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20th Annual Mohawk Valley Antiquefest

The Show Everyone Waits For!

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Saturday, Jan. 25th, 2020 10:00am - 5:00pm

Sunday, Jan. 26th, 2020 10:00am - 4:00pm



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THE TOWN CRIER

Community News

JAN. 2020

Annual Mohawk Valley Antiqufest Returning to Stanley Theatre

Vintage Furnishings Presents 20th Anniversary Event

The Mohawk Valley Antiqufest will be at Stanley Theatre in Utica on January 25 from 10 a.m. to 5 p.m. and January 26, 2020 from 10 a.m. to 4 p.m. Admission is \$7 per person and is valid for entrance both days.

The floor plan will encompass the Lobby, Mezzanine, Romano Room, Full Stage and South Gallery Wing. Vintage Furnishings is enthusiastic about hosting the event at the historical Stanley Theatre. The top-notch antique show will feature 32 antique dealers from all over the northeast, glass grinding by Tony Perretta and a 50/50 Raffle to benefit Stanley Theatre.

Antique hunters and collectors come every year from Central New York and beyond to weed through the mass amount of valuables. Dealers have been known to save merchandise throughout the year for exposure to this audience.

“The show’s popularity, with its eclectic array of dealers and enthusiastic audience of buyers, makes it a much-anticipated event every year,” said organizer Gerald Dischiavo of Vintage Furnishings.

The show features a broad range of merchandise and collectibles, including furniture from country to formal, paintings, carpets, silver, estate jewelry, postcards, clocks and more.

This year we will be featuring Fred Cappozzella with a wide variety of Utica memorabilia from the history of our city. He will have his display set up in the Romano Room and will even be doing a talk on the history of some of his items!

There will be food available for purchase by Patrick O’Connor’s Feast and Festivities as well as beverages.

Start the New Year off right and join us for "The Antique Show Everyone Waits For."

For more information please call 315.738.1333, 315.725.2612 or visit www.vintagefurn.com.

About The Stanley

For nearly a century, The Stanley has been bringing the community together with live concerts, Broadway shows, musicals, ballets, movies, graduations and recitals. Today The Stanley operates as a not-for-profit organization run by the Central New York Community Arts Council. Originally built as a movie theatre, The Stanley opened its doors in 1928 with 2,963 seats, a grand entry staircase that resembles the main staircase on the Titanic, a gold leaf interior and terra cotta and tiled mosaic exterior. Designed by renowned architect Thomas Lamb, whose remaining creations include The Stanley Theatre, Proctor’s Theatre, Schenectady, NY, and The Landmark Theatre, Syracuse, NY.

Strategic Financial Services Celebrates 40th Anniversary

Strategic Financial Services, Inc. (“Strategic”), an independent, Utica, NY-based wealth management firm founded in 1979, announced a series of forward-looking organizational changes and investments revolving around the firm’s 40th anniversary.

Strategic has added eight new team members in the past two years while continuing to invest in its technology infrastructure, culture and client services. Alan Leist Jr., the firm’s founder, has transitioned to the role of Chairman. With no plans to retire, he will continue to serve clients while providing advice to the Strategic leadership team and the next generation of financial advisors. Alan Leist III has been named Chief Executive Officer. Judy Sweet remains the firm’s President. A five-person leadership group of Doug Walters, Kasey Williams, Michael Leist, Nancy Meininger and Aaron Evans is in place to support the Strategic team, ensure an outstanding client experience and meet long-term goals. Leist III stated, “Our objective, as always, is to serve our clients and help them live a great life. My father and Judy have built a wonderful organization. We are fortunate to work with great clients and a tremendous team. Strategic is investing in our future to carry on that legacy and maintain our independence as an industry leader for at least another 40 years.”

According to Leist Jr., “I have no plans to retire. Our firm and community have a bright future. We are investing in that future, committed to building a business that will serve multiple generations of clients. It’s humbling to think about how our firm started in 1979 with no clients and one desk and has grown to over one thousand clients, thirty-two team members

and over \$1.3 billion in assets under management. That growth is a testament to our talented team, great clients and the hard work we do on behalf of those clients.”

Sweet echoed that sentiment. “So much has changed in the industry since I joined the firm in 1988. It’s extremely gratifying to see Strategic evolve from a small group into a highly collaborative, professional team working together to serve our clients.”

With offices in Utica and Syracuse, New York and West Palm Beach, Florida, Strategic is an established wealth management firm and regional leader in the investment industry. While successfully growing from established roots, they continue to expand their geographic footprint and influence across the northeast and throughout the United States.

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Judge Joan Shkane

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

MYTH: The law prohibits sexual harassment by any and all employers.

REALITY: The federal antidiscrimination law, Title VII of the 1964 Civil Rights Act, protects most workers from employer sexual harassment. However, it contains a loophole so that the personal staff of legislators, judges and other elected state officials cannot sue their employers if they believe they have been sexually harassed. These employees are excluded from the group of covered employees. This was done deliberately by the legislators who passed the law, presumably to avoid being sued themselves. In the recent past, several state employees have attempted to sue for sexual harassment on the job and their lawsuits have been dismissed. Now the New York State Legislature is considering a law that, if passed and signed by the Governor, will close the loophole that limits state liability for sexual harassment by elected officials. This will provide protection and a remedy to state employees.

MYTH: The New York Constitution provides for religious rights protections. Therefore, one cannot be forced to vaccinate his/her children if the refusal is based on religious objection.

REALITY: Courts are often called upon to referee between two or more equally valid and strong legal positions. The goal, of course, is to maintain peace in the community. There are many examples of this. A current example is the stress between a New Yorker's religious rights protections, and the State's police powers. Police powers are designed to protect individuals as well as the community at large. A recent case arose when members of an Amish community did not wish to vaccinate their children against measles and other illnesses. The State requires vaccinations before a child can attend school or daycare. The children, of course, can be home-schooled if certain home-schooling criteria are met. Short of that, the children cannot be admitted to a school where there are other children who could be infected. The Amish community, as well as other religious groups, argues that their right to practice their religion, which forbids vaccinations, is protected under the New York State Constitution. They state that "God made his children 'right and good' and to vaccinate his children is to lose faith in God." They further argue that "to rely on a manmade solution would be an act of disbelief in the power of our God to heal and protect us." They therefore sued the State, asking that their children be admitted to school without having been vaccinated.

The State argues that the Constitution gives authority to the State to protect the public from health threats, such as communicable diseases. Recent studies show that some diseases, like measles, not only make one ill, but also can impair the immune system so that the disease victim's immune system may not be able to

fight off other diseases.

The Court was asked to decide between two competing interests, both of which were strongly and honestly held. The Court followed precedence set by other New York judges. The Court wrote that “a parent may not assert free exercise as a grounds for refusing to obtain medical attention for a child as an omission to do this is a public wrong, which the state under its police powers may prevent.” In other words, the public right to be protected from health concerns, especially communicable diseases, overcomes the individual’s right to follow a religious direction. Therefore, in order to return to school, the Amish children, and all children, must be vaccinated. The State still permits a written medical exemption provided by a doctor if there exists a possible medical threat to the child by being vaccinated.

MYTH: Those accused of child sexual abuse should be able to know who their accusers are (“victims”) and to confront the accusers in order to defend themselves.

REALITY: A Catholic order (Jesuits) has challenged the victim's (Plaintiff's) right to anonymity in child sexual abuse cases. The Catholic order argues that potential embarrassment to victims is not sufficient grounds to provide blanket anonymity, thereby hiding the Plaintiffs' identities. The order also argues that such anonymity violates due process, that is, denies to alleged abusers the right to test the accuracy, memory, and believability of the accusers in court. The Plaintiffs, the alleged victims, argue that for many victims, sexual abuse was kept locked away in the abused's memories for years, and that they have begun to speak out about the crimes because they rely on their identity being hidden. To strip that from the victims would drive them back into hiding, and permit the perpetrators to go undiscovered and unpunished. It would leave the victims with no recourse in the law. More than 900 lawsuits have been filed in New York State since last August when the law went into effect providing the shield of anonymity to abused. The Court said that the Plaintiffs should be granted the "protection of anonymity". One hope of the advocates for the Plaintiffs is that by exposing the criminal deeds, future children may be protected. This may not be the last word on the subject.

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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Interval Resistance Training- Give It A Try

*submitted by Jim
LaFountain, All
American Fitness
Center*

During my graduate work at Syracuse University, our class performed stress tests on a

partner, interpreted the results and designed exercise prescriptions, commensurate with those results. My results revealed a “hick-up” on my QRS Complex. Our professor suggested I design a program to address my “hick-up.” My research was more extensive than my classmates because it involved my personal health and was also a major component in my graduate thesis. What I discovered was that most Americans perform cardiovascular exercise in a comfort zone that ranges from 60-75% of their maximum heart rate. Competitive endurance athletes were the only ones that trained at or above 85-90% of their maximum. Intensities in that range addressed the left ventricular wall of the heart, which is responsible for forcing oxygen rich blood away from the heart and to working muscles. A simple Exercise Physiology philosophy goes like this: You can either workout at a high intensity for shorter periods or at a lower intensity for longer periods. At 35 years of age, I enjoyed resistance training, using weights, machines and rubber chords. With that in mind, I thought combining cardiovascular and resistance exercise would be fun and effective. What I eventually called Interval Resistance Training (IRT) would be done 2-3 times a week for 6-8 weeks. This is a sample of that program: Warm-up (5-10 minute CV) Leg Raise 15-20 reps. Abdominal Crunch 15-20 reps. 2:30 of intense CV (85-90% HR max.) :30 cool-down Squats 12-20 reps. Hamstring Curls 10-15 reps. 2:30 of intense CV, :30 cool-down Bench Press 8-12 reps. Seated Low Row 8-12 reps. 2:30 of intense CV, :30 cool-down Shoulder Press 8-12 reps. Seated Low Row 8-12 reps. 2:30 of intense CV, :30 cool-down Low Back Extension 8-12 reps. Nautilus Abdominal Crunch 15-20 reps. 2:30 of intense CV, :30 cool-down *IRT is meant to be done at a brisk pace with no rest between transitions from resistance and cardiovascular exercises. *Each repetition should be done taking two seconds to move the weight, followed by a one second pause and returning the weight to it’s starting position in four seconds. *Each set should be done to momentary muscular failure, where another repetition cannot be performed in good form. *The :30 cool down is essential to allow for “venous return” getting blood from the legs back to the heart. ****It’s imperative you receive medical clearance before engaging in regular exercise. By the way, 8 weeks after starting my IRT program, my “hick-up” was gone, never to return. You may want to perform longer cardiovascular intervals and different resistance exercises. Return this column to receive FREE week at the All-American Fitness Center.




