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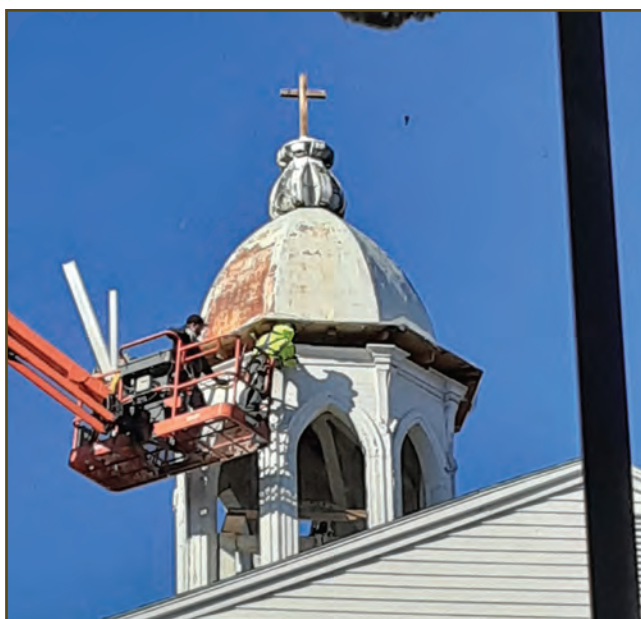
**the TOWN Crier**

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Vol. 34 No. 11  
November 2020

Standard  
US Postage  
Paid  
Permit # 566  
Utica NY



## Historic New Hartford Church Seeks to Restore Nearly 200 Year Old Bell Tower

St. Stephens Church at 25 Oxford Road in New Hartford is on The National Historic Register. It was built on land given by Jedediah Sanger. It's bell tower is a central pavilion and two stage tower composed of a square lower level, and an octagonal belfry with a domed cap.

Restoration work is nearing completion. Unfortunately, there are substantial costs as extensive internal damage was uncovered.

We are a small parish and our parishioners are donating as best they can. A small grant has been secured from The Diocese of Central New York. Another grant is being written to a New York State Historical Foundation, Sacred Sites, for painting and roof replacement next year.

A GoFundMe campaign is linked to our Facebook page.(StStephensEpiscopalNHNY). Alternatively, a check payable to St. Stephens Episcopal Church may be mailed. We are appealing to our friends and neighbors to help us maintain the beauty and historical splendor of our village for generations to come! We would be so very grateful for your help.

All are welcome to worship with us at 10:00 AM every Sunday morning!!

## MVCC to Host Virtual Information Sessions for Prospective Student-Athletes

Mohawk Valley Community College will host a series of virtual information sessions for students interested in joining MVCC's championship Hawk Athletics programs.

Each session, led by Athletics and Admissions Specialists, will provide information on the admissions process and an overview of MVCC's athletics program — one of the most extensive, diverse, and successful two-year intercollegiate athletic programs in the country. MVCC currently offers nine sports for men (Baseball, Basketball, Bowling, Cross Country, Golf, Lacrosse, Soccer, Tennis, and Track & Field) and nine for women (Basketball, Bowling, Cross Country, Golf, Soccer, Softball, Tennis, Track & Field, and Volleyball). Learn more at [www.gomvhawks.com](http://www.gomvhawks.com)<<http://www.gomvhawks.com>>.

The sessions, which will be held via Zoom, are scheduled as follows:

- \* Wednesday, Oct. 28, at 2 p.m.
- \* Monday, Nov. 2, at 7 p.m.
- \* Monday, Nov. 9, at 7 p.m.
- \* Monday, Nov. 16, at 2 p.m.
- \* Wednesday, Dec. 2, at 2 p.m.
- \* Tuesday, Dec. 8, at 7 p.m.

Registration is required. To sign up for a session, visit [www.gomvhawks.com/infoession](http://www.gomvhawks.com/infoession)<<http://www.gomvhawks.com/infoession>>. For more information, contact Athletics Specialist Dave Warren at [dwarren@mvcc.edu](mailto:dwarren@mvcc.edu)<<mailto:dwarren@mvcc.edu>>.

**For information on how to place an article for your community event,  
please contact the Town Crier at 315-794-0057,  
or email us at [towncrier@pjgreen.com](mailto:towncrier@pjgreen.com)**



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### Grief and the Holidays: They Can Co-exist

by Linda Clark, Hospice & Palliative Care Bereavement Counselor

**Q:** I lost a family member this year and am dreading the holidays. What strategies can I use to cope when I feel overwhelmed?

**A:** It is important to take care of yourself physically. Try to get enough sleep, eat a healthy diet and do some things that relieve stress.

Adjust your expectations: Don't assume the holidays will be miserable and don't assume they will be the same as the have been in the past. Most people find it helps to scale down the holidays and do less than they have done other years.

Keep the traditions that are important to you and your family but realize that it is all right to do some things differently this year. Have one person you can call at any time and express any emotion, a person who can accept the wide range of thoughts and feelings you are experiencing.

**Q:** How can I plan ahead to make the holidays easier?

**A:** Making a plan is the most important step to coping with the holidays because the anticipation of the day often is worse than the day itself.

Choose who you would want to be with and what you would like to do on the day itself. Make a "to-do" list and decide what can be eliminated, what can be delegated and what you would like to do yourself. Plan for the post-holiday time as well; it helps to have something to look forward to when the holidays are over.

**Q:** I lost a family member a few years ago, but I still find it hard to get through the holidays. Is that normal?

**A:** Most people find that the holiday season intensifies their grief. Many people say they would rather avoid the holiday season altogether.

It might help to do something that honors the memory of the person who dies, such as giving a donation in their memory to a cause they believed in. It also helps to talk with others who have had a similar loss; they are the ones who might best understand your feelings.

**Q:** A family member recently suffered a major loss. How can we adjust our family celebration to include her without overwhelming her?

**A:** Give her choices of what activities she would like to attend. Make plans so

she can have a ride home early if the festivities are too much for her.

Arrange seating so she is near someone who she finds comforting. Talk about the person who died and mention his or her name so you are recognizing and honoring the loss.

**Q:** Are there ways my family can include our loved one's memory in the holidays without becoming overwhelmed by grief?

**A:** Many families find it helpful to have a memory book that they bring out at every family gathering. Then, when someone tells a story about the person who died, it can be recorded in the book. Every memory one person has is a gift to everyone else who loved the deceased. Others can light a candle near a photo of the deceased.

**Q:** I am worried about a friend/relative who recently lost a loved one. I want to ask how they are coping with the holidays, but I am afraid of saying the wrong thing.

**A:** Be honest and direct and tell her you are thinking about her and wondering how she is doing. Ask her if there is anything that is especially hard for her to do alone and offer to do it with her.

Consider bringing a meal or inviting her for a meal if she lives alone.

**Q:** Are there things I can do to help a friend/relative beyond just talking to him?

**A:** The gift of your presence is the most valuable present you can give. Listen with acceptance and avoid giving advice. Share an experience, a meal, a movie, a walk ... just be there.

Another valuable gift to give is the gift of memory. Share a story or photo of the person who died; keeping the memory alive is a way to honor the person who died.



### Giordano Certified Personal Trainer

Joe Giordano recently passed the certified personal trainer course offered by the International Sports Sciences Association and has joined the personal training staff at the All American Fitness Center. Joe is a lifelong fitness enthusiast and enjoys working with athletes, those recovering from injuries, and older adults. Prior to joining the staff at the All American Fitness Center, Joe worked as a computer scientist at the Air Force Research Laboratory and a professor at both Utica College and Touro College.



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### Hot Topics

*submitted by James LaFountain, All American Fitness Center*

While giving a talk last week, one attendee asked, “what are the most common questions you are asked about fitness?” That was an easy one.

\*How can I lose weight quickly?

“Scale weight” includes lean body mass and water. Water leaves the body when calories are severely restricted, because water is necessary for their metabolism into energy. Restricted calorie intake is a short lived endeavor. Our body is too sophisticated for such nonsense and will actually slow down to conserve energy. It behaves as though it was stranded in the desert without food. Fat loss, on the other hand is painfully slow, a combination of moderate dietary restriction and exercise is required. “Scale weight” is gained as quickly as it is lost, once you return to normal eating behavior.

\*I do 500 sit-ups a day and my waist is still big. What should I do?

Forget the over indulgence in abdominal work. There is no such thing as spot reduction. If you were to engage in 10,000 sit-ups a day you’d have well developed abs, but no reduction in waist size. Abdominal muscles are rather small compared to muscles of the legs and upper back and demand little energy while performing sit-ups. Increased cardiovascular exercise and a prudent diet would do much more to decrease your waist size than endless sit-ups. Your genetic predisposition for a large midsection cannot be dodged. It’s been handed down to you for several generations.

\*I gain three pounds every time my husband and I go out to dinner. Should we not eat out?

My wife and I dine out once a week and experience the same “scale weight” gain. Salt and salt-like products are a must for most restaurants. Not only does it serve to preserve food, but improve its taste also. Water retention is a given, after ingesting excess salt and salt-like products. A pound of fat contains about 3,500 calories. It would be highly unlikely that you would or even could eat 10,500 (3x3,500) calories in a single setting. Increasing your intake of water the next day will flush salt and retained water from your system and you’ll be back to your normal weight in a day or two.

Next month, I answer a few more commonly asked questions.



### Judge Joan Shkane

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

MYTH: New York State through the police can take, analyze and use anyone’s DNA sample in present or future law enforcement.

REALITY: The vast majority of DNA samples in New York are collected either openly by police (with the subject person’s consent) or secretly, such as by DNA taken from soda cans, coffee cups, or other related ways. About 32,000 people have samples on file in New York State. About 8,000 of those people have never been convicted of a crime. Of those 8,000 about 20% are juveniles, who cannot legally be convicted of a crime. Two main labs collect and compare DNA samples for New York City. One is the New York City Medical Examiner’s Office. They claim the largest public DNA lab in the state. The other collector is the New York State lab.

Historically these agencies have handled the DNA samples differently from each other. Both labs collect the DNA and analyze it. The medical examiner’s lab analyzes the DNA sample, which can come from any source, and then compares it to other evidence of a crime to make a connection. The State lab does only the initial analysis and not the comparison. The State lab has on file only profiles of adults who have been convicted of major or minor crimes.

