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Vol. 34 No. 3
March 2020

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**New Hartford Central School District
Foundation
Presents**

**10th Annual
Prince Charming
Ball**



**Saturday
March 28, 2020
6pm
Yahnundasis
Golf Club**

**For more information and tickets:
nhcsd.foundation/pcb10**

New Hartford Masque 2020 Presents

MAMMA MIA!

MUSIC AND LYRICS BY BENNY ANDERSSON AND BJORN ULVAEUS, AND SOME SONGS WITH STIG ANDERSON
BOOK BY CATHERINE JOHNSON, ORIGINALLY CONCEIVED BY JUDY CRAYMER

MARCH 12 - 14, 2020 at 7 PM
MARCH 15, 2020 at 2 PM

Dr. James A. Meyer Community Performing Arts Center
New Hartford Central School, 33 Oxford Road

Stage Direction by **MATTHEW ROMANOW**
Music Direction by **CHRISTINE KRUMBACH**
Choreography by **MICHELLE GRIMMER**
Orchestra Direction by **MARTIN A. HOLLISTER**

Center Section Seating: \$15, Side Section Seating: \$12
To reserve tickets, please go to www.newhartfordschools.org
starting Sunday, March 1, 2020 at 10 am. Tickets must be paid
for at time of reservation using Credit Card or PayPal.
For special seating needs or for NH Senior Citizens with the
Gold Pass, please call: 725-8430

MAMMA MIA! is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are all supplied by MTI.
www.MTIShows.com



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2 THE TOWN CRIER

Community News

MARCH 2020



7th Annual 'Best Ball' Golf Scramble

Seventh Annual "Best Ball" Golf Scramble with prizes. Saturday June 13th, 2020. A benefit for the Make-A-Wish foundation/scholarship fund in honor of the memory of John D. Lloyd, who was a sophomore at New Hartford High School when his wish was granted. The Make-A-Wish foundation granted John's wish to meet Buffalo Bills Players CJ Spiller and Fred Jackson in December of 2013. Please help us to help them keep granting wishes.

At Twin Ponds Country Club, New York Mills. June 13th, 2020. T-Off at 9 AM. Dinner at 4PM. Ticket Prices: "Package Deal" includes breakfast, 18 holes of golf, cart, lunch at turn, and dinner buffet/banquet, \$85 dollars each. Dinner/Banquet Only- \$25. Banquet will include raffles, door prizes, and silent auctions. Call to reserve your spot! For questions or more info contact Kathy Lloyd 315-723-6545 or Sue Lloyd 315-723-7865.

Stretch and Sip, Yoga For a Cause

A Stretch and Sip is planned for Saturday, March 28 at Remsen VFW Post 982. This Yoga program is a benefit for Making Strides Against Breast Cancer and is sponsored by team Penguin Platoon.

The event will include a one-hour yoga class with instructor Sandy Westcott Quattro, owner of No Mud No Lotus Holistic Wellness & Yoga Studio in Rome, New York. The program is geared for all levels, beginner to experienced, so if you've never tried yoga this is a great time to come out and stretch and know that you are helping to fight breast cancer.

Attendees will also receive a light breakfast, a drink coupon for a mimosa, bloody Mary, wine or other beverage, and will be entered in a door prize drawing.

Guests should bring a mat if they have one but some mats will be available.

Plan to arrive starting at 10am with the yoga session beginning at 10:30 followed by breakfast and beverage. Reservations should be made in advance as space is limited. A second session may be added based on demand.

The cost for Stretch and Sip is \$20.00 per person with all proceeds going to the American Cancer Society. Contact Carol Hamlin Buczek at 315-831-3052, or e-mail carol@toursbydesign.org for reservations. The Remsen VFW is located at 10526 Steuben Street in Remsen.

The Penguin Platoon has been raising funds for Making Strides since 2016. Money raised by Making Strides helps the American Cancer Society ensure no one faces breast cancer alone by funding innovative breast cancer research, promoting education and risk reduction, and providing comprehensive patient support to those who need it most. For more information about Making Strides call the American Cancer Society at 1-800-227-2345

Grab a friend and come out for a fun morning and help us fight breast cancer. You can be the difference!



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Saturday, March 14, 2020

7:00 p.m. – 11:00 p.m.
(doors open at 6:30 pm)

Turning Stone Resort Casino
Oneida Ballroom

Keynote Speaker
Donald McPherson, SU quarterback and College Football Hall of Famer, activist, educator and author of "*You Throw Like a Girl: The Blind Spot of Masculinity*"

Our emcee for the evening is Steve McMurray

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Practical
Fitness Facts

Submitted by Jim
LaFountain, All American
Fitness Center

On January 19th, the All-American Fitness Center celebrated its 39th anniversary. Over the years, we’ve seen trends and fads come and go. I have two Master’s Degrees in areas associated with

Exercise Science and am still surprised at how many mistruths still exist. Fortunately, over time, through experience, I learned to recognize scientific truth from entrepreneurial fiction. Reading, studying and writing could only have taken me so far. “Practical” knowledge I have picked up over the past 39 years, in addition to my formal education may offer some help for struggling exercise enthusiasts.*None of us can negotiate, dodge or change our genetic predisposition. Much like our hair and eye color, our physical potential is governed by our ancestral history. With well directed, hard work we can certainly optimize what was handed down to us. *More exercise is almost never better than properly planned intense exercise. Simply adding to a program usually results in slowed progress, eventual lack of interest or overuse injury. *Exercise only turns the physical improvement switch “on”, it’s adequate recovery that produces improvement. *Performing resistance exercise, in the form of machines, weights and bands is at least as important as cardiovascular exercise. *Using proper form in all resistance movements is by far the most important component. Rapid “throwing” of weights is counterproductive and dangerous. Repetitions that produce reckless momentum for a given number of sloppy repetitions is a poor excuse for using good form. *In spite of creative marketing promises, there is no “magic” machine, gadget or exercise device that is that much better than any other. *Your heart and lungs do not recognize what the type of cardiovascular exercise you are performing. It only knows it must deliver oxygenated blood to working muscle tissues. Running, walking, bicycling, swimming, rowing etc. are all viable options. *If any type of exercise hurts, don’t do it. Temporary discomfort caused by the presence of lactic acid is expected and even sought, but joint and connective tissue pain is to be avoided. *The most essential ingredient in any exercise program is “showing up.” *No amount of exercise will cancel out the ill effects of a poor diet.*Children, at any age, can begin a supervised exercise program, providing they are mature enough to accept instruction (I have successfully trained four-year olds, who paid attention and were able to be instructed.) *Restrictive diets can never work over the long haul. The human body is too smart to accept deprivation as a tool for long term fat loss. It will simply “slowdown” and conserve energy in order to survive. Prudent portion control, containing nutrient rich foods will encourage our body to arrive at its ideal weight. * Return this column to receive three FREE personal training sessions.



Judge Joan
Shkane

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

MYTH: A person litigating in the court system has the right to generally know about the judge and to approve the judge assigned to the case. If the judge decides that (s) he does not want to take the case, the litigant has the

right to know why that decision was made.

REALITY: A litigant has no right to choose a judge or to prefer one judge over another judge. The reason for this rule is sound. All parties are entitled to an unbiased and fair decision, one that will be made only on the facts presented after all sides have made presentations to support their positions. This is fundamental law and is ancient, over 1000 years or more old. Judges are usually assigned at random. However, no judge can be forced to take a case. This is a right important to judges, although it can be abused if a judge wishes to reduce a caseload or to avoid difficult or complicated cases. In addition, currently no litigant is entitled to even know why a judge refuses the case (“recuse”).

Our legal system always strives to be responsive to the public’s objections or requests. A new law has recently been proposed that would change the law on recusal. Under this proposed law If a judge refuses to give up a case when asked, the judge need not give a reason for the decision to stay on (this represents no change from current law). However, under the proposed law if a judge gives up the case then the judge must give a written reason for giving the case up. The only exception to requiring a written explanation would be if the explanation would be embarrassing to the judge or the parties, or there is a strong personal reason. Each judge would decide if the reason is too embarrassing or personal to explain the reason in writing. A Senate committee is investigating the bill, which is not yet law.

MYTH: Facial recognition technology is accepted in New York State as evidence in courts.

REALITY: New types of technology are being developed constantly, including facial recognition technology and other types of biometric surveillance. One of the hopes is that some of this technology can be used in law enforcement and would find acceptance in the courts. An app has been created by a private company that can search internet images, seeking identification. It can be a starting place to identity people. This technology is only available to law enforcement agencies and not to the general public. Police argue that they would be negligent if they did not use available technology, and that facial recognition technology is only a starting point in gathering evidence. They argue that the technology can help save lives if the police can make a quick identification.

Others argue that the new technologies are not properly vetted, and that the technology often cannot accurately recognize women, young people, and other groups. They also argue that the technology is a threat to privacy and civil liberties, and can be easily abused. Some groups, such as people of color, may be targeted, interrogated, detained and convicted on faulty information.

A proposed new law currently in the New York State Senate for consideration would prevent police from using this technology until a task force thoroughly investigates all areas and sides of the arguments. They would be asked to consider how to regulate in the future. Some see appointment of the task force as overdue.

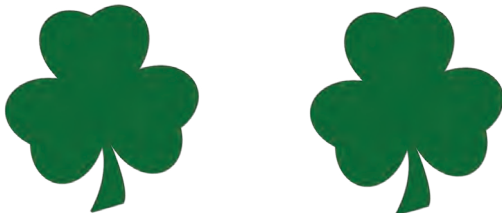
MYTH: Very few limitations are put on jurors or potential jurors because they always do their best to follow the law.

REALITY: The vast, vast majority of jurors follow the law and the judge’s instructions because they understand there can be no justice otherwise. However, occasionally two types of jurors end up on a jury. The first is a “rogue” juror who will refuse to follow the oath that each juror must take to keep an open mind and not lie to get and stay on a jury for his/her own reasons. The second is the “stealth” juror who does not follow his/her oath and the judge’s instruction to refrain from seeking or listening to information outside the courtroom to help make a decision. Both of these types of jurors completely undermine the entire system and most often will result in injustice being done. At a minimum, if may result in great costs to taxpayers to re-do a trial. Every single rule of evidence has been vetted for over 1000 years either here or in England (the source of our legal system) and has been developed to make sure that a jury hears only legal evidence, whether it makes immediate sense to a juror or not.

The vast majority of recent cases of this type of misconduct deal with texting and other online ways of communication. In the case of the “Boston bomber”, two potential jurors said they had no opinion when in fact one had posted on Twitter over 22 times that the defendant was a “piece of garbage”, and other similar opinions. They then lied when asked in court if they held such opinions and if they had posted the opinions on Twitter. Another juror in the same case was a part of the Facebook discussion that a juror should lie and get on the jury to punish the defendant, even with death. Since this clearly was unlawful conduct, the convicted defendant was deprived of a fair trial and the entire expensive case had to be retried. In another case a juror sent and received over 7000 texts about convicting the defendant. When asked by the judge about the texts, the juror lied. Another juror did an internet search on the defendant’s criminal history and shared the findings with fellow jurors.

These are egregious examples, and there may be others that have remained undiscovered. A lawyer and judge can usually only rely on a juror’s honesty under oath. However, for the rogue or stealth juror, there can be consequences. If the juror’s own conscious is not in working order or the juror arrogantly thinks s(h)e knows more than every judge, lawyer or judicial scholar on two continents, the juror may face punishment. Such a juror may be held in contempt of court, fined and also criminally prosecuted for violating a judge’s instructions, and for intentionally breaking the juror’s oath.



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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Exciting News for the Friends of the NHPL!