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THE TOWN CRIER

Library News

JAN. 2020



2 Library Lane 315-733-1535

Many Thanks to The Friends of the NHPL

The Friends of the New Hartford Public Library recently made a generous monetary donation to enable us to purchase some new toys for the Children’s area. The Friends also sponsored the very successful *Baked Goods and Books*, as well as beautifully decorating the library for the holiday season. We are so appreciative and thankful for all of the support that The Friends of the New Hartford Public Library provide to us!

Reserve a Space for your Group's 2020 Meetings

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

Rocking Chair Reader Story Time

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

Story Time

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

Bedtime Story Time

This program is scheduled for the 3rd Monday of each month through May (January 20, 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.

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!

(No school/ MLK Day) – Kid’s Winter Bingo and Hot Chocolate

Monday, January 20, 11:00-12:00. School will be closed for Martin Luther King Day, so join us at the library to play Winter Bingo! We will enjoy some hot chocolate while we play. All ages welcome!!

Social Artworking Adult Painting Party

Monday, January 13, 6-8:30pm: A fun night for adults to paint a Winter Farm Scene. *This program was rescheduled due to library closure/snow day; so this class is full.*

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.

First Source FCU Adult Financial Class

Thursday, January 9, 2:00-4:00. Join us for a financial literacy class that gives an overview of Financial Basics and Money Management, Credit, Saving & Budgeting, Investing, and Careers. 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, January 25th at 11:00 as we learn more about those writers who have mystified and puzzled readers with their stories of murder and mayhem – and sometimes a bit of wacky humor. We will explore authors from all corners of the world from the last 100 years! Our topic for this session is Nordic Noir and, led by Janet Hoover, we will explore the writings of Stieg Larsson, Jo Nesbo, and Karin Fossum. If you enjoy their books, come to learn more about them, if you have never heard of them come to discover new ideas for your reading list.

Yoga for Seniors with Bill Skinner

Classes 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](tel:3157331535) to register.

Mystery Book Club

Saturday, January 11th, 11:00am-12:30pm; this month’s title is *Black Raven* by Ann Cleeves. Copies are available to be checked out at the circulation desk. Stop by to get yours today!

Wanderlust Book Club

Tuesday, January 21st, 5:30; this month’s title is *Free Food for Millionaires* by Min Jin Lee and *Educated* by Tara Westover *This meeting will be at Grapevine Restaurant, at 120 Genesee St.*

The NHPL 'Thursday' Book Club

Thursday, January 23rd is *A Gentleman in Moscow* by Amor Towles.

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.

Join Ruth Anne Kane for knitting and crocheting lessons!

She will be teaching the basics of knitting and crocheting. Class meets on Thursdays from 1:30 -3:00. All supplies are included but space is limited. Please call 315-733-1535 to register.

The Blanket Project

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

Tai Chi Classes at the Library

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. No registration required.

The Mitten Tree

A special thank you to the talented knitter’s spirit of generosity brought to the children at the Thea Bowman House during this time of year.

Books and Bake Sale

We would like to say thank you to the library patrons, staff, bakers and buyers, and volunteers for their time and support during the event on Thursday, December 5th.

The Friends of the New Hartford Public Library wishes everyone holiday greetings and Happy New Year 2020.



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Community members can enjoy aquatic therapy, open swim, and fitness classes in the Wellness & Aquatic Center at Sitrin.

The New Year is here, and so are the exciting changes happening at the Sitrin Health Care Center! The facility is getting ready to open the new Wellness & Aquatic Center at Sitrin, complete with a redesigned aquatic area for pool-based therapy and fitness.

Renovations have been underway since mid-September, and the community will soon be able to enjoy the new benefits of the center. Sitrin's locker rooms have been completely redesigned and expanded to offer more spacious changing areas, new showers, and extra storage. In the aquatic area, therapy and wellness members can enjoy progressive pool upgrades, revamped spaces, and innovative equipment.

“We are very excited to launch the Wellness & Aquatic Center at Sitrin,” said James Wallace, director of clinical rehabilitation services at Sitrin. “We are bringing back our popular wellness classes, while adding new pool and land-based fitness, which will improve health and lifestyles for the entire community.”

As the only center in the region to offer aquatic therapy, Sitrin is making an even bigger splash by adding aquatic cycling to its wellness repertoire. This fitness phenomenon has shown evidence in combating depression, obesity, and lymphedema, while increasing metabolic rate, circulation, and strength.

Stationary pool bikes are used for a spinning workout in the water. The bottom portion of the bike is submerged in the pool, while a participant's upper body stays above the surface. Riders pedal against the resistance of the water at varying intervals, and may also incorporate arm exercises, pool weights, and advanced positions. This inventive workout provides

rejuvenating, low-impact exercise that increases blood flow, stamina, and strength, while soothing joint and muscle pain in the heated water.

Sitrin was one of eight winners of the 2019 Community Choice Awards through The Community Foundation of Herkimer & Oneida Counties, Inc. Sitrin received a charitable grant in the amount of \$10,000 to fund ten aquatic cycles.

“We were honored to have been chosen as one of the 2019 Community Choice Award winners, which has allowed us to implement aquatic cycling at Sitrin,” said Rosemary Bonacci, vice president, Foundation & Communications. “This generous grant was made possible by the David & Janet Griffith Family Fund at The Community Foundation of Herkimer & Oneida Counties, Inc.”

In addition to this new program, Sitrin's wellness members can also enjoy some of their favorite aquatic classes, including water aerobics, cardio aerobics training, arthritis aquatics, and aqua tots.

Water aerobics, open to members of all ages, offers a fun cardiovascular workout in a gravity-free environment. Participants immerse themselves in shallow water where they perform moderate exercises, such as arm extensions, jumping jacks, and high-steps. The pool's buoyancy allows for more fluid movements, effective resistance, and strength-building, while also taking pressure off the joints.

Cardio aerobics kicks it up a notch, focusing on fat blasting and increasing muscle mass. Participants perform more intense workout routines, incorporating pool weights and fitness props. The calorie-burning class is designed to improve endurance and strength, while lowering stress and boosting overall health.

For those affected by arthritis, Sitrin's specialty class focuses on using slow range of motion to relieve pain and improve movement. The warmth of the water reduces the force of gravity, loosening joints, decreasing inflammation, and increasing circulation. Therapy-trained staff implement exercises that stimulate blood flow and alleviate arthritic symptoms.

Sitrin welcomes its littlest wellness members to the pools with aqua tots. Infants and toddlers can work with an adult to get acquainted with the water, increasing aquatic playtime, social interaction, and exercise.

There will be plenty of aquatic activities planned in the New Year at Sitrin for the community to enjoy!

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), long-term care, assisted living and enriched housing (Cedarbrook), NeuroCare, residential care for people with intellectual disabilities and medically complex conditions, medical and social model adult day health care (OPAL Program), military rehabilitation, adaptive sports (*STARS* Program), orthopedic injury program, concussion management, child care, and dental clinic.

Barone, Howard & Co., CPAs, P.C., a full-service accounting and consulting firm based in New Hartford and Rome, joined the practice of Dermody, Burke & Brown, CPAs, LLC, one of the largest locally owned and independent certified public accounting firms in Central New York. As of November 1, 2019, Barone, Howard & Co. began operating under the Dermody, Burke & Brown name.

The combination of these two high caliber firms will enhance client service capabilities by providing additional resources and expanded services. Barone, Howard & Co. brings added depth and breadth to Dermody, Burke & Brown's New Hartford office, with the addition of 4 Principals with CPA credentials and 9 Associates, and expands the firm's geographic footprint with the Rome office. Dermody, Burke & Brown and Barone, Howard & Co. share a similar foundation and commitment to the clients and community they serve.

“We are proud of our Central New York roots and this merger positions us to be part of the exciting economic growth taking place in the Mohawk Valley,” says Madelyn Hornstein, CPA, CEO of Dermody, Burke & Brown. “This is a way for us to support our clients, their growth and the development of this region – now and in years to come.”

According to John Barone, CPA, former Managing Partner of Barone, Howard & Co., CPAs, P.C., “This was the right fit for us and our clients based on the mutual values we share.” Barone adds, “We look forward to expanding our scope of services and footprint.”

Barone, Howard & Co.'s New Hartford employees relocated to the newly expanded, 5,000 square foot office of Dermody, Burke & Brown in New Hartford. The Firm will keep the Rome office, expanding the firm's reach in that area. Dermody, Burke & Brown will now consist of over 90 talented professionals.

About Dermody, Burke & Brown, CPAs, LLC

Founded in 1956, Dermody, Burke & Brown, which consists of over 90 employees, is one of the largest, locally owned and independent certified public accounting firms in Central New York. The firm serves the region from four conveniently located offices in Syracuse, Auburn, New Hartford and Rome. Over 75% of the firm's client base is closely-held and family owned businesses. Dermody, Burke & Brown is a member of Allinial Global.

About Barone, Howard & Co., CPAs, P.C.: Founded by John Barone and John Howard in 1981, Barone, Howard & Co. is a highly reputable accounting and consulting firm in Central New York. The firm consists of 13 employees, including 4 Partners, and has offices in New Hartford and Rome. The firm has extensive experience in privately owned businesses. For more information, visit www.dbbllc.com.

