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January 2021

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## 2021 Utica Zoo Calendars Now Available for Purchase

The 2021 Utica Zoo calendar is now available for purchase at the Zoo's gift shop. In October 2020, the Zoo began looking for submissions from the community to develop the calendar as a way to generate revenue for the non-profit organization. After receiving many submissions, an independent panel of judges chose their top entries to be included in the calendar. Photo submissions were only required to be taken at the Zoo or of Zoo animals.

The sales of the community generated calendar, produced by local partner PJ Green, will directly benefit the animals of the Zoo throughout the winter. Due to COVID-19, the Zoo reported being down over \$1 million in revenue for the year; a grim starting point to the winter season where the Zoo's expenses outweigh their revenue.

"It was wonderful to receive so many photo submissions for the calendar and to be able to see the Zoo through the eyes of our visitors", said Mark Simon, Visitor Experience and Marketing Manager for the Utica Zoo. "We are very thankful for all of the talented visitors who shared their photos with us, and we hope the calendar will be a welcome addition to our community's homes and offices."

The calendar is available for purchase in the Utica Zoo Gift Shop for a retail price of \$9.99.

For more information about this, or anything Utica Zoo related, visit [UticaZoo.org](http://UticaZoo.org), or follow on Facebook, Twitter, and Instagram at @uticazoo.

## MVCC's Free Fitness Week Offered Virtually Jan. 4-7

Mohawk Valley Community College's Center for Corporate and Community Education will offer a virtual Free Fitness Week Monday, Jan. 4, through Thursday, Jan. 7. Classes will take place over Zoom.

During this week, all classes are free and open to the public; participants can sample many of the health and wellness classes offered through MVCC and the Jewish Community Center, including Pilates, HIIT Yoga, LifeFit Yoga, Strengthen Sculpt and Tone, and more.

For a complete Fitness Week schedule, visit [mvcc.edu/cced](http://mvcc.edu/cced) or call 315-792-5300. No registration is required.

For information or to register for a spring class, call 315-792-5300 or visit [mvcc.edu/cced](http://mvcc.edu/cced). All MVCC non-credit instruction is completely self-supporting, including indirect costs, and requires no public funding.

Mohawk Valley Community College, established in 1946, is New York State's first community college with a mission to provide accessible, high-quality educational opportunities for everyone. As the community's college, MVCC is committed to student success through partnerships, transfer and career pathways, and personal enrichment. With campuses in Utica and Rome, MVCC is the region's primary provider of college education, offering 90 degree and certificate options for its enrollment of 6,000 full- and part-time students. MVCC also serves an additional 6,000 people through its corporate and community education programs, and its campuses welcome more than 50,000 people annually for community events.



## 6-Week Wheel Thrown Pottery Class with Marie Imundo At View Starting January 11

View, the Center for Arts and Culture in Old Forge, will host a Beginner to Intermediate Wheel Thrown Pottery class. The class starts on Monday, January 11 and will run on Mondays from 6:00 PM to 9:00 PM until February 22. There will be no class on February 15.

This class is perfect for individuals who have never taken a pottery class before and for those who want to take their wheel throwing skills to the next level. Beginners will work on building fundamental skills. More experienced students will continue to build on those skills. The price of the class is \$300 for guests and \$250 for View members. Pottery Tickets are sold separately for the material cost for clay, glazes, and firings. Space is limited to six people and pre-registration is required. Participants are to bring their own apron/smock. Deadline for registration is Wednesday, January 6th, 2021.

Masks are required to stay on at all times.

To register for this class, visit [ViewArts.org/workshops/pottery](http://ViewArts.org/workshops/pottery) or call (315) 369-6411 ext. 201.

View is located at 3273 State Route 28 in Old Forge, New York. To learn more about View's programming, visit [ViewArts.org](http://ViewArts.org).

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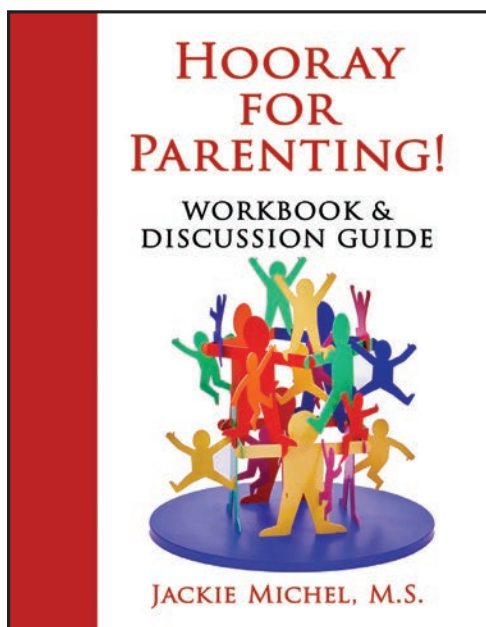
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## 2 THE TOWN CRIER Community News JAN. 2021



### Hooray for Parenting! The Workbook

*A new workbook and discussion guide provides questions, exercises, tips and more to help you become a more effective and grounded parent.*

Parenting is a full-time job, but most of us have never had the chance to reflect deeply on what is probably the most important work of our lives. Not surprisingly, our actions as parents tend to reflect our own upbringings or decisions we make on the fly, whether dealing with a young child who won't sleep or a sullen teen who won't listen to what we say.

A new companion workbook to the recently released parenting guide "Hooray for Parenting!," by Jackie

Michel, LCSWR, gives parents at any stage the unique opportunity to explore their own parenting styles and issues and how they might want to do things more consciously and effectively. Based on the latest findings in positive psychology, neuroscience, leadership and the growth mindset, each section provides open-ended questions about parenting and topics such as better communication, the impact of technology and the lure of consumerism. It also includes self-tests and surveys and a section on holding your own discussion groups.

"My mission in writing this workbook," says Michel, "is to offer parents, professionals, educators and caregivers a number of tools to think deeply about parenting and to highlight the essential role that good

parenting plays in raising children who will thrive and contribute to a just and sustainable world."

**ABOUT THE AUTHOR:** Jackie Michel, MS, LCSWR, is a veteran psychotherapist, executive coach, mother and grandmother who brings together the latest insights from positive psychology, leadership, the growth mindset and the children and nature movement in ways that are relevant and meaningful to today's parents. Anyone committed to raising great kids will gain thoughtful and useful direction from her book and workbook.

### Sitrin Announces Podiatry Services with Dr. Mark J. Schug

Dr. Mark J. Schug, DPM, a local podiatry specialist, is now seeing patients at Sitrin's Outpatient Rehabilitation Facility (CORF), New Hartford, NY. He provides general podiatry – care that affects an individual's feet or lower legs – including complications from ongoing health issues such as diabetes and peripheral vascular disease. Dr. Schug also practices sports podiatry. He treats common sports podiatry injuries such as shin splints, Achilles tendinitis, and plantar fasciitis/arch pain.

A graduate of Ohio College of Podiatric Medicine, Dr. Schug has nearly 40 years of diverse experience in podiatry. He is also affiliated with many facilities locally and in Lewis County.

Dr. Schug sees patients three Tuesdays each month at Sitrin, and his office hours are 7:30 a.m. to 4 p.m.

To make an appointment, call (315) 737-2246.

About Sitrin:

Sitrin, a not-for-profit corporation, 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), podiatry, orthopedic injury program, concussion management, child care, dental clinic, and the newly renovated Wellness & Aquatic Center.



### Discover the Magic with Illusionist Leon Etienne

Preswick Glen is proud to present Discover the Magic Virtual Class with Illusionist Leon Etienne. This one-of-a-kind, virtual magic class includes 3 live, interactive, one-hour group sessions where you will learn the art of Magic directly from Leon. "Preswick Glen is always trying to involve ourselves in intergenerational outreach, especially this year as so many of our residents' grandchildren have been affected by the changes, we are all going through. To be able to partner with a local talent who is already recognized from his performances here at our community, we are so excited for the opportunity." -Gary Holeck, Executive Director.

Discover the Magic includes the 3 group sessions, a Magic Rocks! Magic Secrets Revealed Deluxe Magic Kit (50+ magic tricks), a professional deck of cards, an appearing magic wand and a ticket to Leon's Virtual performance streaming live 02/10/2021. This educational Virtual Class is sponsored by First Source Federal Credit Union to benefit Broadway Utica. "Education is very important to us at First Source, and we could all use a little magic right now. What a great way to combine the two and help Broadway Utica at the same time." We are proud to be able to help sponsor this event." Pamela Way, Community Relations Specialist.

Start 2021 off with some MAGIC! Once Leon shares the SECRET behind each trick, you will be able to BLOW PEOPLE'S MINDS! The tricks are easy to learn, fun to perform, and mind boggling. Suitable for ages 7 and up. Adults ARE WELCOME to take the class! Classes are offered each Tuesday on January 12, 19 & 26 2021 or each Wednesday on January 13, 20, 27 @ 6:30 PM.

About Leon: A Utica, NY native, Illusionist Leon Etienne is a worldwide hit with audiences, critics, and producers. He has starred on NBC's "America's Got



**Sitrin Offers Podiatry Services**

Dr. Mark J. Schug, DPM, is now seeing patients at Sitrin's Outpatient Rehabilitation Facility (CORF).


