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April 2019

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Local Couple Raises \$5,000 on Kickstarter to Launch New Business

John and Erin Gardner raised \$5,000 on Kickstarter to launch a new business in New Hartford, New York. The business Grey Fox Mercantile will feature needle felting supplies, artisan goods and a workshop space. John is a graduate of New Hartford High School and recently returned to the area with his wife Erin who is also an upstate New York native.

Erin founded Grey Fox Felting, an e-commerce business specializing in her unique needle felted animal sculptures and felting supplies. The company has been growing rapidly and now offers over 100 hand-selected colors of wool as well as a line of kits. "We're excited to open a brick and mortar shop in New Hartford. I have been needle felting for 10 years, and look forward to sharing this creative process with our community through workshops and craft nights in our new space. Our store will also feature a selection of craft supplies and artisan goods from makers we love." -Erin Gardner

The space will also feature a gallery that will host monthly exhibitions from local, regional and national artists. John, who is also an artist, has worked in galleries around the country. "It feels great to be back in the area. We both enjoy making art and we're looking forward to sharing our experiences with the community through workshops and events for youth and adults." -John Gardner

Grey Fox Mercantile will open on March, 23, 2019 with a grand opening and artist reception from 2pm – 6pm. The store is located at 70 Genesee Street, New Hartford, NY. For additional information please visit: www.greyfoxfelting.com.

The John Brown Team is Recognized by Coldwell Banker International #1 Team in NYS & Top 20 Nationwide

John Brown Team of Coldwell Banker Faith Properties was again named as the #1 Team in New York State and placed in the Top 20 Nationwide, as released by Coldwell Banker International.

The Team, led by John Brown & Veronica Coe, is a full service, concierge level team of Top Producers with a passion for Real Estate.

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The top-notch John Brown Team is made up of a diverse profile of Top Producers. Members are Lori Scalise, Marcia Archibald, Cynthia Lazzaro, Michelle Gorea Thompson, Cynthia Major, Jerry Vitiello, Michael Major and Suzanna Duck.

The Team takes an all encompassing approach in real estate that includes photographer, complimentary certified stagers & videographer with in-house closing coordinator, appointment coordinator and fulltime internet support staff. John Brown Team works the entire Mohawk Valley Region with offices in Utica, Rome and Ilion with a focus on Residential real estate.

Learn more about JOHN BROWN:

www.johnbrownseals.com/315-570-6640.



Helen Levinson

The Helen and Leon Holocaust Program

The Annual Helen and Leon Sperling Holocaust Program will be held on Thursday, May 2 at 7:30 at the Jewish Community Center, 2310 Oneida St., Utica. This year's speaker will be Helen Levinson who was a child and teen during the Holocaust.

Helen was 10 years old when the Nazis invaded Poland. At 14, Helen was picked up by the Nazis on her way to school and sent to the concentration camp Majdanek. There she spent several months of harrowing treatment until she was able to escape with help from someone who knew her. Helen was reunited with her family for only a short time. As the horror and terror continually descended, her family decided to separate to ensure each member's safety. With an important, well thought out gift from her father, the early kindness of a few people and a keen sense of survival, Helen spent the remaining years of the war alone.

After the war, Helen was brought to the US through the sponsorship of a family friend. She lived in Rochester, NY with his sister, finished school there and graduated from the Eastman School of Music. Mrs. Levinson married, had a family and continues to live in Rochester.

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Aging and Fitness

Submitted by James LaFountian, All American Fitness Center

A few years ago, I attended a conference focused on how aging affects the human body’s ability to perform. Each presenter sited statistical data to support her or his point and

the data was all over the place. One presenter’s theme was that, “Aging is a myth!” As I reach my mid-60’s, my personal data says he was wrong. Let’s review agings effects on various components of physical fitness:

Muscular Power: Our ability to move an object through a range of motion rapidly decreases with age. Aging compromises the body’s neuromuscular system. Signals to and from the brain and muscle become less efficient with age. Rapid athletic type movements become labored and uncoordinated.

Joint Flexibility: Range of motion through each joint decreases with age. Researchers say the water content in connective tissue is the root cause of this decrease in flexibility. Elasticity of tendons and ligaments prohibit a full range of motion around joints.

Muscular Strength: Hoisting heavy weights becomes more difficult with age due to a decrease in muscle mass. A decrease in the number and size of muscle fibers causes this decrease in strength.

Muscular Endurance: A decrease in one’s ability to perform repetitive muscular tasks is evident as we grow older, but less in active seniors.

Cardiovascular Efficiency: Because cardiac tissue, including the heart itself and smaller peripheral vessels become less pliable, scientists suggest cardiovascular efficiency decreases with age. A simple analogy would be a new and old household hose.

Bone Density: Demineralization of bone tissue and the wearing down of cartilage adversely effects the performance of even the most menial tasks.

In the past, these decreases have given older adults a reason to “slow down.” This old adage isn’t a part of the “new” aged population. They understand the body was designed for movement and that a sedentary lifestyle exacerbates the negative effects associated with aging.

Experts suggest, Muscular Power and Joint Flexibility seem to occur earlier and progress more rapidly in the aging process, but exercise will indeed slow that regression. Where this is most noticeable is in one’s gate, where stride length and stride frequency often decreases with age. A shortened gate and stride creates further musculoskeletal problems.

Cardiovascular Efficiency and Muscular Endurance, primarily in active older adults regresses less rapidly. Rhythmic movements, involving large muscle groups, done for several minutes reduces the hardening effect on the heart and vessels. Active seniors are capable of performing youthful repetitive muscular tasks like pushups and sit-ups.

Aging is real, however, the human body was meant to move and regular movement decreases the ill effects of growing old.



Judge Joan Shkane

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

MYTH: We expect public officials to do their duties; public officials cannot be ordered to perform their duties if they fail to do so.

REALITY: Article 78 of the New York State civil code provides the steps to take to force a public official to do his/her duty if one believes he/she is not doing so or is not doing so properly. The ancient name of this is a “writ of mandamus”. Such an unusual and extraordinary procedure is available only in very narrow circumstances. The procedure means a person is asking a court to order an official to do a certain act that is within the official’s duty to perform. Should the official then fail or refuse to do so, then a court can order punishment, including jail and/or fine. Earlier cases have said that this order can be made only when there is a clear legal right and the public official has failed to perform the duty required by law, and these cases made no further refinements. More recent cases have refined earlier cases, saying that this procedure can be used to force a public official to do a duty; however, the court may not direct HOW the duty must be performed. In other words, If the parties bringing the lawsuit want to force the performance of a duty, that may be appropriate. They cannot sue to force a particular outcome. The outcome choice is entirely up to the official. An example may be a lawsuit to force a town or city to plow snow from streets. The Court can order that this be done, but cannot order how it must be done.

MYTH: Mug shots (photos) taken by the New York State Police of suspected criminals should be published and part of the public record so the public can be aware and warned.

REALITY: This is another area of dispute in New York State. There are at least two sides to this debate. On the first side is the Governor who is asking for a law that would apply to state agencies (such as the State Police), not local agencies (such as city or town police departments or county sheriffs). Governor Cuomo says that websites claim to be able to remove embarrassing information such as mug shots from the web. Of course, they require a fee to do so, sometimes as much as \$500 per person. Nationwide in 2018 these companies collected about \$2 million for removing mug shots from social media. The Governor believes that these sites are part of the “internet shaming industry” and websites should not be permitted to engage in this scheme. Once published on the web these photos seem to live forever, and can show up years later, ruining lives in ways such as preventing a person from getting a job or housing.

On the other side of the discussion are some journalists and some civil libertarian organizations. They believe that any prohibition of mug shot publication violates the public’s right to know what the government is doing, that is, taking such photos. They argue that forms of publication of the mugshots and stories of people arrested for crimes has always been part of the news. They believe that such reporting is an extremely important function to protect the public. The Governor’s position would be a threat to the news media’s ability to provide the public with important information.

This issue has come before courts in the past. Those courts have usually found that the government may block publication of the mugshots and that such blockage does not violate U.S. Constitutional First Amendment rights (freedom of the press). The courts must decide between individual’s privacy rights and public access to information. The Governor is soliciting another way to solve this dilemma.

MYTH: An owner or operator of a sporting facility will always be legally liable for injuries sustained by a user of the facility.

REALITY: An owner or operator may not be liable for injuries sustained in a sport facility if the consenting participant is aware of the risks of injury, understands the nature of the risks (that is, how he/she could be injured), and voluntarily participates anyway. The owner or operator has a duty to make sure that conditions are as safe as they appear to be, and no risk is hidden. However, if the participant fully understands the risks and consents to the risks, or the risks are perfectly obvious, then the owner or operator has performed his/her duty, and cannot be held to be legally responsible. The policy that governs this law is to facilitate free and vigorous participation in athletic activities.

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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THE TOWN CRIER

LIBRARY NEWS

APRIL
2019



2 Library Lane 315-733-1535

The Friends of the New Hartford Public Library have some great news!

They have been chosen by the Hannaford located at 50 Kellogg Rd. as the latest non-profit to benefit from the Community Bag Program. This means that for the entire month of April, the Friends will receive a \$1 donation every time the Community Bag is sold.

All you have to do to support The Friends of the New Hartford Public Library is go to the Hannaford located at 50 Kellogg Rd. throughout the month of April and pick up the bag! Thank you for your support. For more information on the Hannaford Helps Reusable Bag Program, visit Hannaford.bags4mycause.com.

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

Bedtime Story time is scheduled for April 22, at 6:30. Enjoy stories and crafts with Miss Ashlyn in time to wind down for bed. Aimed toward preschoolers, but all are welcome.

Rocking Chair Reader Story Time

Volunteers read to children every Friday at 11:00. Thank you to all of the wonderful volunteers that have taken part in reading to the children. If you are interested in becoming a Rocking Chair Reader, call the library at 315-733-1535 and ask for Ashlyn.

Kids Yoga

Join instructor Dawn Wheeler for a fun class of “A Hare Adventure” yoga on Friday, April 5th 4:30-5:00. Kids ages 3-6, limited to 15. Please bring a yoga mat. Registration is required. Call the library at 315-733-1535 to register.

Kids Egg Hunt & Easter Bunny!!

Join us for an Egg hunt, coloring pages, sidewalk chalk, bubbles, AND the Easter Bunny!! This is another FREE library event on Saturday, April 6 from 11:00-12:30 in the library garden. Bring a bag or basket to collect eggs! This event is open to children up to 8 years old and registration is required. Please call the library at 315-733-1535 to register your child.

Spring Break Program

Drop in to play with the maker cart, LEGOs, or Makedo cardboard construction set

Spring break program Tuesday, April 16 1:00-2:30.

Out of the Cage Petmobile

Spring break program Thursday, April 18 at 2:00. Out of the cage Pet Mobile is a traveling exotic petting zoo. Learn about the animals and get up close and personal with them!

SAVE THE DATE

Touch the Trucks Saturday, June 8, 10:00-12:00. Join us as The New Hartford Highway Department bring some of their best big trucks to the library parking lot for the children to see and explore!

