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Vol. 35 No. 4
April 2021

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Tom Armitage

Local eBook and Audio Book Produced

It's been exactly one year since government mandates ordered businesses to shut down.

And it's been a wild ride.

I think there's something to be said about the companies throughout the Mohawk Valley that recognized quickly the need to change gears during that scary, cold week in March.

If the usual channels for reaching customers are out of whack, how does one reach them? And how can an organization continue running safely, smoothly, and efficiently?

Two weeks to flatten the curve turned into a year-long marathon. And a lot changed.

From a personal standpoint, we tried finding ways to keep ourselves and our families safe, healthy, and entertained. From a business standpoint, we navigated waters without knowing what would be on the other side.

Big corporations were affected differently than small businesses. For example, Amazon had its best year ever in 2020. Forbes noted that revenue grew to a wild \$386 billion, up 38% year over year. A staggering stat.

What about the little guy though? In that same time period, 97,966 small businesses closed their doors for good (from a Yelp Analysis). That's staggering, too. Not in a good way.

Beyond the closures, the U.S. Small Business Administration reported that the U.S. Treasury disbursed more than \$560 billion to 5.5 million small businesses under its Paycheck Protection Program.

So sure, it's great to read what the market leaders are doing. But the same rules don't always apply.

Instead, I think it's more important to look at our neighbors and see how they've adapted their business models to continue moving forward. It's more relevant and real.

Small businesses in the U.S. represent 99.9% of all the businesses in this country (that's from the U.S. Small Business Administration). And they employ 60 million Americans.

Focusing just on the local area, in a poll that was conducted by Oneida County, 90% of businesses (235 out of 263) temporarily closed, permanently closed, or suspended operations as a result of COVID.

That's a lot of workers affected.

So, it's good to understand the exact type of changes that businesses implemented to work their way through the pandemic period.

Over the past 4 months, I've met with more than a dozen local business professionals and had them share their stories with me. In these interviews, they discussed how their companies reacted to the changes that COVID brought on.

Northland Communications, Oneida County Tourism, Boilermaker, and Northwestern Mutual are just a few of the companies included.

From there, my team at Site-Seeker (based in New Hartford) and I turned that material into an eBook and Audiobook that reveals what these companies went through and how they implemented change. More importantly, it features 25 takeaways so readers can apply those lessons to their own companies.

The full eBook and Audiobook can be found at: <https://www.site-seeker.com/covid-ebook/>



BLOOMS OF HOPE

Hanging Basket Flower Sale

Make someone feel special and have an impact on the lives of others at the same time!



There will be a variety of hanging baskets with different flowers to choose from.

Purchase a hanging flower basket to benefit Hospice & Palliative Care.

10" Green Hanging Basket (\$20.00)
12" Tan Hanging Basket (\$30.00)

Mother's Day is May 9th, so make plans now to buy a voucher for a beautiful hanging basket for your mother, grandmother, daughter, friend, babysitter, co-worker etc. **Memorial Day is May 31st**, and it is also a wonderful time to honor Veterans, loved ones and enhance our homes with beautiful flowers. **Each flower basket purchased will be adorned with a small American flag in recognition of Hospice's We Honor Veterans Program.**

The Details

Ways to Purchase a Voucher:

- Purchase a voucher online at <https://hospicecareinc.org/upcoming-events/>
- Purchase a voucher over the phone at (315) 724-6484, Monday-Friday, 8:00 am to 4:00 pm
- Order deadline is April 23, 2021.

To Redeem your Voucher:

- Your voucher(s) will be mailed to you.
- You can redeem your voucher(s) from May 1-31, 2021 at:
River Road Farm and Greenhouses, 9186 River Road (Route 49), Marcy, (315) 736-3252
Hours: M-F 8:00 a.m. to 6:00 p.m., Sat 8:00 a.m. to 4:00 p.m. and Sun 8:00 a.m. to 3:00 p.m.

"Where flowers bloom, so does hope." -Lady Bird Johnson

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What Does the Term “Aging-in-Place” Mean?

submitted by Ginger Oliver, Achievement & Wellness

You may have heard of the term “Aging-in-Place” and wondered what it is all about.

The U.S. Centers for Disease Control and Prevention defines aging in place as “the ability to live in one’s own home and community safely, independently, and comfortably, regardless of age, income, or ability level”. It is a term used to describe the movement to assist our aging seniors to remain living in the community, with some level of independence, rather than in assisted living facilities or in long term care/nursing home facilities. It’s a growing field and one that has been shown to increase client satisfaction and reduce health care costs. This includes having services and supports available to facilitate the process. A person’s needs may change over time and they need to be reassessed frequently.

That’s where Achievement Therapy & Wellness (ATW) comes in.

ATW staff are skilled and passionate about keeping our community members safe and in their own homes. They have been working doing just this for over 25 years in Central New York! They have experience with assessing the strength, balance, and functional mobility of clients. They have experience assessing home environments for safety hazards and fall risk both inside the house (including bedrooms, bathrooms, kitchens and more) and outside (including entryways, stairways and pathways). They have contacts and resources to have homes modified to increase safety and reduce fall risk.

Aging-in-Place Program in Utica, NY

ATW’s Aging-in-Place program is a comprehensive, multi-disciplined fall prevention program that improves the functional ability of older adults with chronic conditions and functional limitations. It is performed by an interdisciplinary team of a physical therapist (PT), occupational therapist (OT), and a handy worker.

Clients that are enrolled in the program usually have difficulty with at least one activity of daily living (ADL), such as bathing, dressing, toileting, or eating. The program begins with a home session of 60-90 minutes. They assess the client and the home environment and make recommendations for changes that will improve the independence of the client and improve the likelihood of remaining at home. If balance deficits are determined, they may recommend home or in clinic physical therapy and / or enrollment in our Otago Exercise Program clinically proven to reduce falls in older adult. If clients can carry out the fall prevention exercises independently, they continue to check in from time to time to advance their program. If Home Modifications are indicated, they make recommendations for home repairs, adaptive modifications, or installation of assistive devices to facilitate home safety and link with a qualified handy worker to complete these needed items in a timely manner. These mostly low-cost modifications can mean the difference between independent living and nursing home placement.

“Our goal is to prevent the need for hospitalizations and nursing home placement for our Aging-in-Place participants. Home is where community members want to be, and we want to help keep them there.” Says Dr. Ginger Oliver, PT, AIB-VR/CON, owner and physical therapist at Achievement Therapy & Wellness.

Why This Program is Cost Effective

Aging in Place programs have been shown to produce significant savings to healthcare costs. The savings have been shown to continue for up to 24 months following the program and are mostly due to reductions in hospitalizations and long-term services and supports. This type of care is expensive and often preventable. Additionally, these independent living programs have also been shown to improve depression scores in participants and reduce the number of ADLs considered “difficult” from an average of 4 to 2.

Partnership with Community Rehab Project

Community Rehab Project is a 501c3 nonprofit organization located right at the Achievement Therapy & Wellness facility. Their mission is to positively impact the lives of people with disability locally, nationally, and globally. They do this through multiple programs. Their Durable Medical Equipment donation

and lending program collects gently used equipment from community members who no longer need them. Equipment like canes, walkers, wheelchairs, commodes, shower seats and shower chairs. Then, when another community member needs one, they have them available! Recently, they have partnered with ATW to provide our Aging-in-Place program for community members who qualify. Grant funding for the Aging in Place program may be available for clients who are qualify!

Do you know someone who may benefit from Aging-In-Place?

Learn more at ATWCNY.COM or call (315) 765-0063



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It’s In The Genes

submitted by Jim LaFountain, All American Fitness Center

Perhaps, the most important, yet often overlooked component in the field of physical fitness is the human genome. Some experts believe our genetic predisposition determines about 50% of what we can achieve. DNA, encoded within 23 pairs of chromosomes, carries the secret to our potential. Our heredity impacts:

Muscle Fiber Type: Red muscle fibers are considered “slow twitch,” while white muscle fibers exhibit “fast twitch” properties. Scientists have identified sub types within each red and white fibers that adapt to the type of physical training we do. World class “endurance” athletes possess a larger number of slow twitch fibers. Conversely, “explosive” athletes house more white muscle fibers than red.

