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Vol. 34 No. 4
April 2020

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**Retirement & Passing the Torch!
 Dr. Michael Tucciarone, DC
 is Retiring**

Dr. Tucciarone, a long-time local chiropractor and his dedicated wife, Mary, are announcing their retirement to the community. Dr. Tucciarone has had simultaneous offices in Utica, Herkimer, Hamilton, and Clinton, New York from early 1985 through 2020. Michael Tucciarone graduated from Palmer College of Chiropractic in Davenport, IA in 1983. Soon after his graduation, he obtained a license for New York State and South Carolina. Dr. Tucciarone has simultaneously operated 2 to 3 offices and eventually settled with just one in Clinton, New York. His dedication in practicing has evolved into a specialized treatment for acute and chronic cases due to unrelenting neurological pain created by subluxation, spinal stenosis and discopathy. With multiple treatment features, Dr. Tucciarone has created a program that reduces discomfort without the use of drugs or surgery. Most recently, Dr. Kelsey Roberts is taking over the day-to-day operations of the practice. Dr. Roberts is a graduate Clinton High School, Le Moyne College of Syracuse, New York and finally, New York Chiropractic College. Dr. Roberts holds a doctorate in chiropractic and a master's in clinical nutrition. She most recently moved from Rochester, New York, where she was practicing, back

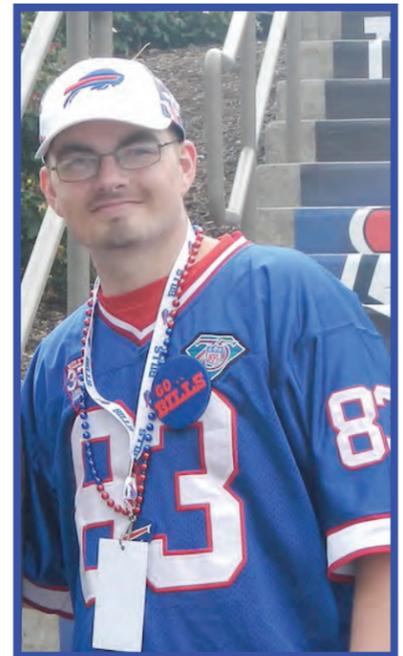
to Clinton with hopes to be closer to the community and family. She is a dedicated chiropractic physician with extensive training in chiropractic manipulation, physical modalities, and therapies, currently being utilized in the office. Dr. Roberts will be administering and treating patients in the Clinton area. Dr. Tucciarone will be ceasing his practice in the next 60 days, and hereby giving all of his patients notice by way of this article. For further information or concerns about future treatment, please feel free to contact our office at 315-853-6225.



**Sierson Honored for Receiving
 Rank of Eagle Scout**

Christian Sierson of Troop 4 New Hartford, was honored for receiving the rank of Eagle Scout. His project was to build benches for the Thea Bowman house in Utica.

With an average of nine outstanding youth like Mr. Sierson achieving the coveted rank of Eagle Scout each month this year, the Leatherstocking Council, BSA is on track to see more Eagle Scouts in 2020 than ever before!



**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, will take place on June 13th. 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.

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THE TOWN CRIER 3



What's the Purpose?

Submitted by Jim
LaFountain, All
American Fitness
Center

Several years ago, while doing graduate work, I was asked to answer the question "why does retirement fail?" I was to write a paper

answering that question. This was before the internet, so I was forced to escape to the university's library, read and re-read volumes of articles pertaining to the subject of retirement. One definition of retirement goes like this: "the action of leaving one's job and ceasing to work." Experts tell us the two most common reasons for retirement failure are the lack of structure and the lack of purpose. Over the past 45 years in the field of Exercise Science, I can conclude that lack of structure and lack of purpose are also the primary reasons why it's so difficult to maintain an exercise and nutrition program. I spent the better part of a Saturday reviewing several online exercise programs, only to conclude that most are structured poorly and can be categorized as lacking a clearly defined purpose. A variety of "gimmicky" pieces of equipment were used in a haphazard sequence, demonstrated by "good looking" men and women." Most programs were done in a large group setting, because, as one class leader commented that "misery loves company." A "miserable" program is hardly effective, nor does it promote exercise adherence. A purposeful and well structured exercise program includes: *Safety. Is the program prescription appropriate for the individual's age, level of fitness and musculoskeletal health? *Following a basic assessment, what are the individual's personal exercise and nutritional needs, i.e., fat loss, lean muscle gains, addressing a specific injury etc. *What are their short and long term goals? *A safe, linear plan must be developed to address assessed needs and individual goals. *Program modifications should be made every 6-8 weeks. This time period if referred to as an individual's "mesocycle." Modifications assure program compliance and continual progress. *How will progress be measured? Although "scale weight" is somewhat inaccurate, current data concludes that regular "weigh-ins" promote prudent nutritional compliance. Regular assessments of cardiovascular, strength, muscle endurance, muscular strength and flexibility also enhance compliance. *Contrary to the "misery loves company" philosophy, other than the mild discomfort associated with the body's production of lactic acid, physical movement should not be painful. Small and progressive nutritional modifications promote the arrival at one's ideal weight without undue stress. Quick fix nutrition will always fail. A successful fitness/nutrition program, like retirement, should be structured and purposeful.



Judge Joan Shkane

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

MYTH: The U.S. Constitution and Bill of Rights were the result of purely imaginative thinking by the Founders.

REALITY: Every Clause in the U.S. Constitution and Bill of Rights was the result of the Founders' knowledge and fear of human nature and British and European leaders in history going back over 3000 years, along with huge doses of compromise. The Founders intended to address and correct policies that various governments actually perpetrated against their citizens that robbed the citizens' liberty. In reading the Bill of Rights, which are the first ten Amendments to the Constitution, one clearly sees powers that the Founders did not want to give to the new U.S. government. In studying each one carefully, one sees exactly the acts that European countries did, especially Britain, that offended the colonists and Founders. For instance, and vastly simplified, Amendment 1 says that the government shall make no law regarding the establishment of religion. In other words, there will be no government sponsored religion. This grows directly out of England's history of imprisonment, torture, death and taking of property owned by citizens. Usually the property was given to the government, i.e., the King or Queen. The government would then, in turn, give the property to their favored supporters (the Founders knew that good and fair rule of law applies equally to all citizens, not to the favored few, or depending on who in power you know). This Amendment reflects the history of religious wars as a result of various periods of state authorized and imposed religions. In pre-American Revolution times, British Catholic governments would torture and burn the Protestants to death because they believed that the Catholic faith was the only true faith, and must be supported by government to the exclusion of all other religions. Then the Protestants would seize power and promote their religion as the only true religion and would torture and burn the Catholics to death for the same reasons. This was followed by the religious coup that held that only Puritanism (a form of Protestantism) was the true religion, which led to the beheading of the non-Puritan English king. The Puritans then took over the government and permitted only their religious practices, resulting in further religious persecution. The Founders remembered the religious wars that led to terrible deaths of Scots Catholics by English Protestants, and many other acts of persecution in the name of one religion or another across the world. (And continuing all over the world today.) Some of these persecutions led directly to English fleeing to some pre-American colonies (for example, States now called Rhode Island, Connecticut, New Jersey and Pennsylvania). The Founders wanted to avoid such persecution in this new country that they were founding by declaring that the U.S. will not have a state supported religion, in other words, citizens are free to worship as they please, or not at all if they chose. Usually the Federal government will not interfere in religious practices, except in very narrow circumstances such as child immunization from diseases, which can affect the entire community.

The reader is invited to review the Bill of Rights to see that every right guaranteed to us is there because

some European or British government had taken over that right and not permitted the citizens to enjoy it. The existence of each and every guarantee to us, and part of the basis of why 13 individual colonies agreed to join together into one country, was the result of vast experience of the Founders, either learned or personally experienced. None of it should be taken lightly, or without some knowledge of the history that created the guarantees. The Founders knew that if one does not know history, one is doomed to repeat the errors.

MYTH: Lawyers are not subject to rules governing their conduct, either in and out of a courtroom.

REALITY: Lawyers actually are subject to many rules of conduct. Attorneys must follow each and every law that governs us all. In addition, lawyers must follow each and every one of the Rules of Professional Conduct (these rules govern attorney behavior and sets out penalties for violations). Lawyers also must follow the Standards of Civility. Civility is defined by Webster's Dictionary as courtesy and politeness. (Trial lawyers know intuitively and by training that juries do not like lawyers who are not civil in the jurors' presence, notwithstanding television portrayals!). Revisions to these rules were adopted in January, 2020, after almost four years of work to revise them. The goal of the Civility Standards is to remind lawyers how much civility matters, despite whatever they may see on television, in the news or in films. These standards apply whether in a courtroom or not. The standards apply to the modern era, including email and other social media. The standards not only must be complied with, but the revisions encourage lawyers to go further than required. Violation of these standards can be used in disciplinary hearings of lawyers. The lawyers who worked on the revisions hope that attorneys can lead instead of follow in civility.

MYTH: Once an elected New York State employee retires, (s)he is off the State payroll and only on the pension roll.

REALITY: An elected official in New York State can retire from the elected job and begin to collect a pension. Then the official can go back to the elected job, if re-elected, and collect that salary as well. The retirement need be no more than one day to collect both pension and salary. And throw in Social Security at a certain age, and the income is rather nice!

A current example comes from Onondaga County. William Fitzpatrick, Esq., 67 years old, has served as the Onondaga County District Attorney for about three decades. He retired from that job for one day, December 31, 2019. On January 1, 2020 he took the position that he had been elected to in November, 2019. Yes, you're quite right-Onondaga County District Attorney! So, he now receives his full D.A. salary AND his retirement pension. Since he was retired one day, his wife on his death will receive a full death benefit as a result of his service, as well as her own retirement as a State Judge. This retirement scheme is not available to the Judge since she was not elected, but was appointed. However, she can certainly run for election to another position if she otherwise qualifies, and then "double dip", that is, receive income from two sources at the same time.

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

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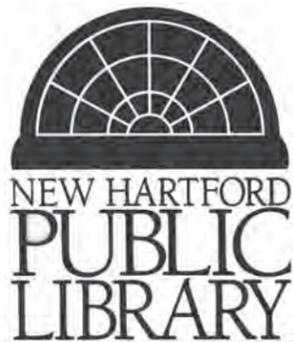
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4 THE TOWN CRIER **Library News** **APRIL 2020**



2 Library Lane 315-733-1535

Library Closure
The library will be closed on Friday, April 10 and April 12, for Good Friday and Easter.

Request for Proposal: Garden Maintenance
The New Hartford Public Library (NHPL) is accepting proposals for the maintenance of its grounds. Contractor responses are required to be submitted no later than the close of business on April 13, 2020. Proposals should be submitted to the New Hartford Public Library, Attn. Anne DuRoss, 2 Library Ln., New Hartford, NY 13413. Please stop by the Library to pick up an information packet. Information can also be found on our website (<https://www.newhartfordpubliclibrary.org/2017/04/03/announcements/>).

Food Collection for the Veteran's Food Bank
The New Hartford Rotary and the New Hartford Public Library are joining together to collect non-perishable food items for the Veteran's Food Bank in Utica. Please drop off your donation of non-perishable food items in the designated box during the month of April. Thank you in advance for your support and generosity.

Thank You from the Thursday Knitting Group
The Thursday Knitting Group would like to thank the public for donating 55 blankets for the Blanket Project. They would also like to thank the Friends of the New Hartford Public Library for generously providing the postage to mail the blankets.