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NH Home Games

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Date	Start time	Sport	Level	Opponent	Location
1/3/2020	4:00 PM	Bowling (Boys)	Varsity	Rome Free Academy	Pin-O-Rama Lanes
1/3/2020	5:30 PM	Volleyball (Girls)	Junior Varsity	Central Valley Academy	HS Gym
1/3/2020	7:00 PM	Volleyball (Girls)	Varsity	Central Valley Academy	HS Gym
1/4/2020	3:00 PM	Basketball (Girls)	Varsity	Peru	HCCC
1/6/2020	4:15 PM	Volleyball (Girls)	7th/8th	Camden	Perry JH Gym
1/7/2020	4:00 PM	Bowling (Girls)	Varsity	Whitesboro	Pin-O-Rama Lanes
1/7/2020	4:00 PM	Basketball (Girls)	7th/8th (Blue)	Rome Free Academy (Orange)	Perry JH Gym
1/7/2020	5:30 PM	Basketball (Girls)	Junior Varsity	Whitesboro	HS Gym
1/7/2020	5:30 PM	Basketball (Boys)	Modified 8/9	Notre Dame, Utica	Perry JH Gym
1/7/2020	7:00 PM	Basketball (Girls)	Varsity	Whitesboro	HS Gym
1/8/2020	5:30 PM	Volleyball (Girls)	Junior Varsity	DeRuyter (ROCKETS)	HS Gym
1/8/2020	7:00 PM	Volleyball (Girls)	Varsity	DeRuyter (ROCKETS)	HS Gym
1/8/2020	7:30 PM	Ice Hockey (Boys)	Varsity	Skaneateles	New Hartford Rec Center
1/9/2020	4:15 PM	Volleyball (Girls)	7th/8th	Oneida	Perry JH Gym
1/9/2020	5:00 PM	Swimming/Diving (Boys)	Varsity	Weedsport	HS Pool
1/10/2020	4:00 PM	Bowling (Girls)	Varsity	Vernon-Verona-Sherrill	Pin-O-Rama Lanes
1/10/2020	4:00 PM	Basketball (Boys)	7th/8th (Blue)	Whitesboro	Perry JH Gym
1/10/2020	5:30 PM	Basketball (Girls)	Junior Varsity	Oneida	HS Gym
1/10/2020	5:30 PM	Basketball (Girls)	7th/8th (Red)	Whitesboro	Perry JH Gym
1/10/2020	6:30 PM	Ice Hockey (Boys)	Varsity	Auburn	New Hartford Rec Center
1/10/2020	7:00 PM	Basketball (Girls)	Varsity	Oneida	HS Gym
1/11/2020	12:00 PM	Ice Hockey (Girls)	Varsity (Combined)	Potsdam	Clinton Arena
1/13/2020	5:30 PM	Volleyball (Girls)	Junior Varsity	Whitesboro	HS Gym
1/13/2020	7:00 PM	Volleyball (Girls)	Varsity	Whitesboro	HS Gym
1/13/2020	7:30 PM	Ice Hockey (Boys)	Varsity	Oswego	New Hartford Rec Center
1/14/2020	4:00 PM	Bowling (Boys)	Varsity	Notre Dame, Utica	Pin-O-Rama Lanes
1/14/2020	4:00 PM	Basketball (Girls)	7th/8th (Red)	Rome Free Academy (Black)	Perry JH Gym
1/14/2020	5:00 PM	Swimming/Diving (Boys)	Varsity	Cicero-North Syracuse	HS Pool
1/14/2020	5:30 PM	Basketball (Girls)	Junior Varsity	Rome Free Academy	HS Gym
1/14/2020	5:30 PM	Basketball (Boys)	7th/8th (Blue)	Central Valley Academy (White)	Perry JH Gym
1/14/2020	7:00 PM	Basketball (Girls)	Varsity	Rome Free Academy	HS Gym
1/14/2020	7:00 PM	Ice Hockey (Girls)	Varsity (Combined)	Ithaca	John F Kennedy Arena
1/15/2020	4:00 PM	Wrestling (Boys)	7th/8th	Vernon-Verona-Sherrill, RFA	Perry JH Cafeteria
1/15/2020	7:30 PM	Ice Hockey (Boys)	Varsity	Clinton	New Hartford Rec Center
1/17/2020	4:00 PM	Bowling (Girls)	Varsity	Camden	Pin-O-Rama Lanes
1/17/2020	4:00 PM	Basketball (Girls)	7th/8th (Red)	Camden	Perry JH Gym
1/17/2020	7:30 PM	Ice Hockey (Girls)	Varsity (Combined)	Skaneateles	Clinton Arena
1/18/2020	12:00 PM	Ice Hockey (Girls)	Varsity (Combined)	Massena	Clinton Arena
1/21/2020	4:00 PM	Basketball (Girls)	7th/8th (Blue)	Central Valley Academy (Blue)	Perry JH Gym
1/21/2020	5:00 PM	Swimming/Diving (Boys)	7th/8th	Weedsport	HS Pool
1/23/2020	4:15 PM	Volleyball (Girls)	7th/8th	Whitesboro	Perry JH Gym
1/24/2020	4:00 PM	Bowling (Boys)	Varsity	Central Valley Academy	Pin-O-Rama Lanes
1/24/2020	4:00 PM	Basketball (Girls)	7th/8th (Red)		Perry JH Gym
1/24/2020	5:00 PM	Swimming/Diving (Boys)	Varsity	Fulton	HS Pool
1/24/2020	5:30 PM	Basketball (Girls)	Junior Varsity	Christian Brothers Academy, Dewitt	HS Gym
1/24/2020	7:00 PM	Basketball (Girls)	Varsity	Christian Brothers Academy, Dewitt	HS Gym
1/25/2020	10:00 AM	Wrestling (Boys)	Varsity	Rome Free Academy (The Black Knights)	Bradley Elementary Gym
1/27/2020	4:15 PM	Volleyball (Girls)	7th/8th	Central Valley Academy (White)	Perry JH Gym
1/28/2020	4:00 PM	Bowling (Girls)	Varsity	Utica Proctor	Pin-O-Rama Lanes
1/28/2020	4:00 PM	Basketball (Boys)	7th/8th (Blue)	Utica Proctor (DMS)	Perry JH Gym
1/28/2020	5:00 PM	Swimming/Diving (Boys)	Varsity	Rome Free Academy (The Black Knights)	HS Pool
1/28/2020	5:30 PM	Basketball (Boys)	Junior Varsity	Notre Dame, Utica	HS Gym
1/28/2020	5:30 PM	Basketball (Boys)	Modified 8/9	Notre Dame, Utica	Perry JH Gym
1/28/2020	7:00 PM	Basketball (Boys)	Varsity	Notre Dame, Utica	HS Gym
1/29/2020	6:00 PM	Wrestling (Boys)	Varsity	Vernon-Verona-Sherrill	Bradley Elementary Gym
1/29/2020	7:30 PM	Ice Hockey (Boys)	Varsity	Cicero-North Syracuse	New Hartford Rec Center
1/30/2020	4:00 PM	Basketball (Girls)	7th/8th (Red)	Central Valley Academy (White)	Perry JH Gym
1/30/2020	5:30 PM	Volleyball (Girls)	Junior Varsity	Utica Proctor	HS Gym
1/30/2020	7:00 PM	Volleyball (Girls)	Varsity	Utica Proctor	HS Gym
1/31/2020	4:00 PM	Basketball (Boys)	7th/8th (Blue)	Rome Free Academy (Black)	Perry JH Gym
1/31/2020	5:30 PM	Basketball (Boys)	Modified 8/9	Whitesboro	Perry JH Gym



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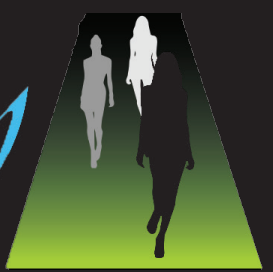


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Community News

JAN.
2020



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Community News

**JAN.
2020**

New Hartford Central School District Announces Kindergarten Registration for 2020-2021

Submitted by Robert Nole, Superintendent of Schools

The New Hartford Central School Kindergarten registration for the 2020-2021 school year will be held on Tuesday and Wednesday, January 14 and 15, 2020 in all three elementary schools from 9:30 – 11:30 a.m. and 12:30 – 2:30 p.m. To save time that day, you may download the registration packet located on the district's website (www.newhartfordschools.org) and click on the link "Enrollment and Registration" found under the "For Parents" tab) or you may call the elementary office and a registration packet can be mailed to you. Packets will also be available for pick up at each of the three elementary schools.

To be eligible for Kindergarten in New Hartford, a child must be five years of age by December 1, 2020. The birth certificate must be submitted at the time of registration as proof of age. Also, proof of residence must be submitted, as well as proof of immunization for polio, measles, diphtheria, mumps, rubella, Hepatitis B and varicella. The child need not be present for registration.



Captivated Light

Paintings by Victor Lenuzza - January 3-25, 2020 at The Other Side Gallery, 2011 Genesee St., Utica

Opening reception: Friday, January 3, 2020, 5:30-7:30 p.m. Gallery hours: Thursdays 5-7, Saturdays noon-2. Victor Martin Lenuzza is a Utica native. He studied at MWPAI and is a MVCC graduate in Advertising, Design and Production. He completed his BFA in Illustration at Syracuse University and continued his studies at The Illustration Academy in Kansas City, MO. His work has been published internationally. He lives in Utica with his family. For information contact Rainer at 315 395-5235 or rainermariawehner@web.de.

New Hartford Youth Employment Program

The New Hartford Youth Employment program empowers our local youths by connecting them with area residents who have small, odd jobs to be done.

Residents and local businesses are encouraged to contact the Youth Employment Director if they have a job to offer. We have a list full of available Youths willing to work and eager to serve their community.

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

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

The program runs year round! If you a resident and/or business in the Town of New Hartford, in need of work done around your home or business, please consider contacting the New Hartford Youth Employment Director Melody K. Fancett at 315-733-7500 ext. 2323 or stop by the Town Clerk's Office between 8:00 A.M. and 4:00 P.M. Monday-Friday, holidays excepted, for more details. HIRE A YOUTH TODAY!!!!!!

Residents and/or Businesses may sign up in person with the Youth Employment Director in the Town Clerk's Office located in the Town Hall, 8635 Clinton Street, New Hartford, NY 13413 or call 733-7500 ext. 2323.

Samuel K Gooldy, MD PC



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Of all the disasters that can happen in your home, there is none worse and more difficult to deal with than a frozen pipe that has burst.

The extreme cold of winter often brings extreme problems to North East homeowners and businesses. The worst of these is a frozen pipe that bursts and the water damage clean up that follows. When the cold temperatures don't rise above freezing for weeks on end, broken or frozen pipes lead to severe water damage from flooding.

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

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

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

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

We at Disaster Services have been serving Oneida County and the surrounding area for the past 30 years and we set the bar for our competitors. We are capable of handling any size residential or commercial flood or fire emergency and are able to service all phases of the job so that the homeowner need not worry about contacting multiple contractors for various trades required. We can even offer temporary heat to your home if necessary and also

have a wide range of non-emergency services. Our services are 100% satisfaction guaranteed and available 24 hours a day, 365 days a year simply by calling 315-797-1128. If you have a frozen pipe that breaks, don't delay, call the professionals at Disaster Services. Also, visit us at Facebook or on the web at disasterservices.us for a complete list of our emergency and non-emergency services.

Joseph Michael Chubbuck Foundation Receives Jim & Juli Boeheim Foundation Grant

On November 18, 2019 the Jim & Juli Boeheim Board of Advisors approved a grant of \$3000 to be awarded to the Joseph Michael Chubbuck Foundation. The grant will address two areas of service provided by the JMCF: the Patient Assistance Program and the newly launched Nutrition Education & Support Outreach Program. Barb Chubbuck, vice president of the JMCF, stated, "We were very excited to receive the news of the grant award and eager to partner with the Boeheim Foundaion to assist cancer patients in Oneida, Onondaga, Herkimer, & Madison Counties."

The JMCF Patient Assistance Program offers financial assistance for monthly expenses (rent, grocery, gas, utility bills, medical supplies/equipment, child care, treatment travel expenses-hotel & tolls) to cancer patients currently undergoing treatment (chemo, radiation, & targeted therapy). The Nutrition Education & Support Outreach Program, launched in September 2019 in partnership with MVHS Cancer Center & Susan Castilla, offers nutritional seminars free of charge to cancer patients and their caregivers. The seminars are held from 6-8pm at the MVHS Faxton Cancer Center on the third Monday of each month in the Lounge. Susan Castilla -a certified Health Coach with over 20 years experience in nutritional counseling/supplement support hosts the seminars & different nutritional topics are addressed at each meeting. For more information, call 315-527-9109.