Alzheimer's Association Workshop: Legal and Financial Planning

April 9, 2:00-4:00pm. If you or someone you know is affected by Alzheimer's disease or other dementia, planning for the future is important. Our experts will give an overview of pertinent legal documents such as wills, powers of attorney, and health care proxies, as well as an overview of financial issues and options like Medicare, Medicaid or veterans benefits. To register, call the Alzheimer's Association at 315-617-4025 and press zero.

AARP Defensive Driving Course

The AARP will be hosting another AARP Smart Driver Course on Monday, April 15 from 10:00-4:30 pm. \$20 for AARP members (must show AARP card), \$25 for non-members. Bring a bag lunch and your NYS driver's license. Limited to 25, please call 315-733-1535 to register.

Women of Mystery... A New Discussion Group

If you enjoy mysteries, join us at the New Hartford Public Library on Saturday, April 27 at 11:00, as we learn more about those women writers who have mystified and puzzled readers with their stories of murder and mayhem – and sometimes a bit of wacky humor. Our topic for this session of Women of Mystery is Laughter and Larceny. Led by Janet Hoover, we will explore the writings of Joan Hess, Donna Andrews, Tamara Myers, and M.C. Beaton. If you enjoy their books come to learn more about them; if you have never heard of them come to discover new ideas for your reading list. Women of Mystery meets the fourth Saturday of each month and there is no assigned reading!

April Art on Display Frank Kolarits

Leonardo Da Vinci – 500 years

Display Case - April Carl Saporito

Black and white colorized photography

2019 Artists Needed To Display

The New Hartford Public Library has several months still available to exhibit your artwork in 2019. If you are interested in displaying your artwork, call the library at 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 1:30 -3:00. All supplies are included but space is limited. Please call 315-733-1535 to register.

Tai Chi Classes at the Library

Classes continue through May 9th. The Beginner Class meets from 10:00-11:00, and the Advanced Class meets from 11:15-12:15. No registration required.



Villains Vie for Foxwell Sly's Money

The ridiculously wealthy Foxwell J. Sly is the ultimate con artist, tricking everyone he meets into unwittingly doing his bidding, usually at the expense of their wallets.

“Sly Fox” is written by Larry Gelbart (*M*A*S*H*, *Oh God!*, *Tootsie*, *A Funny Thing Happened on the Way to the Forum*) and the Players of Utica production is directed by Stephen Wagner. The show runs from March 29 to April 7.

Sly has convinced everyone that he is dying, drawing all his greedy friends and associates into a battle for his inheritance: his shifty lawyer, Craven; the ancient money-lender, Crouch; the conniving accountant, Truckle; even his mistress, Miss Fancy.

But as the stakes grow higher, his righthand man, Able worries that their plans have gone too far.

In a nest of vipers and villains, who will emerge the heir apparent and escape with the gold?

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

Performance dates: March 29, 30, 31, April 4, 5, 6 at 7:30 p.m. and March 31 and April 7 at 2 p.m. Cast: Paul Boehlert (Foxwell J. Sly). Steven Handzel (Able). Mike D. Burke (Craven). Randy Fields (Crouch). Michael O'Brien (Truckle). Nicole Adamo (Miss Fancy). Alexis Carey (Mrs. Truckle). Craig Lockwood (Captain). Paul Hernon (Chief of Police). Rose Cirillo (Judge). Jennifer LaVine (Court Clerk/Servant). Leanne Handzel (Servant). Chuck Bastien (Policeman). James McNeil (Bailiff/Servant).

Ticket prices: \$20-Adults.\$17-Seniors.\$10-Students (with valid IDs)



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COMMUNITY NEWS

THE TOWN CRIER

5



Mohawk Valley Baseball HOF to Induct James LaFountain

The Mohawk Valley Baseball Hall of Fame is proud to announce that its second inductee to the Class of 2019 is James LaFountain, owner and operator of the All-American Fitness Center. The ceremony will take place at the Travel Lodge in Little Falls, NY on April 12, 2019. Former National League Most Valuable Player, George Foster, will be the keynote speaker.

LaFountain was an All-American for baseball and for academics at the University of Louisville and is a leading authority on health and fitness in Central New York. A graduate of John F. Kennedy High School in Utica in 1972 LaFountain excelled in football, basketball and baseball. After attending Mohawk Valley Community College, he went to the University of Louisville in 1974.

In 1975, LaFountain gave the Cardinal fan base a glimpse of what was to come. He led the team in batting average that season with a .326 clip and runs batted in with thirty-nine.

At Louisville, he had probably the greatest game ever at the collegiate level. On March 24, 1976, in a game against Western Kentucky, the Cardinal squad routed their opponent 24-6 in a five-inning game. In that contest, LaFountain went to bat four times and hit four home runs – three of which were grand slams, two in the same inning. He finished the game 4 for 4 with 4 runs scored and 14 runs batted in. He set all-time Louisville records for game production in that game with most grand slams in one inning, most home runs in a game (since tied), most runs batted in in a game, and most total bases amassed in a game with sixteen. In 1976 he was named a Second Team All-America, ABCA South Second Team, and a First Team

Academic All-American. He finished that season with 22 home runs, 84 runs batted in, and forty-eight walks, all of which led the team and landed him in the top ten career-wise at the university. Additionally, his 84 runs batted in led all of the NCAA that season.

“Jim is forever cemented in Louisville lore as a result of that amazing performance,” said Travis Heiser, owner and general manager of the Mohawk Valley DiamondDawgs who administer the Mohawk Valley Baseball Hall of Fame. “For that alone, he should be an inductee, but when one looks at the whole profile of Jim LaFountain, his inclusion in the MVBBHOF is long overdue.”

Considered an outstanding prospect for the Major Leagues, LaFountain played professionally in the Minnesota Twins’ organization in 1976 and 1977. He slugged 18 home runs and had 61 runs batted in to go with a .274 batting average in 98 games across two seasons, one in the Appalachian League and one in the California League. A nagging injury prevented him from playing in the Majors.

LaFountain returned to the Utica area and opened the All-American Fitness Center in New Hartford in 1981. Since then, he has lectured on fitness and conditioning at hospitals and colleges in the Utica area and published articles in magazines devoted to the field. LaFountain, commissioned a “Kentucky Colonel” by the Commonwealth of Kentucky in 1984, is a member of both the Louisville Cardinal Athletic Hall of Fame and the Greater Utica Sports Hall of Fame.

LaFountain joins Joe Milazzo as the second inductee into the 2019 Mohawk Valley Baseball Hall of Fame.

The event’s doors will open on April 12, at 5:30 P.M. for cocktails, autographs and silent auction with dinner and program following. Tickets cost \$40 per person and a table of 8 can be purchased for \$275.

To purchase a seat or table, please email Travis@mydiamonddawgs.com or contact team owner Travis Heiser at (315) 985-0692.

Stay tuned as we announce another inductee to the Mohawk Valley Baseball Hall of Fame next week by visiting our website www.mydiamonddawgs.com or by social media on Facebook and Twitter.



Sixth Annual “Best Ball” Golf Scramble with prizes Saturday June 15th, 2019

A benefit for the Make-A-Wish foundation/scholarship fund in honor of the memory of John D. Lloyd. The Make-A-Wish foundation granted John’s wish to meet Buffalo Bills Players CJ Spiller and Fred Jackson in December of 2013. Please help us to help them keep granting wishes.

At Twin Ponds Country Club, New York Mills. June 15th, 2019. T-Off at 10 AM. Dinner at 4PM. Ticket Prices: “Package Deal” includes 18 holes of golf, cart, lunch at turn, and dinner buffet/banquet, \$85 dollars each. Dinner/Banquet Only- \$20. Banquet will include raffles, door prizes, and Chinese/silent auctions. Sign ups have begun, call to reserve your spot. For questions or more info contact Kathy Lloyd 315-723-6545 or Sue Lloyd 315-723-7865.

The New Hartford Central School District's Art Department,
along with the PTA Council, presents:

The District Art Show/ Fine Arts Festival

Saturday, May 18th from 12:00-4:00PM

in the Senior High School gymnasium

Admission is free!

Art pieces will be on display from students throughout the District. There will be artwork exhibited from both the elementary and secondary levels. This event is an exceptional showcase of the many talented students from all five buildings and the art department. Snacks and refreshments will be served! Please stop by!



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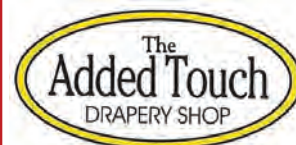
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8am-12:30pm at New Hartford Shopping Center
1-2:30 at Agway Parking Lot - Kirkland Road

Lady and Leap
Toy Shop

APRIL WEEKLY CLASSES/EVENTS
(sign up in store or online)

Baby Tadpole and Me
At Baby Tadpoles & Me you'll play, bond, and move with your baby or toddler. We will do fun songs, movements, art, and stories with your baby. **Mondays 10:30-11:00am** or **Saturdays 10:15-10:45am** (\$5.00) - Ages 6-15 months

Little Ladies and Leaps
Explore developmentally appropriate activities for your growing child. We will have a different theme each week that will work on fine motor skills, cooperative play, art projects, songs and stories. **Wednesdays 10:30-11:15am** or **Saturdays 11:00-11:45am** (\$7.00) - Ages 2 to 5

Lady and Leap Meetup - Every Tuesday
10:30-12 and 6-7:30pm- Come play and socialize -free, ½ price coffee

Tree Trolls and Their Secret Gifts
Author, Barry Cavanaugh, will be here Spring Break week to introduce his book and interactive display – **Sat. Apr. 13-Sat. Apr.20**

Yoga for Kids - Sundays Apr 14 and Apr 28, 1:00-1:30pm
\$5.00 - A short ½ hour session of stretching, breathing, and movement to music. Please bring a mat or towel.

Spring Break Fun
Mon 15th, Wed 17th and Fri 19th
Drop in crafts 12:30-7:30pm- \$5.00
Tues 16th and Thurs 18th
Lady and Leap Learning Retreat – 11am-2pm camp (Drop off kids ages 4-10 for crafts, games and pizza lunch - \$25.00)

Easter at Lady and Leap
Sat. April 20, 1-4pm
Free – Come see the Easter Bunny and participate in our Easter fun!

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Brodt Joins Team at Helen M. Sarandrea, Physical Therapy and Sports Care

Dr. Melissa Brodt, P.T., D.P.T., a Doctor of Physical Therapy, recently joined the team at

Helen M Sarandrea Physical Therapy and Sports Care. She graduated with a Doctorate of Physical Therapy from Utica College in 2009. She has worked in the outpatient setting for nearly 10 years. She also has experience as a Therapy Supervisor over numerous settings including long term care and subacute rehabilitation. Melissa has experience with orthopedic conditions in infants as young as 10 weeks old through geriatrics. She has extra training in office ergonomics, injury prevention and health and wellness. In addition, she has experience in pre-employment screening, strength training, conditioning, and competition.

