.com/harleyraffle

For More Info, Call: 315-737-2245.

Proceeds benefit the Sitrin Medical Rehabilitation Center, a not-for-profit corporation. Entrants must be 18 years of age or older, and need not be present to win.

Value: **\$23,000**
Drawing Dec. 28, 2019
NYS ID#30-215-170-05862



The Anticipation of the Holidays is Magical... Because there is a Child in all of us!



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Lic. Real Estate Salesperson
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Fax: 315-735-1727
Office: 315-735-2222
Email: Michele12765@me.com
2306 Genesee Street, Utica NY 13502



Sharon Kanfoush Wellness
sharonkanfoushwellness.weebly.com

Sharon Kanfoush
Yoga, Chair Yoga & Meditation
Classes &
One-on-One Instruction

2709 Genesee Street, Utica
(315) 982-7144
sharonkanfoushwellness@gmail.com

The Sound of Murder - A Murder Mystery Theater

A Murder Mystery Theater at Harts Hill Inn on Friday-November 9, 2018 from 7-10pm to benefit Cancer patients in financial need. Hosted by the JM Chubbuck Foundation and performed by ACME Mystery Co of Syracuse. Doors will open at 6:00pm. \$40/ticket. Appetizers and a buffet dinner with dessert will be served. CASH BAR. Basket Raffle & 50/50 Raffle. RESERVATIONS REQUIRED. Tables of 8 may be reserved.

Tickets may be purchased online at www.thejmcfc.org under Events tab (Paypal membership is not required) or by calling the Foundation office at 315-339-5993. Sponsored by: AVACNY, Upstate Home Care, Moore About You, & BC Productions.

The Sound of Murder - High on a hill died a lonely goatherd and some people around the Abbey think that sweet little Maria just might be a budding serial killer. Is she now sixteen going on seventeen? What exactly are her favorite things? Mother Abbess & Sister Adolph are calling in all nuns and townsfolk to decide what to do. Pompous Captain Von Trampp & his bratty children will be there. Don't be late!!



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315-796-7870
2709 Genesee Street

Visit the most talked about Gift Shops in Central New York this Holiday Season!

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FEATURING FREDDY BEAR'S DEN & TOY EMPORIUM,
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THE FLORAL VAULT AND OUR FLAGSHIP SHOP ...



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"Janet and her team do a wonderful job selecting and displaying a well curated assortment of merchandise! My new favorite place to shop for gifts for all reasons!"- Marianne L., Canajoharie

"I loaded up my car with some friends and headed to Canajoharie to visit Janet and her shops. We all fell in love with her shop! We filled our trunk and will return again. Had a wonderful lunch next door, wandered up through Sharon Springs to Beekman 1802 and back home on Route 20 for a beautiful fall ride!" Barb A., Clinton, NY

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CANDLES • FLAMELESS CANDLES • BAKEWARE
SPECIALTY FOOD • LAMPS • RUGS
EDISON FIXTURES & BULBS • SOAPS
& THE LIST GOES ON AND ON!!

Find us on Facebook
<https://www.facebook.com/2024churchstreet/>
Search for Lee's Shops at Wagner Square

www.LeesShopsAtWagnerSquare.com

Hospice & Palliative Care, Inc. Celebrates November's National Hospice and Palliative Care Month

Hospice is not a place but is high-quality care that enables patients and families to focus on living as fully as possible despite a life-limiting illness. Palliative care brings this holistic model of care to people earlier in the course of a serious illness. November is National Hospice and Palliative Care Month and hospice and palliative care programs across the country are reaching out to help people understand all that hospice and palliative care offer.

In recent months, a number of notable Americans have died. They include Senator John McCain, the queen of soul Aretha Franklin, and former first lady Barbara Bush. In many media reports, they were described as having "given up" on curative care late in their lives. Ms. Franklin opted for hospice care; Mrs. Bush received what was described as "comfort care."