Preparing for Floods and Other Climate Disasters

Flooding has become a serious problem in the local area in the past few years. Addressing this problem and others relating to weather changes will be the topic of a workshop, *Being Prepared in a Changing Climate*. Positive changes that individuals can make will be featured. The talk will be conducted by Ken Mazlen, Emeritus Professor of Sociology at SUNY Poly, who has been focusing for many decades on issues caused by the significant changes in our climate. The workshop will be held at the Unitarian Universalist Church, 10 Higby Road, Utica on Sunday, January 12, 2020 from 1:30 pm - 3:30 pm. Open to all.



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The Mohawk Valley Business Women's Network (MVBWN) has been serving and supporting local business women for nearly 40 years! The Network is hosting its first annual **Women in Business EXPO 2020** on Wednesday, January 29th with the goal of showcasing woman-owned and managed businesses from all across the Mohawk Valley. The public is invited to browse displays by MVBWN member businesses and major local sponsors. Attendees will get one entry into a vendor-provided door-prize giveaway with a grand prize of a large flatscreen television! Additional tickets are available for \$1 each and all proceeds benefit the YWCA Mohawk Valley. **This is a family-friendly event!**

FREE ADMISSION ~ Door Prizes ~ GRAND PRIZE: Flatscreen Television

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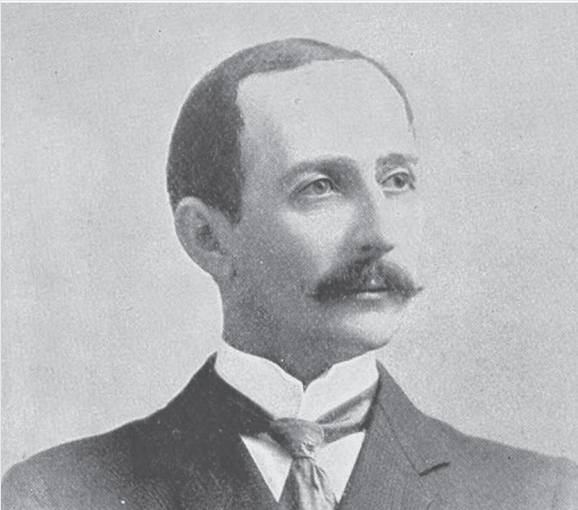
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Clinton Scollard

Clinton Historical Society
Program on January 12th, To
Feature The Life of Clinton
Scollard

The next Clinton Historical Society program presentation will feature a lesser known Clintonian by the name of Clinton Scollard. His works, largely poetry, are well regarded in the literary field. Hamilton College Archivist Katherine “Kathy” Collett will give the presentation on Scollard’s life and accomplishments on January 12, 2020, at 2:00pm. at the Clinton Historical Society building. The presentation on Clinton Scollard will take place at the Clinton Historical Society, 1 Fountain Street, Clinton, on Sunday, January 12th, at 2 p.m. Light refreshment will be served. This program is free and open to the public.



The Hannaford team that participated in this event are from left to right: Mirela Puric - Associate Relations Manager; Ron Goldstein - Center Store Manager; Angelia Laskowski - Manager of Customer Service; Nick Levensailor - Asst. Store Manager; Cheryl Rondenelli - Store Manager and Shana King - Asst. Store Manager

Hannaford - Utica Partners
with the Utica Food Pantry &
Utica Fire Department to Feed
Those in Need

The Hannaford store on Mohawk Street in Utica partnered with the Utica Food Pantry and the Utica Fire Department this year to hand out all of the trimmings and turkeys to local families in need at the fire house on Bleecker Street in Utica, NY. This event took place on Tuesday, November 26th. The people lined up outside the firehouse for hours before this event started. This has been a tradition for 5 years between Hannaford, the Utica Food Pantry and the Utica Fire Department. When it was over there were 500+ bags handed out. This event keeps growing each year.

Adirondack Mountain
Club Meeting

The Iroquois Chapter of ADK will host it’s next meeting on Tuesday January 7th, 7PM at the First Baptist Church. 7 Oxford Rd. New Hartford. Our guest speaker will be Robert Conway presenting on environmental crime and cleanup. Mr. Conway is a retired law enforcement officer and environmental engineer. He will discuss his work at environmental cleanup sites and criminal activity both within New York State and abroad. Come hear how you can protect our environment by learning about the laws and regulations to preserve our land, water, and air resources.



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Osteoarthritis

“Arthritis” is a term used to describe inflammation of the joints. Osteoarthritis (OA) is the most common form of arthritis and usually is caused by the deterioration of a joint. Typically, the weight-bearing joints are affected, with the knee and the hip being the most common. OA affects daily activity and is the most common cause of disability in the US adult population.

The cause of OA is unknown. Current research points to aging as the main cause. Factors that may increase your risk for OA include:

- Age
- Genetics
- Past Injury
- Occupation
- Sports
- Obesity

Common symptoms include:

- Stiffness in the joint, especially in the morning, which eases in less than 30 minutes
- Stiffness in the joint after sitting or lying down for long periods
- Pain during activity that is relieved by rest
- Cracking, creaking, crunching, or other types of joint noise
- Pain when you press on the joint
- Increased bone growth around the joint that you may be able to feel

An estimated
27 Million
Americans have some
form of OA.

1 in 2 people
in the United States
may develop knee OA
by age 85

HOW A PHYSICAL THERAPIST CAN HELP

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NH Historical Society News

NEW HARTFORD PAST TIMES

DECEMBER 2019/JANUARY 2020

NEW HARTFORD HISTORICAL SOCIETY



Recently our former President, Barbara Couture, was contacted by a fellow member of the Oneida Chapter NSDAR (*National Society Daughters of the American Revolution*) Barbara Granato, regarding Marriage Records from the Town of New Hartford dating back to 1908. On Monday, November 25, Mrs. Granato arrived at the Society Museum at 2 Paris Road and presented us with Marriage Records from 1908-1917 and 1926-1935. This tremendous find, and generous donation, adds a plethora of research fodder for local genealogist's!



Barb Munde, left and Barbara Granato, right.

What a find! And on the 1st day, Barbara Munde was as giddy as a school girl as she perused the files and located the original marriage record of her parents dated June 10, 1912! Clarence A. Gurley and Margaret W. Reusswig (rice-wig) were married at St. Stephen's Episcopal Church on South Street (now Oxford Road) in the Village.



Margaret W. Reusswig's (rice-wig) 1912 wedding Picture. Center is Margaret's friend Lois Clark, and In front is Irene Salladin, Margaret's sister



New Hartford “Then” and “Now” Baptist Church



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!

Call 315-724-7258 to schedule your group.

Museum is Open To the Public

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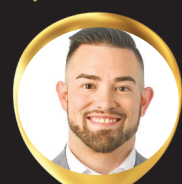
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18 THE TOWN CRIER

Community News

JAN. 2020

Kate Hanley – Author **Breakfast Memories**
A Dementia Love Story



The book cover features a photograph of a woman (Kate Hanley) smiling, a cup of coffee, and a plate of food. The title 'Breakfast Memories' is prominently displayed, along with the subtitle 'A Dementia Love Story' and the author's name 'KATE HANLEY'.

Local Writer to Speak About Her Book on Dementia

Cominsky Shares Story of Father's Unconditional Love for Mother with Dementia - www.breakfastmemories.com

The Jewish Community Center (J.C.C.) of Utica, NY, is elated to host, “A Conversation with Kate,” on Wednesday evening, January 22, 2020, at 6 p.m. in the J.C.C. auditorium. Catherine Cominsky, also known by her pen name, Kate Hanley, has written a book titled “Breakfast Memories: A Dementia Love Story.” Cominsky, a longtime resident of the Mohawk Valley, with her husband Mike, sons Manny and Marshal, and mother in law Bette Bloom, was inspired to write the book after watching her father care for her mother.

“Breakfast Memories: A Dementia Love Story” offers a bridge of hope and inspiration as Cominsky shares her experience with her mother’s dementia. As the story progresses, in lock step with her mother’s condition, Cominsky discovers a cache of daily love devotionals her dad had penned to her mother every morning on a paper napkin. The discovery of these love sonnets was the key to unlocking the window into her mother’s soul, and gives Kate glimpses back into the world of who her mother once was. A beautiful story full of love, laughter, and possibility, this book inspires others walking this path to know and believe that even in the darkest times of despair, there is reason to hope and remember that love is never forgotten.

Cominsky describes the book as a story of what she saw and felt as a daughter when her mother experienced dementia, and how her father’s love through their 65 years of marriage and courtship proved the definitive weapon against this disease. Cominsky likens herself to a sports spectator observing a competitive match between dementia and

love: “Dementia had won the blue-ribbon prize physically - but my dad’s love, in poetic words, had beaten dementia at its own unfair game.”

There will be no charge for admission to, “A Conversation with Kate,” and light refreshments will be served. A book signing will take place immediately following the lecture. Please call (315) 733-2343 to reserve a seat. This will be a very special event, hosted by a uniquely charismatic woman. Please don’t miss it. For more information on this book, visit www.breakfastmemories.com.



Tim Reed and Bill Keeler


Real Men Get Tested

Radio personality, Bill Keeler and business consultant, Tim Reed, who are both New Hartford residents and cancer survivors, have launched a campaign centered around cancer prevention among men. The program is called *Real Men Get Tested* and it’s built around a media campaign that is non-judgmental, educational and even filled with a bit of humor.

“Unfortunately, for many reasons men avoid getting tested,” said Bill Keeler. “As a result, men have both a shorter lifespan than woman as well as a poorer quality end of life. We’re simply trying to inspire guys to take testing seriously because early detection really can save lives.”

A fund has been established with The Community Foundation of Herkimer and Oneida Counties which fuels the effort. With a donation to *Real Men Get Tested*, almost all of the money goes to the campaign as the non-profit fund has no administration fees.

To donate to the cause visit RealMenGetTested.com.



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2020 Updates

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

With every new year comes changes from our friends at the IRS, mostly updating limits and ranges to account for inflation, but also to keep investors and accountants on their toes. The silver lining to these ever present updates is that they provide opportunities that can be taken advantage of and that can make material impacts over the long-term. Some notable changes for 2020 are as follows:

Max More: Those who are maximizing 401(k) or 403(b) plan contributions will be able to defer up to \$19,500 for 2020. Participants ages 50 and older can also increase their “catch-up” contributions to \$6,500 for a total max contribution of \$26,000.

Bonus: Participants in high deductible healthcare plans can increase contributions to Health Savings Accounts (HSAs) to \$3,550 for covered individuals and \$7,100 for those in family plans.

