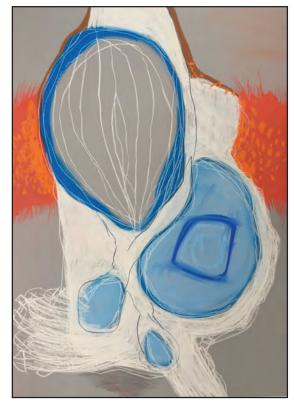


Vol. 34 No. 2 February 2020 Standard US Postage Paid Permit # 566 Utica NY



Three Woman Show at the Kirkland Art Center

Three talented CNY women will be exhibiting their artwork at the Kirkland Art Center gallery. The three artists - Constance Avery, Sally Clark and Kathy Donovan, have instantly recognizable techniques and styles which they have each honed over years of experimentation and hard work.

Constance Avery's art is characterized by the colors and spontaneous flow of acrylic paint. An extremely prolific artist with hundreds of pieces lining her studio walls, Constance is always experimenting with new mediums and themes, creating pieces on canvas, clay, and even digitally. It is this thirst for newness that keeps her work fresh and exciting.

Abstraction and color are central to Kathy Donovan's work. Whether in her painting, printmaking, or drawing, Donovan creates series of works, studying and exploring how many different ways a simple truth can be framed.

Texture is often overlooked in art, but Sally Clark excels in making it central to her craft. Her abstract canvas' ooze with texture and collaged elements create a history to each piece, almost like an archaeological dig with each layer covering up a bit of the past.

This exciting exhibit will be on display until February 20, 2020. The KAC is located at 9½ East Park Row, Clinton, NY.

The mission of the Kirkland Art Center is to educate children and adults to advocate for artists and the arts, and to engage the community in a range of cultural experiences and opportunities.

Chocolate Lover's Sale

The annual Chocolate Lover's Sale, held at Stone Presbyterian Church, 8 So. Park Row, Clinton on Saturday, February 8th, starting at 10am. Plenty of delicious homemade chocolate goodies (including pies) will be available for your pleasure! The proceeds from this sale will go to support Hope House in Utica, where needy folks in the Utica and surrounding area can go to have a hot, nutritious meal served with a smile by various groups of area volunteers. Come and help us celebrate Valentine's Day by purchasing something chocolate-y for yourself or a loved one and also supporting a great cause. You won't regret it!

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http://bhs-mv.org

We are a non-profit music organization. Proceeds from Singing Valentines are used to help us enrich lives through singing, including performances at nursing homes, music purchases, and more. Any men who like to sing should contact us at membership@bhs.mv.org.

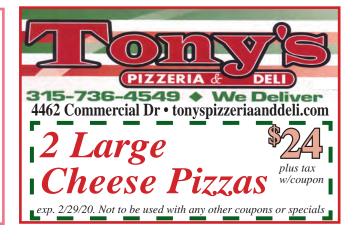












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FEB.

7 THE TOWN CRIER

Local Company Displays Support & Welcomes CREE

Welcome signs have popped up on Genesee Street in support for our newest company, CREE!!

Coldwell Banker Faith Properties' two locations display the support and enthusiasm for the company.

Coldwell Banker Faith, the largest residential brokerage in the Mohawk Valley, encourages all local businesses to wave the welcome flag for this exciting new business in the region!!

Broker/Owner, John Brown, states, "It is again time for the Mohawk Valley to shine in this new decade of turnaround for our beautiful resource rich area. You can feel the excitement! For over 3 decades agents of our firm have been trained in relocation. We are known for presenting our community in a most positive light!"

The 60 agents with Brown's firm are well versed and ready to guide the influx of home buyers and tenants through the rental and buying process.

Coldwell Banker Faith Properties, with a focus on residential real estate, has offices in Utica, (315-735-2222), Rome (315-356-5760), Ilion (315-574-2260) to service the entire Mohawk Valley.



Community News



JCC's Preschool Held Grand Opening

Members, donors and friends of the Jewish Community Center (JCC) of Utica came together on Thursday, December 19 at 6:30 pm to celebrate the grand opening of a beautiful new indoor playroom in the JCC's Preschool. Beginning in early spring, employees of the Center embarked on a community wide campaign which raised money to convert an old, relatively unused room in the JCC's basement into a "State of the Art" playroom, complete with playground equipment, a climbing wall and several other unique features. Local Artist Steve Yaworski then spent many, many hours painting the walls with murals reflecting the "outdoorsy environmental" theme of the room. He made the room come alive. "The wall murals make the room look spectacular," said Aaron Evans, the President of the JCC's Board of Directors. "They make you feel like you are playing outside in

"The price of Preschool is getting very expensive everywhere you look, and parents should know that if they need to pay good money for their children's education, they are getting a quality program. This playroom helps assure that this is the case," said Victor Pearlman, Executive Director of the Jewish Community Center. "Within weeks of advertising our new playroom idea, the entire JCC community came together to make this magnificent new room a reality. It is truly special and speaks to the generosity of our membership and our Preschool families," said Lynne Dembrow, the Director of the JCC Preschool.

The room is named, "The Maish and Rene' Cominsky Imaginasium," in honor of the grandparents of several of the larger donors to this project. Maish





and Rene' also were long time supporters of the JCC. Ms. Dembrow would also like to thank The Promise Program of Utica's Kelberman Center for their generous contributions to this project.

The Jewish Community Center Preschool has been serving Central New York for over 40 years. They are very proud to be an invaluable part of the Utica Community, and is open to children of all races, religions and nationalities. You can also visit their website at www.jccutica.net.









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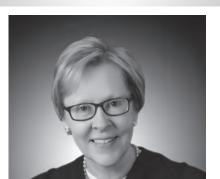
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THE TOWN CRIER

FEB. 2020

Consult the Consultants



Judge Joan Shkane

Time to Reset

Submitted by Jim LaFountain, All American Fitness Center

For the past 35 years, I've written a January article, specifically directed at New Year's and those who choose to "turn over a new leaf" and attempt to improve their physical condition. Whether it's attempting to adopt a prudent nutritional lifestyle or engaging in regular exercise, January 1, is often a good place to start. This year, I've waited because February is usually when resolutions tend to unravel. Data still indicates, only about 25% of Americans exercise enough to elicit improvement. Dieting is a less compliant endeavor. Developing a plan to address exercise/diet failure (non-compliance) is essential. Several weeks ago you leaped, with great enthusiasm, into a healthier lifestyle, only to find yourself back to your old, "unfit" behavior. Whether the cause involves lack of time, lack of energy, going too hard or too long, there is a plan to regain January's "turn over a new leaf" that goes like this: EXERCISE *Commit to showing-up. At home or in the gym, showing up is the most effective compliance tool you can adopt. *Commit to warming-up. The vast majority of the time, with a light warm-up, the body comes alive and you experience a quality workout. *Recruit a partner. You will have a difficult time not showing-up when you are scheduled to meet a partner. *Shorten your workout. Lack of time is the most common excuse for not exercising regularly. Some actually have generated success by starting with workouts as brief as 10 minutes. Adding a minute a session will get you back in the habit. *If it hurts, don't do it. Some degree of discomfort is a part of every fitness plan, pain is not. There is a plethora of "pain-free" modes of exercise that will produce results. NUTRITION *Stay hydrated. Approximately every cell in your body consists of 70% water. Draining even a small percentage of that fluid sends the body into "conservation mode." *Plan a pre-meal strategy. Preparing to eat a meal may sound crazy, but it's essential. The appestat center, of your brain, located in the hypothalamus, requires about 20 minutes to register satiety (fullness.) A small protein rich snack a few minutes before a meal, sends an early signal to the appestat center and will allow you to feel full sooner. This powerful section of the brain is also responsible for registering hydration, so it's a good idea to wash down your pre-meal snack with a large glass of water. *Daily weigh-ins. Until recently, I felt my daily weigh-ins were obsessive. Now, experts are suggesting that weighing oneself daily is a strong compliance tool. Scale weight is NOT the best indicator of fat loss, but it's convenient and everyone can do it. *Failure is given. One poor nutritional choice is going to happen. How we deal with it is critical. I always ask myself, "was it worth it?" Usually, it isn't, but it happened, so move on. Nutrition/Exercise compliance is a major challenge in America. It is, however, one of the best places to start.

Return this column to receive a FREE week at the All-American Fitness Center.

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

MYTH: The existence of DNA as evidence always makes the jobs of police and prosecutors easier than it was before DNA evidence was developed.

REALITY: Just because technology is available in a particular market does not mean that it is automatically available to law enforcement. Laws must be devised to control access to the technology. Sometimes the law is not constructed to be all inclusive of every situation. DNA evidence goes a long way to solving some crimes and to successful prosecution. However, it's use is not always available to law enforcement. A recent case from the Albany area is about a male who was found in a field in 1981. The condition of the body was so poor that police could not identify him or how he died. Even his file disappeared over the years from flood and other natural disasters. Only the original investigator's notes and sketches survived. And the man's jaw bones also survived so that DNA taken from the bones was available.

However, a legal problem became apparent quickly. New York State has a law since November, 2017, that does not permit police to compare unidentified remains (DNA) of a VICTIM to possible relatives whose DNA is stored in state and federal DNA databases. New York State also does not permit use of a private company to make such comparisons, although other states do. The goal in writing the law was to help protect privacy, unless one is arrested for a crime. New York does have a database made up of DNA from those CONVICTED OF A CRIME in New York State. There are approximately 680,000 DNA samples currently in that database. However, unknown DNA can only be tested if police think it may belong to an unknown suspect of a crime-not an unknown victim.

The police argue in court that if the cause of death is unknown, then death may have resulted from a homicide, and testing should be allowed. The New York State Legal Aid Society argues that permitting such searches may lead to a disproportionate number of minority persons being falsely accused of a crime because their DNA may be similar to someone in the databank. Police further argue that the use of DNA in private companies will not likely result in such discrimination since most DNA samples sent to private companies are from people of European descent. However, no private DNA labs have been approved by the State yet, so that argument is moot. Police are hopeful that a private lab based in Virginia may soon be approved as a DNA database. Civil Rights advocates oppose the approval on the basis of privacy concerns.