Origin and Insertion of Muscle Fibers: A vast lever system at each of our joints generates movement. Each muscle in our body originates at some point on a bone and inserts at a specific location on the opposite end of the bone. Their location is a “genetic nonnegotiable,” handed down from our ancestors. An efficient lever system produces optimal physical performance.

Cardiovascular Efficiency: Our body’s cardiovascular system can be divided into two primary components. At its center is the most efficient muscle in the body, the heart. Smaller vessels, at the system’s periphery, are responsible for delivering oxygenated blood to working muscles and organs. The anatomy and physiology of each determines how well our body performs endurance activities.

Neuromuscular Efficiency: Similar to the electrical system in our home, signals are sent from our brain to muscles throughout our body. Efficient systems, in milliseconds, innervate muscles to contract at a very rapid rate. World class athletes house incredibly efficient neuromuscular systems.

Body Composition: How much fat we store and where that fat is stored plays a role in overall fitness. Somatotyping categorizes body types as follows:

Ectomorph- a thin and long body type.
Mesomorph- a lean and muscular body type
Endomorph- a rounder, softer body type

It’s highly unlikely, endomorphic parents and grandparents will produce mesomorphic offspring.

Brain Anatomy: As mentioned earlier, electrical impulses originate from various parts of the brain. For example, the appestat center of the brain, located in the hypothalamus, is responsible for assessing satiety (nutritional fullness). Experts suggest, those who overeat may have a less than efficient appestat center.

All of these components are “nonnegotiable” and simply handed down to us from our ancestors. An understanding of these components, however, can change our perspective on our own personal fitness lifestyle. Bottom Line: Comparing yourself with others is a recipe for disaster. Simply, be the best possible YOU!



Judge Joan Shkane

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

MYTH: New York law is hidebound, and cannot adapt to circumstances.

REALITY: Our law is very flexible as circumstances change. In-person jury trials in New York have been suspended since November, 2020, because of fear of covid and of variants spreading. Some grand juries were meeting until many became infected with the virus. For example, in just three days at the end of January, 2021, three grand jurors in Brooklyn tested positive for the virus. New York is continually seeking ways to adapt to circumstances, and the goal today is to shut down the virus and all its variants. A new bill has been proposed and passed by the State Senate Judiciary Committee. If the bill becomes law through both branches of the Legislature and the Governor approving it, the health of older New Yorkers would be protected from the virus. The proposed bill provides that anyone over 75 years old or who has an underlying health condition that puts them at risk of covid, will not be required to serve as a juror. If approved, the bill would be effective immediately and would expire at the beginning of April, 2022.

MYTH: When covid is under control, New York State courts will return to the same old ways of conducting business.

REALITY: The court system has been forced to quickly temporarily adapt because of the covid virus. Last year the Chief Judge created the Commission to Reimagine the Future of New York’s Courts. The Commission is considering new ways to quickly and effectively decide cases in this pandemic time. It also will consider ways to improve access to courts and justice for all New Yorkers, including the impoverished. On the technical side, the goal is to enhance the use of technology in the courts. The Commission divided into various groups to address different areas of advancement. After surveys, one group found that the use of mobile devices is still insufficient. At the beginning of the pandemic the court system gave judges and non-judicial staff over four thousand laptops, in addition to the ones they already had in offices and courtrooms. Judges recently advised that they need to increase the ability to sign orders electronically. The Commission also wants to expand electronic filing of all court documents. One issue to be addressed is judges who require that “hard-copy” papers be submitted. At least five years ago Oneida County Family Court went paperless, and all papers filed are scanned and available electronically, even in the courtrooms. Each judge was provided with two computers on each bench for easy access to the electronic files. Now judges say they need to be able to scan and print remotely from home. The Commission determined that the use of faxes in the courts is ancient technology, as is the use of chambers telephone voicemail. Both need to be stopped if the courts are to be current!

Myth: People other than lawyers can practice law in New York State.

REALITY: In New York only lawyers can be licensed and can practice law. Anyone else doing so (such as a paralegal) must be connected with a lawyer or law firm who will supervise the non-lawyer work. Qualification to become a lawyer is generally four years of college, three years of law school, and successful completion of

the bar exam. Now the New York state courts’ Working Group on Regulatory Innovation has issued an opinion that licensed social workers should be able to practice law in a limited way. The limitation would be that they could only provide legal services that would include court representation and advocacy. The Commission expects that using social workers in this way could lead to the use of other non-lawyers in legal capacities. The State would require the non-lawyers to engage in legal training. Currently non-lawyers cannot own a law firm, and this policy would continue. The States of Washington and Utah have similar programs that permit paralegals to practice law in a limited way. Three other states are considering approving a paralegal exception.

The committee based their opinion regarding social workers on several factors: 1. Many social workers work mostly with the poor and underserved and expansion of the practice of law would benefit this group; 2. Social workers are trained in dealing with trauma, which can help their clients; 3. Social workers can help lawyers improve their quality of services by engaging in preliminary work under the umbrella of lawyers.

Issues remain. Some items to be decided are the extent of limited legal services social workers may do, how much additional education and training they must complete, and whether a new license should be issued after qualification. Social workers and lawyers have different ethical standards that each must meet and these need to be coordinated. Insurance companies must be consulted on whether or not they will provide malpractice insurance for a social worker practicing limited law (this may ultimately be the biggest obstacle to the proposal). Another important consideration is that three years of law school usually provides a very wide scope of legal learning and training. Law students study specific areas of the law, such as family law, corporate law, criminal law, poverty law and environmental law, among other areas. In addition to specific areas, law students also study general procedure, and various historical developments, such as U.S. Constitutional law, development of contract law, development of personal injury law, among other areas. Should an unusual issue arise during a lawsuit, presumably the trained lawyer is able to spot the issue and deal with it appropriately. To curtail the scope of extensive training may not be helpful to the public.

The New York State Bar Association has not commented.

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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Typeset by: *The Town Crier*
Printed by: The Leader-Herald, Gloversville, NY
Sales: Andi Dinerstein
Editor and Publisher: Kristi Zbytniewski; P.J.Green Inc.

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Library Reopening

We continue to monitor the COVID situation through local, county, and state authorities. When we decide to open further we will place information on our website (www.newhartfordpubliclibrary.org) and our Facebook and Instagram pages. As always, you may call us to get more information as well (315-733-1535). We look forward to serving our patrons and community.

The Library will be open for browsing and computer usage Monday, Tuesday, Thursday, Friday and Saturday 10:00-1:00.

Curbside Pickup only 1:00-7:00 Monday and Tuesday and 1:00-6:00 Thursday and Friday.

Curbside Pickup will be offered each morning as well (10:00-1:00).

Masks covering both the face and nose are required to enter the building.

We kindly ask that you limit the amount of time in the building to under 30 min.

Computer usage is by appointment only and for 30 min. per each appointment.

Our meeting rooms remain closed.

Library programs will still remain virtual. Our Preschool Projects and Kids' and Adult Grab and Go Projects will still be offered and can be picked up in person during our open hours or by Curbside Pickup.

Curbside Pickup Continues

We are thrilled to continue to offer this service to our patrons. We kindly ask that patrons that are not using this service avoid parking in the upper level parking spots designated 1, 2, 3, 4, and Kids and Adult Crafts. We assign these spots to those that are taking advantage of this service. Thank you for your compliance and understanding.

Fogger Lending Program Launching

The New Hartford Public Library is a recipient of a fogger system through a partnership between the Mid York Library System and The Community Foundation of Herkimer & Oneida Counties.

The \$13,500 investment from The Community Foundation will purchase fogger units for use by the public libraries in Herkimer and Oneida Counties. The foggers use Hypochlorous Acid, which is allergen free, non-toxic, non-irritating, and 70-80 times more efficient at killing microbial pathogens than bleach. Most importantly, it is on LIST-N of EPA approved disinfectants against COVID-19 and other pathogens such as bacteria, viruses, spores and fungi. The system is used by Whole Foods, Planet Fitness, Hyatt and Sheraton.

The New Hartford Public Library also received an additional fogger system which is available for borrowing by small business owners and other non-profit organizations, such as historical societies, arts

centers and even food pantries as the disinfectant is safe for use around food.

