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the TOWN Crier

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Vol. 33 No. 3
 March 2019

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CLINTON HIGH SCHOOL PRESENTS...

Seussical™

Clinton Central School Performing Arts Center

March 7, 8, & 9, 2019

7:30 pm

Tickets are all \$10 reserved seating.
Box office opens at 6pm the evening of all shows.
For more information visit www.ccs.edu

Music by Stephen Flaherty - Lyrics by Lynn Ahrens
 Book by Stephen Flaherty & Lynn Ahrens
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Build a Birdhouse!

Course Schedule: Wednesday: March 6, 2019. 6:00-7:00 pm. At OHM BOCES – New Hartford. Tuition \$25.00 (birdhouse included in cost).

Create your own birdhouse while learning basic carpentry skills. Then hang the birdhouse in your backyard for the whole family to enjoy. This class is for kids. Under 12 years old must accompanied by an adult. It's a great family activity to enjoy for years.

To register or for more information, please call our office at (315) 793-8696. Online registration is also available at www.moboces.org/adulted.




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Sienna Reynolds & Madeline LeMura at the Meet and Greet after the Show.



Sienna Reynolds and Madeline LeMura at the Pre-show Tea Party enjoying some hot chocolate.



Sunday, March 10

The All-New American Girl Live Musical Was a Hit!

The show, which benefited Kids Oneida, graced the Stanley stage on January 15-16 and welcomed hundreds of fans from across the region. The nationally touring show features an all-female creative team and cast and is a collaboration between American Girl and Mill Entertainment. Bold tales of bravery and friendship came to life on the stage through story and song with iconic American Girl characters.

Sponsors for the show were M.A. Polce Consulting, MIX 102.5 and PJ Green.

HP Print Score Ranked PJ Green #2 Worldwide in Print Beat Ranking

HP Print Rating Reveals PJ Green's Score Topped Several Fortune 500 Printing Companies

Hewlett-Packard (HP), one of the world’s largest information technology and software companies, ranks print companies using a “print score.” This week, PJ Green’s score ranked them #2 in worldwide and #1 in North America North East!

The print company headquartered in Utica has the full line of HP Indigo full color printing presses and all of their printing technicians are HP Certified.

“It has always been important to us to use the leading presses in the industry but this ranking just proves what we’ve always known to be true—what sets us apart is our amazing print production team! We work to exceed expectations every day and we are so proud of this ranking,” said Rick Green, Vice President of PJ Green.

HP Indigo Digital Presses offer the widest range of compatible substrates, specialty inks, and effects in the industry to provide unmatched versatility for every single job and make each application as unique as it can be.

For more information about PJ Green, visit www.pjgreen.com or contact Rick Green at (315) 724-7677.

About PJ Green—PJ Green was founded in 1928 by Philip J Green and today is one of the leading printing companies in the Northeast. Headquartered in Utica, NY with satellite offices in Syracuse and Albany, PJ Green is committed to providing customers with solutions that help them stay noticed and achieve results. PJ Green serves businesses of all sizes and regularly produces products such as direct mail pieces, business cards, letterhead, envelopes, brochures, program books, sales packets and much more!

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4 THE TOWN CRIER

LIBRARY NEWS

MARCH
2019



2 Library Lane 315-733-1535

Make Music Happen

The NHPL, in collaboration with local Girl Scout Holly Sagrestano, has developed a musical instrument lending program! We have several Band and Orchestral instruments ready to loan to Mid-York library patrons. For more information, please call 315-733-1535 and ask for Amy.

Story Time

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

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

Bedtime Story Time

This program is scheduled for the 3rd Monday of each month through April. Bedtime Story time is scheduled for March 18, 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 10:30. Thank you to all of the wonderful volunteers that have taken part in reading to the children. If you are interested in becoming a Rocking Chair Reader, call the library at 315-733-1535 and ask for Ashlyn.

Save the Date for What's Coming up in April for Kids:

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.

Out of the Cage Pet Mobile

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

March YA Programs:

YA Creative Writing club; March 12, 6:00-7:00pm. Do you enjoy writing? Want to get some peer feedback to make your writing the best it can be? Join us for our brand new YA Creative Writing Club! Participants will read each other's work and give helpful, constructive suggestions. Facilitated by Library Staff.

YA Current Events Club; March 23, 1:00-2:00pm. Join us monthly for a respectful discussion of local, US, and worldwide events. Facilitated by Library Staff.

Teen Readers Advisory Group Meeting; March 24, 1:00-2:00pm. Open to all teens. If you love to read, love the library, and want to be involved in programming YA events at the NHPL, this group is for you!

YA Book to Movie Book Club; March 24, 2:00-4:00pm. Book selection TBA – check social media and our website.

YA Creative Writing club; March 30, 1:00-2:00pm. Do you enjoy writing? Want to get some peer feedback to make your writing the best it can be? Join us for our brand new YA Creative Writing Club! Participants will read each other's work and give helpful, constructive suggestions. Facilitated by Library Staff.

Social Security Workshop

March 4, 6:00-8:00pm. The New Hartford Public Library will be hosting a free Social Security retirement information program on Monday, March 4th, for pre-retirees wanting to make a more informed claiming decision.

Topics covered include: When should you collect benefits? Do you understand the new Social Security rules? Learn how to eliminate the guesswork. How can you avoid critical filing mistakes.

Since 2014, the one-hour program entitled, "Social Security Made Easy" has gained wide spread recognition across the Upstate New York region in an effort to help attendees better prepare for their transition into retirement.

The program is being offered as a public service by Retirement Solutions, LLC. Seating is limited and advance registration is required. To RSVP, please call the library at 315-733-1535.

Alzheimer's Association Workshop: Living with Younger-Onset Alzheimer's

March 7, 12:00-1:30pm. When someone under 65 is diagnosed with Younger-Onset Alzheimer's or related dementia, the first reaction is often shock or denial. This program will address the benefits of

early diagnosis, genetic links, employment issues, legal/financial matters, life after diagnosis, and daily strategies. Registration is required. Please call the Alzheimer's Association at 315-617-4025 x100 to reserve your seat.

Feng Shui Conversations: The Front Door

March 12, 6:30-8:00pm. All schools of Feng Shui recognize the front door as the "mouth of chi" and it is considered to be one of the three most important areas of the home or business to be mindful of. In this workshop you will learn how to enhance the chi of your own front door with a variety of Feng Shui cures and enhancements. Each participant will receive a Feng Shui Bagua Map, which is one of the main tools used in the ancient art of Feng Shui to analyze the energy of a space. In addition, you will learn how to align the Bagua Map to your own front door. By the end of the workshop, you will see your front door from a new perspective.....as the entryway of positive energy and infinite blessings! Registration is encouraged but not required. Call the Library at 315-733-1535 to reserve your seat!

Pre-Need Seminar

The Friedel, Williams & Edmunds Funeral and Cremation Services will be offering a Pre-Need Seminar on March 18, at 6:00pm at the New Hartford Library. This seminar will offer the benefits of prearranging services. Following the presentation, we will be serving refreshments. We will have limited space so please register by calling 315-733-1535.

AARP Defensive Driving Course

The AARP will be hosting another AARP Smart Driver Course on March 25th 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, March 30 at 11:00 as we learn more about those women writers who have mystified and puzzled readers with their stories of murder and mayhem. Our topic for this session of Women of Mystery is *Get a Clue* and will focus on the world of the Private Investigator. Led by Janet Hoover, we will explore the writings of Janet Evanovich, Sue Grafton, Sara Paretsky, and J.A. Jance. 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!





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Display Case March Heritage Doll Club

March Art on Display

Art by Jim Dieffenbacher is a local artist, born and raised in the Mohawk Valley. Since childhood, he has felt driven to explore his environment through drawing and painting. He uses a contemporary approach to classical subjects, finding inspiration in the wildlife and human forms among the peaks and valleys of Central New York and the Adirondack Mountains. His work is a sincere, and sometimes humorous, representation of living things and the natural world that surrounds us. Jim has work on display at various galleries, shops, and events throughout New York; including Munson-Williams Proctor Arts Institute, Mowhawk Valley Center for the Arts, and Rome Art Association. His work has won numerous awards and has been featured in many solo and group shows throughout upstate New York.

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 Class will be on break on March 7th. Classes resume March 14th and 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.

AMDA On the Road Offers Local Talent a Glimpse of a Performing Arts Education

AMDA On the Road is coming to Clinton on Sunday, April 7th. An exclusive tour by The American Musical and Dramatic Academy, AMDA On the Road invites local young talent to experience what it’s like to be part of a career in the performing arts.

Hosted at the Academy of Performing & Creative Arts, AMDA On the Road welcomes students in 8th grade and beyond to attend a day of acting, dance, and musical theatre, where they will participate in a workshop revealing insights about the performing arts industry and learn how to be successful during the audition process.

Additionally, attendees will have the opportunity to participate in a scholarship audition for AMDA’s Conservatory Certificate programs and the Summer High School Summer Conservatory program. Students who wish to audition for a desired program are encouraged to review AMDA’s audition requirements at amda.edu/audition.

The day will also afford parents and students the opportunity to meet AMDA faculty and staff, learn about scholarships and financial aid, discover AMDA’s unique curriculum, and have their questions answered about a performing arts education.

When: Sunday, April 7, 2019. 9:30 a.m. – 2:00 p.m.
Where:Academy of Performing & Creative Arts, 13 Taylor Ave., Clinton, NY 13323
About AMDA

For more than 50 years, AMDA has been recognized throughout the industry for its rich history and tradition of launching some of the most successful careers in theatre, film, television, and beyond. Offering four-year Bachelor of Fine Arts degrees and two-year Conservatory Certificates, AMDA provides unparalleled performing arts education taught by a world-class faculty of industry professionals. With campuses located in the world’s two entertainment capitals, Hollywood and Manhattan, AMDA is accredited by the National Association of Schools of Theatre (NAST).

Friends of the New Hartford Public Library News

MARK YOUR CALENDAR UPCOMING EVENTS

Ice Cream Social at New Hartford Recreation Center
July 10,2019 - 7-9 p.m.

The Bill Bonsted Indoor Miniature Golf Tournament
November 2, 2019 - 10-4 p.m.

BOARD -FRIENDS NOMINATIONS FOR 2019

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

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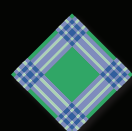
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MARCH
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COMMUNITY NEWS

THE TOWN CRIER

9



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

Refresher Course

With the tax filing deadline approaching, it's important to remember that 2018 isn't just another year of regular tax prep. This marks the first year that taxpayers will file under the sweeping changes of 2017's Tax Cuts and Jobs Act. So if you haven't bothered to read it in its entirety, here's a recap of some of the most impactful items.

1. Reduced Rates: It's worth starting the summary by remembering that marginal tax rates went down for most during 2018. Many employers adjusted paychecks accordingly, but for some they have over-withheld if no changes were made from 2017.

2. "Double" Deductions: The standard deduction (nearly) doubled to \$24,000 for married filers and \$12,000 for single filers. This change coupled with limiting and eliminating many deductions will result in most tax payers no longer itemizing and instead opting for the newly increased standard.

3. Hold the SALT: The deduction for State and Local Taxes (SALT), including your NYS income taxes and property taxes, is capped at \$10,000 for 2018. As some of the largest itemized deductions capping these hurts, particularly in NY where we have some of the highest state tax rates.

4. Bad News For Families: Prior to 2018 taxpayers could take income exemptions for each person claimed on their returns. Unfortunately these have been eliminated.

5. Good News For Families: Don't fret, the child tax credit which reduces your tax liability dollar for dollar, was doubled to \$2,000 per qualifying child. In addition the income limits to utilize these deductions jumped significantly so more filers will be able to take advantage.

With many more changes this year, be sure to partner with a tax preparer who can help you navigate your unique circumstances. Submit questions or topics of interest to aevans@investstrategic.com

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

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Spend Winter Break at Sangertown Square

Don't get cabin fever this Winter Break. Visit Sangertown Square for family fun starting February 18th!

SHOP a variety of retailers for the entire family including, American Eagle, H&M, Bath & Body Works, and more! The Children's Place is holding their Denim Stock-Up Event – all basic denim is \$7.99!

PLAY the day away at Billy Beez. Families are welcome to journey through over 14,000 square-feet of twisting slides, ball blasters, trampolines, and more!

Design your own wooden race car during Sangertown's Winter Kids Club on February 20th from 11am – 12pm. Kids 12 years and under are welcome to paint wooden race cars. Space is limited, register today at <https://www.sangertown.com/event/winter-break-kids-club-2/>.

For the latest updates and information on Sangertown Square please visit our website, sangertown.com and like us on Facebook, [facebook.com/SangertownSquare](https://www.facebook.com/SangertownSquare).

