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December 2019

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Blood Drive!

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FRIDAY, DECEMBER 13, 2019
1pm – 6pm
AT
NHFD FIRE STATION**



New Hartford’s Pop Warner Jr Pee Wee Team Continues On

New Hartford’s Pop Warner Jr Pee Wee team has won their very first regional game and will continue on to face a team out of the Rochester area this coming Sunday. The Spartans went undefeated during the regular season averaging four touchdowns a game. Captains Adrian Weathers, Geo Fattasio, Peyton Way and Brody Garcia have lead this team to win a Tri-Valley Championship and will continue to lead through regional play. “New Hartford Pop Warner has had continued success over the last several years. This playoff run is a reflection of the standard set by previous teams and the continued hard work of the current group of boys.” Said Mike Garcia, head coach.

Pop Warner players begin practicing on August 1st in preparation for their season openers, with playoffs starting mid-October. The Regional bracket, consisting of teams from New York, New Jersey and Pennsylvania, will play out through the month of November with the winning team advancing to Disney to play another set of games in hopes to play in the Pop Warner Super Bowl. “The organization could not be any prouder of these players and coaches as they continue this playoff run. This group of kids have not only continued to win on the field, but have continued to do so by playing with respect and sportsmanship.” Said Mark Smith, New Hartford Pop Warner President.

**Holiday Craft Fair
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Food will be available for purchase, gift baskets for sale & several raffles.



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Community News

DEC.
2019

Utica Dance Presents the Nutcracker at MVCC

Utica Dance, Inc. presents the fully-staged production of Tchaikovsky's Nutcracker Friday, Saturday, and Sunday, Dec. 13, 14 and 15 in the MVCC Theater. Performance times are Friday and Saturday 7:00 p.m. and Saturday and Sunday at 2:00 p.m.

Nancy Long, Director of Utica Dance, notes, "As winter descends on central New York, we are warmed by the thoughts of offering our magical Nutcracker Ballet—we welcome the snow outside and the swirling snow inside the theater. The talented guest artists and pre-professional dance students bring the uniquely colorful and fast-paced Utica Dance Nutcracker to life.

This classic tale follows the adventures of Clara, portrayed alternately by Julia Peplinski (New Hartford) and Madison Polarolo (Sauquoit) and her mischievous brother Fritz, danced alternately by Annie Ward (New Hartford) and Jay Caroline Sullivan (Clinton). Nik Allen (Rochester) reprises the role of their beloved, yet mysterious family friend, Drosselmeier, who presents Clara with the odd and magical Nutcracker Doll.

Clara falls asleep after the family gathering with the Nutcracker nestled in her arms. In her dreams, Clara envisions her home changing before her eyes: the Christmas tree grows, an army of mice and soldiers engage in a war and the victorious Nutcracker is transformed into a prince. After passing through a whirling scene of dancing Snowflakes lead by the elegant Snow Queen, performed by senior, Lena Miller (New Hartford) and Mia Dischiavo (student at Sauquoit), Clara's adventures continue to the Land of the Sweets. The cast is led by Michelle Casab (Utica) and Ada Gouse (New Hartford). Jose Carlos Perez, who received his classical ballet training in Cuba and performs locally with the Syracuse City Ballet, is the Cavalier for the Sugar Plum Fairy. Senior dancers, Molly Roefaro (Utica) and Michaela Mellor (Utica) share the role of Arabian Dancer.

Utica Dance, in its 45th year of operations, originally a program of MWPAI, and now independently owned for the fifth season, takes pride in offering quality productions and training in many forms of dance for dancers of all ages and aspirations. With ballet as the foundation, students are taught jazz, tap

and contemporary dance by a team of professional instructors who have worked together for over thirty years. The Spring Concerts, presented at Hamilton College, set the standard for artistry in the community.

Tickets are \$16 can be purchased at www.uticadance.com. For more information visit www.uticadance.com or call the Utica Dance studio at 765-0712. Tickets also available at the Box Office.

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Utica Dance presents @ MVCC

The Nutcracker 2019

Fri/Dec 13, 7pm
Sat/Dec 14, 2 & 7pm
Sun/Dec 15, 2pm
Tickets: UticaDance.com

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Judge Joan Shkane

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

MYTH: New York State laws for crimes are static and rarely changing.

REALITY: New York State is constantly refining criminal and other laws.

2019 was a very significant year for change in the area of criminal laws. Some changes are made to reflect current knowledge in science, some as a result of court cases, some reflect experimental laws and legal styles in other states and the Federal system, and some because of financial considerations. Some of the changes or new laws are:

A new law addresses sharing of sexually explicit photographs without the subject’s permission, usually on the internet. The images are commonly called “revenge porn”. These images are shared after an intimate relationship has ended. The accused’s purpose in sharing, which must be proven, is that the accused intended to cause harm to the emotional, financial or physical welfare of another person (the subject of the images). The prosecution also must prove that the image was shared without the consent of the person in the image, and that the accused knew or reasonably should have known that the victim did not want the images shared. This criminal law is very important in the age of social media. However, some say more important than the criminal ramifications is the victim’s right to sue the accused for money damages for up to three years after the image is shared, or up to one year after the sharing is discovered. The victim can choose the criminal prosecution, a civil lawsuit for money damages, or both!

A refinement of an existing law is “Staging a Motor Vehicle Accident”. This law is aimed at criminals who intentionally cause a motor vehicle collision in order to file a false insurance claim. Under this revised law the lowest level E felony is raised to a higher level for punishment if someone involved is injured or dies.

Some new laws are extensions of laws that apply in other parts of New York State. A new law provides protections for tenants who have been harassed by a landlord in order to force the tenant to vacate. This extends the previous law for New York City to the entire State.

Some new laws are corrective. It is now lawful to possess a gravity knife. Such weapons were previously illegal to possess. This is based on the Federal Court ruling that the State ban was unconstitutional under the U.S. Constitution because of the way it was enforced.

It is now legal to possess small amounts of marijuana, and there is no law against smoking marijuana in public. If one has been convicted of a marijuana crime, that person can ask a court to wipe the conviction from the records.

Certain crimes that have to do with a victim’s status have been expanded. Gender identity or expression is now protected, including status as transgender.

Selling cigarettes to a person less than 21 years old is now a crime. The previous limit was 18 years of age.

The statute of limitations (the period after which an accused cannot be charged and convicted) on all sex crimes now does not begin to run until the victim reaches 23 years of age, instead of 18 years. The statute of limitations for rape is now 20 years. Incest has no such limitation so that a perpetrator can be called to answer at any time.

A person accused of murder now can no longer claim that he/she suffered from emotional distress based on the victim’s sexual orientation, sex or gender. It does away with the opportunity to claim the “gay panic” defense. This defense was used to excuse murder if the accused can prove that (s)he panicked on finding that a victim was gay or transgender and that the accused felt threatened in some fashion by the victim’s status as gay or transgender.

A loophole existed that protected a defendant convicted of a federal crime, and later pardoned by the U.S. President. The loophole provided that the federally convicted defendant could not be charged with a state crime. Now that loophole is closed so that even a pardon, reprieve or other clemency from the President will not protect a defendant from prosecution by New York State for a New York crime committed in this State. This has not yet been signed by the Governor.

New York State now has a red flag bill. It is called the “extreme risk protection order” bill. A court can issue a special order so that police can temporarily confiscate the accused’s firearms if the judge finds after a hearing that the accused is a danger to themselves or others. 17 other states have similar laws, but New York State is the only state that permits school officials to ask a court to intervene in these cases. There are strict guidelines for courts to follow to insure the accused’s rights. If all rules are followed properly, the order can last up to one year during which time the accused cannot buy or possess any firearms.

A person cannot possess any knife that cannot be detected by a metal detector. One also cannot possess a rapid-fire modification device used to speed up discharging certain weapons.

Children have been tragically killed because they had access to their relatives’ guns. Now the adult can be charged criminally and punished on conviction for failing to store a gun safely and the gun owner/possessor lives with anyone under age 16. There is an exception. If the under 16 year old has a hunting license or is supervised by an adult, then the child may possess the weapon.

A gun seller is now allowed up to thirty calendar days to make a national background check of the buyer in order to sell a firearm to that person. This is designed to protect the seller from liability in the event the gun is used to harm someone. Mental health records of another state can be accessed.

Teachers are not permitted to be armed while in school. Sentences for a victim of domestic violence may be reduced if the victim has been punished for protecting him/herself from an abuser’s violence.

Previously a penalty if an accused was convicted of a misdemeanor was up to one year in jail maximum. This time period has been changed so that it is now up to 364 days maximum in jail so that Federal immigration authorities may not pursue deportation. The sentence that would permit incarceration as a basis for deportation is one year. If a defendant has been convicted already and sentenced to one year, that person can ask a court to reduce the sentence to 364 days, one day short of the deportation period. Thereby the convicted person may not be deported solely because of the incarceration.

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




Balanced Wellness

Submitted by James LaFountain, All American Fitness Center

In the 19th Century, the terms Health and Wellness, or some derivative of those terms meant an absence of disease. In the 21st Century, many of us strive to become optimally Healthy and

Well. About 25% of Americans exercise regularly, eat prudently and manage life’s stresses in a variety of ways. We, too often become imbalanced in our quest for “Super Health.” Our focus on the “physical” component seems to dominate our personal Wellness Plan. I’d like to explore what it means to enjoy “Balanced Wellness.” *Social Wellness:* Relationships, do we have them? In our electronically dominated culture, relationship building becomes a challenge, especially in our youngest group of citizens. In the late 70’s, Robert Ringer wrote a best-selling book entitled “Restoring the American Dream.” He hypothesized that the increase in technology needed to be matched by an increase in what he termed “high touch” manifested in our ability to develop relationships. In our instant gratification world, taking the time and investing the energy to build relationships may, if we become distracted, become a lost art. *Mental/Emotional Wellness:* Attitude, is ours positive or negative? Scientists tell us the human brain tends to lean in a negative direction. It may be in our best interest to understand that our brain somewhat replicates a computer’s hard drive. Our mind, on the other hand, is trainable and behaves much like the software we “choose” to use. Learning to develop a way of seeing things positively requires a moment to moment commitment, but is well worth the effort. *Spiritual Wellness:* Do we believe a force in our Universe impacts the world in which we live? Arguably, one of the world’s most talented scientist’s, Albert Einstein once commented on this controversial issue. He said “Everyone who is seriously involved in the pursuit of science becomes convinced that some spirit is manifest in the laws of the universe, one that is vastly superior to that of man.” *Physical Wellness:* Are we operating at our highest physical potential? We are all, everyone one of us, handed down specific genetic coding that governs our physical makeup and performance. Where and how much fat we tend to store, the chemical composition of our organs, the origin and insertion of each muscle, the length and girth of our bones, along with several other factors are, for the most part, beyond our control. With that said, we are solely responsible for achieving our highest physical potential. An active lifestyle, combined with a prudent diet assures that we will, over time, reach our optimal physical potential. Addressing each of these components equally, provides us with the balance necessary for a healthy and happy lifestyle.


*****Return this column and receive three workouts at the All-American Fitness Center.**




Michael C. Adornato, D.D.S., P.C.


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New York State Senate Deputy Minority Leader Griffo Cuts Ribbon at New Hartford Public Library

New Hartford Public Library Trustees and the New Hartford Chamber of Commerce joined with Senator Joseph A. Griffo Thursday, Nov. 7th to cut a ribbon on the two new entrances to the Library.

The \$75,000 grant was procured by Senator Griffo through New York’s State and Municipal Facilities Program. In addition to the Senator’s grant, the Library Board of Trustees added a new security system for patron safety.