Anne DuRoss, Director of the New Hartford Public Library stated, “The fogger is a valuable tool, which combined with the enhanced cleaning protocols we have implemented, significantly increases the safety of our building for our staff and patrons. Having a 2nd unit that will be available for borrowing by other local organizations allows us to better serve our community and to meet their needs. This is just another example that demonstrates that libraries are more than just books. We are extremely grateful to the Mid York Library System and The Community Foundation for their support.”

Organizations and businesses interested in borrowing the unit should contact the library at 315-733-1535 or email: aduross@midyork.org.

RBDigital Magazine Collection is Now in Overdrive

If you were using RBDigital to check out magazines, you can access previous RBDigital magazine checkouts by creating a Zinio.com account using your RBDigital login and password.

Tax Form Information

Tax forms will be located outside the upper level entryway doors during our curbside pickup hours. If the library is open you many come into the building to pick up what you need. Don't see a specific form that you need? Please let us know and we will print one for you.

Stay Informed!

The most up to date information regarding closings, reopening, programs and crafts can be found on our website (www.newhartfordpubliclibrary.org) and on our Facebook and Instagram pages. Links to follow us are on the bottom of our website.

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).

Snowshoes

Did you know we lend snowshoes? We have three sizes available and ready to check out with your library card! Snowshoes must be picked up and returned at the Library. Please call 315-733-1535 for more information.

Quarantining Items

All items returned to the New Hartford Public Library will be quarantined for 7 days prior to being discharged. After 7 days, we will discharge the items using the original due date.

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.

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 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 Spring Schedule

We are offering Grab & Go projects once a month in the Spring; April 8 – “Get a Jump on Spring” Planting Kit; May 13th – Bouncy Ball Making Kit. Call to reserve beginning at 10:00 on the day of that months’ project. While supplies last.

Grab & Go Projects Adults Spring Schedule

We are offering Grab & Go projects once a month in the Spring; April 1st – “Get a Jump on Spring” Planting Kit; May 3rd – Leather Earrings 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.

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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, April 24th at 11:00-12:00; AsianAdventures: James Melville, Nury Vittachi, Natsuo Kirino, Tarquin Hall, Miyuki Miyabe, and Colin Cotterill. 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.



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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.

10 Reasons on Why You Should Join Rotary?

1. Friendship: In an increasingly complex world, Rotary provides one of the most basic human needs: the need for friendship and fellowship. It is one of two reasons why Rotary began in 1905.
2. Business Development: The 2nd original reason for Rotary's beginning is business development. Everyone needs to network. Rotary consists of a cross section of every business community. Its members come from all walks of life. Rotarians help each other and collectively help others.
3. Personal Growth and Development: Membership in Rotary continues one's growth and education in human relations and personal development.
4. Leadership Development: Rotary is an organization of leaders and successful people. Serving in Rotary positions is like a college education. Leadership: - learning how to motivate, influence and lead leaders.
5. Citizenship in the Community: Membership in a Rotary club makes one a better community citizen. The average Rotary club consist of the most active citizens of any community.
6. Continuing Education: Each week at Rotary there is a program designed to keep one informed about what is going on in the community, nation and world. Each meeting provides an opportunity to listen to different speakers and a variety of timely topics.
7. Fun: Rotary is fun, a lot of fun. Each meeting is fun. The club projects are fun. Social activities are fun. The service is fun.
8. Public Speaking Skills: Many individuals who join Rotary were afraid to speak in public. Rotary develops confidence and skill in public communication and the opportunity to practice and perfect these skills.
9. Citizenship in the World: Every Rotarian wears a pin that says "Rotary International." There are few places on the globe that do not have a Rotary club. Every Rotarian is welcome-even encouraged- to attend any of the 35,000+ clubs in over 200 countries and

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territories. This means instant friends in both one's own community and in the world community.

10. Assistance when Traveling: Because there are Rotary clubs everywhere, many a Rotarian in need of a doctor, lawyer, hotel, dentist, advice, etc., while traveling has found assistance through Rotary.

*** From Richard D. King, RI President-2001-2002: 20 Answers to the Question: Why Join Rotary? Next month, Answers 11 – 20.

April 24, 2021- EARTH DAY

The Rotary Club of New Hartford, NY will be participating in the Great Lakes Watershed Cleanup on Earth Day Weekend April 24, 2021. This is an event where Rotary Clubs in both the U.S. and Canada, that border the Great Lakes or any tributary that runs into the Great Lakes, will spend the day cleaning up their shores and river banks. The New Hartford Club, in conjunction with the Town of New Hartford, plans to clean up the Sauquoit Creek riverbank at the Washington Mills Town Park. We encourage participation in any of our events by anyone who has an interest in helping our environment and our community. Or, if you wish, you can support this effort with a monetary donation at our GoFundMe site.

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/>.





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Acupuncturist Greyson Ross treating patient
Chris Boulet for sinus pain.

Acupuncturist Opens New Office in New Hartford

Greyson Ross, Board Certified Acupuncturist, has opened a new office in New Hartford at 34 Oxford Road. Ross who has been practicing Acupuncture in the Mohawk Valley for over 16 years, looks forward to serving patients from the new location.

Ross originally decided to study acupuncture after injuring his ankle in a karate sparring match.

“The guy who injured me in the match was himself an acupuncturist and gave me his card, says Ross. “He was able to help my ankle and I became curious as to how acupuncture works on a physiological level. I ultimately quit my job working for Oneida Limited and attended the Santa Barbara College for Oriental Medicine in California. It was one of the best decisions I’ve ever made.”

Ross loved the beauty of living in Santa Barbara but became homesick for the four seasons of upstate NY. He decided to move back and opened up his first office in his hometown of Sherrill. Ross uses acupuncture to treat a variety of health issues including chronic pain of the back and neck, knees, shoulder and feet, autoimmune issues, headaches, stress and anxiety, appetite suppression, fertility issues and general wellness.

One of Ross’s patients, Chris Boulet, finds relief for chronic sinus pain using acupuncture. “The last 3 weeks I’ve been dreading getting out of bed because my sinuses have been killing me, says Boulet.” The acupuncture has been helping me tremendously. I notice a big difference.”,

Acupuncture involves inserting very fine needles into precise anatomical locations. Acupuncture points are seen as places where nerves, muscles, and connective tissue can be stimulated. The stimulation increases blood flow, while at the same time triggering the activity of the body’s natural painkillers. “Acupuncture is a minimally invasive way to access the nervous, vascular and endocrine systems”, explains Ross. “The fact that acupuncture has been utilized for over 3000 years speaks to its effectiveness.”

The needles used today are thinner than a human hair and nothing like a hypodermic needle. “I can easily fit 14 acupuncture needles into the eye of a hypodermic needle.” explains Ross. “The needles are thin and inserted so quickly, that most patients don’t even feel them.”

Ross sees patients Monday through Friday and can be reached at 315-240-3134 or at his website at greysonrossacupuncture.com.

MVCC’s CCED Offering Online, Non-credit Professional Certificates

Mohawk Valley Community College’s Center for Corporate and Community Education is offering online, non-credit certificate courses beginning April 5 for professionals looking to improve their resumes. Participants will complete their certificates in just three months.

Certificate topics include Data Analysis; Structured Query Language (SQL); Bookkeeping; Social Media for Business; Accounting and Finance for Non-Financial Managers; Coding; Digital Marketing; and Google Analytics.

For more information, call 315-792-5300 or visit <http://www.yougotclass.org/index.cfm/mvcc>, and to register, visit mvcc.edu/cced.



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Sitrin’s aquatic prehabilitation program improves patients’ range of motion. It’s important to gain as much range of motion as possible prior to joint replacement. Members of Sitrin’s physical therapy team work one-on-one with patients to improve their mechanics of movement.

Sitrin Offers Aquatic Prehabilitation for Total Joint Replacement

When medically necessary, total joint surgery is one of the most effective treatment options for chronic and debilitating knee or hip pain that has not responded to other therapies.

Each year, approximately one million Americans will undergo total joint replacements, most commonly hips or knees. That number is expected to grow substantially over the years not only for the baby boomer population, but also for middle-aged individuals.

