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Nina Wolf

Utica Community Chooses Logo for America's Greatest Heart Run & Walk 2021

America's Greatest Heart Run & Walk was one of the area's last in-person events of 2020. We've all pivoted, and the work of the community continues – even if we are physically more apart than we have been, we remain together in the important ways. The work of the American Heart Association remains critical, as heart disease and stroke remain the No. 1 and No. 5 killers of all Americans, and are risk factors for COVID-19 and can complicate cases of the pandemic.

The mission of the American Heart Association struck a chord with Nina Wolf, sophomore design student at PrattMWP, who created the winning design for the 2021 logo for America's Greatest Heart Run & Walk, set for Saturday, May 15, 2021. The logo will now become the symbol of AGHRW, appearing on T-shirts, pins, and any collateral connected to the event that traditionally raises \$1 million. Wolf was one of many students who submitted logo designs.

"I decided to participate in the logo competition for America's Greatest Heart Run & Walk because I initially saw it as a way to challenge myself and grow in my design skills," Wolf said. "However, this reason deepened as I learned more about the American Heart Association's mission 'to be a relentless force for a world of longer, healthier lives.' This mission statement resonated with me and made me excited about the opportunity to contribute to an organization that is a force for good in the world. I feel that my logo design

was chosen because the heart-shaped medal symbolizes the amazing progress that has been made throughout 47 years due to America's Greatest Heart Run & Walk, as well as the American Heart Association's continuous goal to improve the health and well-being of all."

"The Mohawk Valley is a place where people come together, especially when times are hard," said Alen Mukic, general manager of Carbone Yorkville and chair of the 2021 America's Greatest Heart Run & Walk. "I want to thank Nina and all the students at PrattMWP who designed logos for America's Greatest Heart Run & Walk. It'll be great to see the logo throughout our community as a symbol of how we are fighting heart disease and stroke."

"It's been a year of a lot of change, and that makes traditions even more important. Having students design logos for America's Greatest Heart Run & Walk, and having the public vote on them, is another way the community comes together to fight heart disease and stroke," said Steve Gassner, administrative officer at Mohawk Valley Water Authority, chair of the Utica Board of Directors of the American Heart Association, and logistics chair of America's Greatest Heart Run and Walk. "I know I'll be one of a lot of people proud to wear the T-shirt with this logo on it. I urge everyone to sign up for the walk now to be part of this tradition."

To receive a finishers pin with the logo, participants raise \$30. They receive a T-shirt with the logo when they raise \$250. When they raise \$1,000, they receive the Grand VIP Club gift. The logo is on other collateral seen throughout the Mohawk Valley between now and the May 15 event.

Registration for America's Greatest Heart Run & Walk is now open at UticaHeartRunWalk.org. The Facebook event page will also contain information and updates.

Workshops Take your Recipe From the Kitchen to the Market Place

Cornell Cooperative Extension of Oneida County will kick off a 6-part workshop series: Recipe 2 Market (R2M) on February 24th at 5:30pm. The workshops will be presented in partnership with Mohawk Valley Community College (MVCC), Rome Campus. New local aspiring food entrepreneurs have the chance to take advantage of advancing their food concepts.

The first five classes are no-contact, virtual workshops led by experts from across the field. Electronic handouts, case studies, and video tutorials will assist attendees in a better understanding of the many parts of a value-added food business. The final class, which completes the series, is an in-person lab tour of the commercial kitchen and a lesson in the practice of product storytelling. Space is limited so register today.

The cost for this Workshop Series is \$75.00 single or \$125.00 for a team of two.

ALL sessions are held Wednesdays from 5:30 to 8:30. The class schedule is:

WEEK 1-FEBRUARY 24: Stovetop to Storefront/ Introduction to R2M (virtual)

WEEK 2-MARCH 3: Business Planning & Cost of Production (virtual)

WEEK 3-MARCH 10: Recipe Development & Food Safety (virtual)

WEEK 4-MARCH 17: Preparing Your Recipe - Kitchen Safety (virtual)

WEEK 5-MARCH 24: Marketing & Distribution (virtual)

WEEK 6-MARCH 31: Tell Your Story/Commercial Kitchen Lab (In-Person)

For your convenience there are several ways to pay for the workshop series.

Online, via PayPal during registration, Registration Link: https://reg.cce.cornell.edu/R2M-2_230

OR you can pay ahead (call our office) 315-736-3394 ext. 100.

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Steve & Theresa Lennon

Happy New Year from S. Lennon & Company!

2020 has officially come to a close, and while we are excited to embrace 2021, we are also taking the time to reflect on the previous year.

At times, this year was challenging and uncertain. We found ourselves questioning the day-to-day outcomes, as we experienced not knowing what lay ahead in the future.

As questionable as 2020 was, we can still look back on what made this year genuinely worth it.

November was the launch of our new store, and we look back at that time as some of the most enjoyable moments of 2020. We knew we took a risk, but it was well worth every second of it.

This year, our clients and our new store opening are what makes us truly grateful for what we have. Rarely do we all ever take the time to look at experiences that have happened to us and pinpoint the positives.



Diner in Village of New Hartford, at 23 Genesee Genesee Street



S. Lennon & Company Jewelers in Village of New Hartford

At S. Lennon Jewelers, we prefer to look at the glass half full than half empty. We have an incredible team, a gorgeous new store, and loyal customers that we cherish our relationships with. For that, we want to say "Thank you" to the people that have made this year possible for us.

Our new clients have brought us the hope and motivation we are continuously looking for in the new year. We are thankful to cultivate new relationships, and we are grateful for the opportunity to exceed our new clients' expectations time after time.

Our team of expert jewelers has given us the motivation to prosper onwards. Our customers just could not say enough how professional, outgoing, and amazing our team members are, and we are so proud to work with such an incredible staff! Their hard work and dedication will continue in the new year, bringing exceptional service to each and every person who walks through our door.

We want to extend our gratitude, hope, and excitement for our jewelry store's continued success in New Hartford. While we don't know what the future holds, we do know that we will no longer take anything for granted. We will hold our loved ones closer, we will appreciate the good times more, and we will always dedicate our passion to our beloved business and customers.

Our team inspires you to continue strong into the new year and to keep being hopeful! We're here if you need anything, and we are also here to still help you celebrate your cherished moments. Because special moments don't stop - they just continue to grow, just like your love for the special people in your life.

Trust, Expertise, Value, Service, EXPERIENCE...that is what sets S. Lennon & Company Jewelers apart.

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Turning Over A New Leaf The 'Rebound'

Submitted by Jim LaFountain, All American Fitness Center

For the past four decades, I've written a goal setting column in January. Not this year, because anyone interested in improving their fitness for the New Year has "heard it all before." By February, researchers tell us, only about 25% have "stuck with it." My reason for sending a "rebound" message is somewhat personal.