Higher Standards: Many taxpayers will be able to take advantage of increased standard deductions of \$12,400 for individual filers and \$24,800 for married couples filing jointly.

Roth Rules: While Roth IRA contribution amounts remain unchanged, income levels where Roth IRA contributions begin to phase out increase to \$124,000 for single filers and \$196,000 for married couples filing jointly.

Gifts and Estates: Annual gift exclusions (amounts you can give without counting against your lifetime exemption) remain unchanged at \$15,000 from any one person to any one person. Federal estate taxes won’t come into play until assets levels reach \$11.58M (up \$180k) per individual or a total of \$23.16M (up \$360k) for a couple. Remember at the state level rules differ so its important to consult with a tax or estate planning professional regarding your unique circumstances.

Submit questions or topics of interest to aevans@investstrategic.com

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

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New Hartford Highway News

Submitted by Superintendent of Highways, Richard Sherman

As I write this article for January news in the Town Crier I have to say the leaf pickup with our new trucks this fall was very successful with really no complaints. As I read the forecast for the snow storm that dumped a foot of snow on our town, I sent out the leaf trucks on Sunday to check for last minute piles of leaves. The forecast was correct and we did get our 12” of snow. Our leaves were picked up and not plowed back onto front lawns. Our plow trucks and sanders were ready for our first major storm of the season.

The rain event on October 31, 2019 devastated parts of the Town of New Hartford. Chadwicks again got hit the hardest along the Sauquoit creek. The creek over flowed the bridges on Elm Street, Bleachery Ave, and at Genesee Street at the Utica city line, resulting in closed road ways. The town of New Hartford received record breaking 6” of rain in a short period of time. The Elm Street intersection with Mohawk Street had shoulders and roadway washed away with large amounts of woody debris. The roadway at the intersection of Mohawk Street and Roberts Road was washed away again with raging water and debris. Several detention ponds throughout the town that were cleaned for the winter months were full of gravel and debris again. The main 8” sewer line from Hand Place that crosses the Sauquoit Creek was damaged in the middle of the creek. The creek had to be rerouted so the repairs could be made by putting in a new line. The creek then had to be put back in its original location. The newest part of the Rayhill trail that runs behind the Highway garage to Main Street in New York Mills had been washed away in numerous locations. Many residences were flooded again due to the amount or rain fall in a short period of time. The town board recently hired engineering firm Dunn & Sgromo to address the flooding issues in both Wards 1 & 2.

Every year I talk about the piles of snow left in the roadways after contractors plow out driveways and move the snow across the street. I read this article on the Town of Kirkland’s Highway Department Facebook page and I wanted to share it with my constituents in the Town of New Hartford. In the past few years, the practice of plowing or depositing snow from private driveways or private property onto the highway has increased significantly.

Section 1219 of the NY State Vehicle & Traffic law and Section 214 of the highway Law of New York State, specifically prohibit the placing or leaving of snow, ice, leaves, branches, grass or any other substance, upon any highway (which includes pavement, shoulders, and ditches).The intent of this notice is to point out the possibility of serious accidents as a direct result of plowing snow onto a public highway. It is contrary to the law and is subject to a fine of \$1,000.00 per occurrence. In addition, the person or persons responsible for said plowing and/ or

depositing of snow upon the roadway is exposing them to tremendous liability if their action causes property damage or personal injury.

Please don’t plow or blow snow into the road. It is against the law, it is dangerous, the melt & refreeze can cause black ice. It is costly to send trucks back to re-plow and sand, and it is a liability for you in the event your actions cause an accident.

We understand that it is aggravating when we drive by and the snow from the road ends up in your driveway. It’s characteristic of how the plows are designed. It’s unavoidable. In fact we plow-in our own driveways each time we make a lap around the town. Screaming, yelling, tossing your shovels will not help. We all feel the same way as you do when we get home after a long day and have to contend with the exact same situation .Please call me at 315- 534-2998 or e-mail me at rsherman@townofnewhartfordny.gov with any questions.



New Hartford Town News

Submitted by Richard Woodland, Councilman

Happy New Year 2020 as we start a new decade. The first order of business will be the swearing-in ceremony on January 1st at 12noon at the New Hartford Town Court. Town Justice Kevin Copeland will swear in Town Justice William Virkler, Councilman Richard Woodland, and Councilman Richard Lenart for their new terms.

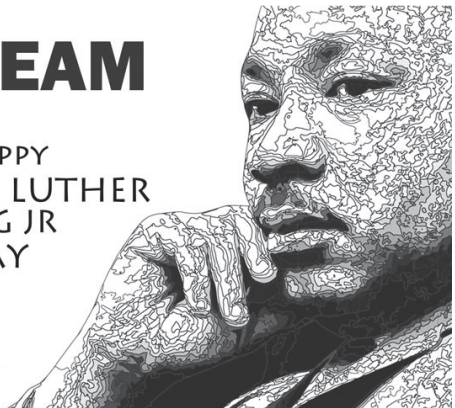
Last month, we had our first major snowfall of the season. I would like to thank Highway Superintendent Richard Sherman and his crew for keeping our roads safe for the traveling public as many people were out doing their Christmas shopping during that weekend.

Upgrades continue at the New Hartford Rec Center to our ice chiller and to the facility. Stop by and visit the Rec Center to see the improvements happening there.

Please contact me with any questions and/or concerns you may have. I can be reached by phone at (315) 982-4936 or by email at rwoodland@townofnewhartfordny.gov.

DREAM

HAPPY
MARTIN LUTHER
KING JR
DAY





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20 THE TOWN CRIER

NH Fire Dept. News

JAN.
2020

NHFD News

November was another busy month for your New Hartford Volunteer Fire Department with 105 calls as indicated by the monthly call report listed below by category:

Fires	=	0
EMS	=	49
Hazardous	=	2
Service Type	=	11
Good Intent	=	5
Other Alarms	=	19
Weather Related	=	17
Other	=	2



Total Calls for the Month of November 2019 = 105.
This brings the total number of calls year-to-date through November 2019 to 1,025.

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 Elects Officers for 2020

Chief, Thomas A. Bolanowski II was re-elected for 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 elected. Re-Elected to his twelfth term is: President, Joseph S. Luker. Other officers elected are; Vice President, David W. Butler; Recording Secretary, James F. Luley; and Financial Secretary, Michael J. Galligano, Sr. James P. Kreutzer was elected Director for 2020-2021-2022. In addition, President Luker announced the appointments of David E. Maier, Treasurer, James F. Luley, Assistant Treasurer and William J. Wren, Assistant Recording Secretary.

The department will hold its 119th Annual Installation of Officers on Saturday, January 11 at Valley View.

Visit us on the web at: www.nhfd.com all year long.

Holiday Giving at New Hartford Central School

Examples of community service abound at New Hartford Central School District. Community service takes on special significance during the holiday season. Throughout the year, a sense of commitment is fostered at every grade level. This is accomplished through school-wide initiatives, goals set by particular classroom teachers, and by extracurricular groups. Yet during the past month, students often contributed to efforts that have become school holiday traditions.

Bradley, Hughes, and Myles Elementary Schools contribute to many resource raising efforts. Each year students collect winter coats, hats, and mittens for local families in need through "coat drives" or hat and mitten "giving trees" on which students hang collection requests on a holiday tree. What makes many of these holiday giving efforts special is that students learn to work with many agencies to capitalize on regional giving efforts, such as the US Marine Corps' Toys-for-Tots campaign, Steven-Swans Humane Society, the Rescue Mission, The Root Farm, and the WIBX Keeler Toy Drive for Operation Sunshine. Students collected food for the Veteran's Outreach Center and wrote holiday cards to residents at the Presbyterian Home.

At Perry Junior High and Senior High schools, holiday giving is often coordinated by extracurricular groups and individual student efforts. For example, the Perry Junior High Builders Club collected toys for the Fidelis Care Stuff the Bus competition held

between area schools. Some efforts, such as the ICan "Adopt a Family" campaign is a common effort shared by secondary faculty and their elementary school colleagues.

While community service continues throughout the year, it is especially important to consider the impact that students and teachers have through holiday giving. Students learn important lessons about giving back to the community that nurtures them. They do this while balancing the demands of coursework, extracurriculars, and despite the added stress of the holiday season.

Utica Curling Club

A team skipped by Roger Rowlett won the Utica Curling Club's annual men's championship defeating a rink led by Dean Kelly by a score of 6-3. The three day tournament included 14 teams and concluded on Sunday December 15. The tournament's top five finishers qualify to participate in the Mitchell Bonspiel held in the second week in January and includes 36 teams from all over the Northeast and Canada. The Mitchell originated in 1885 and has been held in Utica since 1910. The Mitchell Medal is one of the oldest medals competed for on the North American continent.

The five teams and their members are as follows:

Utica # 1 - Skip - Roger Rowlett, Third - Dave Craginolin, Second - Howard Feldman, Lead - Ray Edic

Utica # 2 - Skip - Dean Kelly, Third - Erich Krumme, Second - Kory Buckley, Lead - Eric Newman

Utica # 3 - Skip - John Davis, Third - Bob Caine, Second - Jim Rishel, Lead - Fred Hicks

Utica # 4 - Skip - Pat Costello, Third - Dave Kammer, Second - Pete Ciaralli, Lead - George Brown

Utica # 5 - Skip - Conrad Law, Third - Joel Sherer, Second - Mark Crane, Lead - Rob Baker

Utica # 6 - will enter the Mitchell as designated Curling Ambassadors, Skip - Israel Acosta, Third - Tim Conboy, Second - John Taverne, Lead - Jeff Booher

The public is invited to attend any of the matches in the Mitchell Bonspiel which starts at 4:30 pm on Thursday, January 9 and concludes on Sunday, January 12 with the finals held at 11:30 am. The Utica Curling Club is located at 8300 Clark Mills Road, Whitestown. For more information regarding local curling contact www.uticacurlingclub.org



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Community News

THE TOWN CRIER 21



Individual Disability Income Insurance (Income Replacement) Protection

By: John H. Hobika, Jr., CLTC

As we begin 2020, Wishing everyone a happy & healthy New Year!

Do you remember the commercial where the young widow and her children are forced to move out of their home because the deceased husband and father of the family did not have life insurance? Obviously, it's a sad situation and the thought of it has probably prompted many individuals to buy life

insurance. What the commercial doesn't tell, however, is that the disability of the main wage earner in a family is 16 times more likely to cause a foreclosure than the death of the wage earner.

The inability to work because of an illness or injury often leads to financial difficulties because so many people view disability insurance as an "extra" protection that's either not needed or that can be put off until tomorrow. Let's examine some of the reasons why so many people put disability insurance on the back burner:

Disability only happens to other people: While employees who work in construction or with heavy machinery are very aware of the possibility of injury, those who perform office work tend not to worry about it as much. Yet statistics indicate that if you're over the age of 30, you have a 50% chance of being disabled for more than three months at least once before you reach age 65. And, once you reach age 40, you're three times more likely to be disabled than you are to die before you reach age 65.