“Getting people back to full function and back to their normal routines quickly and successfully has always been a priority at Sitrin,” Dr. James Wallace, director of Sitrin’s clinical rehabilitation, said. “One of the best ways to improve movement following joint replacement surgery is through Sitrin’s aquatic prehabilitation program.”

There are many benefits of water prehabilitation, including reduced pain and swelling for arthritic joints, and improved range of motion, which allows patients to perform strengthening exercises more efficiently. The buoyancy of the water also unloads the joints, giving patients more control and confidence over their movements. Patients will also experience improved muscle control (and better strength) of their lower extremities, further improving total joint replacement outcomes. In addition, the majority of arthritic changes are a result of faulty movement patterns over a long

period of time; aquatic prehabilitation will improve overall movement patterns to begin the process of normalizing movement.

With temperatures at 92 degrees, each of Sitrin’s two aquatic therapy pools provide a calm and relaxing environment that improves overall health and wellbeing.

Six weeks of aquatic prehabilitation at Sitrin can reduce the need for therapy following joint replacement surgery by nearly 73%.

“Sitrin’s physical therapists are equipped to improve post-operative outcomes, starting with prehabilitation,” Wallace added. “Prehabilitation stabilizes individuals’ pain levels before surgery and will get them back on their feet faster after surgery.”

For more information, call (315) 737-2246. Individuals considering Sitrin’s aquatic prehabilitation program should first check with their insurance companies.

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 adults with intellectual disabilities and medically complex conditions, medical and social model adult day health care (OPAL Program), military rehabilitation, adaptive sports (STARS Program), orthopedic injury program, concussion management, child care, dental clinic, and a Wellness and Aquatic Therapy Center. Sitrin is a not-for-profit corporation.

The No. 1 Thing You Can Do to Improve Your Physical Therapy Experience

submitted by Helen Sarandrea, PT

Dealing with the pain and limited mobility associated with an injury or illness can be stressful for so many reasons. You might have questions like, “How long will I be sidelined?” and “What do I need to do to get better?” Or maybe you’re worried about how you’ll pick your children up from school, walk to the train for your commute or prepare meals for your family.

These are all perfectly normal concerns. Luckily, there are some ways that you can gain control over the situation and ensure that you return to the activities you care most about—especially if physical therapy is

part of your plan.

What you can do before your very first appointment—and during physical therapy—to take control of that injury-related stress? First and foremost, it’s important to come prepared for physical therapy. And no, I’m not talking about dressing appropriately and arriving on time (or even better, 15 minutes ahead of your scheduled appointment). That stuff is important, of course, but there’s one thing you can do in the days leading up to your appointment that will set you up for success.

Any guesses? I’m talking about starting a list. What kind of list? Well, every time that you feel pain in the affected area or notice an activity that is harder than it was pre-injury, add it to the list! And the more specific you are, the better. Here’s an example to help drive this point home: Let’s say that you’re recovering from a moderate meniscus tear and you have an appointment with your physical therapist in three days. Take notes on how your knee feels first thing in the morning after you’ve been off your feet. How does your knee react when you stand up from a chair—does it feel unstable? Or do you find that you need to clutch the back of the couch on your way to the bathroom? Sharing each of these details helps your physical therapist understand your limitations beyond the injury printed on your intake form.

Now let’s take that list a step farther and add some details about the activities that you typically participate in on a regular basis. Let’s say that you normally play a weekly round of golf, spend your mornings weeding your garden or meet up with friends for a four-mile walk two evenings a week. These activities have become an important part of your life so let’s make sure that they’re factored into your list, perhaps in the “what you hope to get out of physical therapy” category. Painting a clear picture of how active you are—and what types of activities and sports you participate in—can help your physical therapist design an individualized treatment plan and to better help you on your road to recovery.

Have you been to physical therapy lately for an injury? Did you find anything else that helped maximize your time in rehab or that improved communication with your physical therapist?

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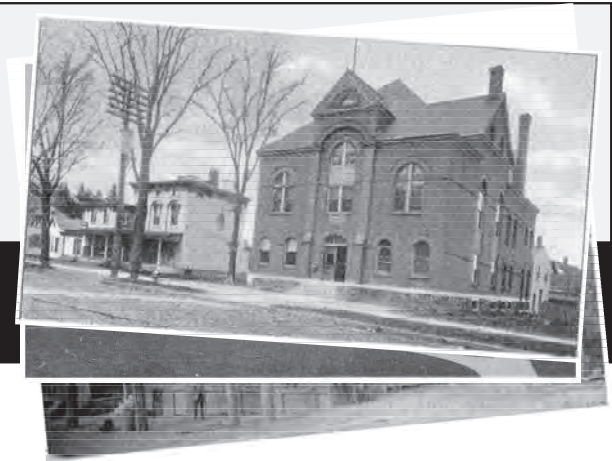
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NEW HARTFORD
PAST TIMES

April 2021

NEW HARTFORD HISTORICAL SOCIETY



Throwback Thursdays Getting Positive Feedback

On January 28th, the New Hartford Historical Society joined the growing number of groups and organizations that have shared nostalgia and memories with Facebook’s “Throwback Thursday” format. We thought it would be a good way to reach people and share our community’s rich history. And boy have we received some wonderful feedback! We are pleased to bring snippets of our archives to this digital platform. We’d like to encourage everyone to take a peek at our weekly submissions. Not on Facebook? Not to worry. You can get just as good content on our website, newhartfordhistory.com . It’s updated monthly and brings much, but not everything, the Society has to share right to your computer screen.

We don’t just rely on the world wide web to reach out and share the vast archives we maintain. We publish a quarterly newsletter, the Tally Ho, as well and mail it to our members. This too, offers unique and interesting “windows into the past”. The bulk of our newsletters are sent out locally and throughout the greater New Hartford and Mohawk Valley area. However, we do mail a significant amount of the Tally Ho out all over the country.

Membership Drive

Like many groups and organizations, we’ve seen a drop in membership over the past several years. Sadly, the main reason for that drop is the passing of our oldest and longest members. And although we routinely post and include membership information in our material, it appears we may be just too subtle. If you are currently a member, we would like to say Thank You for your continued support! If you are not a member, would you please join us? We have a beautiful museum located in at 2 Paris Road and are the official caretakers of the vast and magnificent archives that hold the rich history of

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
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New Hartford Historical Society Membership Application

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10 THE TOWN CRIER

Village & Town News

APRIL
2021



New Hartford News

submitted by Highway Superintendent, Richard Sherman

I have worked diligently to get the new 2021 green waste and brush schedule out with the March Town Crier. I was recently told that residents that live in Clinton, Washington Mills, Utica, and Chadwick's Mailing address didn't get the mailer. I am working on a second mailer with the 2021 schedule attached for these locations. Please take the time to familiarize yourselves with the new schedule. This will take effect Monday April 5th for brush pickup and trash drop off at the Highway garage. This schedule will be on the Town's web site and if you didn't receive one with the Town Crier, please call my office and we will send you a schedule or drop it off at your residence.

The trash drop off will work the same as last year every Monday, starting April 5th from 7:00- 2:30. If Monday is a holiday the drop off will be on Tuesday. The schedule will tell you what is acceptable and what is not. If you want us to pick up at your residence, you must purchase a tag from the Clerk's office by Friday before the scheduled Monday. The tags this year are still \$5.00 per item to be picked up. The Clerk's office is located at 8635 Clinton Street at Town Hall the old Gander Mountain Building from 8:00am- 4:00pm.

During April, the crews will be out cleaning streets, fixing damaged lawns and sweeping sidewalks. If you have damaged lawn, please call or e-mail the highway department so that we can get the damage on the list for repairs.

The town storm water crew is working on phase 2 behind the Foxcroft Rd and Hubbardton Rd detention area. The crew also will be working in the Roman Rd. Oxford Rd area on storm water improvements these summer months.

The storm water project at the City of Utica and Oneida Street town line will be starting up shortly. The town highway crew will be working with the construction company putting up the detour and cutting trees in the construction work zone. The construction will also be on Bradley Rd. with storm water upgrades.

Please call me at 315 534-2998 or e-mail me at rsherman@townofnewhartfordny.gov if you have any questions or issues. Have a great spring and be safe.