Various groups have now pressured the medical examiner’s lab to immediately stop making comparisons of DNA results. The medical examiner has announced a new policy that they will no longer make comparisons unless the police produce associated evidence of a crime. Associated evidence means other evidence found at a crime scene, like fingerprints, security photos, a witness, or other evidence.

The Legal Aid Society says that this new policy does not go far enough because it applies only to DNA evidence going forward, and does not deal with samples already on file. That group includes juveniles, who, by law, cannot be convicted of a crime. They also argue that the New York City Police Department is continually expanding its surveillance practices, and there is no promise that they will not exert pressure on the medical examiner to continue the collecting and comparison policy in the future, once this effort blows over.

Others say that the medical examiner is diligently removing samples of those not convicted of crimes or juveniles who are illegally in the system, and have already removed about 20,000 hits. They say that they are trying to promote fairness while permitting the use of scientific and unbiased tools for public safety.

MYTH: If the United States Supreme Court makes a ruling, then all states are bound by the ruling, regardless of a state’s wish otherwise.

REALITY: The example that best illustrates the contrary principle is the issue of abortion. Some analysts believe that the U.S. Supreme Court is about to turn ultra conservative with the addition of Judge Amy Coney Barrett, if she is confirmed. They argue that then women’s right to choose abortion or not, will

be limited or eliminated.

At least five District Attorneys, or candidates for District Attorney, have pledged that if the U.S. Supreme Court strikes down the abortion case, Roe v. Wade, thereby outlawing abortion and a woman’s right to choose, they have a remedy.

The District Attorneys argue that they have an obligation to uphold the U.S. Constitution. They also explain that they have a duty that is greater than that. That duty is to exercise discretion and Independent judgment. They already sometimes decline to prosecute particular crimes or entire categories of crimes. For instance, adultery remains criminal in over 20 states, but it is not prosecuted. The states and major cities with prosecutors who have signed on to the pledge not to prosecute abortion cases include New York, California, Tennessee, Colorado, Georgia, Massachusetts, and Vermont.

The public can expect vast arguments involving states’ rights in enforcement proceedings if this all comes to pass by a Supreme Court ruling overturning the Roe case.

MYTH: The criminal justice system, and especially penalties for a crime, are unchangeable.

REALITY: The New York criminal justice system is constantly scrutinized to try to make it the most efficient and responsive system possible. Changes are often proposed. A recent movement addresses penalties of those who have served their time and are released from prison.

Currently persons convicted of a crime must serve the sentence, minus certain periods for, among other things, good behavior. However, whenever released, they are responsible for court and other supervision fees.

A proposal called the End Predatory Court Fees Act would eliminate court fees, mandatory minimum fines, incarceration because of unpaid fines and fees, government seizure of commissary accounts set up for the prisoner’s use, probation fees, and asset forfeiture. Those supporting the law argue that the convicted person has served the required time and should not be further punished. They say it’s kicking someone when they are down. They also argue that some municipalities are so vigorous with enforcement that the collected amounts actually account for the second largest source of income to some municipalities. They say that some prisoners fulfill one of the main goals of prison, that is, they are rehabilitated, and sometimes earn college degrees or learn trades in prison. However, they cannot become employed because of the heavy outstanding fees and the risk of returning to prison for not paying the fees.

Those not in favor of the law say that taxpayers should not pay the bill for convicted criminals.

We shall see whose argument carries the day.

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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4 THE TOWN CRIER

## Library News

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### IMPORTANT Library Closure Dates

We will be closed on Thursday, November 26nd and Friday, November 27th in observance of Thanksgiving. We will be open on Saturday that week.

### Quarantined Items and Safety Procedures

For the safety of our staff and patrons, any items being returned are going through a quarantine period. Returned items can take up to 7 days to clear your account. Items requested from other libraries are also undergoing quarantine and accordingly you can expect a delay. We have procedures in place to protect the staff, our patrons, and the community. Masks covering both your face and nose are required while in the building. We have limited the number of computers to accommodate social distancing. Computer use is limited to 45 min. and by appointment only so please call to reserve a computer prior to visiting (315-733-1535). We leave 15 min. between computer appointments to ensure the proper sanitization of each computer and computer station. We kindly ask that you limit the time spent in the Library while browsing. In order to protect our youngest patrons, our toys have been removed. We thank you for your patience and support as we all adapt to new safety protocols.

### Curbside Pickup

For those that are still hesitant to enter the library we continue to offer Curbside Pickup. We invite you to place holds online or by contacting us by phone at 315-733-1535. A staff member will call you to schedule a pick up time, and you can drive up to a designated parking spot and your books will be brought out to you! Curbside pickup will be contactless. Updates or changes will be shared on our website ([www.newhartfordpubliclibrary.org](http://www.newhartfordpubliclibrary.org)) and social media.

### Stay Connected With Us!

Be sure to follow us and check out our website to stay connected and informed!

Facebook:

[www.facebook.com/newhartfordpubliclibrary](https://www.facebook.com/newhartfordpubliclibrary)

Instagram: [new\\_hartford\\_public\\_library](https://www.instagram.com/new_hartford_public_library)

Website: [www.newhartfordpubliclibrary.org](http://www.newhartfordpubliclibrary.org)

### Children's Story Time on IGTV

Every Thursday on Instagram. Miss Ashlyn will be reading books and posting them on Instagram and IGTV every Thursday on the [New\\_hartford\\_public\\_library](https://www.instagram.com/new_hartford_public_library) Instagram page!

### Kids & Adults Gratitude Graffiti Project

Like everything else during quarantine, this holiday season may be filled with tough choices and changes for families. The good news is that the holidays are also a time when gratitude is front and center – and gratitude has been shown to help kids (and adults) be resilient through tough times, from experiencing more positive emotions to sleeping better. Thanksgiving is the perfect holiday to start practicing gratitude.

We at the New Hartford Public Library would like to help you spread around some gratitude with our Gratitude Graffiti Project. Call us at 315-733-1535 beginning November 1st (for curbside) or simply stop in and pick up a packet of oversized poster paper and a package of crayons per child or adult! Here are some ideas of ways to use your paper and crayons to express your gratitude:

Decorate your front yard or window with Gratitude Graffiti signs. From essential workers and healthcare heroes to teachers, coaches, babysitters, and neighbors; lots of people deserve a special gratitude thank-you. Get your kiddos involved in drawing or painting signs to decorate your yard or front windows this Thanksgiving season.

Write or draw Thanksgiving cards. If your child is sad about not getting to see a family member or friend this holiday season, channeling those feelings into writing/drawing cards with the paper and crayons provided can be soothing for them – and a wonderful surprise for the recipient.

Make a Gratitude Graffiti poster. You could also decorate your paper with art/poems/messages of what you are grateful for and return them to the library, and we will display them on the library windows!!

Yes, this pandemic holiday season may have its challenges; but with some practice, your family can still put the “thanks” in Thanksgiving – and maybe even create a gratitude habit that will help your child grow up seeing the bright side of life.

### The Preschool Projects

Every Tuesday through December 1st, we will be offering a grab and go project for preschoolers. Please call 315-733-1535 on Tuesday morning beginning at 10:00 to reserve a project, or stop in. We are offering Curbside Pickup as an option. While supplies last!

### Grab & Go Project Bags for Kids Fall Schedule

We plan to offer Grab & Go projects once a month in the fall; November 12 - Make a Bird Feeder Kit, and December 10 - Make a Reindeer Ornament Kit. Call to reserve beginning at 10:00 on the day of that months' project, or come into the library to pick up! While supplies last.

### Grab & Go Projects Adults Schedule

We plan to offer Grab & Go projects once a month in the fall for adults; November 1 – Adult Painting Canvas - Abstract Peonies, and December 1 – Decorative Chocolate Spoons. Call to reserve beginning at 10:00 on the day of that months' project, or come into the library to pick up! While supplies last.

### Women (and Men) of Mystery on Zoom!

Saturday, November 28th at 11:00-12:00; Crime for the Holidays: Jane Haddam, Lee Harris, Leslie Meier, and Carolyn Harris. Participants will meet via Zoom. This class is led by Janet Hoover, and registration is required. Call the NHPL at 315-733-1535 to register, or go to our website and complete the registration form online. Participants will be emailed the meeting details.

### Yoga for Seniors

Join Bill Skinner every Monday at 3:00pm for a virtual Yoga program geared towards seniors! Participants will meet via Zoom. Registration is required. Please register online at [s](https://www.newhartfordpubliclibrary.org) or call the library at 315-733-1535.

### New Hartford Public Library to Offer Virtual Social Security Program

The New Hartford Public Library is pleased to announce they will be offering an interactive Social Security information program at 6:00 PM on Tuesday, November 10th for prospective retirees wanting to collect their benefits.

Important topics covered:

What critical claiming mistakes should be avoided?

Will Social Security be there for me?

How much can I expect to collect from Social Security?

At what age should I apply for Social Security benefits?

The impact of COVID-19 on my claiming decision?

Will Social Security be enough to live on?

The one-hour virtual program is offered as a community service by Retirement Solutions, LLC, and is designed to help attendees better prepare for their retirement transition. There is no cost to attend, however advance registration is required. To RSVP, please call (315) 735-5800 or email: [john@retirementsolutionsllc.com](mailto:john@retirementsolutionsllc.com).

### The Inevitable Immigrant

The Eugene Paul Nassar Ethnic Heritage Studies Center at Utica College has just published a short book by Frank Bergmann, a retired Utica College professor. The book is titled "The Inevitable Immigrant" and details the impact America had on the author's life from the end of World War II to his coming to this country in 1969. The book, which is available through Kindle/Amazon, also includes a number of short talks and essays, mostly concerning the greater Utica area.





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### Facts About Veterans Day

Note that the World War I armistice was signed on the 11th hour of the 11th day of the 11th month. ...

There were around 21.8 million veterans in the United States as of 2010.

There are around 9 million veterans over the age of 65.

Around 1.6 million veterans are women.

What does Veterans Day celebrate?

Veterans Day is held in honor of all those who served in the United States Armed Forces. This is different from Memorial Day which honors those who died while serving.

When is Veterans Day celebrated?

November 11th or the nearest workday

Who celebrates this day?

Veterans Day is a federal holiday in the United States. All non-essential government agencies and many schools are closed for the day. Many other countries celebrate the day as Armistice Day or Remembrance Day as November 11th marked the end of World War I.