MYTH: Whenever a law is passed, it has been thoroughly investigated so that there will be no unexpected results.

REALITY: Legislators and their aides work hard to make sure that all consequences of a new law are known and thoroughly explored. However, sometimes technology

is developing so fast that consequences can remain unexplored. One such case is the ignition interlock. This is a device that is like a miniature breathalyzer. It is wired into a car so that the engine cannot start unless the driver is sober enough to drive safely. Such a device is the size of a cellphone and is placed on the car's steering column. If the driver, previously convicted of driving while intoxicated, blows into it and is not intoxicated, then the car will start. But then the driver must continue to blow as the device demands in rolling retests that occur at random while the car is moving. If the driver doesn't blow when demanded the car will flash its headlights and honk its horn until the driver turns the engine off. Approximately 350,000 people in the U.S. have these devices affixed to their cars; 34 states require anyone with a drunken driving conviction to install one in his/her car. This all sounds attractive to those trying to keep our roads safe.

The problem arises not on the initial blow but on the retests. Drivers can be distracted by any number of things like sipping a drink, changing a radio station or using a cellphone. Accidents involving serious injury or death have occurred because of these distractions. Vendors are making millions of dollars selling the monitors and by monthly monitoring fees. They say that the driver has sufficient time to pull over before they blow into the machine and the car begins to honk and flash. The National Highway Traffic Safety Administration says that, in fact, 99 percent of retests happen while the vehicle is moving. Terrible accidents have occurred because of the demand for retest, some resulting in death. Those opposed to the moving retests say that the accidents occurred because of the distraction of blowing while moving. They say that the law must be further refined and the actual statistics further investigated.

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



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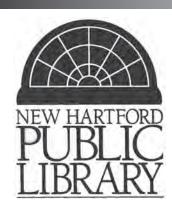
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4

THE TOWN CRIER

Library News

FEB. 2020



2 Library Lane 315-733-1535

Library Friends Sponsor Valentines' Day Silent Auction

Local artist Robert Coppen graciously donated his painting, "Woods by the New Hartford Library," to the Friends of the New Hartford Library for a silent auction. The painting is in the display case in the library's entrance hall. Interested patrons may leave bids with circulation desk personnel. Final bids must be received by February 10. The painting would make a uniquely special Valentines' Day gift. Landscape artist Coppen's work has been exhibited in the Broad Street Gallery, Hamilton, the Little Falls Antique Center, and The Selective Eye Gallery in Little Falls. He was a finalist in international art competitions sponsored by The Artist's Magazine in 2014 and 2017. You can view many examples of Robert's beautiful paintings at robertcoppen.com. The Friends of the New Hartford Library thank him for sharing his prodigious talents with our community!

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.

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.

Bedtime Story Time

This program is scheduled for the 3rd Monday of each month through May (February 17, March 16, April 20, May 18) at 6:30. Enjoy stories and crafts with Miss Ashlyn in time to wind down for bed. Aimed toward preschoolers, but all are welcome.

Kid's Pipe Cleaner Ninja Making

School is out, so come to the library on Monday, February 17, 10:30-11:30 for some creative fun! We will make Ninja's out of pipe cleaners, straws, and beads!

LEGO Building Day and Makedo Cardboard Construction Kit

School is out, so come to the library on Thursday, February 20, 11:00-12:30. Drop in and build with LEGO bricks or try out our Makedo Cardboard construction kit!

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!

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.

Handwriting Analysis

Tuesday, February 4, 6:00-7:00pm. Handwriting reveals a great deal about the writer. Retired teacher Louise White has taught the course of Psych cybernetics for years and incorporated handwriting analysis as it pertains to goal-setting and the identification of certain personality traits which, once identified, could be acquired or eliminated. Louise has presented this program at NYSUT conferences and taught the class at MVRLI. Class size is limited and registration is required. Please call the Library at 315-733-1535 to register.

Women (and Men) of Mystery

If you enjoy mysteries, join us at the New Hartford Public Library on Saturday, February 22nd at 11:00 as we learn more about those writers who have mystified and puzzled readers with their stories of murder and mayhem. Our topic for this session is Lands Down Under focusing on books set in Australia and New Zealand. Led by Janet Hoover, we will explore the writings of Kerry Greenwood, Peter Corris, Paul Thomas, and Dorothy Eden. If you enjoy their books, come to learn more about them. If you're not sure this type of writing is for you, come and get some new insights into them. If you have never heard of them, come to discover new ideas for your reading list. We meet the fourth Saturday of each month and there is no assigned reading! First time attendees are always welcome!

Yoga for Seniors with Bill Skinner

Classes continue for an 8 week session on Mondays, January 13-March 2, from 3:00-4:00. 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 to register.

Heart of Yoga Chair Yoga

Tuesdays, 11:00-12:15

Mystery Book Club

Saturday, February 8th, 11:00am-12:30pm; this month's title is Firestorm by Nevada Barr. Copies are available to be checked out at the circulation desk. Stop by to get yours today!

Wanderlust Book Club

Tuesday, February 18th, 5:30; this month's title is The Alice Network by Kate Quinn. Meeting place TBD.

February Artist on Display

The New Hartford Art Department is very excited about our annual art showing at the New Hartford Library. K-12 Student artwork will be on display throughout the month of February. The artwork was randomly selected from currently enrolled art students. The elementary (Grades K-6, Hughes, Myles, and Bradley) artwork shows a variety of skill levels and concepts, as well as some art history-inspired pieces. The middle school (Grades 7-9, Ralph Perry J.H.) pieces show work that utilizes line, depth, Color & value, and even some functional ceramic pieces. Junior high work also shows studio work that focuses on the human body proportions, portraiture, and gesture. The High School level Artwork shows higher level examples of illustration, painting, and Photography. New Hartford students look forward to displaying their art annually at the New Hartford Library. The library offers a unique environment for displaying and viewing art and provides parents, teachers, and the community as a whole, an extended period of time to view. The NHCS Art Department and its students would like to thank the NH Library for providing this space and the opportunity to publicly display our artwork.

New Hartford Art Teachers:

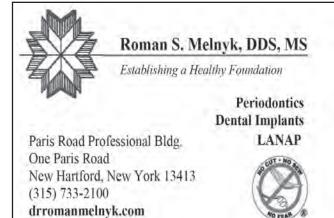
Elementary: Holly Parker, Deanna Lafayette, and Jonathan Vaughn

Junior High: Roy Stewart (Art Department Chair), Monica Tauroney

Senior High: Katie Sullivan, Jonathan Vaughn

2020 Artists Needed To Display

The New Hartford Public Library has several months still available to exhibit your artwork in 2020. If you are interested in displaying your artwork, call the library at 315-733-1535.







Open registration for 3 & 4 year olds Mon-Fri 9:30-11:45 AM with Early Drop off & Afternoon Stay-n-Play Call 315-732-7869 for details

THE TOWN CRIER

FEB. 2020

Community News

THE MITTEN TREE

Heartwarming news! During the month of December, the mitten tree was brightly decorated with 3 scarves, 6 hats, 5 hats and gloves and 48 pairs of mittens. Thea Bowman House was the recipient of the mitten tree decorations and were simply delighted to receive them. A special thank you to the talented, generous knitters who donated their time and talent to handcraft colorful mitten tree decorations.

FRIENDS MEETINGS

All are welcome. Please mark your calendar! February 15, March 21, April 18

> The following items are available at the library circulation desk: NHPL Tote bags \$3.00 Friends Cookbooks: \$3.00

Utica Zoo Live Camera Receives international Recognition

Top Tamarin and Rhinoceros Iguana exhibit recently received international recognition as part of EarthCam's Top 25 Most Interesting Web Cameras of 2019 awards. EarthCam, the camera's host and service provider, recently announced their top 25 award winners after a lengthy nomination and judging process. The panel of judges selected their top 25 winners from thousands of cameras around the world as part of EarthCam's network. The winners were chosen by image quality, uniqueness of content, and achievements in webcam technology and represent a wide cross section of camera content from numerous global locations.

Other cameras winning Top 25 awards included, but not limited to, Abbey Road in London, the Djuma Wild Game Preserve in South Africa, the Nautilus DeepSea Submersible, the Zhangjiajie Glass Suspension Bridge in China, and several domestic locations including the Empire State Building and San Diego Zoo, who hosts 8 different cameras around their zoo.

"Our Cotton Top Tamarin and Rhinoceros Iguana camera has been a huge hit since the day we turned it on and winning this award in our first year is simply outstanding," said Utica Zoo Marketing Coordinator

Mark Simon. "We were fortunate enough to win this camera system and hosting for 5 years, and now we are able to tell our story to people all over the world and share our animals with people who may never get the opportunity to see these magnificent species. Cotton Top Tamarins are critically endangered and to have people contact us from countries all over the world and ask questions about them is really quite surreal. To be voted as one of the Top 25 out of thousands of cameras all over the world is truly a great honor and we are just thrilled to receive this award."

The Zoo has dedicated this award to the memory of Brutus, the Zoo's Cotton Top Tamarin who passed away earlier this week. Brutus' mate, Dharma, and their two offspring, Tom and Sawyer, along with their exhibit mates Stubby and Blackfoot continue to welcome viewers from all over the world.

The Cotton Top Tamarin and Rhinoceros Iguana Live Camera can be viewed at UticaZoo.org/livecam.

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

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.

Join Ruth Anne Kane for

Knitting and Crocheting

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

Classes resume on January 9 - March 5th. The Beginner Class meets from 10:00-11:00, and the Advanced Class meets from 11:15-12:15. registration required.

AARP Safe Drivers Course

Tuesday, 2/18, 1:00-7:30pm

\$20 for AARP Members (must show AARP card), \$25 for non-members.

Bring your NYS driver's license. Class size is limited; registration is required. Please call 315-733-1535 to register.