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Call Sitrin today to schedule your appointment!  
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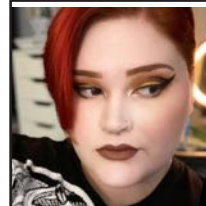
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JAN.  
2021

# Ask Judge Joan Shkane

THE TOWN CRIER

3

Talent,” he fooled Penn & Teller on the CW’s “Penn & Teller: Fool Us,” and blew Jimmy Fallon’s mind on “Late Night with Jimmy Fallon.” Leon has over two decades of professional performing experience. He performs on the world’s biggest stages, has trended worldwide on social media, is featured on the world’s best TV shows, and makes regular appearances in Hollywood Movies. His performances frequently leave celebrities like Jimmy Fallon, Howard Stern, and Heidi Klum speechless. Leon has rocked stages on six of the seven continents, coast to coast in the USA and in dozens of countries around the world. He has performed at Radio City Music Hall, headlined in Las Vegas, and has blown minds at dozens of legendary venues around the globe. Leon is hailed by critics and producers for his high-energy, fast-paced, action-packed, no-nonsense, rock n’ roll approach to magic which leaves his audiences mind-blown and speechless! His original creations, a passion for sleight-of-hand magic, and the best jaw dropping grand illusions in the world explode on stage in his critically acclaimed hit show, “Magic Rocks!@” For more info on Leon please visit: [www.MagicRocks.com](http://www.MagicRocks.com)

For Tickets please visit: [www.BroadwayUtica.org](http://www.BroadwayUtica.org) or 315-624-9444. Each ticket is \$70.00 per student and it is complete with a Deluxe Magic kits from MagicRocks! Magic kits can be picked up at Broadway Utica – 258 Genesee St. Utica, NY 13502.

*Broadway Theatre League of Utica’s mission is to present, produce and promote the highest standards of excellence in a variety of family-orientated, multi-generational and sophisticated theatrical productions; to expose the community to the many benefits of live theatre and the performing arts; to provide opportunities for the youth of the community to experience these benefits as well.*



## Judge Joan Shkane

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

MYTH: Once we have the vaccine, legal matters will all return to pre-pandemic normal.

REALITY: Sometimes emergencies show us gaps in systems and laws. Some legal matters will never return to the way they were pre-virus. Some new issues have arisen because of business failures and permanent closures as a result of the pandemic. These matters will not be resolved easily, if at all. One example is a division of marital property in a divorce. Courts are required to divide marital property equitably in a divorce. Equitable distribution of marital property in New York State often requires an appraisal of the marital property, and especially a business, to know its value and how to divide it fairly. The business evaluation is based, in part, on the past several years’ income and expenses. The parties will either agree on an expert to give an evaluation, or each will have his/her own expert. Then a judge will decide who and what to believe. This can be a cumbersome and imprecise process, but it generally works. When a business is divided, one party will often buy the other party out for a portion of the appraised value. Money or other assets will pass to the party who is being bought out, often earned from the business as it continues by the other party. Evaluations in past divorces were done during a then-booming economy, and under pre-virus conditions. Some divorced folks now find themselves in the position of having to buy out the other party, when the business has now failed because of the virus and business closures. Money to buy out is no longer available. How to resolve this problem?

Only the most brilliant and foresighted judges and lawyers made a plan for what might happen if a business cannot continue for any reason. Judges will now have to face cases where the past purchasing party cannot pay because the business failed through no fault of the parties.

In the business world, especially in real estate sales, the parties often agree in the sales contract who will take the loss if something happens to the real estate during the process of sale. This is governed by the New York Risk Act. Perhaps courts will now be asked to review the post-pandemic situation in divorce business evaluations in accordance with this risk of loss law. Rather than tie the value of a business to past records of finances, courts in future divorces will somehow have to look into the future and try to hedge against the unexpected, like a virus that causes businesses to fail. Courts may very well be flooded with parties seeking a re-evaluation of divorce property values from past divorces, perhaps lowering the value so that a lesser payment can be made, or suspend the payment entirely.

MYTH: Pets are not considered property to be divided in a divorce, and there will be compensation in pet loss or injury.

REALITY: Currently pets are considered to be personal property, like a sofa or chair. It does not take into account that pets are intelligent and feeling creatures. New York State Assemblywoman Linda Rosenthal has proposed two new laws governing pets. She proposed that during a divorce or separation, a court can take proof of circumstances that would be in the best interest of a companion animal. This is the same standard used in awarding custody of a child. It will, in effect, give pets some of the same rights as children. The proposal would also apply to animals claimed by those who have not been in a romantic relationship, such as among tenants in a dwelling, if a tenant other the owner regularly cared for the pet.

A second proposed law will permit a pet owner to receive money in compensation for the human owner’s pain and suffering, if someone has negligently or intentionally injured or killed a companion animal. Under this proposed law a court can look at the bond between a pet and the owner, and can give punishing damages if the death or injury cannot be justified. Currently, that is not possible under the law, so that the most a pet owner can receive is the value of the animal. In most cases, cats and dogs are not valued over \$100.00. This clearly does not take into account the pain and suffering of the owner who has lost the pet.

Neither of these proposed laws has a senator in the New York State Senate to co-sponsor the law, so passage into law looks grim.

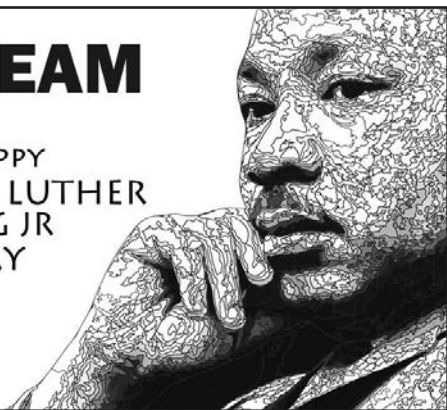
MYTH: If a defendant/respondent misses a court date and the Court makes an order against that person, then the case is over and nothing can be done.

REALITY: In New York State a person against whom an order is made has thirty days from the date he/she receives a copy of the order to ask the Court to re-open the case. In order to succeed in re-opening the case, the person must prove two things: 1. That he/she has a reasonable excuse for failing to appear for court; and 2. That he/she is likely to succeed in defending the lawsuit. If both of these two points are not stated and proven, then the Court cannot properly re-open the case. The bottom line on this issue is if you receive an order that you did not know about, or missed being in court, don’t wait! Get right back to court immediately with your proof showing reasonable excuse and likelihood to succeed!

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.

## DREAM

HAPPY  
MARTIN LUTHER  
KING JR  
DAY



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# JANUARY





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## 4 THE TOWN CRIER



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### COVID Update

We continue to monitor the numbers regionally and will make decisions regarding reduction of services or closures based on recommendations from the Town, County, State, and Dept. of Health. The safety of the staff and the community is of the utmost importance to the Board of Trustees and the Director. Should a reduction of services or a temporary closure be required, signs will be posted on our doors. Information will also be available on our website as well as on our social media platforms (Facebook and Instagram).

It is our goal to get materials to our patrons and provide services to our patrons in the safest way possible. We thank you for your patience and understanding as we continue to navigate COVID.

### NHPL Closed on Martin Luther King Jr. Day

The New Hartford Public Library will be closed on Monday, January 18th for Martin Luther King Jr. Day.

### Weather Closures

Should the New Hartford Central School District close due to inclement weather, the Library will close as well. Notifications will be posted on WKTV, as well as on our website and social media platforms (Facebook and Instagram).

The Friends of the New Hartford Public Library has been selected by local Hannaford store leadership as the benefiting non-profit in the Community Bag Program!

In this time of uncertainty due to COVID-19, supporting local non-profits has never been more important. As you make essential trips to the grocery store, you can purchase a \$2.50 reusable Community Bag at the Hannaford located at 50 Kellogg Rd., New Hartford in January. The Friends of the New Hartford Public Library will receive a \$1 donation for every reusable bag sold. If you do pick one up, be sure to practice standard safety protocols. Just like you need to wash your hands regularly, always wash your reusable bags before and after use. If possible, bag your own groceries at check out when using a reusable bag. Thank you in advance for your support!



**It's called 'reading'. It's how people install new software into their brains.**

## Library News

**JAN.  
2021**

### NHPL Board of Trustees 2021 Meeting Schedule

The New Hartford Public Board of Trustees meets the 3rd Wednesday of each month at 4:30 pm at the New Hartford Public Library.

January 20, 2021

February 10, 2021 (\*2nd Weds. of the month\*)

March 17, 2021

April 21, 2021

May 19, 2021

June 16, 2021

July 21, 2021

August 18, 2021

September 15, 2021

October 20, 2021

November 17, 2021

December 15, 2021

### Used Book Donations

Due to space constraints and quarantine requirements, we are no longer able to accept book donations for the foreseeable future.

### 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 Instagram page!

### The Preschool Projects

Every Tuesday from Jan 5th through May 4th, we will be offering a project for preschoolers. Please call 315-733-1535 on Tuesday morning beginning at 10:00 to reserve a project. While supplies last!

### Grab & Go Project Bags for Kids Winter/Spring schedule

Grab & Go Project Bags start up again on Thursday, January 14th. We plan to offer Grab & Go projects once a month in the Winter/Spring; January 14 - Make a Face Mask Lanyard, February 11 - Make Snowflake Slime Kit, March 11 - Make a Ninja Kit. Call to reserve beginning at 10:00 on the day of that months' project. While supplies last.

### Grab & Go Projects Adults Winter/Spring Schedule

Grab & Go Project bags for adults will start up again on Monday, January 4th. We plan to offer Grab & Go projects once a month in the Winter/Spring; January 4th - Face Mask Lanyard Kit, February 1st - Beginner Embroidery Kit, March 1st - Macramé Kit. Call to reserve beginning at 10:00 on the day of that months' project. While supplies last.