Senator Griffo began “I was pleased to assist the New Hartford Public Library in installing new entrances and security to ensure safety for patrons.” He continued, “The New Hartford Public Library is one of the most visited libraries in the County and this grant recognizes the need to provide convenience to patrons.”

Library Director Anne DuRoss added, “Our Library patrons are thrilled to experience the new entrances that welcome them upon arrival.” She continued, “Senator Griffo has been a great partner in providing accessibility for the public to our Library.”

The New Hartford Public Library, chartered in 1983, was built through a community-wide capital campaign. Presently, the Library experiences over 175,000 visits per year and has more than 105,000 books and periodicals. In addition to the reading materials, the Library offers computers for use and significant programming for all ages throughout the week. The Library is also home to various tutoring sessions and children’s reading hours.

Board President Heather Mowat concluded, “Senator Griffo has always been a great supporter of libraries and we thank him for recognizing the Library’s need by securing the necessary funds.”

Cell Phones for Soldiers

Senator Griffo's office and AT&T have partnered to collect used and unwanted cell phones and tablets for overseas soldiers. New Hartford Public Library is a drop-off site for the phones. Please bring any device you wish to donate by Dec. 8th. According to the Cell Phones for Soldiers website "Mobile devices and tablets donated to Cell Phones For Soldiers are sold either to an electronic refurbisher or a recycler. Once we receive a donated device, it is quickly wiped of all personal information and checked to see if it is repairable. A cell phone that is repairable is sold to an electronics refurbisher who will repair the device and resell it in the aftermarket. However, devices that are either too old or completely broken are sold to recyclers who strip the devices of any salvageable components and/or rare metals and then responsibly recycle the remaining parts. The proceeds from this process are used to purchase prepaid international calling cards for troops and to provide emergency funding to veterans." If anyone has any additional questions please contact Sen. Griffo's office at 315-793-9072 or visit the website cellphonesforsoldiers.com.

Many Thanks to.....

Barb Bonham and Joanne Wilkinson for decorating the Library's mantle for fall. We appreciate your help and have enjoyed having seasonal decor.

IMPORTANT Library Closure Dates

The New Hartford Public Library will be closed on December 24, December 25, December 31, and January 1st.

Friends to Sponsor “Baked Goods and Books” at NHPL on December 5

Imagine looking for a unique Christmas gift while munching on a succulent, homemade cream puff or pustie? Imagine a shopping trip where all your purchases help the local library?

You can experience both situations on Thursday, December 5, from 10 AM until 4 PM at the Friends of the New Hartford Library “Baked Goods and Books” sale in the library. Members of the Friends group are preparing their best recipes for the event. Their baking is so good that you’ll want to set aside some extra time just for selecting. Offered with the baked goods are selected used books gathered from the library’s donations. Included among the books are vintage local history books and a potpourri of best sellers. These make for GREAT GIFTS. The books are not priced, but the Friends are asking for donations. We always appreciate your support!

Reserve a Space for your Group's 2020 Meetings

Did you know that we offer rooms for a variety of group sizes? Need a space to hold a meeting or just want to get a group together to craft, play games, or cards? We can help! Please call 315-733-1535 to book your 2020 room reservations now. Please ask to speak to Amy.

Rocking Chair Reader Story Time

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

Story Time

Tuesdays & Thursdays 10:30-11:00 for preschool aged children. Join us for stories and crafts. Aimed towards preschoolers – but all are welcome. An adult must accompany the child. All story times are held in the Children’s Area/Corasanti room.

Bedtime Story Time

This program is scheduled for Monday, December 16 at 6:30. Enjoy stories and crafts with Miss Ashlyn in time to wind down for bed. Aimed toward preschoolers, but all are welcome.

Check Out an American Girl Doll

The Heritage Doll Club has generously donated an American Girl doll with her own travel case to go home with any borrower who would like to give her a two week vacation. She comes with accessories and a good book. She waits for you behind the circulation desk...just come in and ask to check her out!

Annual Children’s Holiday Party

Join us in decorating holiday cookies on Saturday, December 7, 2:00-3:00. Holiday music, hot cocoa and treats will be provided!

Local Author Michelle Boehlert will join Miss Ashlyn for Story Time

Local Author Michelle Boehlert will be joining Miss Ashlyn for story time on Thursday, January 2, 10:30. She will be reading her book Skyler’s Travels to the children, followed by regular story time and crafts with Miss Ashlyn!

Social Artworking Adult Painting Party

Monday, December 2, 6-8:30pm: A fun night for adults to paint a Winter Farm Scene. We will have a registration form at the circulation desk beginning November 1st. The session is free and all materials are provided, but space is limited – call 315-733-1535 to register.

Alzheimer's Association - Understanding & Responding to Dementia Related Behaviors

Tuesday, December 3, 5:00-6:30pm. Designed to provide practical information and resources to help dementia caregivers learn to decipher how to best respond, this hour and a half long program is intended for anyone who interacts with individuals living with Alzheimer's disease or other dementia.

Monthly Bullet Journal Workshops

Is scheduled for the third Tuesday of each month in the Large Study Room from 7:00-8:00. What is a Bullet Journal? It's a fun and creative way to stay organized and to set goals. It's a way to keep track of lists, ideas, plans, goals, and anything else you would like. There's no right or wrong way to bullet journal...the goal is to design something that works for you and your lifestyle. Join a group of fellow bullet journal users as they prepare for the following month. Come and get creative and be prepared to inspire and get inspired. We will provide the space and some supplies (markers, stencils, colored pencils, washi tape). You supply the ideas and your own journal. Brand new to bullet journaling? No worries! We can provide some resources and ideas to get you started.

Women (and Men) of Mystery

If you enjoy mysteries, join us at the New Hartford Public Library on Saturday, December 28th at 11:00 as we learn more about those writers who have mystified and puzzled readers with their stories of murder and mayhem – and sometimes a bit of wacky humor. We will explore authors from all corners of the world from the last 100 years! Our topic for this session is Food, Glorious Food and, led by Janet Hoover, we will explore the writings of Katherine Hall Page, Michael Bond, and Claudia Bishop (and sample some culinary treats from mystery writers as well). 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.

Yoga for Seniors with Bill Skinner

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

Mystery Book Club

Saturday, December 14th, 11:00am-12:30pm; this month’s title is Dry Bones by Craig Johnson. Copies are available to be checked out at the circulation desk. Stop by to get yours today!

Wanderlust Book Club

Tuesday, December 17th, 5:30; this month’s title is Free Food for Millionaires by Min Jin Lee. Meeting place to be determined.

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HAPPY HOLIDAYS!

DEC. 2019

Library News

THE TOWN CRIER 5

December Artist on Display
Andrew Buffington and Christina Hopkins will be displaying their artwork throughout the month of December. Andrew and Christina are art teachers at Proctor High School.

Display Case December
Friends of the New Hartford Public Library – Christmas Village

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.

The Blanket Project
Ruth Anne's Thursday Knitting Group has joined The Blanket Project! Members are busy making blankets to send to the Border Angels to be distributed to children in shelters and elsewhere at the Mexican Border. All are welcome to participate or blanket donations can be dropped off to the Knitting Group during their weekly meetings (Thursdays from 1:30-3:00).

Tai Chi Classes at the Library
Tai Chi classes are on a hiatus. Classes will resume again on January 9, 2020.

Sponsors: Thank you to NEXSTAR Broadcasting, Inc.- WUTR, Steve and Anne Bonsted, Gates-Cole Associates, Inc., The Fountainhead Group, Inc., Nancy A. Shaheen, McDonald's - Harold T. Clark, Jr., Edward and Maureen Netzbund, Linda Flihan, Daniel T. Dreimiller, CPA P.C., Elizabeth Lemieux, Richard and Virginia Emmert, Timothy and Michele LaSalle, Earl Cunningham, Earle Reed, Joanne Reitz, Clifford Fuel Company, Inc., Jim and Barbara Roberts, John and MaryBeth Sweeney, Robert and Susanne Matt, John and Barbara Klein, Hal and Linda Rance, Friedel, Williams and Edmunds Funeral Home, Daniel R. Cook, Jay-K Independent Lumber Corp., Village Florals, Fred and Marlene Carville, Kathy and Butch Ventura, Marlene Anderson, The McNair Family, Sean Virkler, John Pitarresi, Marisa Matt, Joe Pintar.

Volunteers: Friends of the NHPL, Board of Trustees NHPL, students in area schools - honor societies, home and careers - the school faculty who publicized the event, the bakers, friends and families. A very special thank you to Trainor Associates, Inc., and McDonald's.

Over \$3,900 was raised to assist the library in providing quality resources, programs and services for all ages. On behalf of the Friends of the New Hartford Public Library thank you so much to everyone who supported this event and for caring!!!! See you next year for our 10th year celebration.

Mitten Tree
It's time to remind all creative knitting enthusiasts to grab your needles and yarn to ready, set to knit! Children sizes are especially needed to warm little hands at the Thea Bowman House. The mitten tree will be displayed within the next few weeks.

Tote Bags
NHPL tote bags are available for purchase at the library circulation desk \$3.00 each

Friends Membership
Climbing steps to the attic, carrying jingling boxes, humming as we listen to our favorite holiday songs, remembering the taste and aroma of mother's scrumptious holiday cooking! To everyone who is in the festive spirit and who is thinking of gift giving, please consider a Friends of the New Hartford Public Library membership by completing the form below. We thank you for your support.

The Bill Bonsted Indoor Miniature Golf Tournament 2019
And the winners of the trophy at the Bill Bonsted Indoor Miniature Golf Tournament 2019 played November 2nd at the library are Lorraine, Emma and Grace Ruganis. Congratulations!!!!!! Memories still linger of uniquely designed and often challenging 18 holes of golf played throughout the aisles of bookcases, painted faces and arms, the delicious odors of baked goods, specially prepared goody bags of candy and coupons inviting the holder to a free hamburger/cheeseburger or dessert donated by McDonald's, smiling faces of volunteers and YOU.

Thank you to so many who donated in special ways:
Hole Designers: John Spicer, Greg Kielar, Trevor Heitz, Robin Baker, Joanna Robertson - Treehouse Learning and Arts Center Summer Camp, Dr. John Robertson, The Bonsted Family, E R Hughes PTA - Erica Miscione, Bradley Elementary PTA - Christa Cardinale, Myles Elementary PTA - Kim O'Brien, and Gary and Susan Fountain. Gift Card Donations for Prizes: Pizza Boys Pizza, Village Pizza, and K Bagel.

Peoples Choice Award went to the Bonsted Family. It's amazing what you can create with Pringle cans!