Social Security will cover me if I become disabled: While the Social Security system does provide disability coverage for all workers who have paid into the system over their working years, you shouldn't count on it as a sole source of income during a disability. That's because you must be totally disabled or terminally ill or expected to be out of action for more than a year before you can collect any benefits. In fact, only 30% of those apply for disability benefits from Social Security qualify for payment during their first attempt to file.

I have disability coverage through my employer's plan or through professional associations: Even though they can be somewhat effective and more sensitive to overall cost due to buying power, number of participants etc., some group plans are as strict as Social Security when it comes to paying benefits.

An individually owned disability insurance policy - that could maximize protection for yourself & your family's financial and overall well-being as a potential alternative or complement to an employer-based plan - could help clients avoid situations that could otherwise result in tragic consequences. Also, when you purchase an individually owned policy, you secure certain advantages:

First, you can choose exactly the amount of monthly benefit coverage (within carrier established guidelines based on income, occupation class, etc.) unlike a group provided plan which usually provides a certain percentage of your base salary (determination within the employers group plan description).

Second, you can choose the waiting period - the time period between when a policyholder meets the qualification for receiving DI benefits under the policy and the time when the policy actually starts to pay benefits. This is referred to as the "elimination period" and is like a deductible of sorts. Group plans typically dictate the elimination period.

Third, you can choose the length of time benefits will be payable. While many individuals & business owners choose to have benefits paid until the age of 65, that may not be your clients' preference. Again, your unique circumstances will dictate what you need and how much coverage will cost.

Finally, when you purchase your own disability coverage, the benefits you receive from that coverage are usually received without being subject to federal (or state) income tax (that presumes the premiums are being paid with after tax dollars) Thus, the full amount of monthly benefit is available to meet your financial needs, rather than the after tax amount from an employer group plan.

Please call us at 315-427-9165 if you would like to learn more about these types of programs so you can make an informed decision about your planning. To receive a complimentary review of your current program, please call or email me direct.

John H. Hobika, Jr. is Senior Vice President/Regional Sales Director for Advisors Insurance Brokers www.advisorsib.com that serves Upstate New York working with individuals, families & business owners through a variety of financial distribution channels. He can be reached @ 315-427-9165 or jhobika@advisorsib.com.

New York Mills Elementary School Kindergarten Registration

The New York Mills Union Free School District's Kindergarten registration for 2020 - 2021 will take place on Tuesday, January 21st through Friday, January 24, 2020. Registration will take place at the elementary office from 10:00 am-2:45 pm. The child need not be present for registration.

To be eligible for kindergarten in New York Mills, a child must be five years of age by December 1, 2020. Birth certificates, proof of immunizations, physical and three proofs of residency (driver's license, national grid bill, lease, renters or homeowners insurance, pay stub, telephone bill etc.) must be submitted prior to the start of the school year in September. Two doses of MMR, four doses of polio, five doses of DTaP, three doses of HepB and two doses of varicella are required. Students not fully immunized will be excluded 14 days after the first day of school and remain excluded until compliance is met. Kindergarten screening for all registered students will take place in April. Kindergarten Orientation is scheduled for Wednesday, August 26, 2020 at 6:00 pm. If you have any questions, please call the elementary school at 768-8129.

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22 THE TOWN CRIER

Community News

**JAN.
2020**



Gratitude in the New Year

Submitted by MaryJo Timpano

Gratitude is defined as the quality of being thankful and readiness to show appreciation for and to return kindness. Today I'm grateful to have the opportunity to share a few thoughts about how gratitude can change our perspective and actually improve our health. Gratitude makes us happier. It strengthens relationships, improves wellbeing, reduces stress, and in general makes us feel more joy. When we come from a place of gratitude we experience more positive emotions, sleep better and become more compassionate. The latest research also suggests that being grateful strengthens our immune system! This is the power of gratitude.

January can be a tricky month. Cold temperatures, less sunshine, and the excitement of the holidays behind us, it can be tough to come down from the holiday high and get back to reality. It's also likely that we may have overindulged in foods and beverages that seem to be everywhere in December. All of these factors can make us feel sluggish and less than grateful for the days and weeks ahead. Practicing gratitude for the small, everyday blessings in our life has been shown to decrease stress and increase happiness. Instead of making a New Year's resolution to change something this year, how about looking for the blessings in your life, big and small and sharing those with others. This month, all of us at Community Wellness Partners would like to express our gratitude to you, our community, for your trust and support. We will continue to work tirelessly to create an environment where everyone can discover new possibilities and create a life of growth, empowerment, purpose and gratitude! On behalf of our team members and the men and women who call Community Wellness Partners home, thank you and happy New Year!

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



Edwin J. Wadas Foundation Appoints Executive Director

The Edwin J. Wadas Foundation Inc. is pleased to announce that Victoria Cataldo has recently been appointed as the new Executive Director. She will serve as the main spokesperson for the organization and will represent the Foundation in all professional and business capacities. Cataldo has almost 15 years of experience working with nonprofit organizations. She comes to the Foundation from her most recent position as Director of Philanthropy for the Masonic Care Community. She holds a B.S. from SUNY Cortland and M.S. from D'Youville College. "The Edwin J. Wadas Foundation plays a key role of improving the quality of life for youth in our community. Youth athletic programs are incredibly important as they have both short- and long-term effects for those who participate. They teach life skills such as team building, sportsmanship and work ethic while providing numerous health benefits. I am proud to be joining an organization that can have such an impact on our community" says Cataldo. "We are thrilled to have Vicki join our team. We look forward to how she will use her previous knowledge, experience and expertise in order to help us expand our program to benefit the local community and youth athletics." says John Short, Board Chairman.

The mission of The Edwin J. Wadas Foundation, Inc. is to enhance the experiences of recreational and athletic programs for youth ages 5-18 in Oneida and Herkimer Counties by providing financial resources to qualified organizations and educational scholarships to participants. To learn more about the Edwin J. Wadas Foundation, Inc. visit www.wadasfoundation.org.



LtoR: Michael Childrose (Manager of Customer Service), Holly McLean (Center Store Associate), Erica Briggs (Asst. Center Store Manager), Dave Parmon (Vice President Herkimer Lions Club), Rudy Scialdo (President Herkimer Lions Club), Michael Rondenelli (Store Manager), William Scialdo (Member of Herkimer Lions Club), Corine Putch (Asst. Produce Manager), Kyle Williams (Bakery Manager), and James Lape (Center Store Associate).

Lions Club and Hannaford Team up to Help Flood Victims in the Mohawk Valley

Because of the recent floods, and the devastating impact it has had on so many families in our area, the Greater Herkimer Lions Club has teamed up with Hannaford to support those families affected by the flooding. The Lions Club purchased 500 Helping Hand Boxes and the Herkimer Hannaford, with support from their home office, has donated 100 boxes to the families and victims of the floods. These boxes contain a variety of shelf stable foods. The boxes were distributed and delivered by the Lions Club officers and their members. The areas that were recipients of the Hannaford Helping Hands boxes were: Dolgelville, Town of Ohio, Middleville, Herkimer/Mohawk Food Pantry, Fairfield, Herkimer Office for Aging, Poland, Newport, Little Falls/Food Pantry, Frankfort/Ilion Food Pantry, Norway and Newport, Schuyler, Mohawk, Ilion, Deerfield, Cold Brook and town of Russia.

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Community News

THE TOWN CRIER 25



Stanley Theatre Presents Legendary Country Act, The Oak Ridge Boys

In keeping with our promise to expand the variety of acts coming to Utica, The Stanley Theatre presents the Oak Ridge Boys, America's most iconic country music quartet. The band will be appearing to perform their unforgettable hits on Thursday, February 13th beginning at 7:30 P.M.

The five time Grammy Award winning band will play many fan favorites as part of their 2020 tour. The Oaks bring 40 years of charted hits including more than a dozen number one songs and 30 top ten hits. Their string of hits includes the country-pop chart-topper "Elvira," as well as "Bobbie Sue," "Dream On," "Thank God For Kids," "American Made," "I Guess It Never Hurts To Hurt Sometimes," "Fancy Free," "Gonna Take A Lot Of River" and many others.

With one of the most distinctive and recognizable sounds in the music industry, The Oak Ridge Boys, who were inducted into the Country Music Hall of Fame in 2015, are widely acclaimed for having one of the most exciting shows anywhere.

One of country music's truly legendary acts, The Oak Ridge Boys comprises lead singer Duane Allen, bass singer Richard Sterban, tenor Joe Bonsall, and baritone William Lee Golden. They have become one of the most enduringly successful touring groups

anywhere, still performing some 150 dates each year at major theaters, fairs, and festivals across the United States and Canada.

Food and beverages will be available for purchase before and during the event.

Tickets go on sale Tuesday, December 10th at 11 A.M. and can be purchased at Stanley Theatre box office, online at TheStanley.org or by phone at (315) 724-4000.



Mountainside Medical Equipment at the 2019 Family Business Awards of CNY. Front row (left to right): Valerie Zarnock; Ben Nelson; Martin Zarnock, Sr., President. Second row: Martin Zarnock, Jr., Vice President; Christina Zarnock Nelson, Operations Manager; Rory Nelson, Purchasing Manager.

Mountainside Medical Equipment Receives Central New York Family Business Award

Mountainside Medical Equipment was honored at the 2019 Family Business Awards of CNY, claiming top honors in the Veteran-Owned Family Business category. The company's founder Martin Zarnock, Sr. is a service-disabled military veteran, having served as

a Sergeant in the U.S. Army during the Vietnam War.

In its fifth year, the Family Business Awards of CNY event recognizes family-owned businesses established and operating in Central New York. It is presented annually by the Central New York Business Journal, itself a family business, and produced by BizEventz. This year's ceremony was held at the Sheraton Syracuse University Hotel on Tuesday, December 10, and Mountainside Medical Equipment was one of ten awards winners in various categories.

"This is my chance to honor my family," said Martin Zarnock, Sr., accepting the award. "Without them, I wouldn't be receiving this award. One day seventeen years ago my children asked me why we couldn't just start our own business, and it's 2019 and we're still in business." Zarnock Sr. attended the ceremony accompanied by his son Martin Zarnock, Jr., Vice President of Mountainside Medical Equipment; daughter Christina Zarnock Nelson, Operations Manager; and son-in-law Rory Nelson, Purchasing Manager; as well as his wife Valerie Zarnock and grandson Ben Nelson.

The United States Small Business Administration has certified Mountainside Medical Equipment as a Service-Disabled Owned Small Business. The company was honored not only for its success as a business, but also for its active and ongoing support of veterans' outreach programs and services.