The Friends of the New Hartford Public Library are excited to share that they have been selected to be part of the Hannaford's Helps Reusable Bag Program, which is designed to make it easy for customers to contribute to their local community while supporting the environment. For the month of March, each time a \$2.50 reusable Community bag is purchased at the Hannaford's located at 50 Kellogg Rd., \$1 will be donated to the Friends of the New Hartford Public Library. This is a great way to raise awareness, support the environment, and fundraiser for their cause. The Friends of the New Hartford Public Library thank you in advance for your support.

Story Time

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

Rocking Chair Reader Story Time

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

Bedtime Story Time

This program is scheduled for the 3rd Monday of each month through May (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!

Kids Egg Hunt & Easter Bunny!!

Join us for an Egg hunt, coloring craft, sidewalk chalk, bubbles, AND the Easter Bunny!! This is another FREE library event on Saturday, March 28 from 11:00-12:30 in the library garden. Bring a bag or basket to collect eggs! This event is open to children up to 8 years old and registration is required. Please call the library at 315-733-1535 to register your child.

Save the Date – Spring Break Children’s Events!!

Children’s Event - Sun Safety Story &Activity

To help educate area youth, the Oneida County Health Department and New Hartford Library are hosting a fun sun safety event for Monday, April 6, 10:30-11:30; to include a story and activity featuring the book “Pete the Cat at the Beach,” a UV bracelet making activity. All children are welcome!

Out of the Cage Petmobile

Spring break program Thursday, April 9, at 2:00. Out of the cage Pet Mobile is a traveling exotic petting zoo. Learn about the animals and get up close and personal with them! All ages welcome!

Social Security Workshop

Tuesday, March 3, 6-8pm.

Since 2014, the one-hour program entitled, "Social Security Claiming Strategies for a Comfortable Retirement," has gained widespread attention throughout the upstate New York region in an effort to help attendees better prepare for their retirement transition. Prospective retirees who are interested in learning how to collect their Social Security benefits are encouraged to attend. Important topics covered include:

- * What critical claiming mistakes should be avoided?
- * Will Social Security be there for me?
- * How much can I expect to collect from Social Security?
- * At what age should I apply for Social Security benefits?
- * How does Social Security protect my spouse?
- * Will Social Security be enough to live on?

The program is being presented as a community service by Retirement Solutions, LLC and is free to attend. Seating is limited and advance registration is required. To RSVP, please call 315-733-1535.

Social Artworking Adult Painting Party

Monday, March 30th, 6-8:30pm: A fun night for adults to paint an Abstract Peonies still life. We will have a registration form at the circulation desk beginning March 1st. The session is free and all materials are provided, but space is limited – call 315-733-1535 to register.

Monthly Bullet Journal Workshops

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

Women (and Men) of Mystery

If you enjoy mysteries, join us at the New Hartford Public Library on Saturday, March 28th at 11:00 as we learn more about those writers who have mystified and puzzled readers with their stories of murder and mayhem. Our topic for this session is America, America. Led by Janet Hoover, we will explore the writings of Tony Hillerman, Carl Hiassen, and Walter Mosley. If you enjoy their books, come to learn more about them. If you’re not sure this type of writing is for you, come and get some new insights into them. If you have never heard of them, come to discover new ideas for your reading list. We meet the fourth Saturday of each month and there is no assigned reading! First time attendees are always welcome!

Yoga for Seniors with Bill Skinner

Classes continue for an 8 week session on Mondays, through March, from 3:00-4:00. Each participant is required to bring their own yoga mat. The classes are conducted by Bill Skinner. Bill received his training at The Savannah Yoga Center in Savannah, GA and has 4 years’ experience teaching senior yoga. Class is limited to 25 participants. Please call 315-733-1535 to register.

Heart of Yoga Chair Yoga

Tuesdays, 11:00-12:15

Mystery Book Club

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

Wanderlust Book Club

Tuesday, March 17th, this month’s title is An American Marriage by Tayari Jones. Meeting place TBD.

NHPL “Thursday” Book Club

Thursday, March 26, 1:00-3:30pm

March Artist on Display

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



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MARCH
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Community News

THE TOWN CRIER 5

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

The current session ends on March 5th, and there is no Tai Chi on March 12th. The next 8 week session begins on March 19 and continues through May 7th. The Beginner Class meets from 10:00-11:00, and the Advanced Class meets from 11:15-12:15. No registration required.

**MARK YOUR CALENDAR
UPCOMING EVENTS**

Ice Cream Social at
New Hartford Recreation Center
Wed., July 8, 2020 - 7-9 p.m.

Bill Bonsted Indoor Miniature Golf Tournament
Sat., November 7, 2020
All Ages

BOARD-FRIENDS NOMINATIONS FOR 2020
President: Susan T. Fountain, Vice-President: Kathy Ventura, Treasurer: Shirley Cannistra, Secretary: Monica Maier, Corresponding Secretary: Mary Jude Winn; Subcommittees: Used Books: Annette Barber, Membership: Gary Fountain, Publicity: Marcia Danella
Also, the March 21 meeting will include the election of officers.

If you are interested, the following items are available at the library circulation desk:

Friends Cookbooks:	\$3.00
NHPL Tote Bags:	\$3.00

FRIENDS MEETINGS
March 21, April 18
9:30-11:00 a.m.

Chubbuck Cancer Foundation Mystery Dinner “Fiddler On The Loose”

The Joseph Michael Chubbuck Foundation presents an ACME Mystery Dinner Theater “Fiddler On The Loose” to benefit cancer patients in financial need in Oneida, Herkimer, Madison, and Onondaga Counties.

The Milkman, Skeevya, and his family have been forced to leave their beloved little village of Havavodka and immigrate to America. The quaint Russian countryside has been replaced by the bright lights of New York City and the old world traditions have been replaced by the new world permissions. In fact, Skeevya now has a new job- with the Russian mafia! At last he is a rich man but how long can it last? Remember: you’re gonna get a little on you when you’re playing in the borscht.

This event is sponsored by MVHS Cancer Center, AVACNY & ORS. Come experience an interactive mystery dinner while you enjoy appetizers, a lent-friendly buffet dinner with dessert at Harts Hill Inn on Friday- March 27, 2020 from 7-10pm. Doors will open at 6pm. Tickets cost \$45. There will be a Basket Raffle & 50/50 raffle along with a Cash Bar. Guests are welcome to dress casual or semi-formal. **RESERVATIONS ARE REQUIRED** due to limited seating. Tickets are available now online at www.thejmc.org under “Events” OR by calling the Foundation Office at 315-339-5993 (9am – 5pm, M-F). Donations can be made online at www.thejmc.org under the Donate tab.



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NH Home Games
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Date	Start time	Sport	Level	Opponent	Location
3/3/2020	3:00 PM	Bowling (Boys)	Unified	Camden	Pin-O-Rama Lanes
3/10/2020	3:00 PM	Bowling (Boys)	Unified	VVS	Pin-O-Rama Lanes
3/23/2020	5:30 PM	Lacrosse (Boys)	Varsity	Tully	HS Turf Field
3/28/2020	10:00 AM	Lacrosse (Boys)	JV	Oswego	HS Turf Field
3/28/2020	12:00 PM	Lacrosse (Boys)	Varsity	Oswego	HS Turf Field
3/31/2020	5:30 PM	Lacrosse (Girls)	Varsity	Oswego	HS Turf Field

PARP 2020: a Fresh Take on a Time-Honored School Program

Parents and teachers at New Hartford Central School District find new ways each year to take fresh approaches to time-honored programs. This is especially true for Pick a Reading Partner, or PARP, which is now entering its fifth decade at local schools. While some of the titles and authors of children’s books have changed over the years, one thing has not: the effort by local parent-teacher associations to focus on the fun of reading.

For example, the PTA at Myles Elementary School developed the theme “What’s Your Genre?” to encourage students to explore an assortment of books and discover what genres they most prefer. During a nearly two week period, students maintained a reading tracker to note what type of book they read on a given day and its corresponding genre. The PTA plans to share with students which genre was most preferred per grade level. PARP at Myles wrapped up with a Family Fun Night where students were encouraged to exchange gently worn books with their peers. Students were able to discover even more new books to love.

Hughes Elementary looks to incorporate competition and games into their PARP 2020 program, as well as mirror the efforts of national programs. Classes will compete in categories such as most reading time, and can enter to win daily prize drawings.

Similar to the Read Across America program, the school will celebrate dress-up days and focus on featured authors. This year’s PARP program will conclude with a school-wide celebration that promises to be exciting and memorable, though details remain secret as to not spoil the students’ fun.

And while each of the New Hartford elementary schools help put a new spin on a treasured program, fans of classic children’s literature will be happy to know that some favorite characters and authors of yesteryear remain an essential part of PARP. At Bradley Elementary School, Curious George, who made his first children’s book appearance in 1941, was the star of PARP 2020. Students and teachers celebrated the completion of PARP with banana-flavored lollipops, and each student received a Curious George ring. Dr. Seuss and associated characters have also figured prominently in PARP programs over the years.

Though each PARP program at New Hartford elementary schools has a distinct approach, they all promote the social bonds of reading. And while New Hartford Central School District joins many other schools throughout New York in holding PARP events, the program has a special local connection. The program was formed by local State Senator James Donovan in the late 1970s and originally known as Parents as Reading Partners. Now managed by local PTAs, PARP looks toward continued success in the years to come.

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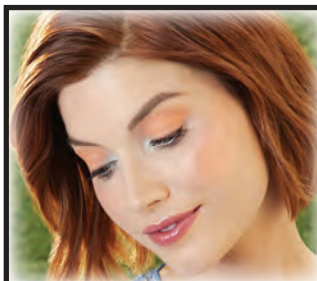


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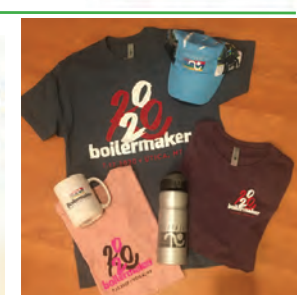
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8 THE TOWN CRIER

Community News

**MARCH
2020**



Shoot for the Stars With New Sitrin Event

Take it to the top of the key with Sitrin Health Care Center's new Three-Point Shootout event! On Saturday, May 2, 2020, get out of your seats and onto the court at the Todd & Jen Hutton Sports and Recreation Center, between 9 a.m. and noon.

This fierce basketball tournament will bring the excitement of a half-court shot and the thrill of competition to the Utica College Dome. Participants will stand atop the three-point arc and race against the clock as they try to make as many baskets as possible within one minute.

"We are excited to open the Sitrin Three-Point Shootout to the entire community," said Marc DePerno, director of the Sitrin STARS Program. "This is an opportunity for basketball enthusiasts to participate in a fun-filled, competitive event, while also supporting the Sitrin STARS adaptive sports program."

Open to people of all ages and abilities, shooters can compete as an individual or part of a team. Individual divisions will be based on age and gender, including junior varsity (up to age 14), varsity (15-18), and NBA (19+), as well as divisions for wheelchair users and local celebrities. Additionally, participants can assemble with other school peers, colleagues, friends and family, or fellow first responders to form teams of five players.

Top scorers in each division will receive a commemorative trophy and t-shirt, and the overall highest tournament champion will score a \$100 gift card!

Proceeds raised by the event will benefit the Sitrin STARS Program, providing training, equipment, advocacy, and awareness to athletes with physical disabilities. Established in 2001, STARS is the area's first adaptive sports program, and Sitrin is the first

recognized United States Paralympic Sport Club in the region. The program fosters positive and supportive relationships between fellow athletes, giving them the opportunity to share experiences on and off the playing field. STARS athletes compete in basketball, curling, paddling, shooting, biathlon, and road racing on a recreational, competitive, and Paralympic level.

"For nearly 20 years, we have been very fortunate to provide unique sporting opportunities to individuals with physical disabilities," said DePerno. "The support of the local community has had a profound impact on our athletes, their families, and the entire Mohawk Valley."