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



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absence of tension: it is the presence
of justice."*

~~~ Martin Luther King Jr



## Fair Trade Shop

This striking ceramic piece in traditional black and white is thrown and smoothed entirely by hand using techniques developed in pre-inca times. Your purchase creates access to training, loans, health care and school supplies for children of Peruvian family workshops. These and many, many more unique handmade items are featured in our Fair Trade Shop, Stone Presbyterian Church, 8 South Park Row, Clinton. We have a large selection of baskets, exquisite jewelry, collectibles, wood items, chocolate and food items, clothing and toys from 38 different countries. Purchasing fair trade ensures artisans and small farmers fair wages and healthy working conditions, providing dignity, sustainable development and hope to marginalized people. Our hours are 10am to 6:30pm every Thursday and 10am to 4pm second Saturdays. For more information, contact Lauralyn Kolb, [lkolb@hamilton.edu](mailto:lkolb@hamilton.edu), 315-725-1326, visit our website at [www.stonepres.org](http://www.stonepres.org) or like us on Facebook at [www.facebook.com/stonepres](https://www.facebook.com/stonepres).

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## SCHOOL NEWS

MARCH  
2019

### New Hartford March Sporting Events

*Subject to change without notice*

3/01 - Swimming/Diving: Boys Varsity NYSPHSAA Championships – NYSPHSAA @ Nassau Aquatics Center

3/01 - Unified Bowling: Varsity Tournament - Central Valley Academy, New Hartford, Vernon-Verona-Sherrill, Whitesboro @ AMF Strikes N Spares Lanes

3/02 - Swimming/Diving: Boys Varsity NYSPHSAA Championships – NYSPHSAA @ Nassau Aquatics Center

3/02 - Indoor Track: Varsity NYSPHSAA Championships - 9:00am – NYSPHSAA @ Ocean Breeze Athletic Complex

3/19 - Lacrosse: Boys Varsity Scrimmage - 5:30pm vs. Homer Central @ Homer Senior High School

3/23 - Lacrosse: Boys Varsity Scrimmage - General Brown @ TBA

3/26 - Lacrosse: Girls Varsity Non-League - 4:15pm vs. Indian River @ NHHS Turf

3/26 - Softball: Varsity Scrimmage - 4:15pm vs. Fort Plain @ Mudville Softball Complex

3/26 - Softball: Varsity Scrimmage - 5:45pm vs. South Lewis Central @ Mudville Softball Complex

3/26 - Lacrosse: Girls JV Non-League - 6:00pm vs. Indian River @ NHHS Turf

3/28 - Lacrosse: Boys Varsity Scrimmage - 5:15pm vs. Fayetteville-Manlius @ Fayetteville-Manlius Senior High School

3/30 - Lacrosse: Girls Varsity Non-League vs. Mexico @ NHHS Turf

3/30 - Lacrosse: Girls JV Non-League vs. Mexico @ NHHS Turf

3/30 - Track & Field: Girls Varsity Scrimmage - 11:00am - Clinton, Dolgeville, Oriskany CSD, West Canada Valley @ New Hartford

3/30 - Track & Field: Boys Varsity Scrimmage - 11:00am vs. Clinton, Dolgeville, Oriskany CSD, West Canada Valley @ New Hartford

### NHCSD Announces Kindergarten Registration for 2019-2020

*Submitted by Robert Nole, Superintendent of Schools*

The New Hartford Central School District will hold Kindergarten registration for the 2019-2020 school year on Thursday, March 21, 2019 in all three elementary schools from 9:30 – 11:30 a.m. and 12:30 – 2:30 p.m. To save time that day, you may download the registration packet located on the district's website ([www.newhartsfordschools.org](http://www.newhartsfordschools.org) and click on the link "Enrollment and Registration" found under the "For Parents" tab) or you may call the elementary office and a registration packet can be mailed to you. Packets will also be available for pick up at each of the three elementary schools.

To be eligible for Kindergarten in New Hartford, a child must be five years of age by December 1, 2019. The birth certificate must be submitted at the time of registration as proof of age. Also, proof of residence must be submitted, as well as proof of immunization for polio, measles, diphtheria, mumps, rubella, Hepatitis B and varicella. The child need not be present for registration.

### Young Scholars Alumna Basia Bowens to Give Keynote Speech

Utica College's Young Scholars Liberty Partnerships Program will host its 4th annual Grow Big Dreams Celebration Dinner on Tuesday, March 26, at 5 p.m. in the Library Concourse at Utica College. The celebration dinner, which is open to the public, is generally attended by currently enrolled Young Scholars students, alumni, donors and sponsors.

The keynote speaker of the evening is Basia Bowens, Young Scholars class of 2009. Bowens, a software engineer and fashion photographer who now resides on the west coast, will share her journey into the field of STEAM.

Young Scholars executive director Pamela Matt said she would like to give a special thanks to sponsors of the event: Richard Hanna and family, First Source Federal Credit Union, Bank of Utica, Dupli Envelope and Graphics Corporation, PJ Green, and Townsquare Media Utica. All will be making appearances at the Young Scholars' Grow Big Dreams celebration dinner.

Tickets are \$65 per person or \$520 for a table of eight. There will be a buffet dinner, cash bar and a silent auction. Sponsor and program advertisement art work should be submitted by March 7; reservations for tables and tickets are needed by March 10.

Young Scholars Liberty Partnerships Program is a multi-year collaborative project, established in 1993 with Utica College and the Utica City School District. The program is designed by education professionals to motivate diverse and talented students to stay in school, earn a New York State Regents Diploma with Advanced Designation and graduate college and career ready. Young Scholars students participate in a comprehensive program providing academic, social and cultural enrichment.

For more information, contact Matt at (315) 792-3237 or visit [utica.edu/academic/yslpp/](http://utica.edu/academic/yslpp/).

### Alyssa Suits Named to Fall 2018 Dean's List at Hofstra University

Alyssa Suits of New Hartford, NY excelled during the Fall 2018 semester, achieving a GPA of at least 3.5 to earn a spot on the Dean's List.

Hofstra University is a nationally ranked and recognized private university in Hempstead, N.Y. that is the only school to ever host three consecutive presidential debates (2008, 2012 and 2016). Our campus is a leafy oasis just a quick train ride away from New York City and all its cultural, recreational and professional opportunities. We offer small classes and personal attention, with the resources, technology and facilities of a large university. Students can choose from more than 160 undergraduate program options and 165 graduate program options in the liberal arts and sciences, education, health professions and human services, the Peter S. Kalikow School of Government, Public Policy and International Affairs, the Fred DeMatteis School of Engineering and Applied Science, the Frank G. Zarb School of Business, the Lawrence Herbert School of Communication, the Maurice A. Deane School of Law, the Hofstra Northwell School of Graduate Nursing and Physician Assistant Studies, and the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell. Hofstra University is a dynamic community of more than 11,000 students from around the world who are dedicated to civic engagement, academic excellence and becoming leaders in their communities and their careers.

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## Everyone's Irish on St. Patrick's Day, March 17th!

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Annual Percentage Yield for 12 months<sup>1</sup>

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2.60%

Annual Percentage Yield for 11 months<sup>2</sup>

Guaranteed fixed rate with new money deposits of at least \$25,000 for an 11-month term.

Both accounts are FDIC-insured up to the maximum allowable limit. Platinum Savings offer available in CT, DC, DE, FL, GA, MD, NJ, NY, SC and VA. Fixed Rate CD offer available in AL, AZ, CT, DC, DE, FL, GA, MD, NJ, NM, NV, NY, PA, SC and VA. *Portfolio by Wells Fargo*® customers are eligible to receive an additional interest rate bonus on these accounts.<sup>3</sup>

1. To qualify for this offer, you must have a new or existing Platinum Savings account and enroll the account in this offer between 01/21/2019 and 03/22/2019. This offer is subject to change at any time, without notice. This offer is available only to Platinum Savings customers in the following states: CT, DC, DE, FL, GA, MD, NJ, NY, SC and VA. In order to earn the Special Interest Rate of 2.08% (Special Rate), you must deposit \$25,000 in new money (from sources outside of Wells Fargo Bank, N.A., or its affiliates) to the enrolled savings account and maintain a minimum daily account balance of \$25,000 throughout the term of this offer. The corresponding Annual Percentage Yield (APY) for this offer is 2.10%. The Special Rate will be applied to the enrolled savings account for a period of 12 months, starting on the date the account is enrolled in the offer. However, for any day during that 12 month period that the daily account balance is less than the \$25,000 minimum, the Special Rate will not apply and the interest rate will revert to the standard interest rate applicable to your Platinum Savings account. As of 12/10/2018, the standard interest rate and APY for a Platinum Savings account in CT, DC, DE, FL, GA, MD, NJ, NY, SC and VA with an account balance of \$0.01 to \$99,999.99 is 0.03% (0.03% APY) and with an account balance of \$100,000 and above is 0.05% (0.05% APY). Each tier shown reflects the current minimum daily collected balance required to obtain the applicable APY. Interest is compounded daily and paid monthly. The amount of interest earned is based on the daily collected balances in the account. Upon the expiration of the 12 month promotional period, standard interest rates apply. Minimum to open a Platinum Savings account is \$25. A monthly service fee of \$12 applies in any month the account falls below a \$3,500 minimum daily balance. Fees may reduce earnings. Interest rates are variable and subject to change without notice. Wells Fargo may limit the amount you deposit to a Platinum Savings account to an aggregate of \$1 million. Offer not available to Private Banking, Wealth, Business Banking or Wholesale customers. 2. Annual Percentage Yield (APY) is effective for accounts opened between 01/21/2019 and 03/22/2019. The 11-month New Dollar CD special requires a minimum of \$25,000 brought to Wells Fargo from sources outside of Wells Fargo Bank N.A., or its affiliates to earn the advertised APY. Public Funds and Wholesale accounts are not eligible for this offer. APY assumes interest remains on deposit until maturity. Interest is compounded daily. Payment of interest on CDs is based on term: For terms less than 12 months (365 days), interest may be paid monthly, quarterly, semi-annually, or at maturity (the end of the term). For terms of 12 months or more, interest may be paid monthly, quarterly, semi-annually, or annually. A fee for early withdrawal will be imposed and could reduce earnings on this account. Special Rates are applicable to the initial term of the CD only. At maturity, the Special Rate CD will automatically renew for a term of 6 months, at the interest rate and APY in effect for CDs on renewal date not subject to a Special Rate, unless the Bank has notified you otherwise. Due to the new money requirement, accounts may only be opened at your local branch. Wells Fargo reserves the right to modify or discontinue the offer at any time without notice. Offer cannot be combined with any other consumer deposit offer. Minimum new money deposit requirement of at least \$25,000 is for this offer **only** and cannot be transferred to another account to qualify for any other consumer deposit offer. If you wish to take advantage of another consumer deposit offer requiring a minimum new money deposit, you will be required to do so with another new money deposit as stated in the offer requirements and qualifications. Offer cannot be reproduced, purchased, sold, transferred, or traded. 3. The *Portfolio by Wells Fargo* program has a \$30 monthly service fee, which can be avoided when you have one of the following qualifying balances: \$25,000 or more in qualifying linked bank deposit accounts (checking, savings, CDs, FDIC-insured IRAs) or \$50,000 or more in any combination of qualifying linked banking, brokerage (available through Wells Fargo Advisors, LLC) and credit balances (including 10% of mortgage balances, certain mortgages not eligible). If the *Portfolio by Wells Fargo* relationship is terminated, the bonus interest rate on all eligible savings accounts, and discounts or fee waivers on other products and services, will discontinue and revert to the Bank's then-current applicable rate or fee. For bonus interest rates on time accounts, this change will occur upon renewal. If the *Portfolio by Wells Fargo* relationship is terminated, the remaining unlinked Wells Fargo Portfolio Checking or Wells Fargo Prime Checking account will be converted to another checking product or closed.

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## Welcome New Board Member: Joanna Robertson

*Owner of The Treehouse Reading & Art Center*

The New Hartford Chamber of Commerce proudly announces a new member of its Board of Directors. Joanna Robertson has served as the Buy Local Committee Chair for the past couple years and has been very active in promoting the chamber and small business in our community. Joanna fills a vacancy on our board and we thank her for her continued dedication to the chamber and the small business community.

Joanna Robertson is the owner of the Treehouse Reading and Art Center in New York Mills which opened in the Fitness Mill building two years ago this month. The Treehouse Reading and Arts Center is a bookshop and learning center designed to inspire, promote, and support literacy goals in the community. The bookshop features a variety of high-quality reading materials for babies and toddlers through teen readers, as well as books for parents and educators. The Treehouse is also a community center that provides literacy tutoring, arts enrichment activities, summer and school break camps, book and writing clubs and study groups for parents and teachers.

Joanna Robertson is a literacy educator, arts educator, professional musician, and an active and dedicated mom. She has degrees in English, Music Performance and Education, and a Ph.D. in Reading Education. She is a NYS certified teacher and an adjunct literacy professor. She taught reading and music lessons for nearly 20 years before opening The Treehouse Reading and Arts Center in 2017. Now, she combines her teaching knowledge and experience with her love of children's literature to bring the arts and literacy to our community.