AARP Safe Driver Course

Friday, 2/28 & Tuesday, 3/3, 1:00-4:00pm **MUST ATTEND BOTH CLASSES **

\$20 for AARP Members (must show AARP card), \$25 for non-members.

Bring your NYS driver's license. Class size is limited; registration is required. Please call 315-733-1535 to register.



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NH Home Games *subject to change without notice

Date Level Start time Sport Swimming/Diving (Boys) 7th/8th 2/4/2020 5:00 PM 2/4/2020 5:30 PM Basketball (Boys) Junior Varsity 2/4/2020 5:30 PM Basketball (Boys) Modified 8/9 2/4/2020 7:00 PM Basketball (Boys) Varsity 2/5/2020 4:00 PM Basketball (Girls) 7th/8th (Blue) 7th/8th (Blue) 2/5/2020 5:30 PM Basketball (Boys) 2/7/2020 4:00 PM Basketball (Girls) 7th/8th (Blue) 2/7/2020 5:30 PM Basketball (Girls) Junior Varsity 2/7/2020 7:00 PM Basketball (Girls) Varsity 2/10/2020 7:30 PM Ice Hockey (Boys) Varsity 2/11/2020 5:00 PM Swimming/Diving (Boys) 7th/8th Basketball (Boys) 2/11/2020 5:30 PM Junior Varsity 2/11/2020 7:00 PM Basketball (Boys) Varsity 2/12/2020 7:30 PM Ice Hockey (Boys) Varsity 2/13/2020 Junior Varsity 5:30 PM Basketball (Boys) Basketball (Boys) 2/13/2020 7:00 PM Varsity 2/15/2020 3:00 PM Basketball (Boys) Junior Varsity 4:45 PM 2/15/2020 Basketball (Boys) Varsity

New Hartford Students Show Way 'Towards A Better Tomorrow'

New Hartford Senior High science teacher Kathryn Silvestri is inspired to see students involved in environmental conservation projects that raise awareness about protecting the environment. Silvestri advises the New Hartford chapter of the National Honor Society, which has taken up a number of practical environmental projects this school year. "Our members hope, by openly discussing the topic and by setting positive examples, our students will make choices that help the environment rather than harm it." They are not alone. There are a number of ongoing, student-led efforts throughout the district that focus on green initiatives, and with one of special importance this past holiday season.

Silvestri's National Honor Society students have partnered with the famous handicraft company, Crayola, to spreadhead a school-wide effort to recycle used plastic markers. The plastic casings for the markers are sent back to Crayola in an effort to keep such plastic out of local landfills. The partnership with Crayola compliments a bottle and can recycling mission students oversee as well. As Silvestri notes, such projects extend classroom learning in courses such as Advanced Placement Environmental Science. "More students are aware of just how much damage is being done throughout the world to our environment," said Silvestri, "I'm glad that what is being taught is now

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- · The school follows the local public school schedule, September - June

* now accepting fall registration applications

School/Sports News 2020 extending beyond the classroom." Recycling funds raised throughout the year will be devoted to specific eco-friendly charities such as Arbor Day and Oceana (an

> organization promoting cleaner oceans). Several members of the senior high ecology club have had a unique opportunity to work with peers from around the state by participating in the annual Adirondack Youth Climate Summit. The event is held each year at the Tupper Lake Wild Center. During the summit this past November, students collaborated to discover successful ways for schools to take on challenges to environmental well-being. Ultimately, groups from each school are asked to develop an action plan to present to school leaders. Such action plans hope to provide practical approaches to environmental concerns. They also hope to inspire young people to be active in climate-related

> As ecology club member Kira Corasanti told The Spartan News, "Seeing other kids acting in their communities and making such a big impact inspired us to do the same . . . The youth are the biggest and most important group to make strides in the climate movement." The ecology club is advised by longtime science teacher James McNair. "In the last year we have seen youth lead on climate action all across the globe," said McNair. "It is exciting to witness that same trend play out here in New Hartford. I have no doubt that these Ecology Club students will lead us all towards a better tomorrow."

> Younger students are getting involved as well. For the second year, elementary school students and their families participated in a regional recycling competition. The competition is hosted by the Oneida-Herkimer Solid Waste Authority. During the month of December, students from each elementary school in the district collected plastic film in the form of plastic bags and wrappers. The effort hopes to raise awareness for items that are often overlooked in ordinary recycling routines. It was a special way for students to volunteer during the holiday season. Hughes Elementary teacher Adrienne Greer helps coordinate the project, working with several colleagues at Myles and Bradley Elementary schools and student groups such as the Green Team at Bradley. Hughes Elementary School placed third amongst fourteen schools in the 2019 competition, collecting a total of 805 pounds of plastic film to be recycled.

> Such practical efforts toward tackling persistent problems for our environment have become increasingly commonplace in the New Hartford Central School District. In all, students are learning that they play a key role in solving long-term environmental challenges, both here at home and around the world.

Scalzo-Willson Graduates with Doctor of Philosophy

Mr. and Mrs. Mario Scalzo Jr., formerly of New Hartford, proudly announce the graduation of their daughter, Andrea Scalzo Willson, with a Doctor of Philosophy from the University of South Florida in Curriculum and Instruction in Elementary Education and a cognate in Mathematics Education. The commencement took place on Saturday, December 14, 2019, at Yuengling Center in Tampa, Florida.

Andrea is a 1995 graduate of New Hartford High School; a 1999 graduate of Brockport State University and obtained her Masters at Syracuse University.



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The aqua cycling bikes are here, and fitness instructor, Karen Pohorecki, is ready to dive into our new aquatic classes, including Sitrin Spin and Splash!

Stick to Your New Year's **Resolution at the Wellness & Aquatic Center at Sitrin**

Still sluggish from the holidays? Having trouble sticking to your New Year's resolution? Cabin fever got you down? Don't be discouraged!

It's a brand new year and it can be a brand new you! Whether you are eating healthier, giving up bad habits, or starting an exercise routine, wellness is a crucial part of your everyday life. The new Wellness & Aquatic Center at Sitrin can empower you to lead the health charge.

The new Center features renovated spaces, including a revamped pool area, spacious locker rooms, redesigned showers and restrooms, and innovative equipment. As the only Center in the region to offer Aquatic Therapy,



Community News

Sitrin also hosts a variety of revolutionary aquatic "Funding for the 10 aquatic cycles was made possible fitness classes, which are open to adults and children at by a \$10,000 charitable grant from the David & Janet varying levels, from gentle movements and exercise to Griffith Family Fund at The Community Foundation of more intense workout regimens.

"In the Center, our goal is for individuals to discover exercises and recovery services in a no-pressure environment," said James Wallace, director of clinical rehabilitation services at Sitrin. "Whether you are a Wellness member or taking a fitness class, you can customize your workout based on your health wants and needs, and our trained staff is there to help every step of the way."

Classes include Aqua Yoga, Ah Chi, Arthritis Class, Aqua Pilates, Cardio Splash, Hydro Aerobics, Spin and Splash (Aqua Cycling), Aqua Tabata, Aqua Kick, Aqua Tots, Kid Aqua, and 8-pack, where participants can try a new class each week of a session.

Aqua Yoga brings common and modified yoga poses into an aquatic environment. Participants can enjoy the serenity of the heated water while stretching, twisting, and extending major muscle groups for increased flexibility and range of motion.

Simple but effective, Aqua Pilates takes movements off of the mat and into the water. This class combines pool equipment, such as noodles and hand floats, with shallow water walks, squats, and leg lifts to boost energy and build core strength.

Cardio Splash takes it to the next level by getting the blood pumping. Designed to relieve stress and improve endurance, this class offers energetic music and exercise to give participants a great cardiovascular workout.

The advanced Aqua Kick class is unlike anything you'll find anywhere else! Utilizing specialized kickboxing equipment, participants combine dance and martial arts in the water. High-energy routines offer resistance training and strength-building with a series of repetitive kicks, punches, and strikes.

Or, take a spin class in the water with Spin and Splash, where you'll use specialty pool bikes to burn calories and increase lean muscle mass. This class offers a full body workout that is both challenging and therapeutic. Water resistance spinning combines high-performance fitness with the healing properties of heated water.

"Aquatic cycling is fast becoming a fitness phenomenon and restorative therapy, thanks to its securing volunteers, and writing grants for the incredible health benefits," said Rosemary Bonacci,

Herkimer & Oneida Counties, Inc.; Sitrin was one of the winners of the 2019 Community Choice Awards in the Health and Wellness category."

An 8-week session of classes is \$80 and includes 16 classes, twice a week. Aqua Tots, for infants and toddlers, and Kid Aqua, for children from five to eight years of age, offers an 8-week session for \$40 and includes 8 classes, once per week. Wellness membership is \$40 per month for individuals, \$60 for a family of two, \$80 for a family of three, and \$100 for a family of four. Members must be 13 years of age or older, and a family plan cannot exceed more than four people. Wellness members receive full access to Sitrin's new aquatic center, fitness center, and half off any aquatic class.

For more information about the new Wellness & Aquatic Center at Sitrin, as well as a full list of classes and schedule, visit www.sitrin.com/wellness or call (315) 737-8000. Pools open Monday, February 3, 2020. Come and make a splash!

In addition to wellness and aquatic therapy, Sitrin provides a variety of services for people of all ages and abilities, including comprehensive medical rehabilitation (inpatient and outpatient), longterm 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), military rehabilitation, adaptive sports (STARS Program), orthopedic injury program, concussion management, child care, and a dental clinic.

ADK Iroquois Chapter Meeting

Tuesday February 4th. General meeting 7PM. Program: 7:30. First Baptist Church - 7 Oxford Rd. New Hartford, NY.

Our program speaker will be Mary Coffin presenting on the history and update on the progress of the North Country National Scenic Trail within the Adirondack Park. Mary, with the support of her husband Paul, has spent the last 30 years working, planning, scouting, construction of trails on several sections of both the vice president, Sitrin Foundation & Communications. Finger Lakes Trails and the North Country National Scenic Trail systems.