Individuals interested in playing in the Sitrin Three-Point Shootout can pre-register or register the day of the event. Entry fees are \$5 per player and \$25 per team. Sitrin accepts cash, check, or credit card. Visit www.sitrin.com/sitrinshootout to register online or download a printable registration form.

In addition to those playing, local businesses also have the opportunity to sponsor the tournament. Four different sponsorship levels are available. For more information or to become a sponsor, contact Marc DePerno at mdeperno@sitrin.com or (315) 737-2459.

Join us on the court and enjoy a day of competition, cheering, and community!

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Seats are Available for an Exciting Bus Trip

The Seed and Weed Garden Club is hosting a one day bus trip to Hyde Park on Wednesday, June 17th to see Eleanor Roosevelt's Val-Kill, the only National Historic Site dedicated to a First Lady. Val-Kill today remains largely unaltered and is filled with many of Eleanor Roosevelt's possessions. Enjoy a guided tour of the cottage and pursue the grounds and museum exhibits documenting Eleanor's life.

The second stop will be the Beatrix Farrand Garden at Bellefield, the earliest surviving private garden created by one of America's most celebrated and influential landscape designers, Beatrix Farrand (1872-1959). Farrand studied at Harvard's Arnold Arboretum and earned a reputation for clever use of perennials and mixed border landscapes. Her career included commissions to design gardens for private estates, botanical gardens, college campuses and the white house. While most of her gardens have been lost to time, this garden's restoration has resulted in a stunning display of perfectly composed borders set off by vine-traced walls and clipped hemlock hedges.

Our final stop will be at the "Shadows on the Hudson", an award winning restaurant perched on a cliff 40 feet above the Hudson River where we will enjoy a sumptuous mid-day meal. This prime location affords us grand views of the Mid-Hudson Bridge to the North and miles of open river to the South.

The cost of the trip is \$115.00 and includes transportation, snacks, all tours, lunch and gratuities. The bus departs from New Hartford Shopping Center with an additional pick up location at Herkimer Thruway Exit 30. For information and reservations, please call Judy at 315-724-7595 or Barb at 315-735-5534 to hold your spot or visit our website at seedandweedgc.weebly.com. Reservations and deposit of \$50.00 required by April 1st. Final payment due by May 1st. Checks may be mailed to Seed and Weed Garden Club, 14 Parkview Dr. New Hartford, NY 13413. Refunds will not be given after May 1st.

A large portion of this year's proceeds will be donated to the Oneida County I-CAN organization whose vision is keeping families together through empowering individuals and families.

Seed and Weed Garden Club is a community based club that is affiliated with the National Garden Club and the Federated Garden Clubs of New York State.

We have created and continue to maintain a beautiful garden at Sherillbrook Park (behind the former office) which is a quiet spot to enjoy. The club gives scholarships to high school students each year for the NYS Department of Environmental Conservation Summer camps, and has started an educational "Take Out Bag" program for children at the Utica Public Library. New members are always welcome.

Free Workshops at Shawangunk Nature Preserve

Located at 255 Shawangunk Road, Cold Brook. No fee for classes except for materials. Please call 315-826-7405 to register or inquire about scheduling a special workshop for your group.

March 7th 2020 10:30 - Noon

Winter Woodland Nature Walk for Children

Join Homeschooler, Kimberly Behrendt for a guided nature walk with ideas on how to help children play and have fun with our winter environment as well as appreciate it's unique qualities and beauties. All ages welcome! Parents need to accompany children. Please call ahead: 315-826-7685

The Black Creek Trail from the end of Shawangunk Rd to Black Creek will be groomed for snowshoeing and cross country skiing throughout the winter months and may be used any time. Please sign in at the Trail Head.

Spring Sports Sign-Ups

Students in grades 7-12 were asked to sign up for spring sports during a designated period in their Physical Education class. Upon signing up for a spring sport, they received a Blue Card as well as a Pre-Participation Form.

Due to NYS regulation, these forms cannot be accepted unless they are dated within 30 days of the start of the season. All JV/VARSITY Sports begin on Monday, March 16, 2020 and all Modified Sports begin on Monday, March 23, 2020. Please complete, sign and return to your respective nurse's office on/after the following dates:

JV/VARSITY Sports – February 16, 2020 (start date 3.16.2020)

MODIFIED Sports – February 23, 2020 (start date 3.23.2020)

A current sport's physical also must be on file if it is not already. If you should have any questions, please contact the athletic office at 315-624-1296.



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New Hartford Central School District Announces Kindergarten Registration

The New Hartford Central School District will hold Kindergarten registration for the 2020-2021 school year on Thursday, March 19, 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.

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10 THE TOWN CRIER **Community News** **MARCH 2020**

**Free Travel Presentations
Announced**

The public is invited to attend a free Travel Presentation to learn about upcoming tours offered by Tours By Design. The featured trips are Tournament of Roses Parade (departing this December) and Charleston, Savannah and Jekyll Island (departing April 2021). Both tours include airfare from Syracuse as well as a land portion by motorcoach.

Local company Tours By Design is working with Mayflower Cruises and Tours of Illinois to present these trips.

Two free presentations are offered on Thursday, March 19, the first day of spring! The afternoon program is at 2pm, and an evening session is scheduled at 6pm. Advance reservations are requested and helpful but those without a reservation will not be turned away. Note that those reserving in advance will be entered in a door prize drawing. There will also be tour discounts offered to all those who attend and make their trip reservation on site.

The travel presentations take place at the Burrstone Inn (formerly Holiday Inn) at 1777 Burrstone Road, New Hartford.

To reserve your seat or get more information, call Carol

Hamlin Buczek at Tours By Design, 315-831-3052 or 1-877-454-0927, or e-mail carol@toursbydesign.org

The Tournament of Roses Parade is a 6-day tour that features five nights in Long Beach, California, narrated tours of Los Angeles and Hollywood, a New Year's Eve gala celebration with dinner, dancing and live orchestra, reserved seating for the 132nd Tournament of Roses Parade, a post-parade "Showcase of Floats", dinner on the *Queen Mary*, and more.

And it's not too soon to plan your spring 2021 getaway to Charleston, Savannah and Jekyll Island. This 7-day trip includes guided touring in each city, two nights at the Jekyll Island Club Hotel, spectacular scenery and warm southern hospitality.

To learn more about Tours By Design and other travel opportunities contact Buczek by phone or e-mail, or visit the website www.toursbydesign.org or follow the company on Facebook.



**RSVP Readers Theater
Invites New Members**


The RSVP Readers Theater has begun the new year and decade with new material, venues and opportunities for involvement. Part of the Retired and Senior Volunteer Program of Oneida County, the group is open to anyone interested in reading, performing, and hearing plays in a group setting. RSVP Readers Theater meets every Monday (except holidays) from 1-3 p.m. at the New Hartford Senior Center in the Municipal Offices Building, 8635 Clinton Street.

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**NBT Donates Proceeds from
Casual for a Cause to Hospice
& Palliative Care**

Hospice & Palliative Care recently received a check from our friends at NBT Bank in Oneida for their "Casual for A Cause" contribution by the staff at the downtown Oneida Branch. The staff recently participated in a Jeans Day to benefit hospice patients. As Manager Doreen Borders said, "NBT is always in the community doing what we can. And we hope this encourages others to donate to Hospice as well."

Hospice & Palliative Care serves the residents of Oneida, Herkimer and Eastern Madison Counties, providing hospice care, palliative services and bereavement support. For more information contact them at 315-735-6484. Shown above are Doreen Borders, NBT and Amanda Luley, Hospice Executive Assistant.

"In readers theater, lines are not memorized but read aloud from a script, occasionally with 'props' and 'blocked' movement," said the group's director, Carl Schleicher. "It provides a comfortable way for individuals without theatrical experience or background to experiment, and even try public performance," he said.

The group's secretary, Charlene Lojewski added, "The group uses a variety of adapted comedic and dramatic shorter plays, skits, and sketches, as well as educational, informative, and seasonal offerings for particular holidays."

Ted Lenio, who joined the group almost two years ago and serves on its program committee stated, "The best part of RSVP Readers Theater is that we're an assortment of both seasoned and inexperienced actors who share a common love of theater. Communicating that joy with diverse audiences is infectious and mutually entertaining," he added.

Carol Prichard, who is responsible for booking engagements indicated that RSVP Readers Theater is available to perform at local libraries, clubs, senior living / retirement centers and adult care facilities, and other community organizations.

For more information on becoming a member or booking a performance, please contact 315-723-1386 or charpef@roadrunner.com.

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New Hartford Highway News
Submitted by Highway Superintendent, Richard Sherman

The Highway Department has changed the listing of roads from the old Area's A, B, C,&D to the new Ward districts. This was done last year when the schedule came out so that the ward districts matched the council's districts. Ward 1 will be James Messa the old area D, Ward 2 Richard Lenart the old area C, Ward 3 David Reynolds the old area B, & Ward 4 Richard Woodland the old area A.

This year's brush collection along with the curbside

collection will be in the April addition of the Town Crier. Please watch for the flier so that you know the schedule and can save it for this years pick up. The Town Board has put in place a storm water crew that will be working this season on storm water issues replacing storm water pipe, cleaning ditches, and creeks that have been filled with debris and gravel. The highway department has this list. As the weather breaks, they- will be out working on these sites. Added

to the town highway department fleet is a new 2019 John Deere excavator 130G (see photo on the left). This will give the highway department a smaller excavator along with the new larger one and the dozer to work in the areas that need cleaning in the creeks and detention ponds.

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

The winter so far has been light, but we can still get some major snow storms in the month of March. Remember Stella snow storm was in the month of March

The Town of New Hartford Highway Department has several seasonal openings for labor positions. These positions work 6:30-2:30 M-F at \$11.00 per hour, starting 4-6-19 thru 10- 30-19. Applications can be obtained on the town's web site, the town hall, and at the highway garage. If you need to call the highway superintendent call 315-534-2998 or rsherman@townofnewhartfordny.gov.



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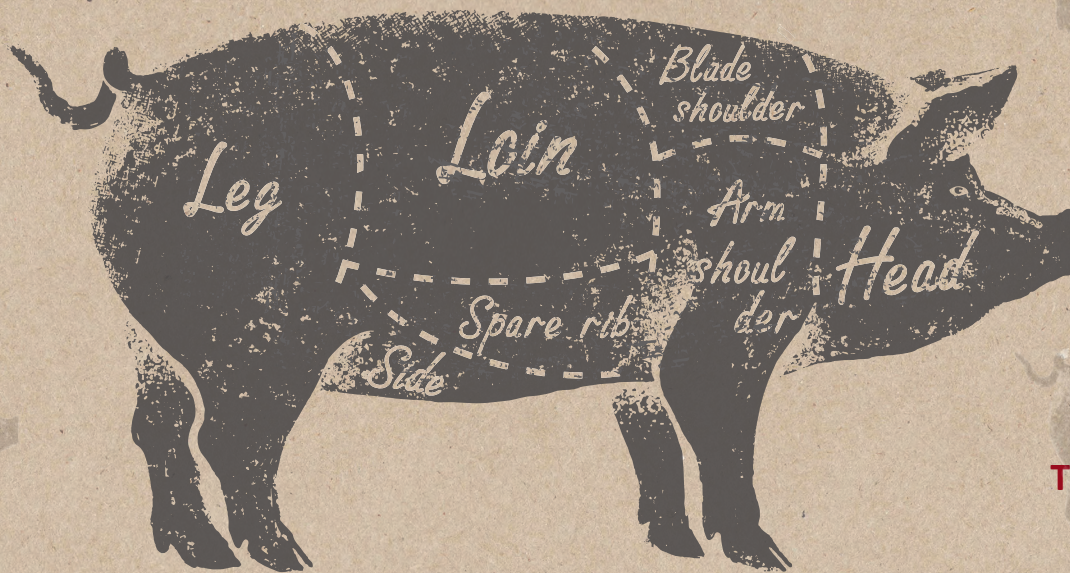
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MARCH
2020