### Introducing Binge Boxes!

We are pleased to announce the addition of Binge Boxes to our DVD collection. Each set is centered on a theme and contains 4-6 movies that can be rented for 1 week. We have added 4 boxes so far and will be adding more in the future. Our new additions include Unhinged and In Love (titles include: Obsessed; Unforgettable; Fatal Attraction; Fear; The Boy Next Door; When the Bough Break), 80's Imagination Movies (titles included: The Goonies; Beetlejuice; Weird Science; Ghostbusters), Somethin' Sappy (Titles included: The Notebook; Dirty Dancing; How to Lose a Guy in 10 Days; Never Been Kissed; When Harry Met Sally), and Not on My Street (Titles included: Poltergeist; House; The Amityville Horror; Paranormal Activity). Binge Boxes will be available in early December.

### Have You Signed Up for WOWBRARY Yet?

The New Hartford Public Library is constantly adding new items to its collection. We are proud to now offer you weekly email alerts notifying you of the newest books, DVDs, CDs, and audio books that we purchase each week. We hope you'll enjoy hearing about the many exciting bestsellers, movies, music, and recorded books almost the very moment they arrive at the library.

Whenever you spot something of interest, you'll be able to click instantly and reserve it at your convenience. And of course, like everything else in the library, this service is free!

To get started and see what the emails look like, just visit [www.wowbrary.org](http://www.wowbrary.org). You can unsubscribe from the weekly emails any time you wish.

Our library is excited to offer this new service and wishes to thank the Friends of the New Hartford Public Library for generously providing this service for our patrons.

### Book Clubs

Are you in a book club or looking to start one? Many book clubs are meeting virtually during the pandemic. If your club needs to order books or if you are interested in starting a book club, please call the Library and ask to speak to our Book Club Coordinator, Tanya. 315-733-1535

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

Saturday, January 23rd at 11:00-12:00; Mystery on the BBC: Caroline Graham, Colin Dexter, Gladys Mitchell, and Henning Mankill. 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. Please call the Library at 315-733-1535 to register for the class. A Zoom invite will be emailed to you.



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## MVCC to Offer Free PPE Training to General Industry Workers

Mohawk Valley Community College, through a grant from the Occupational Safety and Health Administration (OSHA), is offering free Personal Protective Equipment training until Sept. 30, 2021, to those working in general industry, healthcare, and manufacturing facilities or are looking for work and who may be limited-English or refugees in Oneida, Herkimer, Madison, Onondaga, and Lewis counties. Complimentary PPE also will be distributed to all trainees.

This 90-minute class will cover confined spaces hazards, air monitoring, and personal protective equipment, and can be provided virtually, on-site (if appropriate space is available), or at another central location. Flexible times can be offered to accommodate various shifts. The training will be translated into multiple languages and translators also will be available at no cost. All in-person trainings will be in strict compliance with COVID-19 protocols.

The instructor for the class is a senior safety and health consultant and former safety inspector for the New York State Department of Labor with more than three decades of experience in occupational/workforce safety and health.

If interested, please contact Terésa Fava-Schram, coordinator of Workforce Development at MVCC, at 315-792-5681 or [tfavaschram@mvcc.edu](mailto:tfavaschram@mvcc.edu).

Mohawk Valley Community College, established in 1946, is New York State's first community college with a mission to provide accessible, high-quality educational opportunities for everyone. As the community's college, MVCC is committed to student success through partnerships, transfer and career pathways, and personal enrichment. With campuses in Utica and Rome, MVCC is the region's primary provider of college education, offering 90 degree and

certificate options for its enrollment of 6,000 full- and part-time students. MVCC also serves an additional 6,000 people through its corporate and community education programs, and its campuses welcome more than 50,000 people annually for community events.

## Mohawk Valley Small Business Development Center (SBDC) Announces Training Events

Introduction to Bookkeeping - January 12; 10:00 AM – 11:30 AM

Registration: [https://bit.ly/Intro\\_to\\_Bookkeeping](https://bit.ly/Intro_to_Bookkeeping)

In this webinar, presented by Justin Miller of Universal Bookkeeper, you will learn why bookkeeping for your small business is critical to running an organized operation. We will discuss an overview of different methods to keep track of your financial records that range from simple to more complex, along with strategies that you can implement today that will make you more efficient and effective in preparing financial reports for your business.

QuickBooks Training - Three-Part Course: Jan 19, Jan 26, Feb 2; 10:00 - 11:00 AM

Registration: <https://bit.ly/JanQBTraining>

The Mohawk Valley SBDC has partnered with StreamSkill.com (part of the Simon Sez IT family) to provide QuickBooks Desktop training. This hybrid program includes training videos from StreamSkill.com along with three virtual classroom sessions with QuickBooks experts from the Mohawk Valley SBDC.

## New Hartford Central School District Announces Kindergarten Registration for 2021-2022

The New Hartford Central School District will be accepting Kindergarten registrations for the 2021-2022 school year starting on January 12, 2021. You may download a registration packet from the district's website ([www.newhartfordschools.org](http://www.newhartfordschools.org)) and click on the link "Enrollment and Registration" found under the "For Parents" tab) or you may call the elementary office and a registration packet can be mailed to you. To be eligible for Kindergarten in New Hartford, a child must be five years of age by December 1, 2021. A copy of the birth certificate must be submitted at the time of the registration as proof of age. Also, proof of residence must be submitted, as well as proof of immunization for polio, measles, diphtheria, mumps, rubella, Hepatitis B and varicella. Please mail the completed registration packet to the elementary building where your child will be attending.

Bradley Elementary 33 Oxford Rd. New Hartford, NY 13413 (315) 624-1220

Hughes Elementary 340 Higby Rd. New Hartford, NY 13413 (315) 738-9350

Myles Elementary 100 Clinton Rd. New Hartford, NY 13413 (315) 738-9600



## Angels Among Us Food Pantry 2021 Winter Schedule

January 9, Jan 23, February 13, Feb 27, March 13, Mar 27  
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.  
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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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## 6 THE TOWN CRIER

## Community News

JAN.  
2021



### The Can's and Cannot's of Exercise

*submitted by James LaFountain, All American Fitness Center*

On nearly every TV station, shortly after dinner time, we will see ads promoting weight loss, improved fitness. Promising incredible results, in record time is their mantra. Any time legal tender is involved, mistruths will run rampant. Here's some things exercise cannot do:

\*Produce Rapid Fat Loss. Fat loss is painfully slow with an "exercise only" approach. A typical 45 minute workout "may" burn 500 calories. A pound of fat contains 3,500 calories. For every seven workouts, you could expect to lose one pound of fat! Adopting a prudent dietary lifestyle is a must.

\*Produce Large Gains in Lean Muscle. Contrary to many of the outlandish marketing claims, a male who consistently participates in a resistance program, over his lifetime may gain 12-15 pounds of muscle. Women, lacking significant amounts of circulating androgens, primarily testosterone, can expect to gain 5-6 pounds of muscle. On occasion, genetically gifted resistance training participants may pack on a little more lean mass, but not to the level that's used to promote equipment or nutritional supplements.

\*Single Handedly Make You a Great Athlete. For the most part, gifted athletes are born, not made. Genetics plays a major role in every component that goes into being a great athlete. One's training is only one of those components. Average or below average athletes can certainly become better, when they engage in some form of physical training, but they will never reach a "world class" level.

\*Encourage Fat Loss From a Specific Site. "Spot Reduction" is the biggest myth associated with physical fitness. For years, fitness companies have promoted equipment, claiming it would reduce one's waist. Enormous volumes of abdominal exercises and repetitions will NOT produce a slim midsection. The only method for reducing waist girth is a combination of diet and regular exercise. Fat will be burned in all areas of the body, including one's waist. Now that I've covered what exercise cannot do, I'd like to briefly mention what regular exercise CAN do:

\*Gaining even a moderate amount of muscle will give you a bigger "fat burning" machine. More calories will be burned, even at rest.

\*Regular exercise will promote increased "joint integrity" contributing to movement efficiency and a reduced risk of injury.

\*Reduce the risk of developing most diseases, primarily cardiovascular disease.

\*For about four hours after a workout, your body will release beta endorphins into the blood stream, that will

improve your mental clarity and give you what is often referred to as a "runner's high." Most beginner's notice an overall improvement in their mood, as a result or regular exercise.

\*Allow you to perform daily tasks with less effort.

Hopefully, this will allow you to approach exercise and diet with more realistic expectations.



### Random Trivia Facts About January

<https://www.prettyopinionated.com/2013/01/fun-trivia-facts-about-january/>

1. It's named after the god of transitions - January was named after the Roman god Janus, who ruled over beginning and transitions. He's a bit two-faced... literally. He's often depicted as having two faces- one that looks forward and one that looks to the past. Kind of poetic, right?

2. January's Birthstone - January's birthstone is the beautiful red garnet. It is said that garnet represents balance, which is definitely something we all need after the crazy busy month of December.

3. Official flower of January - The Dianthus caryophyllus is one of two flowers recognized as the official birth-month flower. It comes in many beautiful colors, and is the ancestor to the Carnation. In fact, most people just call it a Carnation now. Fancier Latin names are always prettier, though!

4. It's Donate Blood Month! - While donating blood is important every month, January has the pleasure of being National Donate Blood month, so get out to your nearest Red Cross donation site and give the gift of life.

5. January is the coldest month! - Although global warming and climate changes may have bumped it out of first place in recent years, if you look at the average temperatures over all the years on record, January is considered the coldest month in the Northern hemisphere. Not in the southern, though, where Australians are currently wearing bikinis and taking their family photos on the beach.

#### Major Historical Events in January

45 BC- Julian Calendar takes effect

1547- Henry VIII died.

1789- First US Presidential Election held.

1848- Gold was discovered in California. Eureka!

1863- Lincoln signs the Emancipation Proclamation.