It is essential that people understand that hospice and palliative care is not giving up, it is not the abandonment of care, it is not reserved for the imminently dying," said Edo Banach, president and CEO of the National Hospice and Palliative Care Organization. "Hospice is a successful model of person-centered care that brings hope, dignity and compassion when they are most needed. This is one reason that the national [My Hospice Campaign](#) was launched this year.

Every year, nearly 1.5 million Medicare beneficiaries receive care from hospices in this country, reports NHPCO. Hospice and palliative care programs provide pain management, symptom control, psychosocial support, and spiritual care to patients and their family caregivers when a cure is not possible.

Hospice volunteer, Beverly Mangine, stated, "People need people and Hospice is there in so many ways to support those in need at the end of their life. That is what brought me to this amazing organization. Being able to support the staff and assist in providing a comfortable, content end-of-life experience for the patients and their families is why I volunteer at Hospice!"

More information about Hospice & Palliative Care, Inc. is available at 315-735-6484 or www.hospicecareinc.org.

"Service
Above
Self"

The Rotary Club of New Hartford, NY

P.O. Box 121
New Hartford
New York 13413



NEW HARTFORD ROTARY HOLIDAY AUCTION

Friday November 30, 2018



Yahhundasis Golf Club
8639 Seneca Turnpike, New Hartford, NY

5:30 PM- Viewing
7:00 PM- Silent & Live Auction

\$30.00 per person
Includes dinner and entry into \$1000.00 Grand Prize
Drawing
Sponsored by Getaway Travel



Contact jsrlcook@gmail.com for tickets

American Legion New Hartford Post 1376

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

Fish Fry Fridays!!

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

Serving 4-7 • Donation \$10.50

Take Outs Available - call 736-7041

Also on Fridays:

Fried Shrimp & Scallops

Friday Special -

Prime Rib Dinner

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2018

FAITH IN NEW HARTFORD

THE TOWN CRIER

37



FIRST UNITED METHODIST CHURCH

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

We are also the home of the Family Nursery School!

Rev. Brad Chesebro, Senior Pastor

Deacon Becky Guthrie, Congregational Care Coordinator

Worship Schedule

9 am Classic Worship

10:00 am Coffee Hour

10 am Adult Sunday School

10:45 am Xalt Praise Service

Noon Youth Group Meeting

Communion offered 1st Sunday of each month.

Child care provided for all Church activities

We are handicapped accessible!

Visit our website to view recent sermons.

www.firstumconline.org

CLINTON ROAD BAPTIST CHURCH SBC

dba Crosspoint Church

Senior Pastor, Samuel Macri

Youth Minister, Bobby Allen

140 Clinton Road, New Hartford

Sunday Morning Worship Service at 8:00

317 Oriskany Blvd, Whitesboro, 797-4520

Sunday Morning schedule:

Sunday School Small Groups, 9:00

Sunday Morning Worship, 10:30

Sunday Evening Youth, 5:00

Sunday Evening Discipleship, 5:30

Tuesday Morning, 6:30, Men's Fellowship Breakfast

New Hartford Campus

Wednesday Evening, 6:30, Praise Team Practice

Wednesday Evening, 7:00, Prayer Meeting

Thursday Evening, 6:30, College/Career Ministry

Website: crosspointchurchonline.org

Sunday Morning Services streamed live

Pastor Sam's messages available at our website

We are Handicapped Accessible

Handicapped accessible!

ST. JOHN THE EVANGELIST CHURCH

66 Oxford Road - 732-8521

Rev. Kevin Bunger, Pastor

Cheryl Smith Dir. of Faith Formation

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

Sunday Masses: 8am & 11am

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

We are handicapped accessible!

HOPE ALLIANCE CHURCH

4291 Middle Settlement Road, P.O. Box 626, N.H.

General Office: 732-1349

Rev. Andy Ward, Pastor

Sunday Services: Sunday School for entire family: 9:30 a.m.

Morning Worship: 10:45 a.m. Communion First Sunday of the

Month.