VILLAGE OF NEW HARTFORD CURBSIDE JUNK COLLECTION

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

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

The VILLAGE of New Hartford will have a curbside junk pick-up on May 10, 2021. Materials must be at the curb by 6:00 a.m. on May 10th and sorted into separate piles as listed below:

- Please note anything longer than 8' feet will NOT be collected.
- Collection limits for categories #1) Household Junk and #2) Sanitary Waste are each limited to a pile not to exceed 4' wide 8' long and 3' high.
- 1) Household Junk: Lumber bundled, piled parallel with the roadway, roofing and plaster in containers weighing 60 lbs. or less, furniture without fabric, porcelain sinks and toilets, and storm windows;
- 2) Sanitary Waste: clothes, bedding, stuffed furniture, hardcover books, empty paint cans with lids removed, and toys;
- 3) Metal: major appliances and metal products;
- 4) Tires: tires must be off rims and no larger than 16". No large truck or tractor tires.

The DPW will NOT accept:

- 1) Recyclable materials, lumber exceeding the limit stated above, and shingles not contained. For construction and demolition projects, please contact the Village DPW or a private waste hauler to make arrangements for a dumpster.
 - 2) Propane cylinders, liquids, such as paints, thinners, waste oil, herbicides, and pesticides may be disposed of at the Oneida Herkimer County drop site per their collection schedule. For more information, call 315-733-1224.
 - 3) Automotive Batteries - due to employee and environmental hazards, batteries may be returned to a redemption or recycling facility.
- Your cooperation with sorting materials and observing these guidelines helps reduce costs and insures the continuation of this program.

VILLAGE OF NEW HARTFORD WEEKLY GREEN WASTE AND LEAF COLLECTION SERVICE

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

From October 1st through November 15th leaves will be collected loose at the curb once weekly. Please keep leaves separate from brush pile.

- Plastic bags used for leaves and green waste will not be collected.
- Limbs must be under 12" in diameter and less than 6' long for collection.
- Please do not pile material in the roadway.

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



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THE TOWN CRIER 11

An Important Message From the Golf Committee

While we still have a few unanswered questions on how the 2021 Choo Choo will proceed under the current guidelines, we know that this signature event can't be derailed! We are on track to begin the process of celebrating the 20th milestone of this epic tournament, and it's one you won't want to miss!

Hop on board and join the early registration train, as this event is sure to sell out. Registration begins today and the early bird deadline is May 14, 2021.

Here's what you must know before you register:

With the health and safety of our participants being at the forefront of our concerns, all participants must agree to adhere to any health and safety guidelines mandated by state and local government, as well as tournament officials presiding over the train and the golf course. Additionally, should the train not be on track, pricing will be adjusted accordingly and all patrons will receive a refund on that portion of the ticket. Additional transportation options may be considered.

We are pleased to inform you that the restaurant and bar at Thendara is now under new management and

they are excited to welcome our group!

If you have any questions or concerns, please reach out to us at info@greateruticachamber.org and we'd be happy to address them or assist you with your registration. Thank you!

Annual New Hartford School Board Election

There is one (1) five-year position that will be elected on Tuesday, May 18, 2021. The Board candidate receiving the highest number of votes will receive the five-year position. The one (1) Board seat that is up for election is currently held by John Jadhon.

Nominating petitions may be picked up at the district office, located at the Bradley Elementary School, from 9:00 a.m. to 4:00 p.m. Petitions may also be found on the district's website at www.newhartfordschools.org. There must be at least 25 signatures of qualified voters on the petition. The name on the ballot will be printed as it appears on the nominating petition.

Petitions must be filed with the Board Clerk, Betty Heil, no later than Monday, April 19, 2021. Petitions must be filed at the New Hartford Central School District Office between 9:00 a.m. and 5:00 p.m.

Daniel Nathan Named to SUNY Morrisville President's List

SUNY Morrisville recently announced that Daniel I Nathan, of New Hartford, NY, was named to the President's List for the Fall 2020 semester. Daniel is majoring in Automotive Technology - BT.

To be named to the President's List, a student must achieve a perfect 4.0 average for the semester and complete 12 credit hours.

SUNY Morrisville's curricula are enriched with applied learning and pave the way for opportunity at both the Morrisville and Norwich campuses. An action-oriented, interactive learning lab, the college is a national leader in technology and has been lauded for its exemplary, innovative and effective community service programs.

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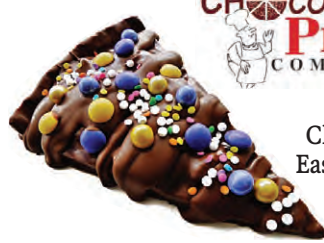
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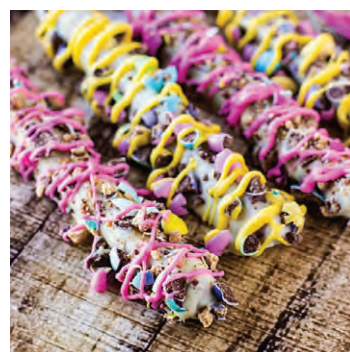
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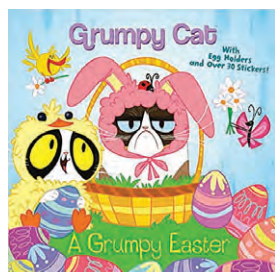
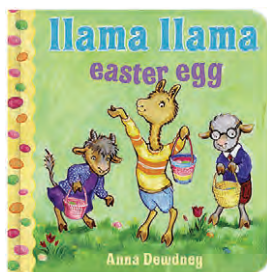
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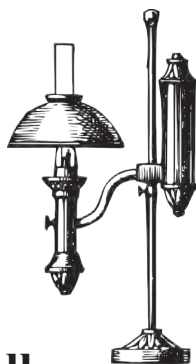
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Victor J. Fariello Jr.



Antique Talk

It's Almost Time!

As I am writing this, the weather forecast is talking about a continued period of temperatures in the 40-50 degree range and even 60. Having lived here all my life I fully realize that it might be snowing when you actually read this. That is the reality of living in Upstate New York. But the increasing temperatures do give us a hint at what will eventually happen and that is warmer weather. And with that warm-up will come an increase in yard sales, garage sales and estate sales that we look forward to.

No doubt the effects of the pandemic will still be with us. However, there was a pretty active antiques season last Spring and Summer and I have no reason to believe that it won't be even better this year. I'm sure that masks will still be required at these sales and social distancing guidelines enforced, but that is to be expected.

One very encouraging piece of news for area antique enthusiasts is that the dates of the Madison-Bouckville Antiques Week have been announced. This iconic event will be held August 16-22, 2021. With over 2,000 dealers and vendors displaying and selling every kind of antique and collectible imaginable, this is the event you won't want to miss.

Let's hope that our area continues to lower the Covid numbers. Responsible actions and a high vaccination rate will insure that we can have these events and activities that we have waited for so long.

I am confident we can make it happen!

Happy collecting!

Consider Joining the New Hartford 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.

The dues for 2021-22 is just \$28. This includes membership in Questers International, a quarterly newsletter, access to research papers on every antique imaginable and the pride of belonging to a close knit group of individuals with a common interest.

Visit us on Facebook by searching "lovoldstuff" or visit the Questers website at questers1944.org. If you have any interest in joining our group, email me at vjfariello@gmail.com.

Join the New Hartford Historical Society!

If you haven't already done so, why not renew or start your membership in the NH Historical Society. The cost is \$12 for an individual, \$17 for a family and \$2 for students. Make your check payable to 'NH Historical Society' and mail to PO Box 238, New Hartford, NY 13413. This is a community asset that deserves our support!

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 News

Your New Hartford Volunteer Fire Department responded to 84 calls during the month of February 2021. The monthly call report is listed below by category.

Fires	=	2
EMS	=	39
Hazardous	=	3
Service Type	=	23
Good Intent	=	7
Other Alarms	=	10
Weather Related	=	0
Other	=	0

Total Calls for the Month of February 2021 = 84.

This brings the total number of calls year to date to 186.

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.