FRIENDS MEMBERSHIP FORM

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ADDRESS: _____
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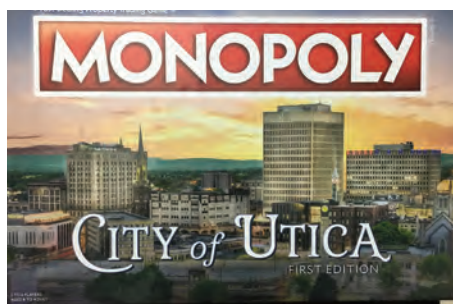
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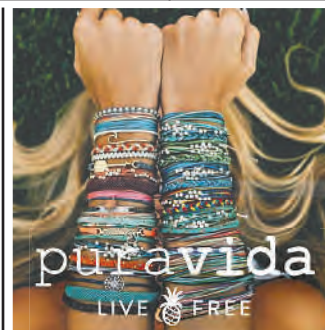


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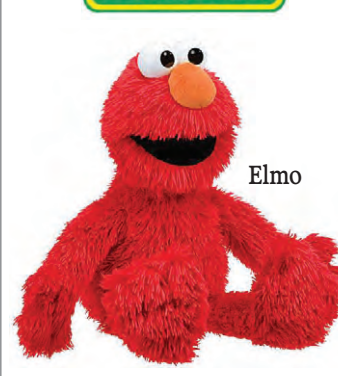


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Athletic/Community News

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9

NH Home Games

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Date	Start time	Sport	Level
12/2/2019	7:00 PM	Ice Hockey (Boys) Skrimm	Varsity
12/3/2019	4:00 PM	Bowling (Girls)	Varsity
12/3/2019	5:30 PM	Basketball (Girls)	Junior Varsity
12/3/2019	7:00 PM	Basketball (Girls)	Varsity
12/4/2019	5:30 PM	Volleyball (Girls)	Junior Varsity
12/4/2019	7:00 PM	Volleyball (Girls)	Varsity
12/6/2019	4:00 PM	Bowling (Boys)	Varsity
12/6/2019	4:15 PM	Volleyball (Girls)	7th/8th
12/6/2019	6:00 PM	Volleyball (Girls)	Junior Varsity
12/6/2019	7:30 PM	Volleyball (Girls)	Varsity
12/9/2019	4:15 PM	Volleyball (Girls)	7th/8th
12/10/2019	4:00 PM	Bowling (Boys)	Varsity
12/10/2019	5:30 PM	Basketball (Girls)	Junior Varsity
12/10/2019	7:00 PM	Basketball (Girls)	Varsity
12/11/2019	5:30 PM	Basketball (Boys)	Modified 8/9
12/11/2019	6:00 PM	Wrestling (Boys)	Varsity
12/11/2019	7:30 PM	Ice Hockey (Boys)	Varsity
12/12/2019	5:30 PM	Volleyball (Girls)	Junior Varsity
12/12/2019	7:00 PM	Volleyball (Girls)	Varsity
12/13/2019	4:00 PM	Basketball (Girls)	7th/8th (Blue)
12/13/2019	5:30 PM	Basketball (Boys)	Modified 8/9
12/16/2019	4:00 PM	Bowling (Girls)	Varsity
12/16/2019	4:15 PM	Volleyball (Girls)	7th/8th
12/16/2019	5:30 PM	Basketball (Boys)	Modified 8/9
12/17/2019	4:00 PM	Bowling (Boys)	Varsity
12/17/2019	4:00 PM	Basketball (Girls)	7th/8th (Red)
12/17/2019	5:30 PM	Basketball (Girls)	Junior Varsity
12/17/2019	5:30 PM	Basketball (Boys)	7th/8th (Blue)
12/17/2019	7:00 PM	Basketball (Girls)	Varsity
12/18/2019	4:00 PM	Wrestling (Boys)	7th/8th
12/18/2019	5:30 PM	Basketball (Boys)	Modified 8/9
12/19/2019	4:00 PM	Basketball (Girls)	7th/8th (Red)
12/19/2019	5:00 PM	Swimming/Diving (Boys)	Varsity
12/19/2019	5:30 PM	Basketball (Boys)	7th/8th (Blue)
12/20/2019	5:30 PM	Basketball (Boys)	Junior Varsity
12/20/2019	7:00 PM	Basketball (Boys)	Varsity
12/23/2019	2:30 PM	Volleyball (Girls)	Junior Varsity
12/23/2019	4:00 PM	Volleyball (Girls)	Varsity
12/27/2019	10:00 AM	Basketball (Girls)	Varsity
12/27/2019	4:00 PM	Bowling (Boys)	Varsity
12/27/2019	6:30 PM	Ice Hockey (Boys)	Varsity
12/30/2019	12:00 PM	Basketball (Boys)	Junior Varsity
12/30/2019	2:00 PM	Basketball (Boys)	Varsity

Matt Abraham Honored by Liberty League

The Liberty League has announced its weekly award winners in swimming & diving and Rensselaer Polytechnic Institute (RPI) student-athlete Matt Abraham of New Hartford 13413 and New Hartford High School has been recognized.

The Men’s Diver of the Week, Abraham won four events over two meets over the weekend to help the Engineers to a 3-0 record. On Saturday against Vassar College, he won from the 3-meter board with 239.30 points and from 1-meter with 214.60. There were three other divers in the 3-meters and four from 1-meter. The next day in a tri-meet with The College of Saint Rose and Oneonta, the sophomore chemical engineering major earned 239.80 points from 3-meters and 255.00 from 1-meter to win against four and five others, respectively. The Engineers defeated the Brewers 189-106, the Golden Knights 173-101 and the Red Dragons 194-100.

The Engineers men, who are 5-0 in dual meets, and the women, who are 3-2, are idle from competition until early December when both teams will compete in the three-day MIT Invitational.

Founded in 1824, Rensselaer Polytechnic Institute is America’s oldest technological research university. For nearly two centuries, the Institute has been a driving force behind breakthroughs in engineering and science in virtually every arena-from transportation and infrastructure to business, medicine, outer space, and cyberspace.

As it approaches its bicentennial anniversary, the Institute continues to define The New Polytechnic, a new paradigm for teaching, learning, and research that uses advanced technologies to enable fresh collaborations across disciplines, sectors, and regions, in order to answer the global challenges of our day.

Dan Dreimiller, CPA Moved Office to New Hartford

Dan Dreimiller, Certified Public Accountant, recently moved from his downtown Utica office to the Village of New Hartford. A native of New Hartford, Dan has over 30 years experience in public accounting and taxation.

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Call today at 315-749-7076 to discuss these benefits and their hassle free set up process or email Dan at dan@dreimillercpa.com.

Lioness Club Welcomes New Members

The Lioness of Greater New Hartford welcomed five new members in 2019. Pictured Left to Right: Sue Hickox, Mary Theresa Dodge, Club President Kathy Montesano, Judy Oster, Sue DeLaire and Sara Pepe. The club is a non profit organization that participates in many local events and fundraisers during the year. New members are always welcome. For more information, please call President Kathy Montesano at 315-732-0411.

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A frozen pipe generally occurs to plumbing that is not in a heated space or in an area that is not supplied with proper heat when winter temperatures fall below freezing. A malfunctioning furnace, while the homeowner is away, is another likely cause of a frozen pipe. When exposed to below freezing temperatures the water turns into ice and the pipe expands until it breaks a small slit into the copper or separates the soldered joint.

Pipes that freeze first are usually located near outside walls that are exposed to the colder temperatures rather than pipes located throughout the middle of the structure. Some examples include outdoor hose bibs, pool lines, outdoor and indoor sprinkler systems, and other supply lines located in attics, basements, crawl spaces, garages, etc. Pipes in attics, crawl spaces & unheated rooms are particularly susceptible to freezing.

Usually, a frozen pipe is not often obvious because the break can be behind walls, in ceilings or in a crawl space leading into the home. The flooding usually is caught much later after damage has been done. An uncontrolled water leak from a broken pipe creates extensive flooding and water damage of carpeting, drywall, baseboards, and furniture and depending on the location of the break can also damage the heating and electrical systems in your home.

Repairing the plumbing resulting from the break is important, however, how quickly and accurately you address the water damage to the home is critical to prevent mold damage. Immediate action by a qualified water damage professional that has the knowledge and equipment to evaluate the extension or travel of water into hidden areas and evaluate the entire home or business is critical to your health and future structure stability of your home. Disaster Services offers thermal imaging along with various metering equipment to detect hidden moisture along with various types of drying equipment which allows us to get the job done the right way and according to industry standards. We will protect your property from further damage, develop a job scope and work closely with both the homeowner and the insurance carrier until job completion.

We at Disaster Services have been serving Oneida County and the surrounding area for the past 30 years and we set the bar for our competitors. We are capable of handling any size residential or commercial flood or fire emergency and are able to service all phases of the job so that the homeowner need not worry about contacting multiple contractors for various trades required. We can even offer temporary heat to your home if necessary and also have a wide range of non-emergency services. Our services are 100% satisfaction guaranteed and available 24 hours a day, 365 days a year simply by calling 315-797-1128. If you have a frozen pipe that breaks, don't delay, call the professionals at Disaster Services. Also, visit us at Facebook or on the web at disasterservices.us for a complete list of our emergency and non-emergency services.

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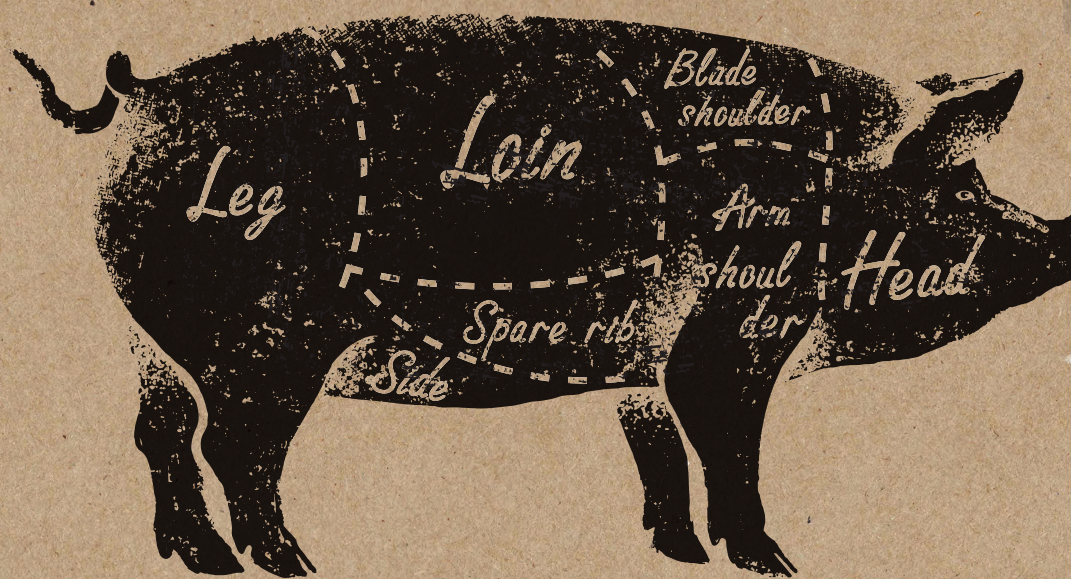


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Admission for members of the blues society is \$2 and \$4 for non members.
December 11th the host band will be Morris Tarbell and the Hepcats

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Chamber News

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Women in Business EXPO 2020



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The Mohawk Valley Business Women's Network (MVBWN) has been serving and supporting local business women for nearly 40 years! The Network is hosting its first annual **Women in Business EXPO 2020** on Wednesday, January 29th with the goal of showcasing woman-owned and managed businesses from all across the Mohawk Valley. **Vendor booths and co-sponsorships are now available at www.mvbwn.org.**

The public is invited to browse displays by MVBWN member businesses and major local sponsors. Partnering with The Network in presenting this first annual women-in-business event are First Source Federal Credit Union and The Women's Business Center of NYS. Free admission.

Wednesday, January 29th

5 - 8pm at:

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THE TOWN CRIER

NH Historical Society News

DEC.
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NEW HARTFORD PAST TIMES

NOVEMBER 2019

NEW HARTFORD HISTORICAL SOCIETY



Recent Program on "Rhoads Hospital" a HUGE Success.

On Sunday, November 10, the New Hartford Historical Society was pleased to team up with the Clinton Historical Society and offer a joint program to both groups and the public on the history of Rhoads Hospital, a U.S. Army hospital located off Burrstone Road where Notre Dame High School, the Utica Business Park and the Army Reserve Center are now located.