Joanna will continue to lead the Buy Local Committee for the NH Chamber. The Buy Local Committee has two primary projects each year. In the summer, her team runs the Where's Waldo event. "Where's Waldo" is sponsored by the American Booksellers Association and Candlewick Press, the publisher of the "Where's Waldo" book series. It is a summertime program designed to support the shop-local movement.

In the fall, the Buy Local Committee manages Small Business Saturday, a shopping holiday held on the Saturday after Thanksgiving during one of the busiest shopping periods of the year. Small Business Saturday encourages holiday shoppers to patronize brick and mortar businesses that are small and local.

Please join us in welcoming Joanna to our Board of Directors and congratulating her on completing her second year in business! Please check out her shop on the third floor of the Fitness Mill Building at 587 Main Street in New York Mills or at [www.treehousebookshop.com](http://www.treehousebookshop.com).



## Asset Protection for Business Owners

### Free Business Training

March 6th 8:30am - 11am at The Homewood Suites by Hilton New Hartford

Presented by NH Chamber Member, David J. Zumpano from Estate Planning Law Center. This session will help business owners understand why they want to protect their assets as well as lay out a legacy plan for what happens when they can't work in the business anymore or want to leave it to the next generations. He will then teach the "Bubbles and Boxes" concept and this explains the use of a trust versus an LLC and what can and cannot be protected.

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.

Business training is FREE for Chamber Members and clients of sponsors and presenters. Non-Members and non-clients are welcome to attend with a \$25 admission. Please register at [NewHartfordChamber.com](http://NewHartfordChamber.com) or call 315-796-1520.



## Marketing Strategy

for SMBs and Nonprofits

### Free Business Training

March 20th 4-6pm at The Homewood Suites by Hilton New Hartford

Learn about current marketing trends and develop a marketing strategy for your business, group or nonprofit organization to compete in the 21st Century Marketplace. Understand the importance of the website serving as your marketing cornerstone and how you can use free online tools to drive qualified traffic. Presented by NH Chamber Member, Scott Mathias from Mathias Marketing.

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.

Business training is FREE for Chamber Members and clients of sponsors and presenters. Non-Members and non-clients are welcome to attend with a \$25 admission. Please register at [NewHartfordChamber.com](http://NewHartfordChamber.com) or call 315-796-1520.



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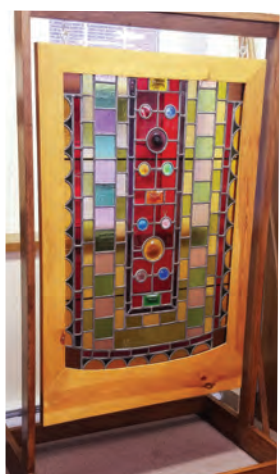
## NEW HARTFORD PAST TIMES

MARCH 2019

NEW HARTFORD HISTORICAL SOCIETY



The window's original placement.



The Mulligan Window today, on display in our Museum.

## Adding to the History of the Old St. John the Evangelist Church on Oxford Road

Last month we published a story about the stained glass window salvaged from the Old St. John's Church and gifted to the Historical Society.

Since then, Fr. Paul Drobin shared with us a little more church history with this letter.

He writes...

*I wish to thank you for your publishing the article from the New Hartford Historical Society about the rescued and restored window from the original St. John the Evangelist Church on Oxford Road.*

*Please allow me to add to some of the history of the restored window.*

*When the original church was being raised in preparation for the new church on the corner of Oxford Road and Sherman Street, a dear friend happened to stop by and expressed concern for The possible loss of esteemed ecclesiastical artifacts. Randall Huta, now retired from a Profession of Accounting at Utica College rescued the window and saved it for the future, whatever that might be.*

*The window is known as the 'Mulligan Window' from its original donors, thanks to the research of Dr. Patrick Kelly, a retired professor at SUNY IT. The history of the window at the original church resides at the Oneida County Historical society.*

*Special thanks go also to Professors Huta and Kelly for their diligent care as well as the members of the Sloane and Klar families.*

*When we were celebrating the 25th anniversary of the building of the new church (January 1991), I noticed that there were two cornerstones in the new Our Lady of Lourdes Church on Genesee Street.*

*I inquired: "I wonder what happened to the cornerstone of the original church? Someone said to me:*

*I remember Frank Costello dragging it away when the church was being raised.*

*I asked Mr. Costello-Frank somebody told me that you took the cornerstone for safekeeping" Mr. Costello said, Yes, Father, It sits in my front yard." As the saying goes, the rest is history.*

*Thanks to Mr. and Mrs. Costello the original cornerstone rests quietly and reverently in the garden behind the new St. Johns the Evangelist Church with the numbers, 1883 carved in stone, a tribute not only to Mr. and Mrs. Costello but also to all who established and enlightened St. Johns the Evangelist Church in New Hartford. New York.*

*To offer a different twist to the insight of philosopher George Santayana, I would simply say, 'Those who remember the past, are blessed to carry on her legacy in the future. "*

- Father Paul Drobin

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Children of Sitrin's Child Care Center enjoy hands-on learning activities.

### Never a Dull Moment at the Sitrin Child Care Center

For nearly 25 years, Sitrin’s Child Care Center has been welcoming children from six weeks to five years of age to its nurturing, educational, and creative environment.

In the Center, the day begins with a healthy breakfast, prepared by the facility’s in-house cook. Afterward, each class partakes in learning activities tailored to the children’s age group. While the toddler population works on identifying the weather and listening to a story, rompers and preschoolers focus more on word recognition, alphabet writing, and reading. After mastering these FUNdamental lessons, the children engage in creative and playful activities, including hands-on crafts, memory exercises, and recreational play to increase their motor abilities.

Health and wellness are also encouraged at the Center. Each child receives a well-balanced lunch, healthy snack, and nap time. Additionally, the Center’s “Get Up & Move” program is held twice a month, featuring yoga, dance, and fun movement-based exercises. Another hallmark is the Intergenerational Program, which pairs children with Sitrin’s long-term care residents and assisted-living tenants for leisure activities.

Rehabilitative therapies are available as well. Working with both families and outside agencies, Sitrin offers the flexibility of having children receive physical, occupational, and speech therapy services while in attendance at the Center.

In November, the Center was awarded a grant in

the amount of \$3,378 to aide with the cost of interior painting that included all hallways, six bathrooms, and six classrooms. This generous grant was made possible by The Community Foundation of Herkimer & Oneida Counties, Inc., the Child Care Fund and the Herman and Mary Weyer Memorial Fund. The painting served a greater purpose than mere wall coverings, as each classroom is color-coded depending on the age of those in the class. Each classroom is cohesively colored through the painting, flooring, and décor to help instill color recognition in the children.

The Center also promotes its own fundraising initiatives as a way to enhance the children’s education opportunities. Back by popular demand is the annual chocolate fundraiser, featuring Gertrude Hawk candy bars. At \$1.00 each, they are a favorite among family, friends, and Sitrin staff.

A new venture this year is the Center’s Utica Coffee fundraiser. A variety of flavors are available, including some local favorites such as the Adirondack blend, Art of Darkness, and Italian Roast. Individuals have the option of ordering whole bean or grinded bags of the well-blended coffee, as well as K-cups. Any fundraising profits the Center receives from this sale will assist with daily expenditures.

“Proceeds from these fundraisers benefit the Center in a variety of ways, especially by enhancing programs through purchases of equipment, supplies, and other miscellaneous items,” says Heather Galinski, director of the Sitrin Child Care Center. “We’re also very fortunate to have the support of our children’s parents and grandparents, who enjoy getting involved in our fundraising efforts.”

As one of only six child care centers in the region that care for children as young as six weeks old, the Center’s overall goal is to provide vital support to working parents, while instilling education, values, and character in the community’s children.

Sitrin is a not-for-profit corporation located on Tilden Avenue in New Hartford. In addition to child care, Sitrin provides comprehensive medical rehabilitation (inpatient and outpatient), long-term care, NeuroCare, assisted living and enriched housing (Cedarbrook), residences for people with intellectual disabilities and medically complex conditions, adult day health care (OPAL Program), military rehabilitation, adaptive and Paralympic-level sports, concussion management, aquatic therapy, a dental clinic, and wellness center.



### NH Volleyball Wins Sectionals with an Undefeated Season!

For the first time ever, the New Hartford Spartan Volleyball team won the Section 3, class A sectional title, capping off an incredible undefeated season!

To get to the finals on Saturday, February 16th, they first had to face ESM on Thursday in the sectional semi-final. The Spartans had previously beat ESM twice in the regular season matchup, but the girls knew beating a team three times would be difficult. It was a tight, nerve-racking match that went to four sets, with New Hartford dominating ESM 3-1.

The Spartans (#1 seed) were more relaxed going into the championship game-having never faced Carthage (#2 seed), the team committed to just playing their game as they have all season. They came out strong, winning the first set 25-18. They faltered a bit in the second set, losing 19-25. In the third set, the Spartans were fierce, determined to do what they do best. They won the third set handily, 25-14. The fourth and final set was a tough contest, with both teams playing strong. However, the Spartans stayed steady, refused to get rattled and won 25-20.

The team is coached by Bill Gardinier, Tim Abraham and Jenn Dodge.

Roster: Kira Corisanti, Madison Desmarais, Chloe Elsenbeck, Nicole Farkouh, Shaye Gardinier, Chloe Kem, Kiana Kennedy, Ku Ku, Belle Vitagliano, Brianna Wheelock, Marie Winn

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*Raymond J Durso, Jr., Executive Director of The Genesis Group*

### Genesis Group Uses Positive Approach Toward's Regional Success!

Indian author Shiv Khera once said that “positive action combined with positive thinking results in success.” During the past several years, our community has changed the way it thinks which has yielded us more positive results. Hello New Hartford, I am Ray Durso and I have the privilege of serving as Executive Director of The Genesis Group.

Nearly 20 years ago, the Genesis Group was established as a civic organization to unite Business and Community Leaders, advance regional Economic, Social and Cultural interests, and to foster unity and cooperation in the Mohawk Valley region. Our vision was (and still is) to be a trusted advocate and partner for regional growth, development, education, innovation and synergy.

Today, we see a big difference in how the community has changed in twenty years. While all community’s have their challenges, we also have opportunities.

All you need to do is look around and see that by staying the course and remaining positive, good things continue to happen. Officials in government and economics, along with business, academia and community leaders – are all working together to move the region forward.

For example, in Rome the city was named a recipient of \$10 million dollars in state funding to help revitalize and develop its downtown area. Other exciting projects include the Woodhaven-Riverwalk, Griffiss Business & Technology Park B240 Site, and great potential for the development of several Drone programs, just to name a few.

In Herkimer County, the Industrial Development Agency - (IDA) is running out of available space. There has been a huge investment at the Frankfort Business Park – also known as the Pumpkin Patch. With companies like Heidelberg Bakery and Tractor

Supply – which is getting ready to open, the park will be vibrant along with many new jobs. The IDA is also working to bring new business to other sites in the county.

In Utica, the city continues to receive investment from local and out of town developers. Projects like a new Home 2 Suites Hotel and Tavolo’s Restaurant in north Utica, the former GE building on Blecker St., new housing projects from the downtown area to East Utica, and a new grocery store downtown. In addition, the Mohawk Valley Health System is moving forward with its plans to build a new Medical Campus in the downtown area.

The Marcy Nanocenter site continues to receive significant investment in its infrastructure with hopes of landing an end-user, one who will hopefully (and finally) bring us a semiconductor fabrication facility. Danfoss Silicon Power is ramping up its activity and getting ready for its next phase in the first quarter of 2019. More production, more jobs!”

We’re more than ready for this to happen – we just need to stay the course!

The Town and Village of New Hartford are always welcoming new retail options, continuously bringing new commerce into the region. The transformation of the former Gander Mountain building into town offices, is producing a lot of excitement and more efficiency in delivering services.

The Utica Comets, Utica College Pioneers and the new Utica City Foot Ball Club are providing high-energy events and excitement at the Utica Auditorium which is positively enhancing our quality of life. We have the Boilermaker Road Race – our region’s signature event! We have great colleges with more than 20,000 college students.

And yes, I say it all the time – Healthcare, Education, Arts & Culture, Agriculture and Tourism...are billion dollar industries employing thousands of people.