Complete the Census at the Library!
During the month of April we have designated a laptop and small study room for patrons to complete the census online. The census provides critical data that lawmakers, business owners, teachers, and many others use to provide daily services, products, and support for you and your community. Every year, billions of dollars in federal funding goes to hospitals, fire departments, schools, roads, and other resources based on census data. The results of the census also determine the number of seats each state will have in the U.S. House of Representatives, and they are used to draw congressional and state legislative districts.

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 (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!

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 Spring break 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!

Save the Date!
Touch the Trucks
Saturday, June 13, 10:00-12:00. Join us as The New Hartford Highway Department bring some of their best big trucks to the library parking lot for the children to see and explore!

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.

Author Signing – Megan Russell
Saturday, April 18, 11:00-2:00

Women (and Men) of Mystery
If you enjoy mysteries come to New Hartford Public Library on Saturday, April 25 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 The Court Is in Session. Led by Janet Hoover, we will explore the writings of Earl Stanley Gardner, Scott Turow, Michael Connelly, and John Grisham. 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 April, 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, April 11th, 11:00am-12:30pm; this month's title is Triple Crown by Felix Francis. Copies are available to be checked out at the circulation desk. Stop by to get yours today!

Wanderlust Book Club
Tuesday, April 21st, this month's title is An American Marriage by Tayari Jones. Meeting place is Symeon's.

NHPL "Thursday" Book Club
Thursday, April 23, 1:00-3:30pm

April Display Case Carl Saporito
Black and white colorized photography

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.

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

Tai Chi Classes at the library
The next 8 week session 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.

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Local Quilter Named Semifinalist in International Quilt Show

Marie Oastler of New Hartford has been named a semifinalist for the 2020 American Quilter's Society QuiltWeek Show taking place March 25-28, at the Lancaster County Convention Center, Lancaster, Pennsylvania.

Oastler has been chosen to display the quilt, Leatherstocking Jane, along

with 203 other quilters in this international contest featuring 35 states and 14 countries.

First, second and third place prizes in seven categories will be awarded, along with seven overall awards including Best of Show. Winners will be announced at the show and posted on the AQS website, QuiltWeek.com.

More than \$50,000 will be granted, including \$10,000 for the Best of Show and \$3,500 each for Best Wall Quilt, Best Traditional, Best Original Design, Best Hand, Best Stationary, and Best Movable Workmanship. All semifinalists' quilts including Oastler's will be displayed at the show, which is expected to draw more than 15,000 people.

Leatherstocking Jane won Best of Show at the 2019 New York State Fair, blue ribbons at the 2019 Vermont Quilt Festival and 2019 Mohawk Valley Quilt Show.

For information on this show and more, visit www.quiltweek.com.

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Spring Break Zoo Camps
April 6-9, 2020

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Utica Zoo to Hold Spring Break Zoo Camps

Spring Break is coming soon and the Utica Zoo will be offering a Spring Break Zoo Camp to keep learning minds active during break. Spring Break Zoo Camps are designed for learners aged 6-10 years old and include animal meet and greets, enrichment projects, exploring the Zoo, crafts, and STEM based programs to learn about animals and their habitats.

Zoo Camp kicks off on Monday, April 6th and runs until Thursday, April 9th and takes place from 9:00am to 3:00pm. Camps will also introduce campers to a variety of different animals including lizards, tortoises, owls, macaws, insects, and many more!

Utica Zoo Spring Break Zoo Camps cost \$45 for members and \$55 for not-yet members. Pre-registration is required for all Utica Zoo Camps and must be done online. Visit Uticazoo.org/education/zoocamp for full details and link to registration. Any questions may be forwarded to Kathleen McGill at kathleen.mcgill@uticazoo.org or 315-738-0472 x26

"Experts say that children who stop learning during school breaks have a more difficult time focusing on their studies when they return from break, so our Spring Break Zoo Camps aim to provide a fun and enriching experience for campers all while keeping their brains learning and active," said Mark Simon, Visitor Experience and Marketing Manager at the Utica Zoo. "Our camps are a wonderful and affordable way to keep children's minds active, while helping them develop an appreciation for all types of wildlife."

For more information on this, or anything Utica Zoo related, visit UticaZoo.org, or follow us on Facebook, Instagram, and Twitter at @uticazoo.

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Here are Just a Few of the Exciting
 Classes we are Going to Offer....

 *Ballet and Technique* 

 *Tik Tok Stars* 

~a high energy class filled with jazz and hip hop styles
 that the kids always love!

 *Contemporary* 

 *Preschool and Primary Class* 

~for ages 2-8 offering a mix of creative movement and tap

 **NEW THIS SEASON** 
Cheer Camp!

A mix of basic tumbling, cheer dance and basic stunts
 for those cheerleaders that want to get ready for the season!

Open House will be
Wednesday, June 10th 3-7pm

Early Registration will open soon!
More info to follow



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TIME: 11am-2pm
Doors open at 10:30 am

21+ EVENT

TICKETS

(limited and presale only)
\$30.00 per person
\$200 for a group of 8
with reserved seating

Purchase at:
JCC office

315-733-2343 (ask for Lindsay)

ADMISSION INCLUDES:

- 10 games
- One Mimosa
- Light appetizers

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July 10th - 6 to 10pm
Yahundasis Country Club

*Details to follow - Please email Kandis at kandisgriffin@gmail.com
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**APRIL
2020**

Sport/School News

THE TOWN CRIER 9

NH Home Games

**subject o to change without notice*

Date	Start time	Sport	Level	Opponent	Location
4/1/2020	4:15 PM	Lacrosse (Boys)	Varsity	Shaker High School	HCC
4/2/2020	TBD	Lacrosse (Girls)	Varsity	Carthage	HS Turf Field
4/4/2020	2:00 PM	Lacrosse (Boys)	JV	South Jefferson	HS Turf Field
4/4/2020	4:00 PM	Lacrosse (Boys)	Varsity	South Jefferson	HS Turf Field
4/7/2020	9:30 AM	Lacrosse (Boys)	JV	Skaneateles	HS Turf Field
4/7/2020	11:30 AM	Lacrosse (Boys)	Varsity	Skaneateles	HS Turf Field
4/8/2020	TBD	Outdoor Track (Boys)	Varsity	@ New Hartford	HS Track
4/14/2020	4:30 PM	Baseball (Boys)	JV	Vernon-Verona-Sherrill	Joe Corr Field
4/15/2020	4:00 PM	Outdoor Track (Girls)	Varsity	Camden	HS Track
4/15/2020	4:30 PM	Baseball (Boys)	Varsity	Holland Patent	Joe Corr Field
4/15/2020	6:30 PM	Lacrosse (Boys)	Varsity	CVA, Dewitt	HS Turf Field
4/16/2020	4:30 PM	Baseball (Boys)	JV	Notre Dame, Utica	Joe Corr Field
4/18/2020	11:00 AM	Lacrosse (Girls)	Varsity	Mexico	HS Turf Field
4/18/2020	12:30 PM	Lacrosse (Girls)	JV	Mexico	HS Turf Field
4/20/2020	4:15 PM	Lacrosse (Girls)	Varsity	CVA/Mt. Markham	HS Turf Field
4/20/2020	4:30 PM	Baseball (Boys)	JV	Whitesboro	Joe Corr Field
4/20/2020	4:30 PM	Baseball (Boys)	7th/8th	Utica Proctor (JFK)	Perry JH Baseball Field
4/21/2020	4:15 PM	Lacrosse (Boys)	JV	Rome Free Academy	Perry JH Football/Lacrosse Field
4/21/2020	4:15 PM	Softball (Girls)	7th/8th	Utica Proctor (JFK)	Perry JH Softball Field
4/21/2020	4:30 PM	Baseball (Boys)	JV	Rome Free Academy	Joe Corr Field
4/21/2020	4:30 PM	Lacrosse (Girls)	7th/8th	Whitesboro	Myles Elementary FH/LAX Field
4/22/2020	3:30 PM	Golf (Girls)	Varsity	Vernon-Verona-Sherrill	Stonebridge Golf Club
4/22/2020	4:15 PM	Lacrosse (Boys)	Varsity	RFA (Oneida/Rome)	HS Turf Field
4/23/2020	3:30 PM	Tennis (Boys)	Varsity	Oneida	HS Tennis Courts
4/23/2020	4:15 PM	Lacrosse (Girls)	Varsity	Whitesboro	HS Turf Field
4/23/2020	4:15 PM	Lacrosse (Boys)	7th/8th	Utica Proctor (JFK/DMS)	Perry JH Football/Lacrosse Field
4/23/2020	4:15 PM	Softball (Girls)	7th/8th	Utica Proctor (DMS)	Perry JH Softball Field
4/23/2020	4:30 PM	Baseball (Boys)	JV	Camden	Joe Corr Field
4/23/2020	6:00 PM	Lacrosse (Girls)	JV	Whitesboro	HS Turf Field
4/24/2020	3:30 PM	Golf (Boys)	Varsity	Utica Proctor	Yahundasis Golf Club
4/24/2020	4:15 PM	Lacrosse (Boys)	Varsity	Whitesboro	HS Turf Field
4/24/2020	4:15 PM	Lacrosse (Boys)	JV	Whitesboro	Perry JH Football/Lacrosse Field
4/24/2020	4:30 PM	Baseball (Boys)	7th/8th	Utica Proctor (DMS)	Perry JH Baseball Field
4/27/2020	3:30 PM	Golf (Boys)	Varsity	Oneida	Yahundasis Golf Club
4/27/2020	4:15 PM	Softball (Girls)	7th/8th	Whitesboro	Perry JH Softball Field
4/27/2020	4:30 PM	Baseball (Boys)	Varsity	Whitesboro	Joe Corr Field
4/27/2020	4:30 PM	Softball (Girls)	Varsity	Whitesboro	
4/27/2020	4:30 PM	Softball (Girls)	JV	Whitesboro	Sherrill Brook Park
4/27/2020	4:30 PM	Baseball (Boys)	7th/8th	Whitesboro	Perry JH Baseball Field
4/28/2020	4:15 PM	Lacrosse (Girls)	Varsity	Vernon-Verona-Sherrill	HS Turf Field
4/28/2020	4:30 PM	Baseball (Boys)	Varsity	Central Valley Academy	Joe Corr Field
4/28/2020	4:30 PM	Softball (Girls)	Varsity	Central Valley Academy	
4/28/2020	4:30 PM	Softball (Girls)	JV	Central Valley Academy	Sherrill Brook Park
4/28/2020	6:00 PM	Lacrosse (Girls)	JV	Vernon-Verona-Sherrill	HS Turf Field
4/29/2020	3:30 PM	Golf (Girls)	Varsity	Holland Patent	Stonebridge Golf Club
4/29/2020	4:00 PM	Outdoor Track (Boys)	Varsity	Whitesboro	HS Track
4/29/2020	4:00 PM	Outdoor Track (Girls)	Varsity	Whitesboro	HS Track
4/30/2020	3:30 PM	Basketball (Boys)	Unified	Sauquoit Valley (Unified Boys)	Whitesboro HS Gym
4/30/2020	3:50 PM	Basketball (Boys)	Unified	Oneida	Whitesboro HS Gym
4/30/2020	4:15 PM	Lacrosse (Boys)	Varsity	Utica Proctor	HS Turf Field
4/30/2020	4:15 PM	Softball (Girls)	7th/8th	Notre Dame, Utica	Perry JH Softball Field
4/30/2020	4:30 PM	Baseball (Boys)	7th/8th	Notre Dame, Utica	Perry JH Baseball Field

NH Annual School Board Election

There is one five-year position that will be elected on Tuesday, May 19, 2020. The Board candidate receiving the highest number of votes will receive the five-year position. The one Board seat that is up for election is currently held by Beth Coombs.