About Mountainside Medical Equipment

Mountainside Medical Equipment is a New York State certified, Service-Disabled Veteran-Owned, Small Business. Headquartered in Marcy, New York, Mountainside Medical has served the local community since 2002 and has grown into an award-winning, nationally-recognized medical supplier. Moving into medical manufacturing with Mountain Ice, the company sells its products through multiple channels, from its online retail service to major healthcare facilities and practitioners.

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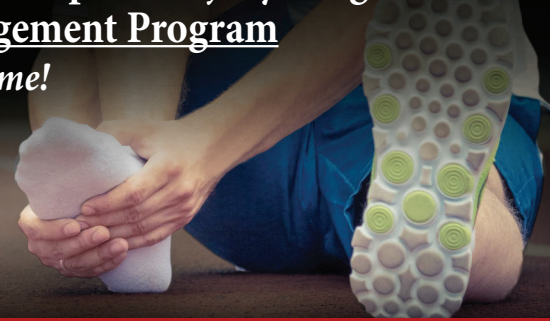
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Monday	Tuesday	Wednesday	Thursday	Friday
		1 Happy New Year	2 Salisbury Steak 10:00 Canasta 10:00 Chair Zumba	3 Tuna Noodle Cass 10:00 Bridge
6 Hot Dog 10:30 Knitting/Crocheting 1:00 Sr. Theater Prod	7 Hawaiian Pork 10:00 Bridge/ Canasta 10:00 Computer Instruction 11:15 Entertainment	8 Chicken Parm 11:00 OFA OUTREACH WORKER	9 Breakfast Sandwich 10:00 Canasta 10:00 Chair Zumba	10 Meatloaf/Gravy 10:00 Bridge
13 Chicken Tenders 10:30 Knitting/Crocheting 1:00 Sr Theater Prod	14 Spaghetti/Meat 10:00 Bridge/ Canasta 10:00 Computer Instruction 11 :15 Entertainment AARP DRIVER CLASS 8:30—3:30	15 Fish Sandwich 11:15 Kelly Hickey From The Grand At Utica Presentation Basket Raffle	16 Chicken Supreme 10:00 Canasta 10:00 Chair Zumba	17 Spanish Rice 10:00 Bridge
20 CLOSED MARTIN LUTHER KING DAY	21 Roasted Chicken 10:00 Bridge/ Canasta 11:15 Entertainment 10:00 Computer Instruction	22 Pasta Fagioli 11:15 Patty Artesa From AAA Winter Driving– Car Care	23 Sliced Pork 10:00 Canasta 10:00 Chair Zumba	24 Italian Sausage 10:00 Bridge
27 Kielbasa 10:30 Knitting/Crocheting 1:00 Sr. Theater Prod	28 Mac/Cheese 10:00 Bridge/ Canasta 11:15 Entertainment 10:00 Computer Instruction	29 Chicken Broccoli 11:15 Victoria From Centro Bus On Bus Routes Jeff Glatt Birthday Party	30 Rib B Que 10:00 Canasta 10:00 Chair Zumba	31 Turkey / Gravy 10:00 Bridge

NH Senior Center News

submitted by Marge, Kitchen Manager

Happy New Year everyone. We hope that the year 2020 brings all the best to you. Our senior center is looking forward to seeing our regular friends and hopeful to see some new faces this year. Please check our calendar for our menu and programs and better yet stop in to see us. We had a full house for our Thanksgiving turkey dinner with Charlie playing the keyboard. All had a great time.

We have some programs coming up in Jan. Kelli Hickey from the Grand at Utica will present a talk on their rehab center and have a basket raffle on Wed Jan 15th at 11:15. On wed Jan 22 Patti from AAA will do a program on winter driving and car care at 11:15 before lunch. Please call 315-724-8966 to reserve one if you plan on staying to eat after any of our programs. Thursday, Jan 23, our senior band will entertain us. We all love their music and hope you will join us to enjoy it too. Every Tuesday, Charlie plays the keyboard during lunch. We now have Mary Reilly playing for us some days. Thank you both, we are so fortunate to have you coming to our center to entertain us.

Thank you to Ron Merritt who holds classes for the AARP to update driving skills each month, please call for dates and times. Thank you to Carol from OFA, who comes the first wed of each month and most Friday's to help seniors with any problems she can. We all enjoyed Melissa from Hospice, with her informative talk. Also, Debbie from Clear Caption Hearing for her information, basket raffle and wonderful Bundt cakes for all of us to enjoy.

As I write this in mid Dec, our Christmas party/ lunch will be coming up this week with Nancy Bayliss donating some beautiful Christmas napkins for our tables and Hans playing Santa to hand out candy bags to all. Bob Flagler will also be dressed as Santa to give out candy canes. Mary will be playing beautiful music. I'm sure it will be a wonderful time for all. We do have canasta card players each week and bridge players who are always looking for new players. The knitting/ crocheting class meets each Monday to help each other with their projects and would love to see new faces. Our chair Zumba class is having a great time with Sue so come join in on Thursdays. We have some very important students coming into our center to volunteer their time and help us to sweep, set tables, wipe down tables and chairs and help decorate. The Herkimer ARC students come in each week to do this and soon

the Oneida County BOCES will be helping us. We have nursing students from St E's especially Allyssa and Armann, who volunteered their time to help us plus spend time and talk to our seniors. Thank you all. We appreciate and need volunteers to help us out. We are looking for adults also who would come in to pour coffee and help us serve and clean up in the kitchen. Please call if you would like to volunteer some time. We will have the AARP tax preparers starting in Feb. and also the St E's nurses will be coming in to help us understand better nutrition, diabetes, heart health and other topics. Watch our calendar for these dates. We always enjoy their presentations. Thank you, of course, to my loyal staff and existing volunteers that make this center so special for all the seniors in our community. Come and join in this new year to help make us the best senior center. Remember to watch for the school closings when the weather is bad as we will be closed also, if the school buses are not going out on the roads neither should our seniors. Happy New Year!



Alyssa, St. E's nurse volunteer; Mary Reilly on the keyboard, Halley on Elder abuse and scams, Melissa from Hospice and Debbie from Clear Captions.

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Sunday Morning Worship, 10:30
Sunday Evening Youth, 5:00
Sunday Evening Discipleship, 5:30
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Wednesday Evening, 6:30, Praise Team Practice
Wednesday Evening, 7:00, Prayer Meeting
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Communion is available on the first Sunday of each month.
Worship services - 10:30 a.m. each Sunday
Child care is available.
Sunday School programs for children and adults begin at 9:30 a.m. Communion is offered on the first Sunday of each month for all who wish to receive it.
During worship on Sunday, December 8th, children in the congregation will present their annual Christmas season program, "The Happening." On Sunday, December 15th, the choir and Susan Sady, minister of music, will present their annual Christmas Cantata, accompanied by the Youth Handbell Choir and violinist Michael Cleveland. Christmas Eve services will take place on Tuesday, December 24th, at 5:00 p.m. Information about New Hartford Presbyterian Church is available on Facebook, on the church's website, www.newhartfordpresbyterian.org, or by calling the church office at 732-1139. Visitors are welcome.

OUR LADY OF THE ROSARY CHURCH

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

SAUQUOIT VALLEY UNITED METHODIST CHURCH

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

FIRST BAPTIST CHURCH OF NH

7 Oxford Road - Office phone: 315-733-4570
firstbaptistnh@gmail.com
Rev. James Harriff, Pastor
Sunday Service - 9:30am
Sunday School - 11:00am
Handicapped Accessible
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
January 5, 2020

"New Beginnings" On the first Sunday of the new year, we will reflect on the transition from old to new. The Worship Committee will lead us in a Fire Communion ceremony, in which we will write, on scraps of paper, phrases that represent the year behind us.
January 12, 2020 - "Finding Me And Coming Home to Us".
Rev. Erin Dajka Holley
If we seek to live lives of integrity, we must also be true to our selves. In what ways have we allowed our sense of who we are to be chipped away, preventing us from being whole? Maybe, our community provides the opportunity to find out and live into who we are. From 1:30 to 2:30 the Climate Action Subcommittee will sponsor Ken Mazlin speaking on "Being Prepared in a Changing Climate—Adaption Tips for Real People." All are welcome to attend this event.
January 19, 2020 - "Building Bridges by Creating Inclusive Spaces"

Troy Little, guest speaker
As you move from group to group in your day, have you ever asked how the minorities in those groups feel? Today's service will discuss some of these possibilities and ways that you can make your spaces more inclusive to everybody. Troy Little assumed the position of

Director of Law Enforcement Programs at MVCC after a 22 year career with the New York State Police. He has a Master's degree in Criminal Justice from the University of Albany and is currently pursuing a doctorate degree in sociology with areas of specialization in race & ethnicity and political sociology. At MVCC, he administers the pre-employment police training program, teaches criminal justice and sociology, and is a member of the Diversity Council.
January 26, 2020 - "You Are Special".
UU Utica invites the other Unitarian Universalist congregations of the Mohawk Valley to worship with us for this special Cluster Service. Nineteenth Century Unitarians shifted the focus on Jesus as God to that of Jesus as human, uplifted as the greatest exemplar of right living. Today, we shall uplift an exemplar of the Twentieth Century, Mr. Fred Rogers.

FAITH IN CHRIST FELLOWSHIP CHURCH

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

ST. GEORGE ORTHODOX CHURCH

350 Higby Road, New Hartford, 315-292-6682
Fr. George Goodge
Sun - 9am Matins
Sun - 10am Liturgy
Wed - 5:30pm Vespers
Bookstore hours: Open Sundays after Services.

LIVING FAITH BIBLE CHURCH

Corner of Pinnacle Rd. and Oneida St, Sauquoit - 737-5075
David Green, Pastor
Sunday Service: 10:30 am
Junior Church available. Nursery also available
Wednesday Bible Study - 7:00 p.m.
Sunday School 9:30am
We are handicapped Accessible.