To stay aligned with projects in these areas, the Genesis Group Board of Trustees have established committees and projects in areas of Education, Economic Development and Technology, Health & Wellness and Tourism.

Some of these projects include:

- College & Career Day Programs in Area Schools • Regional Independence Day Parade
- Education & Healthcare Recognition’s • 9/11 Community Prayer Breakfast • Focus Groups & Planning Meetings • College Welcome Initiative • Tours of Area Businesses & Places of Interest • City of Rome Community Needs Assessment • City of Utica Community Needs Assessment • Herkimer County Shared Services Initiative • Herkimer County Assessment & Capstone Report, STRIVING FOR SUCCESS ~ Young Professionals Initiative • Community Forums to Heighten Awareness on Pertinent Issues • GEMS OF DISTINCTION ~ Futuristic Initiative at GEMS Along the Mohawk, Herkimer.....just to name a few.

In my opinion, good planning, people working together and investments being made, all add up to positive impact and benefit for the community. Our population is diverse and we’re known for great food, rich neighborhoods, history and tradition.

We’ve got something really good here – we need to stay the course – because

*Cont. on next page*

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Cont. from Genesis article on previous page

it’s only going to get better!

One way that I believe we can get better is through a new initiative recently launched by The Genesis Group. It’s called “Writing Tomorrow’s Stories.... TODAY!

Through this program, The Genesis Group will challenge the community to look to the future. What will our cities, towns and villages look like in 5, 7 and 10 years from now? This community has seen its share of studies and plans. The next step is to draw information from these plans and not just talk the talk, but actually make things happen!

The Genesis Group will continue to focus on the “community’s agenda” and the needs of the region.... from Old Forge to Cooperstown and Oneida to Little Falls. With our neighboring counties, residents and businesses.... The Genesis Group will continue to work with its partners, sponsors and volunteers to offer a better quality of life for the people who live and work here in the Mohawk Valley.

We will stay the course because our positive action combined with our positive thinking, will bring us more positive results and success!

I invite you to join us. Call me or send an email to learn more about you can get involved (315) 792-7187 or send me an email, info@TheGenesisGroup.org. The Genesis Group, 100 Seymour Road, Utica, NY 13502.

Upcoming Genesis Group Events:

Monday, March 18 - 8:00am Career Day @ Herkimer College

Wednesday, March 20 - 12:00pm Striving 4 Success @ Yahnundasis Golf Club

Thursday, April 25 - 8:00am Career Day @ Mohawk Valley Community College

Friday, May 3 - 5:00pm Taste of Mohawk Valley @ FX Matt Brewery

Tuesday, May 7 - 5:30pm Healthcare Recognition @ Hart’s Hill Inn

Monday, June 17 - 8:00am Gems of Distinction @ Gems Along the Mohawk

Thursday, July 4th - Independence Day Parade, Fireworks, Band Concert and more!

DATE TBA - 2019 Genesis Group Golf Tournament



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## Having a Presence Can Be Learned (Yes, Really)

by Kristy Lenuzza

I once skipped out on an acting class because I had to play a woman who woke up paralyzed. I was so terrified of having to be still, in front of a room full of people no less, that I jumped on the coward’s lane to safety stat. It felt great at the moment until it didn’t.

We don’t hear stories about people who color in the lines, stay ashore, and gun it towards caution. Why? Because it’s not inspiring. It doesn’t light any internal fire of bravery within us. And, isn’t that at the core of every great story? Seeing the hero choose courage and fulfillment over safety and mediocrity? Sure, they’re scared out of their minds, but they focus on their deeper mission over fear. We root for that. We thrive on it. We’re inspired to take action from the stories that resonate with us the most. Because, fiction or not, the best stories show us life.

While we disappear onto the page or lose ourselves up on the big screen, we feel connected, seen, and less alone. So, if it’s their time. Their time, up there. Down here it’s our time. Without question. Without a doubt. Without apology.

So my question for you is, are you willing to sacrifice your chance at a fully realized life by playing it safe? I didn’t think so. That is where presence resides. In the nook and crannies of people who dive deep, answer the scary questions and then come up for air and share the love. Share the wisdom Share the goods. And, one of the best ways to get there is through, yep, not sorry to say, sitting still.

Parking your butt, shutting your eyes and breathing can turn on a battlefield inside. Breathing has gotten a bad wrap. “Just breathe” often creates the equivalent reaction as someone saying “Calm down” or “Relax.” (Cue: Eye roll and face slap.) The significant difference is that little thing called science. The never-ending list of benefits of shutting your trap and your eyes and checking in has been proven. Just ten minutes increase that presence that everyone is striving for while decreasing insomnia and stress. Equally important is that it’s useful and free.

People are wising up to the no-brainer connection between meditation and presentation skills too. Building the muscle to come back from going in your head during a job interview, client pitch, or keynote is the exact muscle that you’re building during meditation. Your thoughts fire up during meditation, and you ease your way back to your breath through awareness. Just as your thoughts go on during your “hot seat” moment, you relax your way back with your breath through awareness. Once you’re in the flow, you’re engaged and in turn, more engaging; you’re focused and now have their focus, and you’re more magnetic which means you have morphed into the mother of magnetizing machines. Your attention and energy are going outside of yourself onto your audience, and whether it’s one person or hundreds, they feel it. Respect is increased, credibility is solid, and trust is established.

All of this comes from practicing sitting still. We would all love to be that person who is just naturally present and focused, but that person doesn’t exist. The vast majority of us have a gazillion thoughts running through our head. In fact, studies say that we have anywhere from 35-48 thoughts per minute. Per minute. So, being able to take back some control over how we are handling those thoughts is liberating and doable. And, yes, worth mentioning again, highly effective and free.

So, what’re you waiting for? Give yourself permission today to shut the door and close your eyes. Any place with a door is fair game. Bathroom stalls. Closets. Cars (my go-to of choice). There’s no parking lot that I’ve turned down, let me tell you.

Giving yourself 10 minutes to shut down and reset doesn’t mean you’re not important or busy enough, no matter who says “Must be nice.” It means you have yourself and your life as a priority. And who doesn’t want to hang out with that person? (Raised hands all around.)

It’s not about mastering the mindset of a Buddhist monk. It’s about paying attention and settling in, so life doesn’t pass you by. So you can show up with more energy, passion, and focus which all leads to presence. Yes, you will have the inevitable moments of closing your eyes and running through your to-do list, going through yesterday’s “Damn, I shoulda said that” moments, or feeling some not so comfy feelings, BUT, then there are the golden “whoa”s where that tingle arrives, and it will bring you back for more. Feeling, for maybe the first time in forever, can be severely uncomfortable. Especially, when you consciously choose to not reach for your phone to distract you from those said uncomfortable feelings. (Major power move right there. Show that phone who’s boss!)

In the end, no matter what, there’s science. And, nobody can mess with that. So, stick with it and enjoy the ride. Your 10-minute meditation reminder starts now.

If you’re part of an organization who needs a little help to boost your team’s presence, I’m teaming up with Kristy Caruso, a local yoga and meditation instructor to bring organizations a 4-part series called Presenting With Presence. Through these four sessions, participants will learn the powerful relationship between maintaining a sustainable meditation practice for the busy life and the ability to enhance presentation skills no matter the situation. Email me for more information. kristy@kristylenuzza.com

Kristy Lenuzza is the founder of Sow to Speak, a company that offers brand consultations, group facilitations, presentation coaching and professional development workshops in academic and professional settings by applying the techniques and tools of improvisational theater. The overall goal is to improve trust, self-awareness, value systems, communication, leadership, and creativity.

(Psst. Fun and effective are not mutually exclusive.) Your team will thank you! To learn more visit [www.kristylenuzza.com](http://www.kristylenuzza.com) or contact Kristy for a free 20-minute consultation at [kristy@kristylenuzza.com](mailto:kristy@kristylenuzza.com).



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**MPW Marketing Welcomes Three New Employees**

*Bierstine, Nichols, Ramos bring marketing expertise to expanding team*

MPW Marketing, a full-service advertising and marketing firm, recently announced the addition of account manager Samantha Ramos, social media and public relations specialist Colleen Bierstine and SEO specialist Kelly Nichols to its growing marketing team in Clinton.

Ramos is responsible for serving as a vital link between MPW and its clients. She manages the execution of clients’ marketing programs by leveraging the agency’s capabilities and resources. Ramos comes to MPW with nearly five years of experience in marketing and media sales. Prior to joining MPW, she was a multi-media sales executive for Gatehouse Media/Observer-Dispatch in Utica. She also worked as a marketing and recruitment assistant at ICON Clinical Research in Whitesboro, N.Y. She earned a bachelor of science in communications from Utica College.

Bierstine is responsible for managing social media and spearheading public relations efforts for MPW’s wide variety of clients. She comes to MPW with nearly five years of experience in marketing, public relations and social media. Prior to joining MPW, Bierstine handled marketing, graphics and technical writing at PAR Government in Rome, N.Y. She has also worked as a communications assistant at The House of the

Good Shepherd in Utica, N.Y. for two years, and as a marketing communications specialist at Indium Corporation in Clinton. She earned a bachelor of science in public relations from Utica College.

Nichols is responsible for managing all search engine optimization activities for various clients by helping to implement all SEO activities such as content strategy, link building and keyword strategy to increase rankings on all major search networks. She brings more than 13 years of web specialist experience to the team. Before joining MPW, Nichols worked in web development at Northern Safety & Industrial for eight years. Prior to that, she also handled web development and design at Fiber Instrument Sales for four years. She earned an associate of applied science in graphic design from Mohawk Valley Community College.


Matt Wilson, founder of MPW, believes the addition of Ramos, Bierstine and Nichols will be instrumental in contributing to the agency’s continued growth.

“MPW is thrilled to have Ramos, Bierstine and Nichols on board as we continue to expand our traditional and digital suite of marketing services,” Wilson said. “Their specialized skill sets enhance our ability to continue to help clients achieve their goals and see a return on their investment.”

Founded in 2006, MPW Marketing is a full-service, online and traditional advertising and marketing firm that is focused on doing big work for companies of all sizes, from local and regional businesses to Fortune 500 companies. For more information visit [www.mpwmarketing.com](http://www.mpwmarketing.com).

# Climate Change Expert to Speak March 14 in Utica

Professor Kenneth Mazlen will speak about The Urgency of Adaptation to a rapidly warming environment on Thursday, March 14 at 7:00 p.m. at Unitarian-Universalist Church, 10 Higby Road, Utica. His talk will discuss a framework for human adaptation to many effects of global warming, and describe a detailed tool for planning by the New York State Department of Environmental Conservation. He will offer nationwide examples of what other communities are doing to deal with a warming environment. As Associate Professor of Sociology at SUNY Utica for nearly twenty-five years, Dr. Mazlen has been actively engaged in helping communities go through essential steps of global warming adaptation planning. He will share resources about the profound impacts of global warming that justify urgently enacting policies to reduce emission of greenhouse gases, and discuss effective ways of communicating and organizing for a livable future for our children and grandchildren. Dr. Mazlen received his B. A. in Mathematics in 1963 from Columbia College, M.A. Mathematics in 1964 from U. of Michigan, and Ph.D. Sociology in 1989 from SUNY Albany, concentrating in the field of criminal justice. Visit <https://www.gw2016legacy.org/positivefeedbackloops.html> to view graphics about our possible future.



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

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~~~ Deepak Chopra



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MARCH
2019

ANTIQU/COMMUNITY NEWS

THE TOWN CRIER

23



Victor J. Fariello Jr.

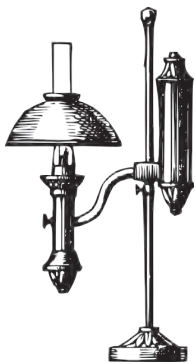
From The Mailbag

Q. I have a 9” iridescent amethyst glass bowl (pictured) that is signed Northwood. There is a horseshoe design in the bowl with the words “Good Luck.” Can you tell me its value?

A. Your Carnival glass bowl is very collectible. The “Good Luck” pieces were made in a variety of colors. Your amethyst bowl is highly sought after by collectors. Although the market for glassware is very depressed at the moment, I would value your piece at \$125.

Q. I have a Sessions mantle clock (pictured) that has been in the family for many years and still runs. It chimes and counts out the hours. Are these particularly valuable? We would never part with it but were just curious.