Nominating petitions may be picked up at the district office, located at the Bradley Elementary School, from 9am to 4pm. Petitions may also be found on the district's website at www.newhartfordschools.org. There must be at least 25 signatures of qualified voters on the petition. The name on the ballot will be printed as it appears on the nominating petition.

Petitions must be filed with the Board Clerk, Betty Heil, no later than Monday, April 20, 2020. Petitions must be filed at the New Hartford Central School District Office between 9am and 5pm.

Angels Among Us Food Pantry 2020 Spring Schedule

April 11 and 25 and May 9 and 23

Hours of Operation: 10:00 AM to 12 noon

The food pantry is located at: St John The Evangelist Church, 66 Oxford Rd, New Hartford.

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

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

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

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

TEFAP: The Emergency Food Assistance Program

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

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

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



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Monday-Friday 7:30am-5:30pm
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10 THE TOWN CRIER

Village of NH News

APRIL
2020

VILLAGE OF NEW HARTFORD CURBSIDE JUNK COLLECTION

The following information pertains to VILLAGE OF NEW HARTFORD residents only and does not include the TOWN OF NEW HARTFORD.

For more detailed information refer to your Village Municipal Collection Flyer or call 315-724-0379 (DPW Garage) or 315-732-1147 (Village Office).

The VILLAGE of New Hartford will have a curbside junk pick-up on May 11, 2020. Materials must be at the curb by 6:00 a.m. on May 11th and sorted into separate piles as listed below:

- Please note anything longer than 8' feet will NOT be collected.
- Collection limits for categories #1) Household Junk and #2) Sanitary Waste are each limited to a pile not to exceed 4' wide 8' long and 3' high.

1) Household Junk: Lumber bundled, piled parallel with the roadway, roofing and plaster in containers weighing 60 lbs. or less, furniture without fabric, porcelain sinks and toilets, and storm windows;

2) Sanitary Waste: clothes, bedding, stuffed furniture, hardcover books, empty paint cans with lids removed, and toys;

3) Metal: major appliances and metal products;

4) Tires: tires must be off rims and no larger than 16". No large truck or tractor tires.

The DPW will NOT accept:

1) Recyclable materials, lumber exceeding the limit stated above, and shingles not contained. For construction and demolition projects, please contact the Village DPW or a private waste hauler to make arrangements for a dumpster.

2) Propane cylinders, liquids, such as paints, thinners, waste oil, herbicides, and pesticides may be disposed of at the Oneida Herkimer County drop site per their collection schedule. For more information, call 315-733-1224.

3) Automotive Batteries - due to employee and environmental hazards, batteries may be returned to a redemption or recycling facility.

Your cooperation with sorting materials and observing these guidelines helps reduce costs and insures the continuation of this program.

VILLAGE OF NEW HARTFORD WEEKLY GREEN WASTE AND LEAF COLLECTION SERVICE

Leaves, grass clippings, and brush will be collected every Wednesday from May through September. During this time, brush must be bundled, and leaves, grass, and trimmings must be contained in reusable cans.

From October 1st through November 15th leaves will be collected loose at the curb once weekly. Please keep leaves separate from brush pile. Plastic bags used for leaves and green waste will not be collected.

Limbs must be less than 12" in diameter and less than 6' long for collection.

Please do not pile material in the roadway.

Compost is available free of charge while supplies last and can be picked up outside the Village hardfill dump located at the end of Graham Ave. Bring a shovel and containers.

RUMMAGE SALE

New Hartford Presbyterian Church
45 Genesee Street, New Hartford

Thursday
May 7, 2020
9 am - 3 pm
Bag Sale 1:30 p.m.



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FREE Comic Book Day

SAT. MAY 2ND ~ 10:00-4:00 PM

THE RULES

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MVCC to Offer April School Break Camps

Mohawk Valley Community College's Center for Corporate and Community Education will offer a variety of Career Camps during the April school vacation. Children ages 7- 17 can enjoy everything from cooking to computers, art to athletics.

Choose from: Art Around the World; Kids in the Kitchen-Cooking Challenge; Kids in the Kitchen-Mexican Cooking; Make Your First 3D Video Game; Hip and Hoop Dance; ROBLOX Makers; Meet and Make, Like the Masters; Babysitter's Training; Spring & Sport Camp; and Senior Medical Mania.

Camps are offered Monday-Thursday, April 6-9 in the mornings and afternoons on the MVCC Utica campus.



10TH ANNUAL FURBALL
"ADOPTION OLYMPICS"

AND CELEBRATING THE 110TH ANNIVERSARY OF THE STEVENS-SWAN HUMANE SOCIETY

SAVE THE DATE

MAY 15, 2020 • 7:00 - 11:00 PM • DANIELLE'S AT VALLEY VIEW

Presented By: **Staffworks FUND**




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OPENING APRIL 1ST

BLOOMS BY BOGNER

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Azaleas - Hydrangeas - Mums - Easter Lilies
Daffodils - Tulips - Hyacinths - Pansy Bowls
And More!!!

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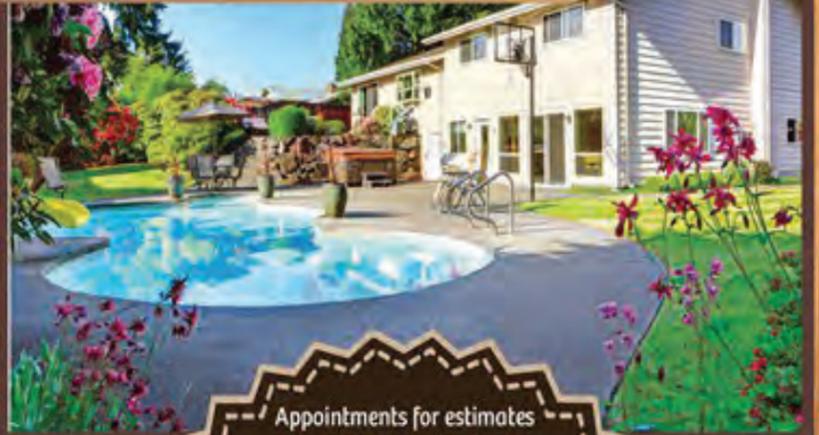
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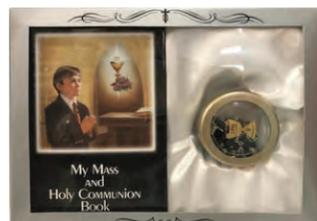
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14 THE TOWN CRIER

Epicurean Delight

APRIL
2020



Mark Mojave, Gerber's 1933 Tavern



Albert & Layla Zeina, Zeina's Cafe



Scott Lichorowicz, Hart's Hill Inn

Sample Local Restaurant Specialties & Support Hospice

The Hospice & Palliative Care Development Council is pleased to announce that tickets are now on sale for their 33rd Annual Epicurean Delight. This annual food tasting will be held at Hart's Hill Inn in Whitesboro, on Sunday, April 26th from 5:00 - 8:00 p.m. Epicurean Delight is Hospice and Palliative Care, Inc.'s most delicious fundraiser featuring 32 area restaurants, great entertainment, a raffle, and online and live auctions.

Tad Pole & Polly Wogg, Big Frog 104 Radio Personalities, will join us again as the Honorary Chair Couple for the event. "We feel privileged to be the Honorary Chair Couple for the 2020 Epicurean Delight. Please join us April 26th at Hart's Hill Inn for a sampling from CNY's best restaurants. It's a wonderful event and it all benefits a very worthy and needed cause", stated Polly Wogg.

We are proud to announce our Honorary Restaurants for 2020 are Gerber's 1933 Tavern, Hart's Hill Inn, and Zeina's Café. Guests will once again be able to vote for their People's Choice Restaurants. Our host Hart's Hill Inn won Best Food Presentation in 2019, and Delta Lake Inn will be back to defend their 1st Place win as will The Savoy who placed 2nd in the People's Choice Restaurant competition.

Tickets for the event are \$45 per person and are on sale now. To make a reservation, see a list of participating restaurants and sponsors or to learn more go to www.hospicecareinc.org. To donate gift certificates, prizes or a raffle basket to the raffle or auctions please call 735-6487 ext. 1004.

Hospice provides quality, compassionate care to those suffering from a chronic or end stage illness and their families, serving residents of Oneida, Herkimer & Easter Madison Counties regardless of their ability to pay.



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#ChoosePT for Low Back Pain

If you have low back pain, you are not alone. At any given time, about 25% of people in the United States report having low back pain within the past 3 months.

There are 3 different types of low back pain:

- Acute – pain lasting less than 3 months
- Recurrent – acute symptoms come back
- Chronic – pain lasting longer than 3 months

If your low back pain is accompanied by loss of bowel or bladder control or numbness in the groin or inner thigh, you should go to the emergency room.

Managing chronic pain is complex. While in some situations, when dosed appropriately, prescription opioids are an appropriate part of medical treatment; there are risks, including depression, addiction, overdose, and withdrawal symptoms when stopping use.

With opioid abuse becoming an unprecedented national public health epidemic, the Centers for Disease Control and Prevention (CDC) has recommended safe alternatives, including physical therapy, to opioids for treating pain. Learn more about how a physical therapist can help you safely manage your low back pain at MoveForwardPT.com/ChoosePT.

HOW A PHYSICAL THERAPIST CAN HELP

If you are having low back pain right now:

- Stay active, and do as much of your normal routine as possible (bed rest for longer than a day can actually slow down your recovery).
- If your pain lasts more than a few days or gets worse, schedule an appointment to see your physical therapist.

Your physical therapist can help you improve or restore mobility and reduce low back pain—in many cases, without expensive surgery or the side effects of medications

Treatments may include:

- Manual therapy
- Specific strengthening and flexibility exercises
- Education
- Training for proper lifting, bending, and sitting; for doing chores both at work and in the home; and for proper sleeping positions
- Assistance in creating a safe and effective physical activity program
- Use of ice or heat treatments or electrical stimulation to help relieve pain

As many as 61% of back pain patients are prescribed opioids.

Journal of the American Board of Family Medicine (2011)

Helen Sarandrea Physical Therapy

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Community News

THE TOWN CRIER 15

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NEW YORK STATE LICENSED MOLD REMOVAL

Attic and Basement Mold

Attics are one of the most common areas of mold growth in the home. Attics tend to have the perfect conditions for mold growth (hot, humid, and an abundant food source with the wood framing and sheathing). Most homeowners may go up in their attic seldom if ever so the mold problem is allowed to grow undisturbed sometimes for years! Many homeowners first learn about their problem right before they sell their home. The buyer's home inspector notices the mold in the attic right before the closing date, which causes both buyer and seller to panic, often putting the whole deal in jeopardy. The good news is that this scenario can be avoided by quickly checking your attic a few times a year for mold and dealing with it promptly if you do find a problem.

What are the signs of an attic mold problem?

Dark black staining on wood surfaces, both the underside of the roof sheathing and also the framing lumber itself. If the wood in your attic shows any black discoloration, a spotty or solid pattern the problem has moved beyond moisture and you may have mold that should be removed.

What Causes Attic Mold?

Generally speaking, attic moisture problems that lead to mold growth are most often caused by:

Blocked or Insufficient Ventilation

Improper Exhausting of Bathroom Fans or Dryer Vents

Roof Issues/Leaks

Frost buildup on the underside of the roof sheathing in winter - When it's cold enough outside, water vapor in an attic with improper ventilation can freeze on the underside of your roof.

Heat escaping into the attic from an access panel or door.

Let's take a look at each one of these causes individually so you can make sure you or a professional fix the source of the mold problem.