N.H.H.S. volunteer and member Rick Giffune was the presenter. After coming across an actual stretcher that was used at the WWII hospital, Rick's already strong interest in local history was peaked. He spent most of the summer and fall researching the base's history and locations of several former structures from the hospital. Rick's job with the maintenance department at the Presbyterian Nursing Home on Middlesettlement Road brings him in contact with many residents of the home on a daily basis. They are eager to share memories of "days gone by" and also appreciate the talks he's done at the home when he's not working. Rick's passion for history and his love of sharing it with others makes him a tremendous asset at the New Hartford Historical Society. Thank You Rick!

BECOME A MEMBER!

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

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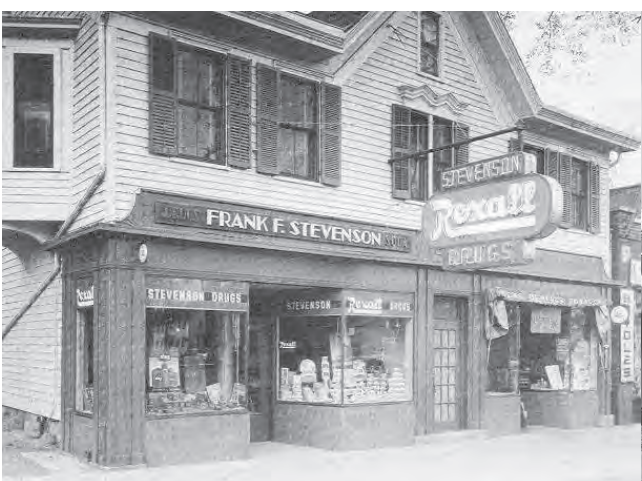
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At our Fall Dinner, the Society recognized 2 of its most faithful members: Barbara Munde and Barbara Couture with the creation of the "Barbie" Award. This Award will be given to someone who shares their passion in the Society, Museum and the Dedication in "Preserving and Protecting" the rich history of New Hartford. The 1st annual "Barbie" was presented to Carl Saporito.

Carl has volunteered at the Society's museum for several years now. His work in digitizing and cataloging hundreds and hundreds of photographs and scrapbooks has been phenomenal. He's re-built and modernized our website **NewHartfordHistory.com** and helped in getting our newsletter the **Tally Ho** back to more frequent publications. His work ethic and expertise has been invaluable!

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Back row left to right: Gary Von Dauber, Rose Mauro, Michael Amante
Front row left to right: Christine Raynard, Lisa Meyers

Five New Hartford Teachers among New York's Master Teacher Class of 2019

When Bradley Elementary School fourth grade teacher Lisa Meyers learned that she would join four of her New Hartford Central School colleagues as part of New York State's 2019 Class of Master Teachers, she was thrilled by the promise of both professional growth and the research opportunities that the program brings. Teachers Michael Amante (technology), Rose Mauro (science), Christine Raynard (elementary technology) and Gary Von Dauber (technology) fill out a New Hartford contingent that will unite with teachers from around New York to hone their STEM (science, technology, engineering, and mathematics) expertise.

"I hope that I will gain knowledge of best practices and further my research regarding the correlation between mindfulness and STEM," said Meyers. "By gaining an understanding from experts across the state, I plan to share this new learning with my colleagues and students."

The five newly minted Master Teachers add to a total of fifteen New Hartford teachers in all to have earned New York State Master Teacher recognition. The program began in 2013. All Master Teachers have proven expert skills in STEM and embody a unique cohort of dedicated educators. Master Teachers mentor new teachers and peers and meet with educators from around New York to tackle instructional challenges. In addition, Master Teachers guide curriculum development and participate in ongoing professional development programs in their home districts and throughout the region.

Elementary Technology teacher Christine Raynard is appreciative that New York has opened the Master Teacher program for the last two years to elementary teachers such as herself. "Master Teacher is something I had been interested in for a while and was thrilled they opened the program up to Elementary School teachers because it's a great opportunity to connect with and learn from some of the exceptional educators in our region," said Raynard.

For Amante and Von Dauber, the road to Master Teacher has involved staying on the cutting edge of technology education. They guide students in pre-engineering coursework from nationally-renowned Project Lead The Way as well as craft their own technology electives. Amante is in his third year of teaching a course called Emerging Technologies. "We program drone flights and design virtual reality tours in Emerging Technologies," said Amante. "The Master Teacher program will allow me to mentor teachers around New York who are looking to do the same, which will enrich my practice as well."

The opportunity to collaborate with a wide range of educators is one of the many aspects of the Master Teacher Program that excites Perry Junior High science teacher Rose Mauro. "I feel honored to have been chosen as a New York State Master Teacher and consider myself a lifelong learner," said Mauro, "and I look forward to the opportunities that will enhance my teaching, which in turn will benefit my students."

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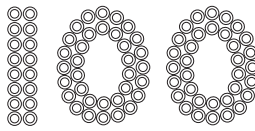
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Pictured is last year's Harley-Davidson raffle winner, Jason Frick of Utica, NY.

Harley For Heroes Raffle Tickets On Sale Now

(Fundraiser to benefit Sitrin Military Rehabilitation Program)

Sitrin Health Care Center is hitting the road for the 24th Annual Harley for Heroes raffle, and this year's winner could be you! One lucky ticketholder will kick off the new year by cruising the streets in a brand new 2020 Harley-Davidson Street Glide FLHX with touchscreen GPS, valued at \$23,000.

Tickets are \$100 each and only 399 will be sold. The drawing will be held on Friday, December 27, 2019 at noon at the Sitrin Medical Rehabilitation Center. Winning ticketholder need not be present to win.

Proceeds from the raffle benefit Sitrin's Military Rehabilitation Program, providing complimentary care to post-9/11 veterans and service members.

"Harley raffle tickets make terrific stocking stuffers, while also raising money for a great cause," said Cheryl Jassak-Huther, Special Events/Planning Associate at Sitrin. "The community's strong support of this raffle has enabled Sitrin to continuously provide services to local post-9/11 veterans in need."

The Military Rehabilitation Program is different from conventional veteran care, personalizing therapy treatments and social activities based on each individual's needs and interests. Those who have experienced traumatic brain injury, spinal cord injuries, amputations, depression, anxiety, suicidal ideations, and other symptoms have benefited from Sitrin's unique approach to care.

The program prides itself on providing trauma-based healing that empowers each individual by combining both traditional and non-traditional therapy techniques. Established methods, such one-on-one psychology, family counseling, and physical therapy, are paired with progressive treatments, including Ecotherapy, Equine Assisted

Therapy, Dance/Movement Therapy, and planned helpfulness, among others.

In addition to treatment, the program offers the Military-Civilian Coalition (MCC), which hosts monthly recreational activities. Veterans and civilians participate in yoga, TRX training, fly fishing, snowshoeing, target shooting, and more. The program also hosts the annual Warrior Retreat, bringing veterans and family members together for a weekend of fun-filled teambuilding at Camp Sitrin.

Harley raffle tickets can be purchased in person at the Sitrin Health Care Center or over the phone at (315) 737-2245. Sitrin staff will also sell tickets on designated dates at Harley-Davidson of Utica. For more information, visit www.sitrin.com or contact Cheryl Jassak-Huther at (315) 737-2245 or cjassak@sitrin.com.

In addition to military rehabilitation, Sitrin provides a variety of services for people of all ages and abilities, including comprehensive medical rehabilitation (inpatient and outpatient), long-term care, assisted living and enriched housing (Cedarbrook), NeuroCare, residential care for people with intellectual disabilities and medically complex conditions, medical and social model adult day health care (OPAL Program), adaptive sports (STARS Program), orthopedic injury program, concussion management, child care, dental clinic, aquatic therapy, and wellness center.

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Community News

THE TOWN CRIER

21



Savor the Stillness

Submitted by MaryJo Timpano, 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.

I've lost count of the number of times and the number of people who have unapologetically said, "Here we go again", "it's that time of year", "and it's all downhill from here"! Everyone is of course referring to the winter months, that time of year when precious daylight hours become fewer, and like it or not it's going to get cold and snowy. Full disclosure here, I may have been one of those people! In my search for something to get excited about, I found a lot more than I bargained for.

Winter is natural time of retreat. Bears move into hibernation, trees pull their energy deep into their roots—it's a season of coziness, rest and reflection. In the cold months, the earth stops producing and replenishes its energy reserves. During this time, we can choose to follow the natural rhythms of the season, settle into the stillness and turn inward. Instead of resisting the months that lie ahead, what if we aligned ourselves with nature and befriended the shorter days, colder temperatures and natural quiet. What would that feel like?

The benefits of stillness may surprise you. Spending a portion of our downtime in silence helps regulate our hormones, reduce our blood pressure, boost our immune systems, and enhance our creativity and productivity. Studies show that silence can stimulate new cell growth in the brain, improve memory, and release tension. The world is noisy, but turning our attention inward and taking even just a few moments in silence can help us feel connected to ourselves, others and the present moment. As we enter this beautifully busy time of year, here are a few ways to bring silence into your life: when you wake up in the morning and before going to bed at night, lie in bed for a few minutes without picking up your phone; drive in silence for 10 minutes; go for a walk or run without music or talking on your phone; have a cup of coffee, snack or a meal without media or conversation. Savor the stillness.

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



Joannie Grande



Steve McMurray



Donna Wagner

“Light Up A Life” for Hospice

“Light Up A Life” marks the beginning of the holiday season. It stands for everything the holidays are about – and everything hospice is about: families and communities coming together, supporting one another, remembering and honoring loved ones, and making new memories.

“Light Up A Life” is a holiday tradition which offers a meaningful way to remember or honor someone who has touched our lives, while making a difference in the lives of others by supporting the mission of Hospice & Palliative Care. Each tag on the trees will remind us of someone special who brought light to our lives. “Personalized tags naming all those we wish to honor or remember, whether they used hospice services or not, will hang from trees across Oneida, Herkimer & Eastern Madison Counties, and serve as a reminder of our loved ones during the holiday season,” explained Laurie Barr, Hospice Community Support Services Supervisor.

“Light Up A Life” Honorary Chairpersons, selected for their years of dedication to, and support of Hospice and our community this year include Joannie Grande, McDonald's; Steve McMurray, WKTV NewsChannel 2 and Donna Wagner, AmeriCU Credit Union.

Through the years, many individuals and businesses sponsoring the event have coordinated these tree locations and volunteered their time to staff the locations, thus making “Light Up a Life” a community event. Family and friends volunteer together in the spirit of giving, and are joined by businesses that make time to volunteer in the communities that support them. “Light Up A Life” is made possible by these generous sponsors: Nunn's Home Medical Equipment, Gilroy Kernan Gilroy, NBT Bank, P.J. Green, Townsquare Media & WKTV NewsChannel 2.

Please join our sponsors in supporting “Light Up A Life” by visiting one of our tree locations during the holiday season. These locations include:

Sangertown Square, New Hartford - NOV. 20-DEC. 23, 2019

Hospice & Palliative Care Office, New Hartford - DEC.2 -DEC 31, 2019

AmeriCU Black River Blvd., Rome and Griffiss Park, Rome - DEC.4 – DEC. 21, 2019

Community Bank - Oneida & Hamilton - DEC.2 – DEC.20, 2019

Hummel's Office Plus, Herkimer - NOV.20 - DEC.24,2019

Kinney Drugs, Old Forge - DEC.2 – DEC.20, 2019

The Hospice & Palliative Care Development Council raises funds for Hospice by coordinating special events such as “Light Up A Life” to help cover patient costs not reimbursed through Medicare, Medicaid, or third party insurers. Proceeds from “Light Up A Life” provide patients and families with peace of mind knowing that their needs will be met. For more information and a complete list of sponsors please go to our website, www.hospicecareinc.org.