For the past 20 years, I have weighed in on a "friendly" home scale. It displayed the same weight, nearly every morning. Although I knew, deep down, it was inaccurate. It was a comfort, until some of my clothes shrunk or I enlarged. Although it was a steep task to ditch my "friendly" scale for a quality (and accurate) new one, I took the plunge. You guessed it, I had allowed myself to gain 11 pounds!

I have written and lectured on the subject of Fat Loss for a long time. Now it was time to walk my talk. I thought our readers would like to know how to stay the course and actually reduce the percentage of fat they have stored, even after their New Year's resolutions have fizzled out.

Nutrition

*Quick fix, fast fat loss does NOT exist. A rapid reduction in scale weight is usually a loss of bodily fluids, primarily water. Metabolizing the food we eat requires water. Severely reducing our food intake encourages our body to rid itself of excess water.

*Calories count! Most Americans, are unaware of what constitutes "a serving." In our "super sized" world, even the most conscientious fitness buff has a difficult time controlling their portions. It would be well worth your time to Google food "portions."

*Staying away from sugar, bleached flour and high fructose corn syrup is a good idea. As our Pancreas is called upon to reduce blood sugar levels, we actually go into "fat storage" mode.

*Slow down. It takes about 20 minutes for the appetite center of brain to register satiety (fullness). Putting our fork down and actually chewing our food will cause us to eat less.

*Planning is the key. A little trick I've learned is to eat a small, protein rich snack and drink a large glass of water about 20 minutes before a meal. Refer to the previous bullet point.

*The appetite center, referred to earlier, tends to confuse thirst and hunger. We are almost always in need of water, NOT food. Staying hydrated is a big part of losing stored body fat.

Exercise

*Regular exercise is a must, but without adopting a prudent nutritional plan, it is a painfully slow method for achieving a long term loss of stored body fat.

*Although cardiovascular exercise is a "calorie burner," resistance training is equally important and will increase caloric expenditure, even at rest.

I'm sure everyone knows, there's no magic to getting and staying in shape. Small and consistent lifestyle modifications work, quick fix gimmicks don't. If any ONE of the "quick fix" schemes worked, there would be no need for another.



Judge Joan Shkane

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

MYTH: A power of attorney must be exactly and correctly written or it will not be honored by banks, medical providers, and others.

REALITY: This is currently the law in New York State. But it will be changed 180 days after mid-December, 2020. A power of attorney is used to appoint another person to act in financial, medical, Social Security, Medicaid, pension, medical records, and most other matters, including personal decisions. Without it, for example, an incapacitated person's rent or mortgage may go unpaid, utility payments cannot be made and other services may go unpaid and therefore unprovided. The old law requiring exact procedure was written to protect against elder abuse or exploitation. The old law required an incapacitated person to take an expensive route to have someone appointed as legal guardian by a court. This would require incurring attorney fees and court fees. Under the old law the principal (person giving the power of attorney) must be physically able to sign a power of attorney. If the rules were not exactly followed, there were unintended consequences, such as a bank, hospital, or other entity refusing to act.

The Legislature approved and the Governor signed a new bill that will go into effect 180 days from mid-December, 2020. After that time the process of preparing a power of attorney will be streamlined. Then banks and anyone else interested must accept the form, and the delegation of power it provides, if the form SUBSTANTIALLY COMPLIES with the new statute. The form will not need to be exactly in accordance with the law. Currently, when an incomplete or questionable power of attorney form is presented, if it is not precisely correct, the default is to deny the power to act to the designated person. Soon the default will be to accept the form and act in accordance with the power granted to the third party. In addition, a principal will be able to appoint someone to sign a power of attorney form on his/her behalf, if the principal cannot physically do so. An example of this is a hospital caring for an incapacitated person. The hospital will be able to Zoom with the principal and third party and during the Zoom conversation the incapacitated person will be able to direct the third party to sign all documents, including a power of attorney. This new law is expected to reduce the costs of granting a power to, from thousands of dollars for a guardian, to several hundred for a power of attorney, at most.

MYTH: New York laws do not respond to real needs of the people.

REALITY: Some new laws that will go into effect in New York State in 2021 fall into several categories: Some of them are the Legislature's direct response to the Covid virus, or to individual medical needs. Some eligible employees are entitled to up to 12 weeks of job-protection, including paid time off. This can be taken all at once or on separate days. Among other events, the time-off can be used to care for a new child, to care for an ill family member, or to help when a

family member is deployed overseas on active military service.

The cost of insulin will be capped for out-of-pocket costs at \$100.00 for a thirty-day supply.

A panel will be created to review how to simplify health insurance claims for Covid related treatment;

Some new laws are directly in response to specific situations. In 2005, an 11-year-old girl was killed in a boating accident off Long Island. Now all boat operators born after January 1, 1988 must complete a boating safety course.

In 2018, a stretch limousine crash in Schoharie killed twenty people. Now stretch limos altered starting in 2021 must have safety belts for each seat. Limos modified before 2021 must have safety belts for each seat by January 1, 2023;

The 2020 election cycle produced several new laws. Now there will be an immediate full, manual recount when the margin of victory for one candidate is 20 or fewer votes, or 0.5% or smaller. Where at least one million votes were cast and the victory is less than 5,000 votes, there will be an immediate manual recount.

Sample ballots must be posted by each county Board of Election on its website in a conspicuous place;

There are numerous miscellaneous new laws. Illegal dumping of construction waste now will be considered a major crime.

Under the new Child Parent Security Act, whenever a child is born using donated sperm, eggs or embryos, the intended parents will have all rights and obligations over the child. The donors will not;

One of the most important and possibly the most beloved of new laws protects a consumer. Starting February 9, 2021, if a business, such as Netflix or Hulu, seeks to automatically renew the service without the subscriber's consent, it cannot. Companies must explain clearly how renewal works. A business cannot advertise a service as free when, in fact, it is free only when attached to an automatic renewal. This may be a long overdue consumer protection and will probably be greatly welcomed!

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

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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.

Tax Form Information

Tax forms are slowly arriving to the library. Should you need a form and we are still doing curbside pickup only; please contact us and let us know which form you need and we will gladly schedule a curbside pickup appointment for you. Call us at 315-733-1535.

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).

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.

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

Instagram: [new_hartford_public_library](https://www.instagram.com/new_hartford_public_library)

Website: www.newhartfordpubliclibrary.org

Children's Story Time on IGTV

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

Library News

**FEB.
2021**

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

We are offering Grab & Go projects once a month in the Winter/Spring; 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

We are offering Grab & Go projects once a month in the Winter/Spring; 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.

Are you a Fan of Netflix's Bridgerton Series?