From the Desk of the NHFD Chief: Chief Scott Nicotera

It's that time of the year when the promise of spring has finally arrived. Warmer days provide long awaited opportunity to get outside and onto the roadway to the next adventure. It is also time for the annual road construction season to begin. By the time this article is published, many construction projects will be in full swing. This includes a major bridge replacement project impacting travel in the New Hartford/Utica area. The project will replace the bridge carrying State Route 8 over State Route 5 & 12. As we all know, this interchange provides the connection between the main North-South and East-West arterials in the Greater Utica Area. The project will impact travel between the Village of New Hartford and the commercial district along Commercial Drive in addition to Utica National Insurance Company, Excellus Blue Cross Blue Shield, CONMED, local hospitals, the New Hartford Shopping Center, and many local businesses. The impacts of detours, ramp closures and lane restrictions will alter traffic patterns in the area requiring travelers to have a heightened situational awareness when navigating this area. The following are ways to be prepared for this, and any other road construction zone:

Stay informed. www.511ny.org , www.dot.ny.gov and many other local media outlets provide latest information regarding highway construction, detours, and road closures. Knowing ahead of time where the delays and closures are can save you time in the long run. Pay attention to detour signage in your area and avoid the area of construction if possible.

Slow Down and Move Over. The safety of highway

workers relies on the driver to recognize, react, and follow the directions of traffic devices, speed limits, and traffic control workers. Distracted driving in work zones can lead to tragedy. Pay attention to your surroundings.

Anticipate Delays. Traffic detours may re-route you through side streets and villages. Morning and afternoon drives can flood local roads with traffic coming from or going to work. Stay alert for pedestrians, school buses, and emergency vehicles working in the area. Permanent and temporary traffic cameras are in place to help adjust timing of traffic lights to help flush an area that is congested.

The New Hartford Fire Department along with our other partners in public safety, have been briefed on the construction schedule and scope allowing for utilization of alternate routes to our calls. We ask that you stay alert, drive safe, and plan ahead for the construction season ahead.

NHFD Recognizes Several Firefighters

NHFD Fire Chief Scott Nicotera, during the department's regular monthly meeting held on March 1st, recognized several firefighters for their commitment and dedication to the department and to our community. These awards are normally presented at the department's annual Installation of Officers banquet which was not held this past January due to COVID-19 restrictions.

The following awards were presented:

IRONMAN AWARD

The William G. Martin" Ironman Award" is given to a deserving member of each of the town's three volunteer fire department's annually. This award, named in honor of Mr. Martin, a 40-year member of the New Hartford Volunteer Fire Department, was first presented to William Martin in 1991. The award recognizes the volunteer firefighter who is ever ready, ever willing, and ever present to serve the community. The recipient of this award has exemplified an outstanding dedication to service. The New Hartford Town Board recognizes the resolve, commitment, and genuine enthusiasm of this individual as an inspiration to all. This year's award was presented to Stephen J. Moran. This is the 32nd year that this award has been presented to an active and outstanding member of the department.

MICHAEL D. SOWICH " FIREFIGHTER OF THE YEAR" AWARD

The Michael D. Sowich "Firefighter of the year" award was established in memory of a NHFD member, who had taught various state fire school classes spanning a 15 year relationship with the department. To honor his love for firefighting and his dedication to teaching others, NHFD dedicated their "Firefighter of the Year Award to honor his memory. This year's award was presented to Dylan Evans.

EMERGENCY MEDICAL TECHNICIAN OF THE YEAR AWARD

NHFD established the William V. Kelly award in honor of a 39 year member who in 1927 established what would become today's "Emergency Medical Service (EMS) program. In his honor, NHFD annually recognizes members who go "above and beyond" the call of service to the fire department. This year's honoree is Sean Dickson.

NHFD ROOKIE OF THE YEAR

NHFD established the "Rookie of the Year Award" to honor a firefighter who is within the first three years of their service. Although on a probation period (which covers the first three years of active service) the firefighter is reviewed annually. This award recognizes the new member who has gone above and beyond the service expected of a rookie firefighter. This year's award was presented to Tim D. Barcomb.

THE NHFD TRAINING AWARD:

This new award is presented to an outstanding active firefighter who goes above and beyond the call of duty, rather it be participating in fire school training, rather it be as a participant or instructor, not only in his or her home department but across the state. This year's award was presented to Mark C. Wilson.

Chief Nicotera and members of the department also recognized and presented a special award plaque to Past Chief Thomas Bolanowski for his leadership as Chief for the past 12 years and who remains an active member of the department today.

NHFD Benevolent Association President Joseph Luker presented a plaque to Charles J. Obernesser in recognition of his 24 years of dedicated service as a director of the organization.

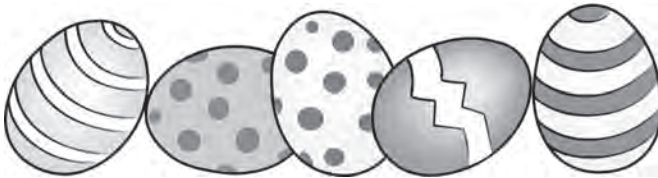
NHFD Recruit NY Open House

The New Hartford Volunteer Fire Department will host the annual Recruit NY Open House event on Saturday, April 24th, 2021 at the fire station at 4 Oxford Road. The Open House will run 9:00am to 2:00pm.

Without doubt, human resources, particularly volunteers, are the fire service's most valuable assets. Since 1901 some of the best men and women have walked through the doors to be a part of the New Hartford Volunteer Fire Department. We are a place you can feel proud of your accomplishments. The training our members receive is carefully guided in a safe and controlled environment and one that allows for encouragement and continual learning. Along with training a sense of comradery and lifelong friendships are built within our walls. As our communities grow, the complexity and frequency of providing these services will increase, as will the necessity to obtain and keep competent and healthy numbers of volunteers.

"This is a great opportunity to get to know your volunteer fire department and see what becoming a member of the department means. We encourage you to tour our firehouse and ask our members any question you may have regarding our organization," stated NHFD Captain Jeremy Spinella, Chairman of the Open House and Fire Prevention Committee.

In conjunction with the open house, the department will hold a chicken BBQ from Noon until sold out. A complete dinner is only \$11.00. All funds raised will support the fire prevention committee's continued educational programs.





Chamber Welcomes Rejuvn8 Aesthetics to New Hartford

The New Hartford Chamber of Commerce is pleased to welcome its newest member, Rejuvn8 Aesthetics to its membership and to the New Hartford business community. A ribbon cutting ceremony was held on Monday, March 1st during their grand opening celebration. The new state-of-the-art medical spa is located at 4848 Commercial Drive in New Hartford and is the company's second location. Rejuvn8 has been providing med spa services in the Syracuse, NY area since 2015.

Rejuvn8 Aesthetics offers the very best in beauty and wellness treatments. Nurse Practitioners and Medical Aestheticians perform safe and non-invasive treatments that enhance one's beauty. They work with patients to achieve their personal goals of a more youthful and refreshed appearance, and healthier skin.

"Our team looks forward to serving both the New Hartford and Syracuse areas," said Ryan McCarthy, NP-C, Director of Medical Aesthetics for Rejuvn8, and a national trainer in cosmetic injectables. "We are dedicated to helping our clients level-up in beauty and confidence by providing them the very best in medical aesthetics."

Rejuvn8 Aesthetics services will include Botox, Lip and Dermal Filler, Kybella, Skincare, and laser treatments. They can be reached by calling 315-451-9509 or by visiting www.rejuvn8.com.



Welcome Upscale Resale Events to Sangertown Square

The New Hartford Chamber of Commerce welcomed one of its newest members on March 16th with a ribbon cutting ceremony. Upscale Resale Events is a pop-up children's consignment sale that was located in the former Forever 21 location in Sangertown Square across from Dick's Sporting Goods. Created by Tiffany Christian, Stephania Werchinski, Jessica Kurpiewski and Tracy Haven, Upscale Resale Events is a pop-up children's consignment sale that ran from March 18 through the 21st...and will "pop-up" again in August of this year.

Knowing how fast children grow out of their clothes and get tired of their toys, four working mothers decided to start their own business helping families have a clean, safe place to sell their no-longer-needed items and replace them with new ones. From this, Upscale Resale Events was born.