A. Your mantle clock dates from the 1920’s. It is great that yours is in such good condition and running. Although it’s obviously a quality time piece to be still working almost 100 years later, the fact is that many thousands were made and are easy to find in the marketplace. That affects its value, although I trust yours has a sentimental value that matters more to you. I would value your clock at \$150-200.



Quester Chapter Formed!

I am pleased to announce that the J Schoolcraft Sherman Chapter of The Questers was formed in New Hartford on February 4. We named it in honor of the 27th Vice President of the United States who lived in New Hartford. We organized with 10 Charter Members and 1 Associate Member. Officers elected were President: Victor Fariello; Vice President: Sandra Rooney; Secretary: Phyllis Wilkinson; and Treasurer: Chris Wolber. Other Charter Members are: Mary Anne Hulser, Robert Failing, Trudy Garvey, Carolyn Mohr, Edward Rooney and Elizabeth Harvilla. The Associate Member is Sharon McNerney, who is also a member of the James Dean Chapter.

Meetings will be on the first Monday of each month at 6:30 pm in the Large Study Room at the New Hartford Library.

Check out the Questers website at www.questers1944.org. For information about joining our Chapter, email me at vjfariello@gmail.com. You can also contact me with your questions. I look forward to hearing from you.

Support New Hartford Historical Society

If you’re not a member yet, this is the perfect time to join. 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. Show your support for this great community asset. Renew or join today. You will be glad you did.

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.



This Carnival glass bowl was produced by the Northwood Glass Company and is highly collectible.




These hump top mantle clocks were extremely popular in the 1920’s and ‘30’s. This one was made by the Sessions Clock Company.

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March 2019

PUBLIC SKATING SCHEDULE



Sunday




Monday


Tuesday

Wednesday

Thursday



Friday



Saturday

| | | | | | | |
|---------------------------------|---------------------|--|--|--|--|---|
| | | | | | 1
10 AM-NOON
PUBLIC SKATE
12-1 PM
ADULT SKATE | 2
4 PM-5:30 PM
PUBLIC SKATE
6 PM-7:30 PM
FAMILY
SKATING
ONLY |
| 3
3 PM-5 PM
PUBLIC SKATE | 4
NO
SKATING | 5
10 AM-NOON
PUBLIC SKATE
12-1 PM
ADULT SKATE | 6
10 AM-NOON
PUBLIC SKATE
12-1 PM
ADULT SKATE | 7
10 AM-NOON
PUBLIC SKATE
12-1 PM
ADULT SKATE | 8
10 AM-NOON
PUBLIC SKATE
12-1 PM
ADULT SKATE | 9
4 PM-5:30 PM
PUBLIC SKATE
6 PM-7:30 PM
FAMILY
SKATING
ONLY |
| 10
3 PM-5 PM
PUBLIC SKATE | 11
NO
SKATING | 12
10 AM-NOON
PUBLIC SKATE
12-1 PM
ADULT SKATE | 13
10 AM-NOON
PUBLIC SKATE
12-1 PM
ADULT SKATE | 14
10 AM-NOON
PUBLIC SKATE
12-1 PM
ADULT SKATE | 15
10 AM-NOON
PUBLIC SKATE
12-1 PM
ADULT SKATE | 16
4 PM-5:30 PM
PUBLIC SKATE
6 PM-7:30 PM
FAMILY
SKATING
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| 17
3 PM-5 PM
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12-1 PM
ADULT SKATE | 21
10 AM-NOON
PUBLIC SKATE
12-1 PM
ADULT SKATE | 22
10 AM-NOON
PUBLIC SKATE
12-1 PM
ADULT SKATE | 23
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SKATING
ONLY |
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for
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12/20/2017 - chezzcat
Sold a Single Family home in 2016 in Utica, NY.

Local knowledge: ★★★★★
Process expertise: ★★★★★
Responsiveness: ★★★★★
Negotiation skills: ★★★★★

My experience was the best!!!!
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my house in another city!!!!
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improve house look, had several open
houses for me, very happy with everything!!!

★★★★★ Highly likely to recommend

12/20/2017 - curtacci
Bought and sold a Single Family home in 2017 in Frankfort, NY.

Local knowledge: ★★★★★
Process expertise: ★★★★★
Responsiveness: ★★★★★
Negotiation skills: ★★★★★

Paul made the process of buying and
selling a house seamless! He was there
every step of the way for us.
Couldn't have been more pleased with
the entire experience.

★★★★★ Highly likely to recommend

02/08/2019 - jjolbrys26
Bought and sold a Single Family home in 2018 in New Hartford, NY.

Local knowledge: ★★★★★
Process expertise: ★★★★★
Responsiveness: ★★★★★
Negotiation skills: ★★★★★

We would HIGHLY recommend Paul Sacco to anyone looking to buy or sell a house in the area.
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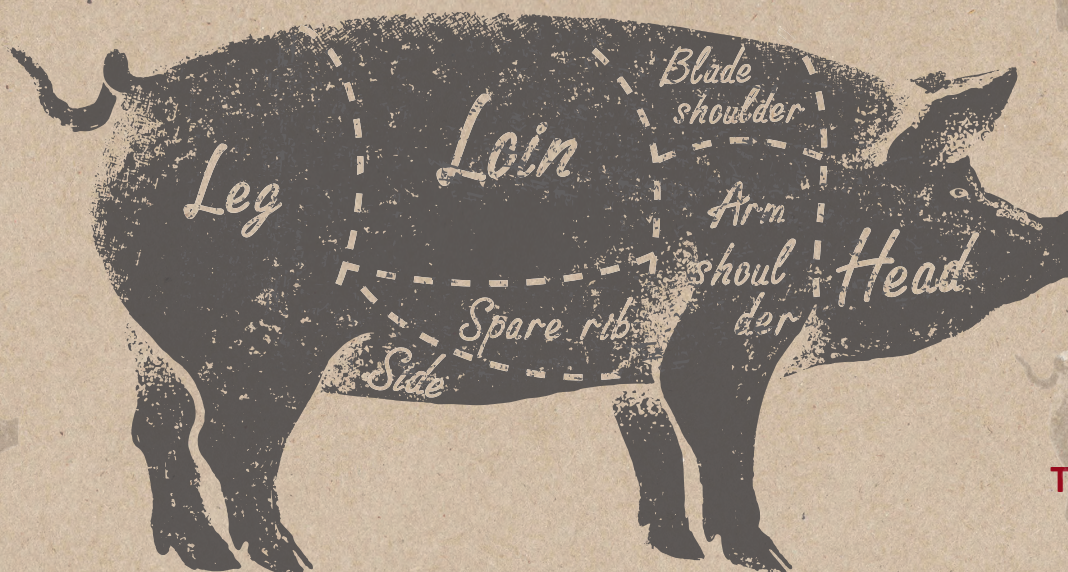
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What's Happening at Piggy Pat's Smoke and Ale House in March....

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Daily Dinner Specials:

Wednesday: Specialty Burger featuring our premium black Angus half pound burger

Thursday: Smoked Pork Tenderloin

Friday: Fish fry and homemade New England Clam Chowder

Saturday: Smoked Prime Rib

Sunday: Specialty BBQ Tacos

March 6th - Ash Wednesday - Fish Fry

March 16th - St Patrick's Day Parade, with Blarney Rebel playing in the Ale house at 1:00
serving up smoked Corned beef dinners, sandwiches and Reubens

March 17th - St Patrick's Day, we'll be serving up corned beef dinners, sandwiches and Reubens

March 20th - First day of spring!!! Look for spring drink specials

Happy Hour 4-7 **Wednesday thru Friday** - \$1 off all draft and bottled beer, 2 for 1 well mixers

Trivia on **Wednesday's**

Live music on **Friday and Saturday** nights

Sundays - Celebrate Soccer Sunday's with \$3 UC and Coors Lt drafts, \$3 Saranac bottles \$5 "Captains Mules",
in honor of Utica City Football Club team captain Bo

Come Check Out Our March Madness Drink Specials

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26 THE TOWN CRIER

COMMUNITY NEWS

MARCH
2019



Utica's Chamber Music Society will present the Morgenstern Trio

The Morgenstern Trio will perform on Sunday, March 24, 2019, at 2:30 PM in the MWPAI Auditorium.

The program includes Germaine Tailleferre: Piano Trio (1916/ Revised 1978); Maurice Ravel: Trio in A minor (1914); and Franz Schubert: Piano Trio No. 2 in E-Flat major, Op. 100, D. 929 (1827).

Tickets are available at the door—cash or check only, please: \$20 General, \$10 Student with ID, and No charge for Children and Teens under 18. Please note that seating in the MWPAI auditorium is first come-first served. For more information, phone 315-507-3597 or 315-794-9741.

Please plan to attend the reception following this concert, when we'll remember and celebrate the good works of Dorothy Einsiedel Deimel, whom all called "Dotty". She was, first and foremost, an unflagging and generous advocate for all the arts, history and culture in our corner of the Mohawk Valley. But she maintained a special affinity for WCNY-FM, the B-Sharp Musical Club, and the Chamber Music Society—she was our most ardent and eloquent promoter.

The Morgenstern Trio's first Utica performance—in March 2012—was one stop in a two-year tour of 20 American chamber music venues, the best part of the prize the Trio received as 2009 winner of the prestigious Kalichstein-Laredo-Robinson International Trio Award. In the same year, the Trio was nominated by the Kölner Philharmonie (Cologne Concert hall) and the Konzerthaus Hamburg for the Rising Stars series of ECHO—the European Concert Hall Organization—which provided the Morgenstern a similar tour of important concert halls across Europe.

In the years since, the Trio has fulfilled the Rising Star forecast and continues to thrill audiences and garner glowing reviews across Europe, in China, through South America, Australia and the United States. The Morgenstern Trio is now one of the world's leading chamber ensembles, performing the breadth of the repertoire, as well as the forgotten and the undiscovered.

Now with family responsibilities and teaching commitments, the Trio's common goal remains to grow together. In 2015—when the Morgenstern celebrated 10 years since their founding at the Folkwang University of Essen—the Trio received the North Rhine-Westphalia Award for Young Artists, a program of the Kunststiftung NRW or the "Foundation for Art and Culture of the State of North Rhine-Westphalia". "You can feel the joy of playing in the Morgenstern Trio—the expressiveness, the dynamic contrasts between the finest chamber music intimacy and powerful sonority" said Jens Weiner in the liner notes for the Morgenstern's latest recording—"Schubert – Schumann"—issued in 2016 under the Kaleidos label.

This notable recording of Schumann's Piano Trio No. 1 in D minor, Op. 63, and Schubert's Piano Trio in E-Flat major, Op. 100, D. 929, is available on CD, with the Schumann also available on an LP. On their website the Trio proclaims "Morgenstern Trio on Vinyl! We are happy to announce that we published a brand new 180 grams-audiophile LP recording of the Schumann Piano Trio in D minor. The LP is back, and we are celebrating it with Schumann!"

See the Morgenstern's website for more information—www.morgensterntrio.com—and don't miss their videos on YouTube, especially the live performances of two works they will perform on this upcoming Utica performance:

Morgenstern Trio: Ravel-Trio a-Moll live im Katharinensaal Rostock

Germaine Tailleferre: Piano Trio - Morgenstern Trio - YouTube

For information on all CMSU concerts—past, present and future—phone 315-507-3597 or 315-794-9741, or see CMSU website www.uticachambermusic.org.

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CSOMV Symphony Concert Rescheduled for March 17th

The Clinton Symphony Orchestra of the Mohawk Valley is very pleased to announce that the previously scheduled January 20 concert (postponed due to severe weather) has been re-scheduled for March 17, 2019 at the Clinton Performing Arts Center, 75 Chenango Ave., Clinton, NY.

The box office opens at 1pm, lecture at 1:30 and the concert begins at 2:30.

Featured guest artists from the renowned Juilliard Opera department will include soprano Kathleen O'Mara and baritone Gregory Feldman on a program that will highlight music composed by Ben Moore and Ben Phelps, both natives of Clinton. Music Director Charles Schneider has programmed a wide variety of styles and genres that covers three centuries of operatic favorites. Although much of the repertoire is Italian (Rossini, Puccini, Mascagni and Leoncavallo), we will also highlight the music of French composers Bizet and Charpentier. Music from Germany ("Hansel and Gretel") and Vienna will round out the program. The concert will end with the famed "Lippen Schweigen" waltz from Franz Lehar's "The Merry Widow"

The Charles Winter family Fund, headed up Ms. Katharine Winter and administrated by Richard G. Parker, has most generously provided funds for student tickets (college students require ID).

For further ticket information, please check our website, or call 315-404-2016.

ADK Chapter Meeting

The Adirondack Mountain Club Iroquois Chapter will have their monthly meeting on Tuesday March 5th 7 PM at the First Baptist Church in New Hartford (7 Oxford Rd.). The program speaker will be Steve MacKay. Steve will discuss his mountain bike trek, with his daughter Heather, down the Continental Divide which at 3,300 miles is the longest bike route in the world. Bike camping for two months Steve will share this great adventure, which was planned as a retirement gift to himself.

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HIGHWAY DEPARTMENT/TOWN NEWS



New Hartford Highway News

Submitted by Highway Superintendent, Richard Sherman

I am working on a new schedule for the BRUSH COLLECTION and DUMPSTER- DROP OFF COLLECTION for 2019 season. This will be coming out in the Town Supervisor News Letter in the month of March. 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 schedules 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 the 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 26 water main breaks in the town of New Hartford this winter. I had a meeting with the water authority about these breaks. I advised them that the highway superintendent is getting blamed 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 with 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.

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

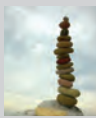
I've had a lot of phone calls and e-mails about the leaf program this past fall. Why were all the leaves not picked up? The leaves didn't fall until late, the beginning of November. The new trucks worked very well with the short pick up season. The month of November we had a few snow storms also that were early covering up the leaf piles. Phone is 315 534-2998 e-mail rsherman@townofnewhartfordny.gov.



From the Desk of Richard Woodland-4th Ward Councilman

As the 4th Ward Councilman, I represent the western part of the town which includes the commercial area. I want to give residents an update of events going on in the town. Last month, we held Family Fun Day at Sherrill Brook Park. The New Hartford Parks Commission did a great job organizing this event. I hope many of you got a chance to enjoy the festivities at Family Fun Day. Sherrill Brook Park's nature trails are beautiful and can be used throughout the year. As winter fades and spring approaches, I also want to let residents know that Sherrill Brook Park will again be hosting Picnic in the Park with the Utica Food Truck Association. Last year's Picnic in the Park was a great success. At the initial Picnic in the Park event, over a thousand people attended; it was such a successful event that the town board approved additional days for Picnic in the Park as it was originally meant to happen once in July and in August. This year, Picnic in the Park at Sherrill Brook will be held on Tuesdays with food trucks and entertainment from May through September. The Utica Food Truck Association sets up picnic tables, but there are additional tables available in the updated pavilions. We will also have a Farmer's Market at the same time in the newly built Farmer's Market pavilion. I hope that residents will come to enjoy the food and entertainment as well as picking up some produce and other goodies from the Farmer's Market. This year, we are very excited to bring back fireworks to Sherrill Brook Park to celebrate Independence Day on July 4th.

In next month's article, I will write about the brush and trash pickup which will continue again by popular demand. There are some changes coming to the new pickup cycle in particular moving from Area A to Ward 4. Please feel free to contact me with any questions or concerns by phone at 315-982-4936 or by email at rwoodland@townofnewhartfordny.gov.



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

*"If everyone demanded peace
instead of another television set,
then there'd be peace."
~~~ John Lennon*