Tuesdays: Ladies Bible Study - 9:30 a.m.

Wednesdays: AWANA - 6pm

Fridays: Christian Service Brigade - 7pm

Sundays: Jr. & Sr. High Youth Fellowship.

Hope Alliance Church is handicapped accessible.

ST. THOMAS CHURCH

150 Clinton Road - 735-8381

Pastor: Rev. David Sears

Saturday Vigil: 4 p.m.

Sunday Mass: 9:00 a.m.

Confessions: Sat. 4:45-5:15 p.m.

Holy Day Schedule:

Holy Day Masses 12 noon

Adult Religious Education, Open to the Public

We are handicapped accessible!

ST. STEPHEN'S EPISCOPAL CHURCH

25 Oxford Road - 732-7462 (Parish & Rectory)

The Very Rev. Joell Szachara

Sunday Service of Holy Communion at 10am followed by

fellowship

We host:

YMCA School Age Child Care Office & Program (315-797-

4787)

Al-Anon Meetings: Sundays at 5pm & Thursdays at 5:30pm

AA Meetings: Sundays at 8pm

Yoga by Kristy: Tuesdays at 5:30pm & Thursdays at 9:30am

EGA Meetings: 1st Mondays of the Month

St. Stephen's is handicapped accessible.

ST. GEORGE'S EPISCOPAL CHURCH

9389 Elm Street, Chadwicks

tlmas@roadrunner.com

For more information, please contact Brian Johnson

at 315-736-3572

Sunday Holy Eucharist: 10 a.m.

IMMANUEL BAPTIST CHURCH

Pastor Fletcher Matlack

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

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

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

Sunday Morning Worship Service 10:00 am

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

Prayer meeting held every Wednesday at 6:30 pm

Youth Group for ages 12 and up meets every other Saturday

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

Church is handicapped accessible.

NEW HARTFORD PRESBYTERIAN CHURCH

45 Genesee Street, NH - 732-1139

www.newhartfordpresbyterian.org

Worship services begin each Sunday at 10:30 a.m., led by the

Rev. Dr. Sue A. Riggle.

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

Communion is available on the first Sunday of each month.

11/10 - Christmas Star Bazaar from 9-3

(more details on front page)

Other November Highlights at New Hartford Presbyterian

Church

New Hartford Presbyterian Church will offer communion

during worship on Sunday, November 4th, for all who wish

to receive it. Worship begins at 10:30 a.m. , led by the Rev.

Dr. Sue A. Riggle. Sunday School for adults and children

starts at 9:30 a.m. Deacons will meet at 7:00 p.m. on Mon-

day, November 5th. Presbyterian Women will meet at 7:15

p.m. on Monday, November 12th. Church committees will

meet at 7:00 p.m. on Tuesday, November 13th. Members of

the congregation will prepare and serve the evening meal at

Hope House in Utica on Sunday, November 25th. The Ses-

sion will meet at 7:00 p.m. on Tuesday, November 27th.

OUR LADY OF THE ROSARY CHURCH

1736 Burrstone Road - 724-0402

Pastor Joseph Salerno

Sunday: 7:30am and 9am

Masses held at Our Lady of Lourdes:

Saturday: 4pm and Sunday at 11:15am

Handicapped Accessible and Air Conditioned

SAUQUOIT VALLEY UNITED METHODIST CHURCH

Cor. Pinnacle Rd. & Mohawk St., Sauquoit

email: sauquoitvallyumc@aol.com

Pastor Carl Getz

Office - 737-7505

Sunday Worship 11 a.m.(Nursery Care Available)

Sunday School 9:30 a.m. For all ages.