At the sale, shoppers will find everything they need for newborns through teen, sizes preemie through 22 and shoes sizes newborn through adult size 5. Maternity wear, outdoor toys, games, books, educational materials, arts & crafts, puzzles, decorations, furniture, feeding and bathing items, potty seats, safety items, bikes, bedding, strollers, swings, seats and TOYS, TOYS, TOYS for all age ranges will also be there. There is truly something for everyone.

For more information about Upscale Resale Events, please check their website at www.upscaleresaleevents.com/ or you can find them on Facebook, Instagram and Pinterest.



Your Business Can Be a Part of The Farmers Market!



2021 Season Begins June 15th!
Tuesdays thru September 4-7pm
Sherrill Brook Park

Vendors Invited to Apply

www.NewHartfordFarmersMarket.com

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.

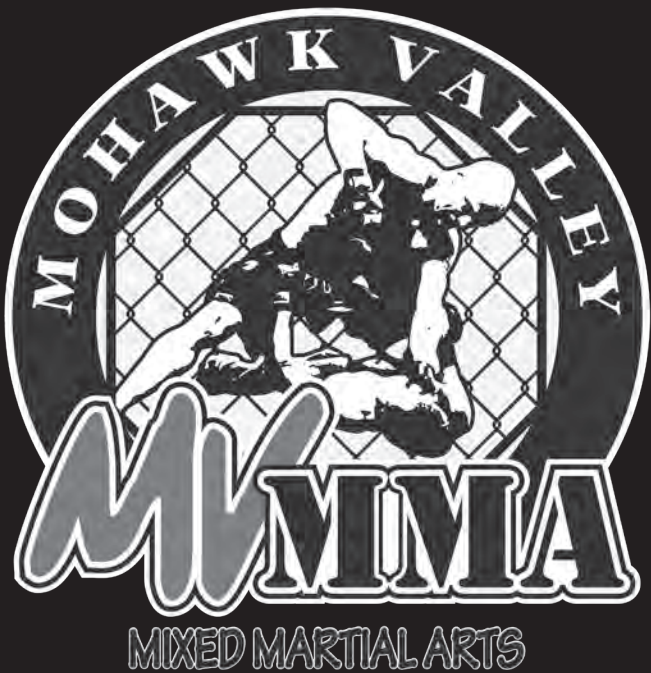
Please visit NewHartfordFarmersMarket.com for more details.

4 Programs Are Back!

All programs will still operate at reduced capacity with masks and distancing still in place.

Please call or text 315-525-1423 for more information or to reserve your spot.

Space is very limited so don't wait.



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Badass Class:

Open to adults 17 and up, this high intensity hybrid of functional fitness and proper striking techniques including punches, kicks, elbows, knees, ground strikes etc. Smash stuff, throw stuff, hit stuff and like the name says become a badass. Classes are 50 minutes long and run weekdays 10:15am / 6:15pm and 10am Saturdays.

Unlimited visits, \$100/month, no long term commitment. MMA gloves required for this program and due to covid restrictions, there are only 8 spots available.

Athlete Self Defense:

For Kids 8-16yo. This class is designed to not only give your athlete the the performance they're looking for on the field, but also the confidence to defend themselves against physical harm.

Classes are 50 minutes long.

Monday, Tuesday, Thursday at 4:15pm and Saturdays at 11am.

Unlimited visits, \$100/mo, no long term commitment.

MMA gloves required and due to covid restrictions, only 9 spots are available.

MMA 101:

For those 15 and up beginning the journey into MMA, MMA 101 will provide the perfect introduction. Focusing on the fundamentals of all aspects of MMA this class will make you capable at a comfortable pace and environment. MMA 101 is split into 2 groups of Male and Female.

Classes run Mon, Tue & Thur from 6-7:15 and Saturdays noon-1:30pm.

\$100/mo no long term commitment.

MMA gloves required and due to covid restrictions Only 5 female and 6 male spots available.

Jr. MMA:

Designed for kids 8-14yo this class will teach your children real skills to handle real situations.

We'll teach them to use 8 point striking as well as essential grappling and wrestling techniques to handle any bully.

Jr. MMA runs Mon Tue Thur from 4:30-5:45pm and Saturdays at 11am.

\$100/mo no long term commitment.

MMA gloves required and due to covid restrictions Only 10 spots available.

**For information on how to place an article for your community event,
please contact the Town Crier at 315-723-4827,
or email us at towncrier@pjgreen.com
Deadline for the May issue is April 15, 2021**



Dr. Ahmed Radwan



Nicholas Ashton



Trever Gates

Pillow Talk

How much is a good night’s sleep worth? The value might very well be determined by the design of your pillow.

Four doctoral students in Utica College’s Physical Therapy program (DPT) are seeing their research related to pillow-design and sleep comfort receive international recognition.

Along with Dean of the School of Health Professions and Education Ahmed Radwan, DPT students Nicholas Ashton, Trever Gates, Austin Kilmer, and Michael Van Fleet worked as a team looking into how sleep health is impacted by the design of one’s pillow. The research was recently honored with publication in the February 2021 edition of the European Journal of Integrative Medicine, a quarterly peer-reviewed medical journal covering integrative and alternative medicine.

“This project is a perfect example of how students applied the information they learned in research methodology, statistics and evidence-based practice courses into a tangible research project that adds to the body of knowledge and is appealing

for journals to publish and conferences to present in,” said Dr. Radwan. “It is a perfect way of ensuring they transformed the theoretical knowledge they gained into an applicable outcome. What they have gained in this experience will stay with them for the rest of their life and will motivate them to produce more future products. That is the core of experiential learning.”

Understanding that sleep is beneficial and necessary for nearly every tissue in and function of the human body, the research notes that lack of sleep can lead to various health hazards that include depression, heart disease, obesity, hypertension, and diabetes and looks to analyze how the use of an appropriate pillow can make all the difference in promoting optimal spinal alignment, improving sleep quality and duration.

The research by Dr. Radwan and the group of DPT students found that taking into account design aspects such as a latex pillow material, a contoured design (higher sides for side sleepers and a lower, flattened middle for back sleepers), and a cooling surface, among other specifications when choosing a new pillow, could improve sleep quality, spinal alignment, and decrease sleep-related neck pain.

Dr. Radwan says that the research group is extremely excited, not just at fruits of their labor and the recognition in an international, peer-reviewed journal, but for the upcoming opportunity to present their research at the 24th Annual Applied Ergonomics Conference, where attendees gather from around the world to share best practices with other professionals in ergonomics, healthcare, safety, human resources and risk management.

The research can be read in full via the Volume 42, February 2021 edition of the European Journal of Integrative Medicine.



New Hartford Republican Committee Endorses Richard Woodland, Jr for New Hartford Town Clerk

Richard Woodland, Jr. is pleased to announce his bid for New Hartford Town Clerk. He is endorsed by the New Hartford Republican Committee. Woodland is currently serving in his 6th term as 4th Ward Councilman for New Hartford.

Richard Woodland, Jr. intends to modernize the town clerk office. He believes his experience in the public and private sectors have prepared him for the challenges facing the Town Clerk’s office. The Town Clerk’s office is non-compliant with New York State law regarding the publication of town board agendas and town board meeting minutes. Woodland intends to bring meeting minutes current while complying with all New York State reporting requirements.

He wants to expand and maximize the use of technology in the clerk’s office. Woodland has been researching and networking with other town clerks, he believes there are opportunities to expand services, increase transparency, and improve existing services. He wants to digitize all town records while offering multiple options to view records, request records, and payment options for services. Woodland will publish meeting agendas online and prioritize meeting minutes. He plans to have late office hours on the nights of the board meetings. He is also investigating additional services to offer residents.

Richard Woodland, Jr. has a proven track record as the 4th Ward Councilman. During his tenure as 4th Ward Councilman, he has developed an open and forthright relationship with residents and business owners in the 4th Ward, town board members, town department heads, and county and state officials.