Community News

THE TOWN CRIER 15

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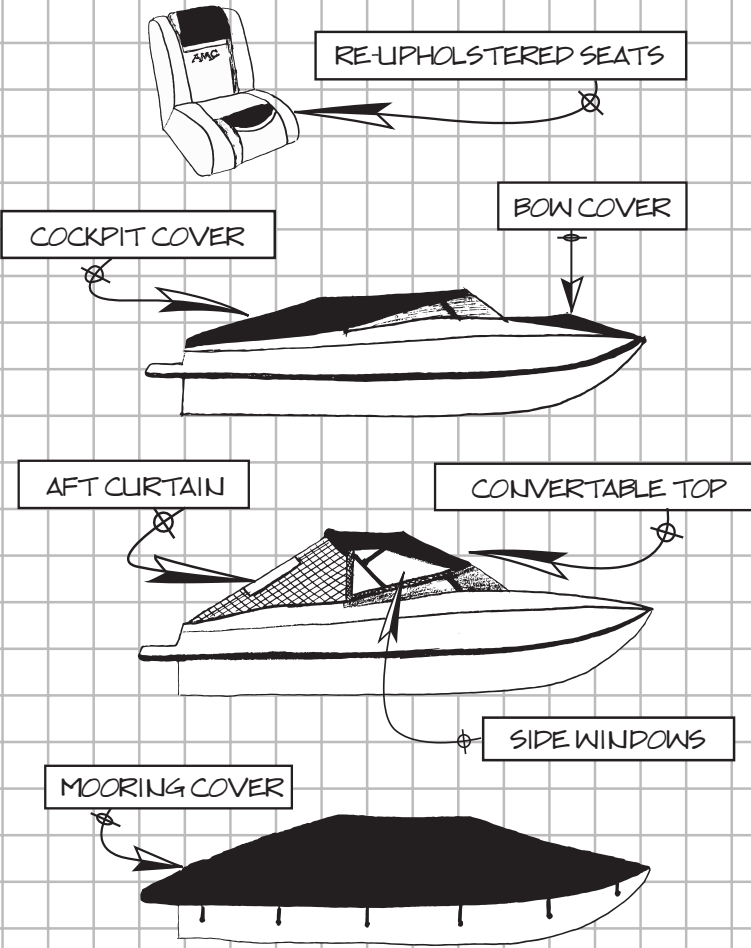
NEW YORK STATE LICENSED MOLD REMOVAL


Flooded Basements

Flooded basements constitute a large portion of a mitigation company’s services. Flooded basements can happen throughout the year, at any given time due to broken water lines, ruptured hot water tanks, drain back up, ground water flooding and sump pump failure to name a few. Basement floods do more than cause property damage they can also pose a threat to you and your family members. If you suddenly discover your basement is filled or filling with water fully evaluate the situation and hazards before entering the space. Even a few inches of water can pose an electrical hazard or possibly a slip and fall. The experts at Disaster Services will immediately respond and properly evaluate and eliminate any immediate hazards and start the process to bring your basement or home back to normal conditions with just one phone call. Flooding stands as a real possibility for all homeowners even those who don’t live on a flood plain or anywhere near a body of water. According to the National Flood Insurance Program, floods are the No. 1 disaster in America, averaging over \$3 billion in claims per year. If you come home to a basement with water damage you need answers and have to make decisions quickly.

One common culprit behind basement flooding is rain. Excessive amounts of rain in a short period of time can overload basement waterproofing systems, saturating the earth around your basement and then infiltrate through foundation cracks, footings or even through cracks in the floor. The best planned waterproofed basements are still at risk from water damage. Sewer backups also cause basement flooding and damage. A busy mitigation company will certainly see its share of these throughout the year particularly during times of heavy rain fall. Most homes usually have a sewer tie-in line that is lower than the floor of the basement, allowing dirty water from tubs, toilets and sinks to be carried away. If this sewer line becomes clogged or damaged and its waterline rises above that of your basement floor, expect water to come rushing back into your home. Backups into the basement can also occur from a home’s septic tank or even municipalities doing work on the sewer system in your area. Sump pump failures are also high on the list of causes for basement flooding. Sump pumps are set in basins drilled into the floor of the basement and are thought by most to be a fail-safe system by mechanically pumping out excess water. We cannot stress how important the installation of a good quality sump pump system is however these pumps are mechanical and can also fail. We have seen everything from a plug that wiggles loose from the outlet, debris that block the operation of the pump, to the unit simply not activating due to a power failure. A battery backup with an additional smaller pump does give some peace of mind however this battery system can also develop problems over time. We would recommend that every 4-6 months the homeowner manually activates the pump to be sure it is working properly and keep the sump pit clear of debris. Also if battery back- up is installed check the status of your battery. Repair costs after a basement flood can vary significantly depending on how quickly the situation is acted upon, how much water infiltrated the area, the type of or category of the water that caused the damage and the length of time the water was in place without professional evaluation and mitigation services being started. Cost of repairs and further services can escalate tremendously if a mold growth starts to develop. If you’re dealing with a few puddles on the floor, the homeowner can usually handle this by removing the water and placing a household fan and dehumidifier in the area. Substantially more water should be evaluated and addressed by a professional mitigation company capable of not only evaluating immediate hazards but also inspecting the total affected area for unseen water travel, establishing a plan for not only evaluating the loss for insurance coverage but putting together a

mitigation plan that is explained to the homeowner and will immediately stop further damage to the structure and prevent the start of microbial growth. While drying out the area promptly is extremely important there are also multiple steps associated with the mitigation process that must take place. Disaster Services has handled hundreds of water damage losses ranging from high rise structures to single family homes. Our 30 plus years of experience lets us handle all aspects of the job giving the homeowner peace of not having to deal with several contractors. Keep in mind that you as a homeowner / insured have the final say over who does work in your home and not the insurance adjuster or carrier. You need to feel comfortable with the contractor in your home and you do have the final say. Disaster Services has successfully worked with all of the major insurance carriers for over 30 years. We have unmatched experience in all phases of water mitigation and we truly do set the bar for standards. We can guide you through any size loss due to fire, water, or mold from start to finish. We are a N.Y.S. licensed mold removal company along with our industrial hygienist and certified lab we are the company of choice for mold remediation. We do also offer non-emergency services, just call our office and if we cannot help you we will recommend someone who can. When you call our office you will always speak to a trained professional and never an answering machine or service. You will also have the peace of mind of having the owner on the job from start to finish and who will be there to answer any of your questions. For immediate response due to damage caused by water, fire, and mold, call Disaster Services @ 315-797-1128 or for a full list of services visit our web site at disasterservices.us or check us out on Facebook.






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THE TOWN CRIER

NH Fire Dept. News

MARCH 2020

NHFD News

January 2020 began another busy month (and year) for your New Hartford Volunteer Fire Department as indicated by the monthly call report listed below by category. In fact, the department answered 96 calls for the month.

Fires	=	0
EMS	=	60
Hazardous	=	5
Service Type	=	12
Good Intent	=	6
Other Alarms	=	12
Weather Related	=	1
Other	=	0

Total Calls for the Month of January 2020 = 96.

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

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

Winter Safety Tips To Keep You Safe This Winter Season

Keeping Fire Hydrants Clear of Snow - An accessible and properly functioning fire hydrant is a vital part of any firefighting operation. Please avoid piling snow on or around fire hydrants. If possible, especially during very heavy snow falls, take a few extra minutes to ‘adopt’ your nearest fire hydrant by clearing the snow from around the hydrant. This improves firefighter’s ability to quickly locate and access the hydrant in an emergency.

Keep Roads Clear for Emergency Vehicles - Operating an emergency vehicle such as a fire truck is a complex job under perfect weather conditions that becomes even more challenging under the current winter weather conditions. Please exercise extra caution when driving and yield the right of way to emergency vehicles responding to alarms. It's also important to avoid blocking access to snow emergency streets and other key thoroughfares. The same applies to the fire lanes or fire zones in commercial parking lots.

Make Sure Your Address on Your Home is Visible – Please make sure that the address on your home is visible From the Street. Emergency response teams cannot find you if your house number is not clearly displayed. While you are out clearing snow from the driveway and the walk, you also need to clear off the markings on the home or business, so firefighters can quickly reach you in an emergency. Believe it or not, a majority are not visible from the street. Add with snow covering, and it being a possible nighttime emergency, it can make the situation worse. A badly displayed number can cost you precious time in your emergency.

Practice Basic Winter Safety - Avoid fires and injuries by practicing basic winter safety. The old adage,

‘an ounce of prevention is worth a pound of cure’ is particularly applicable during the winter months. Many winter emergencies can be avoided by following some basic safety tips such as:

Heating Systems:

Heating systems need to be checked each year to make sure they are running safely and efficiently. Make sure your system is checked BEFORE the heating season is in full swing. If there is a problem, you'll want to find out in advance so you can avoid an emergency situation. If you heat with oil, you should have the furnace cleaned once a year, and the oil supply plumbing checked to assure it is not leaking. If you heat with gas, you need to make sure all gas connections are tight and the pilot light is operating properly. Remember, GAS IS EXPLOSIVE! All maintenance and repairs should be done by qualified personnel.

Note on Propane: DO NOT STORE PROPANE TANKS INDOORS!

Propane has the same explosive power as some military ordnance does. These tanks should always be outside, stored upright, out of direct sunlight and or heat, and in a well ventilated area. If your tank has been stored for a long time, always check for signs for wear and tear on the rubber tubing that connects the propane tank to your BBQ grill or other appliances. Replace the rubber tubing at the first signs of wear.

Space Heaters:

If space heaters are used, remember to use them for a limited time each day and never connect to an outlet with an extension cord or plug strip. When not in use, be sure to unplug the unit and let it cool down if you will be storing the unit. Keep a window open or the door ajar in a room where an un-vented heater is in use. Never use heaters to dry clothing or other combustibles.

Chimneys and Flues:

Chimneys and flues are not just for fireplaces. Most home heating systems require chimneys and flues to vent. Making sure they are unobstructed and in good condition can help prevent a deadly backup of carbon monoxide gas in your home. All chimneys and flues should be checked to assure that there are no obstructions, clogs, bird nests, or mechanical damage to moving parts. Any of these scenarios can lead to a build-up of deadly carbon monoxide inside your house.

Fireplaces:

Before using the fireplace for the first time in a season make sure the flue is open and unobstructed. If there are any obstructions, remove them. If not removed, these obstructions will cause carbon monoxide to back up into your home. Never leave a fireplace unattended. Fireproof mats or material should be used next to your fireplace and stoves. Chimneys and vents should be inspected and cleaned annually (see above). Don't burn newspapers or other trash in a fireplace because they burn too hot and can ignite a chimney fire and never use charcoal in the house. Charcoal produces massive amounts of carbon monoxide. A small bucket or pot of water left handy near the heating device can be used to douse any small embers that pop out onto rugs or other combustible surfaces.

Coal and Wood Burning Stoves:

Use coal only if specifically approved by the stove manufacturer. Gasoline or other flammable liquids should never be used to start a wood fire since it might explode or flare up.

Smoke Alarms and Carbon Monoxide Detectors:

Test your home smoke alarms at least once per month. Do this by pressing the test button on the unit. If your detectors are battery operated, check the batteries often to make sure the units are operational. If you do not have one already installed, install a carbon monoxide detector to detect production of potentially lethal carbon monoxide by gas fireplaces, gas stoves, barbecues, gas furnaces.

Personal Health and Safety:

In the cold weather, monitor young children, elderly family and neighbors, as well as the sick, who are particularly susceptible to the dangers of the cold. Don’t venture out in extremely cold weather unless absolutely necessary. If you must go out, be sure to dress in layers with a water- and windproof outer layer. A hat is a must as 40% of body heat is lost through the head. Don’t smoke or consume alcohol before going out, because these substances alter your body’s circulatory system, making you colder instead of warming your body. Exercise caution when shoveling snow – overexertion can sometimes lead to tragedy.