### Angels Among Us Food Pantry 2020 Fall/Winter Schedule

November 7 - Nov 21  
December 5 - Dec 19  
Hours of Operation: 10:00 AM to 12 noon  
The food pantry is located at: St John The Evangelist Church, 66 Oxford Rd, New Hartford, NY  
Follow the signs to the driveway in the back during open hours.  
In the event of food emergency issues, please contact the St John’s rectory from 9AM to 2 PM Monday through Thursday at 315-732-8521.  
If this is your first visit, please bring proof of address.  
If you do not have a permanent address, just come in. We will assist.  
If you are unsure of eligibility, just come in. We will assist.



### 2020 -2021 TEFAP INCOME GUIDELINES

Household Size	Income	
	Annually	Monthly
1	\$25,520	\$2,127
2	\$34,480	\$2,873
3	\$43,440	\$3,620
4	\$52,400	\$4,367
5	\$61,360	\$5,113
6	\$70,320	\$5,860
Each Additional add	\$8,960	\$746

This table shows a yearly gross income for each family size. If your household is at or below the income listed for the number of people in your household, you are eligible to receive food.



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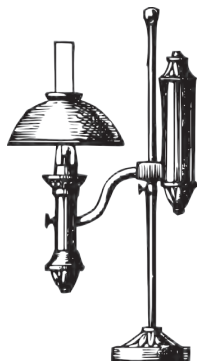
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**Join the Questers!**

If you are interested in joining a group of individuals interested in history, preservation and antiques then the Questers is for you. New Hartford has its own J. Schoolcraft Sherman #1519 chapter of the Questers. We meet monthly on the 1st Monday of the month except for July and August. The Questers is an international organization with more than 14,000 members. You can find out more information at [www.questers1934.org](http://www.questers1934.org). We are currently meeting via Zoom. If you are interested in finding out more about joining our local group, please email me at [vjfariello@gmail.com](mailto:vjfariello@gmail.com).

**Support Your Historical Society!**

New Hartford Historical Society has an affordable membership that is worth your consideration. 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. Your support of this great organization will help preserve our local history!

**Coming In December**

The December 2020 installment of Antique Talk will be a Year in Review on the antiques and collectibles market. Although 2020 has been a year we would all like to forget, it was not all bad news for this market segment. We will report on What's Hot and What's Not and look at what is trending in this exciting category. There will be a lot of interesting information gathered from a wide variety of sources.

We will also be announcing the winners of our Reader Challenge, where our readers were asked to submit their best find of the season while antique hunting this past spring and summer. In the meantime, stay well and safe!

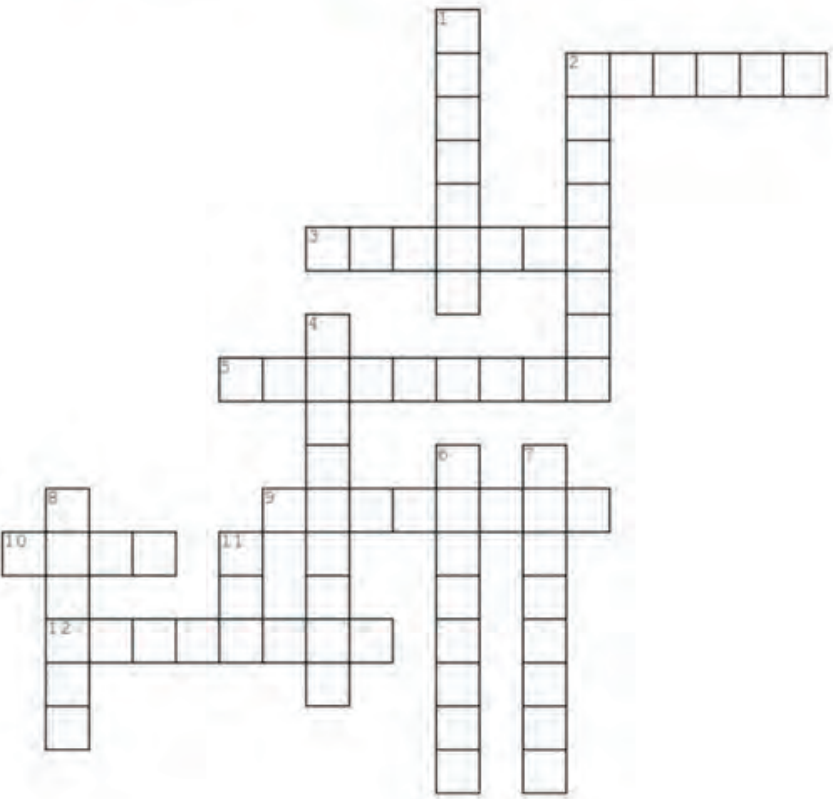
Happy collecting!

*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](mailto:vjfariello@gmail.com). Any photos submitted will be returned upon request.*

\* \* \* \* \*

Thanksgiving Crossword

\* \* \* \* \*



Across

2. Thanksgiving bird

3. Shared feast with the Pilgrims

5. Red Berry

9. Pilgrim landing rock

10. Maze

12. Month

Down

1. Orange vegetable used in pie

2. Day of the week

4. Pilgrims sailed on this

6. Sport commonly watched

7. Filling

8. Plenty

11. Turkey alternative

\*keywords are listed on page 11.

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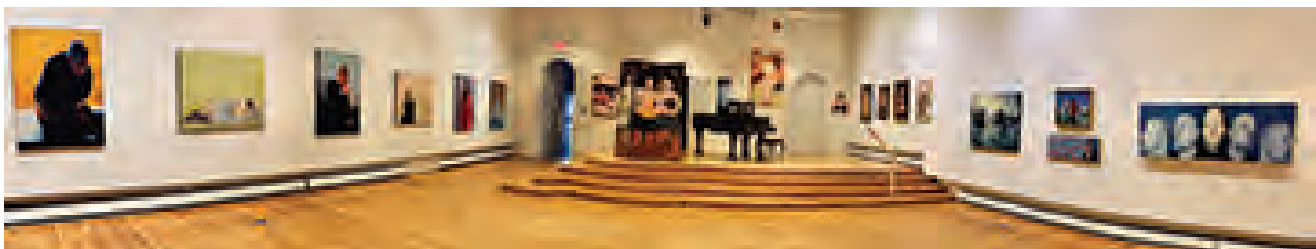


NOV. 2020

Snowed-In Residency Program

THE TOWN CRIER

7



The Kirkland Art Center Announced The Snowed-In Residency, its First Artist-in-Residence Program and a Partnership with Local Retreat and Residency Space The Garret on the Green

Three artists will be selected for solo week-long residencies in January 2021, and each artist will receive a travel and food stipend funded by a generous donation from Kris & Steve Bellona. Selected artists will stay at The Garret and work in a studio space four doors down at the Kirkland Art Center. Applications will be open on both the Kirkland Art Center and the Garret on the Green websites from October 10th - November 10th 2020.

“A lot of traditional artist residencies are built around month-long stays, which leaves out an enormous pool of talent,” says Nora Revenaugh, co-owner of The Garret on the Green and a board member at the Kirkland Art Center. “We believe that artists who need to hold down day jobs or care for their families are no less talented and no less worthy of support than the artists who are able to create full-time— and if we want a wider range of stories and experiences represented in the art world, it’s important to make time, space, and funding available to a wider range of artists.” Working artists themselves, Revenaugh and her husband began a pilot program of short residencies at The Garret last winter. They were quickly overwhelmed by the level of interest from the arts community. “We had this great program, but we could only host writers because of our lack of studio space. Then COVID hit and all these beautiful studio facilities at the KAC were sitting empty—it seemed like the perfect moment to team up and expand the residency program with more funding and more space.”

Local business partners including Nola’s Restaurant, The Cremeria, Almost Local, and the Clinton Chamber

of Commerce have also teamed up to create welcome packages for each artist resident. “It’s a great way to show our love of art and artists during a time when we can’t gather in person,” says Damhnait McHugh, the Kirkland Art Center Board Co-President. “Like a lot of our neighbors, we’ve been really challenged by this pandemic—but it has also presented us with the opportunity to evolve and find new ways to fulfill our mission of supporting artists and the arts here in Central New York.”

More about the artist residency and a link to the application can be found at: [www.kacny.org/residency](http://www.kacny.org/residency).

About the Kirkland Art Center

The Kirkland Art Center has been a community arts hub for the Mohawk Valley for 60 years. Their mission is to educate children and adults, to advocate for artists and the arts, and to engage the community in a range of cultural experiences and opportunities.

About The Garret on the Green

The Garret on the Green is run by Nora & Mike Revenaugh, and opened in January 2020 as a rental retreat space designed with working artists in mind. In its first year, The Garret has hosted writers, poets, performing artists, a composer, an illustrator, and a variety of other kindred spirits.

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**This Holiday Season, Please Think of the Small Businesses in the Utica/New Hartford/Clinton Areas**

We all need to remember the slogan, SHOP SMALL/ SHOP LOCAL more than ever before. Our Country is going through a crisis, both with Covid-19 and with small and large businesses closing their doors. We have all felt the effects of this epidemic in our community and are touched by it on every level, everyday. It's important for us, to help our fellow business owners.

So, this year, think about the neighborhood stores where you get personal attention from the owners. From Jewelry to Clothing, Toys and Hang bags, Sporting Equipment to Outerwear, you will find what you need at these locally run boutiques. Very often, if you can't find what you are looking for, they can special order without an extra cost, and will engrave and gift wrap too! Many stores are giving added discounts and specials this season to further enhance your shopping experience.

On the day after Thanksgiving, instead of staying home to buy on-line, go shop New Hartford Village, The New Hartford Shopping Center, Commercial Drive or the charming Village of Clinton. Take a short trip to Downtown Utica, where several long-standing small businesses have been thriving longer than most of the big box stores. Our holiday strolls and parties are going to look different this year. There will be smaller versions, but we still need to get out there and celebrate, shop and rejoice that we are all here together.

We hope you will support locally owned businesses while enjoying the spirit of the Holidays. Step up and step out to all of our local small businesses to insure they will survive for years to come. Happy Holidays and Happy Shopping to all!!!



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## NH Senior Center News

submitted by the staff

Another month has gone by and we still do not have any idea of when we can open up. The most important thing is to make sure our seniors stay safe, which means wearing your masks, lots of hand washing and social distancing. We have missed so many events, speakers and programs at our center this year.