Who binge watched Bridgerton? Did you know it was based on a novel by Julia Quinn? Nothing left to watch but fell in love with that time period? Try one of these read alikes:

A London Season by Patricia Bray

Rake's Progress by M. C. Beaton

The Sisters Traherne by Amanda Scott

Slightly Dangerous by Mary Balogh

What I Did For a Duke by Julie Anne Long

Mine Till Midnight by Lisa Kleypas (The Hathaways Series)

The Rogue Not Taken by Sarah MacLean

A Loving Scoundrel by Johanna Lindsey

The Devil in Winter by Lisa Kleypas (The Wallflowers series)

Are you a fan of The Haunting of Hill House?

Perhaps Regency romances aren't your cup of tea and you prefer something a little darker. Fans of Netflix's The Haunting of Hill House may enjoy reading these titles:

Salem's Lot by Stephen King

The Exorcist by William Peter Blatty

Hell House by Richard Matheson

I'm Thinking of Ending Things by Iain Reid

Mexican Gothic by Silvia Moreno-Garcia

Rosemary's Baby by Ira Levin

Home Before Dark by Riley Sager

The Southern Book Club's Guide to Slaying Vampires by Grady Hendrix

Ghost Story by Peter Straub

COVID preventing travel? Escape to some beautiful scenery in these books:

The Great Alone by Kristin Hannah

Something in the Water by Catherine Steadman

The Last Anniversary by Liane Moriarty

The Address by Fiona Davis

The Language of Flowers by Vanessa Diffenbaugh

The Outlander Series by Diana Gabaldon

Eat, Pray, Love by Elizabeth Gilbert

Under the Tuscan Sun by Frances Mayes

The God of Small Things by Arundhati Roy

The Poisonwood Bible by Barbara Kingsolver

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. 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, February 27th at 11:00-12:00; Clues for Clergy: Harry Kemelman, G.K. Chesterton, James Runcie, Mark Schweitzer, Michelle Blake. 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.

The yoga class is a chair assisted class. With the implementation of this innovative approach to yoga, many of the yoga poses that are usually done on the floor are now executed standing next to a chair.

Should you need assistance getting on Zoom please contact Bill at 315-825-5217.

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FEB. 2021

Community News

THE TOWN CRIER 5



Air Well Duct Cleaning

At AirWell we believe nothing is more important than the air we breathe. We are a small, family-owned and operated, New Hartford based business focused primarily on air duct and dryer vent cleaning. We aim to serve your home and business with the sole purpose of making them healthy and safe.

Question: Why should you get your air ducts cleaned?

Answer: Because they get dirty!

Since ductwork is often located out of sight behind walls or above ceilings, maintenance like cleaning of air ducts can be easy to neglect. Many people forget to have routine air duct cleaning performed, which has the potential to prevent long term problems with indoor air quality. Some occupants are more sensitive to these contaminants than others. Allergy and asthma sufferers, as well as young children and the elderly, tend to be more susceptible to the types of poor indoor air quality that air duct cleaning can help address.

A typical home can generate up to 40 pounds of dust per year! Every time an unclean system activates, you breathe dirt, dust, allergens, and bacteria. It is recommended that you have your home/business duct system cleaned every 3-5

years. How would your kitchen table look after 3-5 years of no cleaning at all? So you can get a rough idea of what the inside of your ductwork looks like.

There are nearly 3,000 clothes dryer fires per year resulting in 5 deaths, 100 injuries, and \$35,000,000 in property damage. According to the U.S. Fire Administration, more home clothes dryer fires occur in the fall and winter months, peaking in January and 77% of clothes dryer fires occur in one or two-family residential homes. Annual dryer vent cleaning will help you keep your family safe.

We would love to speak with you about ways we can help you keep your family healthy and safe. We are available anytime online at www.airwellny.com, on Facebook & Instagram @airwellny, or by telephone at 315-351-2813.

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Nursery School from 9:00am-11:30am (3 year old) or 12:00 (4 year old)
Little Lunchtime Learners from 11:30am/12:00-3:00
Little Adventurers from 3:00pm-5:30pm

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Afternoon Adventurers

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THE TOWN CRIER

Community News

FEB.
2021

Are Your Workouts Giving You What You Want?

submitted by Helen Sarandrea PT

How much thought have you put into the exercises you're going to use for your next workout? Did you choose them yourself, or did you find them on the internet or in a magazine? What's your workout designed for? Do those goals match yours? Are the exercises even safe for you? Using the wrong program can lead to wasting time in the gym, frustration, plateaus in progress and injury. Let's take a closer look at what goes into program design and the cost of getting it wrong.

Exercise Selection

There are many things to think about when choosing specific exercises. Machine vs. free weights, isolation vs. compound lifts, number of reps and sets, etc. Each one of these factors affects the results, so making the wrong choices could lead to wasting time working on the wrong things, limit your results or lead to injury.

Technique

If you choose the right exercises, but don't know how to do them properly you will again limit your results, or worse, end up injured. Poor technique leads to inefficient movement and limits the power your muscles can create. It also changes the load on your muscles, joints, and ligaments which can lead to pain and injury.

Volume

Volume is a way of thinking about how much work you're doing during a workout. Doing a few reps with a heavy weight or a lot of reps with a light weight could end up being the same volume. Same goes for running a shorter distance quickly uphill vs a longer run at a slower pace on flat terrain. If your volume is too great you won't recover well between workouts and create the possibility of injury. Too little volume and you won't see results.

Progression

If you've been doing the same exercises with the same weight and the same number of reps and sets, you're not progressing. Same goes if you jump on the treadmill for the same amount of time with the same settings each time. To make progress, things have to change and the program that works for your first 6 months won't work for you 2 years down the road. Designing an exercise program is a complex challenge with a lot of factors to consider. Most people have a history of injuries and don't have perfect movement in every joint which further complicates things. If you're not making progress or just want to make sure your workouts are as effective as they can be, have your physical therapist take a look at your program. Your PT can help design an individualized program to help you reach your goals while keeping you safe and injury free.

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Patricia Rueckert Named to the Fall 2020 High Honors List at Pomfret School

Patricia Rueckert of New Hartford, NY from the Class of 2021 was named to the Fall 2020 High Honors list at Pomfret School. To achieve this level of distinction, Patricia earned a grade point average of at least 3.670 and received no grade lower than a B+.

Founded in 1894, Pomfret School is an independent college preparatory school for boarding and day students in grades 9 through 12. We also offer a postgraduate year. Set on 500 acres in the celebrated Last Green Valley of Northeastern Connecticut, our mission is to cultivate a healthy interdependence of mind, body, and spirit in our students. We offer 8 academic disciplines, more than 100 elective courses, 25 athletic options, and numerous opportunities to participate in community outreach and service programs.