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LtoR: Stephen Turnbull (Rotary Club of Utica) and Steve Karboski (North Utica- Whitestown Rotary)

Pin Down Polio

Area Rotary Clubs hold Bowling event to fight Polio

Area Rotary clubs gathered on Wednesday, October 23, the night before World Polio Day, at Vista Lanes in Yorkville to help raise money to fight polio. Led by Stephen Turnbull (Rotary Club of Utica) and Steve Karboski (North Utica- Whitestown Rotary), over 50 bowlers and guests were involved in the second annual ‘Pin Down Polio’ event and they helped to raise \$1,814.00. Thanks to the Bill and Melinda Gates Foundation, who matches \$2 for every \$1 raised, that total increased to \$5,442.00 towards Polio Eradication!



LIONS Club News

The New Hartford/New York Mills/Whitestown Lions Club invites you to join us at Subway 131 Oriskany Boulevard, Whitesboro on Wednesday, December 4, 2019 from 9:00 am until 11:00 pm. A percentage of the proceeds will be donated to the Lions Club. The Lions Club supports organizations that benefit those with visual and hearing impairments. No coupon is needed. Just purchase a meal to support your local Lions Club. Pictured, from left to right is: Meghan Geary, Subway general manager, Aaron Loucks, Whitesboro store manager, Nick Montesano, past Lions Club president, Sara Porter, Lions Club secretary.



NH Highway Dept. News

submitted by Richard Sherman

We have been picking up leaves for over a month now. The two new trucks have done a tremendous job keeping up with the pickup this season. We did receive a few inches of snow, but we will still pick leaves up until finished or the first major snow fall.

Remember we have a total of 172 lane miles of town roads, 42.11 lane miles of county roads. Rt. 12, Rt 5B and RT 12 B are state roads that we service as well.

The Town’s plows, sanders, brine machines and tankers are ready for another busy snow and ice season.

Our winter shifts will start December 1st, and we will be working again with two shifts. First shift will be 4 am till 12 pm. If its snowing, they will stay until 4 pm. The second shift will start at 4 pm. till 12a.m. and 4 a.m. if it’s snowing. Remember there is no all-night parking in effect, on all town roads so that the plows can clean the streets safely. Please tell your contractors to plow your driveway, but not to plow snow across the roadways.

After the holidays, please bring your Christmas trees out to the curb so the crew can start to pick them up in a timely fashion.

The October 31st storm left parts of New Hartford with 6 inches of rain and severe flooding. This storm has been the worst so far for the Town of New Hartford residences. The Sauquoit Creek became a monster in a very short period of time. The creek went over several bridges including Elm Street, Breachrey Ave, Bridge and Genesee Street Bridge at the City of Utica Line and Village of New Hartford. Elm Street was a disaster with washouts with the roadway along with personal properties. The new Chenango Bridge experienced minor damage with one of the huge rocks that was pinned got hit with a large object and it removed the rock from the new wall. The Town experienced a broken main sewer line in the Sauquoit Creek. We had to move the creek into the woods to by-pass the repair location so that the sewer line could be repaired. The creek then had to be moved back to its original location.

The newest part of the Ray Hill Trail system took a hit. The trail in places was completely washed away. This section is behind the Town of New Hartford highway Garage along behind the State Maintenance Garage to the beverages building located on Main Street in New York mills. The New York Homeland Security came and looked at the damage to the trail putting a price tag for repairs around 2.5 million dollars.

Any questions or concerns, my cell phone 315-534-2998 or email rsherman@townofnewhartfordny.gov.



Thank You from Rich Woodland

Submitted by Richard Woodland

It is hard to believe that the end of 2019 is just around the corner. I wanted to take the opportunity with this month’s article to express my gratitude for all those who helped with my re-election campaign for the 4th Ward Councilperson, to the election workers, and to all those who voted. Loung Ung, a human rights activist, says that “When we vote, we take back our power to choose, to speak up, and to stand with those who support us and each other.” It was encouraging to see how many residents participated in the 2019 elections through early voting, requesting absentee ballots, and voting on Election Day. As I prepare to start my 5th term as the councilperson for the 4th Ward, I am humbled and honored to have earned the trust of so many residents in the 4th Ward. I remain committed to representing all the residents of the 4th Ward. Please contact me with any questions, concerns, and/or suggestions. I can be reached by phone at 315-982-4936 or by email at rwoodland@townofnewhartfordny.gov.

Kick off the Holiday Season at Utica Zoo’s Holiday Hoot

The Utica Zoo’s Holiday Hoot returns for another year of family friendly holiday fun! Bring the entire family to the Utica Zoo on Saturday, December 7th, 2019 from 10am-4pm. Make sure to get your photo with Santa! Visitors will enjoy a hot cocoa bar with cookies and candy canes, craft stations to make holiday ornaments or special gifts, write a letter to Santa and hand deliver it to make sure it makes it to the North Pole, and more.

There will also be bio fact stations, animal meet and greets, and plenty of gift options from the Utica Zoo Docents. Proceeds benefit the Utica Zoo Docent Association to support all of their great work here at the Zoo.

Cost will be \$5 for adult and \$3 for kids for members and \$7 for adults and \$5 for kids for not-yet-members. Visit UticaZoo.org/membership to become a member today! Photos with Santa, crafts, hot cocoa bar, animal meet and greets, bio fact stations, and full day admission to the Utica Zoo are included with admission cost.

All visitors are also encouraged to visit the Utica Zoo gift shop for holiday shopping for the animal lovers on their list, including animal adoptions and gift memberships. The Utica Zoo gift shop is open every day (except Thanksgiving and Christmas Day) from 10a-4p.

To stay up to date on all things Utica Zoo, visit UticaZoo.org, Facebook, Twitter or Instagram @UticaZoo.



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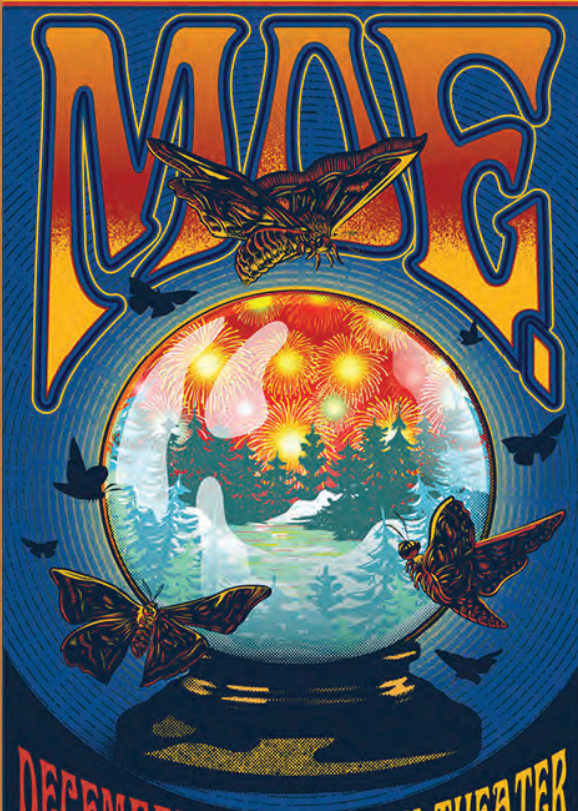
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Front row: Becka king, Kim fanelli, Rachel Henderson. Back row: Val Lolata, owner

Bodywise Pure Pilates Expands and Welcomes Three New Instructors!

As a host studio for Alycea Ungaro’s Real Pilates Teacher Training program, Bodywise Pure Pilates owner Valerie Ezzo Lopata, is delighted to announce the addition of 3 newly certified, comprehensively trained, (on all apparatus) classical Pilates Instructors to the Bodywise Pure Pilates team. In February, apprentices Kim Fanelli, Becka King, and Rachel Henderson took on a rigorous, 9-month program of study through the Real Pilates Teacher Training Program of NYC. The program included over 600 hours of observation, self-practice, and practice teaching on the Mat and all of the major apparatus Joseph Pilates designed. This November, they completed that program after traveling to NYC for their final examinations. Kim, Becka, and Rachel are now taking clients interested in booking One-on-One sessions as well as small group Mat/ Tower classes. Email bodywise.purepilates@gmail.com, call 315-796-7870, or visit bodywisepurepilates.com to book an appointment, purchase a gift certificate, or for more info on becoming a certified Pilates Instructor.

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Snow Shoveling

Snow shoveling is a repetitive activity that can cause muscle strain to the lower back and shoulders. Back injuries due to snow shoveling are more likely to happen to people who may not know that they are out of condition. Following these tips can help you avoid injuries:

- Lift smaller loads of snow, rather than heavy shovelfuls. Be sure to bend your knees and lift with your legs, rather than your back.
- Use a shovel with a shaft that lets you keep your back straight while lifting. A short shaft will cause you to bend more to lift the load. Using a shovel that’s too long makes the weight at the end heavier. Step in the direction in which you are throwing the snow to prevent the low back from twisting. This will help prevent “next-day back fatigue.”
- Avoid excessive twisting because the spine cannot tolerate twisting as well as it can tolerate other movements. Bend your knees and keep your back as straight as possible, so that you are lifting with your legs.
- Take frequent breaks when shoveling. Stand up straight and walk around periodically to extend the lower back.
- Backward bending exercises while standing will help reverse the excessive forward bending of shoveling: stand straight and tall, place your hands toward the back of your hips, and bend backwards slightly for several seconds.

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Community News

THE TOWN CRIER 27



Make A List, Check It Twice

Amidst all the joy and celebration of the holiday season, you may find yourself worrying about all the things you need to get done by the end of the year. It's a busy time for life in general, let alone to think about your personal finances. So, to make things a little easier we have highlighted some year-end checklist items that can be used whether you were naughty or nice.

Top-Off Retirement Savings: If you have a goal to max out your contributions to an employer retirement plan, double check and make sure you will hit the limit.

Good news for maximizers; limits are set to go up by \$500 next year for 401(k) plan participants.

Fund Education Plans: It's a great time to add to or start a new college savings account for a child / grandchild. The maximum gift for each recipient is capped at \$15k (\$30k for a married couple) annually, unless you want to do some extra tax planning.

Meet Required Minimum Distributions (RMDs): If you are 70 ½ or older, you will need to take RMDs from most retirement accounts by December 31st or face a stiff IRS penalty (50% of the amount not distributed). If you turned 70 ½ this year, you will have until April 1, 2020 to take your first RMD, noting another would be needed by December 31, 2020.

Spread Some Holiday Cheer: It's a great time of year to think about others. Consider making charitable gifts or gifts to loved ones. If you have investments with unrealized capital gains or some room left to meet your RMD, these (along with their tax burdens) can be passed onto most charities who don't pay taxes.

Replenish Reserves: It's likely that with some holiday spending you may have tapped into reserve accounts. Try to backfill as much as possible to get yourself on

track heading into the new year.

Reflect and Celebrate: Consider giving you / your family a financial "grade" for the year. Identify where you can improve, but more importantly celebrate all the successes you've had over a long-year. Maybe even splurge a little if your plan allows for it!

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.

This material does not constitute the advice or recommendation of Strategic Financial services, and should not be used as the basis upon which to make investment or financial decisions. Strategic Financial Services provides advice and makes recommendations based on the specific needs and circumstances of each client. This material is not intended to provide professional tax or legal advice, which should be obtained from certified tax professionals and licensed attorneys.