Handicapped Accessible

FIRST BAPTIST CHURCH OF NH

7 Oxford Road - Office phone: 315-733-4570

firstbaptistnh@gmail.com

Rev. James Harriff, Pastor

Sunday Service - 9:30am

Sunday School - 11:00am

Handicapped Accessible

UNITARIAN UNIVERSALIST CHURCH

10 Higby Road, Utica

315-724-3179. uuutica.org

Minister: Rev. Erin Dajka Holley

Sunday services/Religious Education for Children 10:30am

BIBLE BAPTIST CHURCH

4431 Middle Settlement Road – 797-0404

www.bbcnhny.org

Pastor J. Douglas Hanback

Sunday Services:

9:30 am Sunday School

10:45 am Worship Service & Children's church

Wednesday Prayer Meeting: 6 pm

Nursery Provided. **Handicap Accessible!**

FAITH IN CHRIST FELLOWSHIP CHURCH

3431 Oneida St., Chadwicks - 737-0753

www.faithnchristfellowship.com

Pastor : John Kelly

Sundays: Worship, 10 a.m.

Children's Church during the sermon.

Bible Study and Prayer - Wed evening 7:00 p.m.

ST. GEORGE ORTHODOX CHURCH

350 Higby Road, New Hartford, 315-292-6682

Reverend Fr. Nikolai Meyers

Sat - 5pm Vespers

Sun - 9am Matins

Sun - 10am Liturgy

Wed - 5:30pm Vespers

Bookstore hours: Open Sundays after Services.

LIVING FAITH BIBLE CHURCH

Corner of Pinnacle Rd. and Oneida St, Sauquoit - 737-5075

David Green, Pastor

Sunday Service: 10:30 am

Junior Church available. Nursery also available

Wednesday Bible Study - 7:00 p.m.

Sunday School 9:30am

We are handicapped Accessible.

WESTMINSTER-MORIAH-OLIVET PRESBYTERIAN CHURCH

Minister Rev. Robert G. Umidi, PHD.

Music Director Richard Crawley

Worship service: Sunday 10:30 a.m.

714 Washington St., Utica

Handicapped accessible

315-732-6518, www.wmoutica.org. find us on Facebook &

Twitter

NORWICH CORNERS CHRISTIAN CHURCH

10233 Roberts Road, Sauquoit - 737-0757

WHERE JESUS IS LORD!

Pastor Walter J. Wharram, Jr.

Sunday Morning Prayer - 8:45am

Sunday School - 9:30am

Sunday morning Worship Service - 10:30

Mid-Week Bible Study - Thursdays 7pm

Summer Hours - Beginning 7/1/18:

Sunday Morning Prayer - 8:30am

Worship Service - 9:30am

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

TRINITY LUTHERAN CHURCH

2620 Genesee St., Utica. (315)732-7869

Fall/Winter worship:

9am - Sunday School & Adult Bible Study

10:30am - Worship is led by our Seminary Student Vicar Peter

Saie. At the conclusion of his stay with us, he will become an

Ordained Minister of the Lutheran Church - Missouri Synod.

Handicapped accessible.

FIRST PRESBYTERIAN CHURCH

1605 Genesee Street, Utica 732-5111 - fpcutica@verizon.net

Opening Doors, Hearts & Minds: Serving Christ & Community

Reverend Jeanne M. Kumbalek

Sundays - 10:30 Worship

10:45 - Sunday School for Elementary Ages

Faith Enrichment for all ages

Call or email for schedule.

Nursery Care Provided

Wheelchair Accessible

ST. VOLODYMYR THE GREAT UKRAINIAN CATHOLIC CHURCH

4 Cottage Place, Utica, NY (315)735-5138

Very Rev. Michael Bundz, Pastor

Masses: Sunday 10:00 am

Saturday 5:00 pm, in English

confessions before Mass

Handicapped accessible

LIFE IN CHRIST FAMILY CHURCH & BIBLE SCHOOL

25 Robinson Rd. Clinton - 315-853-1582. www.licfc.org

Pastors Peter & Addie Forrester

Adult Sunday school 8:45 AM

Sunday Service 10 AM

(Nursery & Sunday school provided)

Wednesday Prayer Mtg 7 PM

Monday night Bible study (every 3rd Mon.) 7 PM

Operating in all of the gifts of the Holy

Spirit including 'healing'

Go on line and check out our school!