Curtailing COVID-19: Exercise as a Strategy to Prevent and/or Recover from COVID-19

COVID-19 has disrupted many daily routines involving physical activity, resulting in drastic changes to people’s lifestyles. Leading a more sedentary existence during the pandemic can also exacerbate existing conditions such as diabetes, respiratory diseases, and hypertension, as well as cause weight gain and decreased mobility, further compromising a person’s health and wellness.

“Staying active during the pandemic is extremely important, especially for older adults,” Dr. James Wallace, director of clinical rehabilitation at Sitrin, said. “In fact, physical exercise has proven to be an effective therapy for many chronic diseases, while also improving individuals’ emotional and physical wellbeing.”

Sitrin can promote general wellness through exercise as it relates to COVID-19, and offers many opportunities for people to regain their health while recovering from the virus, or strengthen their immune systems to prevent becoming infected. Immune strengthening

strategies, which include regular exercise, eating a balanced diet, and maintaining a healthy weight, are proven to reduce stress and build bodies' defenses to be as strong as possible.

Wallace recommends individuals achieve the recommended amount of 150-300 minutes of aerobic exercise and two days per week of resistance training.

“Staying healthy, especially during the pandemic, enhances both the immune system and lung capacity, and improves strength and endurance,” Wallace added.

To schedule an appointment with a physical therapist who can help you meet your wellness goals during the pandemic, please call 315 737-2246.

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

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Community News

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Early Warning Signs of Alzheimer's

When is it more than forgetting?: Recognizing the early warning signs of Alzheimer's disease

Recognizing and taking steps to address the warning signs of Alzheimer's and other dementias can be extremely challenging — especially in the early stages. It's easy and common to dismiss cognitive changes in oneself or a family member as “normal aging.”

“Alzheimer's is not a normal part of aging,” says Katrina VanFleet, LMSW, chief program officer for the Alzheimer's Association, Central New York Chapter.

“With normal aging, you may forget where you parked your car — that happens to all of us. But if you get in your car and get lost coming home — that's not normal,” VanFleet said.

Alzheimer's is a fatal progressive disease that attacks the brain, killing nerve cells and tissue, affecting an individual's ability to remember, think, plan and ultimately function. Today, more than 5 million Americans, including 410,000 people in New York, are living with Alzheimer's. By 2050, that number is projected to skyrocket to nearly 14 million.

To help families identify signs early on, the Alzheimer's Association offers 10 Warning Signs and Symptoms, a list of some common signs that can be early symptoms of Alzheimer's or other dementias:

Disruptive memory loss. Forgetting recently learned information, asking the same questions over and over and increasingly relying on memory aids.

Challenges in solving problems. Changes in one's ability to develop and follow a plan or work with numbers, such as having trouble following a familiar recipe or keeping track of monthly bills.

Difficulty completing familiar tasks. Difficulty completing daily tasks, such as organizing a grocery list or remembering the rules of a favorite game.

Confusion with time or place. Losing track of dates, seasons or the passage of time.

Trouble understanding visual images and spatial relationships. Vision problems, which may lead to difficulty with balance or trouble reading.

New problems with words in speaking or writing. Trouble following or joining a conversation or a struggle with vocabulary. For example, calling a “watch” a “hand-clock.”

Misplacing things and losing the ability to retrace steps. Putting things in unusual places and being unable to go back over one's steps to find them again.

Decreased or poor judgment. Changes in judgment or decision-making when dealing with matters such as money and grooming.

Withdrawal from work or social activities. Changes in the ability to hold or follow a conversation can result in a withdrawal from hobbies or social activities.

Changes in mood and personality. Mood and personality changes, such as confusion, suspicion, depression, fearfulness and anxiety.

It's important to note that exhibiting one or more of these signs does not mean someone has Alzheimer's. In fact, these signs may signal other, possibly treatable, conditions. However, it's important to talk to your doctor to understand what is driving cognitive changes so you can better manage the condition — whatever the diagnosis.

The Alzheimer's Association offers two easy-to-

use resources to learn more about memory loss, dementia and Alzheimer's disease. It's 24/7 Helpline at 800.272.3900 is staffed around the clock by specialists and master's-level clinicians offering confidential support and information to people living with the disease, caregivers, families and the public. The Association's website, alz.org, offers in-depth information about the disease and local support to guide individuals and families towards answers and solutions to disease-related challenges.



Maureen Wuest, PT, RYT Welcomed to Helen Sarandrea PT & Sports Care

Maureen is a Physical Therapist and Registered Yoga Teacher (RYT). She is a graduate of Ithaca College and has been practicing Outpatient Orthopedic and Neurological Physical Therapy for over 30 years. Maureen enjoys integrating her experience as a yoga instructor into her work as a Physical Therapist. She also offers yoga classes for neck pain, back pain, osteoporosis, and balance. Maureen is passionate about wellness, the mind-body connection, and helping people reach their fullest potential.

She can be reached at Helen Sarandrea Physical Therapy and Sports Care, 8200 Seneca Turnpike, Clinton. 315-738-1671.

New Hartford Rotary Club Holding Shoe Drive to Help Entrepreneurs

The New Hartford Rotary Club needs your help. We are asking for the public's support via donations of lightly worn and new shoes. The shoes collected will go to Funds2org in Florida where the shoes will be cleaned and sorted. Then the shoes will be distributed to start-up micro-enterprises in countries like Haiti and Ghana. The first shipment to each new business is free and the business owners will be given instructions and mentorship support on how to make their businesses successful.

The micro-enterprises in developing countries are instrumental in efforts to help raise people out of poverty. The shoes bridge a gap of thousands of miles and cultural differences and help people from our community connect and make a difference in the lives of many people across the globe.

New Hartford Rotary will receive 40 cents for each

pair of shoes. “This fundraiser is important to our club as our other opportunities have been canceled due to the coronavirus.” Said Ed Gallacher, President of New Hartford Rotary. “One Hundred percent of the money we receive from this effort will be given back to the local community through scholarships, service programs, and awards to other non-profit organizations.”

Donations accepted include all types of shoes, boots, slippers, sandals, sneakers, and soccer cleats. It does not include specialty sport equipment like ski boots or ice skates.

Please put the shoes that you are donating in a trash bag. Shoes may be dropped off at The Chowder House, 57 Burrstone Rd., New York Mills, NY or C. Lewis Tomaselli Architects, 1482 Genesee St., Utica, NY or individuals may contact: Ed Gallacher at 315-733-9310 and we will arrange for a pick-up.

For more information about The Rotary Club of New Hartford, NY you can check our website at <https://newhartfordrotaryclub.com/> or follow us on Facebook at <https://www.facebook.com/NHRotary/>.



Fascinating Valentine's Day Facts That Will Probably Surprise You

Conversation hearts got their start as medical lozenges.