Learn How to Make a Palm Cross

On Saturday, April 13th at 11:00 am, the Utica Public Library will offer “How to Make a Palm Cross.” This free class will teach participants how to create palm crosses for the holidays. The library will provide the supplies. To register, please call the library at 315-735-2279, or you may register online at uticapubliclibrary.org.

Annual Spring Rummage Sale

The Clinton United Methodist Women will hold their annual spring Rummage Sale at the church on Utica Road, Clinton, on Thursday, April 25, from 9 am to 6 pm. and on Friday, April 26, from 9 am to Noon. The usual assortment of good serviceable clothing and useful household goods will be available at reasonable prices.

The Adirondack Mountain Club Meeting

The Adirondack Mountain Club Iroquois Chapter will host it's annual open house on Tuesday April 2nd at 7pm. This meeting will be held at 1st Baptist Church, 7 Oxford Rd., New Hartford.

Information stations will be on display highlighting the following:

- Local, state and national hiking trails in our area.
 - A simulated campground setting
 - First Aid survival kits
 - Bear canister contents
 - ADK information and membership
 - ADK/Catskill mountain books and maps
- This meeting is free and open to the public.



HAPPY EASTER

Opening April 11th

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Easter Offerings

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VILLAGE OF NEW HARTFORD CURBSIDE JUNK COLLECTION

The following information pertains to **VILLAGE OF NEW HARTFORD** residents only and **does not include the TOWN OF NEW HARTFORD.**

For more detailed information refer to your Village Municipal Collection Flyer or call 315-724-0379 (DPW Garage) or 315-732-1147 (Village Office).

The **VILLAGE** of New Hartford will have a curbside junk pick-up on **May 13, 2019**. Materials must be at the curb by **6:00 a.m. on May 13th** and **sorted into separate piles as listed below:**

- Please note anything longer than 8' feet will NOT be collected.
- Collection limits for categories #1) Household Junk and #2) Sanitary Waste are each limited to a pile not to exceed 4' wide 8' long and 3' high.
 - 1) **Household Junk:** Lumber bundled, piled parallel with the roadway, roofing and plaster in containers weighing 60 lbs. or less, furniture without fabric, porcelain sinks and toilets, and storm windows;
 - 2) **Sanitary Waste:** clothes, bedding, stuffed furniture, hardcover books, empty paint cans with lids removed, and toys;
 - 3) **Metal:** major appliances and metal products;
 - 4) **Tires:** tires must be off rims and no larger than 16". No large truck or tractor tires.

The DPW will NOT accept:

- 1) Recyclable materials, lumber exceeding the limit stated above, and shingles not contained. For construction and demolition projects, please contact the Village DPW or a private waste hauler to make arrangements for a dumpster.
- 2) Propane cylinders, liquids, such as paints, thinners, waste oil, herbicides, and pesticides may be disposed of at the Oneida Herkimer County drop site per their collection schedule. For more information, call 315-733-1224.
- 3) Automotive Batteries - due to employee and environmental hazards, batteries may be returned to a redemption or recycling facility.

Your cooperation with sorting materials and observing these guidelines helps reduce costs and insures the continuation of this program.

VILLAGE OF NEW HARTFORD

WEEKLY GREEN WASTE AND LEAF COLLECTION SERVICE

Leaves, grass clippings, and brush will be collected every Wednesday from May through September. During this time, brush must be bundled, and leaves, grass, and trimmings must be contained in reusable cans.

From October 1st through November 15th leaves will be collected loose at the curb once weekly. Please keep leaves separate from brush pile.

- Plastic bags used for leaves and green waste will not be collected.
- Limbs must be under 12" in diameter and less than 6' long for collection.
- Please do not pile material in the roadway.

Compost is available free of charge while supplies last and can be picked up outside the Village hardfill dump located at the end of Graham Ave. Bring a shovel and containers.



Tad & Polly, Big Frog 104

Sample Local Restaurant Specialties & Support Hospice

The Hospice & Palliative Care Development Council is pleased to announce that tickets are now on sale for their Annual Epicurean Delight. This annual food tasting will be held at Hart’s Hill Inn in Whitesboro, on Sunday, April 28th from 5:00 - 8:00 p.m. Epicurean Delight is Hospice and Palliative Care, Inc.’s most delicious fundraiser featuring 28 area restaurants, great entertainment, a raffle, a live auction and new this year an online auction.

Tad Pole & Polly Wogg, Big Frog 104 Radio Personalities, will join us again as the Honorary Chair Couple for the event. “We feel privileged to be the Honorary Chair Couple for the 2019 Epicurean Delight. Please join us April 28th at Hart’s Hill Inn for a sampling from CNY’s best restaurants. It’s a wonderful event and it all benefits a very worthy and needed cause”, stated Polly Wogg.

Honorary Restaurants for 2019 are A Moveable Feast, Hart’s Hill Inn, and The Savoy. Guests will once again be able to vote for the People’s Choice Restaurant. Delta Lake Inn of Rome, the 2018 People’s Choice Restaurant, will be back this year to defend their title.

Tickets for the event are \$40 per person and are on sale now. To make a reservation, see a list of participating restaurants and sponsors or to learn more go to www.hospicecareinc.org. To donate gift certificates, prizes or a raffle basket to the raffle or auctions please call 735-6487 ext. 1004.

Hospice provides quality, compassionate care to those suffering from a chronic or end stage illness and their families, serving residents of Oneida, Herkimer & Easter Madison Counties regardless of their ability to pay.

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NH Home Games

**subject to change without notice*

4/02 - Lacrosse: Boys Varsity Non-League4:30pm vs. Westhill Central @ NHHS Turf

4/05 - Lacrosse: Girls Varsity Game - 4:15pm vs. Whitesboro @ NHHS Turf

4/05 - Lacrosse: Girls JV Game - 6:00pm vs. Whitesboro @ NHHS Turf

4/06 - Lacrosse: Boys Varsity Non-League - 11:00am vs. Tully Junior Senior @ NHHS Turf

4/06 - Lacrosse: Boys JV Non-League - 1:00pm vs. Tully Junior Senior @ NHHS Turf

4/08 - Tennis: Boys Varsity Game - 3:30pm vs. Vernon-Verona-Sherrill @ NH Tennis Courts

4/08 - Golf: Boys Varsity Game - 3:30pm vs. Vernon-Verona-Sherrill @ NH

4/08 - Softball: JV Game - 4:30pm vs. VVS @ Washington Mills Field #2

4/08 - Softball: Varsity Game - 4:30pm vs. VVS @ Washington Mills Field #1

4/08 - Lacrosse: Boys JV Non-League - 5:00pm vs. General Brown@ Perry JH

4/09 - Baseball: Varsity Game - 4:30pm vs. Utica Proctor @ NHHS

4/10 - Golf: Girls Varsity Game - 3:30pm vs. Utica Proctor @ NH

4/10 - Track & Field: Boys Varsity Game - 4:00pm vs. Camden @ NH

4/10 - Softball: JV Non-League - 4:30pm vs. Oneida @ Washington Mills Field #2

4/11 - Baseball: JV Game - 4:30pm vs. Oneida @ NHHS

4/12 - Golf: Girls Varsity Game - 3:30pm vs. Oneida @ NH

4/12 - Baseball: Varsity Game - 4:30pm vs. Vernon-Verona-Sherrill @ NHHS

4/13 - Lacrosse: Boys Varsity Non-League - 11:00am vs. East Syracuse – Minoa @ NHHS Turf

4/13 - Lacrosse: Boys JV Non-League - 1:00pm vs. East Syracuse – Minoa @ NHHS Turf

4/15 - Baseball: Varsity Non-League - 4:30pm vs. Oswego City School District @ NH

4/16 - Track & Field: Boys Varsity Tournament - 12:00pm - Camden, Central Valley Academy, Oneida, Rome Free Academy, Utica Proctor, Vernon-Verona-Sherrill, Whitesboro, New Hartford

4/18 - Baseball: Varsity Non-League - 4:30pm vs. Holland Patent Central @ NH

4/19 - Baseball: JV Non-League - 4:30pm vs. Vernon-Verona-Sherrill @ NH

4/22 - Golf: Boys Varsity Game - 3:30pm vs. Whitesboro @ NH

4/22 - Tennis: Boys Varsity Game - 3:30pm vs. Whitesboro @ NH Tennis Courts

4/22 - Softball: Varsity Game - 4:30pm vs. Whitesboro @ Washington Mills Field #1

4/22 - Baseball: Varsity Game - 4:30pm vs. Whitesboro @ NH

4/22 - Softball: JV Game - 4:30pm vs. Whitesboro @ Washington Mills Field #2

4/23 - Lacrosse: Boys Varsity Game - 4:15pm vs. Utica Proctor @ NHHS Turf

4/23 - Baseball: JV Game - 4:30pm vs. Utica Notre Dame @ NH

4/23 - Lacrosse: Girls Modified Game - 5:00pm vs. RFA @ Myles

4/24 - Golf: Girls Varsity Game - 3:30pm vs. Utica Notre Dame @ NH

4/24 - Track & Field: Girls Varsity Game - 4:00pm vs. Whitesboro @ NH

4/25 - Lacrosse: Girls Varsity Game - 4:15pm vs. Clinton @ NHHS Turf

4/25 - Baseball: JV Game - 4:30pm vs. RFA @ NHHS

4/25 - Lacrosse: Girls JV Game - 6:00pm vs. Clinton @ NHHS Turf

4/26 - Golf: Girls Varsity Game - 3:30pm vs. RFA @ NH

4/26 - Baseball: Varsity Non-League - 7pm vs. Camden @ Delutis Field Stop-DWI Classic

4/27 - Lacrosse: Girls Varsity Game - 4:15pm vs. Rome Free Academy @ NHHS Turf

4/27 - Lacrosse: Girls JV Game - 6:00pm vs. Rome Free Academy @ NHHS Turf

4/29 - Lacrosse: Girls Varsity Game - 4:15pm vs. Central Valley Academy @ NHHS Turf

4/29 - Softball: Modified Game - 4:30pm vs. John F. Kennedy @ Perry JH Softball field

4/29 - Baseball: Modified Game - 4:30pm vs. John F. Kennedy @ Perry JH

4/29 - Softball: Varsity Non-League - 5pm vs. Fayetteville-Manlius @ Washington Mills Field #1

4/30 - Lacrosse: Boys Modified Game - 4:15pm vs. RFA Orange @ Perry JH

4/30 - Lacrosse: Girls Modified Game - 4:15pm vs. Clinton @ Myles Field

4/30 - Baseball: Varsity Non-League - 7:00pm vs. Cicero-N Syr @ NBT Bank Stadium - ALS Classic



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Bag Sale at 1:30

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School Board Seats Open

There are two (2) five-year positions open for election on Tuesday, May 21, 2019. The Board candidates receiving the highest number of votes will receive the five-year positions currently held by Pamela King and James Stephens.

Nominating petitions may be picked up at the district office, located at the Bradley Elementary School, from 9:00 a.m. to 4:00 p.m. Petitions may also be found on the district’s website at www.newhartfordschools.org. There must be at least 25 signatures of qualified voters on the petition. The name on the ballot will be printed as it appears on the nominating petition.