Here are a few pictures, to remind us of our good times. One picture shows 99 yr old Mimi Montana, dancing at her grandson's small family wedding. Mimi will turn 100 in November. We were hoping to have a big birthday party for her, but that will have to be put on hold for now!

We do celebrate our senior's birthdays each month. Our best wishes go out to all who have had one during these hard times. We try to keep in contact with our seniors to be sure that they are receiving their home delivered meals, and to see if they need anything. Please call us at 315-724-8966, if we have not reached out to you. Stay safe and healthy and don't forget to vote!!!



Past Halloween Parties

99 Year old Mimi Dancing at her Grandson's Wedding

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# Town of New Hartford News



## New Hartford Highway News

*Submitted by Highway Superintendent, Richard Sherman*

As I write this article today October 15, 2019, the leaves are just starting to fall. Many trees are still green with little piles at the curb. It seems like every year the leaves are falling later in the season. All this tells me that the leaves are going to fall late again this year. This gives us a very small window if snow arrives early. So please once the leaves start to fall don't wait, get them to the street. This year we have four new vac style leaf pickers. With four trucks out in all wards everyday there will be no night's shifts picking leaves. Please do not place leaves in plastic bags or containers. PLEASE DO NOT PLACE ARTICLES SUCH AS BRUSH, PUMPKINS, AND ROCKS IN WITH THE LEAVES. These articles damage the machines impeller fan causing down time during our busiest season. I have noticed in my drives around the town that people are placing brush and branches with the leaf piles. The last few weeks the excavators have cleaned creeks on Smithport Road and are also working on Roberts's creek. The large excavator was used for storm water repairs at 155 Oxford Rd. working with Oneida County DPW. The rainy season is also upon us which brings the leaves down and plugs our catch basins which cause flooding.

Please remove all basketball hoops from the town right of ways, so that the plows will not hit them and damage the hoops during the winter season. Also remember no all-night parking on Town of New Hartford Highways starting October 1st.

The Highway department winter shifts will start on November 29th, 2019. This year the Town will continue to have two shifts 4:00am- 4:00pm and 4:00:pm-4:00am for plowing and sanding. The mechanics are working very hard to get the trucks, hoppers and plows ready for the winter months. The salt shed is full and the B's are being delivered. The salt brine is being made and the tanks are full for the start of this winter season. The large catch basin is being repaired on Gilbert Rd which has become a major repair job. Please call us with any questions at 315 724-4300 or 315 534-2998. E-Mail [rsherman@townofnewhartfordny.gov](mailto:rsherman@townofnewhartfordny.gov).



## NH Town Supervisor News

Dear Residents,

I want to thank our community, residents, and staff once again as we continue to take steps to protect the health and safety of our loved ones, friends, neighbors, and caregivers. Your support and willingness to help are an inspiration to us all—remember if we band together, we can overcome any challenge.

I would like to share some highlights from our 2019 Town Audit. At the close of the current fiscal year, the Town's governmental funds, excluding the Capital Projects Fund, reported combined ending fund balances of \$8,665,895, an increase of \$1,749,243. At the end of the current fiscal year, unassigned fund balance for the General Fund was \$2,674,029, or 68.7 percent of total General Fund expenditures and transfers out. This total amount is available for spending at the Town's discretion and constitutes approximately 83.2 percent of the General Fund's total fund balance of \$3,212,488 December 31, 2019. The Town's total primary government net position increased by \$1,133,999 during the year ended December 31, 2019.

I would also like to add I have proposed this year's 2021 town Tentative Budget which included all services to remain including the annual trash pickup and scheduled brush pickup. This year's budget was exceedingly difficult due to the uncertainty our state is in. We had a tax levy increase of \$26,707 which is \$115,167 below the 2% tax cap. Total appropriations for 2021 are \$15,354,741 which is \$93,117 lower than the 2020 budget. Property tax revenues will decrease for 2021 due to the uncertainty with the pandemic. With our control of spending, the Town of New Hartford will be able to offer the same services as 2020. We were able to do this even with increased retirement and medical costs, pension cost increase, and an 80% decrease in interest income. We are continuing the



operations of the Town to ensure essential services for our residents are maintained.

The Town of New Hartford is continually implementing energy conservation actions to keep

tax rates low. In the 2021 budget year the Town will focus on five areas to identify opportunities to improve energy efficiency and lower costs: Facilities, Lighting Districts, Fuel/Transportation, Policies, and Community Partnerships.

Storm water update - just because it has not been storming out lately, we are currently working to make sure we can address any existing issues. We have finished up our comprehensive studies in Wards 1 and 2 and will be setting up a public meeting to discuss with residents in December. Rick Sherman and I are continuing to apply for available grants at the county and state level to aid in implementing storm water projects that are identified in our comprehensive studies.

We have made many updates to our Recreation Center which has been working very efficient. The Rec Center is open, and the residents are excited. We will begin working on new projects for the spring. I will keep you updated on the projects as they begin.

We are continuing LED Street Light upgrading which is expected to be completed in 2021. The upgrade of streetlights will help reduce energy consumption and provides cost savings. The Town is currently working on the concept of Solar Farms. More information will follow.

Our administrative offices are fully functional. We are still open by appointment only to protect the health and welfare of the public and employees. We thank you for your continued cooperation.

We are a strong community and will get through this together. Thank you for all that you are doing—and for being a part of our extraordinary town. Happy Holidays.

*With gratitude,  
Paul Miscione, New Hartford Town Supervisor*

## KEY FOR CROSSWORD PUZZLE ON PAGE 6:

TURKEY	STUFFING
CORN	INDIANS
PLYMOUTH	MAYFLOWER
HAM	CRANBERRY
BOUNTY	THURSDAY
NOVEMBER	PUMPKIN
FOOTBALL	



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# NH Fire Dept. News

## NHFD News

Your New Hartford Volunteer Fire Department responded to 65 calls during the month of September as indicated by the monthly call report listed below by category:

Fires	=	5
EMS	=	28
Hazardous	=	2
Service Type	=	8
False Alarms	=	15
Other Alarms	=	7
Weather Related	=	0

Total Calls for the Month of September 2020 = 65.

Total calls year-to-date = through September 2020 = 657.

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.

## In Other Department News...

This is the time of the year when everyone begins to think winter and along with that your New Hartford Volunteer Fire Department thinks about winter safety tips to keep you, your family, your business and friends healthy and safe.

This is also the season when the department sees an increase in carbon monoxide (CO) detector activations. Often referred to as the “silent killer”, carbon monoxide is an invisible, odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn incompletely. In the home, heating and cooking equipment that burn fuel are potential sources of carbon monoxide. Vehicles or generators running in an attached garage can also produce dangerous levels of carbon monoxide.

CO alarms should be installed in a central location outside each sleeping area and on every level of the home and other areas where required by applicable laws, codes, or standards. For the best protection, and if possible, interconnect all CO alarms throughout the home. Follow the manufacturer’s instructions for placement and mounting height. Select a CO alarm that has the label of a recognized testing laboratory. Test your alarms at least once a month and replace if necessary. Once activated, check to see if the batteries are low. If they are, replace them and if it continues to sound or if people in the vicinity are starting to feel ill, call 911.

With winter approaching, make sure vents for your dryer, furnace, stove, and fireplace are clear from the snow build-up.

We share this information and the suggestions below because these are conditions that we encounter on a regular basis. So here are a couple of more tips to keep you safe this winter.

### KEROSENE HEATERS:

If using a kerosene heater be sure your heater is in good working condition. Inspect exhaust parts for carbon build-up. Be sure the heater has an emergency shut off in case the heater is tipped over. Never use fuel burning appliances without proper room ventilation. Remember, burning kerosene coal or propane produces deadly fumes. Use only the fuel recommended by the heater manufacturer. Never introduce a fuel into a unit not designed for that type of fuel. Keep kerosene or other flammable liquids stored in approved metal

containers, in well ventilated storage areas outside the house.

### NEVER, FOR ANY REASON BRING GASOLINE INTO YOUR HOME AT ANY TIME OF THE YEAR!

Never fill the heater while it is operating or hot. When fueling an oil or kerosene unit, avoid overfilling. Use caution with cold fuel for it may expand in the tank as it warms up. Refueling should be done outside of the home.

Keep young children safely away from space heaters when they are wearing loose clothing that can be easily ignited. When using fuel burning appliances in the bedroom, (which we hope does not happen) but if it does, be sure there is proper ventilation to prevent a build-up of carbon monoxide.

### WOOD STOVES AND FIREPLACES:

We encourage you to have your chimney inspected annually and cleaned if necessary, especially if it has not been used for some time. Do not use flammable liquids to start or accelerate any fire. Keep a glass or metal screen in front of the fireplace opening to prevent embers or sparks for jumping out, and unwanted material or children from getting in. Do not use excessive amounts of paper to build roaring fires in fireplaces. It is possible to ignite creosote in the chimney by overbuilding the fire.

Never burn charcoal indoors. Burning charcoal can give off lethal amounts of carbon monoxide.

Keep flammable materials away from your mantle. A spark from the fireplace could easily ignite these materials.

Before going bed, be sure your fireplace is out. Never close the damper with hot ashes in the fireplace. A closed damper will help the fire to heat up again and will force toxic carbon monoxide into the house.

The NHFD wants to keep our neighbors safe now and in the future.

For additional information please visit [www.nhfd.com](http://www.nhfd.com).

## THANK YOU TO OUR COMMUNITY

On behalf of the New Hartford Volunteer Fire Department’s Fire Prevention Committee we extend our appreciation for your continued support during our chicken barbecues this year. Through your support all three barbecues were sold out. The funds raised by these three events allows the fire prevention committee to purchase a much needed new smoke house to bring to the elementary schools and other fire prevention programs. The committee is also looking into purchasing additional training equipment to further educate our firefighters.

## NHFD Volunteers Participate in Annual STAIR CLIMB

Due to this year’s Coronavirus outbreak the annual CNY 9/11 Memorial Stair Climb, usually held in September, did not take place. The climb, which is not a race, is a tribute honoring the sacrifices of fallen heroes - both near and far, fulfilling a promise to "NEVER FORGET" their brothers and sisters who have died in the line of duty: 343 firefighters, 60 law enforcement officers and 9 EMTs, (these numbers represent the firefighters, law enforcement, and EMTs that perished at Ground Zero with the collapse of the Twin Towers on 9/11). In the past, the Stair Climb was held at the State Office Building where Individual emergency personnel climb 110 floors (the height of the former World Trade Center Twin Towers) with most climbers wearing their personal protective equipment. The climbers are sent in by groups and all climbers wear the name and picture of a hero they were climbing for to keep their memory alive.