1865- The 13th Amendment abolished slavery.

1912- New Mexico becomes part of the United States

1914- Henry Ford introduces his assembly line.

1933- The Holocaust began.

1959- Alaska entered the Union.

1967- First Super Bowl held.

1973- The Supreme Court's Roe vs. Wade Decision.

1986- The Challenger exploded.

### FMN Creative Launches Online Social Media Shop in Response to COVID

FMN Creative is inviting visitors to explore their new website and online Social Shop, an e-commerce extension of their full-service Social Media Marketing Agency.

In a world impacted by COVID, Owner and Creative Director Francesca Orsomarso recognized the importance of helping small businesses utilize digital marketing in these challenging economic times.

"FMN Creative's Social Shop is our way of offering small business owners and professionals Social Media Services at a time when they need it most," says Orsomarso. "Whether it's a small business owner that needs to keep their business from going under or a professional that needs to better their online presence for their next career move, we aimed to create social media service-based products that could work for everyone."

FMN Creative's Social Shop offers the agency's Social Media Services in a self-serve platform. Services include a Level Up Your LinkedIn package, development of a Social Strategy Roadmap, branded Social Media graphics, Social Media content, and more. The Social Shop utilizes the remote capabilities of the agency's services to be suitable for job-seekers, professionals, and businesses alike. Users are able to quickly purchase and utilize various services to improve their marketing strategy.

FMN Creative is also excited to promote its Social Strategy Academy, offering its Social Media Training Services virtually for corporate groups, teams, and individuals. The agency customizes its hands-on, interactive training built to meet any company's professional needs, demonstrating how social media can significantly impact success for an organization.

The full-service Social Media Agency has had an exciting year. In October, FMN Creative opened a new location in South Utica, having joined Commonworker, an all-inclusive shared office space on Genesee Street in South Utica. The agency was previously a business in incubation at MVCC's thINCubator since 2016.

This past September, Owner and Creative Director Francesca Orsomarso was awarded the 2020 Young Entrepreneur of the Year Award for the U.S. Small Business Administration Syracuse District.

"My career feels serendipitous up to this point. Being able to build my business and do what I love right here in Utica, my hometown, has been rewarding to say the least, and is beyond what I could have ever imagined," says Orsomarso.

To celebrate the launch of its new website and Social Shop, FMN Creative is offering a 20% off sale on its selection of Social Media service-based products. Just in time for the new year, small businesses and individuals can get a jump start on their marketing strategy for 2021. Those interested can visit [www.FMNCreative.com/shop](http://www.FMNCreative.com/shop) to access the store and learn more information.

About FMN Creative, LLC: FMN Creative is a full-service Social Media Advertising Agency that specializes in turning clicks into customers through effective digital marketing. Founded in 2016, the Utica, NY based digital agency is NYSWBE, EDWOSB, and WOSB Certified with notable clients including Upstate Cerebral Palsy and SUNY Poly. For more information, visit [www.FMNCreative.com](http://www.FMNCreative.com).



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## Antique Talk

THE TOWN CRIER

7



### Temple Emanu-El Celebrates Eight Crazy Nights of Hanukkah

Members of Temple Emanu-El safely celebrated Hanukkah by organizing a drive-thru event. Over 100 kids and adults stopped at eight socially-distanced stations to light candles, eat donuts and hot chocolate, and play holiday games. In the spirit of giving, each family was asked to bring a donation earmarked for the Ronald McDonald House or a toy for "Stuff the Bus."



Victor J. Fariello Jr.

### Antique Talk A New Year!

I am sure no one was sad to see 2020 go. We can only hope that 2021 will bring a much brighter picture for everyone. Thank you for your readership and interest in antiques and collectibles. As always, feel free to reach out to me at the contact info listed below. I enjoy hearing from you! Best wishes to you and yours for a Happy & Healthy New Year!

### Reader Challenge Winner!

We are pleased to announce that Erika Heintz was the winner of our Reader Challenge where readers were encouraged to submit their best find at an antique show, flea market, garage sale, estate sale, etc. Erika's entry was two Quoizel leaded lampshades that she found at a thrift store. What a great find!

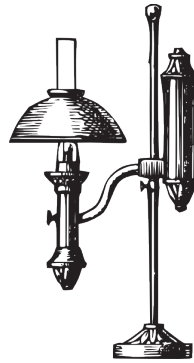
Erika wins a complete set of antiques and collectibles price guides- Warman's, Kovel's and Antique Trader. In addition she gets a 1-year subscription to The Magazine Antiques.

Congratulations Erika and thanks for sharing your discovery with us!

Happy Collecting!

### Consider Joining Questers

The J. Schoolcraft Sherman #1519 Chapter of the Questers is an organization in New Hartford dedicated to preservation, restoration and education of historical places, artifacts and antiques. We hold meetings the first Monday of each month (except July and August). We have been meeting by Zoom in recent months. You can learn more about Questers at [questers1944.org](http://questers1944.org) or visit us on Facebook by searching "lovoldstuff". If you have any interest in joining our group, email me at [vjfariello@gmail.com](mailto:vjfariello@gmail.com).



### Support Your Historical Society!

The best bargain in town is membership in the New Hartford Historical Society. It's time to renew your membership for 2021 or start one if you haven't already. The cost is \$12 for an individual, \$17 for a family and \$2 for students. Make your check payable to 'NH Historical Society' and mail to PO Box 238, New Hartford, NY 13413. If you are not already a member, why not consider a gift of membership to yourself or someone else. Please support this important organization that is keeping the history of New Hartford alive!

*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.*



One of the beautiful leaded glass shades discovered by Erika Heintz, winner of our Reader's Challenge

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10 **THE TOWN CRIER** **Handmade Gift Ideas!** JAN. 2021



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### Why You Need a Physical Therapist on your Healthcare Team

*submitted by Helen Sarandrea, Physical Therapy & Sports Care*

With health in sharp focus as a result of the pandemic, now may be a good time to look at the team of experts you have in place and see if there are any improvements you could make. You probably have a family doctor, dentist, and optometrist. Maybe you have some specialist physicians, a trainer, or a massage therapist. If a physical therapist isn't a part of your healthcare team, you're missing out on taking care of a big part of your health. To understand why you need a physical therapist, you need to understand what they do.

Physical Therapists Help You Do Things

The American Physical Therapy Association defines PTs as "health care professionals who diagnose and treat individuals who have medical problems or other health-related conditions that limit their abilities to move and perform functional activities in their daily lives." So physical therapists help you do things that you have trouble with. That could be going for a hike, playing with your kids, or getting through a day of work without pain.

### Physical Therapists Reduce Pain

Chronic pain is a huge problem worldwide. A big part of that is low back pain. Statistically, around 80% of people will have low back pain in their lifetimes. Physical therapists are trained to treat pain without surgery or medications. If you have back pain, an arthritic knee, neck pain, or an old injury that won't go away, a PT may be able to help.

Physical Therapists Keep You Healthy

The APTA goes on to say that "PTs work with individuals to prevent the loss of mobility before it occurs by developing fitness- and wellness-oriented programs for healthier and more active lifestyles." That means that a physical therapist can help you determine your risk for injury, choose the right fitness program, and improve the quality of your life by improving your health and ability to move.

Physical Therapists Can Help You Live Longer

It's well known that the risk of many of the leading causes of death can be reduced by exercise. Some of these conditions would include heart disease, cancer, lung disease, diabetes, and stroke. By helping you move better with less pain, finding the right exercise

program, and helping you to make healthy lifestyle choices, a PT could help you live longer.

Physical therapists have a unique set of skills and expertise that can do a lot to improve your health and quality of life. If you don't have one, consider adding one to your healthcare team.

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## Helen Sarandrea, Physical Therapy & Sports Care ~ Meet the Team




**Helen Sarandrea, PT** is a graduate of Ithaca College and has over 39 years of experience as a licensed Physical Therapist. Helen is McKenzie trained for spinal care and has a broad range of skills and experience in back and neck pain, orthopedic and neurological injuries, sports medicine, and pain management. She is an active member of the American Physical Therapy Association and is an advisory member of the New York State Osteoporosis Prevention and Education Program. Helen is highly regarded by the local medical community and is respected by her patients for her result-oriented and compassionate care.




**Clare EG Fabbio, PT, DPT** graduated from Ithaca college with her doctorate degree in 2013. She has experience primarily working with children ages 0-5 years through the Early Intervention and Preschool Programs through Upstate Cerebral Palsy. Dr. Fabbio has also worked with adults with a variety of orthopedic injuries here at Helen Sarandrea Physical Therapy. She also supervises Pool Pals, a collaborative program between Utica College and the Kelberman Center.




**Ahmed Radwan, PT, DPT, PhD, CPE** is a Professor of Physical Therapy at Utica College. Dr. Radwan has been teaching at both the entry level and post-professional level of physical therapy education for the last 20 years. His research interests include biomechanical analysis (motion and 3D gait analysis) of different musculoskeletal and orthopedic clinical problems. He received his Bachelor's degree in Physical Therapy in 1998 and later his Masters in 2000 from the University of Cairo. In 2007, Dr. Radwan received his Doctor of Physical Therapy degree from Utica College. He later received his Doctor of Philosophy (PhD) degree in biomechanics and Physical Therapy from the University of Cairo in 2008. He has been practicing in the profession since 1989 and has expertise in spine, knee, ACL, rehabilitation, and shoulder injuries.



**Dylan Bubb, PT, DPT** began his career as a PTA, before earning a Bachelor's Degree from SUNY Polytechnic Institute and a Doctorate in Physical Therapy from Utica College. He has a background in personal training, fitness, and nutrition. Dylan is passionate about both sports medicine and rehabilitation after watching his father utilize PT to avoid surgery. He enjoys helping patients reclaim function & reduce pain.