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

ANNUNCIATION CHURCH
7616 E. South Street, Clark Mills - 853-6138
Fr. Kevin J. Bunger. Deacon Gil Nadeau
Weekday Mass: Mon & Tues 8am, Wed 7:45am,
Fri. 8 am Communion Mass
Weekend Mass: Sat. 4pm Vigil, Sun. 9:30am
Confession: Sat 3:15pm-3:45pm

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


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

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

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


*New Life
Apostolic Church*



Service Times:
Sunday School
Sunday Adult Service: 10:00 a.m.
Wednesday Night Prayer: 7:00-8:00 p.m.
Thursday Evening Bible Study: 7:00 p.m.

Pastor Mark Waterman
315.736.1161

3995 Oneida Street #4
New Hartford, NY 13413

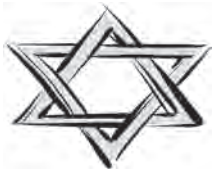
 @NLAC4all

Surviving The Holidays

Surviving the Holidays’, A GriefShare event, co-sponsored by Crosspoint Church, Whitesboro and Hope Alliance Church, New Hartford-will be held on Saturday, November 10th, 2018 from 9:30 AM to 12 Noon at the Crosspoint Church 317 Oriskany Bvd, Whitesboro, NY 13492. This 2 hour seminar will cover such topics as; “Why are the holidays so tough?”; “Don’t avoid holiday pain”; “Healing through relationships”; and “Christmas-A reason for hope”.
A brief DVD is shown, small group discussion time is offered and refreshments will be served. Please join this encouraging and supportive seminar-it is free and open to any and all who may be grieving a loss recent or many years ago-all are welcome!
To register please call either Crosspoint Church at 315-797-4520 or Hope Alliance Church at 315-732-1349.

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: 6 p.m.
Friday Evening Oneg Sabbath sponsored by the Sisterhood of Temple Emanu-El. All are Welcome

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

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

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



O Holy St. Jude!
Apostle and Martyr,
great in virtue and rich in miracles,
near kinsman of Jesus Christ,
faithful intercessor for all who invoke you,
special patron in time of need;
to you I have recourse from
the depth of my heart,
and humbly beg you,
to whom God has given such great power,
to come to my assistance;
help me now in my urgent need
and grant my earnest petition.
I will never forget thy graces and
favours you obtain for me
and I will do my utmost to
spread devotion to you.
Amen

St. Jude, pray for us and all who
honour thee and invoke thy aid.
(Say 3 Our Father’s, 3 Hail Mary’s,
and 3 Glory Be’s after this.)
~ A.J.F.