WESTMINSTER-MORIAH-OLIVET PRESBYTERIAN CHURCH

Interim Pastor Rev. Dr. Mark S. Caruana
Music Director Richard Crawley
Worship service: Sunday 10:30 a.m.
714 Washington St., Utica. 315-732-6518, www.wmoutica.org. find us on Facebook & Twitter
Handicapped accessible

NORWICH CORNERS CHRISTIAN CHURCH

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

TRINITY LUTHERAN CHURCH

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

FIRST PRESBYTERIAN CHURCH

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

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WISHING YOU A HAPPY NEW YEAR - 2020 -

JAN.
2020

Faith in New Hartford

THE TOWN CRIER 29

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. Bunker. Deacon Gil Nadeau
Weekday Mass: Mon & Tues 8am, Wed 7:45am,
Fri. 8 am Communion Mass
Weekend Mass: Sat. 4pm Vigil, Sun. 9:30am
Confession: Sat 3:15pm-3:45pm

STONE PRESBYTERIAN CHURCH

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

CLINTON UNITED METHODIST CHURCH

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

PLYMOUTH BETHESDA UNITED CHURCH OF CHRIST

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

CORNERSTONE COMMUNITY CHURCH

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

CHRIST CHURCH (REFORMED PRESBYTERIAN)

8470 New Floyd Rd. Rome, NY 13440
Website: www.christchurchreformed.com
Facebook:
<https://www.facebook.com/ChristChurchReformedPresbyterian>
Pastor: Aaron Goerner
Services:
Sunday School: 10AM
Sunday Worship: 11AM
Thursday Bible Study 7PM

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Sunday 11:30AM only all Polish Mass in Central NY
Weekday 8AM Mass followed by Rosary 7 days a week
Confessions Daily 7:45am, Saturdays 4pm
Handicapped accessible - Air conditioned

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630 French Road, New Hartford
Pastor, David Cleaver-Bartholomew
Traditional Worship Service, Sunday 10 AM
Contemporary Worship Service, Sunday 5 PM
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
December 21 at 5 PM Longest Night Service
December 24 at 6 PM Christmas Eve Christmas Pageant Service
December 24 at 9 PM Christmas Eve Candlelight Service
December 29 at 10 AM Lessons & Carols Service

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 in Karen
Sunday 11:30 a.m. Karen Worship Service and 2nd-Hour Sunday School
Pastors Rev. Debbie Kelsey and Rev. Daniel San

BIBLE BAPTIST CHURCH

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

TEMPLE BETH-EL

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

ZVI JACOB

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

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Service Times:
Sunday School

Sunday Adult Service: 10:00 a.m.

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

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

Pastor Mark Waterman
315.736.1161

3995 Oneida Street #4
New Hartford, NY 13413



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Victor J. Fariello Jr.

HAPPY NEW YEAR!

Another year is here and that means another year of Antique Talk in the Town Crier. Your interest and support of this column is what keeps it going. I thank you for your readership and your questions and comments. If you have an idea for a subject for Antique Talk, just email or write to me at the address below. Let me know any topic that you would like to hear more about.

Wishing all of you and your families a very Happy New Year! May 2020 be one of your best years ever.



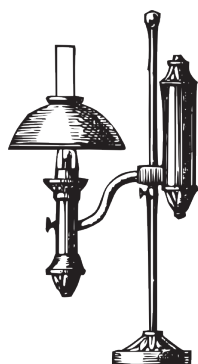
20th Annual Antiquefest January 25-26 at The Stanley

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

Support New Hartford Historical Society

The New Year means 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.



Dermody, Burke & Brown Hires John Zopf

Dermody, Burke & Brown, CPAs, LLC recently hired John Zopf as an Associate in the Syracuse office.

John works in the Auditing and Accounting department at the firm. He received a Bachelor of Science degree in Accounting and a Master of Business Administration, with a concentration in Public Accounting, from State University of New York at Oswego. He is working to complete the certification process to earn his designation as a Certified Public Accountant (CPA). John resides in Liverpool, New York.

Dermody, Burke & Brown, CPAs, LLC has been serving the Central New York business community since 1956. With offices in Syracuse, Auburn, New Hartford and Rome, Dermody Burke & Brown is one of the largest independently locally-owned accounting and business advisory Firms in Central New York. The Firm is a member of Allinial Global. www.allinialglobal.com. For more information, visit www.dbbllc.com.

Good News Center

Separated & Divorced Support Group - Meets every other Sunday, 5:00-6:30 pm; upcoming meetings January 5th, January 19th and February 9th at The Good News Center, 10475 Cosby Manor Rd., Utica. The group meets in a warm, caring, confidential environment designed to help you learn skills and practical information that will guide you in rebuilding your life after your separation or divorce. Free and open to all. For more information contact Judy at 315-735-6210, judy@thegoodnewscenter.org, or visit us at www.thegoodnewscenter.org.

The Third Option - Meets every other Sunday; upcoming meeting January 5th, January 19th and February 9th at 6:30-8:30 pm at The Good News Center, 10475 Cosby Manor Rd., Utica. WISH YOU HAD A BETTER MARRIAGE OR WANT TO ENHANCE YOUR MARRIAGE? Learn communication skills such as how to handle anger more constructively, resolve conflicts, and communicate better. Hear couples share how they overcame problems in their marriages. The Third Option support group for married couples. For more information and to register call 315-735-6210, info@thegoodnewscenter.org or visit us online www.thegoodnewscenter.org.

You Can Help Your Marriage - Do you feel alone? Are you frustrated or angry with each other? Do you argue ... or have you just stopped talking to each other? Does talking about it only make it worse? Retrouvaille (pronounced retro-vi with a long i) helps couples through difficult times in their marriages. This program has helped 10's of 1000's of couples experiencing difficulties in their marriage. For confidential information about or to register for the upcoming weekend on January 10, 11 and 12 at The Good News Center, 10475 Cosby Manor Road, Utica, call 315-735-6210, or email: info@thegoodnewscenter.org or visit www.HelpOurMarriage.org.



Children at New Hartford Presbyterian Church presented their annual Christmas season program, "The Happening," on Sunday, December 8th.

NH Presbyterian Church

New Hartford Presbyterian Church, 45 Genesee Street, invites all to worship services each Sunday morning at 10:30 a.m. Child care is available. Children and adults are welcome to take part in separate Sunday School programs beginning at 9:30 a.m. Communion will be offered to all who wish to receive it on Sunday, January 5th. Deacons will meet at 7:00 p.m. on Monday, January 6th. New officer and deacon training is scheduled for Saturday, January 18th, with installation and ordination during worship on Sunday, January 19th. The Session will meet at 7:00 p.m., Tuesday, January 21st. Members of the congregation will prepare and serve the evening meal at Hope House, in Utica, on Sunday, January 26th.

CNY Wing Wars

The JM Chubbuck Foundation is hosting the 3rd Annual CNY Wing Wars to assist cancer patients in financial need on Saturday January 25, 2020 at Harts Hill Inn from Noon to 3pm. Tickets cost \$25 and include one free beer or soda (donated by Trivalley Beverage), one slice of pizza, one dozen wings (one sample from each participating vendor), celery & blue cheese. There will be a 50/50 Raffle, Basket Raffle, and a grill raffled off that was donated by Walmart Distribution Center. Performance DJ's will provide music throughout the event.

Returning to defend their 2019 title is: O'Baby's -winner of Best Wing & Most Unique Wing in 2019. O'Baby's has been participating in the CNY Wing Wars since January of 2017. Also returning to support cancer patients for their fourth CNY Wing Wars are Franco's Pizza of Whitesboro (Best Wing in 2017), Hot Off The Brick, Pizza Boys, Tony's of Westmoreland, & Killabrew Saloon (Most Unique Wing 2018), Going into their third round is Cavallo's followed by second time appearances by Piggy Pat's Smoke & Ale House and Taste of Laos. New to the Wing Wars are Bone Yard BBQ, Village Pizza & Fat Boys Deli, and Ray Brothers BBQ.

The 2020 Celebrity Judges will be Senator Joe Griffo, Oneida County Sheriff Rob Maciol, The Empire Plate's Bill Vinci, WKTV Kristen Copeland, and 96.1 The Eagle Cindy McMullen. At the conclusion of the event awards will be presented for Celebrity Judges' Choice and Public Vote Choice for Best Wing and Most Unique Wing (along with prizes for 2nd and 3rd place finishers in each of these categories). Seating is limited to 250. Advance tickets are on sale now at www.thejmcf.org under Events or phone 315-339-5993 (9am to 5pm weekdays).

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**JAN.
2020**

Community News

THE TOWN CRIER 31



Five Ways to Run With an Aging Bull Market

After a decade of reaping the benefits of a bull market in U.S. stocks, today's investors face a volatile market—and proper positioning of your portfolio in the face of mixed economic signals has become increasingly important.

In the “2019 Midyear Outlook Report: Eyes Forward—Opportunities and Obstacles,” Wells Fargo Investment Institute (WFII) strategists detail opportunities and obstacles in an aging bull market that could help you maintain a forward focus—and stick close to your long-term strategic target allocations.

Here, WFII strategists offer five tips for positioning your portfolio.

Rebalance when volatility strikes. Take steps to maintain the strategic or long-term target allocation designed to help achieve your long-term goals. As markets rise, the positions may need to be trimmed and the cash held or reallocated to markets where valuations are better. As markets fall, the opportunity may arise to restore the target allocation.

Help reduce price volatility with income-generating assets. Income is a sometimes overlooked component of portfolio returns. To potentially improve the income-generating ability of a portfolio, you can lengthen the duration of your high-quality bonds. Dividend-paying stocks and REITs offer additional streams of portfolio income.

Use cash to your advantage. If your portfolio already holds a sizable amount of cash consider investing your cash in case markets correct in the coming months. Another potential strategy is dollar cost averaging, which involves investing cash over time to take advantage of market fluctuations.*

Consider greater exposure to emerging market equities and sectors that represent higher-quality earnings. Investing in international assets can help

you further diversify your portfolio. Valuations in many emerging markets look attractive, and recent economic data point to stable economies in China and other developing countries. As for U.S. equity markets, WFII strategists favor sectors such as Information Technology and Industrials, areas of the market with higher-quality earnings.

Add strategies that can benefit from various market conditions. A bear market can occur with little warning. Adding assets that can profit in both up and down markets may help prepare your portfolio for possible downturns.

**A periodic investment plan such as dollar cost averaging does not ensure a profit or protect against a loss in declining markets. Since such a strategy involves continuous investment, the investor should consider his or her ability to continue purchases though periods of low price levels.*

There is no guarantee that dividend-paying stocks will return more than the overall stock market. Dividends are not guaranteed and are subject to change or elimination.

All investing involves risk including the possible loss of principal. Asset allocation and diversification do not guarantee investment returns or eliminate risk of loss. Each asset class has its own risk and return characteristics. The level of risk associated with a particular investment or asset class generally correlates with the level of return the investment or asset class might achieve. Stock markets, especially foreign markets, are volatile. A stock's value may fluctuate in response to general economic and market conditions, the prospects of individual companies, and industry

sectors. International investing has additional risks including those associated with currency fluctuation, political and economic instability, and different accounting standards. This may result in greater share price volatility. These risks are heightened in emerging markets. Exposure to the commodities markets may subject an investment to greater share price volatility than an investment in traditional equity or debt securities. Bonds are subject to market, interest rate, price, credit/default, call, liquidity, inflation, and other risks. Prices tend to be inversely affected by changes in interest rates. Cash alternatives typically offer lower rates of return than longer-term equity or fixed-income securities and may not keep pace with inflation over extended periods of time.

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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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Christopher Carbone, CFP®, AWMA®, LUTCF
First Vice President - Investment Officer

178 Woods Park Drive
Clinton, NY 13323
Mobile: (315) 723-7386
christopher.carbone@wellsfargo.com
<https://fa.wellsfargo.com/christopher-carbone>

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