Petitions must be filed with the Board Clerk, Betty Heil, no later than Monday, April 22, 2019. Petitions must be filed at the New Hartford Central School District Office between 9:00 a.m. and 5:00 p.m.

Scholarships Available for Nurses and Respiratory Therapists

The Eight and Forty Organization offers scholarships to nurses and respiratory therapists who want to take advanted training in the fields of lung and respiratory diseases. The one time scholarship is \$3,000. Applications may be obtained from the organization’s website: www.8and40.org or you may write to our headquarters office: PO Box 1108, Lake Dallas, TX 75065-1108. The deadline for the receipt of completed application into National Headquarters is May 15, 2019.



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APRIL
2019

SCHOOL NEWS

THE TOWN CRIER

11



Farmer Named to Dean's List

Noah Farmer, son of Paul and Lisa Farmer, has been named to the Dean's List for the Fall 2018 semester at SUNY College at Cortland. Noah is majoring in Exercise Science. He is a 2016 graduate of New Hartford Senior High.



Paul Circelli Sets NYS Powerlifting Records

Paul Circelli, age 15, competed in a USA Powerlifting competition on February 16, 2019. Circelli shattered the Teen 1 division records with a squat of 425 lbs, deadlift of 419 lbs, and total weight of 1,075 lbs. He is currently ranked ninth in the country for his weight class.



THREE LITTLE BOYS GRUFF PRESENTS

2nd Annual Spring Fling Craft Show

New Hartford Rec Center
4 Mill Street, New Hartford
Saturday, May 11, 2019
10 - 5
\$2 admission
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Understanding Alzheimer's and Dementia

On Monday, April 8th, at 5:30 pm, the Utica Public Library will host the Alzheimer's Association as they present "Understanding Alzheimer's and Dementia" in the library gallery. This program will examine the impact of Alzheimer's, the difference between Alzheimer's and Dementia, stages and risks, and current research and resources. The purpose is to provide accurate information that is essential to everyone. This lecture is free to the public. Registration is required. To register, please call 315-617-4025, ext. 100. Registration should be done at least 5 days before the program date. (registration is currently open).



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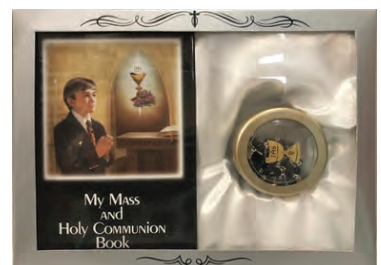
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14 THE TOWN CRIER

WHEELCHAIR BASKETBALL

APRIL 2019



Sitrin STARS athletes posed with local celebrity players following the 2018 Celebrity Classic Wheelchair Basketball Game.

Sitrin Hits the Court for Celebrity Wheelchair Basketball

Start the game clock! Sitrin Health Care Center’s Celebrity Classic Wheelchair Basketball is back for its 17th consecutive year.

On Thursday, April 11 at 6:30 p.m., head out to the Utica College Clark Athletic Center and grab a seat courtside. Watch the fast-paced action as local celebrities go chair-to-chair with Sitrin’s STARS (Success Through Adaptive Recreation and Sports) athletes.

Don’t miss this year’s new celebrity addition: actor/producer/director Daniel Baldwin.

Coming from one of Hollywood’s most famous families, Baldwin and his three brothers, Alec, Billy, and Stephen, all pursued acting. Baldwin’s resume includes big-budget blockbusters, including “Born on the Fourth of July” and “Mullholland Falls.” He also had a starring role on television’s iconic police drama, “Homicide: Life on the Streets,” and guest roles on popular hits, including “Family Ties,” “The Sopranos,” and “Hawaii Five-0.”

Currently, Baldwin has moved back to his home state and has settled in the Syracuse area, where he hosts his own radio show, “The Daniel Baldwin Show,” on ESPN radio. As an avid sports fan, Sitrin is proud to welcome him to the celebrity wheelchair basketball team. Baldwin will join other fan favorites, including *Syracuse University basketball stars, ESPN radio personality, Rainman, local news anchor, Kristen Copeland, Senator Joseph Griffo, Assemblywoman Marianne Buttenschon, Oneida County Executive Anthony Picente, Utica Mayor Robert Palmieri, Oneida County Sheriff Rob Maciol, and Alex Carbone, among others.

Sitrin’s STARS team also features notable celebrities, including three-time Paralympian, Jimmy “Jam” Joseph, two-time Miami Marathon winner, Hermin Garic, and 2017 National Junior Athlete of the Year, Jason Robinson.

“Each year, this event gets more exciting as we showcase the talents of STARS athletes on the court,” said Marc DePerno, director of the STARS program. “We are also grateful to our sponsors for their support, which enables us to continue to provide sporting opportunities to individuals with physical disabilities.”

During the game, event goers can take part in the action. At halftime, two lucky audience members will compete in a three-point shoot-off against *Syracuse University basketball players. In addition, spectators can score free autographs from celebrity headliners during the second half of the game.

Game tickets are \$10 for adults, \$5 for students, and free for children five years of age and under. Proceeds will benefit the Sitrin STARS program, which provides adaptive recreational and competitive sports such as wheelchair curling, paddling, wheelchair road racing, archery, biathlon, wheelchair basketball, and adaptive air rifle shooting. Sitrin is a recognized United States Paralympic Sport Club, and many STARS athletes have competed in Paralympic-level sports, representing Team USA throughout the world.

Presenting sponsor of the 17th Annual Sitrin Celebrity Classic Wheelchair Basketball Game is Fust Charles Chambers LLP. Additional sponsors are The Fountainhead Group, The Hartford, Carbone Athletics at the Fitness Mill, Superior Plus Energy Services, Symeon’s Restaurant, Advanced Tool, Inc., Utica College, Human Technologies Corporation, and WKTV News Channel 2.

For more information, call (315) 737-2459 or find us on Facebook @SitrinHealthCareCenter.

**At the time this article was written, Syracuse University Men’s Basketball was still in progress, preventing confirmation of player(s) participating in the 17th Annual Sitrin Celebrity Classic Wheelchair Basketball Game. Kindly refer to Sitrin’s website (sitrin.com) or Facebook page for updated information.*





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Call for Farmers & Vendors

The Farmers Market Committee is seeking farmers and vendors to participate in our 2019 Farmers Market in New Hartford. Please go to NewHartfordChamber.com and complete the online application or call Committee Chair, Nathalie Nerber at 797-7300.



Business Training: Email Marketing 101

Wednesday April 17th 4:00pm - 6:00pm
Hampton Inn & Suites New Hartford

Learn how to design and launch an email marketing campaign in one day. Participants are encouraged to bring a laptop and follow along this live demonstration that will demonstrate how to build a template, how to build a contact list and how to create content to effectively communicate with leads, prospects, customers and volunteers. Attendees will see a side-by-side comparison of Constant Contact and Mailchimp, two of the leading email marketing platforms. Please register at www.NewHartfordChamber.com or call 796-1520.

Chamber Business training sessions are brought to you by our Business Training Committee, Mohawk Valley Small Business Development Center, The Women's Business Center of NYS and SCORE Utica.

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THE TOWN CRIER

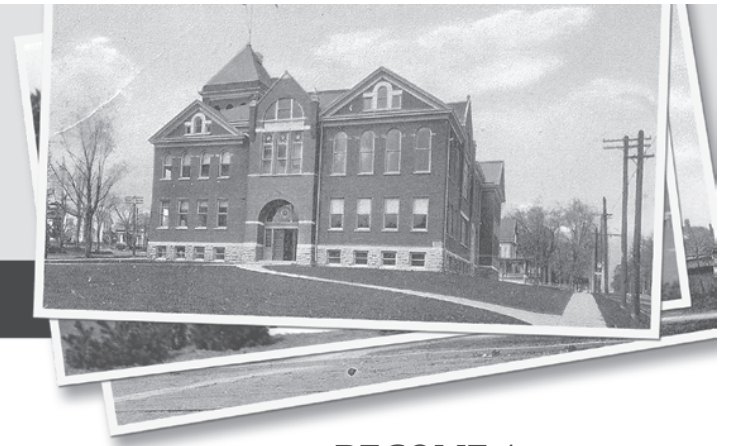
HISTORICAL SOCIETY NEWS

APRIL
2019

NEW HARTFORD PAST TIMES

APRIL 2019

NEW HARTFORD HISTORICAL SOCIETY



James F. Spellman

September 18, 1936 ~ February 6, 2019

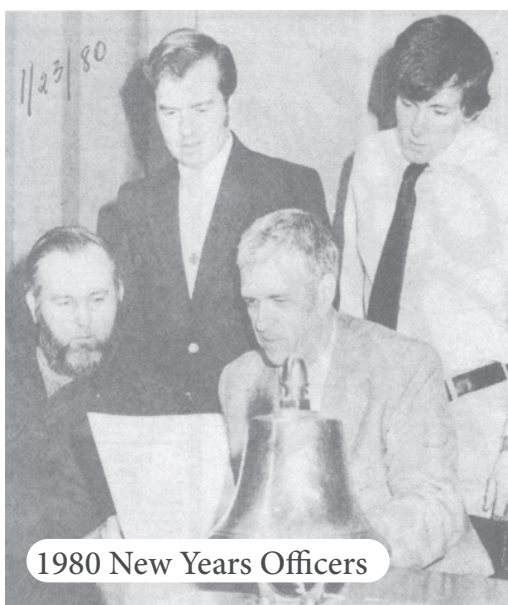
Remembering Jim Spellman

former society board member
and long-time contributor to
our community.

Jim joined the New Hartford Fire Department in 1970 and served over 48 years. Jim was very active early on within the department first becoming Assistant Treasurer in 1973, serving through 1975, and then Treasurer for 1976. He then served as President from 1977 through 1979. He would then again be elected Treasurer in 1980 and serve in that capacity for the next 30 years! Jim was beginning his 9th straight year as Assistant Treasurer at the time of his passing. One of Jim's proudest memories was when the department awarded him their "Iron Man" award for 2006.

Jim retired as a Senior Vice President with former Homestead Savings after a long and distinguished career. He served as a board member for the New Hartford Historical Society, was a long-time member of the Village Planning Board and a Police Commissioner for the Town of New Hartford.

Jim married the former Mary Eileen Gavin. Their loving union of over 56 years gave them 4 children and 7 cherished grand-children.



1980 New Years Officers



1973 Fire Department Banquet



1976 Benevolent Officers



Fire Department Family Picnic

BECOME A MEMBER!

Please stop in to visit us and consider becoming a member. Membership fees are \$12 Individual, \$17 Family, \$2 Students and \$50 for Corporate members. The Historical Society is a non-profit, tax deductible organization.

Planning a Class Reunion?

Make the Historical Society Museum a part of your itinerary! Schedule the Saturday of your reunion for your group to explore our collection of yearbooks, scrap books, local relics and photos. Look up your New Hartford home!