Chamber Music Society of
Utica Presents Jasper
String Quartet

Chamber Music Society of Utica welcomes Jasper String Quartet on Sunday, November 18, 2018, 2:30 PM, at Munson-Williams-Proctor Arts Institute in Utica.
The program includes Haydn’s Quartet in B-flat Major, Op. 76 No. 4, “Sunrise”; Missy Mazzoli’s “Death Valley Junction”; Joan Tower’s “Wild Summer”; and Smetana’s Quartet No. 1 in E minor, “From My Life”.
Tickets will be available at the door: \$20 General, \$10 Student with ID—cash or check only. Please note that seating in the MWPAI auditorium is first come-first served. For more information, phone 315-507-3597 or 315-794-9741.
Winner of the prestigious Cleveland Quartet Award from Chamber Music America, Philadelphia’s Jasper String Quartet is the Professional Quartet in Residence at Temple University’s Center for Gifted Young Musicians.
Formed at Oberlin Conservatory, the Jaspers began pursuing a professional career in 2006 while studying with James Dunham, Norman Fischer, and Kenneth Goldsmith as Rice University’s Graduate Quartet-in-Residence. In 2008, the quartet continued its training with the Tokyo String Quartet as Yale University’s Graduate Quartet-in-Residence.
In 2008, the Jaspers swept through the competition circuit, winning the Grand Prize and the Audience Prize in the Plowman Chamber Music Competition, the Grand Prize at the Coleman Competition, First Prize at Chamber Music Yellow Springs, and the Silver Medal at the 2008 and 2009 Fischhoff Chamber Music Competitions. They were also the first ensemble honored with Yale School of Music’s Horatio Parker Memorial Prize, an award established in 1945 and selected by the faculty for “best fulfilling... lofty musical ideals.” In 2010, they joined the roster of Astral Artists after winning their national auditions.
From 2009-2011, the Jaspers were the Ernst C. Stiefel String Quartet-in-Residence at the Caramoor Center for Music and Arts, Katonah, NY. They were the first ensemble to be invited for a second year as such. The Quartet was the 2010-12 Ensemble-in-Residence at Oberlin Conservatory and, in conjunction with Astral Artists, was awarded a 2012 Chamber Music America grant through its Residency Partnership Program for work in Philadelphia schools.
Community engagement is a cornerstone of the Jasper String Quartet’s philosophy; the Quartet has performed hundreds of outreach programs in schools and enjoys educational work of all types. Fischhoff National Chamber Music Association recognized the Quartet’s “outstanding and imaginative programming for children and youth in the United States” with their 2016 Educator Award. In 2018, the Quartet received their second Picasso Project Grant from Public Citizens for Children and Youth. This grant supports the Quartet’s work with a South Philadelphia public elementary school throughout the spring, culminating in a performance together.
This year, the Quartet completed their latest commission tour of Aaron Jay Kernis’ 3rd String Quartet River at Wigmore Hall and their Carnegie Hall Recital, with the work receiving a glowing review in The Strad. The Jasper String Quartet is looking forward to their 2019 commission of Lera Auerbach, Akira Nishimura, Chris Theofanidis and Joan Tower for 4 Seasons | 4 composers, a work bringing the brilliant muse of the seasons to the string quartet genre.
The Jasper String Quartet is named after Jasper National Park in Alberta, Canada, and is represented exclusively by Dispeker Artists. For more information, please visit www.jasperquartet.com or www.facebook.com/jasperstringquartet.
For information on all CMSU concerts—past, present and future—phone 315-507-3597 or 315-794-9741, or see CMSU website www.uticachambermusic.org.



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Sign-up by contacting the individuals listed below:

Sangertown Square Mall, Center Court, New Hartford
November 15 to December 23, 2018
Contact Hospice at 735-6487 ext. 1004 between 8:00 a.m. to 4:00 p.m. or e-mail labarr@hospicecareinc.org

AmeriCU, Griffiss Park, Rome
November 28 to December 21, 2018
Wed, Thurs and Fri 9:00 a.m. to 4:00 p.m.
Contact Delores (Jeanne) McDowell at 336-5366

AmeriCU, Black River Boulevard, Rome
November 26 to December 22, 2018
Mon-Fri 10:00 a.m. to 4:00 p.m. and Sat. 10:00 a.m. to Noon
Contact Kim Birnie at 336-1063 or e-mail tbirnie1@twcnyny.org

Sign up early, shifts fill up fast.
Thank you for your continued support!

Happy Holidays!



November 4th

Look what's coming up at the Museum!

COME CELEBRATE HOT WHEELS' 50TH ANNIVERSARY!
NOVEMBER 10, 2018 AT 10:30AM




Hot Wheels Historian Mike Zarnock has a Hot Wheels collection that has been in the Guinness Book of World Records TWICE... and now you can see a selection of it right at the Museum!

Celebrate 55 Years with Us

Please join us for a Night at the Museum (for adults!)
Enjoy four floors of food, drink, live entertainment and... play!
Wednesday, December 5, 2018
5:55 - 7:55pm • \$55 per person
Please RSVP to (315) 724-6129 or dkessler@kidsoneida.org

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