Blocked or Insufficient Ventilation

The most common cause of attic mold, by far, is blocked or insufficient ventilation of the attic space. Attics usually have a passive ventilation system in which outside air comes in through the soffit/eave vents at the bottom, warms up in the attic, and escapes through any roof exhaust or ridge vents at the top (because hot air rises). That cycle creates a nice, breezy airflow and a well-ventilated attic. However, we often see the soffit/eave vents blocked with insulation thereby destroying the whole passive ventilation system. And when that system is destroyed, warm and humid air in the attic will stagnate, and often condense along the cold wood sheathing in the winter, causing wet wood and subsequent mold growth throughout much of the attic. In general, 1 square foot of venting is needed for every 100 square feet of attic space.

Improper Exhausting of Bathroom Fans or Dryer Vents

Dryer exhaust vents, kitchen exhaust fans and bathroom exhaust fans are designed to pump moisture OUT of your home. So, make absolutely sure that they terminate outside your home and NEVER in the attic. Some contractors prefer to end the exhaust in a soffit vent and not through the roof however we have encountered problems associated with this type of venting. Also plumbing stacks in the attic can be a source of condensation, which can lead to attic mold growth.

Roof Leaks

Roof leaks will often lead to a small, localized area of attic mold near where the leak is occurring. However, mold can originate at this source area and begin to spread to adjacent areas seeking out a new food such as unaffected lumber.

Below are a few ways to check for possible roof leaks:

Check for areas of dark discoloration/staining of wood (e.g. rafters, sheathing, joists, attic side of fascia boards, etc.).

Check roof valleys and around chimneys (i.e. where two roofs join at an angle), which are highly susceptible to roof leaks.

Observe vents, plumbing stacks, chimneys, attic windows and any portion of the attic/roof where dissimilar materials join each other (including flashings). These places are known for potential moisture intrusion.

Heat Escaping into the Attic:

Access panels, pull down staircases or even plumbing vent pipes running into the attic can all be a source of heat escaping from the living area into the attic. This warm air mixing with the cooler air forms condensation on the wood surfaces. Coupled with inadequate ventilation this will eventually lead to a mold formation.

How to get rid of an attic mold problem

In addition to fixing the moisture problem or underlying cause of the mold formation, you also need to get rid of the mold properly. A NYS licensed mold contractor can evaluate and should be able to thoroughly explain the different removal options available to you.

Disaster Services highly recommends a complete evaluation of the attic area if mold is discovered for the following reasons:

The number one reason is health concerns. Air can be depressurized and pulled down from the attic into the livable space. This means it is possible for spore transfer from the attic air to enter livable spaces from the attic and affect the health of the occupants.

Mold in the attic will likely present a problem during a real estate transaction and deter any potential buyers if it's not corrected. If you ignore a mold problem in your attic, do not expect the next buyer of your house to do the same when it will inevitably be discovered during the home inspection. Home sellers take a major risk of buyers walking away if mold is discovered. Better to be proactive and fix it before you are ready to sell than to let it be discovered during a home inspection when a buyer may simply decide to walk. If the buyer decides not to walk, he or she is almost certainly going to want it fixed before closing (or receive a credit or price reduction at closing.) Also, it's pretty much a guarantee that the bank will require that the attic mold is remediated before giving a loan to the buyer.

Mold problems are indications of moisture problems. Water and mold problems in the attic can deteriorate wood in the roof sheathing, joists, etc. and eventually cause wood rot and reducing the life of your roof. From attic mold to basement mold and everything in between, Locally owned and operated, Disaster Services has served the area for over 30 years in all phases of fire, water and mold damage to a property. We set the bar for standards and guarantee all of our work. We are NYS licensed and properly insured for both mold removal and fire/water mitigation services. Give our office a call anytime at 315-797-1128 to speak directly to a trained technician.

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16 THE TOWN CRIER NH Fire Dept. News APRIL 2020

NHFD News

Your New Hartford Volunteer Fire Department responded to 103 calls during the month of February 2020. The monthly call report is listed below by category.

Fires	=	0
EMS	=	61
Hazardous	=	5
Service Type	=	21
Good Intent	=	2
Other Alarms	=	14
Weather Related	=	0
Other	=	0



The new SCBAs receive a final inspection before being placed into service.



Assistant Chief Brian McCormick unpacks the new SCBAs.

Total Calls for the Month of February 2020 = 103.
 This brings the total number of calls year to date to 199.

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

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

NHFD Purchases New Equipment

The New Hartford Fire Department recently purchased 37 - 3M Scott Fire & Safety X3 Pro 4.5 self-contained breathing air-paks with 74 bottles to replace out dated and unsafe equipment that was close to 20 years old. An updated compressed air fill station was also part of the acquisition.

This is a sizable investment for our dedicated first responders. This \$347,000 purchase was made possible from financing arranged by the New Hartford Village Board and a grant for \$500.

“Thanks to the Village Board, these state of the art air-paks and fill station brings us up to the current NFPA standard and will allow our firefighters to serve the community in a safer and more efficient manner”, stated Chief Thomas Bolanowski.

The department made its final decision after months of evaluation by the line officers and membership. All the new equipment is now in service after extensive hands on training.

Please visit www.NHFD.com for additional department information.

NHFD Recruit NY Open House

The New Hartford Volunteer Fire Department will host the annual Recruit NY Open House event on Sunday, April 26th, 2020 at the fire station at 4 Oxford Road. The Open House will run 10:00am to 2:00pm.

The Open House features educational opportunities in CPR, AED Training and Fire Extinguisher Training, various displays, and station and apparatus tours. This is a great opportunity to see what the department and the fire service has to offer for volunteer opportunities within the village and town of New Hartford. There are all kinds of different opportunities depending on your interests.

The department has training every Tuesday night on all aspects of the fire service. In addition to the training, there are a variety of community events and committees to be a part of throughout the year.

Stop by The Open House and see what your future may hold.

NHFD Fire Prevention Committee Issues 2019 Annual Report

The New Hartford Volunteer Fire Department’s Fire Prevention Committee, which is active all year long, began its annual October Fire Prevention Month activities with an Open House on Saturday, September 28, 2019.

The Committee, along with members of the department, kick-off Fire Safety Month with a community wide open house that featured various educational programs, displays, hands-on activities, demonstrations and tours of the fire station. “This is now an annual event to assist in educating our community on fire safety and saving lives while fulfilling our mission to protect lives and property,” stated Assistant Fire Chief and Fire Prevention Committee Chairman, Richard E Alexander Jr. He continued, “The committee did a great job in delivering this year’s fire safety message.” We ended up having a record number of people from the community stop in for the open house, and we only hope that the number grows each year.

Following the Open House, the committee continued its October Fire Prevention Month activities, visiting the three Elementary Schools: Hughes, Bradley, and Myles, within the fire district. This year’s presentation focused on: “Plan and Practice Your Escape,” get out and stay out, having a meeting place for the family to go in an emergency, and what to do when calling 911, among other topics. The department also brought the ever popular Smokehouse and Fire Truck displays to each of the schools. This year’s school program reached over 1,345 children and more than 50 adults.

In addition, the committee also conducted tours and visits to the Sitrin Day Care and St. John's Nursery School, along with several community out-reach programs. The out-reach programs consisted of providing educational material, displays and at times power point presentations at various venues such as Sunset Woods, and Preswick Glen. Several station tours were also presented to various nursery school groups, scout groups and others.

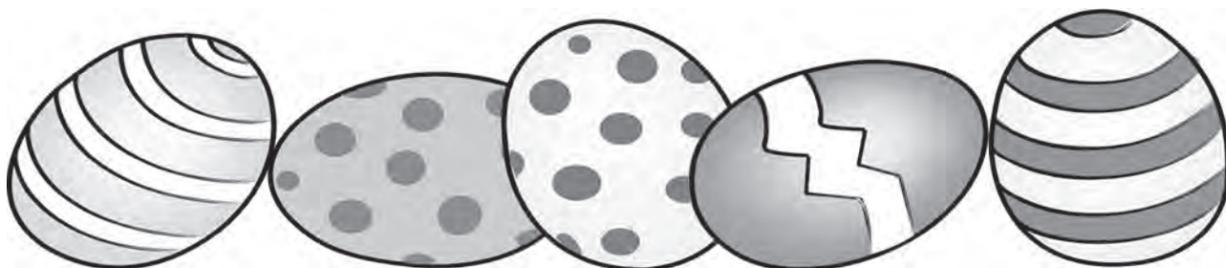
The committee also participated in presenting a “specialized” program to the junior and senior high students. These students were also provided an opportunity for hands-on experience working with such items as the fire extinguisher trainer, CPR, and AED.

During 2019, the fire prevention committee’s fire prevention programs touched the lives of more than 2,094 individuals and over 183 adults. The committee logged over 495 volunteer hours in presenting this year’s programs.

The committee recommends that every household have a fire extinguisher and tests their Smoke and Carbon Monoxide detectors. Change the batteries in your detectors every Spring and Fall. A good habit to follow is doing this when the clock changes. Practice exit drills with both children and parents actively participating.

Fire Prevention and education can, will, and does save lives.

Please visit www.nhfd.com for more information.





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Community News

THE TOWN CRIER 17



The Helen and Leon Sperling Memorial Lecture and Holocaust Observance

The Helen and Leon Sperling Memorial Lecture and Holocaust Observance will be held Thursday, May 14 at 7:30 at the Jewish Community Center. This year, our speaker will be Matthew Rozell, historian and educator.

The program is being held later than usual as Mr. Rozell has been invited to Magdeburg, Germany in April for the 75th commemoration of the liberation of the train along with liberators, survivors and their families. Through his diligent study with the survivors and the men who liberated them, many have been reunited in past years. He will do more than speak about reuniting survivors with their liberators as he discussed in his book A Train Near Magdeburg. He has many things to share with us and there is much we can learn.

Mr. Rozell has received numerous awards and has been featured as the ABC World News Person of the Week. His oral history series on WWII, The Things Our Fathers Saw, has sold more than 125,000 copies.

Please join us on May 14th and bring teens and neighbors. All are welcome.

American Cancer Society Relay For Life of Utica, NY, Encourages Alumni to Return for 25th Year Anniversary

The American Cancer Society (ACS) Relay For Life of Greater Utica is encouraging alumni participants to return for its 25th annual Relay For Life on Saturday, June 13th, at Mohawk Valley Community College.

"Our alumni participants are a vital piece of the progress we have made locally and nationally. We want participants that have taken a break from Relay to return and stand shoulder to shoulder with teams and cancer patients and those supporting them" says Melanie Francis, Sr. Community Development Manager at the American Cancer Society. "The progress we have made in the past 25 years has saved the lives of over 2 million people, and that is why we Relay."

Volunteers are the heart and soul of ACS and are critical to our success at every level. By joining the Relay For Life movement, volunteers help us save lives, celebrate lives, and lead the fight for a world without cancer. Relay For Life continues to be the largest peer-to-peer fundraising event with 2.5 million participants globally uniting to save lives from cancer. That is why we are encouraging alumni to join us this year to celebrate 25 years of fighting and taking action against cancer.

Relay For Life of Greater Utica has set up an Alumni Team for past participants interested in returning to celebrate this remarkable feat in June. Alumni are encouraged to register online to stay informed about all the special events taking place this Relay season and at Relay.

With increased awareness, the development and availability of new screening procedures, along with medical innovation, and continuing education, ACS has made progress in the most prevalent cancers. This continued progress in decreasing mortality rates and increasing 5-year survival rates is made possible by our generous donors and volunteers and their continued support and commitment to the fight against cancer.

Funds raised at Relay For Life events help ACS fund and conduct breakthrough research, and give cancer patients and their families the resources they need, like free rides to chemo, free places to stay near hospitals, and a live 24/7 helpline for answers and support. To learn more about Relay For Life and register for our Alumni Team or start your own team, visit RelayForLife.org/UticaNY

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Community News

THE TOWN CRIER 19



Testimonial Dinner for Former Oneida County Legislator Bill Goodman

Plans for a testimonial dinner honoring former Oneida County Legislator Bill Goodman have been announced. The event will be held on May 21 at Harts Hill Inn and will benefit Whitestown area charitable organizations in Bill's honor.