**David Schilling, PT, DPT, OCS** is a Professor of Physical Therapy at Utica College where he teaches courses involving the examination & management of musculoskeletal conditions and manual therapy. He received his physical therapy degree from Utica College in 1999, his DPT from Utica College in 2007, and became board certified in Orthopedics by the American Board of Physical Therapy Specialists in 2009. Dr. Schilling is actively involved with research related to shoulder injury prevention in overhead athletes and has presented at the World confederation for Physical Therapy Meeting, the APTA Combined Section Meeting, the Academy of Sports Medicine Annual meeting, & the NYPTA Conference.



**Kelly Boden, PTA** holds an associates degree from HCCC and a Bachelors of Science from the University of New Haven in CT. She has extensive experience with geriatric orthopedic rehabilitation, and is also involved in pool based wellness classes. She holds a RockTape and Kinesio Tape certification.



## Chamber Welcomes New Members



### Central New York Brain & Spine Neurosurgery

The Chamber proudly welcomed Central New York Brain and Spine Neurosurgery to its membership on December 14th with a private ribbon cutting ceremony which gave chamber board members an opportunity to learn about their services; and also, the state-of-the-art technology they have brought to our community.

Led by world-class neurosurgeon Dr. Nicholas Qandah, AKA “Dr. Q”, the practice has an established reputation of excellence in Central New York as the leading back and spine doctor. Dr. Q’s clinical expertise and his ability to put patients at ease have made CNY Brain & Spine Neurosurgery the preferred practice for patients in Utica, New Hartford, Rome, Oneida, Herkimer, Amsterdam, Schenectady, Lowville and Canton.

This past July, Central New York Brain and Spine Neurosurgery announced the installation of new scanning technology at their main location in New Hartford. The SIGNA™ Pioneer from GE Healthcare combines the advancements in MR with the sophisticated engineering of a 3.0T wide bore system. This new scanner provides a whole new level of patient comfort with adaptable designs and techniques that minimize scan times and improve image quality. This is another example of Central New York Brain and Spine’s commitment to providing their patients with the latest in diagnostic imaging technology.

CNY Brain and Spine Neurosurgery is located at 83 Genesee Street in New Hartford, but also has locations in Rome, Lowville, Canton, Herkimer and Schenectady. They can be reached at 315-792-7629 or [www.cnybrainandspine.com](http://www.cnybrainandspine.com).

*Happy New Year!*



### Alivana Aesthetics

The New Hartford Chamber of Commerce proudly welcomed Alivana Aesthetics, to its membership and to the Town of New Hartford with a ribbon cutting ceremony held on December 10th.

Alivana Aesthetics offers a holistic approach to health and wellness, developing customized treatment plans that are based upon their patients' physical characteristics and their unique aesthetic and cosmetic goals. They offer a full range of anti-aging, skincare, and general wellness treatments.

Alivana Aesthetics is owned by Jennifer Baldwin, MSN, FNP-BC. Baldwin is an AANP certified Nurse Practitioner with over 20 years of experience that spans the areas of Family, Occupational, Emergency, Wellness, and Aesthetic Medicine. Passionate about medicine to the core, Baldwin continued her education and received high-level certifications in nearly a dozen synergistic areas of aesthetics, functional, and wellness medicine after receiving her MSN. This included advanced training in Lasers, Medical Weight Loss, IV Therapy, BoiTe, Anti-Aging Skin Rejuvenation, Skin Care, and Master-level Certification in Neurotoxins and Injectable Fillers.

“I first started shifting my medical career out of conventional medicine in 2005 when I co-owned a wellness spa with my sister for several years doing skin consultations, advanced facials and acne care, which all ignited my interest in the Aesthetic field of medicine,” said Baldwin about her early beginnings in the industry.

Baldwin decided to launch her own business back in January not knowing that the looming pandemic crisis would have such an impact on her industry. “I finally decided to take the leap and go out on my own creating a business that would allow me to serve my clients in a meaningful way with a level of service that is a critical parallel to the care provided.”

Alivana Aesthetics is located in the former Aspen Dental building at 4626 Commercial Drive, which is now being renamed for Baldwin’s business. A temporary banner currently hangs where a new sign will be erected in time for their open house slated for January 7th. More information will be available at [www.alivana.com](http://www.alivana.com).



### S. Lennon & Company Jewelers

The Chamber proudly welcomed S. Lennon and Company Jewelers to the Village of New Hartford and our chamber with a Grand Opening ceremony held on November 20th.

S. Lennon & Company Jewelers was established in 2020 by Steve Lennon & his wife Theresa. They offer the most exceptional jewelry from the everyday classics for the modern bride, to their unique custom creations and expert repair services.

“In 1945 my grandparents Harold Sr. & Mary Alice Lennon opened their first jewelry store on the "Busy Corner" in Utica,” says Lennon. “75 years later, we continue their legacy of traditions and values, and are honored to continue serving future generations of local families as your trusted jeweler.”

Their store is located in the Village of New Hartford at 23 Genesee Street and are open every day from 10:00am until 7:00pm.



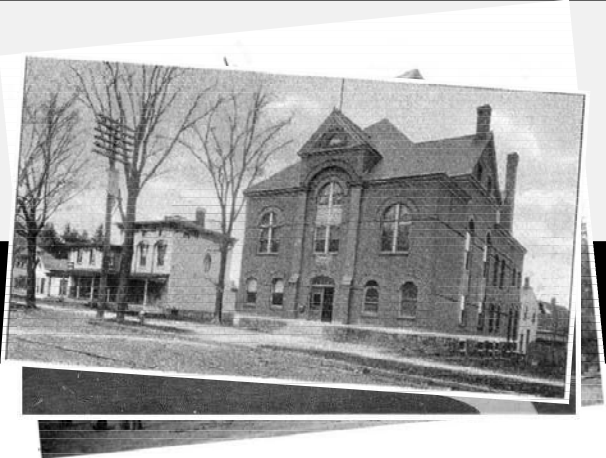


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JANUARY 2021

NEW HARTFORD HISTORICAL SOCIETY



Do you remember the Summer Playground Program?

Recently an avid member of the Society sent in his remembrance of "growing up in New Hartford" (see below). Reading it brought back a flood of memories from when I grew up in the Village in the 60's and 70's. In particular, his reference to "knock-hockey" games reminded me of the Summer Playground programs in/at the old recreation building near where the N.H. Rec Center is today. It was situated next to an old outdoor ice rink. Among the countless activities made available to the youth of New Hartford was "knock-hockey" boards. There were also full-length movies in the High School Auditorium, field trips to the Utica Zoo and other great destinations. With today's love affair with electronic gadgets, do any of our readers still have a knock-hockey board? How about your memories? Please feel free to drop us an e-mail our post to our Facebook page.

"The Garages of Leard Road"

by Rick Giffune

I have lived in a few different places, but have always called New Hartford "Home". I now live about 2 blocks from where I grew up. Leard Road is one of three streets, along with Allman Place and Davis Place, which make up the "U"-shaped block neighborhood.

On the East side is the Yahnundasis Golf Club, and on the North-West side is Sangertown Mall. The mall sits on the site of the old Levitt farm. The teachers at the Clinton Road Elementary (now Myles) referred to our neighborhood as the *Perry Manor* "end" due to its closeness to the housing development off Seneca Turnpike behind McDonalds,

The thing that made our neighborhood different from the "Manors", we had cellars and *garages*. Manor homes were built on slabs, no basements, and many did not originally have garages. The houses in my neighborhood were all "Cape Cod" style with one stall attached garages. Now these garages, along with providing shelter for the family car, had many other uses. Some of them had basketball nets where we "shot hoops" for hours playing such games as Pigs, Horse and Twenty-One. The fathers that installed these nets got real good at fixing broken windows too. One of the other uses of these garages? They were home to countless "Knock-Hockey" games. Knock-Hockey was a wooden board game that was played with small wooden hockey sticks and pucks. When these sticks and pucks wore out, we substituted them with butter knives and checkers. At night, these garages were "Base" or "Safe Zones" for Hide-and-Go Seek and Tag.

As I entered my early teens, these garages became stages for our Garage Bands. We never really made it much beyond the garages, but we sure had a lot of fun, dreaming of becoming another group like the Beatles, or the Monkees. I rarely get down there anymore because the majority of the original families are gone. But on occasion, I do swing through that old neighborhood, stop, look at the garages and if I listen real hard, I can still hear the "Panthers" belting out such songs as "Batman", "Louie Louie" and "Hanky Panky"!

*New Hartford.....* "Then" & "Now"



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### 4-H Youths Donate Over 100 Gifts

Not being able to gather has not stopped Oneida County 4-H youth from putting together gifts for needy youth in our area.

Thanks to generous donations from Joann Fabrics and Crafts, Walmart and 4-H alumna Whitney Semans, this year we turned our traditional Handmade Holidays gathering into a Community Service Project.

4-H Members worked independently to create and donate 48, hand painted snowman bed pillows complete with fuzzy blanket, handmade mittens, scarves, to the Berkshire Farm Foster Care Program. 60, mittens and scarves and bags of toys were donated to the Thea Bowman House in Utica.

4-H is the largest group serving organization in the nation. Our Learn-by-Doing approach allows youth the opportunity to explore different areas of interest by either working independently or in a club setting. For more information about how you can volunteer or enroll a youth in 4-H please contact the office at 315-736-3394.