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APRIL
2019

COMMUNITY NEWS

THE TOWN CRIER 17



Stop and Smell the Roses

Submitted by: MaryJo Timpano

With spring just around the corner, opportunities to “stop and smell the roses” are everywhere. The warmth, colors and fragrances of a new season are becoming visible little by little. We can enjoy more hours of daylight, shed the layers and get outside. At the same time there is an awakening of our body, mind and spirit that is perfectly in sync with the change of seasons. Miraculously we feel more energized, and in some cases commit to take better care of ourselves. Decisions to make healthier food choices, add movement to our day, and connect with family and friends are just as much a sign of spring as flowers blooming. But how often do we really stop and smell the roses? How many times do we run right past them, barely seeing let alone smelling them?

Mindfulness is defined as being fully present and aware of where we are and what we’re doing. The concept is not new. But what is new, is our understanding of the vast benefits that stretch far beyond feeling calm and relaxed. The science of mindfulness and the latest research point to countless benefits for our physical, emotional, social, and spiritual well-being. At the physical level, practicing mindfulness can lower inflammation, improve pain tolerance, and reduce the risks of developing chronic diseases like high blood pressure, heart disease and obesity. Research on successful aging suggests that our telomeres-caps of DNA at the ends of chromosomes that protect cells from aging- can be protected and lengthened with mindfulness, meditation, exercise and a healthy diet.

Mindfulness also gives us a mental edge. It gives us the ability to regulate our emotions and have a more positive outlook. Regularly practicing mindfulness can reduce stress, anxiety, depression and improve sleep. Engaging in active awareness of the present moment

allows us to experience life in the here and now and helps us cultivate health and happiness. In a culture where multi-tasking seems to be the norm, how do we do this? We can start with one rose at a time!

“Wherever You Are-Be There”-Jim Elliot

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 older adults each day throughout our continuum, which includes Home Care, Independent Living and Assisted Living, to Rehabilitation, Skilled Nursing, Wellness Center 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. She is a RYT-200.

Spend a Day in the Finger Lakes

The Seed and Weed Garden Club is hosting a one day bus trip to the Finger Lakes Region on Monday, June 18.

The day will begin with a guided tour of the Willard Memorial Chapel, which is an extremely rare example of the work of the Tiffany Glass and Decoration Company and is the only complete and unaltered Tiffany chapel known to exist. The interior of the chapel was designed and handcrafted entirely by Tiffany in 1892.

Lunch and a wine tasting will take place at Knapp Winery and Vineyard Restaurant on the west side of Cayuga Lake in the heart of the Finger Lakes region. Located steps away from the tasting room, the restaurant opens to an outdoor patio shaded by a trellis of grape vines that looks west to the estate vineyards. Visit our website seedandweedgc.weebly.com for lunch choices.

The afternoon will be spent at Cornell Botanic Gardens and the award-winning “green” certified Nevin Welcome Center.

The cost of the trip is \$105.00 and includes transportation, the chapel tour, lunch, winetasting, entrance to the Cornell Botanic Gardens and all gratuities. The bus departs from the New Hartford Shopping Center and also Thruway Exit 33. For information and reservations call 315-797-2422 or visit the website seedandweedgc.weebly.com

Seed and Weed Garden Club is a community-based club affiliated with the National Garden Club and the Federated Garden Clubs of New York State. The club maintains a garden at Sherrill Brook Park (behind the former office). The club gives scholarships each year for DEC Conservation students and supports local botanical gardens. New members are always welcome.

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RPEA News

The Retired Public Employees Association, Inc. of the Mohawk Valley Chapter will be holding their membership meeting on Thursday, April 11th. It will be held at The Holiday Inn, Burrstone Road, Utica. The cost is \$9.50 per person. Registration begins at 8:10am. Breakfast, buffet style will begin at 9am. The Guest Speaker, Mark Wolber, Attorney, will speak at 10am. He will cover the topics of: Health Care Proxy, Durable Power of Attorney, Ways to Avoid Probate, Eligibility for Medicaid and Nursing Home Care. The Membership meeting will begin at 11am. Door prizes will be awarded during the meeting. Please invite a friend, and also please bring an item for our Food Pantry. Mail a check to: Flo Wilson, 24 Old Boorne Drive, Apt 133, Clinton, NY 13323-1385. RSVP by April 4th. If you have any questions, please call Flo at 315-381-3239.

The RPEA of Mohawk Valley Chapter will be hosting a Pre-retirement Seminar on Monday, April 15th from 4:30-8:30om at the North Utica Senior Center, 50 Riverside Drive, Utica. The Seminar is for anyone preparing to retire from Public or State service. The speaker will be a knowledgeable representative from the New York State Comptroller's Office. To register, please send your name, address, phone number, job title and name of your municipality where employed to: mail@rpea.org or call 1-800-726-7732. The cost is \$15/per person, to be collected at the door. Cost includes the seminar, materials, a light meal, beverage and a one year membership to RPEA, the only NY State organization that works strictly for retirees.

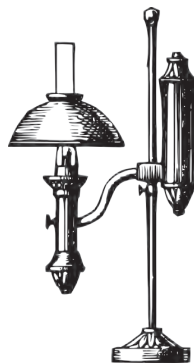
18 THE TOWN CRIER

ANTIQUE TALK

APRIL
2019



Victor J. Fariello Jr.



The Questers is an organization for individuals interested in antiques and collectibles and the promotion of preservation efforts.

Officers are President: Victor Fariello; Vice President: Sandra Rooney; Secretary: Phyllis Wilkinson; and Treasurer: Chris Wolber.

The next meeting will be on Monday, May 6 at 6:30 pm at the New Hartford Library. If you want to check us out, please email me a vjfariello@gmail.com for further information. You can learn more about The Questers at www.questers1944.org.

Antique Talk

New Hartford resident Robert Failing, Charter Member of the J. Schoolcraft Sherman #1519 Chapter of The Questers demonstrates his antique Singer sewing machine at a recent meeting of the organization.

Another Great Antiquefest!

Kudos to Jerry Dischiavo of Vintage Furnishings on another great Antiquefest held January 26-27 at The Stanley. There was a lot of variety from quality dealers and for the most part, things were priced to sell. This event continues to be the premier antique show in the area and just gets better every year. Keep up the good work Jerry! You can contact Jerry at vintage337@aol.com.

Questers Chapter

The newly formed J. Schoolcraft Sherman #1519 Chapter of The Questers welcomed new member Elaine Montrose at its February meeting held at the NH Library. The Chapter received its charter from Questers International recently. Also at our February meeting, Charter Member Robert Failing gave a presentation on "The Singer Featherweight Sewing Machine."



Support New Hartford Historical Society

If you're not a member yet, why not do so now. 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 important organization is a great community asset and deserves our support.

Happy Collecting!

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 the Charter President of the J. Schoolcraft Sherman 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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APRIL
2019

COMMUNITY NEWS

THE TOWN CRIER 19



Door Security

Submitted by New Hartford Safe & Lock Co; 52 Campion Rd. New Hartford, 315-922-7809, www.nhsafelock.com

In our last two articles, you read about high security locks, what they offer, and some different available brands. This month, we're going to discuss how to increase the security of the most vulnerable part of your home or business; the doors. Doors obviously come in many shapes, sizes, thicknesses, and materials. The most common residential doors are wood or fiberglass. Most homes have at least one fire door, which is a rated metal (steel) door that is usually found between the garage and first floor of the home. Doors also come prepped for various hardware options, including knobs or levers, deadbolts, mortise locks, or exit devices. Let's start off with the doors in your home. Whether they are wood, steel, or fiberglass, if they are exterior doors, they should be dead bolted. If you door does not currently have a deadbolt on it, one can be installed




NEW HARTFORD

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fairly easily, and you'll be glad you have it that same night. Exterior doors, especially those that are in-swinging, should also have reinforced strike plates. This means that the metal plate that the bolt inserts into on the door jamb should have three inch screws so that they reach the framing of the house. This makes the door very difficult to kick in. Another part of your doors that are susceptible to attack are the hinges. Hinges only come in few styles, primarily in size, finish, and function. There are spring loaded hinges, which you should find on that fire door in the garage, regular free swinging hinges, and security hinges. Most residential hinges are equipped with a security tab that in the event that somebody pops the hinge pin out, it keeps the door from being removed from its closed position. Some doors may require specialty security hardware to prevent additional types of attacks, like deadbolt sawing, latch slipping, or prying. These hardware items include latch protectors, which block

the gap between the door's edge and jamb so that it is inaccessible to saws and other burglary tools. With a properly installed latch strike plate, nobody should be able to "jimmy" your door open with a screwdriver or credit card. We also can sell and install stainless steel wrap around plates that are meant to sandwich the lock to your door and prevent it from splitting during attacks. Multiple deadbolts could also be installed on a single door, even ones that are single-sided and will only show on the inside. Some people also like the feeling of having auxiliary slide locks or bolts on their doors, in addition to deadbolts and knobs. While we do not recommend security chains, we can also install those. Another feature of a secure door is a double cylinder deadbolt. This means that you need a key to lock or unlock the deadbolt from either side of the door. This is however a safety issue, and we only recommend using a double cylinder deadbolt while the building is vacant. Call us today for a free security evaluation, where we will walk through your home or business and point out weak spots for you. Next month, we'll touch on gun safes, and how important their place is in the gun owner's home or business.

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NHFD News

Your New Hartford Volunteer Fire Department responded to 85 calls during the month of February 2019. The monthly call report is listed below by category.



Fires	=	3
EMS	=	53
Hazardous	=	4
Service Type	=	11
Good Intent	=	5
Other Alarms	=	9
Weather Related	=	0
Other	=	0

Total Calls for the Month of February 2019 = 85.
This brings the total number of calls year to date to 181.

Some of the calls listed above - such as Fires, EMS, and Hazardous - are self-explanatory. Others such as Service, Good Intent and Other Alarms are not. Service Calls includes water or animal problems, public assistance or standbys. Good Intent refers to responding but did not find anything or canceled in route. Other alarms include explosions, carbon monoxide, smoke or sprinkler detector activations.

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

NHFD EMS Program – What it Means to Our Community

The New Hartford community should be proud of their New Hartford Volunteer Fire Department and the professionalism of its members. Sometimes we take for granted the time and effort these individuals spend serving our community, protecting lives and property. Such is the case of the NHFD EMS (Emergency Medical Services) and the EMTs (Emergency Medical Technicians) program.

One of the busiest departments within Oneida County, your New Hartford Volunteer Fire Department, has a current active membership of over 105 of which 22 are involved in the EMT program. Of the 22 individuals, 18 are certified EMTs who have taken the time to complete the basic EMT program and who continue to attend refresher classes on a regular basis. Today, two of these individuals have furthered their education and became paramedics and two are certified Critical Care Technicians. In addition, the department has one member who is a full-time flight paramedic. The department currently has three of its members enrolled in EMT classes and one individual is taking the paramedic class.