Your NHFD has participated in this annual event since its inception and decided that COVID-19 would not stop them from this year from honoring their fallen brothers and sisters.

A virtual “Stair Climb/Walk was organized and took place on Saturday, September, 26th. Members of the department walked through the Village of New Hartford village, walking 3.43 miles to represent the 343 lost New York City firefighters from the FDNY. The walk started at 8:46. the time the first plane hit the north tower. Members from NHFD and Willowvale Fire Departments, 14 in all, participated. As each walker arrived back at the New Hartford Fire Station they rang the bell and read the name of the firefighter they walked in memory of.

Participating in this year’s event included: Assistant Chief, Richard Alexander, Samuel Oitice, Ladder 4; Assistant Chief, John Kuhn, WFC, Captain Daniel Brethel, Ladder 24; LT. Cody Wilson, NHFD, Captain Vernon Richard, Ladder 7; LT. Mike Galligano, NHFD, Kevin Reilly, Engine 207; Dylan Alexander, NHFD, Thomas Foley and Daniel Foley, Rescue 3; James Franco, NHFD, Ricardo Quinn, FDNY EMS; Alyssa Kuhn, WFC, Thomas McCann, Battalion 8; LT. Ben Toach, NHFD, James Papageorge, Engine 23; Joshua Famolaro, NHFD, Christian Regenhard, Ladder 131; Tim Barcomb, NHFD, Michael Ragusa, Engine 279; Sean Mahoney, NHFD, Captain Paddy Brown, Ladder 3; Dylan Evans, NHFD, Bruce H. Gary, Engine 40; Ken Phelps, NHFD, Leonard Regalgia, Engine 54; Mike Kowalski, NHFD, Matthew Roman, Ladder 11.

NHFD assistant Chief Richard Alexander, at the conclusion of the walk, stated, “we all walked to keep the memories of all who lost their life that day alive.”

The members participating express their profound gratitude and thank the community members that came out and encouraged and supported them as they walked through the village.

The participants sent along a special thank you to Firefighter Scott Nicotera for filming the walk. To view the walk please visit: YouTube: NHFD 911 Virtual stair climb.



Several members from both The New Hartford and Willowvale Volunteer Fire Departments participated in the “Walk/ Climb in honor of those who lost their lives during 911.





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NOV.  
2020

## NH Historical Society News

THE TOWN CRIER 13

# NEW HARTFORD PAST TIMES

NOVEMBER 2020

## NEW HARTFORD HISTORICAL SOCIETY



**Who Remembers When the Post Office was “in” Butler Hall?**



1970 Staff - Seated left to right: Al Jamison; Russ Dunn; Murphy Sherwood; Lionel LePage; Herb Dowd, Postmaster; Ray Luker; Joe Waclawik and Evelyn Graham. Standing l to r: Andy Conino; Gerald Cunningham; Don Dunn; Bill Luker; Bob Dunn; Bob Partridge; Ralph Tector; Fred Murphy; Bill Farrell; George Williams; Pete Inman; Tom Salsbury; Bob Anderson; Ron Butts; Terry Kehoe; John Doyle; Henry Pylman; Tony Joaquin; Walt Miga and Joe Varieur.

Back when the Village of New Hartford celebrated its Centennial, many businesses and government entities were featured in a centennial yearbook. The New Hartford Post Office was no exception. They took the opportunity to pose for a group photo in their post office which was in Butler Hall.

As many would expect (and those that remember it) a busy post office for such a growing suburban area would need space, and lots of it. At the time of the photo, New Hartford's Post Office would be bursting at the seams so to speak. But that wasn't anything new. Over the years, as the branch expanded, so did its quarters in Butler Hall. In April of 1953, as the Postal Service weighed their options of remodeling or relocating, Village residents successfully petitioned to keep them in Butler Hall. That is, until it was finally announced in 1971 the Post office would be moving to Campion Road where a new 8,000 foot facility will be built.

Thanks go out to Joe Varieur for providing the list of names to go with this historic photo!

### BECOME A MEMBER!

Please stop in to visit us and consider becoming a member. Membership fees are \$15 for Individual, \$20 for families, \$25 for Contributors 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, scrapbooks, local relics and photos. Look up your New Hartford home!

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Presented by Matthew Brockett, Brockett Creative Group  
**Tuesday, November 10th 11:00am - 12:30pm**

Whether you need a website or already have one, this webinar is for you! You will learn the anatomy of a successful website, proper maintenance and steps to consider when preparing to develop a new website. Content management, hosting options, security considerations, ADA compliance, search engine optimization and reputation management will all be addressed in this highly-informative 90 minute session.

### Introduction to Email Marketing

Presented by Scott Mathias, Mathias Marketing  
**Thursday, November 12th 11:00am - 1:00pm**

Email Marketing provides the highest return-on-investment out of ALL marketing channels. For a new or small business owner, email marketing can provide an easy and inexpensive entry into the world of marketing. Learn why you should be using email marketing and how to do it more effectively. Participants will learn how to develop an email marketing strategy and how to design their first template. Contact list growth, content development and email best practices will be addressed in detail.

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## Community News

THE TOWN CRIER 15



*Sitrin Wellness participants can use aquatic bikes during their scheduled pool times. Sitrin has ten aquatic cycles, made possible by a \$10,000 grant from the David & Janet Griffith Family Fund at The Community Foundation of Herkimer & Oneida Counties, Inc.*

### Sitrin Wellness & Aquatic Center Offers Year-Round Options to Improve Health

The warm, sunny weather this past summer provided many opportunities to stay fit, whether it involved running, walking, hiking, bike riding, swimming, canoeing, or any other outdoor sport. Now that the winter season is approaching, Sitrin offers many ways people can continue a healthy lifestyle, regardless of outdoor weather conditions.

In early October, Sitrin reopened its new Wellness & Aquatic Center with restrictions in place to keep members safe from COVID-19. Space is limited to 33% capacity, which means that only four people are allowed per session in either the pools or gym, allowing for optimal social distancing. Sitrin Wellness members must reserve their time, and can do so by calling (315) 737-2451.

While aquatic classes are currently not being offered at this time, the redesigned aquatic area can still be used for pool-based therapy and fitness. As the only center in the region to offer aquatic therapy, Sitrin added aquatic cycling to its Wellness offerings. This fitness sensation provides a fun and exhilarating workout proven to reduce weight, tone muscles, increase metabolic rate and circulation, as well as combat depression and improve lymphedema conditions. Upon request, Sitrin Wellness members can use the aquatic bikes during their scheduled pool times.

“The reduced capacity does have its benefits,” Dr. James Wallace, director of clinical rehabilitation at Sitrin, said. “Wellness participants can enjoy a more spacious environment with only four people per session in the pools and gym, and regular cleaning and social distancing is built into the scheduling to keep everyone safe.”

In addition, free physical assessments are currently being offered to further enhance overall health and wellbeing. One-on-one aquatic therapy sessions continue to take place; a prescription is required in order to make an appointment.

“Staying healthy year-round, especially during the pandemic, enhances both the immune system and lung capacity, and improves strength and endurance,” Wallace added. “We welcome back our members and encourage others to join Sitrin’s Wellness & Aquatic Center.”

For more information regarding the free physical assessments or to join Sitrin’s Wellness & Aquatic Center, call 315 737-2451.

**ABOUT SITRIN:** In addition to wellness and aquatic therapy, Sitrin provides a variety of services for people of all ages and abilities, including comprehensive medical rehabilitation (inpatient and outpatient), long-term care, assisted living and enriched housing (Cedarbrook), NeuroCare, residential care for people with intellectual disabilities and medically complex conditions, medical and social model adult day health care (OPAL Program), military rehabilitation, adaptive sports (STARS Program), orthopedic injury program, concussion management, child care, and dental clinic. Sitrin is a not-for-profit corporation.



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18 THE TOWN CRIER

**Happy Thanksgiving!**

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**This Holiday Season, Please Think of the Small Businesses in the Utica/New Hartford/Clinton Areas**

We all need to remember the slogan, SHOP SMALL/ SHOP LOCAL more than ever before. Our Country is going through a crisis, both with Covid-19 and with small and large businesses closing their doors. We have all felt the effects of this epidemic in our community and are touched by it on every level, everyday. It's important for us, to help our fellow business owners.

So, this year, think about the neighborhood stores where you get personal attention from the owners. From Jewelry to Clothing, Toys and Hang bags, Sporting Equipment to Outerwear, you will find what you need at these locally run boutiques. Very often, if you can't find what you are looking for, they can special order without an extra cost, and will engrave and gift wrap too! Many stores are giving added discounts and specials this season to further enhance your shopping experience.

On the day after Thanksgiving, instead of staying home to buy on-line, go shop New Hartford Village, The New Hartford Shopping Center, Commercial Drive or the charming Village of Clinton. Take a short trip to Downtown Utica, where several long-standing small businesses have been thriving longer than most of the big box stores. Our holiday strolls and parties are going to look different this year. There will be smaller versions, but we still need to get out there and celebrate, shop and rejoice that we are all here together.

We hope you will support locally owned businesses while enjoying the spirit of the Holidays. Step up and step out to all of our local small businesses to insure they will survive for years to come. Happy Holidays and Happy Shopping to all!!!

*This holiday season, keep it local and*

# Shop Small in Clinton!



*While the traditional Clinton Shoppers' Stroll and Holiday Parade will not be happening this year, our local businesses will be open.*

*We invite you to shop small this holiday season in Clinton!*

- Horse and wagon rides - 11/27 & 11/28 from 12- 4 pm
- Jingle Jog 5K Run on 11/28 starting at 8 am

[www.ClintonNYChamber.org](http://www.ClintonNYChamber.org)

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#### Frozen Pipes:

What should you do if a water pipe freezes?

You should make sure it never happens again! When the water freezes, it tries to expand inside the pipe. It pushes against the sides of the pipe, as well as any nearby valves, seams and faucets. The freezing action of the water is more than capable of rupturing any pipe.