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**#4** – Chicken Parmigiana over Ziti, Large Georgio or Village Greens, Chef Salad w/ dressing and Hot Garlic Bread



**#5** – Chicken Francaise served over Ziti with Francaise Sauce or Marinara Sauce, Large Georgio or Village Greens, Chef Salad w/dressing and Hot Garlic Bread



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# Melody Fancett Requesting Nomination for NH Town Clerk

I am respectfully requesting the Republican nomination and support for my campaign in the 2021 election for the New Hartford Town Clerk.

I have been employed by Gail Wolanin Young, the former Town Clerk for nearly 15 years. I'm fulfilling all duties despite being short-staffed, and pride myself in providing New Hartford's residents with all services in a smooth and timely fashion.

The Town Clerk position requires the ability to multi-task to an extreme degree. I'm able to do this work seamlessly due to my time and tenure under Gail Wolanin Young. I benefited greatly from her

knowledge and years of training. Due to the length of my employment, I am well-versed in both the requirements of this position as well as State and Local Laws. I have a solid understanding of the many duties of Town Clerk which includes Registrar, Receiver of Taxes and Records Management. I assist all town departments as needed which makes me a valuable employee.

With my leadership skills I believe we can make necessary updates to the Town Clerk's Office. I'm experienced in records management which would allow me to assist in digitizing records using State Grants at no-cost to tax-payers. This change would make records more accessible to our residents and bring the office up to date. I'm also interested in working with the Chamber of Commerce to create an informational Welcome to New Hartford packet. This packet would not only highlight all of the wonderful things New Hartford has to offer, it would also provide key dates and contacts for the dedicated employees that serve our community.



I feel I am the best candidate to win the November 2021 election because of my confidence and experience. I am a proud life-long Republican with solid family values. This moral foundation gives me confidence in my candidacy. I believe in treating everyone as I would treat a member of my own family. We serve our community members nights, weekends and have even accommodated them in their own residences. My positive and enthusiastic demeanor helps ensure that all residents have a great experience with their local government.

I am passionate about volunteerism and have enjoyed giving my time to both the Veterans Organization and the Ilion Marine Corps Legion. My children have served this country so Military causes are particularly near and dear to my heart. Under Gail's direction I was prohibited from volunteering for the Republican committee. It's my desire to volunteer in any capacity now that I am able to do so.

Thank you for considering my nomination. I believe that various Town Departments have come to rely upon my services, knowledge and resourcefulness. If I'm elected in November 2021 I plan to keep the Town Clerk's office running efficiently and competently.

Sincerely,  
Melody K. Fancett

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JANUARY 2021 ASTRONOMY

Perihelion: Earth Passes Its Closest to the Sun: On January 2, 2021, Earth reaches this year’s perihelion, which is the point in its orbit where it is closest to the Sun. At perihelion, the Earth will be 91,399,454 miles from our bright star.

The Full Wolf Moon: January’s full Moon, the full Wolf Moon, reaches peak illumination at 2:18 P.M. EST on Thursday, January 28, 2021. It can be seen rising from the horizon around sunset that evening.

The Quadrantid Meteor Shower: The Quadrantids appear in the early January sky, producing up to 25 meteors per hour at their peak. They’ll be at their best on the night of Sunday, January 3, into Monday, January 4. For the best chance at spotting them, venture out between midnight and dawn (if you can stand the cold).

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NH Fire Dept. News

THE TOWN CRIER 19

NHFD News

November was another busy month for your New Hartford Volunteer Fire Department with 76 calls as indicated by the monthly call report listed below by category:

Fires	=	2
EMS	=	45
Hazardous	=	2
Service Type	=	12
Good Intent	=	5
Other Alarms	=	10
Weather Related	=	0
Other	=	0

Total Calls for the Month of November 2020 = 76. This brings the total number of calls year-to-date through November 30, 2020 to 733. .

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.

New Hartford Volunteer Fire Department Elects Officers for 2021

The department elected a new chief as former Chief Thomas A.Bolanowski II stepped down after serving 12 years in that position.

Scott L. Nicotera was elected chief for 2021. Other officers include: First Assistant Chief, James H. Monahan; Second Assistant Chief, Brian D. McCormick; and Third Assistant Chief, Steven G. Karrat; First Captain, Kevin J. Monahan; Second Captain, Jeremy M. Spinella; and Third Captain, Michael J. Galligano, Jr.First Lieutenant, Mark A. Turnbull II; Second Lieutenant, Cody C. Wilson; Third Lieutenant, Joshua Famolaro and Fourth Lieutenant, Mark J. Schafer.

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

The above elected Line Officers represents over 240 years of combined experience of serving our neighbors within the New Hartford Fire District.

In addition, the department’s 2021 Benevolent Officers were also elected. Re-Elected to his thirteenth term is: President, Joseph S. Luker. Other officers elected were; Vice President, David W. Butler; and Recording Secretary, James F. Luley. Thomas A. Bolanowski II was elected Director for 2021– 2022 -2023. In addition, President Luker announced the appointments of David E. Maier, Treasurer, James F. Luley, Assistant Treasurer and William J. Wren, Assistant Recording Secretary.

The above officers will begin their responsibilities on January 1, 2021 marking the 120<sup>th</sup> year of the department.

Visit us on the web at: [www.nhfd.com](http://www.nhfd.com) all year long.

Clinton Historical Society Presentation “Rush Cady Palmer, Class of 1862”

The January 10, 2021 monthly presentation, “Rush Cady Palmer Hamilton College Class of 1862” is to be recorded and posted on YouTube. Katherine Collett will be making the presentation. The Clinton Historical Society You Tube Channel can be found at <https://www.youtube.com/channel/UCy53gja0M7xN00s76j4FZMA>

Rush Palmer Cady was born in Clockville, NY, on 1 December, 1841 and died 24 July, 1863, in Gettysburg, PA.

Cady came to Hamilton College as a sophomore in 1859, joining the class of 1862. When the Civil War began he wanted to serve in the army and was commissioned in February 1862. Cady was part of the 97th New York Volunteers, and was promoted to 1st lieutenant after his regiment fought in the Battle of Fredericksburg in September, 1862. The 97th infantry played an important role in the first day of fighting in the Battle of Gettysburg (1 July, 1863). Cady was wounded during the fighting and died from his wounds three weeks later. Be sure to learn about the life of this interesting Hamilton College graduate.

Katherine Collett is a noted local historian and recently retired archivist at Hamilton College. She is keenly interested in local biographies and brings with her several years of experience and historical research. In addition to her 19 years in archival work at Hamilton College, she was an adjunct lecturer at George Washington University, and a lecturer at Mt. Holyoke College. She holds a PhD from University of Pennsylvania (medieval studies), a MA from the University of Cambridge, and a BA from Wellesley College.

Out of an abundance of care for the health of the public, there will be no in person audience and the entire program will be recorded and presented on the Clinton Historical Society You Tube Channel on January 10, 2021.

7 Important Holidays in January

January has a lot of really important holidays that we should observe. Like these 7!

- Ellis Island Day (1st)
- War on Poverty Day (8th)- Over 45 million people in the US live at or below the poverty level. Many of those people go to bed hungry because they can’t afford food.
- National Human Trafficking Awareness Day (11th)
- Martin Luther King Day (15th)– Also Humanitarian Day, so get out there and do some good!
- Religious Freedom Day (16th)– Important because no one should be told who or what they have to believe in.
- World Day of Migrants and Refugees (19th)- Ironically, Inauguration Day is the 20th.
- Holocaust Memorial Day (27th)- Let us hope that this very dark chapter of human history is never forgotten... and never repeated.



**For information on how to place an article for your community event,  
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### Covid-19 Medical Update

*Submitted by Dr. Juleen Qandah, Medical Director Town of New Hartford*

As of today December 14, 2020, Oneida County, NY is averaging 200-300 new positive cases of Covid-19 per day. We have about 120 patients currently hospitalized in our county, with almost 3000 active positive cases, 3000 people in isolation, and 3000 people in quarantine. This trend was not unexpected with winter upon us now, and more socializing indoors. However, it is unfortunate we have surged past last spring's Coronavirus numbers. Sadly, we probably all know someone hospitalized right now from this disease. The U.S. suffered over 3000 deaths per day last week, and these deaths reflect diagnoses from a month ago, when the viral infection rate was ~140,000 new cases per day. Now, we are nearly doubling that infection rate, meaning we could see death rates double toward New Years.

BUT there is a light at the end of this long, sorrowful tunnel. And that is - the vaccines are coming. Help is on the way, thanks to science and modern medicine. I know a lot of you out there are thinking, "I don't want to be the guinea pig for a vaccine that was rushed through at warp speed developed so quickly; how do I know it is safe?" A very valid concern - let's go over how these vaccines work.

Covid vaccines contain messenger RNA (genetic material) that encode for the Covid-19 spike protein, telling your immune system to produce it. Once your cells make the spike protein, your immune system will form antibodies to it, without getting you sick by the actual whole virus. So when your body is eventually exposed to the real virus (which will inevitably happen), it will quickly recognize and destroy it before you fall ill. Most of these vaccines require you to take two doses, to create the best immunity. Let me debunk this myth: the vaccines will NOT alter your DNA, contrary to the conspiracy theories floating around on social media. However, DO expect to have some minor expected reactions, such as a mild flu-like illness. There have also been a couple case reports of allergic reactions, and Bell's palsy. We all know this small risk of adverse effects is negligible when compared to the risk of death.

Let's cross our fingers the vaccines' effectiveness is as reported >90%. The trials did not purposely expose or inject virus into the participants (it's unethical to give someone a deadly virus) but these companies followed large populations (tens of thousands) of people from diverse geography, and many were elderly and healthcare workers. Just think - if enough people got vaccinated, this pandemic could end soon. Problem is, only about half the country wants the vaccine.