Angels Among Us Food Pantry 2019/20 Winter Schedule

December 12 Dec 28

January 11 Jan 25

February 8 Feb 22

March 14 Mar 28

Hours of Operation: 10:00 AM to 12 noon

The food pantry is located at:

St John The Evangelist Church, 66 Oxford Rd, New Hartford, NY

Follow the signs to the driveway in the back during open hours.

In the event of food emergency issues, please contact the St John's rectory from 9AM to 2 PM Monday through Thursday at 315-732-8521.

If this is your first visit, please bring proof of address.

If you do not have a permanent address, just come in. We will assist.

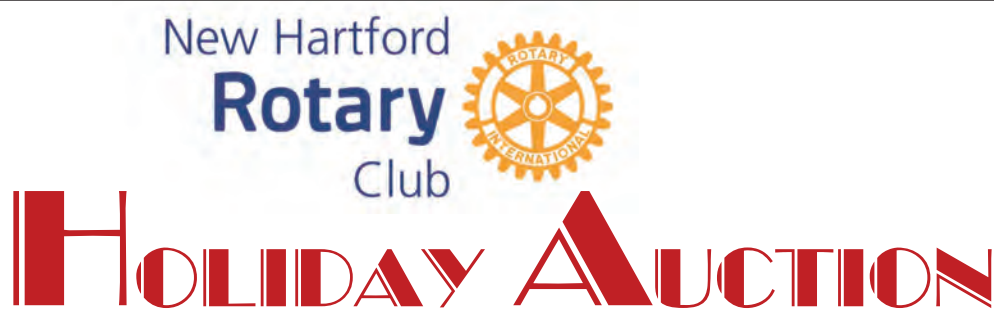
If you are unsure of eligibility, just come in. We will assist.

TEFAP: The Emergency Food Assistance Program

Income Eligibility Guidelines: July 1, 2019 – June 30, 2020

Household Size	Annual Income*	Monthly Income*	Weekly Income*
1	23,106	1,925	444
2	31,283	2,606	602
3	39,460	3,288	759
4	47,637	3,969	916
5	55,814	4,651	1,073
6	63,991	5,332	1,230
Each additional person add	8,177	681	157

*Note: Eligibility is set at 185% of the US poverty guidelines



Wednesday, December 4, 2019

Viewing beginning at 5:30 p.m.

Auction beginning at 7:00 p.m.

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or talk to any of our members

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Bratwurst 10:30 Knitting/Crocheting 1:00 Sr Theater Prod	3 Rib BBQ 10:00 Bridge/Canasta 10:00 Computer Training 10:30 Entertainment	4 Oven Baked Chicken 11:00 OFA Outreach Rep.	5 Shepards Pie 10:00 Canasta <div>AARP Drivers Class</div>	6 Spaghetti /Meatballs 10:00 Bridge <div>10:00am to 2:00pm</div>
9 Salisbury Steak 10:30 Knitting Crocheting	10 Oriental Chicken 10:00 Bridge/Canasta/ 1000 Computer Training 10:30 Entertainment	11 Macaroni/Cheese 11:00 Melissa Gulick Hospice Care	12 Roast Pork 10:00 Canasta	13 Egg Salad Sandwich 10:00 Bridge 11:15 Debbie Grant On Closed Captions Hearing
16 Mushroom Stew 10:30 Knitting/Crocheting 1:00 Sr Theater Prod	17 Hot Turkey Sand 10:00 Bridge/Canasta 10:00 Computer Training 10:30 Entertainment	18 Italian Sausage	19 Chicken Tenders 10:00 Canasta 11:00 Christmas Party 11:00 El Coro	20 Ham Dinner 10:00 Bridge CHRISTMAS DINNER
23 Chicken Ala King 10:30 Knitting/Crocheting 1:00 Sr Theater Prod	24 CLOSED	25 MERRY CHRISTMAS	26 Kielbasa 10:00 Canasta	27 Lasagna 10;00 Bridge
30 Oven Brown Fish 10:30 Knitting/Crocheting	31 BBQ Chicken 10:00 Bridge/ Canasta 10:00 Computer Training 10:30 Entertainment		CHRISTMAS DINNER ON FRIDAY DECEMBER 20	

New Hartford Senior
Center News

Submitted by Marge Anweiler, Kitchen manager

We were all surprised by our early November snowstorm and just hope it is not a sign of a very snowy long winter. Please remember to watch the scroll on TV to see if we are closed when the New Hartford schools are closed for ice or heavy snow. Our doors are open by 8:00 am at the center and hot coffee or hot chocolate is always available so come in to warm up and talk to friends. Our OFA outreach worker is here the first Wednesday of each month to help with senior concerns especially HEAP applications this time of year, and she does a class each Friday on senior health and nutrition. We have had some wonderful programs in November that I wish to comment on. First, to thank our senior band for playing at our Anniversry party and to Father Sambour for singing songs and getting our seniors to sing along. He is so talented and we hope he does this again for us. Our Halloween party went well with our Hans dressed as a cowboy handing out Candy bags to all. Several other seniors came in costume also and received lotto tickets for this. I need to thank the American Legion Colorguard for honoring our veterans at our service. This is a very moving tribute to our vets. The senior advisory committee meeting was held at our center with members from many agencies coming together. They discussed important senior issues especially bus trips that the seniors would like to have back again, and how to bring in more seniors to the center for lunch and programs. Thank you to this committee to address senior concerns. Our Zumba instructor, Noi will be on vacation for a few weeks but we have found Sue Townsend who will do our chair Zumba on Thursdays and a low impact Zumba on Mondays. We are always looking for new seniors to participate in these classes. Call our number for more information, and come to join in. Charlie Ernst has very graciously arranged for a donation of a new keyboard for our center..He plays every tues during lunch and this will be an upgrade for our old one that he donated years ago..Thank you,Charlie.Greg Jones from Lutheran Care came to tell us about their facility and invited our seniors for lunch and a tour. A representative from The Pines left us some very interesting literature on their Rehab facility and especially their respite care unit..stop by to pick up our menus and activity sheets along with other pamphlets of interest.Patricia from the Herkimer ARC has brought some clients who helped us set tables,fold

napkins,and clean our room,thank you for helping us on Tuesdays. One of our seniors,Edith Howe would like to hold a workshop to show us how to make a balsam kissing ball.we hope to do this in Dec but have no date yet so please call us if interested in finding out more.I have several people who have expressed an interest in getting a group together to play Majhong.Please call us if you are interested.We do have canasta and bridge players already.Enjoy your holidays with family and friends but do come visit us and meet new friends. my wonderful staff and volunteers would love to see new faces.



Senior Center Halloween party



The Senior Advisory Committee meeting



The American Legion Color Guard honoring our Veterans



The Senior band playing for the Anniversary party



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NHFD News

October was another busy month for your New Hartford Volunteer Fire Department with 121 calls as indicated by the monthly call report listed below by category:

Fires	=	0
EMS	=	53
Hazardous	=	3
Service Type	=	26
Good Intent	=	8
Other Alarms	=	19
Weather Related	=	12
Other	=	0

Total Calls for the Month of October 2019 = 121. This brings the total number of calls year-to-date through October 2019 to 920.

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

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

A Magical Time of the Year

The New Hartford Volunteer Fire Department invites you to stop by the fire station to see this year’s Holiday Lights display. In conjunction with the Village of New Hartford, the fire station has become the focal point for many friends, young and old, at this time of the year.

Members of the department worked tirelessly to make sure the village “glowed” during this holiday season. Approximately 15-20 elves spent over 60 hours assembling and installing the various displays. In addition we have planning and work on prepping the displays before they are actually put them up. From the lighting to the Memorial displays, to the arches and candles we take pride in making the most of our display along with the Village display in the Park.

Over the course of many years, with the generous support of our New Hartford Community, we continually update and improve the displays. We thank you all for your support and hope that you enjoy not only the lights by this very special and magical Season!

WISHING EVERYONE A HAPPY AND SAFE HOLIDAY SEASON!
Visit us on the web at: www.nhfd.com all year long.

Thank You from the New Hartford Fire Department Benevolent Association

Submitted by The members of the New Hartford Volunteer Fire Department

The New Hartford Fire Department Benevolent Association would like to thank all residents and businesses for their generous contributions to the 2019 annual fund drive.

Each year, the Benevolent Association distributes a letter to the residences and businesses of the New Hartford Fire Department fire district, requesting a contribution to assist in our finances.

You may or may not be aware that the New Hartford Fire Department is 100 % Volunteer. These proud, dedicated men and women volunteer thousands of hours to the community, not only responding to emergency calls, but also being committed to several community events.

- Your contributions assist us with a variety of events throughout the year.
- Fire prevention in schools, local businesses and organizations
- Memorial Day parade and open house celebration
- Annual Halloween parade
- Christmas decorations at the Fire station
- Annual Fire Truck Spectacular
- Holiday meals for the needy

Again, we would sincerely like to thank all of those who have contributed in our 2019 Fund Drive. If we somehow missed you during our annual fund drive and you would like to make a donation, you may drop off your contribution at any time. Please utilize the mail slot on the front door of the Fire Station.

We thank you for your continued support!



SAVE THE DATE!

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**10th Annual
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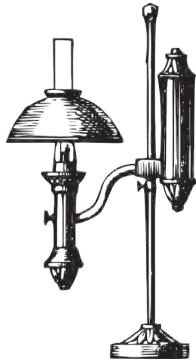
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315-534-2728 Cell

Office: 315-792-8097
Fax: 315-792-0020






Victor J. Fariello Jr.



Antique Talk From The Mailbag

Q. I have a rather old Coca Cola serving tray picturing a girl with a bottle of Coke. It is in remarkably good condition considering its age. Can you tell me anything about it and what it might be worth?

A. You have a very nice Coke tray from 1953. The title was “Thirst knows no season.” There has always been a lot of interest in Coca Cola collectibles and there are collectors who specialize in them. The unfortunate news is that this item, as most of the Coca Cola items, were produced in very large quantities and therefore many are still around and readily available for purchase. Condition is important with these and that is a plus for your tray and adds to its value. I would estimate the value of yours at around \$40. At any rate, you have a great piece of Americana that is likely to increase in value over time.

Q. My friend has an old antique wooden oak ice box that has been in her family for many years and is in its original condition. It has a plate on it that says “Polar King.” I told her I would ask you if this is very valuable or not.

A. Your friend’s wooden ice box is a great item from a bygone era. Hers’ dates from around 1910 and was manufactured by the Leonard Refrigeration Company of Grand Rapids, Michigan. Despite the number of these produced, they are extremely hard to find in original condition. Sadly, most were painted at some point and the majority were relegated to the basement or in many cases, the trash heap. All of these factors combine to make your friend’s specimen a highly desirable item of considerable value. I would easily put an appraisal value on it of at least \$1,000.

Happy Collecting!

20th Annual Antiquefest January 25-26 at The Stanley

It’s almost here! The antique event that we have all been waiting for, the 20th Annual Antiquefest to be held at the Historic Stanley Theatre in Utica. The dates are Saturday, January 25, 2020 from 10 a.m. to 5 p.m. and Sunday, January 26, 2020 from 10 a.m. to 4 p.m. There is music, food, glass grinding by Tony Perretta and an outstanding group of dealers displaying their wares. Admission is \$7, which is good for both days. The show is sponsored by Gerald Dischiavo of Vintage Furnishings in Utica. Contact him at 315-738-1333.

Support New Hartford Historical Society

It’s always a great idea to support your New Hartford Historical Society. 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. Help preserve the history of our community with your support. Check them out at www.newhartfordhistory.com.

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 Chapter #1519 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.



Coca Cola items like this 1952 Coke tray are widely collected



Once a staple of most every household, these antique oak ice boxes are hard to find and command high prices.