Weirdly enough, the story of conversation hearts first began when a Boston pharmacist named Oliver Chase invented a machine that simplified the way medical lozenges — used for sore throats and other illnesses — could be made. The result was America's first candy-making machine, because the pharmacist soon started shifting his focus from making lozenges to candy instead! Chase founded the New England Confectionery Company, or Necco, and the candy lozenges soon became what we know today as Necco wafers.

But it wasn't until 1866 that we first got sweet printed messages on conversation hearts.

It was Oliver's brother, Daniel Chase, who started printing sentimental messages on the Necco sweethearts, though these candies were bigger than the versions we have today — and featured much longer printed sayings and phrases. Some of the first messages? “Married in white you have chosen right” and “How long shall I have to wait? Please be considerate.”

More than 8 billion conversation hearts are manufactured each year.

And Necco has to start making them just days after February 14 to have enough in time for the next Valentine's Day. That's almost 100,000 pounds per day! Each box has approximately 45 sayings — including “True Love,” “Hug Me” and “You Rock” — but you can personalize your own, too. But don't worry if you still have last year's box — they have a shelf life of five years.

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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.
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If you are unsure of eligibility, just come in. We will assist.

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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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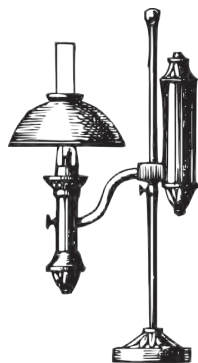
14 THE TOWN CRIER

Antique Talk

FEB.
2021



Victor J. Fariello Jr.



Antique Talk From the Mailbag

Q. I have a Shirley Temple doll that I believe belonged to my aunt and was given to me several years ago. I have heard that some of them are worth quite a lot of money today. Guessing by aunt's age I would guess it was purchased in the 1950's. Can you tell me what it might be worth?

A. The Shirley Temple doll was introduced in 1934 by the Ideal Toy Company in response to the huge

public appeal of the child actress. Dolls from that era, in near original condition, do indeed fetch a high price today, easily \$1,000 or more. That is if you can find them. After all they were a child's play thing and weren't intended to be kept pristine for over 80 years. I would agree that your Shirley Temple is from the 1950's. These are still very collectible and are valued at \$250-300, although they can command higher prices to the right collector.

Q. This metal clock was in the attic of a friend's house. It is electric and depicts Will Rogers. Do you have any idea and what it's worth?

A. That's a great find! American humorist Will Rogers' popularity was at its height in the 1930's when the United Clock Company of Brooklyn, NY produced these. It is definitely highly collectible. I would value it at \$200. Thanks for sharing!

Happy Collecting!



This original Shirley Temple doll is from the 1950's and is sought after today.



Humorist Will Rogers is depicted on this character clock from the 1930's.

New Hartford Questers Needs You

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 or visit us on Facebook by searching "lovoldstuff". If you have any interest in joining our group, email me at vjfariello@gmail.com.

Support Your Historical Society!

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. This organization keeps our past 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. Any photos submitted will be returned upon request.



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NHFD Calls for December and Totals for the Year 2020

The New Hartford Volunteer Fire Department released its December 2020 calls along with the yearly totals. In December the department responded to a total 99 alarms. The report below is listed by category and sets another record year of responses by your volunteer fire department.

For December 2020:

Fires	=	2
EMS	=	57
Hazardous	=	2
Service Type	=	19
Good Intent	=	9
Other Alarms	=	10
Weather Related	=	0
Other	=	0

Total Calls for December 2020 = 99.

Below is the total number of calls for the year 2020 by category:

Total Calls 2020	
Fires	= 28
EMS	= 451
Hazardous	= 43
Over Pressure	= 0
Service Type	= 212
Good Intent	= 67
Other Alarms	= 163
Weather Related	= 3
Other	= 0
Total Calls for 2020	= 967.

This year was like no other as COVID-19 pandemic impacted the procedures under which the department conducts its business.

Your New Hartford Volunteer Fire Department has responded to a total of 43,153 alarms since it began in 1901.

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 all year long.

In Other Department News: From the Chief's Desk...

As we move forward in the New Year, the hard work and commitment of the firefighters, EMT's and officers continues amid the challenges of the Covid-19 pandemic. Our volunteer members continued strength in the face of adversity is inspiring, as is the support the community has shown us during this difficult time.

I am humbled and honored to be elected as the 14th Chief of the Department. I would like to thank Chief

Tom Bolanowski for his exemplary 12 years of service. Under his leadership the department has grown not only in membership, but as a progressive organization that has served the Village and Town of New Hartford well. We wish Chief Bolanowski all the best as he enters the next chapter in his community service as a Director in the New Hartford Fire Department's Benevolent Association.

2021 marks the 120th anniversary of the New Hartford Volunteer Fire Department. We reflect on the challenges, lessons learned, and the uncharted territory of navigating a pandemic and remaining operationally ready for all hazards that may come our way. To keep our essential service operational, we utilize virtual meeting and training opportunities to avoid large gatherings and effectively communicate with the membership. Social distancing, personal protective equipment, and frequent disinfection are in place when we must come together to serve the community. Vaccination of our first responders is a priority and has been ongoing as directed by the Department of Health.

As vaccination continues, and the prevalence of the virus decreases, we look forward to restarting the community programs that have been on pause. Until that time, be safe, be well and thank you for the continued support of our volunteer fire department.

Scott Nicotera, Chief New Hartford Volunteer Fire Department

NHFD History

Since 1901, 832 individuals have stepped forward and answered the call. Of that 832, 105 are current members. Combined, these 832 members have given approximately 8,493 years of service. The average length of service for past members is 8yrs 2.9months. The average of our current 105 members is 21 years 9months.

For more information please visit us at: www.nhfd.com

NHFD Keeps up on Latest Fire Fighting Trends

Submitted by, Scott Nicotera, Chief NHFD

Ever wonder how a fire will behave in your home? Maybe not, so many other priorities consume our day. Your fire department has thought about it, and we are changing the way we look at modern building construction. The U.S. Fire Administration along with the National Fire Data Center (Changing Severity of Home Fires Workshop) has conducted research with the fire service to understand the changing severity of home fires. In modern homes, the fire growth impact of larger home footprints, more open space, evolving fuel loads (furniture, finishes), greater concealed spaces, changing building materials, and new technologies (e.g., solar panels) have increased the complexity of structural firefighting.

Now more than ever, understanding the dynamics of fire behavior in modern homes is paramount to ensuring a safe and efficient fireground operation. The research conducted on structural stability of engineered lumber, firefighter exposure to smoke particulates, impact of ventilation on fire behavior (both horizontal and vertical), photovoltaic (solar) system firefighting hazards, and attic and exterior fire spread hazards has been researched with a focus on impacts for firefighter safety.