Goodman retired from the Oneida County Board of Legislators at the end of December after serving 29 years as a County Legislator. In all he had 5 decades of public service, which started with serving on the Whitestown Town Board for a decade. He then served as town supervisor for 12 years, before his tenure on the Board of Legislators. Goodman is the father of NYS Assemblywoman Marianne Buttenschon.

Victor Fariello and Martin Hernon of New Hartford are co-chairman of the event. Joe Kelly will be Master of Ceremonies.

Tickets for the May 21 dinner are \$35 per person. There will be a cash bar from 6-7 p.m. and dinner at 7 p.m. Tickets can be obtained by mailing a check payable to "Testimonial Dinner" to PO Box 194, Washington Mills, NY 13479. The deadline for reservations is May 14.

"We are very pleased to be honoring Bill with this event and to celebrate his many years of public service,"

Fariello said. "We will be able to help some great local organizations at the same time," Fariello added.

For further information on the event email goodmantestimonial@gmail.com or call 315-723-7285.

Sitrin Provides Nursing Scholarships for Students

Spring has sprung, and so have exciting opportunities at the Sitrin Health Care Center! Now in its second year, Sitrin's Keep Calm & Nurse On program continues to provide students with career-building opportunities.

Sitrin first developed the program in November of 2018 to alleviate the nationwide nursing shortage. Understanding that not everyone who graduates high school moves onto higher education, this unique two-part program was created to give students who may be unsure about their futures the first step to a career path.

The program is available for local high school juniors and seniors to introduce them to the field of health care, and to empower them to take hold of their future with a meaningful career in nursing.

In this program, Sitrin grants selected students a scholarship to become a Certified Nursing Assistant (CNA), as well as provides candidates with paid employment as a CNA at Sitrin. There are no specific GPA or experience requirements to join the program. All students interested in the health field are encouraged to apply. Availability of part-time work while enrolled in school is also possible.

Applicants first go through an interview process, meeting with leaders of the nursing department to learn more about Sitrin's care services. Those selected after this process will move onto the scholarship phase, during which time Sitrin will cover the costs associated with pursuing CNA certification.

After completion of the certification, recipients will begin work as a paid CNA at Sitrin. This opportunity will provide the new CNAs with competitive salaries, life

and health insurance, dental and vision coverage, paid time off, no mandatory overtime, and other employee benefits. Full-time, part-time, and flexible scheduling options are also available.

"Ultimately, the goal of the program is to allow pre- and post-graduates the freedom, flexibility, and security they seek after completing high school," said Brenda Cobane, Sitrin's vice president of long-term care. "We encourage students of any academic ability who may be interested in nursing or health care to apply."

Students seeking valuable interpersonal connections may enjoy working with Sitrin's senior population. Sitrin's residential long-term care model offers Cape Cod-style homes that are uniquely and thoughtfully decorated by the nursing staff. Each home has its own identity, as each nurse takes pride in adding touches of warmth and personalization, while continuously bonding with the residents.

Those interested in a faster-paced environment, similar to that of a hospital, may wish to gain experience in inpatient comprehensive medical rehabilitation. Individuals recovering from surgery, stroke, injury, or other ailment stay on the unit on a temporary basis, while receiving inpatient physical therapy, occupational therapy, or speech-language pathology.

Other CNAs may choose to work on Sitrin's NeuroCare unit, providing long-term care to individuals with Huntington's Disease (HD) and Amyotrophic Lateral Sclerosis (ALS). In NeuroCare, the nursing staff impacts the everyday lives of residents, bringing excitement, celebration, and compassionate care to those affected by HD and ALS.

Students are invited to apply to Sitrin's Keep Calm & Nurse On program by downloading the application form at www.sitrin.com/scholarship. In addition to the application, students must also provide a brief essay on why they would be a good candidate for the program, as well as an academic letter of reference. For more information, please contact Brenda Cobane at bcobane@sitrin.com or (315) 737-2224.



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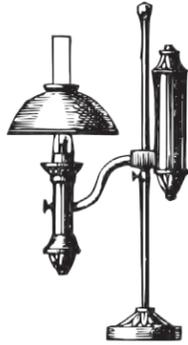
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Antique Talk

APRIL 2020



Victor J. Fariello Jr.



Reader Challenge
What Will you Find?

Now that Spring is almost here, it's the time of year when are thoughts turn to garage and estate sales and flea markets and the hopes of finding a treasure or two to bring home to add to your collection or just a decorative item to display with pride. Well 'Antique Talk' is seeking the "Best Find of the Season" from the readers of this column. Yes there will prizes and the First, Second and Third Place winning items will be featured in the July 2020 installment of 'Antique Talk'.

Here's how it will work. Readers are asked to submit a photo and brief description of the item and how they acquired it (garage sale, estate sale, auction, etc.) The item must be purchased between April 1 and May 31, 2020. Entries must be received no later than June 10, 2020. You can mail your entry to Antique Talk, PO Box 194, Washington Mills, NY 13479 or email it to vjfariello@gmail.com. Tell me why you think your item is the "Best Find of the Season."

Now for the prizes:

FIRST PLACE: Set of Antiques & Collectibles Price Guides Collection- Warman's, Kovel's and Antique Trader; and a 1-year subscription to The Magazine Antiques.

SECOND PLACE: Warman's Antiques & Collectibles Price Guide.

THIRD PLACE: 1-Year Subscription to Antiques Trader Magazine.

Multiple entries are ok. If you're not sure which of your finds is the best, send them all in and increase your chances of winning. We've waited so long for Spring so get out and enjoy it. There are many treasures, bargains and interesting items awaiting you. What will you find?

Happy Collecting!

Consider Joining Questers

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. Our April Meeting is April 6 at 6:30 pm in the Corisanti Room at the NH Library. The program will be members of the Mohawk Valley Antique Bottle Club presenting "Bottles 101." All are welcome to attend. 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!

Consider 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.



Seed and Weed Garden Club

Members of Seed and Weed Garden Club (Amy Funkhouser, Cheryl Kopyt, Barbara Taurisano, Clare Fahy and Joanne Szczygiel) are busily making preparations for the upcoming season. Members meet monthly, learning from an interesting array of speakers; club members also participate in helping to maintain several local community gardens, such as the one adjacent to the large playground in Sherrilbrook Park, as well as supporting local teens studying conservation. The club draws members from New Hartford, Utica, Whitesboro and Clinton. For membership information please go to seedandweedgc.weebly.com

NH Presbyterian Church News

New Hartford Presbyterian Church, 45 Genesee Street, welcomes all to worship services each Sunday morning at 10:30 a.m. Child care is provided. Communion is offered on the first Sunday of each month. Sunday School programs for children and adults begin at 9:30 a.m. The Sew'n Sews group gathers each Wednesday at 9:30 a.m. Members of the congregation prepare and serve the evening meal at Hope House on the fourth Sunday of each month. Palm Sunday will be observed during worship on Sunday, April 5th, with children leading the procession of palms. A Maundy Thursday service is scheduled for 7:00 p.m., April 9th. The resurrection of Jesus will be celebrated on Easter Sunday, April 12th. Deacons will meet at 7:00 p.m., Tuesday, April 7th.

New Hartford Presbyterian Women will meet on 7:15 pm on Monday, April 13th. Church committees meet at 7:00 p.m., Tuesday, April 14th. The women's book club will meet at 6:45 p.m. on Wednesday, April 22nd, to discuss the book "Wonder." The monthly Session meeting is scheduled for 7:00 p.m., Tuesday, April 28th.




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APRIL
2020

NH Historical Society News

THE TOWN CRIER 21

NEW HARTFORD PAST TIMES

APRIL 2020

NEW HARTFORD HISTORICAL SOCIETY



“Play Ball!”

With Spring in the air, many look forward to the great American pastime..... Baseball! From nearby fields, to Little League, School Teams, to the Minors and the Majors. It was America’s game. Here is the 1921 “Capron Community” team. They took on all comers in the semi-professional ranks and reportedly came out on top more often than not.

Capron “Community”?

Have you ever heard of the “Village of Capron”? Neither had I! That is, until I started to research this photograph and the Capron Knitting Mills. In 1820, Dr. Seth Capron and others erected the 2nd Cotton Mill in New York State. It was situated in the area along the Sauquoit Creek. As was the norm back in the heyday of Mills, communities would spring up around, and/or increase in size, when mills are built. Often too, many dwellings are company owned.

“A *village* is a small community in a rural area.

A *town* is a populated area with fixed boundaries and a local government. A city is a large or important *town*.”

The “Capron” area of New Hartford was that area that stretched from the Mill towards what is now part of South Utica. Old newspapers often referenced the “Village of Capron” in New Hartford. At the time of its erection, it’s not confirmed the Mill was called *Capron Knitting Mill*. However, during the era of tremendous expansion during the 1880’s, it was called the *Utica Cotton Company*. In 1882, a massive 3-story building that housed 125 looms, was the center of an impressive industrial complex that included 25 two-family houses, a company owned school, boarding house, storehouse and carpentry shop.

There also was a two-story boiler room that provided



Sitting, left to right; Leo Murphy, catcher; Robert E. Morris, pitcher; and Guy J. Morelle, pitcher. Standing, William Kates, 3rd base; Herman Beswick, 2nd base; Peter Burns, infielder; “Shorty” Helmer, 1st base, George LaShure, Club President; Roy Patrick, pitcher; Clarence Burt, fielder & Patrick Tomaselli, fielder. Other members included Harold “Ding” LaShure, shortstop; William T. Burns, Club Treasurer; and John T. Hughes, outfielder & catcher.

power and heat to the area. This could logically explain why it’s often referred to as “Capron Village”.

The mill processed 325,000 yards of sheets and other cloth products per month! In 1922 the Capron area was annexed into the City of Utica. As the knitting mills began to move south, many were repurposed. This mill was no exemption. In or around 1931 the mill was acquired by the Sitruie company and became a paper mill. In 1956 the mill was acquired by Doeskin and became Sitruie-Doeskin. The mill closed in 1968 after being bought by Consolidated Paper Corp. out of Montreal. It was destroyed 10 years later by a massive 3-alarm fire on November 8, 1978.

BECOME A MEMBER!

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

Planning a Class Reunion?

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

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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.



Memorial Day Parade
May 25th at 7:00pm
Call for Parade Participants

Your business or nonprofit group can be a part of the Memorial Day Parade in New Hartford! The parade starts at the New Hartford Shopping Center and ends at the Firehouse in the Village. Register your group at the chamber website at www.NewHartfordChamber.com or call 315-796-1520.

Business Training

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Google, LinkedIn, Twitter, and YouTube each have own unique benefits. This hands-on workshop features interactive examples to demonstrate how each platform should be incorporated into an overall marketing plan at limited costs, but with tremendous results. Continental breakfast will be served.

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

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APRIL
2020

Community News

THE TOWN CRIER 23

Hospice and Palliative Care Seeking Volunteers

Hospice and Palliative Care volunteers play an essential role and make vital contributions to our daily operations. The volunteer role makes a profound difference in our community in different ways. Some ways to help are, but not limited to:

Patient/ Family Volunteer: these volunteers are assigned to patients and their families in the patient's home, nursing home, hospital, or other alternate living facility, including our Siegenthaler Center residence. Assignments may require minimal time commitment such as a short weekly phone call, or a greater time commitment such as visiting the patient weekly for a few hours. Patient/ Family volunteers provide companionship and a supportive presence to patients on Hospice.