Unfortunately, a water pipe may freeze even if you have taken precautions. Perhaps you lost electrical power for several hours, the temperature inside your house fell and the pipes froze. Or maybe you left on vacation, turned down the heat and weren't expecting freezing temperatures. Or perhaps your heat tape quit working, and you didn't find out until you discovered none of the faucets worked.

Bear in mind that a frozen pipe doesn't leak – the water is ice. You'll discover you have a leak only after the ice melts. If you're not home, a ruptured pipe can cause a great deal of damage.

#### Thawing A Frozen Pipe:

**CAUTION!:** First open the faucet the frozen pipe supplies. The steam you create while heating the pipe can burst the pipe if it doesn't have an escape.

**CAUTION!:** Do not use a propane torch to thaw out frozen pipes

The safest method to thaw a frozen pipe would be to run a hairdryer slowly up and down the frozen section in the length of the pipe. Make sure you are standing on dry ground. Because you are working this close to water, plug the dryer into a GFCI protected outlet. You will know the pipe is thawed out when water starts to trickle out of the open faucet. Let the water run for a while to completely clear the pipe. Then, close the faucet and check for leaks. Locate the main water shut off before you begin to thaw the pipe, in case the break is large and the main water supply needs to be turned off immediately.

Taking preventive measures before cold weather arrives, you can prevent freezing pipes and the costly damage that goes with them.

Wicked winter weather can cause plumbing pipes to freeze and possibly burst, causing flooding and

costly water damage to your home. Taking preventive measures before winter sets in can reduce and eliminate the risk of frozen pipes and other cold-weather threats.

#### How to Protect Your Home From Severe Cold

Some pipes are more prone to freezing than others because of their location in the home.

- Pipes most at risk for freezing include:
- Exposed pipes in unheated areas of the home.
- Pipes located in exterior walls.
- Any plumbing on the exterior of the home.

#### Exposed interior plumbing

Exposed pipes in the basement are rarely in danger of freezing because they are in a heated portion of the home. But plumbing pipes in an unheated area, such as an attic, crawl space, and garage, are at risk of freezing.

Often, inexpensive foam pipe insulation is enough for moderately cold climates. For severe climes, opt for wrapping problem pipes with thermostatically controlled heat tape (from \$50 to \$200, depending on length), which will turn on at certain minimum temps.

#### Under-insulated walls

If pipes traveling in exterior walls have frozen in the past (tell-tale signs include water damage, mold, and moisture build-up), it's probably because of inadequate or improperly installed insulation.

#### Heading south for the winter?

For folks leaving their houses for an extended period of time in winter, additional preventative measures must be taken to adequately protect the home from frozen pipes.

Make sure the furnace is set no lower than 55 degrees. Shut off the main water supply and drain the system by opening all faucets and flushing the toilets.

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

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## Brindisi Pearlman Awarded Top AV Rating

Partner, Eva Pearlman, has received the distinctive rating of AV Preeminent from Martindale-Hubbell Peer Review Awards.

The "Martindale-Hubbell Peer Review Ratings" are an objective indicator of a lawyer's high ethical standards and professional ability, generated from evaluations of lawyers by other members of the bar and the judiciary in the United States and Canada.

Ms. Pearlman earns this accolade in acknowledgment of her extensive knowledge and legal ability in civil

law.

The "V" in the rating is awarded to only those who practice law with astoundingly high ethical standards. The rating, based on the responses of her colleagues, is an esteemed honor to receive.

Ms. Pearlman has continually brought exceptional legal expertise and sincere regard for her clients to the forefront of her practice. Acknowledged by both her peers and clients, the firm is profoundly honored to work alongside Ms. Pearlman.

Ms. Pearlman practices in the field of civil litigation, with an emphasis on personal injury law. She is dedicated to making Central New York a safe place for all that live here.

She frequently blogs on many safety issues that can be seen on her firm's website at [bmbplawyers.com](http://bmbplawyers.com).



*LtoR: Roger Frank- Utica Rotary, Jim Turnbull- Utica Rotary, James Friedel, Utica Rotary, Mark Turnbull- New Hartford Fire Department, Paul Nandzik, Whitesboro Fire Department, Dan Buono- Utica volunteer, Past District Governor Don Reese- Utica Rotary.*

## Rotary Club of Utica Helps Prepare Firefighting Equipment Donation for Kosovo

The Rotary Club of Utica, along with several Rotary Clubs located in Western Pennsylvania and Rotary International, recently met to gather and sort firefighter gear from local area Fire Departments to send to the country of Kosovo. Over the last 16 months, 90 sets of jackets and pants as well as boots, helmets, suspenders, etc. were collected locally and stored in Waterville. On Thursday, September 24th, the gear was loaded by volunteers into several trucks and delivered to the Central Association for the Blind and Visually Impaired building in Utica, to then be boxed, placed on pallets, wrapped and weighed for international shipment. A total of 1,750 pounds of firefighting gear is being shipped.

The Rotary Club of Utica is continuing a successful event that was started back in 2014, when they sponsored a Matching Grant project to locate, sort and deliver approximately 500 sets of firefighter turnout gear to the country of Chile.



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DINNER  
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STUFFING  
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CORN  
FEAST

1. The first Thanksgiving was actually a three-day affair.

2. Colonists and Native Americans may not have had turkey at their feast.

3. Part of Plymouth, Mass., looks just as it did in the 17th century.

4. Thomas Jefferson refused to declare Thanksgiving a holiday.

Presidents originally had to declare Thanksgiving a holiday every year, up until Lincoln made it a national holiday during his tenure. However, Jefferson refused to recognize the event, because he believed so firmly in the separation of church and state. Since Thanksgiving involved prayer and reflection, he thought designating it a national holiday would violate the First Amendment. He also thought it was better suited as a state holiday, not a federal one.



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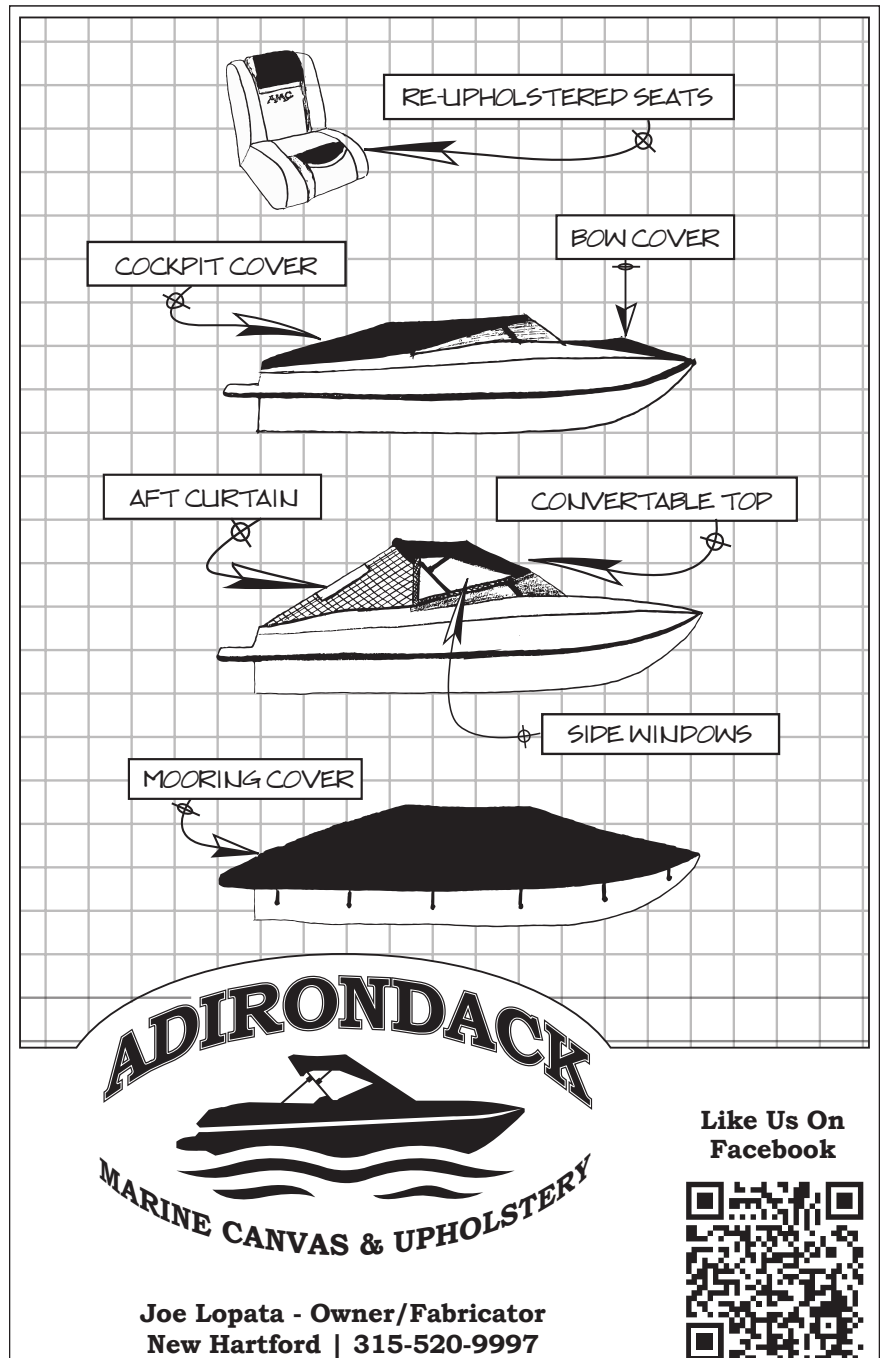
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The Good News Center Flags for Heroes event welcomes Desmond Doss Jr. for a special talk and the movie presentation of "Hacksaw Ridge" based on his father's life and legacy on Friday, November 6, 2020 at 6:30 PM at Mohawk Valley Community College's Francis A. Wilcox Hall. Presentation of the movie will begin at 7:15 PM. FREE and open to the public.

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## Happy Thanksgiving!

THE TOWN CRIER

21

### Alzheimer's Assoc. Announces Education Programs

Based on the guidance from local public health agencies, free education programs offered by the Alzheimer's Association, Central New York Chapter will remain online into the fall. Programs are delivered through an easy-to-use online meeting system available to users on desktop or portable computers, and mobile devices.