If you have a fire or smoke emergency with your fireplace or other heating device, follow these important rules:

* Do not try to fight a large fire yourself; Call the Fire Dept. by dialing - 911!; Get out of the house!

* If you smell gas, or detect a gas leak, Call the Fire Dept. – 911, we will notify National Grid for you when we arrive.

If everyone follows these common sense rules, and maintain our heating systems, we can have a safe and warm winter.

For more information on The New Hartford Volunteer Fire Department please visit us at: www.nhfd.com.

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MARCH
2020

Community News

THE TOWN CRIER

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The New Horizons Chorus is Looking for Their Next Musical Director

Do you love a cappella music and barbershop harmony? Are you seeking a new opportunity to direct an established, award-winning, community chorus? Does bringing joy to audiences young and old inspire you?

If so, the Mohawk Valley Chapter of the Barbershop Harmony Society (BHS) encourages you to apply to be our next musical director. Established in 1949, the Chapter recently celebrated its 70th anniversary and is seeking that special talent to replace our BHS Hall of Famer, arranger extraordinaire and Master Director Dr. Rob Hopkins. The Chapter rehearses in New Hartford, NY on Wednesday evenings.

We are seeking candidates with choral director training, a vision for growth in music and attracting membership, while preserving our musical excellence. The ideal candidate should recognize that fellowship is an important part of the tradition of our Chapter. Responsibilities of the position include planning and conducting the music portion of weekly rehearsals, directing the Chapter at all performances and competitions and working with the Music Team/Section Leaders in music selection for repertoire and performances. Please contact Brian Sagrestano at christineandbrian@yahoo.com or 315-292-2384 for more information or to submit a resume. This is a paid position with a modest annual salary.



Fair Trade Shop

The Pink Shawl above is woven with shimmering cotton threads in elaborate paisley and floral designs. The Purple Wave Scarf, made from silk is screen printed and hand painted in brilliant colors, with a rolling wave pattern at either end. The production of both these items helps preserve India's diverse craft traditions. The Gold Medallion Wrap, made in Cambodia, is an elegant handwoven silk shawl in deep gold and is dip tie-dyed in black to create abstract medallions for a truly sophisticated look. Your purchase of any of these remarkably handcrafted items creates income and social reform for hundreds, provides rural women and individuals with disabilities empowerment to become self-sufficient, and to have self-worth and hope. These items are featured this month at our Fair Trade Shop, Stone Presbyterian Church, 8 So. Park Row, Clinton. We have a large selection of baskets, exquisite jewelry, collectibles, wood items, chocolate and food items, clothing, and toys from 38 different countries. Purchasing fair trade ensures artisans and small farmers fair wages and healthy working conditions, providing dignity, sustainable development and hope to marginalized people. Our hours are 10am to 6:30pm every Thursday and 10am to 4pm second Saturdays. For more information, contact Lauralyn Kolb, lkolb@hamilton.edu, 315-725-1326, visit our website at www.stonepres.org or like us on Facebook at www.facebook.com/stonepres.

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Community News

MARCH
2020

MVCC to offer Certificates in Water Safety Instructor, CPR, and First Aid

Mohawk Valley Community College's Center for Corporate and Community Education will offer programs in Water Safety Instructor (WSI), Heart Saver and First Aid (AHA), and CPR/AED for the Lifeguard/Professional Rescuer.

The WSI course will give participants the skills and knowledge needed to teach swim lessons and basic water safety. Class runs for two weekends, March 20-22 and March 27-29 on the Utica campus. The cost is \$299.

CPR/AED for Lifeguard/Professional Rescuer will teach participants how to recognize and respond to emergencies. Certification in CPR/AED will be given with successful completion. The next class runs Saturday, March 21 on the Utica campus. The cost is \$55.

Heart Saver and First Aid (AHA) is geared toward anyone with limited or no medical training. This American Heart Association course satisfies employment, volunteer, regulatory, and other requirements. Class runs Saturday, March 14 on the Utica campus. The cost is \$85.

For more information or to enroll, please visit www.mvcc.edu/cced or call 315-792-5300.

MVCC to offer Brewing Fundamentals Certificate

Mohawk Valley Community College's Center for Corporate and Community Education will offer a Certificate in Brewing Fundamentals, giving individuals an opportunity to learn the process of brewing in order to enhance a small business or take home-brewing to the next level.

The program is comprised of seven courses: Brewing Overview; Barley 101; Water Chemistry; Hops 101; Intro to Yeast; Quality; and Off-Flavors and Characteristics. Participants will learn how the science of water, hops, barley, and yeast meet the art of brewing to create quality beer and how some principles apply to wine, cider, and distilled spirits.

The courses run Thursdays, March 19-April 30 from 6-9 p.m. at MVCC's Utica Campus, 1101 Sherman Drive. Enrollment is limited to 20 students and the full program cost is \$349.

For more information or to enroll, please visit www.mvcc.edu/cced or call 315-792-5300.

Clinton High School Presents...Disney's *High School Musical*

Troy, Gabriella and the students of East High must deal with issues of first love, friends and family while balancing their classes and extracurricular activities.

It's the first day after winter break at East High. The Jocks, Brainiacs, Thespians and Skater Dudes find their cliques, recount their vacations and look forward to the New Year. Basketball team captain and resident jock, Troy, discovers that the brainy Gabriella, a girl he met singing karaoke on his ski trip, has just enrolled at East High. They cause an upheaval when they decide to audition for the high school musical that is being led by Ms. Darbus. Although many students resent the threat posed to the "status quo," Troy and Gabriella's alliance might just open the door for others to shine as well.

There will be three performances on March, 5th, 6th, & 7th at 7:30pm at the Clinton School Districts Performing Arts Theater. Box office opens at 5:30pm each night of the show. All tickets are \$10 and reserved seating. Cash or Check Only Please.

We do not accept Credit Cards. Purchases must be made in person. No orders will be taken over the phone.



#ISeeYou

Submitted by MaryJo Timpano

Community Wellness Partners is proud to be part of the Masterpiece Living network of professionals committed to eliminating ageism in our society. Masterpiece Living, a multi-specialty group has spent more than 20 years partnering with organizations such as ours to provide expert guidance in aging-science and living with passion, purpose and growth. From this partnership and our belief that every person should be celebrated for their wisdom and experience, our vision "to inspire and nurture successful aging" has taken shape. Every interaction with team members and residents reflects this vision, whether choosing empowering language or engaging in purposeful programming that challenges people to step out of their comfort zone. We're ready to take it to the next step and hope you'll join us.

#ISeeYou is a campaign that challenges us to encourage young people to sign a petition to share your stories of interacting with an older person, carry out a random act of kindness toward an older person or ask an older person to share his or her story, or a bit of wisdom with you. Chart-topping singer-songwriters Grant Maloy Smith and Mike Greenly set out to collaborate on a song and put this challenge into words. Take a listen, you won't be sorry! <https://www.youtube.com/grantmaloysmith> You can find more information on the #ISeeYou challenge by visiting our website at www.communitywellnesspartners.org Together we can change the way we view aging in our society and learn to value the experiences and wisdom of our older adult population.

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



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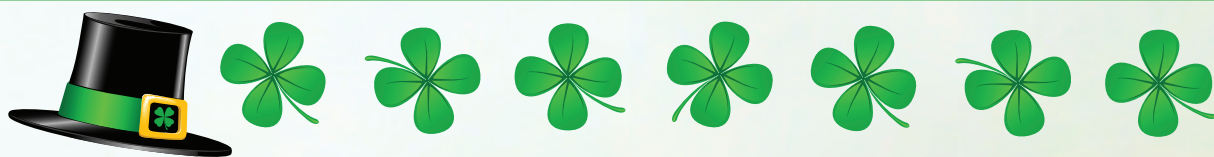
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MARCH
2020

NH Historical Society News

THE TOWN CRIER

21

NEW HARTFORD PAST TIMES

MARCH 2020

NEW HARTFORD HISTORICAL SOCIETY



Join Us Sunday March 22nd

Please mark your calendar for our next Program Sunday March 22nd, 2pm at the Willowvale Fire Station in Chadwicks. Mary Hayes Gordon, from Utica College, will present ***“Oneida County Women in the Abolition Movement”*** Mary is not only a Board Member at the New Hartford Historical Society, she’s been very involved in the creation of Oneida County Freedom Trail Walking Tour which highlights the path former slaves took to gain their freedom. Mary has done extensive research and has documented the many women of the Oneida County region who played integral parts in the Abolition movement. You won’t be disappointed in Mary’s presentation!

Reminder : Annual Dues are due

We are extremely grateful for the support we receive annually from our members. More than 50% have already renewed for 2020 since we mailed out the renewal reminder in the Winter Tally Ho. Any mailing you receive from the Society will display a year on the address label. This # indicates the year you are current through. If your label isn’t 2020, please consider renewing. Your support is very much appreciated!



Mary Hayes Gordon speaking last year at the joint program hosted by the Clinton & New Hartford Historical Societies



NHFD at Utica’s St. Patrick’s Day Parade Circa 1993

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

APRIL-NOVEMBER
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The 3rd Saturday of the
Month: 11am-2pm
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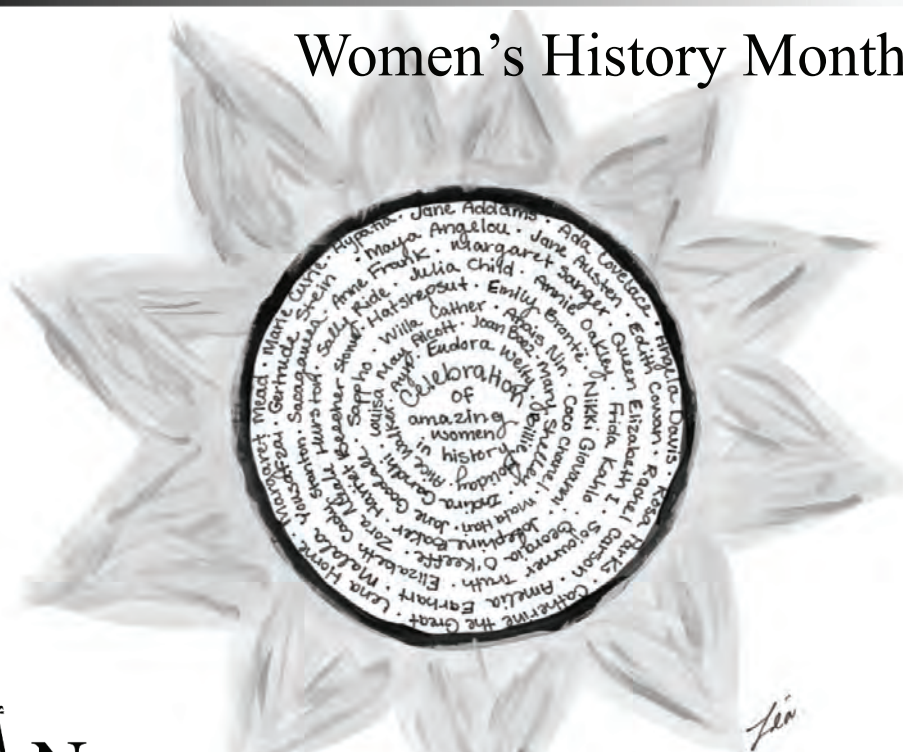
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Women's History Month - A Celebration of Women



Join us throughout the month of March for a **Celebration of Women** during Women's History Month, a joint collaboration between the New Hartford Chamber of Commerce Buy Local Committee, the Mohawk Valley Business Women's Network and the NH Historical Society. Visit participating businesses either in-person or online to find the portrait of a historically significant woman. Fill in her name on your scavenger hunt sheet...and be sure to shop our member businesses while enjoying the game! Prizes will be awarded for participants with the most names! For a list of participating members and to download your hunt sheet, visit www.newhartfordchamber.com.