Siegenthaler Center Volunteer: these volunteers work closely with the Siegenthaler Center nurse. They are able to perform housekeeping duties, prepare meals, and spend time with patients who are currently residing at the Siegenthaler Center.

Administrative Volunteer: for those who prefer to work in an office setting we offer many clerical opportunities at our New Hartford facility.

Fundraising/ Special Events Volunteer: assist the Community Support Services staff at special events or one of many fundraising activities.

Baker's Dozen Volunteer: The Baker's Dozen delivers fresh baked good to the Siegenthaler Center daily. They provide the patients with the opportunity to offer their visitors home baked confections just as they might in their own home.

Meals Volunteer: prepare and/ or deliver meals for patients and their families. This can be as simple as packaging and sharing an extra portion of what you have prepared for yourself or your family.

Pet Care Volunteer: assist patients and their families in caring for their pets. This may include feeding, walking, or cleaning up after a pet.

Veterans Volunteer: provide support to veterans who are Hospice patients.

You relate to your fellow veterans in a special way due to your shared military experience.

Cosmetology/ Hairdresser Volunteer: licensed cosmetologists, hairdressers, and barbers can help our patients feel their best with basic services such as a shampoo and cut.

For more information on becoming a Hospice and Palliative Care Volunteer, please call or email Erin Dooley, Volunteer Coordinator at (315)735-6487 ext. 1023, edooley@hospicecareinc.org. You can also visit our website at www.hospicecareinc.org to complete a volunteer application and health assessment. There are two different ways to become a Hospice Volunteer, there will be upcoming class training in April (TBA) and there is a comprehensive online training available as well, to be completed at your convenience. Volunteers are needed throughout Oneida, Herkimer and Eastern Madison counties.

Attention: Food Emergency Issues

Residents of Town of New Hartford, New York Mills, Sauquoit and surrounding areas: In the event of food emergency issues, please contact the St John's rectory from 9am to 2 pm Monday through Thursday at 315-732-8521.

The food pantry is located at: St John The Evangelist Church, 66 Oxford Rd, New Hartford, NY. Open alternate Saturdays 10am-12. April 11 and April 25. May 9 and May 23.

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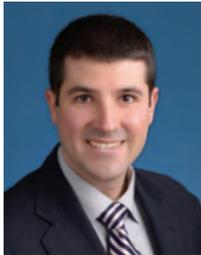
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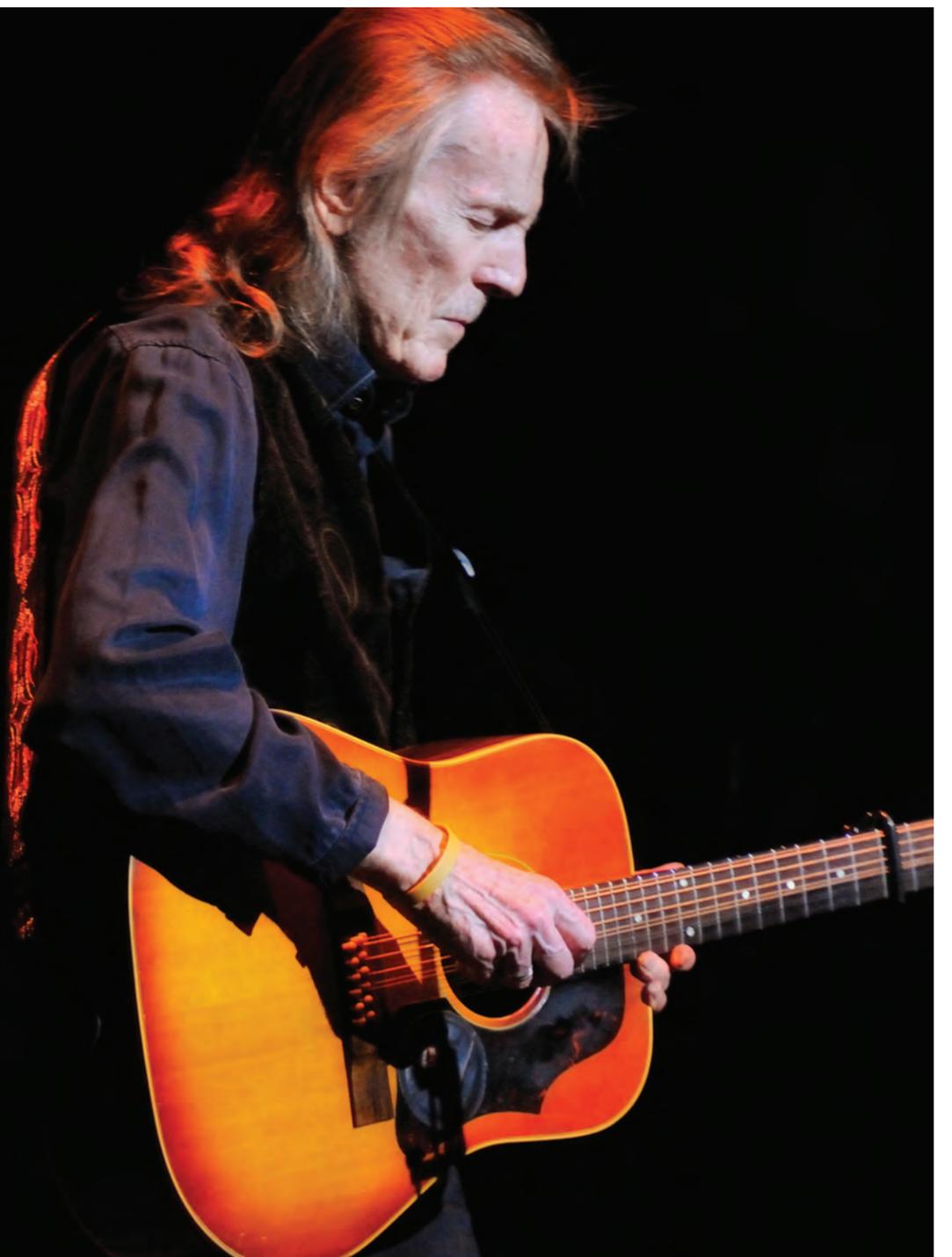


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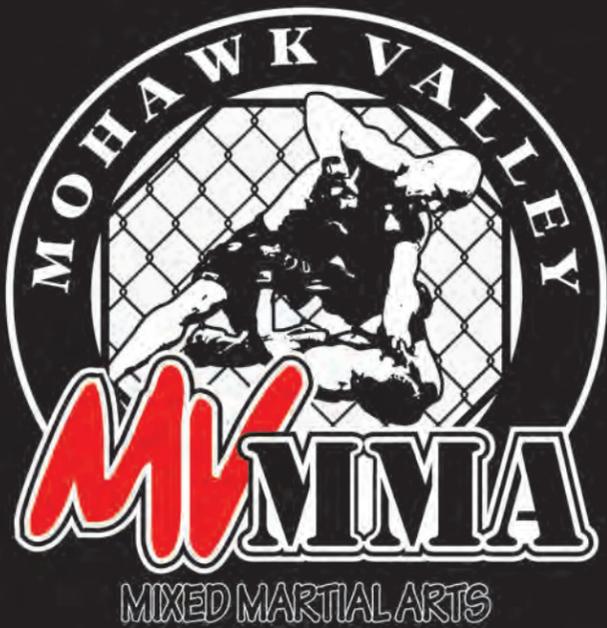
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Community News

APRIL 2020

Meeting Client Needs with the Latest Insurance Solution

By John H. Hobika, Jr., LACP®, CLTC®

Historically, the main private, insurance-based solution for Long-Term Care (LTC) planning has been traditional or “standalone” LTC Insurance (LTCI). While it has served the market well by putting hundreds of thousands of policies in force and creating pools of benefits for clients in the billions of dollars, recent economic changes have created some instability in the market.

That instability, in part, has led to the creation of newer generation private insurance solutions that go a long way toward satisfying two main concerns in the mind of some consumers:

Rate instability with some standalone LTCI (what if my premium goes up later?)

Concerns over “what if I never use it?” (what if I never need LTC services?)

From a pure “benefit per premium dollar” standpoint, standalone LTCI still provides the most leverage in building a pool of benefits to pay for LTC services. For some consumers, however, the above concerns remain, and may present an impediment to taking positive steps to plan for an LTC or extended care event. The insurance industry has responded by designing policies which potentially mitigate BOTH of those a fore mentioned concerns, while still providing meaningful benefits for LTC planning for clients.

WHY THE BIG DEAL

In short, the problem is not going away! In fact, if anything, the demographic and care provider availability changes we are seeing in our society will make it more important than ever for clients to have well thought out extended care plans in place. Public funding of LTC needs continues to be challenged by strained budgets and increased usage by baby boomers, putting the ultimate onus on individuals to plan properly.

That means that many consumers will be faced with the need to rely on friends and family to provide care or, in the absence of that availability, on their own income and saved and invested assets to pay for formal care.

Many consumers have accumulated funds in “safe money” accounts such as bank accounts, money market accounts, CDs and the like, that they would likely liquidate in order to pay for care should the need arise. Or they plan to use their investments to meet this need – with the inherent risk of a market downturn at the time the funds are needed for care. That begs the question “is there a better way?”

ENTER THE AGE OF “LINKED BENEFITS”

The term “Linked Benefits” refers to a fairly specific type of policy, yet the term has also become commonly used interchangeably in the insurance and financial communities with several types of policies which contain some level of benefit for LTC or extended care services on top of a life insurance (or, in some states, annuity) benefit.

The various types of policies have also been referred to as “asset based,” “combo plans,” “hybrids” and other names. However, there is a difference, and they can become confusing to both advisors and consumers.

DISTINCTION BETWEEN “LINKED BENEFITS” AND “ACCELERATED BENEFITS”

It is important to draw distinctions between the different types of policies available in the market today, so that clients can properly plan for these events.

Linked Benefits – these policies are also referred to as “asset based” because they are often funded by a reallocation of funds (assets) from another source (e.g. “rainy day” or “safe money”), or perhaps from a “1035” (tax free) exchange of values coming over from an older life insurance policy which may no longer suit the client’s needs. These policies are comprised of a base life insurance death benefit and have a [typically] Long-Term Care rider attached to them. They are often funded by a single premium deposit, but more recent product designs may allow for systematic, annual premium payments over 3,5,7 or 10 years (or longer). In exchange for that, for example, single premium payment, a death benefit of some multiple of that premium is purchased, and an LTC benefit “pool” of an even higher multiple is also purchased. Thus, one is able to “leverage” an amount of money – which may otherwise have to be used to pay for care on a dollar for dollar basis – into a much larger pool of available funds to offset the cost of care.

For purely example purposes, a 60 year old woman may make a \$100,000 deposit and get a death benefit of ~\$175,000 and an LTC benefit pool of ~\$450,000, which may be structured to provide a monthly LTC benefit for up to 6 years.

Many policies also offer a “Return of Premium” option, which allows the policyholder to surrender the contact and receive [typically] 70-100% of her premium back, depending on the age of the policy. Inflation protection may also be offered.

Accelerated Benefits – these policies are also life insurance policies (most commonly universal life (UL), but may also be whole life or even term) that have a rider which allows the policyholder to “accelerate” (pay out early) the death benefit to pay for LTC expenses. Some policies allow 100% of the death benefit to be accelerated, while others calculate the amount available at the time of claim based on actuarial assumptions (see “Other Things to Consider” section below).