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Dreamscapes

Paintings and Mixed Media by Yulia Levkovich

December 6-26, 2019 at The Other Side Gallery, 2011 Genesee St., Utica

Opening Reception Friday, December 6, 5:30-7:30 p.m., Refreshments.

The Other Side Gallery hours are Thursday, 5-7 and Saturday noon-2. For information contact Rainer at 315 395-5235 or rainermariawehner@web.de.



LtoR: Pam Way and Stacey Dean with First Source FCU, John Treen with Stevens-Swan Humane Society, Sandy Sherman, Jessica Sherman and Kelly Collis with First Source FCU.

First Source FCU Donates to Stevens-Swan Humane Society

Through their Annual Plant Sale and Wiggle Waggle Walk-a-thon pledges, First Source raised \$1,300 for the SSHS. In addition to the funds, First Source also donated many items requested by the Stevens-Swan Humane Society on their wish list. First Source Employees and Members both helped to contribute.



You are invited to join us for a service of readings and carols featuring the Master’s Touch Chorale and celebrating Advent and Christmas. Come hear the timeless story told in a fresh and inspiring way as you make your final preparations for celebrating the birth of Christ.

First Baptist Church Saturday December 21st at 3:00 pm 7 Oxford Rd., New Hartford

The Master’s Touch Chorale is a choir of nearly 40 dedicated Christian singers, from some 17 denominations, who are united by their common faith in Jesus Christ as Savior and Lord and by His calling to spread His Good News in the ministry of music. The singers, from many communities, professions and walks of life, meet every other Sunday evening throughout the year to rehearse and pray together, or to concertize to the glory of God.

Founded in May of 1993, The Master’s Touch is in its 16th year of ministry under the musical direction of Warren Ottey, who also serves as Music Director of The Syracuse Chorale and organist-choir director at Cazenovia Village Baptist Church. During its tenure of ministry, The Master’s Touch, which charges no fee, but concertizes on faith, has sung in many churches and at community events over a wide geographical area, and is always open to singing in new venues, as requests are received.

Two such invitations, truly gifts from the Lord, were from The White House, 1600 Pennsylvania Avenue, Washington, D.C., where The Master’s Touch was privileged to sing concerts on December 21, 2002, and on December 20, 2004.



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32 THE TOWN CRIER

Happy Healthy Holidays

DEC.
2019

Make Your Holidays Happy & Healthy

By Bonnie Pawlick, RD, CDN Consulting Dietitian OC
Office for the Aging

The holidays are here again and it is time for celebrating with family, friends and co-workers. At this joyful time of year, many of us enjoy our own culinary specialties that have become tradition. We all have our favorite indulgence, whether its Grandma's Famous Eggnog, Christmas Fudge, appetizers at the annual open house or work holiday gathering, or a Yule Log, there are many extra delights available during this time of year. Unfortunately, all of these goodies are not calorie free, making it easy to quickly put on those extra holiday pounds. If you are one of the many that gain weight during the holidays, one of the first steps in prevention is to discover the biggest source of your extra calories. Then you can make a plan on how to avoid them.

One of the greatest pitfalls for many people is not realizing how many calories are in those special holiday treats. Really tasty, homemade eggnog could be as much as 400 calories for one cup! A single Christmas cookie is most likely between 80 – 300 calories for one, depending on size and type of cookie. A slice of favorite pie or special cake can be 500 calories or more. Don't forget those fabulous sides that you enjoy only at the holidays, such as homemade stuffing, green bean casserole, sweet potato casseroles and even dinner rolls. Be aware of how much added fat and calories are in your favorite foods and adjust the amount you consume to help control your overall calorie intake. Don't forget about all the holiday "cheer" you share with family and friends when they drop by for a visit or you gather at a holiday party. Whether it's a glass of wine or punch, a cocktail or eggnog there will be extra calories consumed, from that cup of good cheer.

For many of us, the holiday season becomes packed with so many extras to do: shopping, wrapping gifts, doing Christmas cards, holiday baking, decorating the house, attending social gatherings, just to name a few; that we cut corners in our routines. For example not taking enough time for our usual exercise routine or planned grocery shopping trips, so we don't burn as many calories as we usually do and don't have the right foods on hand for a balanced meal. We substitute meals with fast foods on the go, or prepackaged foods that we heat up at home (often higher in calories and fat than if you had made it yourself) or we go out to eat to save the time and hassle of cooking a meal and doing the cleanup. If you are a stress eater, the extra holiday activities we all do, can really increase the number of stressful moments you have in a short period of time.

Hopefully you are thinking about where your extra calories come from each year. For years I made 10-15 different kinds of cookies and would make cookie platters to give as gifts to neighbors, co-workers, and friends and to have at our own holiday gatherings. As the family grew with added in-law children and their families, grandchildren and with the loss of my "helpers" as my children left the nest, I stopped making the cookies! I felt as though a huge part of the holidays were missing, but I did not gain the usual 5 pounds that I was always trying to lose come the New Year!

If holiday gatherings are your downfall, here are a few strategies to try to curb the amount of calories you consume. One tip is to not arrive at a party starving, by eating a small snack that contains some protein,

before heading to the party. For some people this may not help and may actually add more calories to your daily total if you go to the party and still chow down on all your favorites, plus ate the snack. But the idea is not to arrive at the party so hungry that you eat everything that you see. Another strategy is to get a beverage first, as it ties up at least one hand, holding on to the glass, making it more difficult to fill a plate or eat food from the plate. If you choose a low calorie beverage, like water, diet soda, flavored seltzer; drink up before heading to the food buffet, to help fill your stomach and not have as much room in it for the higher calorie foods being served. If it is a higher calorie beverage, you choose, lighten it up. Instead of the typical alcohol (vodka, whiskey, gin, etc.) with a regular mixer (ginger ale, tonic water, cola) try your favorite drink made with your alcohol of choice and plain seltzer or club soda and just a splash of ginger ale, tonic, or cola, for some flavor. Diet cola is a great substitute for regular cola for rum and cola. If you prefer wine, try adding seltzer to your favorite wine to cut the calories in half. If there is a punch being served, add seltzer to it, to reduce the calories and sweetness. Go for the veggies with a light amount of dip or use humus instead of dip, to help fill you up before getting into the higher fat appetizers. Avoid fried appetizers or those high in cheese content. Once you have your goodies from the buffet table, position yourself as far away from the table as possible, like the other room. This makes it more difficult to keep grabbing the goodies. Drink at least one glass of water after each alcoholic beverage to decrease your consumption of the higher calorie beverages, to help fill you up and perhaps help prevent a headache the next day.


When planning your menu, for a party or holiday dinner, look for lower calorie versions of your favorite foods. You can substitute plain, non-fat Greek yogurt or non-fat sour cream for regular sour cream in most dips. Substitute either of those foods for mayonnaise when called for in a recipe. Be sure to include a vegetable or fruit tray with a low fat dip as part of your menu. Use reduced fat cheeses in recipes calling for shredded cheeses. Use carrots, pepper strips, celery sticks for dippers instead of chips, bread slices and crackers with Buffalo Chicken dip, spinach and artichoke dip, or other dips.. Make chicken wings in the oven or an air fryer instead of deep frying them. Use non-fat milk or broth as your liquid for mashed potatoes. Make your gravy using cold water and flour, mixed together, stir this mixture into your defatted pan drippings and heat while stirring over medium-high heat. One of the best tools to own for making gravy with less fat, is a fat separating measuring cup. You pour the drippings from your roasting pan into the measuring cup, with the stopper in place in the spout. Let drippings stand for just a minute or so until the fat rises to the top of surface. Pull out the stopper and pour the drippings into a saucepan until the fat is about to enter the pouring spout, stop pouring into the pan at this point and dispose of the fat. Place the stopper back into the pouring spout. Refill the fat separator with more pan drippings and repeat the process. With no stopper in the pouring spout, the drippings will go up the spout and the fat will rise to the top of the spout as well, so the first part of the pour will have fat in it. If you are making stuffing, either from a package or from scratch, you can decrease the amount of butter by 50% or more, just add a little more liquid, equal to the amount of butter you omitted. Use reduced sodium and reduced

fat condensed soups or broths in recipes.

Plan your menu to include some vegetables that are not high in starch. Many of the winter or fall favorite vegetables are higher in starch and calories. Think about your holiday favorites – sweet potatoes, winter squash, corn, peas, white potatoes, pumpkin, are all starchy vegetables. Or we put non-starchy vegetables into a casserole or sauce that makes it higher in calories, i.e. creamed onions, green bean casserole, broccoli in cheese sauce. Try to include a lower calorie vegetable that is oven roasted, grilled or pan sautéed or steamed such as Brussel sprouts, asparagus, carrots, beets, zucchini, peppers, broccoli, green and wax beans. Do a dessert that is mainly fruit but still special, such as Cherries Jubilee, Bananas Foster, Poached Pears with raspberry sauce or a fruit crisp with reduced fat crisp topping. Make cookies that have reduced fat in them or no fat, like meringues. Substitute half the fat in a cookie recipe with applesauce, or non-fat yogurt or sour cream. Enjoy your holiday favorites but in moderation. Hopefully these tips will help you have a happy and healthier holiday season!

Nutrition Counseling and Education is provided by Oneida County Office for the Aging and Continuing Care/NY Connects. Anyone with questions about services and programs for older adults and caregivers, including the Senior Nutrition Program, should call Oneida County Office for the Aging/NY Connects at (315)-798-5456. You will be connected to someone who can assist you.





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Pastors Peter And Adeline Forrester
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as they begin to celebrate the
coming New year!

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11:15 am Children’s Church
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www.firstumconline.org

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

ST. JOHN THE EVANGELIST CHURCH
66 Oxford Road - 732-8521
Rev. Kevin Bunker, Pastor
Cheryl Smith Dir. of Faith Formation
Saturday: 8:30am; Vigil, 5:15 p.m. Confessions 4:15-5pm
Sunday Masses: 8am & 11am
Mon-Fri Masses: 6:45am, 9:10am
We are handicapped accessible!

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

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

ST. STEPHEN’S EPISCOPAL CHURCH
25 Oxford Road - 732-7462 (Parish & Rectory)
Sunday Service of Holy Communion at 10am followed by fellowship
Al-Anon Meetings: Sundays at 5pm & Thursdays at 5:30pm
AA Meetings: Sundays at 8pm
Yoga by Kristy: Tuesdays at 5:30pm & Thursdays at 9:30am
EGA Meetings: 1st Mondays of the Month
St. Stephen’s is handicapped accessible.

ST. GEORGE’S EPISCOPAL CHURCH
9389 Elm Street, Chadwicks - 315-736-3572
Every 2nd and 4th Sunday - 8:30am Holy Eucharist

IMMANUEL BAPTIST CHURCH
Pastor Fletcher Matlack
9501 Weston Rd., NH (Next to Perry Jr. High), (315) 737-5222
www.ibcfamily.com E-mail: info@ibcfamily.com
Sunday School for all ages: 9:00 am - 9:45 am
Sunday Morning Worship Service 10:00 am
Nursery, Preschool and Children’s Worship hour: 10:00 am
Prayer meeting held every Wednesday at 6:30 pm
Youth Group for ages 12 and up meets every other Saturday from 6-8 pm. See our website for schedule.
Church is handicapped accessible.