Providing excellent care is the mission of those involved in the fire service and the EMS program. The intense New York State Basic EMT course consists of 185 hours of initial training that includes class time, lab time, and clinical time. To receive their EMS status, they must pass a two-part (practical and written) exam. The cost can average around \$ 650 per individual. To achieve one's Critical Care Technician status, an individual must complete over 400 hours of classroom and clinical time in addition to preceptorship with another Paramedic on an ambulance. For an individual

to achieve Paramedic status, he or she must complete over 1300 hours of training, including clinical hours in hospitals and ride along preceptorship with another Paramedic on an ambulance. Once certified, these individuals must continue taking refresher courses in order to keep their EMT status current. To become a Paramedic, including the continuing education, can cost on average over \$5,000.

According to NHFD assistant Chief James Monahan, “training has become much more demanding for EMTs as well as staying current with today’s technology, skills, and protocols. Knowing the requirements to maintain EMS status, NHFD participates in the online recertification program through New York State.

NHFD provides EMS training on a variety of different topics and current trends at least once a month in order to provide constant training, including updates in new protocols and equipment. Providing monthly education and training provides continuing education hours for the EMT’s to recertify every three years with New York State to maintain their certification.

One of the most recent changes we have seen this past year is the limited use of backboards in patients who have been involved in an MVA or sustained injuries from a traumatic injury. Most patients will not be placed on backboards any longer. The new protocol now only applies a cervical collar on the patient with neck injuries or complaints of neck discomfort from an injury.

Your NHFD responded to 1,095 calls in 2018 of which 522 or 48% were EMS related.

In an effort to continue to protect our community and its citizens, the department has purchased a number of AEDs (Automated External Defibrillators) for the department’s EMTs to have in their own private vehicles so they can respond directly to the scene of a Medical Emergency. Early CPR and defibrillation are key to saving the life of a patient in Cardiac Arrest. These AED’s have been distributed to responders who live throughout the town to provide a quick response with an AED. The AEDs have been used numerous times to treat cardiac arrest victims.

The department has two light rescues with state of the art Advanced Life Support equipment to care for any type of patients.

In addition NHFD also provides EMS standbys for events within our community including The Ride for Missing Children, America’s Greatest Heart Run and Walk, The Boilermaker and numerous events through the year within the fire district. During the summer months, NHFD also has a EMS bike team that is able to respond quickly to calls where a rescue may be slow due to crowds or road closures.

Programs such as this provide another example of how the Volunteer Fire/EMS (including your NHFD) saves the taxpayers millions of dollars each year.

Please visit www.NHFD.com for additional department information.

NHFD Prepares for RECRUIT NY 2019 on April 27, 2019

The New Hartford Volunteer Fire Department will participate in this year’s 2019 RECRUIT NY Open House program designed to introduce potential new members to the fire service. Not only will RecruitNY be an opportunity to highlight the rewards and responsibilities that come with being a volunteer firefighter, it will also raise public awareness about the need for volunteers.

The NHFD Open House will be held on Saturday, April 27, 2019 from 10AM to 2PM at the fire station.

This is the 8th year that New Hartford has participated in this annual program which began in 2011.

Over 600 departments from every county across New York State participate in this program each year. According to a recent FASNY (Firemen’s Association of New York) report “this program has increased the volunteer ranks by more than 25,000 this decade.”

“Our program at the New Hartford Fire Department is designed to educate potential members on what it takes to be a volunteer firefighter in our community. This is an excellent opportunity for people to meet their local volunteer firefighters and learn a bit more about the fire service. Volunteer firefighters are everyday heroes who dedicate their spare time to helping people in their times of need. We are always looking for new members who have the time and passion to learn new skills and be part of the NHFD team. It is our hope that after seeing the incredible camaraderie of the firehouse up close, more people will be interested in becoming a part of our very special family,” stated Assistant Chief and this year’s Department Chairman Richard Alexander.

There will be station tours, apparatus and equipment displays, CPR and AED information, hands on demonstrations and fire extinguisher training.

Throughout the day, NHFD members will conduct tours of the station and firefighter apparatus, allow visitors to try on firefighter gear, and provide activities and fascinating informational opportunities throughout the firehouse for visitors. The fire department will discuss the requirements to be a volunteer as well as conduct demonstrations, answer questions, and let visitors know how to get involved in the fire departments. This program affords us the opportunity to show our community what we do and what we have to offer. The past several years have been challenging for volunteer fire departments across New York State, as many are struggling with decreased membership and increased call volume. Like most volunteer fire departments, we need to bolster its ranks so it can continue to provide the optimum and necessary level of protection for its residents.

Over the years, FASNY has worked exceptionally hard to build and deploy a multi-tiered plan for helping New York State’s 1,700-plus volunteer fire departments recruit more than 25,000 new volunteer firefighters across the state by utilizing federal SAFER grant funds for programs including the “Fire in You” advertising campaign, FASNY HELP community college tuition reimbursement program and recruitment training classes.

Established in 2011, RecruitNY is a joint undertaking by the Firemen’s Association of the State of New York (FASNY), the New York State Association of Fire Chiefs (NYSAFC), Association of Fire Districts of New York State, Volunteer Fire Police Association of the State of New York, and County Fire Coordinators Association of the State of New York.


For area residents looking for more information please visit www.recruitny.org or www.nhfd.com.



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THE TOWN CRIER

SENIOR NEWS


APRIL
2019

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



New Hartford Adult Dining & Activity Center

1 Sherman St.



24 Hour Notice Required for Reservations

12:00 Noon is the deadline

Therapeutic Diet Available

Monday	Tuesday	Wednesday	Thursday	Friday
1 Kielbasa 10:30 Knitting/Crocheting 11:00 Aerobics Low Impact 1:00 Sr. Theater Prod.	2 Pork Chopette 10:00 Bridge, /Computer /Canasta 11:15 Entertainment	3 Lasagna Roll Up 11:00 Outreach Worker	4 BBQ Chicken 10:00 Canasta 10:00 Chair Zumba	5 Tuna Noodle Cass 10:00 Bridge 11:00 Aerobics
8 Salisbury Steak 10:30 Knitting/Crocheting 11:00 Aerobics Low Impact 1:00 Sr. Theater Prod.	9 Mexican Chicken 10:00 Bridge, /Computer /Canasta 11:15 Entertainment	10 Shepherds Pie	11 Beef Frank Veg Soup 10:00 Canasta 10:00 Chair Zumba	12 Macaroni/Cheese 10:00 Bridge 11:00 Aerobics
15 Chicken Parm 10:30 Knitting/Crocheting 11:00 Aerobics Low Impact 1:00 Sr. Theater Prod.	16 Sausage / Peppers 10:00 Bridge/Computer /Canasta 11:15 Entertainment	17 Meatloaf/Gravy	18 Sliced Ham 10:00 Canasta 10:00 Chair Zumba EASTER DINNER	19 CLOSED GOOD FRIDAY HAPPY EASTER
22 BBQ Ribs 10:30 Knitting/Crocheting 11:00 Aerobics Low Impact 1:00 Sr. Theater Prod.	23 Swedish Meatballs 10:00 Bridge/Computer Canasta 11:15 Entertainment	24 Ham/ Scalloped Potatoes	25 Turkey Sandwich 10:00 Canasta 10:00 Chair Zumba	26 Chicken Ala King 10:00 Bridge 11:00 Aerobics
29 Rigatoni / Meatballs 10:30 Knitting/Crocheting 11:00 Aerobics Low Impact	30 Chili 10:00 Bridge/Computer/ Canasta 11:15 Entertainment	May 2 Chicken BBQ At St Johns Parking Lot Starting At 3:00 P. M.		

Senior Center News

February and March were very busy months for us with the heart walk in honor of Eileen's husband, Jim who passed away this year. We missed her walking with us as she is still recuperating from her surgery . Thank you to all for the calls and cards to boost her morale. She misses the center as much as we miss her. Hopefully she's back soon.

We want to thank all the 1st responders and everyone who helped make our St.Patricks day celebration a success. This was a big day for all and we enjoyed the songs and dance of the Bradley elementary school third graders. Thank you to all my Volunteers and co workers who helped me so much and made it special also.

Our Easter lunch will be Thursday, April 18th with the seniors band playing and holding an Easter hat parade contest. Please join us at the new town hall as we hope to be moved there in April. You can call our same number for lunch reservations or to find out if we have moved in.

The annual chicken BBQ will be held May 2nd, at the St. Johns Church parking lot corner of Oxford road. The proceeds go to Boces prom to thank them for all their help at our center this year.

Thank you to the St. Elizabeth Nurses for the programs for the seniors and for volunteering their help in the kitchen and on the computer.

Watch for our May calendar as we have two very important days to celebrate. Our volunteer recognition luncheon and Mother's day. Submitted by Marge Anweiler, kitchen site manager

Heart Run Walkers at Sangertown Square

St. Patrick's Day Celebration at the Senior Center

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THE TOWN CRIER

COMMUNITY NEWS

APRIL
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2019 Women of the Year Dinner - April 2nd

The Mohawk Valley Chapter of NYS Women Inc. will host its 2019 Women of the Year awards dinner on Tuesday, April 2, 6 pm, at Daniele’s Banquet Specialists, Seneca Turnpike, New Hartford.


The event follows up Women’s History Month to honor exemplary female leaders in Mohawk Valley business, professional and community activities.

This year’s honorees are Robin Bridson, Theresa Daniels, Shirley Hilts-Adams, Teresa Huggins, Susan Palmieri, Olivia Paul and Lillie Savage.

Tickets are \$40 per person. To reserve, contact Colleen Cavallo at 315-292-4874 or cavallocd@yahoo.com.

Players of Utica’s Auditions for They’re Playing Our Song

Players of Utica holds auditions for the Tony Award winning musical, ‘They’re Playing Our Song’, April 1 and 2 at 7pm at the theater, 1108 State Street in Utica. With a hilarious book by Neil Simon and an upbeat pop score by Marvin Hamlisch and Carole Bayer Sager, the original production starred Lucie Arnaz and Robert Klein. Based on the real life relationship between Hamlisch and Sager, a wise-cracking, award winning composer, Vernon Gersch, meets the offbeat, yet accomplished lyricist, Sonya Walsk. They begin a collaboration that undergoes a series of trials and hurdles. Before too long, they start a romantic relationship, move in together, and then the troubles begin. The musical is directed by Dan Fusillo with music direction by Karen Corigliano, and choreography by Catherine Gudaitis. Besides the two lead roles of Vernon and Sonya, there are roles for three males and three females who are onstage backup singers who portray different aspects of Vernon’s and Sonya’s personalities. All those auditioning must be at least 18 years of age. To showcase singing ability, prepare an upbeat pop song; you may choose one from the score. For alternate audition arrangements or for additional information call 315-724-8224. Backstage help is needed as well. Visit www.playersofutica.org for further production details. They’re Playing Our Song closes the 2018-19 subscription season and runs May 31 and June 1,2,6,7,8,9.



Pictured is Suzanne Bellinger as Dolly Madison.