So how does the New Hartford Volunteer Fire Department respond to this research? Changing the way we train, understanding the dynamics of fire behavior in modern structures, understanding the capabilities and limitations of our personal protective gear, as well as our personal limitations. Changing our practices in training, on the fireground and after the response, can reduce the cardiovascular, thermal and cancer risk to our firefighters.

Informing our constituents about fire behavior in modern construction though fire prevention programs can be a valuable part of residential fire risk management. More information regarding home fire safety can be found at the US Fire Administrations website www.usfa.fema.gov.

"Our Mission shall be the Protection, Preservation and well-being of the Health, Safety and Property of all persons residing, working or otherwise within the Department's Fire District. We will always provide Fire Safety Education to any and all groups interested, to promote Fire Safety and Prevention at all time! We will strive to protect Life from the destruction of fire as it may occur. And, furthermore, make every effort, within our ability, to reduce the loss of property during such fires. We will, whenever called to do so, provide the highest level of Medical Care to the Ill and Injured."

Be safe, check your smoke/CO detectors and practice fire drills in the home.



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THE TOWN CRIER

NH Chamber News

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2021 Season Begins in June!
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Your Business Can Be a Part of The New Hartford Farmers Market!

Non-Vendor Chamber Members who wish to be a part of the New Hartford Farmers Market on Tuesdays in Sherrill Brook Park can become sponsors of the event. Your donation will support this valuable community resource and help provide entertainment and family fun activities. Your business will receive marketing exposure on-site and in online and offline marketing initiatives. Please visit NewHartfordFarmersMarket.com for more details.



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Senior Center News

THE TOWN CRIER 17

Senior Center News

Happy Valentine's Day to all our seniors. We wish we could be having our party, complete with the red heart balloons, but it's just not safe yet for us to be together. We will have to be content with looking at some pics of our past party. Thankfully, the vaccine is being rolled out, so please watch the news and paper to see where you can get yours. It is very important for all of us to do our part to get this virus under control. Please wear your mask, wash your hands and practice safe distancing still, in order to keep safe and healthy. Our thanks again to all the essential workers and first responders for their hard work. One of our seniors knitted mittens and donated them to the Thea Bowman house. Others have sewn masks to donate to places in need. This has been a good way to keep busy while at home. Thank you for your efforts. Happy Birthday to all our February folks. We will certainly celebrate all birthdays with a big cake when we can open the center!!!!

We miss all of our seniors and hope to see all of you soon. Please call if we can help you with anything 315-724-8966.

Photos of previous Valentine's Day Party and American Heart Run & Walk.



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New Hartford News from Highway Superintendent Richard Sherman

The winter is almost half over and it has been a very mild one with warmer temperatures and little snow so far. We are saving on salt, brine, and fuel, but all this could change very quickly in the second half. Thank you to everyone who placed Christmas trees out at the curb. The crews worked both shifts day and evening shifts to pick these up in a timely manner. I was getting phone calls wanting to know how the trees were picked up so quickly as they would put them out during the day and the next morning the trees would be gone.

The Town of New Hartford LED street lighting installation is still on schedule this spring. Town owned street lights, which will be switched over to LED, will not only provide energy and cost savings, but offers a significant reduction in light pollution.

The Oneida Street storm water project at the Town/City line went to bid and has been awarded. This construction project should be starting as soon as weather permits. Oneida Street storm water project will upgrade the old culvert pipes to a new 14' box culvert underneath Oneida Street and upgrade the storm water piping on Bradley Rd.

The Town Highway Department will be taking delivery of two new street sweepers in early April in time for spring cleanup. The new street sweepers will have the capability to clean storm water catch basins when not sweeping streets as well. The two trucks will be sweeping the streets behind the brush crews as they pick up the green waste and brush piles. My goal is to sweep the town streets at least twice a month. These two street sweepers replace the old ones that are 21 years old. I will be working on the new schedule for Brush Collection and Dumpster-Drop Off for the 2021 season. The schedule will be coming out in the March Town Crier for the start up in the month of April.

The Town of New Hartford Highway Department has finished phase 1 of the new storm water detention area. The new 36" storm water pipe and concrete catch basins have been installed by the Woodberry pool and across Foxcroft Rd. The phase 2 has been started by clearing the brush and small trees where the storm water detention area will be installed and ready for spring construction.

The highway department has been trimming trees hanging over the roadways and will continue as weather permits through the winter months. Please call me at 315 534-2998 or e-mail me at rsherman@townofnewhartfordny.gov. Have a great rest of the winter and be safe.

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Frozen Pipes:

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 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.

Temporary Heating and Power Available

For more information on any concerns, please feel free to call Disaster Services. When in need of emergency services, Disaster Services LLC. offers immediate response to damage caused by water, fire, wind, smoke and mold. We are recognized by all insurance carriers and work closely with both the home owner and insurance carrier to get the job done correctly and all of our work is guaranteed. 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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Fair Trade Shop

Fair Trade Shop at Stone Presbyterian Church, 8 So. Park Row, Clinton is closed temporarily due to the COVID-19 pandemic. Watch for news of our re-opening on our Facebook page at www.facebook.com/buildingstonesfairtradeshoppe.

Fascinating Valentine's Day Facts That Will Probably Surprise You

The first heart-shaped box of chocolates was introduced in 1861.

It was created by Richard Cadbury, son of Cadbury founder John Cadbury, who started packaging chocolates in fancy boxes to increase sales. He introduced the first heart-shaped box of chocolates for V-Day in 1861, and today, more than 36 million heart-shaped boxes of chocolates are sold each year. That's 58 million pounds of chocolate!

Nearly 6 million couples get engaged on Valentine's Day.

I mean, what better day is there for a marriage proposal than a day literally dedicated to love and romance? Valentine's Day is one of the popular days to pop the question, with as many as 6 million couples getting engaged on February 14. And according to the results of this survey, Valentine's Day was voted the best day of the year to propose than any other day — and of those people who voted, 40% were men!

It's celebrated differently around the world.

Many Latin American countries know the holiday as el día de los enamorados (day of lovers) or día del amor y la amistad (day of love and friendship). Though couples exchange flowers and chocolate on this day, the holiday's focus is also directed at showing gratitude to friends!

In Japan, it's customary for just the women to give confections to the men in their lives, with the quality of the chocolate indicating their true feelings, according to Fortune. On March 14, exactly a month later, the men repay the favor by celebrating the increasingly popular "White Day."