## Max Silberlicht Named Head Coach of Men's National Team

The Israel Lacrosse Association has named Max Silberlicht as head coach of the Israel men's national team. Silberlicht, a full-time assistant coach for the Boston University men's lacrosse team, served as head coach of Latvia from 2016-2018, leading their men's national team to a program-best #18 world ranking following July's World Championship in Israel.

"I am beyond excited to be the next Head Coach of the Israel National Field Lacrosse Team," said Silberlicht, who played collegiately at Hobart before beginning his coaching career. "I must first thank the leadership of the Israel Lacrosse Association for this opportunity. I must also thank the Latvian Lakross Federation and all the people, coaches and players that worked with me during my tenure with Latvia. Without them, I would not be prepared to lead the Israeli Team going forward."

Silberlicht takes the reins from Bill Beroza, who is a member of both the Jewish Sports Hall of Fame and the US Lacrosse Hall of Fame. Beroza was named Israel's first head coach at the program's inception in 2011 and is credited with guiding the blue-and-white from an amateur upstart to a perennial international contender. He (and Jeff Schwartz, who coached Israel in 2016) own a 23-8 all-time record in major championship events over his eight-year term.

"I feel incredibly lucky to have shared the sidelines with so many exceptional and qualified people since our debut in Amsterdam [at the 2012 European Championships]," said Beroza, who will continue to serve the Association as a Board Member and National Teams Chairman. "I'd like to offer a heartfelt thank you to my assistant coaches, scouts and support staff for their commitment and their contributions since we started Israel Lacrosse."

Beroza and Association leadership conducted an extensive formal and informal interview and review process that began promptly after the 2018 FIL World Championships in Israel drew to a close.

"I'm very confident in our choice to name Max as our next head coach," added Beroza. "Max has years of high level NCAA coaching experience, but also has the unique path in building Team Latvia as a head coach at the international level. Along with his Jewish roots and his connection to the program, he is the right person to man our sidelines for our flagship team."

Silberlicht takes over as head coach as the blue-and-white prepare for the 2020 European Championships in Wroclaw, Poland, through the 2022 FIL World Championships in Vancouver, Canada. The 30-year-old will look to improve upon Israel's silver-medal finish at the 2016 Euros, as well as the program's #7 world ranking.

"My immediate focus is putting this program in the best position to win a Gold Medal in Wroclaw," added Silberlicht. "That starts today with phone calls to current team members and potential new national team candidates. This will be a player driven team, and one that will be successful with the best players and the best people representing the State of Israel and our national lacrosse program."

The Israel Lacrosse Association is the National Governing Body of lacrosse in Israel, aiming to promote lacrosse in the Jewish State by allocating resources, programming and inspiring participation from all over the country. The organization's vision is based on the belief that lacrosse has an important and significant role in strengthening the ties of Diaspora Jewry to Israel.

Silberlicht is a 2006 graduate of New Hartford. He is the son of Joe Silberlicht and Sandra Lee Fenske.

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| <div>Mondays &amp; Fridays: Lo - Impact Aerobics at the Center 11:00 Senior Evaluations: 2nd and 4th <b>Wednesday</b> by appointment. Tuesdays &amp; Thursdays: 10:00-12:00</div> |                                                                                                                                                   | <div><div>New Hartford Adult Dining &amp; Activity Center<br/>1 Sherman St.<br/>(315) 724-8966</div></div> | <div><div><b>24 Hour Notice</b><br/>Required for Reservations<br/>12:00 Noon is the deadline.</div></div> | <div>Therapeutic Diet Available<ul style="list-style-type: none"><li>• Diabetic—Low Calorie</li></ul></div> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| Monday                                                                                                                                                                            | Tuesday                                                                                                                                           | Wednesday                                                                                                                                                                                   | Thursday                                                                                                                                                                                     | Friday                                                                                                      |
| Roadrunners meet the First and Third Tuesdays of the Month<br>1:00 pm                                                                                                             |                                                                                                                                                   |                                                                                                                                                                                             | FLAG RAISING CEREMONY FRIDAY MARCH 15 AT 11:30 AM                                                                                                                                            | <b>1 Beef Stew</b><br>9:45 Aerobics<br>10:00 Bridge                                                         |
| <b>4 Lasagna</b><br>10:30 Knitting/Crocheting<br>11:00 Aerobics Low Impact<br>1:00 Senior Theater Production                                                                      | <b>5 Chicken Thigh</b><br>10:00 Computer instruction by appt.<br>10:00 Bridge / Canasta<br>11:15 Entertainment                                    | <b>6 Egg Salad Sandwich</b><br>11:00 Outreach Worker                                                                                                                                        | <b>7 Turkey Casserole</b><br>10:00 Canasta<br>10:00 Chair Zumba                                                                                                                              | <b>8 Oven Brown Fish</b><br>9:45 Aerobics 10:00 Bridge                                                      |
| <div>AARP Driving Class 10:00-2:00</div>                                                                                                                                          |                                                                                                                                                   |                                                                                                                                                                                             |                                                                                                                                                                                              |                                                                                                             |
| <b>11 Spanish Rice</b><br>10:30 Knitting/Crocheting<br>11:00 Aerobics Low Impact<br>1:00 Senior Theater Production                                                                | <b>12 Chicken Ala King</b><br>10:00 Computer instruction by appt.<br>10:00 Bridge / Canasta<br>11:15 ENTERTAINMENT                                | <b>13 Salisbury Steak</b>                                                                                                                                                                   | <b>14 Turkey Sandwich</b><br>10:00 Canasta<br>10:00 Chair Zumba<br>11:15 Entertainment                                                                                                       | <b>15 Corned Beef</b><br>9:45 AEROBICS 10:00 Bridge<br>11:45 3rd grade class singing songs                  |
| <b>18 Swedish Meatballs</b><br>10:30 Knitting/Crocheting<br>11:00 Aerobics Low Impact<br>1:00 Senior Theater Production                                                           | <b>19 Roast Pork</b><br>10:00 Computer instruction by appt.<br>10:00 Bridge / Canasta<br>11:15 ENTERTAINMENT                                      | <b>20 Pasta Fagioli</b>                                                                                                                                                                     | <b>21 Meatloaf /Gravy</b><br>10:00 Canasta<br>10:00 Chair Zumba<br>11:15 Entertainment                                                                                                       | <b>22 Spinach Quiche</b><br>9:45 Aerobics 10:00 Bridge                                                      |
| <b>25 BBQ Ribs</b><br>10:30 Knitting/Crocheting<br>11: 00 Aerobics Low Impact<br>1:00 Senior Theater Production                                                                   | <b>26 Chicken W/ Gravy</b><br>10:00 Computer instruction by appt.<br>10:00 Bridge /Canasta<br>11:15 ENTERTAINMENT<br>AARP DRIVERS CLASS 8:30—3:30 | <b>27 Beef Burrito</b>                                                                                                                                                                      | <b>28 Goulash</b><br>10:00 Canasta<br>10:00 Chair Zumba<br>11:00 Entertainment                                                                                                               | <b>29 FISH Sandwich</b><br>9:45 Aerobics<br>10:00 Bridge                                                    |

## New Hartford Senior Center News

*Submitted by Eileen Spellman, director*

March brings an expectation that Spring will be here soon. We will have the Heart Walk this month. I will dedicate my walk to my wonderful late husband who gave so much to help others. Jim Spellman will be missed. He had so many wonderful friends and it showed by the great response of those who came to his wake and funeral. He was loved and respected by many. I will miss him and am so very thankful that he came into my life. My family provides strong support to me at this time and I look at them and am so very proud to see how they care for us. What a blessing and example they are. I also want to thank the New Hartford Fire Department, the New Hartford Town Police Department, the Highway Department, the Village Planning Board, Don Ryan, Janet Durr, Kathy Briggs, the New Hartford Chamber of Commerce, First Source Credit Union, JAY-K Lumber, the staff of Faxon St. Luke’s Hospital, Dr. William Krause, Dr. Dominic Aiello, Dr. Brian Gaffney, Edwards Ambulance and all the caregivers especially my co-workers at the New Hartford Senior Center. You all made his life much more comfortable.

I am currently going back and forth to Boston for surgeries and checkups. Spring is coming and thanks to the great care from my family I will be back stronger than ever. Right now I am confined to my bed and feeling spoiled.

I want to thank everyone for their prayers and support. It’s hard not being the Energizer Bunny that I always am. I always tell people to keep active and I mean it. I will be back to being active as soon as I get the doctor’s okay to do so. In the meantime, I am testing my iPhone (new to me), learning to text and using the iPad. I may have to stay in bed, but I can use my mind and learn.

Cancer does drain you and I find I need to sleep more. However, rest is a good thing and it is the body’s way of healing.

Now, there is a very important subject that I want to address. We all need to thank and recognize our Town of New Hartford Volunteer Fire Department, the Town of New Hartford Police Department, the New York Mills Volunteer Fire Department, the Willowvale Fire Department, the New Hartford Town Highway Department, the Village Department of Public Works,

## HAPPY ST. PATRICK’S DAY!

and our clergy. They are all first responders. We have been doing this every year since we lost Officer Joseph Corr. We have our annual St. Patrick’s Day celebration and we do this to celebrate a great day and great people. God bless the first responders and thank you for making this area so special.

This year’s celebration will be Friday March 15<sup>th</sup> at 11:30 a.m. at the New Harford Town Hall. We will start with a blessing and the raising of the American and Irish flags. This will be done inside at the new Town Hall which will be comfortable for everyone. We will have the New Hartford Bradley Elementary School 3<sup>rd</sup> graders come and entertain with songs and dance. Please come and take part in this special day. God Bless You. Love Eileen.



### Hannaford Store Manager of the Year for 2018

Cheryl Rondenelli was selected as the 2018 Store Manager of the Year for her District with Hannaford Supermarkets.