NEW HARTFORD PRESBYTERIAN CHURCH
45 Genesee Street, NH - 732-1139
www.newhartfordpresbyterian.org
Communion is available on the first Sunday of each month.
Worship services - 10:30 a.m. each Sunday
Child care is available.
Sunday School programs for children and adults begin at 9:30 a.m. Communion is offered on the first Sunday of each month for all who wish to receive it.
During worship on Sunday, December 8th, children in the congregation will present their annual Christmas season program, “The Happening.” On Sunday, December 15th, the choir and Susan Sady, minister of music, will present their annual Christmas Cantata, accompanied by the Youth Handbell Choir and violinist Michael Cleveland. Christmas Eve services will take place on Tuesday, December 24th, at 5:00 p.m. Information about New Hartford Presbyterian Church is available on Facebook, on the church’s website, www.newhartfordpresbyterian.org, or by calling the church office at 732-1139. Visitors are welcome.

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
Pastor Carl Getz
Office - 737-7505
Sunday Worship 11 a.m.(Nursery Care Available)
Sunday School 9:30 a.m. For all ages.
Handicapped Accessible

FIRST BAPTIST CHURCH OF NH
7 Oxford Road - Office phone: 315-733-4570
firstbaptistnh@gmail.com
Rev. James Harrieff, Pastor
Sunday Service - 9:30am
Sunday School - 11:00am
Handicapped Accessible
All are welcome.

UNITARIAN UNIVERSALIST CHURCH
10 Higby Road, Utica NY 13501
Services and Religious Education for Children 10:30 AM
315-724-3179 uuutica.org
Minister: The Rev. Erin Dajke Holley
Coffee Hour follows the service

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

ST. GEORGE ORTHODOX CHURCH
350 Higby Road, New Hartford, 315-292-6682
Fr. George Goodge
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
Interim Pastor Rev. Dr. Mark S. Caruana
Music Director Richard Crawley
Worship service: Sunday 10:30 a.m.
714 Washington St., Utica. 315-732-6518, www.wmoutica.org. find us on Facebook & Twitter
Handicapped accessible

NORWICH CORNERS CHRISTIAN CHURCH
10233 Roberts Road, Sauquoit - 737-0757
WHERE JESUS IS LORD!
Pastor Walter J. Wharram, Jr.
Sunday Morning Prayer - 8:45am
Sunday School - 9:30am
Sunday morning Worship Service - 10:30
Mid-Week Bible Study - Thursdays 7pm
Summer Hours - Beginning 7/1/18:
Sunday Morning Prayer - 8:30am
Worship Service - 9:30am
Campfire Meetings -Thurs 6:30pm

TRINITY LUTHERAN CHURCH
2620 Genesee St., Utica. (315)732-7869
Fall/Winter worship:
9am - Sunday School & Adult Bible Study
10:30am - Worship is led by our Pastor, Peter Saie
Handicapped accessible.

FIRST PRESBYTERIAN CHURCH
1605 Genesee Street, Utica 732-5111 - fpcutica@verizon.net
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Reverend Jeanne M. Kumbalek
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10:45 - Sunday School for Elementary Ages
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12:10 - Communion Service Only Wednesdays

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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
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www.clintonmethodist.org

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

CORNERSTONE COMMUNITY CHURCH

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

CHRIST CHURCH (REFORMED PRESBYTERIAN)

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

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Website: www.zionlutheranNy.org
Facebook: Zion Lutheran Church, New Hartford NY
December 21 at 5 PM Longest Night Service
December 24 at 6 PM Christmas Eve Christmas Pageant Service
December 24 at 9 PM Christmas Eve Candlelight Service
December 29 at 10 AM Lessons & Carols Service

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9417 Maynard Drive Marcy, NY
Sunday Mornings at 10am
Come As You Are
www.mohawkvalley.church
Pastors Mike & Susie Melnick
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13 Clark Place, Utica 315-735-7534
churchoffice@tbcutica.org
Facebook: Tabernacle Baptist Church
www.tbcutica.org
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Saturday 6 p.m. Young Adult Worship & Study
Sunday 10 a.m. English Worship Service
Sunday 10:15 a.m. Sunday School for children in English and in Karen
Sunday 11:30 a.m. Karen Worship Service and 2nd-Hour Sunday School
Pastors Rev. Debbie Kelsey and Rev. Daniel San

BIBLE BAPTIST CHURCH

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Brian Demers, Pastor
Sunday School for all ages: 9:30 a.m.
Sunday Morning Worship Service: 10:45 a.m.
Sunday Evening Bible Study: 5:00 p.m.
Wednesday Evening Prayer Meeting and Bible Study: 7:00 p.m.
Handicapped accessible. Nursery Provided.
www.biblebaptistchurchnewhartford.org

Faith in New Hartford

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BEIT SHALOM

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Oneg Shabbat
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teuticaoffice@gmail.com
Rabbi Peter Schaktman
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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.
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All are Welcome.

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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.

St. James African Methodist Episcopal (AME) Church Anniversary

On Saturday, December 14, 2019, 11am-5pm, St. James African Methodist Episcopal (AME) Church, 386 Main Street, New York Mills 13417, will be having an Open House to celebrate its 50 years as a congregation in Utica and New York Mills. Edward and Pauline Bass, and the Reverend Ernest Boston, started and organized the new AME church in 1969. Worship services started in the Utica YMCA. In 1971. Then, the congregation purchased a building on the corner of Mulberry and Sunset Ave. The Presiding Prelate, Bishop John Douglas Bright, suggested the congregation name the church, "St. James." In 1972, a malfunctioning boiler heavily damaged the building. Emmanuel Baptist sold their building on the corner of Eagle and Dudley to St. James for one dollar. The congregation resided there for 22 years until structural problems became unmanageable. (St. James still owns the lot on Eagle and Dudley on which the church has outdoor worship services and a school supply give-a-way every summer.) The Plymouth Bethesda United Church of Christ, on Plant Street, invited the members of St. James to worship and continue their service to the community in their place of worship. The two Churches worked in a mutual ministry of cooperation, respect, and friendship, serving the Cornhill neighborhood in Utica. In 2006, The Right Reverend Bishop Richard Franklin Norris challenged St. James to raise money to purchase a church, promising matching funds. Families, friends and especially the Utica community rallied with St. James! Under the leadership of the pastor, the Reverend Eleanor D. Dawson, the congregation looked at many properties, and in October 2011, God brought St. James to 386 Main Street in New York Mills. On January 9, 2012, the congregation purchased the building from the Cornerstone Church and held the first worship service on March 4, 2012; Bishop Norris dedicated the church on June 9, 2012. Through many of St. James' trials, St. James thanks God for the fervent prayers of Steward John Robinson, Jr., the Vice Chair of Board of Stewards, and others who refused to allow the ministry called, St. James African Methodist Episcopal Church, to end. Since moving to New York Mills, the congregation has been under the pastoral leadership of Reverend Eleanor D. Dawson; Reverend Charles A. Rogers, Sr.; and the present pastor, Reverend Richard Moran, Jr. In preparation for the next 50 years, St. James welcomes the public to the church to celebrate the past 50 years. There will be vendors and food in the fellowship hall, and tours of the sanctuary and its stained glass windows. Tour guides will share the rich history of the Methodist Episcopal congregation that resided at that location from 1826-1976; share the history the African Methodist Episcopal denomination; and, the history of St. James. St. James is proud to be located in the Village of New York Mills and strives to increase its ministry to serve its neighbors and carry out the mission of the AME Church, "to minister to the social, spiritual, and physical needs of all people." Our motto at St. James is, "we love you, and there's nothing you can do about it."

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Four Truths All Investors Should Know About Risk



Risk, and the role it plays in a portfolio, can be one of the most difficult concepts for investors to grasp. To help clear things up, we outline four important risk-related insights every investor should know.

1. Risk has many faces. When people talk about risk, they're usually referring to investment risk: The idea that you could purchase stock at \$50 a share and it could potentially be worth \$25 a year later. This kind of risk is relatively easy to understand, and it's measureable based on the ups and downs in an investment's price. The more volatile the price has been, the more risky the investment is considered to be.

Unfortunately, investment risk is only one of the risks investors can face. There are plenty of others that aren't as easy to understand or measure. These include:

Market risk. This is the risk that the entire market will decline and pull your investment down with it. Remember what happened to stocks during the Great Recession? That's an example of market risk.

Inflation risk. Inflation is the overall increase in prices in an economy. There's a risk that an investment's return won't be enough to overcome inflation's impact. For example, if inflation runs 2% a year and your investment returns only 1%, you lose "purchasing power." As a result, your investment buys less at the end of the year than at the beginning.

Opportunity risk. Some investors believe you can avoid risk by investing conservatively. Opportunity risk is the possibility of missing out on the chance to earn better returns because you aren't being more aggressive.

There are many more types of risks, too, including some specific to certain investment categories. For example, bond investors face default risk—the risk that the issuer will fail to make interest payments or repay the bond's par value at maturity.

2. Risk is usually linked with expected return. This is possibly the most important thing to understand about risk. Risk and return generally go hand-in-hand: If you put money into a low-risk investment, you should probably expect lower returns. If you choose a higher-risk investment, you're seeking higher potential returns.

Of course, things don't always work out that way. A high-risk investment may not get better returns. (In fact, you could lose your entire investment.) But many investors continue to include riskier investments in their portfolios, often for higher return potential.

3. You should determine your risk tolerance. Your risk tolerance is how much risk you can comfortably live with in your portfolio. Determining your risk tolerance can be challenging. There are tools, including questionnaires,* that can help. One indicator that you've exceeded your investment risk tolerance: when your investments' performance keeps you awake at night—especially when there's market volatility.

It's okay to have a relatively low risk tolerance. However, focusing on lower-risk strategies may mean you need to adjust your objectives (for example, having \$750,000 at retirement instead of \$1 million). Or, you may need to lengthen your time horizon, which is how long you have until you tap into your investments. For example, you may decide to work until age 68 instead of 65 so you have more time to invest.

4. Help is available. Because risk is complicated—and only one aspect of investing—look to your financial advisor for help with building your portfolio. Your financial advisor will take the time to get to know you, including your risk tolerance, before recommending an investment plan.

*<https://www.wellsfargo.com/investing/retirement/tools/risk-tolerance-quiz/>

All investing involves risk, including the possible loss of principal.

Now's the time to invest in your financial health

These may be your earning years, and retirement may feel like a lifetime away. But now is the time to lay the financial foundation for your future. Commit to making an investment in your long-term financial health by scheduling a fiscal checkup.

Call for a complimentary portfolio consultation and a discussion about healthy investing for your future.

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RPEA MV Chapter News

The RPEA of Mohawk Valley will be holding their holiday luncheon/membership meeting on December 12th. It will be held at Club Monarch, 16 Erie Street, Yorkville from 11am-3pm. Lunch will be served at 1pm. The guest speakers will be Jack McPadden, RPEA Past President and Diana Hinchcliff, Newly elected RPEA President. There will be holiday music by Linda LaDuc. Plus there will be a lottery tree, door prizes and a theme basket raffle.

Food choices are: Queen cut prime rib. \$22.

Chicken Francaise: boneless chicken breast sautéed in egg, parsley, parmesan cheese and baked in butter with lemon sauce. \$17.

Roast Pork: a generous portion of fresh roasted boneless pork over homemade dressing, covered with homemade gravy. \$17.

Stuffed Fillet of Sole: baked sole stuffed with crab, shrimp and scallops, served with baked potato. \$17.

Gluten Free or Vegetarian available upon request. \$17.

All dinners served with salad, rolls, butter, tea and coffee and dessert. Tax and tips are included.

Please bring items for the Food Pantry (voluntary) and toiletries for Make a Difference Day.

Make checks payable to: Mohawk Valley Chapter RPEA. Mail to: Elaine Dziadyk, 119 Hampton Road, Frankfort, NY 13340. Reservations are due by December 5th. If you have questions, please call Elaine at 315-735-7228.

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