"The health and safety of our constituents, volunteers and staff remain our driver as we address the COVID-19 outbreak and as we continue to pursue our mission, today and in the longer term," said Catherine James, Alzheimer's Association, Central New York Chapter Chief Executive Officer. "Alzheimer's Association operations will continue, and we will re-evaluate these measures on an ongoing basis and resume in person engagements as soon as we are able, based on public health guidelines."

In addition to its regularly scheduled education programs, the Alzheimer's Association will present a special online program during November for National Family Caregivers Month. Becoming a Concrete Caregiver will highlight the various elements that create strong, confident dementia caregiving. Registration for

this event is free and more information is at [alz.org/cny](http://alz.org/cny).

The Chapter presents more than 500 education programs annually throughout the region. These programs, offered free of charge, information on topics including the signs of Alzheimer's disease, diagnosis, communication, living with Alzheimer's and caregiving techniques.

There are several programs to choose from, please visit website for dates and more information. To register for a program and receive instructions for how to join the session, call 315.472.4201 and dial extension 228 at the prompt.

### View Offers Independent Pottery Monthly Studio Rental For November 2020

Are you an experienced potter looking to create work independently? View Arts Center located in Old Forge, New York offers the opportunity for experienced potters to throw on the wheel and hand build projects in a state-of-the-art Community Ceramic Studio with a gorgeous view of natural Adirondack nature and a warm and welcoming Pottery Community.

A regular group of independent potters meets at View's Ceramic Studio on Mondays for the "Pottery Circle." This is a chance to work independently in the studio and have the camaraderie of fellow potters to share ideas and inspiration. The Pottery Circle meets on Mondays from 10:00 AM to 1:00 PM. There is no fee for independent potters to attend. These sessions are not instructional and are done on a drop-in basis.

Contact Elise Incze, Pottery Workshop Coordinator, at (315) 369-6411 ext. 213 to learn more about this opportunity. This program is for experienced potters. It is recommended to take a class at View to experience the procedures and studio practices. If you have proficient pottery skill and experience, a review of your skill level and prior experience will be discussed to see that you are proficient enough to work independently.

There is a \$50 monthly fee for members only (pottery tickets will need to be purchased for the material cost and studio fee). Masks are required and participants will need to bring their own apron/smock. View is located at 3273 State Route 28 in Old Forge, New York.



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### Light Up A Life for Hospice & Palliative Care

Each holiday season, Hospice & Palliative Care’s Telethon and Light Up A Life Campaigns help the community come together to celebrate the lives of those we love and those we have lost. Although we cannot gather in person, this year, we can still honor those we hold close to our hearts as well as recognize the Hospice, A.I.M Palliative Care and Siegenthaler staff who have helped us along our journeys.

In place of our usual fundraising activities, we will do just one campaign: the Light Up A Life Appeal from November 15 through December 31, 2020.

We have a number of options for you to participate:

1. Donate online at [www.hospicecareinc.org/donate-online/](http://www.hospicecareinc.org/donate-online/). Please include the name(s) of those you would like to remember.
2. Mail your donation to Light Up A Life for Hospice, 4277 Middle Settlement Rd., New Hartford, NY 13413.
3. Drop off your donation in the bright red mailbox located outside our office at 4277 Middle Settlement Rd., New Hartford, NY 13413. The mailbox is found under a covered walkway and is labeled Light Up A Life.
4. Call our office at 315-735-6484, Monday-Friday between 8:00 a.m. and 4:00 p.m. We will be happy to take your donation over the phone.

This year you may select to place your holiday tag:

- somewhere special to you, whether it be on a tree, in a window or in another meaningful place at home.
- on the Hospice & A.I.M. Palliative Care tree or the Siegenthaler Center tree located at Hospice & Palliative Care, New Hartford.
- on the tree at Sangertown Square Center Court, New Hartford.
- on the tree at AmeriCU on Black River Blvd. or Griffiths Park, Rome.

Our services to the community are only possible due to the generosity of people like you. Your gift will stay right here in our community helping your loved ones, neighbors and friends. We will post an on-line ceremony on December 21, 2020 on our website, [www.hospicecareinc.org](http://www.hospicecareinc.org) that will scroll the names of those being remembered that we receive by December 15. If you share your email address with us, we will send you a link to the video. The ceremony may be viewed from December 21, 2020 through January 14, 2021. You are welcome to make donations through December 31.

All gifts to our Light Up A Life Campaign are greatly appreciated. With your donation of \$100 or more you will receive a keepsake cardinal ornament. “It has been said that when a cardinal appears it’s a gentle reminder a loved one who has passed. Although they are no longer with us, they remain forever cherished in our hearts. The fond memories we shared, the love that filled our lives with them will never part.”

Why these Hospice & Palliative Care Supporters are Celebrating Light Up A Life:

Jan’s husband, Mike, was cared for by Hospice at his home. “During the week Mike was receiving hospice services, we felt Mike’s care and the support of our family were the Hospice team’s top priorities. It meant the world to us.” – Jan Corn

Nancy’s dad, Albert, was cared for by Hospice at his home. “When my father, Dr. Albert Shaheen, needed compassionate care at home, Hospice was there to help. The care they gave and support they provided, went beyond our expectations – they treated him like family. The Hospice workers were kind, dedicated and attentive. Thanks to their support and care, he was able to spend his final days in comfort with our family. We are forever grateful.” – Dr. Nancy Shaheen

Patty & Kathy’s mom, Florence, was cared for by Hospice in the Siegenthaler Center. “When our 95 year old mother needed hospice care and was moved into the Siegenthaler Center little did we realize what a treasure this facility would be to her and our family. From the comfortable suite that became her home away from home, to the devoted exceptional staff, mom was cared for in her final days with a kindness and dignity that went far beyond our expectations. The Siegenthaler Center and Hospice staff will forever hold a special place in our hearts for the love shown to our dear mother.” – Patricia Skinner & Kathy Murphy, “The Baker Sisters”





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## The Importance of Planning

Between the COVID-19 pandemic, widespread social protest, various natural disasters, and several hotly contested elections, the year 2020 was one pretty much impossible to even begin to predict. Such a volatile and uncertain environment may make setting and sticking to an investment plan seem like an exercise in futility. Yet the best investment plans are usually precisely the ones that have anticipated in advance how to adapt to changing conditions. It all starts with planning.

Why planning can make a difference

In its 2019 Retirement Study, Wells Fargo found that investors with a planning mindset felt they had greater personal control over such matters as personal debt, investment performance, career, and their overall financial life. The planning mindset was defined according to four key components:

1. “I am able to work diligently toward a long-term goal.”
2. “In the last six months, I have set and achieved a goal or set of goals to support my financial life.”
3. “I prefer saving for retirement now to ensure I have a better life in retirement.”
4. “It makes me feel better to have my finances planned out in the next 1–2 years.”

According to the study, approximately one-third of workers have the planning mindset. Those workers are nearly twice as satisfied with their overall financial life as those without a planning mindset, nearly twice as confident that they’ll have enough money saved for retirement, and five times more likely to have a plan for dealing with the unexpected.

Steps to becoming a better planner

The good news is that all investors have the ability to develop or strengthen planning skills that can help them improve their financial outlook.

The first step is to obtain general financial education, which could include reading books or listening to

podcasts on personal investment planning, taking a course online or at a local college, or talking with a financial advisor.

Next come the simple (although not always easy) steps to spend less and save more. Financial apps can help with tasks such as budgeting and tracking spending. Automated nudges—such as a yearly increase in the 401(k) savings rate—can help keep savings plans on track. Just remember that it can take time and practice to change financial habits. Beginning with smaller steps can reinforce the new habits and build confidence to move to the next level.

Then focus on developing a long-term investment plan, including contingency plans to help deal with the unexpected. Tools such as vision boards – a collage of images that represent future desires – can help investors flesh out goals such as home ownership or retirement preferences. Once the basic plan is in place, continual updates allow investors to adapt to changes in the economy and their own circumstances. A plan should be documented and should be living and breathing – not something you create and forget. Life changes and your plan should keep pace.

In particular, tax changes could trigger updates. Recent years have brought several changes to tax and estate law, including the Tax Cuts and Jobs Act of 2017, the Setting Every Community Up for Retirement Enhancement (SECURE) Act of 2019, and the Coronavirus Aid, Relief, and Economic Security (CARES) Act of 2020. The acts collectively brought changes to IRA withdrawal policies and the estate tax exemption, as well as other changes that could significantly alter how an investor will manage their investment plan.

With education and effort, investors can use a planning mindset to help achieve long-term financial health and the life that they desire the most. Now is the time to review your plan and make necessary adjustments to strengthen your efforts toward achieving your ultimate goal.

Wells Fargo Advisors is not a tax or legal advisor.

1. Workers refers to working adults who participated in the survey. On behalf of Wells Fargo, The Harris Poll conducted 3,918 online interviews of 2,708 working Americans 18-75 or older and 1,004 retired Americans, surveying attitudes and behaviors around planning, saving and investing for retirement. Working Americans are age 18-75 or older and working full-time (or at least 20 hours if they are working part-time)

or are self-employed. Retired Americans self-identified as retired regardless of age.

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

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## “Cuba Dreaming” By Local Photographer Elisabeth Lorentzsen On Display At View Starting October 31

View, the Center for Arts and Culture in Old Forge, New York, announces the opening of a new solo exhibition, “Cuba Dreaming,” by local photographer Elisabeth Lorentzsen.

Elisabeth (Liz) holds a B.A. in Art and Spanish from the University of Minnesota. She received her Master’s in Teaching from SUNY Plattsburgh and has taught Spanish in Lowville, New York for the last 22 years. She has traveled extensively throughout the Spanish-speaking world, both with and without students, and in July of 2017 traveled with a group of language educators from all over the country to Cuba for a weeklong trip focusing on education, music, and culture.

These photos represent glimpses of Cuba from that week. The photos try and capture a snapshot of a country that is changing and in many ways also remaining the same. Cuba is a fascinating and beautiful country, with an interesting history. Liz hopes exhibition visitors also want to learn more about Cuba after seeing the images.

“Cuba Dreaming” will be on display from October 31, 2020 to March 6, 2021. View is located at 3273 State Route 28 in Old Forge, New York. To learn more about View programming, visit ViewArts.org or call (315) 369-6411.