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Community News

THE TOWN CRIER

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Mohawk Valley Strings

The Mohawk Valley Strings is a community orchestra created 3 years ago to promote and encourage orchestral music. All string players, adults and students who read music are encouraged to join.

Our goal is to provide members with a unique opportunity to learn both how to perform and with an orchestra. Our concerts are free to the public and are often given in senior residences to accommodate those who are unable to travel.

We cover a wide range of musical genres, from classical to contemporary pop.

Our volunteer staff is made up of professional musicians and educators who are passionate about keeping the orchestra in the community.

For more information, please contact: 315-725-7005 or email <u>allysonsklar@gmail.com.</u>

St. John the Evangelist Nursery School and Day Care

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Afternoon Adventurers

This program will be limited to the first 25 students applying who are currently enrolled in **Kindergarten through 5th grade** for the 2019-2020 school year.

Monday through Friday 7:30am - Bus Pick-up / 3:00-5:30pm

Choose a schedule that works for you!

You will have the opportunity to sign up for as little as one afternoon or as many as five afternoons per week.

Bus will transport students from school to St. John's

Before Care - Available Mon-Fri at 7:30am

Bus will pick up students from St. John's and drop off at School

For applications call 315-724-4347.

Anne Freytag, Administrator / Michele Kobielski, Director

We look forward to having many fun adventures with you.



Fair Trade Shop

Laxmi Meharjan excelled at weaving, even when she was a girl. Her weavings were sold, but Laxmi never saw any money. Her earnings went to her father and later to her husband. When Laxmi began working with SERRV's partner in Nepal, she took her earnings into her own hands for the first time in her life. She vowed to use that money to put her daughter Sudha through school. And she did-Sudha earned a Master's degree in social work. You can help people like Laxmi by shopping at our Fair Trade Shop at Stone Presbyterian Church, 8 So. Park Row, Clinton. We have a large selection of baskets, exquisite jewelry, collectibles, wood items, chocolate and food items, clothing, and toys from 38 different countries. Purchasing fair trade ensures artisans and small farmers fair wages and healthy working conditions, providing dignity, sustainable development, and hope to marginalized people. Our hours are 10am to 6:30pm every Thursday and 10am to 4pm second Saturdays. We are holding a 25% off Winter Sale during February (some restrictions apply). For more information, contact Lauralyn Kolb, <u>lkolb@</u> hamilton.edu, 315-725-1326, visit our website at www.stonepres.org or like us on Facebook at www.facebook.com/stonepres.





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Community News

FEB. 2020



Michael Mott and **Nathan Wright Announce Plans for IN THE LIGHT Concept** Recording, Starring Jeremy Jordan

Composer/ Lyricist Michael Mott and book writer Nathan Wright have announced plans to create a full-length concept recording for their original musical, In The Light, A Faustian Tale, inspired by the classic Faust legend.

The team says: "We have a dream list of top-of-the-line collaborators already committed to this project, including TONY and Grammy Award Nominee Jeremy

Jordan as our titular character and Drama Desk Nominee Kim Scharnberg as the show's orchestrator. In the coming months we will be announcing the rest of our cast and team. Now we just need to find a way to pay all these incredible artists!"

Composer/ lyricist Michael Mott began writing Faustus, A Musical when he was a senior in high school with book writer, Justin Silvestri. In 2015, with the addition of book writer Nathan Wright, Faustus, A Musical became In The Light, A Faustian Tale.

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Loved1 Care, LLC 02/10/2020 @ 4:00PM

Collette Tour

02/11/2020 @ 11:00AM

Ever wanted to go abroad? Learn about the "Shades of Ireland" trip that is taking place in 2020. Déanaimis dul! (Translation: Lets Go!)

ACR Health

02/18/2020 @ 2:00PM

Join Patrice Taurisano as she talks about how ACR Health's mission is to create healthy communities and how you can help as well.

Alzheimer Association

02/19/2020 @ 10:00AM

Carianne Wilson will speak about understanding Alzheimer's and Dementia and how to handle it.

American Heart Association

02/24/2020 @ 10:00AM

Pamela Mustee will be giving an information session about healthy living & ways to treat your heart right!

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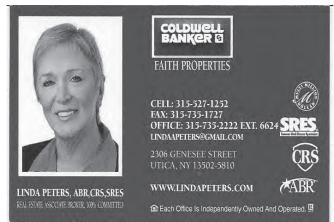
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FEB. 2020

Community News

THE TOWN CRIER 1



DISASTER SERVICES LLC. (315) 797-1128 NEW YORK STATE LICENSED MOLD REMOVAL

ICE DAMS:

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

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

What causes different roof surface temperatures?

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

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

Preventing and dealing with ice dams:

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

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

WARNING!

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

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

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

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

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



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



2019 Eagle Scouts of Leatherstocking Council

Eagle scouts were recognized for their achievement in attaining their rank today at Francesca's in Ilion, NY. Keynote speaker was retired Lt General Earl Hailston of West Winfield.

LtoR: 1st row: Richard Serafin of Oneonta, Hayden Johnson of Westmoreland, Matthew Crovella of Manlius, Cory Miner of Johnstown, Connor Johnson of New Hartford, Russell Sortino of Utica, Matthew Coyne of Westmoreland, Erik Deysenroth of Cooperstown.

2nd row: Gabe O'Dell of Earlville, Tobie Peck of Canastota, Jacob Kulczak of West Winfield, Adam Burton of Cobleskill, Joe Lawyer of Cobleskill, Dillon Donley of West Winfield, Steele Stallock of West Winfield

3rd row: Brandon Winter of Cobleskill, Maxwell Collins of Earlville, Nathaniel Edwards of Morris, Noah Aubin of Walton, Luke Bartlett of Springfield, Andrew LaRock of Floyd



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THE TOWN CRIER

Chamber News

FEB. 2020

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Learn how to market your business in a more effective, economical, and results-oriented manner. This hands-on workshop will cover the basics of making sure your small business is set up correctly online. Demonstrations on how to use tools such as Google, Website/SEO, Facebook, Instagram, and YouTube will show you how to market your business in a more effective, economical, and results-oriented manner. Continental breakfast will be served.

Part one of the three-part series: Online Marketing for Your Small Business. Register on the chamber website for individual seminars or attend the full series for a comprehensive understanding of online marketing techniques and trends.

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NH Fire Dept. News

NHFD Calls for December and Totals for the Year 2019

The New Hartford Volunteer Fire Department released its December 2019 calls along with the yearly totals. In December the department responded to a total 125 alarms. The report below is listed by category and sets another record year of responses by your volunteer fire department.

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For December 2019:
Fires =
EMS =
Hazardous =

Service Type = 32 Good Intent = 7 Other Alarms = 16

Weather Related = 2 Other = 0

Total Calls for December 2019 = 125.

Below is the total number of calls for 2019 by category:

Calls	2019	
Fires	= 15	
EMS	= 616	
Hazardous	= 30	
Over Pressure	= 1	
Service Type	= 194	
Good Intent	= 77	
Other Alarms	= 185	
Weather Related	= 31	
Other	= 1	
Total Calls for 2019	= 1,150	

Your New Hartford Volunteer Fire Department has responded to a total of 42,186 alarms since it began in 1901.

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

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

NHFD Installs Officers for 2019 and Recognizes Several Firefighters

The department held its 119th Installation of Officers Banquet on Saturday, January 11, 2020. The following officers were installed for 2020.

Chief, Thomas A. Bolanowski II begins his twelfth consecutive term. Other officers include: First Assistant Chief, James H. Monahan, Second Assistant Chief, Richard E. Alexander Jr., and Third Assistant Chief, Brian D. McCormick.

First Captain, Steven G. Karrat, Second Captain, Kevin J. Monahan, and Third Captain,

Jeremy M. Spinella, First Lieutenant, Mark A. Turnbull II, Second Lieutenant, Michael J. Galligano, Jr., Third Lieutenant, Benjamin A. Toach and Fourth Lieutenant, Cody C. Wilson.

Fire Police Captain, William H. Randall; Fire Police First Lieutenant, Jon S. St. Louis and Fire Police Second Lieutenant, Peter L. Rebisz.

The above elected Line Officers represents over 236 years of combined experience of serving our neighbors within the New Hartford Fire District.

In addition, the department's 2020 Benevolent Officers were also installed. They are, President, Joseph S. Luker who will serve his twelfth term, Vice President, David W. Butler; Recording Secretary, James F. Luley; and Financial Secretary, Michael J. Galligano Sr., James P. Kreutzer will serve as Director for 2020–2021 and 2022. In addition, President Luker announced the appointments of Treasurer, David E. Maier, Assistant Treasurer, James F. Luley and Assistant Recording Secretary, William J. Wren.

Chief Tom Bolanowski recapped the department's 2019 history along with recognizing several members for their outstanding service to the department and to the community. He reported that the department responded to 1,150 alarms in 2019. The call breakdown is as follows: 15 fire calls, 616 EMS calls, 1 overpressure/overheat (no fire), 30 hazardous conditions, 194 service calls, 77 good intent, 185 false alarms, 31 weather related calls and 1 special incident. This amounts to over 20,000 hours for calls, training, and other department activities.

Since 1901, 828 individuals have stepped forward and answered the Fire Department call of serving our community. Of the 828, 105 are currently active members of the department today. Combined these individuals have given over 8,380 years of service. The average length of service for past members is 8 years 3.5 months. The average years of service of our current 105 members equals 20 years and 11 months.

During the Installation, several awards were also presented. They are:

IRONMAN AWARD

The William G. Martin" Ironman Award" is given to a deserving member of each of the town's three volunteer fire department's annually. This award, named in honor of Mr. Martin, a 40-year member of the New Hartford Volunteer Fire Department, was first presented to William Martin in 1991. The award recognizes the volunteer firefighter who is ever ready, ever willing, and ever present to serve the community. The recipient of this award has exemplified an outstanding dedication to service. The New Hartford Town Board recognizes the resolve, commitment, and genuine enthusiasm of this individual as an inspiration to all. This year's award was presented to Bernard R. Green. This is the 29th year that this award has been presented to an active and outstanding member of the department.