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Oneida Chapter, NSDAR President’s Day Luncheon

The Oneida Chapter, National Society of the Daughters of the American Revolution hosted a President’s Day Luncheon at Hart’s Hill Inn on Monday February 18, 2019. Joining the celebration was Donna Muck who performed the national anthem and sang 2 special songs.

Mrs. Suzanne Bellinger was guest speaker as Mrs. Dolly Madison. Suzanne presented a program on Dolly’s early life and her life after marrying President James Madison.

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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From the Desk of Richard Sherman, Highway Department

I am working on a new schedule for the BRUSH COLLECTION and DUMPSTER- DROP OFF COLLECTION for 2019 season. This will be coming out in the Town Supervisor News Letter in the month of April. This will start on April 1st for drop off and Tag pick up. Remember if you want items picked up you must see the town clerk and get a tag by Friday March 29th for Monday April 1st pick up. The Town Clerks Office is at the new location at 8635 Clinton Street New Hartford at the old Gander Mountain Building. The cost will remain the same as last year \$5.00 per item. The clerk’s office is open Monday-Friday 8:00am to 4:00pm. We will have the dumpster drop off along with the tag pick up for the months of April, May, July, August, and September. The month of June will be suspended for tags and the drop off at the highway garage for trash as curb side pickup throughout the town will take place the month of June. The Highway Department has changed the new listing of roads from the old Area’s A, B, C&D to the new Ward districts. The ward districts will match the ward to the town council’s wards so they are the same. Ward 1 will be James Messa, Ward 2 Richard Lenart, Ward 3 David Reynolds, & Ward 4 Richard Woodland.

The new schedule will go back to the every two week program when the green waste compactors will be around. Please take a look at these new schedule’s and how they work with the ward districts. Whenever you can use containers please do. This will be explained in the new flier.

I and town supervisor have been receiving many phone call about the large deep pot holes left from the water main breaks. As of today we have had about 40 water main breaks in the town of New Hartford this winter .I had a meeting with the water authority about these break. I advised them that the highway superintendent is getting blame for these breaks not getting fixed in a timely manner. When the repair is made the hole settles and leaves the hole with a 4-6”drop off. I was told that I have no jurisdiction over the repair even the roads being the town roads. The constituent will know which repairs I can’t touch.by painting a blue strip around the repair; I will be watching these very closely and calling the water board with a daily communication between the water authority and the Town when they need attention.

The Town of New Hartford Highway Department has several seasonal openings for labor positions. These positions work 6:30-2:30 M-F at \$10.00 per hour, starting 4-1-19 thru 10- 31-19. Applications can be obtained on the town’s web site.

April begins the annual spring cleaning for all town roads. I and the highway crew will be out assessing damage from the winter season. The sweepers will be out as soon as weather permits sweeping the roads and cleaning the sidewalks. The crews will also be

fixing any lawn damage occurred by the town plows. Please call and give us your name, address, and we will send out a crew when top soil becomes available. My cell phone is 315 534-2998 and e-mail rsherman@townofnewhartfordny.gov.



From the Desk of Richard Woodland Council Member Ward 4.

In my last article, I planned to write about the upcoming brush and trash pickup schedule for the 2019 season. However, our Highway Superintendent, Richard Sherman, has already covered this topic. The biggest change to the pickup schedule is the listing of roads from the old Areas A, B, C, and D to the new ward districts. These ward districts will match the town council’s wards- Ward 1, Ward 2, Ward 3, and Ward 4. Your trash flyer will be coming in the mail soon and will include the dates and details of the brush and trash pickup schedule. You will also be able to view the brush and trash pickup schedule on the town website.

I would like to discuss the Town of New Hartford’s recently updated rating by S&P Global Ratings. Last month, S&P assigned its “AA-” long-term rating to the town’s 2019 public improvement bond while affirming their “AA-” rating on the town’s existing debt. S&P’s outlook for the town continues to be stable. S&P’s report cited the town’s strong budgetary performance with very strong budget flexibility and liquidity. S&P reports the town has an “adequate” economy, management, and debt and contingent liability position. One of the highlights of the S&P report is the consecutive operating surpluses over the last three audited fiscal years and unaudited results for fiscal year 2018 reflect another operating surplus.

The town’s acquisition and management of town assets positively impacted the town’s long-term rating. The town increased its assets with the purchase of the town hall instead of leasing office space. The town has also sold 2 pieces of land. One of those pieces of land was a landlocked parcel that was unusable to the town. The other property was the Kellogg Road police department and town court offices which would have needed more than \$800,000 worth of improvements to meet current code standards. The town was able to consolidate its debt with a lower interest rate in part due to the town’s “AA-” long-term rating. Altogether, savings from the lower interest rate and bank fees will total more than \$600,000 over the course of the debt consolidation which can be put back into programs and services that benefit town residents.

As always if you have further questions or concerns, please feel free to contact me at 315-982-4936 or send me an email at rwoodland@townofnewhartfordny.gov.

Join The Kelberman Center for the 2019 Walk for Autism

The Kelberman Center is gearing up for its 12th Annual Walks for Autism during Autism Awareness month in April. The Walk for Autism has expanded from a single location in Boonville in 2008 to multiple locations around central New York today. More than 3,000 individuals come together throughout Walk season to generate awareness and raise funds, which all stay right here in our local community.

With support from our lead sponsor, Charles A. Gaetano Construction Corporation, and Platinum Sponsor, Strategic Financial Services, among others, the 2019 Walk dates and locations include:

- April 6 – Boonville Walk/5K Run (Boonville V.F.W.)
- April 13 - Hamilton College Walk (Sadove Terrace)
- April 27 – Oneida Walk (Oneida High School) and Cooperstown Walk/5K Run (Glimmerglass State Park)
- May 4 - Mohawk Valley Walk (SUNY Polytechnic Institute)

For the first time, participants can pre-register online, saving time at check-in on the day of the event. To pre-register, visit www.firstgiving.com/organization/kelbermancenter and click “Join Now” from the relevant Walk location page. Registration for all events begins at 9:00 am with Walks starting at 10:30 am. All walks will feature music, refreshments, activities, and raffles. Details, pledge forms, and links to team fundraising pages can be found online at www.KelbermanCenter.org/walk-for-autism or by calling (315) 797-6241 or emailing info@kelbermancenter.org

About 1 in 59 children today are diagnosed with autism spectrum disorder, a lifelong neurological condition most often affecting communications, social interactions, and behavior. It is estimated that 50,000 teens age out of school-based autism services each year, highlighting the need for individualized supports and services such as those provided by The Kelberman Center. Beginning with a specialized preschool more than 20 years ago, today the Kelberman Center serves about 1,000 families across Central New York.

Funds raised through the Walks stay 100 percent right here in our community to support a number of crucial and much-needed services for local families affected by autism, including:

Evaluations – the center has invested more than \$1 million over the past 10 years in providing autism evaluations, a critical first step to accessing other services

Family Support – family events, trainings and get-togethers offered free or at very low cost

Clinic Expansion – start-up resources to support expansion of clinical services provided by licensed providers, such as Applied Behavior Analysis (ABA) therapy

Recreation & Community Activities – development and expansion of weekly clubs and groups such as Cooking Classes, Lego Club, Bowling League, Swim programs, Teen Night, STEM experiences, and more...

Camp Scholarships – The cost for one child to attend the full four weeks of Awesome Summer Days camp is \$1,700

Conferences/Speakers – funding to bring experts in the field here to Central New York

Long-Term Supports – development of programs and solutions for adult living, including work and housing opportunities

For more information visit www.KelbermanCenter.org.



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at Pathfinder Village

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A colorful run & walk for people of all abilities!

Registration: 9 a.m. COLOR BURST: 10 a.m.

Post Party: Vendors, Cornhole Tourney, Raffle Auctions, Food & More!

DETAILS & REGISTRATION FORMS:

<http://pathfindervillage.org/get-involved/splash-path>

Like us on Facebook! Register at splashpath.racewire.com

Registration Fees (thru 5/10): Kids under 5 FREE;

Children (5-9) \$5; Youths (10-18) \$10; Adults \$20; Families (3+) \$45

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Join us **Friday, May 10, 5:30 pm**, at Hart's Hill Inn for **Tables & Tastings**, an event that unites two of our area's premier fundraisers: Come to the Table AND Wine for WERC! The evening includes beautiful Table Designs that are available for auction or purchase, basket drawings, heavy hors d'oeuvres, wine and beer tastings, and dancing with live music by Ronnie Leigh! All proceeds benefit **Empowered Pathways**. Tickets available now www.tablesandtastings.com or call 315-793-9700.

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We are also the home of the Family Nursery School!
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Deacon Becky Guthrie, Congregational Care Coordinator
Worship Schedule
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10:00 am Coffee Hour
10 am Adult Sunday School
11 am Xalt Praise Service
11:15 am Children’s Church
Noon Youth Group Meeting
Communion offered 1st Sunday of each month.
Palm Sunday Service April 14th 9 am and 11 am Services
Maundy Thursday Service April 18th at 7 pm
Good Friday Service April 19th at 7 pm
Easter Service April 21st 9 am and 11 am Service
Easter Egg Hunt April 21st at 10 am
Choir Cantata: A Journey to Hope April 28th at 9 am
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
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 - 315-736-3572
Every 2nd and 4th Sunday - 8:30am Holy Eucharist

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.
Worship services each Sunday at 10:30 a.m., led by the Rev. Dr. Sue A. Riggle. Sunday School programs for children and adults begin at 9:30 a.m. Palm Sunday, on April 14th, will feature the procession of palms by children in the congregation. A Maundy Thursday service is scheduled for the evening of April 18th, and the resurrection of Jesus will be celebrated on Easter Sunday, April 21st.
Another class on the New Testament, with Rev. Dennis Dewey, is scheduled for 7:00 p.m., April 16th, and will explore the Book of John.
Deacons will meet at 7:00 pm., Monday, April 1st. On Monday, April 8th, at 7:15 p.m., there will be a meeting of New Hartford Presbyterian Women. Church committees meet on Tuesday, April 9th, at 7:00 p.m. The Session will at 7:00 p.m., Tuesday, April 23rd.
Members of the congregation will prepare and serve the evening meal at Hope House in Utica on Sunday, April 28th. Planning is underway for the church’s annual spring rummage sale, scheduled for May 2nd. Included will be gently used spring and summer clothing, household items, books, electronic items and attic treasures.
More information about New Hartford Presbyterian Church is available online at www.newhartfordpresbyterian.org, or by calling the church office at 732-1139.

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
Saturday, March 9, Women’s Meeting at 10:30, fellowship and bible study. All are welcome.