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Christopher Carbone, CFP®, AWMA®, LUTCF®  
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Worship Schedule  
9 am Classic Worship  
10:00 am Coffee Hour  
10 am Adult Sunday School  
11 am Xalt Praise Service  
11:15 am Children's Church  
Noon Youth Group Meeting  
Communion offered 1st Sunday of each month.  
Child care provided for all Church activities  
We are handicapped accessible!  
Visit our website to view recent sermons.  
www.firstumconline.org

### CLINTON ROAD BAPTIST CHURCH SBC

dba Crosspoint Church  
Senior Pastor, Samuel Macri  
Youth Minister, Bobby Allen  
140 Clinton Road, New Hartford  
Sunday Morning Worship Service at 8:00  
317 Oriskany Blvd, Whitesboro, 797-4520  
Sunday Morning schedule:  
Sunday School Small Groups, 9:00  
Sunday Morning Worship, 10:30  
Sunday Evening Youth, 5:00  
Sunday Evening Discipleship, 5:30  
Tuesday Morning, 6:30, Men's Fellowship Breakfast  
New Hartford Campus  
Wednesday Evening, 6:30, Praise Team Practice  
Wednesday Evening, 7:00, Prayer Meeting  
Thursday Evening, 6:30, College/Career Ministry  
Website: crosspointchurchonline.org  
Sunday Morning Services streamed live  
Pastor Sam's messages available at our website  
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: 315-732-1349  
www.hopealliancecny.com  
Rev. Andy Ward, Pastor  
Morning Worship: 9:30 & 11:15am  
Communion First Sunday of the Month.  
Fridays: Christian Service Brigade - 7pm  
Sundays: Jr. & Sr. High Youth Fellowship - 6pm  
**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  
AI-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 with reduced capacity and social distancing each  
Sunday at 10:30 a.m. Masks are required, and hand sanitizer is  
available. Services are also livestreamed on the church's Face-  
book page, available to all. The adult Sunday School class meets  
in Fellowship Hall at 9:15 a.m. each Sunday. The Wednesday  
morning prayer group meets online, via Zoom, each Wednesday  
morning at 11:00 a.m.  
The New Hartford Presbyterian Women will hold their virtual  
Christmas Bazaar on Friday, November 13 and Saturday, Novem-  
ber 14. Christmas items, crafts and children's items, all lovingly  
hand-crafted, will be offered. Information will be available online  
at www.ChristmasStarBazaar.com. There will also be a link from  
the church website, www.newhartfordpresbyterian.org.  
Paypal and credit cards will be accepted. Buyers will pick up  
their items at the church on a date to be announced.  
Deacons will meet at 7:00 p.m. on Tuesday, November 3rd. Church  
committees will meet on various dates during the month. New  
Hartford Presbyterian Women will hold a book discussion at 6:45  
p.m. on Sunday, November 8th. They will discuss "Wonder," by  
R.J. Palacio. A congregational meeting is scheduled for Sunday,  
November 22nd following worship. Members of the Session will  
meet at 7:00 p.m., Tuesday, November 24th.  
Visitors and new members are welcome. More information  
about the church and its service in the community is available  
on Facebook, and at www.newhartfordpresbyterian.org, or by  
calling the church at 315-732-1139.

### 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  
(315)381-8987 uuutica.org  
Minister: The Rev. Erin Dajka Holley  
Sunday services streaming 10:30 AM  
Details available on website: uuutica.org  
November 1, 2020 - Patrick Johnson - "Understanding White  
Supremacy and Racism and Its Impact on Our Community"  
Patrick Johnson is known throughout Utica and the Mohawk  
Valley as a leader in matters of racial justice and his workshops  
on race are well known for opening and changing minds. He  
has worked as a consultant on race relations and gun violence  
since 2001. He has facilitated hundreds of workshops and  
lectures and is currently working with key leaders in the region  
to address critical areas of influence as they relate to race rela-  
tions and inclusion for a better community.  
Patrick was a Life Skills Counselor at the Resource Cen-  
ter for Independent Living in Utica, NY from 1996 to 2003  
and served as the director of Utica YWCA's Racial Justice

Department from 2003 to 2009. Since 2009 Patrick has been  
employed by Mohawk Valley Community College to enroll  
formerly incarcerated students and also serves as the Com-  
munity Civility Liaison assisting the college address racism  
among faculty and students. Since 2013, as a member of the  
Oneida County District Attorney's team, Patrick has served as  
the first program director of "Save our Streets", which aims  
to eliminate gun violence in Utica. As the DA's Community  
Liaison, he works directly with gang members as well as  
with individuals who are at-risk of being vulnerable to this  
violence.

November 8, 2020 - "In the Afterwards" Rev. Erin Dajka  
Holley. It is impossible to know what will have happened in  
the week before this service. Our service will create a space  
for whatever has happened, to hold emotions in sacred space,  
to wonder into the future, and to ground ourselves in the Love  
that is the root of our faith.

November 15, 2020 - Rev. Janet Stemmer - "Staying rooted in  
faith, hope and love in a time of distraction and change"

How do we keep our heart and head in balance? Janet is a  
former member of UUU, a retired CPA and was ordained as  
an Interfaith/Interspiritual Minister by One Spirit Interfaith  
Seminary in 2015 after many years of spiritual study. She now  
serves on the Board of Trustees of One Spirit and volunteers  
as an Assistant Chaplain at Upstate Medical in Syracuse.

November 22, 2020 - "The Hard Work of Healing" - Rev. Erin  
Dajka Holley - Too often, healing is taken for granted. A cut  
will heal on its own. Heartbreak will lessen over time. But,  
does it? How can we engage the work of healing ourselves,  
our relationships, our community?

November 29, 2020 - Central NY UU Ministers - The minis-  
ters of Unitarian Universalist congregations in Central New  
York are collaborating to present this service on gratitude and  
appreciation, which all of their congregations will watch.

### 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  
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9am - Sunday School & Adult Bible Study  
10:30am - Worship is led by our Pastor, Peter Saie  
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THE TOWN CRIER

Faith in New Hartford

NOV. 2020

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 1605 Genesee Street, Utica 732-5111 - [fpcutica@verizon.net](mailto:fpcutica@verizon.net)  
 Opening Doors, Hearts & Minds: Serving Christ & Community  
 Reverend Jeanne M. Kumbalek  
 Sundays - 10:30 Worship  
 10:45 - Sunday School for Elementary Ages  
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 Call or email for schedule.  
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**ST. VOLODYMYR THE GREAT UKRAINIAN CATHOLIC CHURCH**  
 4 Cottage Place, Utica, NY (315)735-5138  
 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](http://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](http://www.stonepres.org)  
 E-mail: [stonepres@verizon.net](mailto:stonepres@verizon.net)  
 Office phone: 315-853-2933  
 Handicapped Accessible

**CLINTON UNITED METHODIST CHURCH**  
 105 Utica Road, Clinton [www.clintonmethodist.org](http://www.clintonmethodist.org)  
 Rev. Michael H. Terrell  
 Sunday Worship Service 9:30 AM  
 Sunday school during worship following children’s time  
 Office Phone: 853-3358

**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](http://www.plymouthbethesda.com)

**CORNERSTONE COMMUNITY CHURCH**  
 500 Plant St. Utica(Oneida Sq. across from Dunkin Donuts)  
 Mike Ballman, Pastor [www.cornerstoneutica.com](http://www.cornerstoneutica.com)  
 Sunday Mornings: 11:15am  
 Last Sunday of month 10:30am

**CHRIST CHURCH (REFORMED PRESBYTERIAN)**  
 8470 New Floyd Rd. Rome, NY 13440  
 Website: [www.christchurchreformed.com](http://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  
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 Sunday 11:30AM only all Polish Mass in Central NY  
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**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](mailto:office@zionluth.com)  
 Website: [www.zionlutheranNy.org](http://www.zionlutheranNy.org)  
 Facebook: Zion Lutheran Church, New Hartford NY  
 Handicapped accessible

**MOHAWK VALLEY CHURCH**  
 9417 Maynard Drive Marcy, NY  
 Sunday Mornings at 10am  
 Come As You Are  
[www.mohawkvalley.church](http://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](mailto:churchoffice@tbcutica.org)  
 Facebook: Tabernacle Baptist Church  
[www.tbcutica.org](http://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.  
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[www.biblebaptistchurchnewhartford.org](http://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](mailto:teuticaoffice@gmail.com)  
 Rabbi Peter Schaktman  
 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](http://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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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**

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## Christmas Star Bazaar

The New Hartford Presbyterian Women will hold their virtual Christmas Star Bazaar on Friday, November 13 and Saturday, November 14. Christmas items, crafts and children's items, all lovingly hand-crafted, will be offered. Information will be available online at [www.ChristmasStarBazaar.com](http://www.ChristmasStarBazaar.com). There will also be a link from the church website, [www.newhartfordpresbyterian.org](http://www.newhartfordpresbyterian.org).

Paypal and credit cards will be accepted. Buyers will pick up their items at the church on a date to be announced.



**PAL** PARENTS OF  
 ADDICTED  
 LOVED ONES

**YOU ARE NOT ALONE**

**Meets Every other Monday**

**6:30 P.M.—8:00 P.M.**

**10475 Cosby Manor Road, Utica**

**Phone 315-735-6210, email  
[info@thegoodnewscenter.org](mailto:info@thegoodnewscenter.org)**

**Or visit us at  
[www.thegoodnewscenter.org](http://www.thegoodnewscenter.org)**

The primary goal is to provide hope through education and support for parents dealing with addicted loved ones by offering confidential peer support. Other family members of addicted loved ones are also welcome to attend.



### Parents of Addicted Loved Ones (PAL)

is a national organization founded in Arizona by a Licensed Independent Substance Abuse Counselor. The group will be led by Michelle Holliday, who has been trained by PAL.

### TOPICS COVERED INCLUDE:

- ♦ Delayed Emotional Growth
- ♦ Three Promises to a Loved One
- ♦ Helping
- ♦ Enabling Checklist
- ♦ 4 Stages of Growth
- ♦ Family Lessons About Recovery
- ♦ Roles of Addict/Alcoholic and Family
- ♦ Understanding Re-Entry
- ♦ Healthy Adult Relationships
- ♦ Six Steps for Families
- ♦ Respond Rather than React

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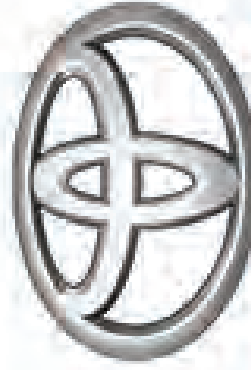


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