MICHAEL D. SOWICH "FIREFIGHTER OF THE YEAR" AWARD

The Michael D. Sowich "Firefighter of the year" award was established in memory of a NHFD member, who had taught various state fire school classes spanning a 15 year relationship with the department. To honor his love for firefighting and his dedication to teaching others, NHFD dedicated their "Firefighter of the Year Award to honor his memory. This year's award was presented to Dan DeLuke.

EMERGENCY MEDICAL TECHNICIAN OF THE YEAR AWARD

THE TOWN CRIER

NHFD established the William V. Kelly award in honor of a 39 year member who in 1927 established what would become today's "Emergency Medical Service (EMS) program. In his honor, NHFD annually recognizes members who go "above and beyond" the call of service to the fire department. This year's honoree is Lt. Michael Galligano, Jr.

NHFD ROOKIE OF THE YEAR

NHFD established the "Rookie of the Year Award" to honor a firefighter who is within the first three years of their service. Although on a probation period (which covers the first three years of active service) the firefighter is reviewed annually. This award recognizes the new member who has gone above and beyond the service expected of a rookie—firefighter. This year's award was presented to Dylan Evans.

The department also recognized and honored two outstanding members who passed away this year. They are James F. Spellman (a 48 year member who has served as President of the Benevolent Association, Treasurer and Assistant Treasurer. He was also the recipient of the Iron Man Award in 2006. Joseph E. Crandall, Jr. (a 46 year member who served as Fire Police Lieutenant and Captain, Recording Secretary and Assistant Secretary). He was also awarded the Iron Man in 2003.

Years of Service pins were also presented:

55 Years - William Freiberger III

45 Years - William Randall

40 Years - David Burnham, Timothy Reynolds, Thomas Watkins

35 Years - Bernard Green

30 Years - David Mazzatti, James H. Monahan

25 Years - Jeremy Spinella, George Winn Jr

20 Years - Michael Galligano Sr; Peter Rebisz, Roy Schultz, Jason Freiberger

15 Years - Andrew Hicks

10 Years - Robert Cornish, Mark Scatko, Frank Scharf, Jason Stallone

5 Years - Josh Famolaro, Mike Galligano Jr; Joe Learnard

For more information please visit us at: www.nhfd.com all year long.





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Community News

FEB. 2020



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MWPAI Exhibition Celebrates Women's Suffrage and Honors Female Artists

Munson-Williams-Proctor Arts Institute celebrates the 100th anniversary of the ratification of the 19th amendment granting women the right to vote with the exhibition, "Celebrating Suffrage," featuring more than 200 years of art made by women and honoring women's innovative creative pursuits before and after they were officially recognized as full citizens of the United

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States. "Celebrating Suffrage," on view February 29 through April 19, explores art as a vehicle for women, as individuals or in groups, to reflect, reform, or challenge social beliefs and political practices of their era. Works by artists including Mary Cassatt, Sabrina Virginia Beach, Elaine Reicheck, Carrie Mae Weems, and others are drawn from the MWPAI permanent collection and by fulltime women faculty members at PrattMWP College of Art & Design.

"Celebrating Suffrage" examines how women created their place within the larger art community, adding an important vision that has often been overlooked or undervalued. This historic anniversary presents the opportunity to celebrate the contributions to subject matter, materials, and means of expression that women have made to the visual arts in the United States.

During the 1800s, social mores banned women from attending public art schools. Women developed, instead, creative outlets appropriate to their largely homebound circumstances. The earliest works in the exhibition demonstrate the various ways women transformed the materials and subjects available to them into works of art. These practices historically have been dismissed as minor and their makers' names often are unknown today. Nevertheless, quilting, watercolors, or silhouettes were important means of artistic expression for women who had no access to the education or media required for fine art. Leaping ahead in time, by the 1970s, feminist artists embraced traditional women's arts, such as china painting or needlecrafts, and celebrated them as worthy counterparts to painting and sculpture.

Since the early 1900s, opportunities for women in the arts have expanded and today there are legions of women painters, sculptors, metalsmiths, printmakers, designers, illustrators, and videographers who are innovators in their fields. Woman suffrage served as a catalyst for these advances. As women continue to work towards equity in art and society, the right to vote is as crucial in 2020 as it was 100 years ago.



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Diabetes

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone needed to convert sugar, starches, and other food into the energy necessary for daily life. When the pancreas doesn't produce adequate amounts of insulin, or when the muscle, fat and liver cells don't respond to insulin properly, glucose builds up in the blood (hyperglycemia). This can be toxic to your cells

There are 3 main types of diabetes:

- Type 1 diabetes develops most often in children and young adults.
- Type 2 diabetes can develop at any age and can largely be preventable. Factors such as obesity and lack of exercise can play important roles.
- Gestational diabetes develops in women during pregnancy.

Diabetes can result in such conditions as:

- Heart disease
- Stroke
- High blood pressureBlindness
- Kidney disease
- Nervous system disease ("neuropathy")
- Peripheral vascular
- disease

 Amputations
- Skin problems, including ulcers and infections
- Reduced muscle strength and physical function

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- Prescribe, and supervise, an individualized aerobic exercise plan. Exercise is an important part of
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 Physical therapists can design exercise programs to help you achieve health safely.
- Help you manage exercise precautions. A physical therapist can safely evaluate and accommodate
 for any considerations such as blood sugar levels, eye site problems, foot ulcers or numbness, and/or
 use of an assistive walking device.
- Treat complications. When diabetes isn't managed well, it can lead to problems, often in the legs, such as skin breakdowns, cramping, numbness, pain, etc... A physical therapist can check sensation in your feet and develop a plan to protect them, decrease cramping, and improve walking ability.

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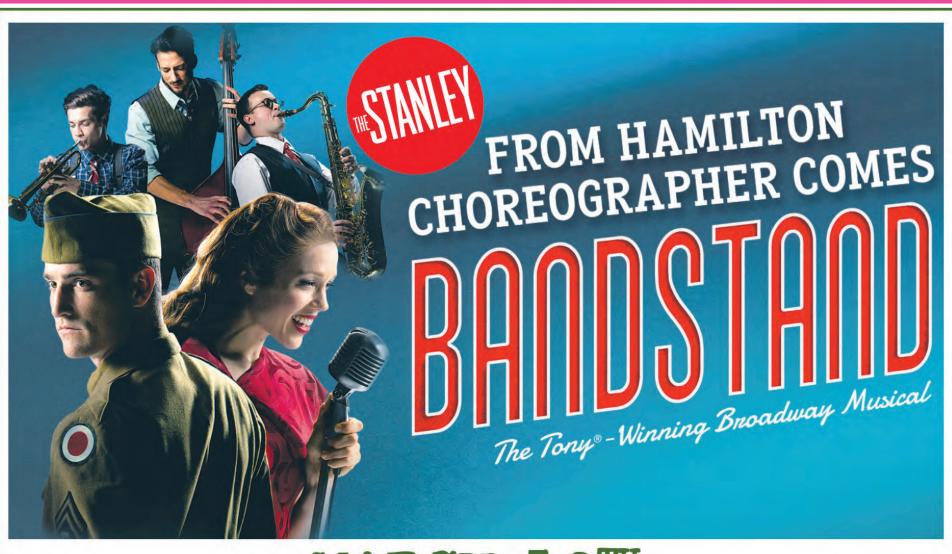
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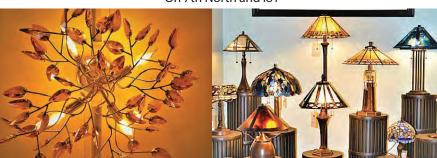
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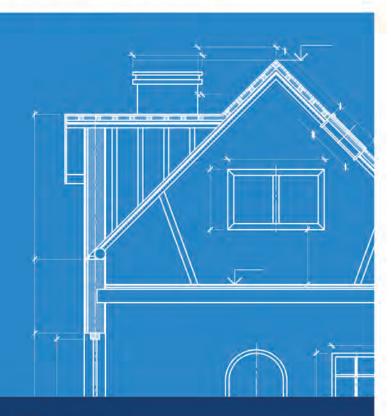
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THE TOWN CRIER

Community News

FEB. 2020



From Anti-Aging to Anti-**Ageism**

Submitted by: MaryJo Timpano

"Ageism- discrimination due to age- is an epidemic in our society and often targeted at older people. It is so rampant that it is normalized and most often flies under our radar. Like fish in water, we hardly recognize its existence in our culture". Teresa Beshwate, MPH. The term was

coined in 1969 by gerontologist Robert Neil Butler to describe discrimination against seniors. Numerous studies suggest that the associated costs of ageism continue to rise, not only as a financial cost to society, but also a human cost for the quality of life of older adults. A study supported by a grant from the National Institute on Aging and conducted by the Yale School of Public Health calculated the health costs of ageism to be \$63 billion annually. While this number is clearly cause for alarm, what is more concerning is the cost these negative stereotypes have on older adults. Research on ageism has shown it adversely affects the health of older adults because it can cause stress, low self-esteem and reduce feelings of overall wellbeing. There is also a growing body of research that suggests much of the negativity is fueled by fear; the fear so many of us have of growing older. But who can blame us? Society doesn't always paint a pretty picture of getting older, and phrases like "senior moments", although meant to be funny, can hurt. We can change that.

In her article, "If You Have The Privilege Of Being Seventy, Don't Waste It! Carrie Knowles offers new ways to "act your age".

Be a mentor. Find someone who can use your expertise.

Pick an issue. Anything from the environment to education. Pick one; then do something about it. Now.

Find a new hobby. Make new friends. Become part of a community.

Take care of yourself. Exercise. Exercise your body and your voice. "Don't ever think

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for a minute that there's nothing you can do to change things".