Business Training

Advanced Facebook and Instagram Marketing Techniques

Wednesday, March 18th 9am – 10:30am
at: The thincubator - 326 Broad Street Utica

This hands-on workshop features interactive examples to demonstrate why Facebook & Instagram are two of the best marketing tools available. Tired of traditional marketing methods with big budgets and difficult to measure results? You may be using Facebook and Instagram for your marketing, but are you getting the most out of them? This hands-on workshop features interactive examples to demonstrate why Facebook and Instagram are two of the best marketing tools available to your business. Continental breakfast will be served.

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

Follow-up Session:

**Marketing Your Business on
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Call for Farmers and Vendors!

The Farmers Market Committee is seeking farmers and vendors to participate in our 2020 Farmers Market in New Hartford. Please go to NewHartfordFarmersMarket.com and complete the online application or call Committee Chair, Nathalie Nerber at 797-7300.

Join the New Hartford Chamber of Commerce

The New Hartford Chamber of Commerce is dedicated to supporting our local business infrastructure along with improving our quality of life. Your membership will help ensure that your Chamber of Commerce continues to provide training and seminars, networking opportunities, advocacy for ALL businesses and helps make New Hartford a great place to live and run a business. YOU can make a difference in our community! Join one of our committees and get involved today.



NH Varsity Swim/Dive Team Seniors with their parents

NH Varsity Swim/Dive Team

Throughout the season, and into the Section 3 Championships, the Spartan Boys Swimming and Diving teams experienced an unforgettable journey of athletic successes. Individually some members of the team went on to the New York State Qualifiers on February 15th, at Nottingham High School, and will now compete at the New York State Swimming and Diving Championships at the Nassau County Aquatic Center on Long Island on Friday March 6th.

Two teammates, Moaz Elazzazi and Jacob Lester, will be representing their New Hartford school and community in the State Championships. Moaz, a senior diver, will repeat as a State Qualifier, and Jacob, a junior swimmer, is going for his first time. Jacob will be swimming in two events, the 100 Freestyle and the 500 Freestyle. Moaz took 2nd place in the State Qualifiers with a diving score of 516.30 points. Jacob qualified for the 500 freestyle in a time of four minutes and 51.04 seconds, and won a spot in the 100 freestyle with a time of 48.68 seconds.

At State Qualifiers, ten Spartans represented their team: Divers Moaz Elazzazi, Dan Achen, & Seton King, and swimmers Connell Williams, Matthew Bailey, Jacob Lester, Gavin Schiavi, Matt French, Mateo Ripa, and Richard Chen.

Twenty-four teams competed in the State Qualifiers. The first event, the 200 yard Medley Relay, was comprised of the following Spartans: Mateo Ripa who swam the first 50 yards in the backstroke in a time of 28.60 seconds, followed by Richard Chen who swam the 50 yard breaststroke in 31.16 seconds, Connell Williams who swam the 50 yard butterfly in 27.87 seconds, and Matt Bailey who swam his 50 freestyle in 24.21 seconds. Their combined team score was 1:53.02 to place 12th.

In the 2nd event, the 200 Free, Jacob Lester finished in fifth place with a 1:49.72. For the 50 Free, Gavin Schiavi finished in 8th place with a time of 23.12 seconds. Matt Bailey captured the 100 yard butterfly in 1:01.97 seconds. Matt French swam the 100 Free in his best time of 52.44 seconds.

In the 500 yard freestyle, Jacob Lester took 5th place in a time of four minutes and 59.98 seconds.

The Spartans took 6th place in the 200 Free Relay with a combined time of 1:33.55. Leading off in the first leg of the event was Matt French swimming his 50 yards in 23.96 seconds. He was followed by teammate Gavin Schiavi who swam his leg of the race in 23.14 seconds. Matt Bailey took the 3rd leg in 24.12 seconds, and in the last leg of that race Jacob Lester finished his 50 split in 22.33 seconds.

Matt French took 5th in the 100 Back in a time of 58.88. He was followed by Gavin Schiavi who swam to an 8th place finish in the 100 Breast in 1:05.59 seconds.

Richard Chen also swam the 100 Breast in 1:09.62 seconds.

A most exciting conclusion was the 400 Free Relay. The Spartans competed against mostly Class A schools in this event. Jacob Lester led off in the first 100 yards with a time of 48.68 seconds, qualifying for the State Championships. He was followed by Mateo Ripa in a time of 53.53 seconds. The third leg was swum by Matt French in a time of 52.59 seconds. Finishing the last leg of the race was Gavin Schiavi, with a time of 50.10 seconds. Their team time of three minutes and 24.80 seconds was enough to capture 3rd place, as well as being their top performance of the swim season.

Daniel Achen, an 8th grader, starts for the varsity diving team and finished in 9th place at State Qualifiers with a score of 406.10 points, along with Senior Seton King who finished in 15th place with a score of 377.55.

Rounding out the diving team was Sophomore Patrick Scott who earned 346.15 points to capture 20th place.

The diving team is led by Coach Tara Raux. The Freshmen members of the varsity swimming team are -- Zach Achen, Richard Chen, Henry Daley, Brady DelMedico, Jake Dembrow, Matt French, William Joseph, Joey Papandrea, and Mateo Ripa, The Sophomores are -- Alex Bailey, Ryan Harrington, Iman Mian, and Dylan Valenti. The Juniors are -- Nolan Hyman, Jacob Lester, and Gavin Schiavi. The Seniors are -- Matthew Bailey, Josh Geci, Gage Kilborne, Alex Mandia, and Connell Williams. The Assistant Swim Coach is Adam Rosenbarker. Coach Mark McFarland was named "Class B Coach of the Year," and Jacob Lester was named "Class B Swimmer of the Year."

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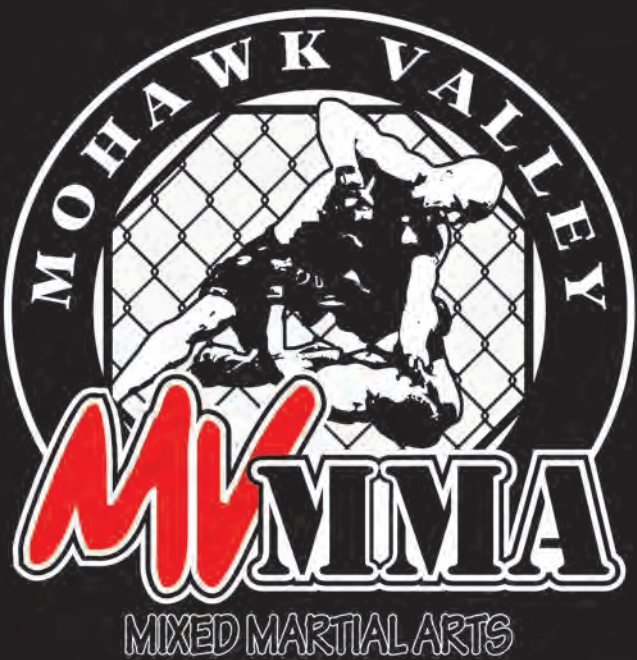
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Pitcher's Elbow

Medial apophysitis, or pitcher's elbow, is a condition that occurs as a result of an injury or irritation to the inside of the elbow, commonly affecting young athletes. It is often classified as an "overuse syndrome" in baseball or softball players in the developmental stages of rapid growth (approximately 11 to 15 years of age).

CAUSES

Forceful and repetitive actions, such as overhand throwing in baseball players, and lack of recovery (not enough time between periods of activity), can cause inflammation of the growth plate inside the throwing elbow. This occurs in adolescents because their elbow structure (bones, growth plate, and ligaments) is not fully mature or developed.

With pitcher's elbow, you may experience:

- Gradually worsening pain at the inside of your elbow when throwing a ball.
- Lingering soreness at the inside of your elbow following throwing activities.
- Swelling and tenderness around the inside area of the elbow area.
- Inability to throw the ball at your normal speed.
- Loss of grip strength.
- Loss of accuracy or distance when throwing.
- Muscle cramping in your forearm.
- Loss of motion of your elbow.
- Discomfort with daily activities that use your forearm muscles, like turning a doorknob or carrying a heavy object in front of you.

HOW A PHYSICAL THERAPIST CAN HELP

Once other conditions have been ruled out and pitcher's elbow is diagnosed, your physical therapist will work with you to develop an individualized plan tailored to your specific elbow condition, and your athletic goals. There are many physical therapy treatments that have been shown to be effective in treating this condition. Your physical therapist may focus on:

- Range of motion
- Strength training
- Manual therapy
- Pain management
- Functional training
- Education



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24 Hour Notice
Required for Reservations
12:00 Noon is the deadline.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Sweet /Sour Meatballs 10:30 Knitting/Crocheting	3 Oven Brown Chicken 10:00 Computer Instruction 10:00 Bridge/ Canasta 11:15 Entertainment	4 Oven Brown Fish 11:15 St Elizabeth Nurses Infection Prevention	5 Baked Ziti 10:00 Canasta 10:00 Zumba 11:15 Seniors Helping Seniors	6 Egg Salad Sandwich 10:00 Bridge 11:15 Caption Call Program
9 Italian Sausage with Peppers and Onions 10:30 Knitting/Crocheting 1:00 Senior Theater Production	10 Salisbury Steak 10:00 Computer instruction by appt. 10:00 Bridge / Canasta 11:15 Entertainment	11 Roast Pork/Gravy 11:15 St Elizabeth Nurses Healthy Spring	12 Spanish Rice 10:00 Canasta 10:00 Zumba	13 Tuna Noodle Casserole 10:00 Bridge
16 Chicken Ala King 10:30 Knitting/Crocheting 1:00 Senior Theater Production 11;15 Brookdale SENIOR Living	17 Corned Beef Dinner 10:00 Computer instruction by appt. 10:00 Bridge / Canasta 11:15 ENTERTAINMENT HAPPY ST PATRICKS DAY	18 Beef Stroganoff	19 Pasta Fagioli 10:00 Canasta 10:00 Zumba 11:15 The Pines Senior Living	20 Fish Sandwich 10:00 Bridge
23 Pork Chop 10:30 Knitting/Crocheting 1:00 Senior Theater Production	24 Oriental Chicken 10:00 Computer instruction by appt. 10:00 Bridge / Canasta 11:15 ENTERTAINMENT AARP DRIVERS CLASS 8:30-3:30	25 Lasagna 11: 15 St Elizabeth Nurses Nutrition	26 Meatloaf/Gravy 10:00 Canasta 10;00 Zumba 11:00 SENIOR BAND	27 Seafood Salad 10:00 Bridge 11:15 Valley RESIDENTIAL Assisted Living
30 BBQ Ribs 10:30 Knitting/Crocheting 1:00 Senior Theater Production	31 Mushroom Stew 10:00 Computer instruction by appt. 10:00 Bridge /Canasta 11:15 ENTERTAINMENT			

NH Senior Center News

Submitted by Carrie Dygert, director

We are almost through February and March is coming up on us fast. If you would like to see our programs or menus they are in the town crier or you can stop by the center and pick them up. We are located at the old Gander Mountain. We would love to see new seniors. Our Valentine’s party went great. Every one enjoyed themselves. The senior band played for the party. Everyone enjoyed the music. The band did a great job. We had a nice jewelry basket that was raffled off. During the Valentine party, the staff had a surprise recognition to Marge for the dedication and great job she has done for the seniors. On February 12th, Lutheran Care came and talked to the seniors about helping hands. Also St E’s nurse students will be here on Feb. 26 to talk about winter safety. Victoria and Tom from Centro bus came to discuss the bus routes. Seniors seemed to be very interested. They will be back in the spring to give rides throughout the bus routes. We had jelly bun day. It’s a day all seniors and staff love. Thank you Holland Farms. Kelly from the Grand came to talk about what the Grand has to offer the seniors. She brought a basket to be raffled off.