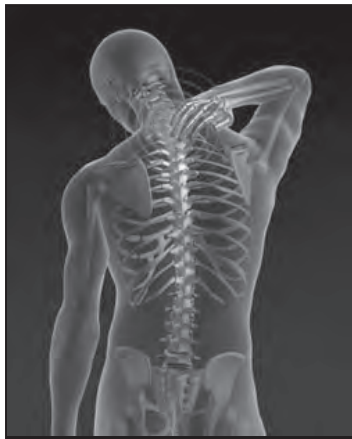
The award is presented annually to store managers who best demonstrate teamwork, leadership, customer service, community involvement, financial results, and company values.

Cheryl lives in Westmoreland with her husband Mike and has 2 children, Michael and Cristina. Cheryl received the recognition during a ceremony at the company’s Maine headquarters on January 27.

With more than 40 years of experience in the grocery industry, Rondenelli began her career with Hannaford in Clinton, N.Y., before transitioning to Utica. Cheryl has been with Hannaford for 13 years and is a six-time recipient as the store manager of the year for her district.

Hannaford Supermarkets, based in Scarborough, Maine, operates 181 stores in the Northeast. Stores are located in Maine, New York, Massachusetts, New Hampshire, and Vermont. All Hannaford stores feature Guiding Stars, America’s first store wide nutrition navigation system, and most stores have full-service pharmacies. Hannaford employs more than 26,000 associates. Additional information can be found at [www.hannaford.com](http://www.hannaford.com).





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## BROADWAY UTICA PRESENTS THE SOUND OF MUSIC

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Weds | April 24 | 7:30 pm

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# Realm Health & Wellness Center

## 2709 Genesee Street, Utica

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CHIROPRACTIC

**315.797.1908**

[www.realmchiropractic.com](http://www.realmchiropractic.com)

**Dr. Timothy J. DelMedico**  
Doctor of Chiropractic

2709 Genesee Street  
Utica, NY 13501  
[drtim@realmchiropractic.com](mailto:drtim@realmchiropractic.com)

### Realm Chiropractic

Dr. Timothy DelMedico is a Chiropractor and clinic director of Realm Chiropractic in South Utica. He has been in practice for 18 years and owns the building at 2709 Genesee St that houses all of the different Wellness practitioners. He bought the building in 2006 with the dream of it someday being home to the many different avenues of natural healing that reside there today. His family chiropractic practice is on the first floor where he enjoys seeing kids, adults, athletes, and difficult cases that haven't been able to get help anywhere else. There is a full digital X-ray suite available along with other cutting edge diagnostic technologies "in house". He is also certified to perform and interpret needle electromyography (EMG) and nerve conduction studies (NCV). In his free time Dr. Tim enjoys spending time with his wife Lori and their 3 children, and running his other businesses, Straight Arrow Archery, Precision Neurodiagnostics, and DelMedico Properties.

To schedule an appointment with Dr. Tim please call 315.797.1908 or schedule online at [www.realmchiropractic.com](http://www.realmchiropractic.com).

Contact info:

Realm Chiropractic 315.797.1908

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### Valerie Ezzo Lopata

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bodywise  
PURE PILATES

### Bodywise Pure Pilates

Born from the desire to create a space where the love of movement could be rediscovered and shared, Valerie Lopata opened the doors to Bodywise Pure Pilates in the spring of 2001.

It was then that she began inspiring others to find joy and better health through movement and mindful exercise, introducing the world of classical Pilates to the Utica area.

Valerie came to Pilates in her early years as a professional ballet dancer. She used it as a way to build deeper core strength and to stave off injuries. After retiring from dance in 1997, she began the process of studying Pilates on a more comprehensive level with the intent to become a certified instructor. After a two year process of seminars, course work and a 600 hour apprenticeship under the watchful eye of world renown Pilates elder Romana Kryzanowska, Valerie was granted her certification as a comprehensively trained Pilates instructor through The Pilates Studio in NYC.

Valerie has continued her studies with industry leaders for the past two decades, working to bring the very best authentic Pilates instruction to her clients.

Bodywise has continued to grow, expanding it's offerings and teaching staff to include One-On-One Sessions, Duet Sessions, Semi- Private Sessions, and group classes in Pilates Mat, Barre and Yoga. Recently Bodywise partnered with Alycea Ungaro's Real Pilates of NYC, to host her Pilates teacher training program. Look for more ways to add Pilates to your life as the first round of graduates will be scheduling new clients this summer.

Clients of the studio are men and women ranging in age from their teens to late eighties. They are professional athletes, dancers, business people, grandparents, and people doing post rehab from surgeries and injuries.

More info can be found by visiting [bodywisepurepilates.com](http://bodywisepurepilates.com) or calling Valerie at 315-796-7870



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### Professional Massage Therapy

Monique Dembrow of Professional Massage Therapy feels very fortunate to have entered her 20th year of working as a Massage Therapist. Monique's experience comes from the 20 years of working with a diverse clientele and the love of pursuing education to increase her knowledge in the natural healing field.

As a well rounded therapist and an intuitive practitioner, Monique specializes in muscular and soft tissue rehab, pain management, post surgery rehab, carpal tunnel, frozen shoulder, tendonitis, orthopedic massage, Cranio-Sacral Therapy and many other modalities. Each treatment will be specifically geared to the needs of her client. Monique is also an energy worker as well as a Reiki level 2 practitioner and has practiced these healing forms for many years.

Take care of yourself!

You can contact Monique for an appointment by calling 315-867-3604 She is located in Realm Chiropractic building.



# Realm Health & Wellness Center

## 2709 Genesee Street, Utica

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**[www.acupuncturebyrose.com](http://www.acupuncturebyrose.com)**

### Rose Accupuncture

The Acupuncture component of 2709 Genesee Street is Rose Acupuncture. Abigail Rose is board certified by NCCAOM in Oriental Medicine. She is dually licensed in New York and in Florida. She received a bachelors degree in Biology from Utica College and went on to receive a Masters in Oriental Medicine from the Atlantic Institute of Oriental Medicine in Ft. Lauderdale Florida. Abigail started her private practice in South Florida practicing in a integrative medical setting with a general physician and nurse practitioner. She ultimately joined a practice in North Miami where she continues to see patients on a limited schedule.

Abigail moved herself, and her practice to upstate New York in the Fall of 2018. She found a home for her NY practice within the walls of the Realm Chiropractic building in South Utica. There she sees patients for a wide range of issues. Many people seek out acupuncture for acute and chronic pain wether it be joint, neck and back or tight, sore muscles. Though incredibly effective at treating pain, acupuncture can also treat mental emotional issues (anxiety, depression, PTSD), insomnia, gastrointestinal problems, infertility, headaches, migraines, and so much more. Abigail also practices facial rejuvenation acupuncture, a natural, safe and effective way to fight the signs off aging with out the use of synthetic injectables. She takes a holistic approach to her treatments.

Working mostly with acupuncture and Chinese herbal prescriptions she also regularly incorporates manual therapies like cupping and Gus sha (muscle scrapping), tailoring each treatment to the specific needs of the patient. Always striving to integrate traditional eastern medicine with modern western medical concepts. She is committed to bringing quality alternative care to the area she calls home. You can find out more information about Abigail, her practice locations and Traditional Chinese Medicine at [www.acupuncturebyrose.com](http://www.acupuncturebyrose.com).



**Angel's Lighthouse**

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Reiki Studio  
 Angelica Martin

2709 Genesee St.  
 Utica, NY 13501

[angelica@angelslighthouse.org](mailto:angelica@angelslighthouse.org)  
[www.angelslighthouse.org](http://www.angelslighthouse.org)

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### Angel's Lighthouse

At Angel's Lighthouse, the newest member of the Realm family, Angelica provides an intuitive and hands off approach with a form of energy work called Reiki. Reiki is a subtle energy therapy in which the practitioner acts as a conduit between the individual receiving Reiki and the universal energy in which we all have access.

Sessions take place in a relaxed setting with the client fully clothed. As Reiki promotes stress relief and relaxation it is encouraging the body's natural healing mechanisms.

While most experience a feeling of "lightness" following a session, Reiki has been reported to aide in minor ailments such as aches and pains and day to day anxieties. Every experience varies from individual to individual as the energy goes where it is needed!

Having been first trained in western medicine as a Physician Assistant, Angelica has quickly become an advocate for alternative medicine practices when used in collaboration with traditional medicine. She continues to be amazed in the changes witnessed in both her clients and her lives with the help of Reiki.



**Sharon Kanfoush Wellness**  
[sharonkanfoushwellness.weebly.com](http://sharonkanfoushwellness.weebly.com)

**Sharon Kanfoush**  
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 (315) 982-7144  
[sharonkanfoushwellness@gmail.com](mailto:sharonkanfoushwellness@gmail.com)

### Sharon Kanfoush Wellness, LLC

Sharon Kanfoush Wellness, LLC was established in June 2017. Owner Sharon Kanfoush is a Yoga Alliance Registered Yoga Teacher with over 500 hours of training (RYT500) and over 1,000 hours teaching experience. She trained in the Kripalu lineage with Tony Riposo of Infinite Light Yoga in Syracuse and in Classical Yoga with Bob Butera of the YogaLife Institute in the Philadelphia area where she is also in her second year of a three-year program in Yoga Therapy accredited by the International Association of Yoga Therapists.

Sharon provides one-on-one instruction in yoga and meditation primarily to people who otherwise cannot or would not participate in a group class. The customization, full attention, immediate feedback, and two-way dialog of the one-on-one sessions can be of benefit for individuals who (1) have difficulty doing group classes due perhaps to stiffness or limited range of motion and mobility or weakness due to age, weight, a long-term sedentary lifestyle, or recovery from major illness or (2) avoid group classes because they are self-conscious, have self-esteem and confidence issues, are shy, or have had prior unpleasant experiences with moving their body, or (3) wrestle with stress and anxiety. She also offers variety of small group classes capped at four participants to maintain a very attentive, friendly, and non-intimidating environment - including chair yoga, mat yoga, and a 4-session Learn Yoga Basics series for the true beginner.

More information about Sharon's services can be found at her webpage (<http://www.sharonkanfoushwellness.org/>) or her Facebook page (Sharon Kanfoush Wellness), and Sharon can be contacted at [sharonkanfoushwellness@gmail.com](mailto:sharonkanfoushwellness@gmail.com) for information or to schedule a free consultation.



# NHFD News

January 2019 began another busy month for your New Hartford Volunteer Fire Department as indicated by the monthly call report listed below by category. In fact, the department answered –96 calls for the month.

|                 |   |    |
|-----------------|---|----|
| Fires           | = | 5  |
| EMS             | = | 52 |
| Hazardous       | = | 4  |
| Service Type    | = | 15 |
| Good Intent     | = | 6  |
| Other Alarms    | = | 14 |
| Weather Related | = | 0  |
| Other           | = | 0  |

Total Calls for the Month of January 2019 = 96.



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

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

## In Other Department News

As we get closer to Spring and nicer weather the Chief and members of the New Hartford Volunteer Fire Department, and all emergency personal would like to remind everyone that... The last Word....is your house or business number posted?

In case of an emergency, being able to have the Fire Department, Emergency Medical Services (E.M.S.), and the Police Department find your house or place of business quickly is important. If there is no number on your house, mailbox, or place of business, critical time is lost. A difference in minutes can mean the difference to a positive outcome in an emergency. New Hartford fire fighters are equipped with many tools to help their arrival time. Some of these tools are text messaging and radio transmissions of the call address, some others are maps and computers with GPS of our fire district. However, clearly affixed house or business numbers are imperative for us to get to the scene in a timely manner.

Many residents overlook the fact that ordinary street numbers attached to the front of the house, or business, are often impossible to see at night. This is true regardless of the season, but it becomes particularly critical in the fall and winter. This is the time when daylight hours get shorter, and there is fog, rain or snow, and locating a poorly marked residence or business from the street becomes much more difficult.



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So, you may be wondering, what are some of the requirements for house or business numbers? How small is too small? What about colors? The following are some of the basic requirements:

Must be Arabic numerals. Fancy numbers or numbers that are spelled out may be aesthetically pleasing, but are very difficult to read from the street. They should be displayed horizontally as well.

Need to be a minimum four (4) inches high and in a contrasting color to their immediate background. Brass or bronze numbers are difficult to see in the day to nighttime. A reflective type material would be a good consideration as well.

Must be displayed on the front of the dwelling and visible from the street.

If the dwelling is located more than 45 feet from the front property lot line, the number should be displayed on a gate post, fence, mailbox, or other appropriate place that will make it visible from the street from all directions when approaching from the street.

Cannot be obstructed by shrubs, trees, decorations, etc.

Encourage your friends, family and neighbors to post their house numbers too!

Also, if the emergency happens to occur during the night, we ask that you please put your porch light or other outside lights on. This too will save time.