OTHER THINGS TO CONSIDER

As one evaluates the different types of linked benefit, or accelerated benefit, plans available in the market, it is also important to consider the following characteristics (and this is not meant to be an exhaustive list):

Reimbursement vs. Indemnity/Cash – this refers to the manner in which a particular policy pays out its LTC (or sometimes referred to as “Chronic Illness” – see below) benefits. Reimbursement benefits typically use the tax qualified definition – unable to perform at least 2 out of the 6 “ADLs” (Activities of Daily Living) or have a Cognitive

Impairment – to trigger benefits, and actual costs of care are reimbursed up to the policy maximum. Indemnity/Cash benefits generally require the same tax qualified benefit trigger (2 of 6 ADLs or Cognitive Impairment, with one exception, see below), but a stated amount of benefit is generally paid out, regardless of actual care costs. Some indemnity riders may require formal care services for a short period of time – sometimes even just one formal care visit – before the remaining indemnity/cash benefits are paid out.

Expectation of Permanence – usually found on indemnity or cash based “Chronic Illness” riders, some life insurance policies with acceleration riders may require, in addition to the normal tax qualified benefit triggers (2 of 6 ADLs or Cognitive Impairment), that the condition be certified be expected to be permanent in nature. Outside of NY, a number of carriers have removed this language from their riders, while some have retained it. In NY, only 1 carrier currently has the rider WITHOUT the expectation of permanence language. It is presumed that other carriers will follow suit in the near future.

Full Death Benefit Available for Acceleration vs.

Discounted Benefit – it is also important to note that some riders on life insurance policies that allow a policyholder to accelerate the death benefit for LTC (or Chronic Illness) require the payment of a separate rider premium, while others do not. The main distinction between these riders is: Premium paying rider – the entire death benefit is typically available for acceleration for LTC (or Chronic Illness) at time of claim.

Rider without a premium charge – the entire death benefit is NOT available for acceleration. At the time the insured decides to accelerate the death benefit, an actuarial calculation is done, taking into account current interest rates, insured’s life expectancy, etc., and a “discount” is applied to the death benefit to determine the maximum amount available.

Note: it is important to remember that the life policies with the no premium charge riders are not “FREE” riders. The reality is that the policyholder is paying for the rider, either by the premium being paid or, if exercised, the discounting in the benefit calculation. Of course, if the client is averse to paying a rider premium, and never needs LTC/chronic care services and thus never exercises the rider, one could argue that, in that instance, the rider has been “free.” The riders which do not require a premium may be attractive for clients who:

Are purchasing the life insurance primarily for the life insurance death benefit and, perhaps secondarily, for the LTC or Chronic Illness benefit

Wish to have SOME level of LTC or Chronic Illness protection in place but may not want to pay extra premium to get it.

CONCLUSION - The LTC – and LTC Insurance – markets continue to see constant change. The one thing on which most everyone agrees, is that the one thing that is NOT changing, is the NEED to plan for an extended care event.

We have seen a great deal of change in the private (insurance) LTC financing world in recent years. More than ever, it is important for consumers to educate themselves on ALL of the potential tools to help protect against the consequences of an LTC event, and preserve consumers’ ability to make their own choices as it relates to their care – now and, more important, in the future.

Linked benefit – or accelerated benefit – policies can fill an important part of clients’ overall financial and retirement plans, by providing a safety net for LTC needs, as well as piece of mind if premium volatility and/or lack of benefits at death are an overriding concern for the client.

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

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

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NH Senior Center News

submitted by Carrie, NH Senior Center

March is about over and most of us can't wait for the nice weather. Let's hope April is much warmer. Daughter for Hire came and talked to the seniors about what their program has to offer, taking seniors shopping, house cleaning, doctor appointments and much more. The center celebrated all who had birthdays in February with cake and ice cream. The St. Elizabeth nursing students were here to talk about Winter Safety. The students each talked about different ways to be safe in the winter with cars, the flu and space heaters. They were also here the following week for Infection Prevention. Nursing students discussed ways to avoid getting the flu by washing hands quite often, and coughing into your arms. Seniors Helping Seniors had a representative come to the center. They offer many services you may need to stay comfortable in your own home. The center had CaptionCall come in and give a presentation on the phones for the seniors with some hearing loss. These phones read out what the person on the other end of the phone is saying. Helps the senior without getting frustrated. St. Elizabeth nursing students were here on Swing Into Healthy Spring. They talked about many ways to stay healthy.

On April 1st, we have St. Elizabeth nursing students coming and talking about keeping your Brain Healthy. On the 2nd, Utica Rehabilitation Center will have a representative come in and talk to the seniors about their programs. And on the 3rd, CaptionCall will be here to let seniors know about the free phones for seniors with hearing loss. On the 8th, St. Elizabeth nursing students will be here to talk about Oral Health. They will also be here on the 15th for Rest And Sleep. On the 17th, we will have Fidelis here with a representative to speak with the seniors. On the 22nd St. Elizabeth nursing students will be here to discuss Stroke Awareness. All programs start at 11:15 followed by a hot lunch. If interested in a lunch, call the morning before at 315-724-8966. Menus are in the New Hartford Town Crier, along with monthly programs or you can pick up here at the center. We have chair Zumba with Sue every Thursday, canasta players every Tuesday and Thursday and bridge players every Tuesday and Friday. The knitting and crocheting that is done with the senior ladies is every Monday, come join them. A volunteer from Utica library comes in for computer class every Tuesday. We have Mary and Charlie who play the key board during lunch. Carol from OFA has a class every Friday at 10:30 with different health topics. I met with an art instructor. He would like to do classes here at the center with seniors that would like to do art with pencils and graphite sticks. For more information call the center at 315-724-8966. We also have New Hartford Boces and the Herkimer ARC that volunteer with floors and setting tables. Thank you St. Elizabeth nursing students that volunteer to come in and help with lunch. Thank you Hans and Barb for volunteering to help out during parties. Thank you Steve who volunteers every day to help hand out milk and bread and to wash tables. Thank you Ken from the Rescue Mission for all the bread and pastries you bring for the seniors to take. And Gary who brings the bagels from Bagel Grove. Thank you for the volunteers that help Marg, Sue and Ruth in the kitchen. They are Jeanette, Annette, Barb, Marcia, Cecelia, Marlene and Ruth. You all do a great job at the center. We are always looking for volunteers. If you would like to be a volunteer, stop in or you can give us a call. Bernie does a great job keeping track of AARP Driving classes and Tax registrations along with answering phones and much more. And Debbie who answers phone calls, does all the shopping and does our decorating for parties and holidays. She does a beautiful job.



Seniors at the Heart Run and Walk



Debbie from Seniors helping Seniors



St. Elizabeth's Nurses teaching Seniors



Jerry from Caption Hearin



Denise from Daughters for hire



New Hartford Highway News

submitted by Highway Superintendent Richard Sherman

The dumpster - drop-off collection schedule is complete for 2020 season. This schedule will be with the town Supervisor's newsletter. Our program this spring will start April 6th and end September 28th. For pickup items for the highway garage you need to purchase tags for the highway crew to pick up those items at your home. Remember if you want items picked up you must purchase the tags for \$5.00 per item from the town clerk's office by the last Friday of the month for the first Monday's pickup. The town's clerk office is open Monday- Friday 8:00 am to 4:00pm at 8635 Clinton Street New Hartford. Additionally, we will have the dumpster drop off along with the tag pick up for the months April, May, July, August, and September. The regular drop off is still every Monday 6:30- 2:00. There will only be one Saturday drop off on May 16th along with our paper SHREDDING day from 8:00- 12:00. The month of June will be curbside pickup in front of your residences. This will work the same as last year. The schedule for this will be in next month's Town Crier article.

Due to the recent Coronavirus shut downs the highway department crew will still be working diligently cleaning the Town for spring cleanup. The new storm water crew will be going out to clean creeks and detention ponds with our excavator's and dozer. The new excavator will go out shortly as we are awaiting delivery of the new trailer to haul it from job site to job site. We are still on schedule to build a new detention pond this summer near the Foxcroft and Hubbardton area from Tibbitts Rd. April begins the annual spring cleaning for all town roads. I and your highway crew will be out assessing damage from the winter season and start sweeping roads, as well as repairing and curb damage occurred by the town snow plowing. If lawn damage occurred by the town plows, please call and give us your name, address and we will send out a crew to fix any damage lawns when top soil becomes available. If you have leaves from last fall, put those out in a separate pile as the leaf truck will be out again to pick these up. Please put the brush piles in a separate pile so they call also are picked up by the green waste trucks if not separated the crews will not pickup the piles until they are separated.

Our three main paving projects for this year are to finish the Paris Rd to Rt 12. Oneida Street will be paved for 1.1 miles and Mallory Rd will be paved from Oneida Street to the town line with road repairs in between. There will be a lot of prep work on joints on Oneida Street, this road work will require lane closing and flagging so please be patient when this work starts. We are still putting together other road work in the town as the budget warrants. I will have another article in next month's town crier as what other town roads will be worked on. I and Chris Moran attended a meeting at the capital in Albany to get more monies in the chips budget (Paving) into the Governor's budget for 2020-2021. Over 750 towns Highway Superintendent, foreman, highway worker's and Vendor's showed up for this advent. The Governor took out of his budget winter recovery money for paving which has help us in pass years. Please call me at 315 534-2998 and e-mail me at rsherman@townofnewhartfordny.gov if you have any questions.



Parkinson Support Group
 Presbyterian Home
 3rd Tuesday
 of each month
 at 12:30
 797-7500
 for more information



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28 THE TOWN CRIER

Faith in New Hartford

**APRIL
 2020**

FIRST UNITED METHODIST CHURCH

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

CLINTON ROAD BAPTIST CHURCH SBC

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

ST. JOHN THE EVANGELIST CHURCH

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

HOPE ALLIANCE CHURCH

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

ST. THOMAS CHURCH

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

ST. STEPHEN'S EPISCOPAL CHURCH

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

ST. GEORGE'S EPISCOPAL CHURCH

9389 Elm Street, Chadwicks - 315-736-3572
 Rev. Heather Benson Officiating Service at 10am
 Holy Eucharist Every 2nd and 4th Sunday

IMMANUEL BAPTIST CHURCH

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

NEW HARTFORD PRESBYTERIAN CHURCH

45 Genesee Street, NH - 732-1139
 www.newhartfordpresbyterian.org
 Worship services each Sunday morning at 10:30 a.m., led by
 the Rev. Dr. Sue A. Riggle. Child care is available. Communion
 is offered on the first Sunday of each month to all who wish to
 receive it. Sunday School classes for children and adults begin
 at 9:30 a.m.