UNITARIAN UNIVERSALIST CHURCH

10 Higby Road, Utica, NY 13501
315-724-3179 uuutica.org
Sunday Services & Religious Education for Children,10:30am
Minister: The Rev. Erin Dajka Holley
April 7, 2019 - “Ever Expanding Love”,
Rev. Erin Dajka Holley
We will reflect upon what it means to seek personal wholeness while surrounded by systems of oppression. Can I be whole if you cannot be whole?
April 14, 2019 - Guest Preacher, Rev. Mike Ballman
Mike Ballman is the Pastor of both Cornerstone Community Church and Plymouth Bethesda Church and the founder and director of the Oneida Square Project – all located on Plant Street in Oneida Square in Utica.
Oneida Square Public Art & Design is their social enterprise that was established in 2015 to provide job and training opportunities for disenfranchised populations with barriers to employment, including those who were formerly incarcerated, have recovered from addiction or have a disability. Their artisans are the creators of the beautiful mosaic litter receptacles you see in Bagg’s Square, Downtown Utica, Oneida Square, Griffiss International Sculpture Garden, The Community Foundation, MVCC and more.
April 21, 2019 - “Lost: All Hope” Rev. Erin Dajka Holley
Have you seen All Hope? Lost when everything fell apart. Cannot find anywhere. If found, bring to the Unitarian Universalist Church of Utica on Easter Sunday. If you can’t find it, either, bring yourself.
April 28, 2019 - “Yet Another Earth Day as Our Climate Changes” Aaron Strong
April 22nd was the 49th Earth Day, a day originally set aside in 1970 to protest the impact of industrial development on our air, water and species. Climate change was not really on people’s radar that first Earth Day and yet is now the biggest threat to so many species, including humans. Will we act in time?
Aaron Strong is an assistant professor of environmental studies at Hamilton College and his work and teaching are focused on climate change. Prior to joining Hamilton last year, he was an assistant professor in the School of Marine Sciences and the Climate Change Institute at the University of Ma

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. 315-732-6518, www.wmoutica.org, find us on Facebook & Twitter
Handicapped accessible
Vendors needed - for a Metaphysical/Holistic Fair May 4th - Fundraiser for local Food Pantry Fair hours are 10 AM - 5 PM
Vendors can set-up starting at 8 AM
Copy the link below to sign up and pay for space w/table
https://form.jotform.com/90635277812158
For questions/information contact Linda - 315-732-6518
Metaphysical/Holistic Fair
Fundraising Event for WMO’s Food Pantry.
10 AM to 5 PM at The Parish On Broadway, 730 Broadway, Utica, NY. Parking is available at Utica City Hall Parking lot which is across the street from The Parish.
Ticket price is \$5 per person. Tickets are at the door. Bring a non-perishable food item for the food pantry and receive a \$1 off admission. Basket raffle, food & fun!!
Vendor services and products are not included in ticket price.

A Haunting on Broadway

Join Rome Investigators of the Paranormal for the 1st EVER investigation of this historic downtown Utica building. Built in 1854 the spirits in these rooms have many stories to tell. The evening begins with a meet and greet with the R.I.P. team and a guided tour through the unexplored rooms and hallways of this very large old building. The team will have their paranormal detecting equipment set up to give you a close up look at how they communicate with the spirits. Following the tour, you will enjoy a fantastic buffet meal by A Movable Feast by O’Connor’s with a cash bar and scrumptious desserts. We will have a 50/50 raffle during the dinner hour. An enlightening, informational presentation follows the meal. The grand finale of the evening is the investigation. Rooms with the most paranormal activity were hand picked by the R.I.P. team, which was a difficult task with four floors to the building and countless rooms to decide on. VIP Tickets are \$65 per person or \$120 per couple. TICKETS ARE LIMITED FOR THIS EVENT. BUY YOUR TICKETS EARLY SO YOU DON’T GET SHUT OUT!!
Also, from 10 AM - 5 PM There will be a Metaphysical/Holistic Craft Fair with vendors offering a variety of products and services. Admission price for the fair is \$1 per person or if you bring a non-perishable food item admission is FREE.
Basket raffle which will include gifts from each of the vendors attending the fair. Admission to the fair is free with purchase of VIP ticket.

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

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.
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4 Cottage Place, Utica, NY (315)735-5138
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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!
Palm Sunday Celebration April 14, 10 AM - Guest Speakers RMAI regional directors Sam and Sherlyn Smucker, from The Worship Ctr, Lancaster PA
Good Friday service April 19, 7pm - “How much he Loves you”
Easter Sunday Celebration April 21, 10am - Resurrection Sunday!

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. Bungler. 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/ChristChurchReformedPresbyterian>
Pastor: Aaron Goerner
Services:
Sunday School: 10AM
Sunday Worship: 11AM
Thursday Bible Study 7PM

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

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630 French Road, New Hartford
Healing Service on March 31 at 10am.
Our ministry of healing emphasizes caring for the sick in the widest possible understanding of that term.

MOHAWK VALLEY CHURCH
9417 Maynard Drive Marcy, NY
Sunday Mornings at 10am
Come As You Are
www.mohawkvalley.church
Pastors Mike & Susie Melnick
Contemporary Worship led by Mark Bolos
Easterpalooza Egg Hunt featuring 20,000 eggs on Saturday, April 13, 1-3pm, Kids Ages 0-12
Easter Sunday Services featuring drama and relevant messages at 9:30am & 11:00am
Engaging Kids Programs for All Ages

PRAYER TO BLESSED VIRGIN MARY

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

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 - 733-8357
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.



3 Ways to Embrace the Growth Mindset

by Kristy Lenuzza

We think between 60,000-80,000 thoughts a day. On a slow day? Don’t worry, you’re not being a total slacker, you’re still having 50,000 thoughts a day. Crazy, right? Now, even further, research has shown that 98% of those thoughts that we think are the exact same as the thoughts we thought yesterday. (And the day before that and the day before that and the day before that and the day before that…) The most startling of this research is that 80% of the thoughts that we’re thinking are negative. Whoa. Say what?

Before you fall to the ground drowning in despair, there is hope. We’ve all heard “awareness is key,” but that only takes us so far. We need to do something about it.

Carol Dweck, is a pioneering researcher and author of



the groundbreaking book, “Mindset.” If I had enough authority, I would mandate that it be placed in every home, school, business, and organization worldwide. I recommend it and gift it endlessly. The viewpoint and research are this: we have two mindsets - fixed and growth. According to Dweck, a fixed mindset believes that your basic abilities, intelligence, and talents are fixed traits. In a growth mindset, however, you believe your abilities and intelligence can be developed with effort, learning, and persistence. You may have one mindset in your personal life and another in your professional life or a mixed bag in each. The ultimate goal is to make a growth mindset a lifestyle choice, not a sampling platter. What this does is allows us to significantly increase our total sense of self-worth, desire to learn, resiliency to failure, excitement for collaboration, courage in healthy risk-taking, stickwithitness to inevitable challenges, and overall curiosity and enjoyment in our lives.

Here’s how:

1. Increase your presence. There are many methods to do this. You can dedicate anywhere from 5-20 minutes a day to meditation or eat lunch in silence with a total focus on the food that you’re consuming. Maybe play with your kids or grandkids without the tv on, go for a walk in nature without your phone, or while waiting to meet a friend for drinks or coffee, sit and take in your environment. If you’re really going for it, sign up for an improv or acting class both of which force you to be present. The more often you do this, the stronger your ability will grow to notice when you’re shifting to auto-pilot thinking. Look up. Check-in. That’s the start.
2. Jot down your thoughts. This is a great way to increase your self-compassion and that good ol’ self-love that we all crave even though we hate to admit it. One of my favorite ways to do this is to set a timer on your phone to go off a few times a day that reminds you to check-in and write down whatever you are thinking at that moment. By week’s end, you go back and see what thoughts and emotions are most prevalent in your life. I found out that I was pretty damn angry for a very long time by doing this and then found ways to change that mindset. This only works if you are honest with yourself. The best part is that you can be truthful because this is for your eyes only. There are a few more strategies for this step that I will go in more depth at future articles. So stay tuned!
3. Add this one word. We all have many things to be grateful for in our lives and at the same time, have the right and duty to want more. If we use gratitude as a crutch to settle and not strive for more, that’s not gratitude, that’s complacency. A way to change this is to think of something that you complain that you are not. Examples may be: I’m not a good runner. I’m not a good partner. I’m not a good speaker. I’m not a good writer. Okay, so you have that. Now, take that sentence and add the word “yet” to the end. Yes, literally. Write it out and add “yet” to the end of the sentence and then say it out loud to yourself. Ideally, this will shift to an “I am” statement at some point, but for now, progress trumps perfection. When you add the word “yet” it shifts something inside. It holds you accountable to be that which you say you are not. “I am not a good runner yet.” Wow. Okay. So I can go and run a mile and build from there? Who would of thunk it?

Start small. Mix and match these steps to whichever way works for you. Start with one. Focus there. No matter where you begin, you’re now choosing to make it possible to grow, to learn, and to be more curious. As a result, we all benefit, so thank you. Kristy Lenuzza is the founder of Sow to Speak, a company whose mission is to boost the fun and curb the funk. Sow to Speak offers group facilitation, professional development workshops, and presentation coaching by applying the techniques and tools of improv to help people communicate better with themselves and each other. Learn more: visit www.kristylenuzza.com or contact Kristy at kristy@kristylenuzza.com.

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797-7500
for more information

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APRIL 2019 FINANCIAL ADVICE THE TOWN CRIER 31

Compounding: The Potential Power of Time

Why is time of the essence? The sooner you begin saving — even small amounts — the better your chance of reaching your retirement goals. Consider the following example that shows how much waiting to invest can cost.

Put time on your side. Let's assume hypothetical Investor A invested \$1,000 per year for 10 years, beginning at age 30 and reinvested his returns (interest, dividends, capital gains) back into his account. Investor B invested the same amount per year, earned an identical rate of return, and reinvested her returns; however, she waited until age 45 to start with the strategy and continued with it for twice as long (20 years). Even though Investor A saved less money — half as much as Investor B — Investor A had more money at the time of



retirement, all because of starting earlier.

What's the secret? The extra years of compounding are what boosted Investor A's bottom line. Investor B will now have to save considerably more if she wants to catch up. This is the potential cost of waiting. It doesn't matter what age you are — you'll have more time on your side if you start saving for retirement today.

What can you do next? A few simple steps can help you along the road to retirement savings:

Talk with your financial advisor about how much you should be saving for retirement.

Use a savings calculator to see compounding in action and how little changes to your spending can have a big impact on how much you can save for retirement.

Commit to increasing your ongoing contributions to your 401(k), at least to the maximum of your employer's match (if any), or IRA.

Avoid taking loans from your 401(k) if possible to keep focused upon your long-term needs.

If you change jobs, understand your retirement distribution options and the full cost of cashing out.

Consider opening an IRA if you're already maxing

out your employer-sponsored plan contributions for an additional tax-advantaged savings opportunity, or if you don't have access to an employer plan. If you're self-employed, consider establishing a Simplified Employee Pension (SEP), SIMPLE IRA, or other plan with similar tax advantages.

Bottom line, it's never too early — or too late — to start saving for retirement. Use retirement calculators to get an idea about how much you should save, and ask your financial advisor about tax-advantaged accounts.

Our firm does not provide tax or legal advice.

This advertisement was written by Wells Fargo Advisors and provided to you by Christopher J. Carbone, CFP®, AWMA®, LUTCF®.

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Now's the time to invest in your financial health

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