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Sunday Evening Discipleship, 5:30
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Wednesday Evening, 6:30, Praise Team Practice
Wednesday Evening, 7:00, Prayer Meeting
Thursday Evening, 6:30, College/Career Ministry
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Cheryl Smith Dir. of Faith Formation
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Mon-Fri Masses: 6:45am, 9:10am
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Rev. Andy Ward, Pastor
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Fridays: Christian Service Brigade - 7pm
Sundays: Jr. & Sr. High Youth Fellowship - 6pm
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150 Clinton Road - 735-8381
Pastor: Rev. David Sears
Saturday Vigil: 4 p.m.
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AA Meetings: Sundays at 8pm
Yoga by Kristy: Tuesdays at 5:30pm & Thursdays at 9:30am
EGA Meetings: 1st Mondays of the Month
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Sunday Morning Worship Service 10:00 am
Nursery, Preschool and Children's Worship hour: 10:00 am
Prayer meeting held every Wednesday at 6:30 pm
Youth Group for ages 12 and up meets every other Saturday from 6-8 pm. See our website for schedule.
Church is handicapped accessible.

NEW HARTFORD PRESBYTERIAN CHURCH

45 Genesee Street, NH - 732-1139
www.newhartfordpresbyterian.org
During February, New Hartford Presbyterian Church will continue to offer worship online via Facebook each Sunday morning at 10:30. An online Ash Wednesday service will be held at 7:00 p.m. on February 17. Those wishing to follow along in the services can obtain an advance copy of the liturgy through email by contacting the church office. All church committees will continue to meet online throughout the month as well. More information about NHPC is available on its website and Facebook page.

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February 7th Our guest speaker is Mary Hayes Gordon of the Young Scholars Program
February 14th A service of love on this special day of Valentine's and the birthday of Mr. Frederick Douglas by the Rev Shaun Whitehead
The Rev. Dr. Shaun Whitehead is a native of Chicago, Illinois and worked in the radio industry there for 14 years. She received the B.A. from Clark Atlanta University, the Master of Divinity degree from McCormick Theological Seminary (Chicago) and the Doctor of Ministry from McCormick Theological Seminary. She is an ordained minister in the United Church of Christ, and is an active member in the (AAWIM) African American Women in Ministry organization within the UCC. Shaun currently serves as the University Chaplain, at St. Lawrence University in Canton, New York.
February 21st "Black Art Matters" Daniel Buckingham Art that reflects the vision and voices of the Black Lives Matter movement
Daniel Buckingham, Artist and PrattMWP Professor of Sculpture, will share and discuss historic and contemporary images that illustrate the role of art in Black Lives Matter. Dan is a longtime UUUtica member who traveled solo by bicycle for 8 years along the Silk Road and through more than 60 countries. His work explores Cultural Exchange within the 21st Century context. Dan's exhibitions have been featured at Munson-Williams and the Everson, as well as galleries and spaces throughout the US and abroad. His large-scale public commission entitled "Tower of Bells" is located in the Park of Women and Children, Quito, Ecuador. Daniel's mixed media work is featured this month at Step Mother Nature.
February 28th "The Source of Human Good" Rev. Lori Staubit
The Rise of the Reich and World War II challenged traditional Western theology in the 1940's. Contemporary philosophers and theologians no longer supported traditional concepts of religion and sought to integrate scientific theory and religious thought for a whole new generation. Henry Nelson Wieman would provide a path forward for religious liberals. How does his Process Thought relate to the unfolding of events in our time and the future of our faith and congregations? Come join us for worship as we explore and celebrate the good news... that science and religion complement and support our way forward into the future.
Following this service, we will have a continued time for reflection and sharing on the topic of "Creative Events".

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Sunday School - 9:30am
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

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10:30am - Worship is led by our Pastor, Peter Saie
Handicapped accessible.

FIRST PRESBYTERIAN CHURCH

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

ST. VOLODYMYR THE GREAT UKRAINIAN CATHOLIC CHURCH

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

LIFE IN CHRIST FAMILY CHURCH & BIBLE SCHOOL

25 Robinson Rd. Clinton - 315-853-1582. www.licfc.org
Pastors Peter & Addie Forrester
Adult Sunday school 8:45 AM
Sunday Service 10 AM
(Nursery & Sunday school provided)
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. Bunker. Deacon Gil Nadeau
Weekday Mass: Mon & Tues 8am, Wed 7:45am,
Fri. 8 am Communion Mass
Weekend Mass: Sat. 4pm Vigil, Sun. 9:30am
Confession: Sat 3:15pm-3:45pm

STONE PRESBYTERIAN CHURCH

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

CLINTON UNITED METHODIST CHURCH

105 Utica Road, Clinton 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

CORNERSTONE COMMUNITY CHURCH

500 Plant St. Utica(Oneida Sq. across from Dunkin Donuts)
Mike Ballman, Pastor 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
Facebook:
<https://www.facebook.com/ChristChurchReformedPresbyterian>
Pastor: Aaron Goerner
Services:
Sunday School: 10AM
Sunday Worship: 11AM
Thursday Bible Study 7PM

HOLY TRINITY ROMAN CATHOLIC CHURCH

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

ZION LUTHERAN CHURCH

630 French Road, New Hartford 315-732-4110
Sunday Mornings 10 AM
Sunday Contemporary Service 12:15 PM
Email: office@zionluth.com
Website: www.zionlutheranNy.org
Facebook: Zion Lutheran Church, New Hartford NY
Handicapped accessible

MOHAWK VALLEY CHURCH

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

TABERNACLE BAPTIST CHURCH

13 Clark Place, Utica 315-735-7534
churchoffice@tbcutica.org
Facebook: Tabernacle Baptist Church
www.tbcutica.org
We are together in our diversity! Come worship with us!
Saturday 6 p.m. Young Adult Worship & Study
Sunday 10 a.m. English Worship Service
Sunday 10:15 a.m. Sunday School for children in English and in Karen
Sunday 11:30 a.m. Karen Worship Service and 2nd-Hour
Sunday School
Pastors Rev. Debbie Kelsey and Rev. Daniel San

BIBLE BAPTIST CHURCH

4431 Middle Settlement Rd., New Hartford, NY 13413
Brian Demers, Pastor
Sunday School for all ages: 9:30 a.m.
Sunday Morning Worship Service: 10:45 a.m.
Sunday Evening Bible Study: 5:00 p.m.
Wednesday Evening Bible Study and
Kids4Truth Children's Program: 6:45 p.m.
Handicapped accessible. Nursery Provided.
www.biblebaptistchurchnewhartford.org

BEIT SHALOM

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



TEMPLE EMANU-EL

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

TEMPLE BETH-EL

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

ZVI JACOB

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

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2310 Oneida Street, Utica - 733-2343
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Apostolic Church*



Service Times:
Sunday School

Sunday Adult Service: 10:00 a.m.