Aging is a gift, but certainly not one for the faint of heart. Each one of us can do our part to reject ageist remarks, attitudes and behaviors and pave the path forward to a society that values the human capital, wisdom and insights that only ripen with age. At Community Wellness Partners we strive to live our vision "to inspire and nurture successful aging" every day. We invite you to join us.

"It's impossible" said pride.

"It's risky", said experience.

"It's pointless", said reason.

"Give it a try", whispered the heart.

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 postacute continuum of services in Oneida County, NY, Community Wellness Partners employs 980 team members and serves 1,000 older adults each day throughout our continuum, which includes Home Care, Independent Living and Assisted Living, to Rehabilitation, Skilled Nursing, and a stateof the-art Wellness Center.

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



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FEB. 2020

NH Historical Society News

THE TOWN CRIER

23

NEW HARTFORD PAST TIMES

FEBRUARY 2020

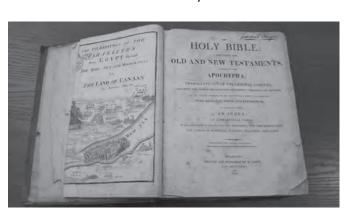
NEW HARTFORD HISTORICAL SOCIETY

200+ year-old Bible centerpiece at Town Swearing-In Ceremony

Last month, the Town held their 1st Swearing-In Ceremonies in the new Courtroom in the Town Office building. Center stage in that ceremony was the Bible that newly elected (or reelected) officials swear on.

That bible, once belonged to Jedediah Sanger, the founder of New Hartford. It was lost in obscurity for over a hundred years. That is, until 1982 when it was purchased by happenstance at an estate auction in Deansboro, NY. The lucky purchaser was Kevin Miller, a former Clinton resident. He purchased a box of old books. Little did he know one of those books would turn out to be Jedediah Sanger's family bible.

In the spring of 1989, Kevin contacted the Town of New Hartford to donate the treasure to them as he was relocating out of the area. On March 16, 1989, a formal agreement was signed between Mr. Miller and Town officials. Among representatives from New Hartford were John Kazanjian, former Town Supervisor, and the late Bob Dicker, President of the New Hartford Historical Society at that time.



Judges William Virkler and Kevin Copeland

The Historical Society as well as the citizens of New Hartford are forever indebted to Kevin Miller and truly appreciate his benevolent generosity is returning this artifact to us. It is one of the Society's most treasured artifacts.

Just a reminder: The Society's Museum is closed during the winter months but is still open by appointment.

New Hartford "Then" and "Now" former Welsh Church & Masonic Lodge on Pearl Street





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.

Planning a Class Reunion?

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

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10 Rib BBQ	11 Salisbury Steak	12 Macaroni/Cheese	13 Bratwurst	14 Chicken /Rice
10:30 Knitting/Cro ch eting 11:00 Aerobics 1:00 Sr. Theater Prod.	10:00 Bridge/ Canasta 10:00 Computer Instruction JELLY BUN DAY	11:15 Samantha Lutheran Care	10:00 Canasta/ Zumba	10:00 Bridge VALENTINES DAY PARTY
17	18 Ham	19 Turkey/Gravy	20 Chicken Tenders	21 Spinach Quiche
CLOSED PRESIDENTS DAY	10:00 Bridge / Canasta Computer AARP DRIVERS CLASS 8:30—3:30		10:00 Canasta/ Zumba	10:00 Bridge
24 Swedish Meatballs	25 Lemon Chicken	26 Fish Sandwich	27 Sliced Pork/Gravy	28 Egg Salad Sand
10:30 Knitting/Crocheting 11:00 Aerobics	10:00 Bridge / Canasta 10:00 Computer Instruction	11:15 St Elizabeth Nurses Winter Safety	10;00 Canasta/ Zumba	10:00 Bridge
1:00 Sr Theater Prod	Toto computer matraction	Traises white salety		
	JELLY BUN DAY IS TUESDAY FEBRUARY 11	AARP DRIVERS CLASS TUESDAY FEBRUARY 18 8:30 - 3:30	Carol Nettleton will be Here every Friday At 10:30 On Senior Issues	EVERY TUESDAY CHARLES ERNST PLAYS THE PIANO AT 11:15

February Senior Center News

Submitted by Marge, Kitchen manager

We hope all have had as great a start to the new year as the senior center has with a new director, Carrie Dygert. She started in January and is looking forward to meeting all of our seniors to get input on what they would like to have and how to grow our Senior Center this new year. She went with me to the Health Fair at Sangertown Sq and met many reps from agencies who help our seniors. She will be setting up programs with them soon to have them come to our center to talk with our group. Please watch our calendar for these coming up soon. Starting Feb 26th we will have the St Elizabeth student nurses coming in at 11:15 to present a program on winter safety. Please join us, as they do have very important information for seniors. They will be coming every Wed in March and April, so watch our calendar for the programs which are free to all. We do serve a hot lunch every day at 11:45, however, you need to call for reservations by noon the day before. Carol Nettleton from OFA holds a class every Fri at 10:30. Topics such as heart health and strokes in Feb and dental care and oral health in March. Please join in. Sue and Noi, our aerobics and chair Zumba instructors are looking for new folks to participate on Mon and Thursday, they have such a good time exercising to music. Please call for more information. We have a great group of Canasta and Bridge players who meet to have a good time, and enjoy a lunch with us. Mondays we have a knitting, crocheting group that meets to help each other and to just socialize. Come and join them. We all had a wonderful time at our Christmas lunch with Paul Mischione, town supervisor, speaking to many of our seniors who asked him for a few things the seniors would like to have this new year such as bingo, bus trips, and a shuttle bus to bring in those who do not drive anymore. Thank you Paul, for considering these suggestions as our seniors are such an important part of our community. Thank you also to Anthony Brindisi, who attended a lunch with our Veterans and presented them with a card made by elementary students thanking them for their service. It is such an honor to have so many Vets attend our lunches. Jeff Glatt played at our New Year's Eve party and all had hats and noise makers. Greg Jones from Lutheran Care brought a bus to our center for those who wished to tour their facility and have a lunch there. Thank you Greg, we hope to have you back again soon. We have many volunteers that help us at the center including those who help me in the kitchen, Annette, Barb, Marcia, Ruth, Beverly, Jeanette, Marlene, and esp. Steve Cowan who comes every day to pass out bread and milk and then cleans all the tables, and Gary who brings us bagels from Bagel Grove every Wed for all to enjoy. Ken from the Rescue Mission brings us bread and pastries from Hannaford and Price Chopper several times a week and Jim Stewart also comes in each week to take our surplus bread out to other agencies. We thank these wonderful folks who give back to the community. Charlie comes on Tuesday and Mary on Friday to play the keyboard for us during lunch. Thank you to them as we all enjoy their music. Come and join us, and meet these great folks, my co-workers, Sue, Ruthy, Debbie and Bernie, our volunteers and now especially our new director, Carrie.



Carrie Dygert, Director



Jeff on the keyboard at the New Years
Eve party,our Bridge card players
enjoying lunch and the party.



Paul speaking with our seniors



Anthony Brindisi talking to our Veterans

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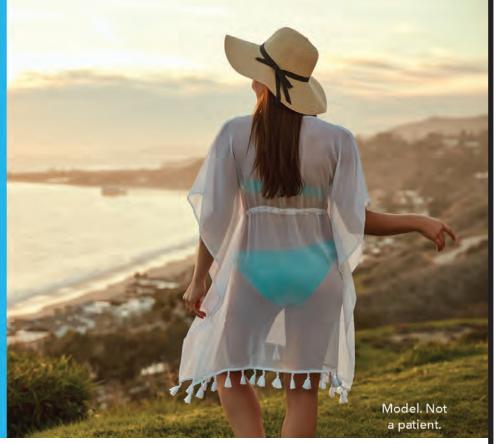


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Quiet Moments: Paintings by Tom Sblendorio Feb. 7-23 at The Other Side Gallery, 2011 Genesee St., Utica Opening reception Friday, Feb 7 from 5:30-7:00 p.m. Refreshments Gallery hours: Thursdays 5-7 p.m. and Saturdays 12-2 p.m. Exhibit is free to the public. For information contact Rainer Wehner, 315 395-5235 or rainermariawehner@web.de



THE TOWN CRIER

Faith in New Hartford

FEB. 2020



FIRST UNITED METHODIST CHURCH

105 Genesee Street, New Hartford (315) 733-4227 office@firstumconline.org
We are also the home of the Family Nursery School! Rev. Brad Chesebro, Senior Pastor Deacon Becky Guthrie, Congregational Care Coordinator Worship Schedule 9 am Classic Worship 10:00 am Coffee Hour 10 am Adult Sunday School 11 am Xalt Praise Service 11:15 am Children's Church Noon Youth Group Meeting Communion offered 1st Sunday of each month. Child care provided for all Church activities We are handicapped accessible! Visit our website to view recent sermons. www.firstumconline.org

CLINTON ROAD BAPTIST CHURCH SBC

dba Crosspoint Church

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

ST. JOHN THE EVANGELIST CHURCH

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

HOPE ALLIANCE CHURCH

We are Handicapped Accessible Handicapped accessible!

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 OUR LADY OF THE ROSARY CHURCH Month. Tuesdays: Ladies Bible Study - 9:30 a.m.

Wednesdays: AWANA - 6pm

Did you know that

St. Margaret's Ecumenical & Retreat Center

is open to the public? Come and visit us Mon-Fri 8am-4pm 47 Jordan Road, New Hartford



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please visit stmargaretshouseny.org

or call 315.724.2324 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 Rev. Heather Benson Officiating Service at 10am Holy Eucharist Every 2nd and 4th Sunday

IMMANUEL BAPTIST CHURCH

Pastor Fletcher Matlack

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

NEW HARTFORD PRESBYTERIAN CHURCH

45 Genesee Street, NH - 732-1139 www.newhartfordpresbyterian.org

Worship services each Sunday morning at 10:30 a.m., led by the Rev. Dr. Sue A. Riggle. Child care is available. Communion is offered on the first Sunday of each month to all who wish to receive it. Sunday School classes for children and adults begin

On the schedule for February: Deacons meet at 6:30 p.m. on Monday, February 3rd. New Hartford Presbyterian Women meet at 7:15 p.m. on Monday, February 10th. Church committees will meet at 7:00 p.m. Tuesday, February 11th. The church office will be closed for President's Day on Monday, February 17th. On Sunday, February 23rd, members of the congregation will prepare and serve the evening meal at Hope House in Utica. The Session will meet at 7:00 p.m. on Tuesday, February 25th. Ash Wednesday services will be held on February 26th, at a time to be announced.