Remember, emergency personnel cannot help you if they cannot locate your home or business. If we cannot find you in an emergency, the delay, however slight, might be the difference between life and death.

Please help us to help you when you call 911.

Visit [www.nhfd.com](http://www.nhfd.com) for more information on the department.



## 100 Years and Still “Growing” Strong

Submitted by MaryJo Timpano

Last month marked the 100<sup>th</sup> anniversary of the Lutheran Home. On February 19, 1919, the Lutheran Church Home for the Aged and Infirm of Central New York, Inc. was organized at the meeting of members of four Lutheran Churches of Utica, NY: St. Paul Lutheran Church, Zion Lutheran Church, Holy Communion Lutheran Church and Redeemer Lutheran Church. By December 1920 the first 10 residents became part of a community, that like today, believe in growth, possibilities and living life with dignity, meaning and purpose. A number of expansions and renovations have occurred throughout the history of the Lutheran Home

to expand services and respond to the growing needs of our community. But one thing remains steadfast, our commitment to provide the people that live and work here with opportunities to live life to the fullest, and our promise to change the experience and perception of aging in our society. Our vision to inspire and nurture successful aging is imbedded in who we are and what we do. The same will hold true when we celebrate our 200<sup>th</sup> anniversary.

Through a State grant of nearly \$3 million, Lutheran Care affiliated with the Presbyterian Home through a new parent corporation, Community Wellness Partners. This affiliation has given us the opportunity to further expand our services and continue on our journey to become a certified Center for Successful Aging. Our faith-based community provides quality services along with professional and compassionate care support that includes a residential adult home, skilled nursing, social model adult day program, short term and outpatient rehabilitation and helping hands home companions.

Our 100 year celebration will continue throughout the year with various venues and opportunities to share with you. You are cordially invited to join our residents, team members and Board of Directors as we celebrate this important milestone. This celebration also honors you, our neighbors, for your continued support and trust. Stay tuned in the coming months for more information on our “100 Years and Still Growing Strong” celebration!

“YOU ARE NEVER TOO OLD TO SET ANOTHER GOAL OR DREAM A NEW DREAM”

-C.S. LEWIS-

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

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MARCH  
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FAITH IN NEW HARTFORD

THE TOWN CRIER

33



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

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

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

**ST. GEORGE’S EPISCOPAL CHURCH**  
 9389 Elm Street, Chadwicks - 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](http://www.ibcfamily.com) E-mail: [info@ibcfamily.com](mailto: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](http://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.

**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  
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**SAUQUOIT VALLEY UNITED METHODIST CHURCH**  
 Cor. Pinnacle Rd. & Mohawk St., Sauquoit  
 email: [sauquoitvallyumc@aol.com](mailto: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](mailto: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](http://uuutica.org)  
 Sunday Services & Religious Education for Children,10:30am  
 Minister: The Rev. Erin Dajka Holley  
 March 3, 2019 - “We’re Supposed to Be Lost”  
 Marty Pelham- Intern Minister at First Unitarian Universalist Society of Syracuse  
 We can’t ever really know where we’re heading. Everything is shifting - even magnetic north - and staying static is not the answer. What might we let go of in order to find hope and joy in our wandering?  
 March 10, 2019 - “Moving Forward Together”  
 Rev. Erin Dajka Holley  
 Our church nurtures spiritual community, honors diversity, and advocates for social justice. We are picking up momentum and moving forward. Imagine with us where we are going. Dream about what we could be. Contribute to our taking steps into our future.  
 March 17, 2019 - “Understanding Community Arts Activism As Revolutionary” Kim Domenico. Activism in defense of the soul is necessary revolutionary activity in the context of a global capitalist order bent on reducing human beings to machines and to discardability. Both the Cafe business my husband and I have co-owned since 2002, and the non-profit arts space next door reflect our commitment to the local community, to the arts and art-making, and to the humanities tradition. We understand the journey we undertake as soul-making and as anarchist. I look forward to explaining why that is so!  
 Kim Domenico is a Utica native with a Master’s from Yale Divinity School and ordination as a UU minister. She and her husband own Café Domenico and run the arts nonprofit The Other Side. Kim’s essays are published regularly by the online magazine, CounterPunch.  
 March 24, 2019 - “What’s Inside?” Rev. Erin Dajka Holley. Let us embark upon a journey, a quest, through our innermost selves. We will find what we expect and the unexpected, without question.  
 March 31, 2019 - “Religion v. Faith: A Sociological Perspec-

tive” Justin Thompson- Member of St. Paul’s Universalist Church of Little Falls  
 History has shown that the institution of religion is man-made. Using Marx and other sociologists, Justin will provide evidence for this claim. He will also talk about faith and how it compares and contrasts with religion. Justin is an adjunct instructor in Sociology and Criminal Justice at Mohawk Valley Community College and Herkimer College.

**BIBLE BAPTIST CHURCH**  
 4431 Middle Settlement Road – 797-0404  
[www.biblebaptistchurchnewhartford.org](http://www.biblebaptistchurchnewhartford.org)  
 Pastor Brian Demers  
 Sunday Services:  
 Sunday School (for all ages): 9:30 a.m.  
 Morning Worship Service and Children’s Church: 10:45 a.m.  
 Evening Bible Study: 5:00 p.m.  
 Wednesday Prayer Meeting: 7:00 p.m.  
 Nursery Provided. Handicap Accessible!

**FAITH IN CHRIST FELLOWSHIP CHURCH**  
 3431 Oneida St., Chadwicks - 737-0753  
[www.faithnchristfellowship.com](http://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**  
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 Music Director Richard Crawley  
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 714 Washington St., Utica  
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 315-732-6518, [www.wmoutica.org](http://www.wmoutica.org). find us on Facebook & Twitter

**NORWICH CORNERS CHRISTIAN CHURCH**  
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 Sunday Morning Prayer - 8:45am  
 Sunday School - 9:30am  
 Sunday morning Worship Service - 10:30  
 Mid-Week Bible Study - Thursdays 7pm  
 Summer Hours - Beginning 7/1/18:  
 Sunday Morning Prayer - 8:30am  
 Worship Service - 9:30am  
 Campfire Meetings -Thurs 6:30pm starting 7/12/18

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

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 10:45 - Sunday School for Elementary Ages  
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MARCH 2019

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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!  
 Special Ash Wednesday service March 6, 7 PM - "What's the real reason"  
 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, 7 PM - "How much he Loves you"  
 Easter Sunday Celebration April 21, 10 AM - 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/ChristChurchReformed-Presbyterian  
 Pastor: Aaron Goerner  
 Services:  
 Sunday School: 10AM  
 Sunday Worship: 11AM  
 Thursday Bible Study 7PM

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



**TEMPLE EMANU-EL**  
 2710 Genesee Street, Utica, NY – 724-4177  
 teuticaoffice@gmail.com  
 Rabbi Peter Schaktman  
 Friday Shabbath Services: 6 p.m.  
 Friday Evening Oneg Sabbath sponsored by the Sisterhood of Temple Emanu-El. All are Welcome

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

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

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



**Bible Baptist Church - Pastoral Announcement**  
 Bible Baptist Church, 4431 Middle Settlement Road, New Hartford, has officially called Pastor Brian Demers as its new pastor. Pastor Demers was born in Maine. He majored in pastoral studies at Pensacola Christian College graduating in 1992. He has been married to his wife, Caryl, for 21 years, and they have three children. Pastor Demers was ordained for the gospel ministry in 2001, and for the past twenty years, he has pastored Riverside Drive Baptist Church in Auburn, Maine.

New Life Apostolic Church

nla

Service Times:

Sunday School

Sunday Adult Service: 10:00 a.m.

Wednesday Night Prayer: 7:00-8:00 p.m.

Thursday Evening Bible Study: 7:00 p.m.

Pastor Mark Waterman

315.736.1161

3995 Oneida Street #4

New Hartford, NY 13413

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**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

## Compassion Coalition

Compassion Coalition is an innovative, not for profit that has been serving Utica and Central New York for over 19 years. Utica, NY is a community that has faced years of challenges which include recession, deep poverty and loss of jobs. It is host to one of the highest refugee/immigrant populations per capita of any city in America. Entrepreneurial based, sustainable, and duplicatable was the goal of founder and CEO, Mike Servello Sr. Compassion Coalition's goal of serving it's communities was fluidity, but in order to have fluidity in giving, there had to be a vehicle to drive the operation. Your Bargain Grocer is the vehicle that allows Compassion Coalition to give back to our communities in a variety of ways, and be a completely self sustaining entity.

Compassion Coalition's driver is Bargain Grocer, a community based grocery store which offers low cost healthy food options in the midst of a food desert. Our goal is to bring budget friendly fresh product accessibility to our local communities, while combating food waste. Throughout the years the operation has grown consistently and exponentially; operating debt free while at the same time being able to give away more than \$20,000,000 in products per year, all while receiving no government aid to oversee operational costs. Recently, Bargain Grocer expanded from 1,200 sq ft to 13,000 sq ft, launching their first brick and mortar location at 1110 Lincon Ave. By patronizing Bargain Grocer, you are shopping with a purpose, and for a purpose.

The fluidity of Compassion Coalition's giving is very much parallel to our communities ever evolving needs. With Bargain Grocer, we are able to evolve our giving as our communities needs evolve. Mattress giveaways, educational justice issues, clothing for our neediest demographics, giving employment to those with barriers to employment, and elderly feeding programs are just a few of the examples of community based initiatives at Compassion Coalition. Compassion Coalition and Your Bargain Grocer are two separate programs operating within the same organization, working together for the greater good of our communities and beyond.



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### How to Maintain Your Lifestyle in Retirement

You may have heard the rule of thumb that you need to replace about 80% of your preretirement income if you want to maintain your current lifestyle when you retire. But like many rules of thumb, that advice is much too general for most people, says Herbert Poole CFP® CRC®, Retirement Development Consultant for Wells Fargo Advisors. To help ensure that you can actually live as comfortably in retirement as you do now, Poole says you need to identify what your desired lifestyle costs. Next, you'll need a saving and investing strategy that matches your income needs. Here are the key questions for you and your financial advisor to consider:

What's my ideal retirement age? This is both a financial and a quality-of-life question, says Poole. Financially speaking, you need to determine when you'll have amassed enough savings and investments to stop working. You want to be able to comfortably live on withdrawals from your accounts — without running out of money.

On the nonfinancial front, think about what you really want to do during retirement (Travel? Start an encore business?). “Ask yourself: ‘At what age could I retire and still be healthy enough to do these things?’” Poole suggests. As you get closer to your actual retirement age, you can home in on when you can afford to leave work. “Depending on your

situation, working just a year or two more than you planned could make a big difference in how much money you have available to live on later,” notes Poole. How much money do I need to support my current standard of living? This is perhaps the most important question to explore. “However, you’d be surprised by how many people answer this question by saying to their financial advisors: ‘I have no idea. Just tell me what kind of lifestyle I can afford,’” says Poole. You’re much better off estimating your target retirement budget early, so you can help ensure you’re saving and investing enough, says Poole. Your financial advisor can offer help estimating costs for items like health and long-term care for different parts of the country.

During this process, Poole says it’s also a good idea to separate your necessary costs (mortgage/rent, utilities, food, transportation, etc.) from your discretionary expenses (fine dining, vacations, and more). That way, you know where you can cut costs if your estimated retirement income ends up being different than you planned.

What are my retirement income sources? You may have a tax-deferred retirement plan through your job, personal and/or Roth IRAs, rental property income, and more. Once you identify all your potential income streams, you can make some smart decisions — including increasing your investment contributions now — that could help boost your income when you retire. For example, your financial advisor can help you determine whether it would be wise to add more income-producing options, such as annuities or real estate, or to consider more tax-advantaged investments.

How can I plan for the unexpected? To avoid a financial snag that significantly affects your retirement income, Poole suggests having both contingency *funds* and contingency *plans*. For contingency funds, you could earmark money for your grandkids but hang on to the funds in case of an emergency. This could be as simple as leaving money to your grandchildren in your estate plan, rather than putting the money in trust in their names. Contingency plans might include paying for expensive home repairs like a roof replacement *before* retirement. You might also prioritize which assets (vacation home vs. business rental, for example) you would sell in a financial emergency.

Am I regularly monitoring my progress toward retirement? Maybe you have 20 years left before retirement, or perhaps you’re already in the middle of

retirement and planning to live to age 100. Wherever you are in the process, it makes sense to talk with your financial planner at least once a year — or whenever you face a significant life change. After all, the financial markets and your investments are constantly changing. *You* change over time, too. You may decide to retire to a state with a different cost of living or change your mind about how much risk you want to take with your investments. All of those factors could affect your retirement lifestyle and how much income you need to live well in retirement.

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