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

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

Pastor Mark Waterman
315.736.1161

3995 Oneida Street #4
New Hartford, NY 13413



@NLAC4all

Fascinating Valentine's Day Facts
That Will Probably Surprise You

St. Valentine wasn't just one person.

You may already know that Valentine's Day was named after its patron saint, St. Valentine — but there's actually some confusion surrounding which St. Valentine the holiday technically honors. According to History.com, there are at least two men named Valentine that could've inspired the holiday, including one Valentine who was a priest in third century Rome. As the story goes, this Valentine defied Emperor Claudius II's ban on marriage (he thought it distracted young soldiers), illegally marrying couples in the spirit of love until he was caught and sentenced to death. Another legend suggests that Valentine was killed for attempting to help Christians escape prison in Rome, and that he actually sent the first "valentine" message himself while imprisoned, writing a letter signed "From your Valentine."

Valentine's Day has its roots in an ancient Pagan festival.

Though some historians believe that Valentine's Day commemorates the death of St. Valentine on February 14, others believe that the holiday actually has its origins in a Pagan fertility festival called "Lupercalia," which was celebrated on February 15 in ancient Rome. Dedicated to Faunus, the Roman god of agriculture, and Roman founders Romulus and Remus, the day was celebrated by sacrificing animals and smacking women with animal hides, a practice that was believed to encourage fertility.

In the 1300s, it officially became a holiday associated with love.

At the end of the 5th century, Roman Pope Gelasius officially declared the date of February 14 "St. Valentine's Day." It wasn't until the Middle Ages, though, that the holiday became associated with love and romance, a tradition that first started from the common belief in France and England that birds started their mating season on February 14.

NEW HARTFORD
PAST TIMES

February 2021



NEW HARTFORD HISTORICAL SOCIETY

New Hartford Fire Department celebrates 120 Years of Service

On January 3rd, 1901, 20+ concerned citizens assembled, answering the call to form a volunteer fire department. Since that day, over 800 more men and women have stepped forward to continue the tradition. In that 1st 120 years, 832 members have a combined service of nearly 8,500 years and answered approximately 41,800 alarms. Today, there are currently 105 active members. And their average length of service is 21 years and 9 months!

Since that 1st day, the department has been led by 13 Chiefs. Albert Goddard was the 1st Chief and he served from 1901 until 1906. The following dozen Chiefs included Dave Reynolds, the longest serving Chief, who served 25 years from 1981 until 2005, and the 13th Chief, Thomas Bolanowski, who served from 2009 through 2020. For 2021, the department's 121st year, Scott Nicotera has been elected to lead the department as its 14th Chief.

From its modest beginnings, the department has always been blessed with a very supportive community that has supplied its firefighters with the most modern apparatus, tools and training to be a leader in the fire service.



New Hartford Station circa 1946



Chief Salter testing new County radio as Deputy Chief Monroe Fox and Police (Chief?) Douglas Bowman look on.
Circa 1955



Friendly Reminder:

2021 Membership Dues are due. As always, we also welcome new members. Please consider joining today. We appreciate your support!

BECOME A
MEMBER!

Please stop in to visit us and consider becoming a member. Membership fees are \$15 for Individual, \$20 for families, \$25 for Friend/Contributor and \$50 for Corporate members. The Historical Society is a non-profit, tax deductible organization.

Planning a
Class Reunion?

Make the Historical Society Museum a part of your itinerary! Schedule the Saturday of your reunion for your group to explore our collection of yearbooks, scrap books, local relics and photos. Look up your New Hartford home! Call 315-724-7258 to schedule your group.

Museum is Open
To the Public

APRIL-NOVEMBER
Mondays: 1-3pm
The 3rd Saturday of the Month: 11am-2pm
Or by appointment.

FREE ADMISSION

Village Point Apt. Building
2 Paris Road – 315-724-7258



JUST FANNING THE BREEZE—New Hartford fire officials watch test run on department's new smoke ejector—first in use in Oneida County. Ejector is utilized in after-fire mopping up operations. Three-blade fan, making 1,725 revolutions a minute, dispels smoke, gas and other fumes. Tank attachment contains deodorizer which is blown over area to kill unpleasant odors. One-third horsepower motor can be operated by portable generator. Observing "dry run," from left, are Assistant Chief Harold Lewis, fireman Bert Andrews, and Chief Edward Roman Jr.

* Middle man is actually Burt Ambrose



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Community News

THE TOWN CRIER 23



It's Time to Create, or Update Estate Plans

If you, your adult children,
or other family members
haven't created an estate
plan or have one but the
documents may be outdated,

today's unprecedented times are a reminder of how vital
having an up-to-date plan can be, particularly a health
care directive that you may need if you're temporarily
incapacitated. Here are five of the most important
documents for many estate plans:

1. Will

A will provides instructions for when you die. You
appoint a personal representative (or "executor") to
pay final expenses and taxes and distribute your assets.
Remember that beneficiary designations on 401(k)
plans, IRAs, insurance policies, etc., supersede what
you have in your will. If you have minor children, a
will is the only way to designate a guardian for them.

2. Durable power of attorney

A power of attorney lets you name an agent, or
attorney-in-fact, to act on your behalf. You can give
this individual broad or limited management powers.
Choose them carefully because they will generally be
able to sell, invest, and spend your assets.

A traditional power of attorney terminates upon
your disability or death. However, a durable power of
attorney will continue during incapacity to provide a

financial management safety net. A durable power of
attorney terminates upon your death.

3. Health care power of attorney

A durable power of attorney for health care, also
called a health care proxy, authorizes someone to make
medical decisions for you in the event you are unable
to do so yourself. This document and a living will
can be invaluable for avoiding family conflicts and
possible court intervention if you're unable to make
your own health care decisions. Remember to review
this document regularly to ensure the right person is
designated to make any necessary medical decisions.

If you are a parent, be aware that once a child turns
18, you need a health care power of attorney for them
so you can engage with their medical professionals.

4. Living will

A living will expresses your intentions regarding
the use of life-sustaining measures in the event of a
terminal illness. It expresses what you want but does
not give anyone the authority to speak for you.

5. Revocable living trust

By transferring assets into a revocable trust, you can
provide for their continued management during your
lifetime (when you're incapacitated, for example), at
your death, and even for generations to come. Your
revocable living trust lets trust assets avoid probate
and reduces the chance that personal information will
become part of public records.

Along with working with an attorney to create or
update these, and possibly other estate planning
documents, remember to:

- Make sure your loved ones are able to access your
documents or know whom to contact (such as your
attorney) when they need them.

- Go over account titling, powers of attorney, and
successor trustee provisions to be certain the right
individuals have access to funds.

- Determine who should have information on
electronic passwords and online banking access so they
can access information, update automatic payments,
etc.

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. New Hartford,
New York (315) 801-2546

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

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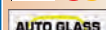
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