March is a very busy month. We have St E’s nursing students coming in to talk on March 4th about Infection protection, on the 11th swing into healthy spring on the 26th, the students will talk about Nutrition Healthy Eating. On March 5th we will have Seniors Helping Seniors here to talk about their programs and on March 6th we have a representative coming from Caption Call to talk about how the phones work. You can hear and read what the person is saying, Phone is free to seniors. March 16th, Brookdale will be coming to talk to the seniors about their independent living, social outings and activities. On March 19th, The Pines will come and talk about their Rehabilitation Treatment. A representative from Valley Residential will be here on March 27th to talk about assisted living. All programs start at 11:15. The senior band comes every 3rd Thursday of the month. Our canasta players play cards every Tuesday and Thursday and the bridge players play every Tuesday and Friday. We have Chair Zumba with Sue every Thursday. The knitting and crocheting is done every Monday with our senior ladies. If anyone would like to join them, they would love to have you. We have computer class every Tuesday with the Utica Public Library. And thank you Mary, who plays the key board every Friday and Charlie, who plays every Tuesday during lunch. We all enjoy listening to them. The RSVP Readers Theater are here every Monday

and are always looking for new people to join them. If you have any questions about the Readers Theater you can call Charlene at 315-732-8059. We have the Herkimer ARC and the Oneida County BOCES that volunteer their time to come and sweep floors, wipe and set tables. A BIG THANKS TO ALL OUR VOLUNTEERS. You help make our center run great. And to all the volunteers and staff that work in the kitchen to help Marge out, it is very much appreciated. And thanks to Debbie and Bernie who take care of all phone calls.

On Wednesday, March 4, Sangertown Square, New Hartford will be having a Heart Walk. At 10:00 am, Staff and seniors from the Center will meet. Anyone that would like to join us is welcome.

Anyone who would like to volunteer at the center we could always use the help. You can call or stop in at the center. Also, we serve lunch at 11:45. Any senior that would like to join the other seniors for lunch please call the morning before at 315-724-8966

I am the new director for the New Hartford Senior Center. My name is Carrie and I would like to thank Marge for all the help that she has given me. Thank you Marge.

Thank you CDPHP for the wonderful donation. You have been a wonderful sponsor for the seniors. Thanks to your organization, we have been able to provide extra special dinners for the seniors. Your support is most appreciated.



Valentine’s Day party with candy bags and red heart balloons plus the senior band playing, Carrie our new director with some of our staff, Debbie Bernie and Steve, Centro bus speakers and Lutheran Care speaker

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Sunday Morning schedule:
Sunday School Small Groups, 9:00
Sunday Morning Worship, 10:30
Sunday Evening Youth, 5:00
Sunday Evening Discipleship, 5:30
Tuesday Morning, 6:30, Men's Fellowship Breakfast
New Hartford Campus
Wednesday Evening, 6:30, Praise Team Practice
Wednesday Evening, 7:00, Prayer Meeting
Thursday Evening, 6:30, College/Career Ministry
Website: crosspointchurconline.org
Sunday Morning Services streamed live
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Mon-Fri Masses: 6:45am, 9:10am
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General Office: 732-1349
Rev. Andy Ward, Pastor
Sunday Services: Sunday School for entire family: 9:30 a.m.
Morning Worship: 10:45 a.m. Communion First Sunday of the Month.
Tuesdays: Ladies Bible Study - 9:30 a.m.
Wednesdays: AWANA - 6pm
Fridays: Christian Service Brigade - 7pm
Sundays: Jr. & Sr. High Youth Fellowship.
Hope Alliance Church is handicapped accessible.

ST. THOMAS CHURCH

150 Clinton Road - 735-8381
Pastor: Rev. David Sears
Saturday Vigil: 4 p.m.
Sunday Mass: 9:00 a.m.
Confessions: Sat. 4:45-5:15 p.m.
Holy Day Schedule:
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25 Oxford Road - 732-7462 (Parish & Rectory)
Sunday Service of Holy Communion at 10am followed by fellowship
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AA Meetings: Sundays at 8pm
Yoga by Kristy: Tuesdays at 5:30pm & Thursdays at 9:30am
EGA Meetings: 1st Mondays of the Month
St. Stephen's is handicapped accessible.

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Sunday Morning Worship Service 10:00 am
Nursery, Preschool and Children's Worship hour: 10:00 am
Prayer meeting held every Wednesday at 6:30 pm
Youth Group for ages 12 and up meets every other Saturday from 6-8 pm. See our website for schedule.
Church is handicapped accessible.

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www.newhartfordpresbyterian.org
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Coffee Hour follows the service
March 1, 2020 - "Respect, Agency, and Personhood"
Katheryn Doran, Associate Professor of Philosophy, Hamilton College Professor Doran earned a PhD in philosophy from UNC Chapel Hill and joined the faculty at Hamilton College in 1991. In 2006, inspired by a talk by the civil rights leader Robert Moses, class of '66, she began offering philosophy talks at several local prisons such as Mohawk and Marcy. In 2012, she started a regular book group for inmates at Marcy Prison and in 2013, Hamilton College officially launched HOPE, Hamilton Oneida Prison Education. Professor Doran, along with several other members of the Hamilton faculty, lead regular book groups at Marcy Prison throughout the year. Professor Doran will discuss these experiences, why they are important, and some of the things she's learned from them about philosophy, teaching, and service.
March 8, 2020 - "Nurturing Our Roots" Rev. Erin Dajka Holley. It is a time of considering growth and how it can come about through nurturing the roots of our hearts, our values, and our church community. This service, we will reflect on what helps our church to thrive, its meaning in each of our lives, and how all of us are needed to help us grow.
March 15, 2020 - Rev. Evin Carvill-Ziemer
Evin serves the Central East Region of the Unitarian Universalist Association in the areas of Youth Ministry, Young Adult Ministry, and Intercultural Competency work and as Primary Contact for congregations in upstate and central New York. Evin holds a Masters of Divinity from Earlham School of Religion and Bachelor of Arts from Carleton College.
March 22, 2020 - Rev. Erin Dajka Holley
"A Deeper Understanding of Wisdom"
How can we best understand wisdom in our midst, wisdom as it comes forth in our community, wisdom to choose our path?
March 29, 2020 - "Mending Walls" Marty Pelham
We will explore the role our history may play in challenges we face today, the strength rooted in diversity, and the importance of maintaining and mending relationships within our faith community.
Marty Pelham is a Candidate for Unitarian Universalist ministry and currently serving as Consulting Minister for All Souls UU Church of Watertown, NY.

FAITH IN CHRIST FELLOWSHIP CHURCH

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

ST. GEORGE ORTHODOX CHURCH

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

LIVING FAITH BIBLE CHURCH

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

WESTMINSTER-MORIAH-OLIVET PRESBYTERIAN CHURCH

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

NORWICH CORNERS CHRISTIAN CHURCH

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

TRINITY LUTHERAN CHURCH

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

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
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Call or email for schedule.
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ST. VOLODYMYR THE GREAT UKRAINIAN CATHOLIC CHURCH

4 Cottage Place, Utica, NY (315)735-5138
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Saturday 5:00 pm, in English
Confessions before Mass
Handicapped accessible

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25 Robinson Rd. Clinton - 315-853-1582. www.licfc.org
Pastors Peter & Addie Forrester
Adult Sunday school 8:45 AM
Sunday Service 10 AM
(Nursery & Sunday school provided)
Wednesday Prayer Mtg 7 PM
Monday night Bible study (every 3rd Mon.) 7 PM
Operating in all of the gifts of the Holy Spirit including 'healing'
Go on line and check out our school!
Palm Sunday April 5th, 10am
Good Friday April 10th, 7pm
Easter "Resurrection" Day April 12th ,10am

American Legion New Hartford Post 1376

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Sunday Morning Breakfast

March 15th - Serving 8-11:30am

Friday Night Fish Fry

Serving 4-7pm

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Please contact caterer, Sam Tantillo at (315) 749-3853 for more information.***

MARCH
2020

Faith in New Hartford

THE TOWN CRIER

29



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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
Rev. Michael H. Terrell
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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Only 5 minutes from New Hartford (per Mapquest)
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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
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630 French Road, New Hartford
Pastor, David Cleaver-Bartholomew
Traditional Worship Service, Sunday 10 AM
Childcare is provided | All Are Welcome -
Please stay for Coffee Hour
Bible Study Tuesday Evenings 6 PM &
Wednesday Mornings 10 AM
Email: office@zionluth.com
Website: www.zionlutheranNy.org
Facebook: Zion Lutheran Church, New Hartford NY

MOHAWK VALLEY CHURCH

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

TABERNACLE BAPTIST CHURCH

13 Clark Place, Utica 315-735-7534
churchoffice@tbcutica.org
Facebook: Tabernacle Baptist Church
www.tbcutica.org
We are together in our diversity! Come worship with us!
Saturday 6 p.m. Young Adult Worship & Study
Sunday 10 a.m. English Worship Service
Sunday 10:15 a.m. Sunday School for children in English and 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 Bible Study and
Kids4Truth Children's Program: 6:45 p.m.
Handicapped accessible. Nursery Provided.
www.biblebaptistchurchnewhartford.org



Puppets help spread the word during children's Sunday School at New Hartford Presbyterian Church

NH Presbyterian Church March News

New Hartford Presbyterian Church offers worship services each Sunday morning at 10:30 a.m., led by the Rev. Dr. Sue A. Riggle. Child care is available. Communion is offered on the first Sunday of each month to all who wish to receive it. Sunday school classes for children and adults begin at 9:30 a.m.

March highlights:

Deacons meet at 6:30 p.m., Monday, March 2nd

Church committees meet at 7:00 p.m., Tuesday, March 10th

Members of the congregation will prepare and serve the evening meal at Hope House in Utica on Sunday, March 22nd

The Session will meet at 7 p.m., Tuesday, March 24th
"Noisy Sunday" will take place during worship on March 29th, when children receive a special offering to benefit the pastor's discretionary fund.

The Sew'n Sews group meets each Wednesday morning at 9:30 a.m., followed by the Church at Prayer at 11:00 a.m. Choir rehearsal takes place each Thursday at 7:00 p.m.

BEIT SHALOM

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



TEMPLE EMANU-EL

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

TEMPLE BETH-EL

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

ZVI JACOB

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

THE JEWISH COMMUNITY CENTER

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

*New Life
Apostolic Church*



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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for more information



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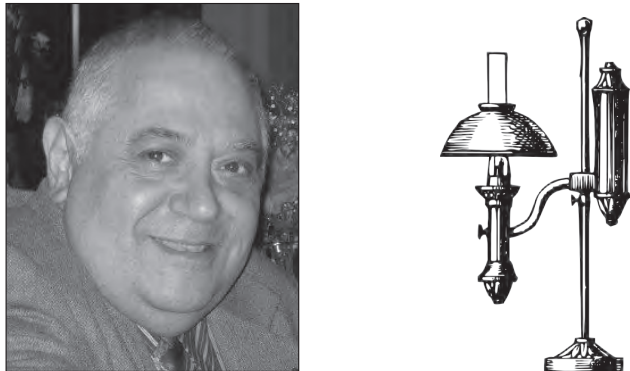
30 THE TOWN CRIER

Antique Talk

MARCH 2020



Victor J. Fariello Jr.



Another Great AntiqueFest
at the Stanley!

Kudos to Gerald Dischiavo for yet another great Antiqufest. The 20th annual event held January 25 and 26 at The Stanley was another success. There were many new dealers displaying their wares as well as some very familiar ones who have been participating for many years. The variety of merchandise was outstanding and the prices for the most part were right on target. I’m sure Jerry is already working on next year’s show. You can contact him at 738-1333 or 725-2612 or visit www.vintagefurn.com.