Hopefully, with the first populations receiving it, folks will see how safe and effective they are, and change their mind.

The Pfizer vaccine is arriving this week to our region, but likely only a couple thousand doses for our health care personnel and nursing home residents. In the meantime during this rollout, I know we can stay strong, do better to practice hand hygiene, mask wearing, but most importantly -social distancing. It is getting lonely, but most community spread lately is through unmasked indoor gatherings with friends and family, not public places with infection control in place. You may think your bubble is small, but please don't be reassured this will keep you entirely virus free.

If we don't want our friends' small businesses (shops and restaurants) to get shut down again and possibly close forever, and for our children to be in essential school (learning in person), please heed this advice to social distance. It's only for a little bit longer. By us staying with our own household, I know our smart community can come together to push our Covid numbers down.



### New Hartford Highway News

*Submitted by Superintendent of Highways Richard Sherman*

As I write this article for January news in the Town Crier I have to say the leaf pickup with our new trucks this fall was very successful with few complaints. The four trucks were utilized one in each ward and your Highway Crew was able to address their section every other day, if not every day, towards the end of the season. Your Highway Crew did an outstanding job this fall with this updated service.

On Thursday November 19th the Town of Kirkland Highway Department announced a COVID-19 exposure, and therefore the entire Department had to quarantine for 14 days. The Kirkland Highway Department had been in the middle of leaf collection with part of the Town still needing collection. Kirkland's Highway Superintendent and Crew have been there for New Hartford in our time of need and we quickly stepped in to lend them some help as a good neighboring Highway Department would do. Your Highway Crew was caught up with New Hartford leaf collection and so our trucks went to help Kirkland to finish picking up their leaves - true inter-municipal communication and cooperation!

Every year I talk about the piles of snow left in the roadways after contractors plow out driveways and move the snow across the street. I read this article on

the Town of Kirkland's Highway Department Facebook page and I wanted to share it with my constituents in the Town of New Hartford. In the past few years, the practice of plowing or depositing snow from private driveways or private property onto the highway has increased significantly.

NY State Vehicle & Traffic law and Highway Law specifically prohibits the placing or leaving of snow, ice, leaves, branches, grass or any other substance, upon any highway (which includes pavement, shoulders, and ditches) in winter months. The intent of this notice is to point out the possibility of serious accidents as a direct result of plowing snow onto a public highway. It is contrary to law and subject to a fine of \$1,000.00 per occurrence. In addition, the person or persons responsible for said plowing and/ or depositing of snow upon the roadway is exposing them to tremendous liability if their action causes property damage or personal injury.

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

Finally, we understand that it is aggravating when our Highway Crew drives by and the snow from the road ends up in your driveway. It's characteristic of how the plows are designed and unavoidable. In fact, we plow in our own driveways each time we make a lap around the town. We all feel the same way as you do when we get home after a long day and have to contend with the same exact same situation. If our plows accidentally damage your mailbox, please let us know so that we can rectify the situation.

Happy Holidays and please contact me with any questions at 315 534-2998 or e-mail at [rsherman@townofnewhartfordny.gov](mailto:rsherman@townofnewhartfordny.gov).

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## Senior Center News

**THE TOWN CRIER**

**21**

### Senior Center News

*submitted by the staff at the Senior Center*

Happy New Year to all our seniors, let's hope that 2021 will be a better one for all. We hope you have had a great holiday season, and remembered to wear your mask and continue safe distancing. We are very encouraged that the vaccine has come out and will be available to all this spring. This is exciting news, and may be the answer to bring us out of this pandemic and back to our lives!! We do miss all of you and our weekly lunches and parties.

Happy birthday to all our January folks also. We will have a big party for all when we are allowed to return. On a sad note, we are sorry to hear of the passing of Kathy Neff, who was one of our seniors involved with the knitting and crocheting group, that met at the center. Her son, Randy, was also a co-worker of ours who helped us (and Eileen) at the St Johns Center. Our sympathies go out to the family.

Thank you again to Oneida County and the Trinity food service for delivering the meals to all who want them each week. This is such an important part of their lives to have a prepared meal, and to have someone keeping track of them.

Thank you also to Kristi who makes sure our article and pictures get into the Town Crier each month. We love keeping in touch with all of our seniors this way. Thank you to all of our essential workers and first responders plus our Utility workers who make sure we all have power to keep our hospitals, buildings, our homes and community safe and warm.

Please stay healthy and call us if you need anything 315-724-8966.

Please enjoy these photos from previous get-togethers.



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*Jacob and Rebeca Benitez-Sanquiche can hardly contain the excitement in anticipation of opening presents from their special secret Santas.*

### Eagles Club Soars into Action for Arc Children's Program

The Fraternal Order of Eagles #97 generously donated Christmas presents for children served by The Arc, Oneida-Lewis Chapter's Saturday Friends program. Saturday Friends is a bi-monthly respite program for families with children who have a developmental disability and their siblings, ages 5-10 and 11-14. The Eagles have hosted Christmas parties for the program in the past at their club in Utica, with food, entertainment, and gift-giving. This year's get-together was canceled due to COVID-19 restrictions.

However, the members of the Eagles felt compelled to find an alternative way to give. They commissioned a wish list consisting of needs for children served by the Arc program. Boxes of gifts made it into the hands of smiling, appreciative children in time for the holidays.

Karen Hoffman, Director of Community and Family Services at The Arc, said: "The children we serve have had so many activities and routines disrupted by the pandemic. Having a gift to open upon their return to the program provided excitement and helped restore normalcy to their lives. We're forever grateful to the Eagles Club for thinking of us, especially this year."

The Fraternal Order of Eagles is an international non-profit organization, founded in 1898, uniting fraternally in the spirit of liberty, truth, justice. The Utica aerie was chartered in 1901.

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## American Heart Association Warns of Snow Shoveling Health Hazards

The American Heart Association says that for most people, shoveling snow may not lead to any health problems. However, the association warns that the risk of a heart attack during snow shoveling may increase for some, as the combination of colder temperatures and physical exertion increases the workload on the heart.

People who are outdoors in cold weather should avoid sudden exertion, like lifting a heavy shovel full of snow. Even walking through heavy, wet snow or snow drifts can strain a person’s heart.

For those who are sedentary, or people with existing heart conditions like heart failure, high blood pressure or cholesterol, the increased workload on the heart from activities such as shoveling of heavy snow, can put them at higher risk for heart attack—where a clot blocks blood flow to a heart artery causing the heart muscle damage or tissue death. This is a life-threatening medical emergency.

To help make snow removal safer, the American Heart Association has compiled a list of practical tips.

Give yourself a break. Take frequent rest breaks during shoveling so you don’t overstress your heart. Pay attention to how your body feels during those breaks.

Don’t eat a heavy meal prior or soon after shoveling. Eating a large meal can put an extra load on your heart.

Use a small shovel or consider a snow thrower. The act of lifting heavy snow can raise blood pressure acutely during the lift. It is safer to lift smaller amounts more times, than to lug a few huge shovelfuls of snow. When possible, simply push the snow.

Learn the heart attack warning signs and listen to your body, but remember this: Even

if you’re not sure it’s a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives — maybe your own. Don’t wait more than five minutes to call 9-1-1.

Don’t drink alcoholic beverages before or immediately after shoveling. Alcohol may increase a person’s sensation of warmth and may cause them to underestimate the extra strain their body is under in the cold.

Consult a doctor. If you have a medical condition, don’t exercise on a regular basis or are middle aged or older, meet with your doctor prior to the first anticipated snowfall.

Be aware of the dangers of hypothermia. Heart failure causes most deaths in hypothermia. To prevent hypothermia, dress in layers of warm clothing, which traps air between layers forming a protective insulation. Wear a hat because much of your body’s heat can be lost through your head.

### Heart Attack Warning Signs

Some heart attacks are sudden and intense — the “movie heart attack,” where it is clear what’s happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren’t sure what’s wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath with or without chest discomfort.

Other signs may include breaking out in a cold sweat, nausea or lightheadedness

As with men, women’s most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Call 9-1-1 emergency medical services (EMS) for rapid transport to the emergency room and treatment when they arrive on the scene. Don’t drive yourself--have someone drive you to the hospital right away.

Heart attacks can cause sudden cardiac arrest, where the heart stops beating, or beats irregularly, failing to pump enough blood. If a victim is unresponsive, not breathing or only gasping, quick recognition and fast action are the keys to saving a life.

WHAT YOU CAN DO: Bystanders can help cardiac arrest victims survive, if they act fast. First, call 9-1-1 and start CPR right away. Then, if an Automated External Defibrillator (AED) is available, use it as soon as possible. If two people are available to help, one should begin CPR immediately while the other calls 9-1-1 and finds an AED.

Hands Only CPR is effective in saving lives during cardiac arrest. Hands-Only CPR has just two simple steps. If you see a teen or adult suddenly collapse,

(1) Call 9-1-1; and (2) Push hard and fast in the center of the chest to the beat of the disco song “Stayin’ Alive” (100 beats per minute) until help arrives.

To learn more about CPR or find a local class, visit [www.heart.org/CPR](http://www.heart.org/CPR) .

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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  
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Cheryl Smith Dir. of Faith Formation  
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Sunday Masses: 8am & 11am  
Mon-Fri Masses: 6:45am, 9:10am  
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4291 Middle Settlement Road, P.O. Box 626, N.H.  
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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  
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**ST. STEPHEN'S EPISCOPAL CHURCH**

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

**ST. GEORGE'S EPISCOPAL CHURCH**

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Sunday School for all ages: 9:00 am - 9:45 am  
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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  
During January, New Hartford Presbyterian Church will continue to offer worship online via Facebook each Sunday morning at 10:30 a.m. Church committees will also meet remotely. Information about the church is available on its Facebook page, and on its website, www.newhartfordpresbyterian.org.