1736 Burrstone Road - 724-0402 Pastor Joseph Salerno Sunday: 7:30am and 9am Masses held at Our Lady of Lourdes: Saturday: 4pm and Sunday at 11:15am Handicapped Accessible and Air Conditioned

SAUQUOIT VALLEY UNITED METHODIST CHURCH

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

FIRST BAPTIST CHURCH OF NH

Handicapped Accessible

7 Oxford Road - Office phone: 315-733-4570 firstbaptistnh@gmail.com Rev. James Harriff, Pastor Sunday Service - 9:30am Sunday School - 11:00am Handicapped Accessible 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 February 2, 2020 - "From Refugee to Community Activist" Hanka Grabovica. Hanka Grabovica was born in Bosnia, but came to Utica in Dec. 2001 when she was 16 with her parents for a better life and educational opportunities, and in August 2007 became a US citizen. She was 23 years old when she was standing on her own two feet with a college degree, teaching job, house, car, and partner. However, she knew no one in Utica, no family connection, only a few friends. This hasn't stopped or slowed her down from being extremely active in the community including being on the Boards at WCNY and the United Way and running for Utica School Board and Utica City council at Large. She will talk about her journey and her resilience along the way.

Hanka is married with two children and works at Utica Academy of Science Public Charter School as a Student Affairs Officer. Previously, Hanka worked as an English as a second language (ELL) teacher in the Utica School District. Hanka has a BS from Utica College in Childhood Education and MS in Education Administration from Grand Canyon University, AZ. She is bilingual, has a black belt in Karate, and loves to travel the world, including once traveling to Japan to repre-

sent the USA National Karate team. February 9, 2020 - "Bounce" Rev. Erin Dajka Holley Let's celebrate the experience of bouncing - of the fall that does not land hard, but that launches. February 16, 2020 - TBD February 23, 2020 - "Never Broken, Always Changed"

Rev. Erin Dajka Holley

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 - 8:30am Sunday School - 9:30am Sunday morning Worship Service - 10:30 Mid-Week Bible Study - Tuesdays 7pm Summer Hours - Beginning 7/1/18: Sunday Morning Prayer - 8:30am Worship Service - 9:30am

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.

American Legion New Hartford Post 1376

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

Sunday Morning Breakfast Feb 16th - Serving 8-11:30am

Friday Night Fish Fry Serving 4-7pm

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Wheelchair Accessible

Faith in New Hartford

THE TOWN CRIER

FIRST PRESBYTERIAN CHURCH

1605 Genesee Street, Utica 732-5111 - fpcutica@verizon.net Opening Doors, Hearts & Minds: Serving Christ & Community Reverend Jeanne M. Kumbalek Sundays - 10:30 Worship 10:45 - Sunday School for Elementary Ages Faith Enrichment for all ages Call or email for schedule. Nursery Care Provided

ST. VOLODYMYR THE GREAT UKRAINIAN **CATHOLIC CHURCH**

4 Cottage Place, Utica, NY (315)735-5138 Very Rev. Michael Bundz, Pastor Masses: Sunday 10:00 am Saturday 5:00 pm, in English Confessions before Mass Handicapped accessible

LIFE IN CHRIST FAMILY CHURCH & BIBLE SCHOOL

25 Robinson Rd. Clinton - 315-853-1582. www.licfc.org Pastors Peter & Addie Forrester Adult Sunday school 8:45 AM Sunday Service 10 AM (Nursery & Sunday school provided) Wednesday Prayer Mtg 7 PM Monday night Bible study (every 3rd Mon.) 7 PM Operating in all of the gifts of the Holy Spirit including 'healing' Go on line and check out our school!

SACRED HEART ST. MARY'S CHURCH

201 Main St. NY Mills, NY Saturday Vigil Mass: 4:00 PM Sundays: 8:15 AM &11:15 AM

Weekday 12:10 PM -Tuesday, Thursday, Friday 12:10 - Communion Service Only Wednesdays

ANNUNCIATION CHURCH

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

STONE PRESBYTERIAN CHURCH

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

CLINTON UNITED METHODIST CHURCH

105 Utica Road, Clinton Pastor Jeff Hale Sunday Worship Service 9:30 AM Sunday school during worship following children's time Office Phone: 853-3358

PLYMOUTH BETHESDA UNITED CHURCH OF

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

CORNERSTONE COMMUNITY CHURCH

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

CHRIST CHURCH (REFORMED PRESBYTERIAN)

8470 New Floyd Rd. Rome, NY 13440 Website: www.christchurchreformed.com Facebook:

https://www.facebook.com/ChristChurchReformedPresbyterian

Pastor: Aaron Goerner Services:

Sunday School: 10AM Sunday Worship: 11AM Thursday Bible Study 7PM

HOLY TRINITY ROMAN CATHOLIC CHURCH

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

ZION LUTHERAN CHURCH

630 French Road, New Hartford Pastor, David Cleaver-Bartholomew Traditional Worship Service, Sunday 10 AM Ash Wednesday: February 26 at 12-noon Childcare is provided | All Are Welcome -Please stay for Coffee Hour Bible Study Tuesday Evenings 6 PM & Wednesday Mornings 10 AM Email: office@zionluth.com Website: www.zionlutheranNy.org Facebook: Zion Lutheran Church, New Hartford NY

MOHAWK VALLEY CHURCH

9417 Maynard Drive Marcy, NY Sunday Mornings at 10am Come As You Are www.mohawkvalley.church Pastors Mike & Susie Melnick Contemporary Worship led by Mark Bolos

TABERNACLE BAPTIST CHURCH 13 Clark Place, Utica 315-735-7534 churchoffice@tbcutica.org Facebook: Tabernacle Baptist Church

www.tbcutica.org

We are together in our diversity! Come worship with us! 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 Sunday 11:30 a.m. Karen Worship Service and 2nd-Hour

Sunday School Pastors Rev. Debbie Kelsey and Rev. Daniel San

BIBLE BAPTIST CHURCH

4431 Middle Settlement Rd., New Hartford, NY 13413 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

BEIT SHALOM

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



TEMPLE EMANU-EL

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

TEMPLE BETH-EL

Cantor: Kalman A. Socolof

Executive Director: Mrs. Mundy B. Shapiro Friday Evening Services: 5:30 p.m. Sabbath Morning Services: 9:30 a.m. Weekly Morning Minyan Services are held Mon., & Thurs. from 8:00 a.m. at 2710 Genesee Street. Kiddush on Saturday morning sponsored by the Sisterhood of

TBE. All are Welcome.

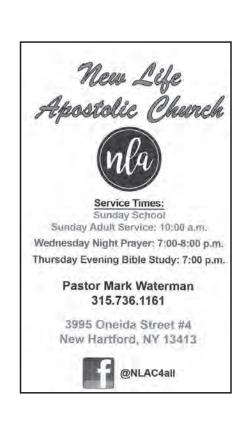
ZVI JACOB Orthodox Synagogue 110 Memorial Parkway, Utica - 724-8357 Services are held Saturday at 9am, and on holidays. Services may be held at other times if there is a minyan. Visit our website www.zvijacob.org. All are Welcome.

THE JEWISH COMMUNITY CENTER

2710 Genesee Street, Utica , NY - 724-4751

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.





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Jennie Mazza Jones, LCSW, CCPT

Children's Counseling and Psychotherapy

NH Town Board Members to **Attend NYS Association of Towns Meeting**

As we move into February, some members of the town board will be attending the New York State Association of towns meeting. At this meeting we learn about many issues that are going on in the state. We have the opportunity to meet with state departments to

learn about grant opportunities and network with other

towns. You can contact me by email at rwoodland@

townofnewhartfordny.gov or by phone at 315 982-

4936 with any questions, concerns or ideas.

Submitted by Richard Woodland

Helping Children and the Adults Who Love Them 2 Williams Street #2 Clinton, NY 13323 315-737-3094

www.jenniemazzajones.com jennie@jenniemazzajones.com

THE TOWN CRIER

Antique Talk/Town News

FEB. 2020





Victor J. Fariello Jr.

New Hartford Highway News



Remember if you want items picked up, you must see the town clerk and get a tag by Friday, March 27th for Monday, April 6th pick up. The Town Clerk Office is at their new location at 8635 Clinton Street New Hartford in the old Gander Mountain Building. You must buy the tag by the last Friday of the month for the first Monday collection. The cost will remain the same as last year, \$5.00 per item. The clerk's office is open Monday-Friday, 8 a.m. to 4 p.m. We will have the dumpster drop off along with the tag pick up for the months of April, May, July, and August and September.

The month of June will be suspended for tags and the drop off at the highway garage for trash as curb side pickup throughout the town will take place the month of June.

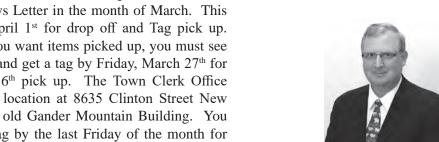
We have drop off planned for Saturday, May 16th with also Confidata shredding schedules from 8 a.m. to 12 noon at the Highway garage. Another drop off schedule is set for September 12th, 8 a.m. to 12 noon at the highway garage. The highway Department has changed the new listing of roads from the old Area's to the new Ward districts. The ward districts will match the ward to the town council's wards so they are the same.

The new schedule will go back to an every two-week program when the green waster compactors will be around. Please take a look at these new schedules and how they work with the ward districts.