Upcoming Shows

A couple of antique shows worth the short trip: The Genesee Country Antique Dealers Association Antique Show and Sale is Saturday, March 14 from 10-5 and Sunday, March 15 from 11-4 at the Nazareth College Schultz Center, 4245 East Avenue, Pittsford, NY. Admission is \$8 and persons 21 and under are free. Now in its 45th year, this show is one of the better ones. Check them out at www.antiquesrochester.com.

The Binghamton Shriners Antique Show is April 18 from 10-5 and April 19 from 10-4 at SUNY Broome Ice Center, 907 Upper Front Street, Binghamton. An excellent show and too far. Proceeds benefit Shriners Hospitals for Children.

Questers Going Strong!

The J. Schoolcraft Sherman #1519 Chapter of the Questers is an organization in New Hartford dedicated to preservation, restoration and education of historical places, artifacts and antiques. We hold meetings the first Monday of each month (except July and August) at the NH Library. For March 2020 however, we are foregoing our regular meeting in order to attend the March 9 meeting of the Mohawk Valley Antique Bottle Club at the NY Mills Senior Center. You can learn more about Questers at questers1944.org or visit us on Facebook by searching “lovoldstuff”. If you have any interest in joining our group, email me at vjfariello@gmail.com.

Support Your Historical Society!

This is the time to renew your membership in the New Hartford Historical Society. The cost is \$12 for an individual, \$17 for a family and \$2 for students. Make your check payable to ‘NH Historical Society’ and mail to PO Box 238, New Hartford, NY 13413. If you are not already a member, why not consider a gift of membership to yourself or someone else. Help preserve New Hartford’s rich history by supporting the organization that is doing that every day. Send your check today!

Happy collecting!

Victor J. Fariello Jr. is a lifelong resident of New Hartford and has been a collector and dealer of antiques for many years. He is a past officer and member of the New Hartford Historical Society and is the Charter President of the J. Schoolcraft Sherman 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.



Members of the J. Schoolcraft Sherman #1519 Chapter of the Questers pose for a group photo after one of their recent meetings. Pictured standing left to right: Edward Rooney, Sharon McNerney; Chris Wolber, Treasurer; Phyllis Wilkinson, Secretary; Elizabeth Harvilla and Trudy Garvey. Seated: Sandra Rooney, Vice President and Victor Fariello, President and NYS Organizer.



BEREAVEMENT SUPPORT GROUPS & WORKSHOPS
OPEN TO THE COMMUNITY
Spring 2020

All groups and workshops meet at the Hospice & Palliative Care, Inc. office at 4277 Middle Settlement Road, New Hartford, except when otherwise noted.

GRIEF—AFTER THE FIRST YEAR	An educational session for adults who are beyond the first year of grief. This session will cover what to expect as the grief journey continues, techniques to find the balance between grieving and going on, and ways to incorporate the loss into one's identity and search for meaning.	Monday, April 6, 2020 2:30-4:00 p.m. Pre-registration required by Tuesday, March 31, 2020. To register, call Linda Clark, LCSW, at 315-735-6487 ext. 1015.
YOUNG WIDOWS EVENING GROUP	For Young Widows 20's through 60's Often women in this age group do not have peers who are going through this kind of loss, and their grief can feel very isolating. Juggling jobs, children, parents, and social obligations is hard; it feels overwhelming when spousal grief is added. This group provides the time to express and share grief, learn coping skills from one another, give and receive support, and begin the healing process.	Starts Wednesday, March 18, 2020 for six consecutive weeks from 5:30-7:00 p.m. Pre-registration required by March 11, 2020. To register, contact Linda Clark, LCSW, at 315-735-6487 ext. 1015
ADULT PARENTAL LOSS	For any adult who has experienced the death of a parent. The loss of a parent is the most common form of bereavement in our country. Because of this, adult children often feel a sense of isolation and may sense an unspoken message that adult parental loss is less significant than other losses. No matter what the age of our parent or where or how the death occurred, the grief felt by an adult child can be intense and overwhelming. This group is a safe place to share feelings and experiences, ask questions, seek comfort or just listen. It is a place to receive and give support.	Meets Tuesdays starting March 24, 2020 for six consecutive weeks from 5:30-7:00 p.m. To register call Adrian Bartholomeo, LMSW, at 315-735-6487 ext. 1070 by March 17, 2020.
SPOUSAL LOSS GRIEF GROUP - ONEIDA COUNTY	For anyone who has experienced the death of a spouse or partner. The length of a marriage or committed relationship does not determine the depth of grief. This group focuses on normal responses to grief and the tasks of mourning. It is a safe place to share feelings and experiences, ask questions, and seek comfort. It is a place to receive and give support.	Meets Mondays, 5:00-6:30 p.m., on April 6, 20, 27 and May 4, 11, and 18. Note there is no meeting April 13. Pre-registration required by March 30, 2020. Contact Tracey Clark, LMHC, 315-735-6487 ext. 1007.
SPOUSAL LOSS GRIEF GROUP - HERKIMER COUNTY	For anyone who has experienced the death of a spouse or partner. The length of a marriage or committed relationship does not determine the depth of grief. This group focuses on normal responses to grief and the tasks of mourning. It is a safe place to share feelings and experiences, ask questions, and seek comfort. It is a place to receive and give support.	Meets Wednesdays, 2:30-4:00 p.m., starting April 15, 2020 for six consecutive weeks. To register, Call Tracey Clark, LMHC, at 315-735-6487 ext. 1007 by April 7, 2020. Location: YMCA of Mohawk Valley 83 E. Main Street, Mohawk, NY 13407
BRAVE HEARTS CHILDREN'S PROGRAM - ONEIDA COUNTY	For children between the ages of 6-12 years old who have lost a parent, grandparent, or special person in their life. This group utilizes arts and crafts to help children recognize their own grief, understand their feelings, express them in a healthy manner, and give and receive support. Parents are requested to come at 5:45 the first week in order to attend a 15-minute parent orientation session.	Meets Thursdays starting April 9, 2020 for eight consecutive weeks from 6:00 to 7:30 p.m. To register, call Adrian Bartholomeo, LMSW at 315-735-6487 ext. 1070 by April 2, 2020.
BRAVE HEARTS CHILDREN'S PROGRAM - HERKIMER COUNTY	For children between the ages of 6-12 years old who have lost a parent, grandparent, or special person in their life. This group utilizes arts and crafts to help children recognize their own grief, understand their feelings, express them in a healthy manner, and give and receive support. <i>This group will be held if there is enough interest.</i>	Dates and times to be announced. To register, call Adrian Bartholomeo, LMSW at 315-735-6487 ext. 1070 by April 2, 2020. Location: Valley YMCA 83 E. Main Street Mohawk, NY 13407
HOSPICE SANGERTOWN WALKERS	For any adult who has experienced a loss of a significant other/spouse. Walk and talk with others who have experienced a loss or walk as an individual in quiet introspection knowing support is nearby if wanted. Led by specially trained Hospice volunteers.	Inside Sangertown Mall in front of Macy's. Wednesdays 9:30 a.m. Contact Bertha Lawson 315-724-5026

There is no charge for bereavement groups or workshops.
Donations are always appreciated.



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MARCH
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Retirement Advice

THE TOWN CRIER 31



The Caregiver Crunch: Five Time-and-Money Coping Strategies

For millions of unpaid U.S. caregivers, finding a healthy balance between taking care of children and elderly loved ones is a constant challenge—and often a drain on time, health, and finances.

According to a 2017 report from Transamerica Institute, 74 percent surveyed have been caregivers for one or more years, with 27 percent providing care for five or more years. Caregiving is a full-time job for many—even though 52 percent are already employed. Thirty-six percent of caregivers spend 100 or more hours per month on time-intensive duties including companionship, meal preparation, personal care, and feeding.¹

Additionally, the health of caregivers often takes a back seat to those they care for—55 percent admit their duties leave them physically and emotionally exhausted. Seventeen percent say their general health has declined since becoming a caregiver.

Which begs the question: “Who cares for the caregivers?”

If you’re a caregiver, or know someone who is, here are five time-and-money strategies to help manage everyone’s needs.

1. If you work, talk with your employer. Caring for family members can be a 24-hour-a-day responsibility, making it nearly impossible to coordinate with the demands of a full-time job. Among those who are employed or who have held jobs during their time as caregivers, approximately one-third have used personal, vacation, and sick-leave days for caregiving. Furthermore, depending on household income level, as many as one-fifth of caregivers have taken a leave of absence.¹

To find a better balance between your home and work life, discuss these options with your manager and human resources professional:

Determine if your situation qualifies for the Family and Medical Leave Act (FMLA). Under this federal

law, your employer is required to protect your job while you take unpaid leave for qualified medical and family situations. Under FMLA, eligible employees can take 12 weeks of unpaid leave in a 12-month period.

Ask if your company has an Employee Assistance Program (EAP). Many companies have an EAP built into their benefit plans to assist with the challenges that come with caregiving. Benefits may include referrals to counseling services and support groups for caregivers as well as long-term care services for care recipients.

Adjust your work schedule or location. To help you stay productive in your job and be near your loved ones, talk with your manager about a flexible schedule or working from home—which can also save on commuting time and transportation expenses.

2. If others don’t volunteer their help—ask for it. Don’t assume—or let others assume—you can handle all the caregiving responsibilities alone. If family and friends volunteer help, take it. If they don’t offer, recruit others to ease the burden. Discuss with family members how much time, energy, and money each is able to contribute to your loved one’s care.

Post and share a caregiving chart that lists everyone’s tasks on a weekly or monthly basis. Every minute delegated is time back for you, so no task is insignificant—from your child playing a game with grandma to your sister taking your father to his doctor’s appointment.

3. Organize financial resources. A recent AARP study found U.S. caregivers spend an average \$6,954 a year on out-of-pocket caregiving expenses.² Get a handle on all family financial resources and current living costs. Estimate outlays down the road and plan for emergencies (three or more months of income saved is a good goal). Use budgeting software to track your finances.

4. Take advantage of (free) resources providing assistance. Resources such as Eldercare.gov, Caregiver.com, AARP.org, and Medicare.gov can provide useful information and contacts. If you’re caring for someone on Medicaid, find out if your state offers a program that allows recipients to use benefits to pay caregivers. Also check with religious organizations and social services agencies in your community that may provide free or low-cost care or companionship for elderly adults.

5. Take care of yourself. Save for your future—don’t let supporting loved ones jeopardize your own long-term financial security. Contributions to 401(k) and pension plans, IRAs, and 529 college savings accounts offer tax benefits that can help you invest more tax efficiently.

Now’s the time to invest in your financial health

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

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



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

178 Woods Park Drive
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Mobile: (315) 723-7386
christopher.carbone@wellsfargoadvisors.com
<https://fa.wellsfargoadvisors.com/christopher-carbone>

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Finally, don’t feel guilty about scheduling “me time”—have dinner out with friends, play a round of golf, or join a book club or gym. Keep your own health in check with regular doctor visits, and use your vacation time to get away and rejuvenate your mind, body, and spirit.

¹Transamerica Institute, “The Many Faces of Caregivers: A Close-Up Look at Caregiving and Its Impact” Report, 2017. <https://www.transamericainstitute.org/docs/default-source/caregivers-research/the-many-faces-of-caregivers-research-report-2017.pdf>

²AARP, “Family Caregiving and Out-of-Pocket Costs: 2016 Report,” 2016.

<https://www.aarp.org/caregiving/financial-legal/info-2017/out-of-pocket-cost-report.html>

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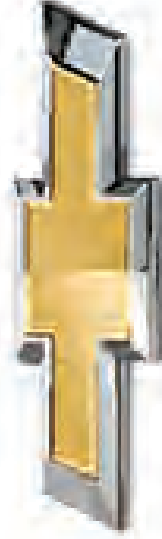
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