**OUR LADY OF THE ROSARY CHURCH**

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firstbaptistnh@gmail.com  
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Sunday School - 11:00am  
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For details: uuutica.org  
January 3-Worship Comm New Year's Service. In hindsight, 2020 was a tough year. There is much to bring us hope in 2021, however, including changes in leadership that will put a focus on climate and social justice issues, economic equity, and a COVID19 vaccine. Join us in this service by sharing your hopes for 2021, as we put 2020 behind us.  
Jan 10-We will be joining the UU Congregation of the Upper Valley (UUCUV) located in Norwich, Vermont which is right across the Connecticut River from Hanover, New Hampshire. Their minister, Reverend Jan Hutslar, was the Director of Religious Education for the UU Church of Canton, NY and ordained as a UU minister there in 2018 after graduating from the Starr King School for Ministry in Berkley, California. Reverend Jan invites us to join UUCUV on this Sunday morning to explore our Imaginations as we embark on a new year with hope and love.  
January 17-arques Phillips. Being an Inclusive City: Challenges and Rewards. An influx of refugees built upon long tradition of immigration and migration that has made the City of Utica distinctively diverse in culture and purpose. Utica Director of City Initiatives Marques Phillips talks about how Utica's diversity presents both challenges and opportunities when it comes to running a government and what the City is doing to ensure that equality and acceptance remain its core values.  
Jan 24-Reverend Evin Carvill-Ziemer joins us this Sunday to offer a service on embracing change and growth, both as individuals and as a congregation. Reverend Evin serves as the Congregational Life Consultant for our congregation's district within the UUA, Central East Region, and is their primary contact for congregations in upstate and central New York. Reverend Evin holds a Masters of Divinity from Earlham School of Religion and Bachelor of Arts from Carleton College.  
January 31-"Once Upon A Time ..." - Katie Spires. Folklore and folk stories, including fairy tales, often reflect the society and times in which they were written, and can change with time and geography. However, the themes in these stories remain relatable even as the details differ, and there's always something to be learned, as the story tellers leave their mark in the lessons they offer. Katie Spires is a UUUtica member who is currently a librarian at Utica College. She has always loved books and stories, and has spent time learning about the history of folklore from various countries, including Germany, France, and Japan -- where she lived, learned, and taught for four years.

**FAITH IN CHRIST FELLOWSHIP CHURCH**

3431 Oneida St., Chadwicks - 737-0753  
www.ficfellowship.com  
Pastor : Chad Morgan  
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Children's Church during the sermon.  
Bible Study and Prayer - Wed evening 6:30 p.m.

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Wed - 5:30pm Vespers  
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Sunday morning Worship Service - 10:30  
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Summer Hours - Beginning 7/1/18:  
Sunday Morning Prayer - 8:30am  
Worship Service - 9:30am

### TRINITY LUTHERAN CHURCH

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

### FIRST PRESBYTERIAN CHURCH

1605 Genesee Street, Utica 732-5111 - [fpcutica@verizon.net](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  
Faith Enrichment for all ages  
Call or email for schedule.  
Nursery Care Provided  
**Wheelchair Accessible**

### ST. VOLODYMYR THE GREAT UKRAINIAN CATHOLIC CHURCH

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

### LIFE IN CHRIST FAMILY CHURCH & BIBLE SCHOOL

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

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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.  
Handicapped accessible. Nursery Provided.  
[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**

3995 Oneida Street #4  
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@NLAC4all



IS 2021 THE START OF A NEW DECADE?

First, what does the word “decade” mean? Oxford Dictionary states, “a period of ten years, especially a period such as 1910–1919 or 1990–1999.” That’s it. There is some debate about whether the “new decade” began on January 1, 2020, or will begin on January 1, 2021. There are two common ways of counting decades: Culturally, many people think of as a decade (such as the 1980s, 1990s) as years ending in 0 to years ending in 9. So, 2010 to 2019; 2020 to 2029. Another way counts decades starting with the first year 1 CE. (Note: The Gregorian calendar goes from 1 BCE to 1 CE; there is no year zero.) Based on today’s Gregorian calendar, 2021 is technically the start of the new decade. However you define a decade, let’s just celebrate the start of a new year and new beginnings—especially after 2020!

NEW YEAR’S EVE CUSTOMS:

The evening before New Year’s Day—New Year’s Eve—is when most people celebrate the turning of the year! As the clock counts down, people may celebrate the last hours at a party or watch a televised countdown. When the clock strikes midnight, the custom is to exchange hugs and kisses and wish each other a “Happy New Year!”



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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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KEEPING RESOLUTIONS

It's perfectly normal for an approach to fail the first time. Making some minor missteps is OK. Don't give up completely because you ate a brownie and broke your diet. Try a different approach. Was your goal too huge? Narrow the scope. Just make one small change at a time. Perhaps you can substitute healthier options like fruit or yogurt for dessert so that you see a diet less as a punishment and more as a healthier way of life. This means stocking up the fridge!

Perhaps you need a tool to help reach your goals! For example: "I resolve to be on time to meetings this week. To help me achieve this goal, I plan to take a moment to set an alarm on my phone with a 5-minute reminder before any meetings."

There's also the idea of "self-trickery." Maybe that's a better fit for you than making hard-and-fast resolutions?

**ANOTHER APPROACH**

Here's another idea. If you're not fond of resolutions, how about taking a piece of paper and listing a few regrets about the past year? To help focus on the future, write down your regrets on a scrap of paper and toss it into the fire! Janus, the two-faced symbol of the new year, would approve!

Whether we resolve to return borrowed farm equipment (as did the Babylonians) or drop a few pounds, we're tapping into an ancient and powerful longing for a fresh start!



When Things Seem out of Control, There are Some Things you Can Control

During times of heightened stress a person can quickly become overwhelmed and even struggle to do things that might be considered simple or obvious. It can be helpful to focus on the things you can control, to identify actions that you can take, and to complete those action steps.

Here are four action items an investor may want to consider completing during extraordinary (and ordinary) times.

1. Review your investment plan

Before you start making changes to your investment portfolio, the first thing you should do is consider your goals. Are you saving for retirement? Do you need to build a college fund for your children? Did a recent event create a need to adjust your plan? If your goals have changed or if you haven't updated your plan in a while, set up a meeting with your Financial Advisor to review and update your investment strategy to support reaching your goals.

2. Understand your risk tolerance

After recent events, you may have a new definition of your tolerance for risk.

Risk is a key principle in investing. Some investments are riskier than others, but every financial decision involves risk. Risk is inescapable, so the key is to understand your risk tolerance and manage the risk you are taking, which should be based on your long-term financial goals. If your tolerance for risk has changed, review your strategy with your Financial Advisor and make sure you are still comfortable with the amount of risk you're taking.

3. Stick to your plan

When the market gets volatile, investors often have an emotional reaction and may want to pull out of

the market to try to avoid loss. Try to remember that moving or selling investments during a market decline will likely lock in the losses; staying invested may allow you to benefit when the market comes back. If you haven't updated your plan in a while, set up a meeting with your Financial Advisor to review it and make any necessary adjustments.

4. Organize and update important documents

Are your important documents up to date and accessible to those who may need them?

Take time to create a reference list of your documents and consider creating a digital version for easy storage and accessibility. Also check that your beneficiary designations for investment accounts, life insurance, and other accounts are up to date to reflect any new circumstances such as marriage, birth, death, or divorce. Beneficiary designations typically supersede your will so you'll want to confirm that your beneficiary designations are current and accurate.

Wells Fargo Advisors does not provide legal or tax advice. Be sure to consult with your tax and legal advisors before taking any action that could have tax consequences. Any estate plan should be reviewed by an attorney who specializes in estate planning and is licensed to practice law in your state.

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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Passalacqua & Associates Has Ranked 36th on the Law Firm 500 List Achieving 256% Growth, Since 2016

On Saturday, December 5, 2020, the Law Firm 500 Award committee announced the list of 2020 Honorees ranking Passalacqua & Associates NO. 36 on its 5th annually published list recognizing law firms that have achieved significant growth in revenues.

Honorees were verified by the outside certified accounting firm, Shavell & Company, P.A.

The award honorees are a beacon of light for the legal industry demonstrating innovation, operational excellence, and a commitment to client service.

"It's such an honor to be recognized, and an even larger honor to be able to help so many people in our local communities." – Nicholas A. Passalacqua, Esq. Founder of Passalacqua & Associates, LLC

The 2020 Law Firm 500 Award Honorees list showcases the fastest growing law firms in the United States. Each ranking also includes the percentage of growth over 4 years. The 6 top ranking firms in 2020 all grew by a staggering quadruple digits - no small feat for any business.

The Law Firm 500 Conference & Awards Gala was held virtually on December 5th. The conference kicked off with three Law Firm 500 Winners pulling back the curtain and sharing the pandemic pivots they made that helped them grow exponentially during 2020 and set them up to continue growing into 2021!



Now's the time to invest in your financial health

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

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

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

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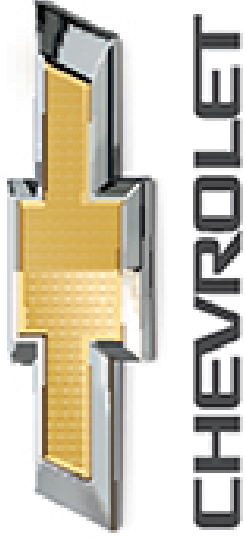
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