OUR LADY OF THE ROSARY CHURCH

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

SAUQUOIT VALLEY UNITED METHODIST CHURCH

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

FIRST BAPTIST CHURCH OF NH

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

UNITARIAN UNIVERSALIST CHURCH

10 Higby Road, Utica NY 13501
 Because of the ongoing public health issue, The Unitarian
 Universalist Church of Utica will not be holding any services
 at the church until further notice.
 315-724-3179 uuutica.org
 Minister: The Rev. Erin Dajke Holley

FAITH IN CHRIST FELLOWSHIP CHURCH

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

ST. GEORGE ORTHODOX CHURCH

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

LIVING FAITH BIBLE CHURCH

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

WESTMINSTER-MORIAH-OLIVET PRESBYTERIAN CHURCH

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

NORWICH CORNERS CHRISTIAN CHURCH

10233 Roberts Road, Sauquoit - 737-0757
 WHERE JESUS IS LORD!
 Pastor Walter J. Wharram, Jr.

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

TRINITY LUTHERAN CHURCH

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

FIRST PRESBYTERIAN CHURCH

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

ST. VOLODYMYR THE GREAT UKRAINIAN CATHOLIC CHURCH

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

LIFE IN CHRIST FAMILY CHURCH & BIBLE SCHOOL

25 Robinson Rd. Clinton - 315-853-1582. www.licfc.org
 Pastors Peter & Addie Forrester
 Adult Sunday school 8:45 AM
 Sunday Service 10 AM
 (Nursery & Sunday school provided)
 Thusday Night 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

SACRED HEART ST. MARY'S CHURCH

201 Main St. NY Mills, NY
 Saturday Vigil Mass: 4:00 PM
 Sundays: 8:15 AM & 11:15 AM
 Weekday 12:10 PM -Tuesday, Thursday, Friday
 12:10 - Communion Service Only Wednesdays

ANNUNCIATION CHURCH

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

STONE PRESBYTERIAN CHURCH

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

CLINTON UNITED METHODIST CHURCH

105 Utica Road, Clinton
 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

American Legion New Hartford Post 1376

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

Sunday Morning Breakfast

April 19th - Serving 8-11:30am

Friday Night Fish Fry

Serving 4-7pm

**Room Rental Available Upstairs for any type of party. Handicapped Accessible.
Please contact caterer, Sam Tantillo at (315) 749-3853 for more information.**

APRIL
2020

Faith in New Hartford

THE TOWN CRIER 29



CORNERSTONE COMMUNITY CHURCH

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

CHRIST CHURCH (REFORMED PRESBYTERIAN)

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

HOLY TRINITY ROMAN CATHOLIC CHURCH

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

ZION LUTHERAN CHURCH

630 French Road, New Hartford 315-732-4110
Sunday Mornings 10 AM
Sunday Contemporary Service 12:15 PM
Email: office@zionluth.com
Website: www.zionlutheranNy.org
Facebook: Zion Lutheran Church, New Hartford NY
Handicapped accessible
Palm Sunday service is April 5 at 10:00.
Easter service is April 12 at 10:00.
Communion will take place at both services.
There will also be special music.

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

BEIT SHALOM

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



TEMPLE EMANU-EL

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

TEMPLE BETH-EL

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

ZVI JACOB

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

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.



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hospicecareinc.org

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



Full Time Maintenance Person Needed

Full Time: Tues-Wed-Thurs-Sunday-7 a.m.-3:30 p.m.

Friday-12-8:30 p.m. (Sat and Mondays off)

Flexible hours when needed. 2 weeks vacation

Maintaining and Cleaning Building including:

Classrooms, Kitchen, Restrooms, Large Social Hall, Small Meeting Rooms, Light Shoveling and Sweeping
Handywork skills a plus!!

email: Howie at hcohen@justneon.com Or call 315-7257828

AMDA Offers Local Talent a Glimpse of a Performing Arts Education at Audition Plus Event

Calling all 8th through 12th graders! The American Musical and Dramatic Academy (AMDA) is coming to Clinton on Saturday, April 18th to host open scholarship auditions and dynamic interdisciplinary workshops through its Audition Plus event. Local young talent and their families are invited to experience what it's like to pursue a career in the performing arts.

Hosted at the Academy of Performing & Creative Arts, participants will have the opportunity to participate in a scholarship audition for admission to AMDA (11th and 12th graders) and its High School Summer Conservatory program (8th - 12th graders). Those who wish to audition are encouraged to review AMDA's audition requirements at amda.edu/audition.

Additionally, attendees will be treated to complimentary workshops revealing insights about the performing arts industry as well as important information about scholarship and need-based grant opportunities.

The day will also afford parents and students the

opportunity to meet AMDA faculty and staff, discover AMDA's unique curriculum, and have their questions answered about a performing arts education.

When: Saturday, April 18, 2019. 9:30 a.m. - 2:00 p.m.

Where: Academy of Performing & Creative Arts, 13 Taylor Ave., Clinton, NY 13323
About AMDA

For more than 50 years, AMDA has been recognized throughout the industry for its rich history and tradition of launching some of the most successful careers in theatre, film, television, and new media. Offering Bachelor's Degrees, Associate Degrees and Professional Conservatory Certificates, AMDA provides unparalleled performing arts education taught by a world-class faculty of industry professionals. AMDA campuses are located in the world's two entertainment capitals, Hollywood and New York City.

Celebrate Spring at Chester's Annual Open House

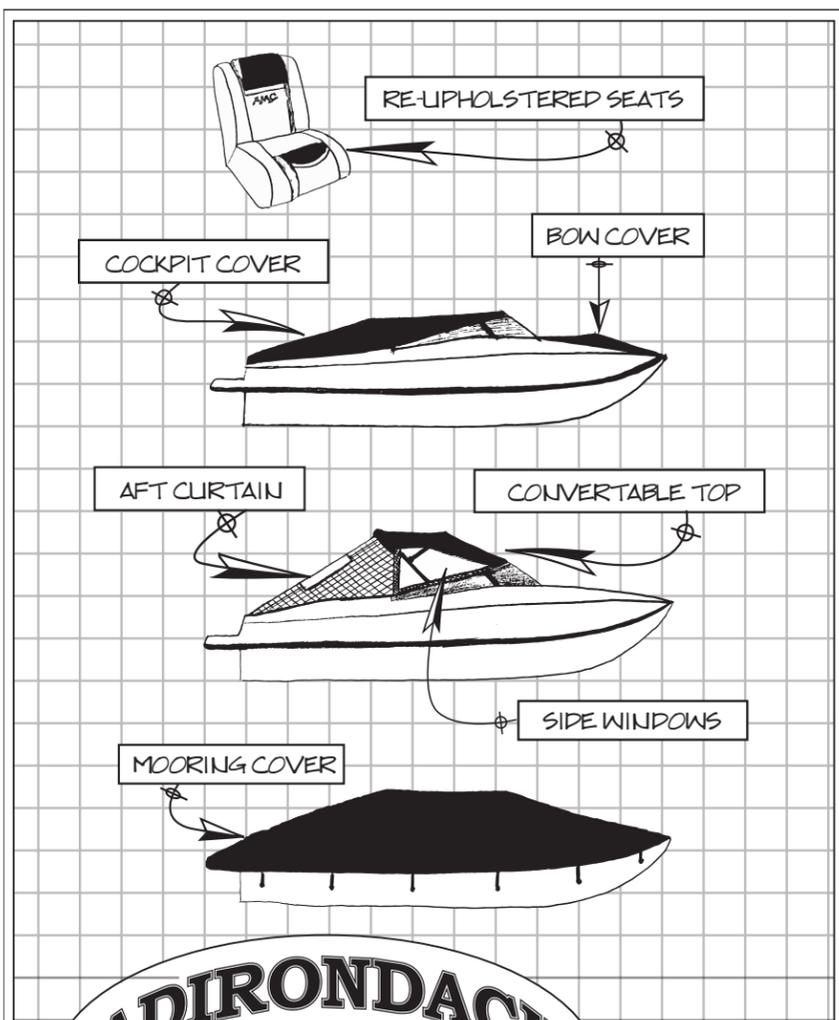
Enjoy a celebration of springtime as Chester's Flower Shop and Greenhouses will once again host their Annual Palm Sunday Open House and Flower Show at their York Street showroom and greenhouses. This year's open house will be a two day event, both Saturday April 4th and Sunday April 5th from 9-4. Visitors are encouraged to bring the kids and a camera,

as "Chetty the Rabbit" will be on hand both days this year with surprises for the little ones.

For over 75 years this event has been a tradition that brings the fragrance and colors of spring to the Mohawk Valley. Many local residents relive their childhood memories of visiting the ducklings with their parents and grandparents - now bringing their own children and grandchildren.

The greenhouses will be bursting with spring. While strolling among thousands of flowering plants you'll see many varieties such as lilies, azaleas, tulips, hyacinths, mini-rose bushes, hydrangeas and many more. The showroom will be filled with outstanding fresh flower arrangements, along with great cash and carry specials! As always - the ducklings will be on hand all week and through Easter Sunday to bring smiles to both the young and the young at heart.

Chester's is a full service florist with greenhouses, serving the area for 80 years. Located at 1117 York Street in Utica, between Burrstone Road and Court Street. Chester's can be reached at 315-797-2360 or at chestersflowers.com.



Joe Lopata - Owner/Fabricator
New Hartford | 315-520-9997

Like Us On Facebook



BEREAVEMENT SUPPORT GROUPS OPEN TO THE COMMUNITY Spring 2020

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. Location: Hospice & Palliative Care, Inc. Office 4277 Middle Settlement Rd. New Hartford, NY 13413
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.

4277 Middle Settlement Road, New Hartford, New York 13413
Phone: (315) 735-6484 Fax: Administration (315) 793-8852 or Clinical (315) 735-8545
www.hospicecareinc.org

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APRIL
2020

Investment Advice

THE TOWN CRIER 31



Review Your Investment Objective

Periodically reviewing your investments to help ensure they are on the right track is an important and meaningful measure in working toward your financial goals. Here is a simple but valuable way to get more from your investment strategy. When your next brokerage statement arrives, check your account profile to make sure that all the sections are accurate and up to date. This includes your investment objective, risk tolerance, and time horizon.

Investment objective. Focusing on your investment objectives helps your financial advisor align the other parts of your investment strategy – risk tolerance, time horizon, and liquidity needs – appropriately. Asset allocation models are grouped within three overarching portfolio orientations:

Income: Portfolios that primarily seek current income with minimal consideration for capital appreciation. They usually have less exposure to historically more volatile growth assets.

Growth and Income: Portfolios that seek a blend of current income and capital appreciation. They usually have some exposure to historically more volatile growth assets.

Growth: Portfolios that primarily seek capital appreciation with minimal consideration for current income. They usually have significant exposure to historically more volatile growth assets.

Risk tolerance. Many investors differ when it comes to factoring risk into their investment strategy. Each investment strategy should include an appropriate mix of investments, based on the client's objectives. Risk tolerance is the amount of risk you're willing and able to accept in order to pursue your financial goals. Risk tolerance should be viewed along the following continuum:

Conservative investors accept the lowest amount of risk.

Moderate investors seek a balance between stability and appreciation in their portfolio.

Aggressive investors accept a higher risk for losses while seeking greater potential for returns.

Time horizon. How long do you plan to invest before you'll need the money? The answer, of course, depends on your stage in life and your goals. Your time horizon is the expected number of months, years, or decades you plan to invest toward your financial goals. Time horizon is generally expressed as:

- Immediate – Less than 1 year
- Very short-term – 1 to 3 years
- Relatively short-term – 3 to 5 years
- Intermediate – 5 to 10 years
- Long-term – More than 10 years

When checking your portfolio's alignment, it's also a good idea to make sure you've accounted for your liquidity needs. Liquidity need represents the extent to which a customer desires the ability or has financial obligations that dictate the need to quickly and easily convert to cash all or a portion of an investment. For reference, cash is the most liquid asset, while real estate, fine art, and collectibles are all relatively illiquid. Liquidity needs include:

- Significant (primary need is liquidity)
- Moderate (may need quick access to cash)
- None (have other sources of cash)

When building your portfolio, it's important to evaluate whether your current plan is aligned with your current goals and risk tolerance. Talk with your financial advisor to help ensure your strategy is on track to achieve your goals.

Our firm does not provide legal or tax advice.

This information is not intended to be a client-specific suitability analysis or recommendation, an offer to participate in any investment, or a recommendation to buy, hold, or sell securities.

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

Investments in securities and insurance products are: NOT FDIC-INSURED/NOT BANK-GUARANTEED/MAY LOSE VALUE

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Happy Easter!



Did you know that
St. Margaret's Ecumenical & Retreat Center
is open to the public?
Come and visit us Mon-Fri 8am-4pm
47 Jordan Road, New Hartford



We can't wait to show you around!
To find out what's happening at The House,
please visit
stmargarethouse.org
or call
315.724.2324

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