The Museum is closed for the Winter months, but
If you received lawn damage this winter from the will reopen in April. The Museum is open Mondays plows, give my office a call and put your name and from 1-3 p.m. and the third Saturday of every month address on the list so that we can repair damage when weather permits. It is hard for the plow drivers to see in zero visibility conditions. We have had a few so far this season in early morning hours. The snow banks help to indicate where the road ends and grass meet.

> I would like to get some of our R.O.W. brush and tree trimming done again this spring. I, along with my foreman, will make contact with the home owner before we start to let you know what we are going to trim and cut.

> Please call me at 315-534-2998 or email me at rsherman@townofnewhartford.ny.gov.



Which Retirement Plan Is **Right for Your Business?**

If you own a small business, there are many retirement plan alternatives available to help you and your eligible employees save for retirement. For most closely-held business owners, a Simplified Employee Pension Individual Retirement Account (SEP IRA) was once the most cost-effective choice. Then the Savings Incentive Match Plan for Employees (SIMPLE IRA) became a viable alternative. Today you may find that a defined benefit or 401(k) plan best suits your needs. To make an informed decision on which plan is right for your business, review the differences carefully before you choose.

Simplified Employee Pension Individual Retirement Account (SEP IRA). This plan is flexible, easy to set up, and has low administrative costs. An employer signs a plan adoption agreement, and IRAs are set up for each eligible employee. When choosing this plan, keep in mind that it does not allow employees to save through payroll deductions, and contributions are immediately 100% vested.

The maximum an employer can contribute each year is 25% of an employee's eligible compensation, up to a maximum of \$280,000 for 2019. However, the contribution for any individual cannot exceed \$56,000 in 2019. Employer contributions are typically discretionary and may vary from year to year. With this plan, the same formula must be used to calculate the contribution amount for all eligible employees, including any owners. Eligible employees include those who are age 21 and older and those employed (both part time and full time) for three of the last five

Savings Incentive Match Plan for Employees (SIMPLE). If you want a plan that encourages employees to save for retirement, a SIMPLE IRA might be appropriate for you. In order to select this plan, you must have 100 or fewer eligible employees who earned \$5,000 or more in compensation in the preceding year and have no other employer-sponsored retirement plans to which contributions were made or accrued during

Madison-Bouckville Show Dates For 2020!

The dates for the 2020 Madison-Bouckville antique shows have been announced. The June Show dates are June 5th, 6th and 7th. This great antiques event helps to kick off the summer activity for antiquers and collectors. Held right down the road on Rt. 20, this show attracts a variety of dealers eager to sell their wares. If you've never been, you should definitely check it out.

The larger and better known Antique Week at Madison-Bouckville will be August 10-16, 2020. This popular event is the highlight of the antiquing season and draws big crowds to the week-long show. It features many quality dealers with every imaginable antique or collector's item you can think of, from furniture to glassware, toys, paper items, coins, and many rare and unusual items. Wear comfortable footwear and be prepared to do a lot of walking as you explore what seems to be an endless display of great merchandise.

NH Historical Society Museum Worth A Visit!

The J. Schoolcraft Sherman #1519 Chapter of the Questers held their January monthly meeting at the New Hartford Historical Society. We were treated to a guided tour of the Historical Society Museum. If you've never been, or haven't been in a long time, you should really take the time to visit this great community asset. Located at 2 Paris Road, adjacent to the Village Point Apartments, they have a great variety of very interesting exhibits showcasing the rich history of our town and village.

from 11-2. I guarantee you will find it time well spent.

Also, this is a great time to renew your membership in your New Hartford Historical Society. If you're not yet a member, now is the perfect time to join. Dues are only \$12 for an individual and \$17 for a family. Send a check payable to New Hartford Historical Society, PO Box 238 New Hartford, NY 13413. Your support will help keep our New Hartford heritage. 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.









FEB. 2020

Retirement Advice

THE TOWN CRIER

Cont. from pg. 30

that calendar year. There are no annual IRS filings or complex paperwork, and employer contributions are a plan, such as current value of the plan assets, the tax deductible for your business. The plan encourages employees to save for retirement through payroll deductions; contributions are immediately 100%

The maximum salary deferral limit to a SIMPLE IRA plan cannot exceed \$13,000 for 2019. If an employee is age 50 or older before December 31, then an additional catch-up contribution of \$3,000 is permitted. Each year the employer must decide to do either a matching contribution (the lesser of the employee's salary deferral or 3% of the employee's compensation) or non-matching contribution of 2% of an employee's compensation (limited to \$280,000 for 2019). All participants in the plan must be notified of the employer's decision each year no later than November 2nd for the upcoming year.

Defined benefit pension plan. This type of a plan may be a good solution for a profitable company with stable cash flow with intentions of benefitting employees over the age of 40. This type of plan can also help build savings quickly. It generally produces a much larger tax-deductible contribution for your business than a defined contribution plan; however, annual employer contributions are mandatory since each participant is promised a monthly benefit at retirement age. Since this plan is more complex to administer, the services of an enrolled actuary are required. All plan assets must be held in a pooled account, and your employees

cannot direct their investments.

Certain factors affect an employer's contribution for ages of employees, date of hire, and compensation. A participating employee with a large projected benefit and only a few years until normal retirement age generates a large contribution because there is little time to accumulate the necessary value to produce the stated benefit at retirement. The maximum annual benefit at retirement is the lesser of 100% of the employee's compensation or \$225,000 per year in 2019 (indexed for inflation). This plan design should only be considered with the intention of funding for a minimum of 5 years.

401(k) plans. This plan may be right for your company if you want to motivate your employees to save towards retirement and give them a way to share in the firm's profitability. 401(k) plans are best suited for companies seeking flexible contribution methods.

When choosing this plan type, keep in mind that the employee and employer have the ability to make contributions. The maximum salary deferral limit for a 401(k) plan is \$19,000 for 2019. If an employee is age 50 or older before December 31, then an additional catch-up contribution of \$6,000 is permitted. The maximum amount you, as the employer, can contribute is 25% of the eligible employee's total compensation (capped at \$280,000 for 2019). Individual allocations for each employee cannot exceed the lesser of 100% of compensation or \$56,000 in 2019 (\$62,000 if age 50 or older). The allocation of employer profit-sharing

contributions can be skewed to favor older employees, if using age-weighted and new comparability features. Generally, IRS Forms 5500 and 5500-EZ (along with applicable schedules) must be filed each year.

Once you have reviewed your business's goals and objectives, you should check with your Financial Advisor to evaluate the best retirement plan option for your financial situation.

This article was written by/for Wells Fargo Advisors and provided courtesy of Christopher J. Carbone, CFP®, AWMA®, LUTCF®, First Vice President -Investment Officer, Financial Advisor. Clinton, New York (315) 723-7386

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kristy@kristylenuzza.cam

KRISTY LENUZZA

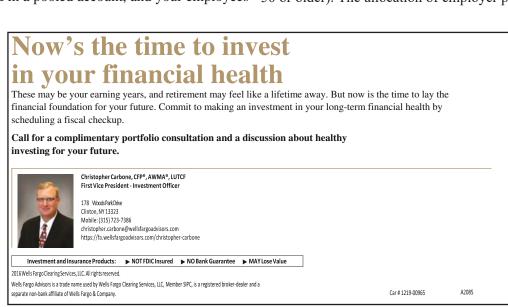
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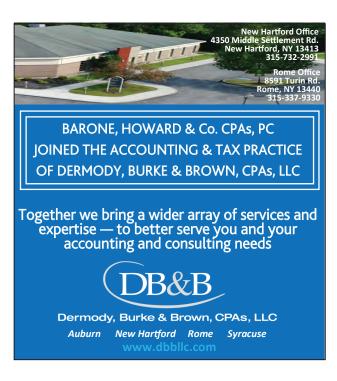
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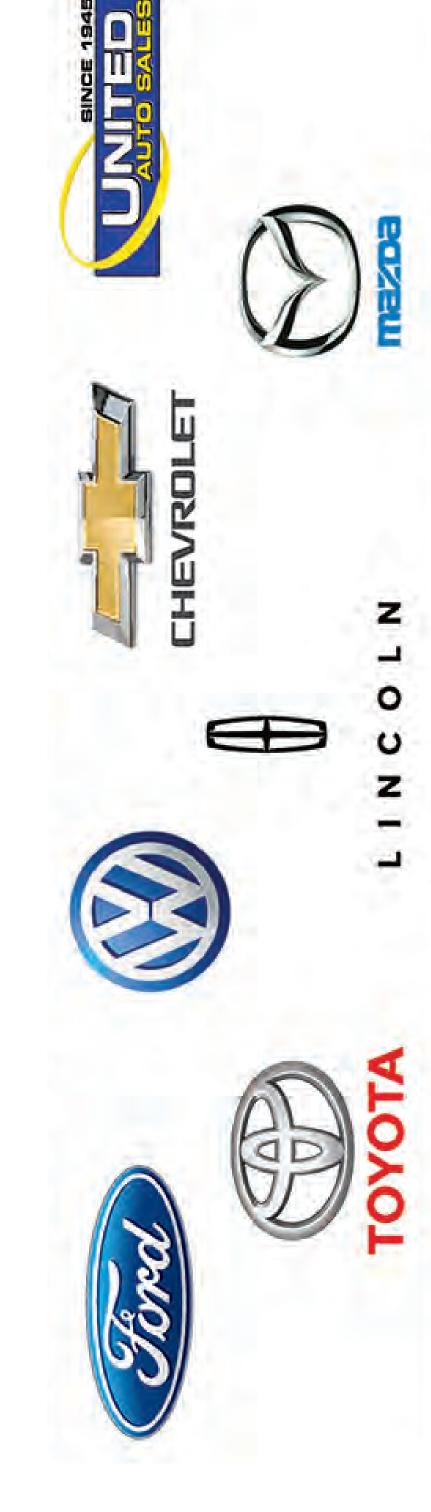








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