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**APRIL
2021**

Senior Center News

THE TOWN CRIER 19

NH Senior Center News

submitted by the staff

Happy Easter and Happy Spring to all our seniors from the staff at New Hartford Senior Center. Hopefully you have adjusted to the time change by now, and can also get out to enjoy these warmer days, hear the birds singing, the geese flying back and to see the flowers and trees starting to bloom. It's a beautiful time of year. We were able to get together to write out Easter cards. We also keep in touch by phone to make sure all are doing well. So many Seniors have had the vaccine and more will this month, but please still wear your mask and take precautions to stay safe and healthy. If you still need an appointment, call the County OFA at 315-798-5431 to get help to sign up for the vaccine.

For assistance on tax preparation, call 211 for help. We will not be able to do this at the center. We will need guidance with protocols from the State, County, Town and Health Dept before they will let us open..hopefully this can happen in a few months. We are all anxious to get back together and have activities, speakers and lunch with all! We certainly have missed this and can't believe it has been a year now. We are saddened to hear of Michael Knights passing. His parents, Charlotte and Steve are regulars at our Center. Our sympathies go out to them.

Please be aware of the scams going on for seniors, such as Medicare, Excellus and the IRS looking for private information by phone. Do not give out anything over the phone, they would contact you by mail.

Please stay safe and healthy and call our senior center number if you need any help at 315-724-8966.



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Strategic Financial Welcomes New Business Development Manager

Strategic Financial Services, Inc. (“Strategic”), an independent, Central New York-based wealth management firm, has added Katy Heintz to its staff as Business Development Manager. In this newly created role, Heintz will help lead firm growth through the development of all marketing and sales initiatives.

Heintz comes to Strategic from PAR Technology where she served as the company’s Director of Marketing. She led the PAR Restaurant and Retail

Marketing group, which handled branding, public relations, product marketing, social media, digital strategy and more. Heintz has a BS in Psychology from Northeastern University.

“We’re excited to welcome Katy aboard our team as we continue to innovate and grow,” said Alan Leist, III, CEO Strategic Financial Services. “She comes to Strategic with extensive marketing and PR experience. She has a proven track record of developing, implementing and managing comprehensive marketing campaigns that drive revenue.”

“I am looking forward to using my experience to help power the Strategic brand and build upon the firm’s success,” Heintz said. “I was drawn to Strategic because of its strong core values centered around providing its clients with exceptional wealth management advice and service. My focus will be on creating digital marketing campaigns across multiple platforms to support the company’s growth and client acquisition initiatives.”

In business since 1979, Strategic has a team of over 35 professionals servicing more than 1,000 clients and managing \$1.6 billion in assets. Areas of focus include Investment Management, Financial Planning and Corporate Retirement Plans.

With offices in Utica, NY, Syracuse, NY and West Palm Beach, FL, Strategic is an established wealth management firm and regional leader in the investment industry. While successfully growing from established roots, it continues to expand its geographic footprint and influence across the northeast and throughout the United States.

EarthDay
April 22nd

8 Reasons to Return to The All-American Fitness Center

1. Because of our post orthopedic, cardiac and pulmonary rehabilitation work, we were granted “essential status” in March 2020.
2. We have been serving clients for almost a year with zero COVID-19 infections.
3. Since we are primarily a personal training facility, we seldom have more than 8-10 people in our 5,000 square foot facility at any time.
4. We follow ALL CDC Guidelines.
5. We earned an A+ Oneida County Health Department inspection.
6. Our 40+ years in business and extensive educational background has prepared us to serve a wide variety of clients.
7. Vaccines are becoming more readily available.
8. COVID-19 has been a mental stress on everyone. Exercise is proven to be a great stress reducer.

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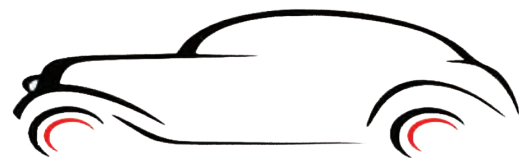




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APRIL
2021

Fair Trade Shop

THE TOWN CRIER 21



Fair Trade Shop

Our delicious dark chocolate eggs from Ghana are perfect to tuck into Easter baskets. Each package contains approximately 18 eggs (5.2 oz). Our delightfully dark, organic, vegan 72% chocolate bars are made with cocoa from Brazil. Sweet and mild, this chocolate is a sophisticated blend of fruity and floral flavors, with hints of gingerbread and toffee. Our spring garden quilled eggs from Vietnam are remarkable in detail and craftsmanship. This set of 4 wooden eggs is covered with dozens of individually coiled paper details in lively colors and patterns, with a flat bottom for standing upright. These and many, many more unique handcrafted items from 38 different countries are available at our Fair Trade Shop, Stone Presbyterian Church, 8 So. Park Row, Clinton. Purchasing fair trade items ensures artisans and small farmers fair wages and healthy working conditions, providing dignity, sustainable development and hope to marginalized people. Our hours are 10am to 4pm every Thursday and second Saturdays, and also by appointment by calling 315-853-1070. OUR 25% OFF SALE STILL IS IN EFFECT UNTIL FURTHER NOTICE. Face masks are required. Gloves and hand sanitizers are available. Let us be your go-to gift shop! For more information, visit our website at <https://buildingstoneshoppe.square.site> or watch our Facebook page at www.facebook.com/buildingstonesfairtradeshoppe for updates.

Clinton Historical Society Hosts Virtual Presentation on Home Delivery in Clinton and Oneida County

As the effects of Covid-19 continue, home delivery is becoming popular once again. This program will take a look at home delivery in the late 40's, 50's, and 60's. We will also take a quick glance at Mom and Pop grocery stores as most of them offered home delivery.

Bill Huther is active in the Clinton Fire Department and numerous community programs. He is also an aficionado and local expert in at-home delivery services such as milk, foods, and snacks. He has restored to mint condition two Divo Delivery Trucks, in local livery.

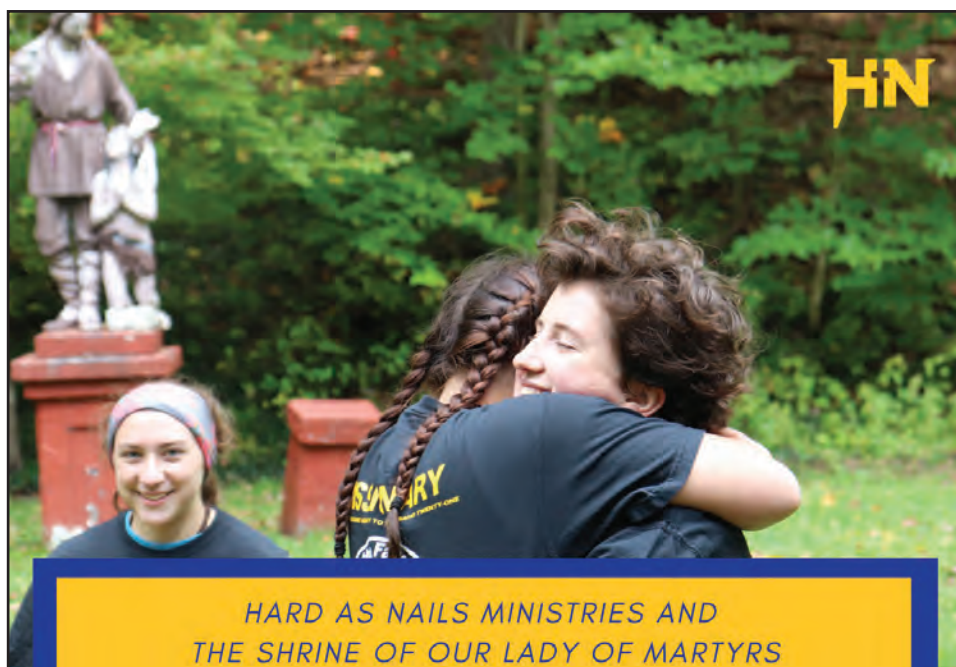
This is such an expansive topic to cover, so Bill will prepare and deliver a follow on program in May, 2022 where he will talk exclusively about milk & dairy products deliveries. Earmark your May, 2022 calendar and we will share specifics as time draws closer.

Out of an abundance of care for the health of the public, there will be no in person audience. The program is free and open to the public. The entire program will be conducted virtually on April 11, 2021 via Zoom at 2:00pm. It will be recorded and placed later on the Clinton Historical Society YouTube Channel.

To gain access to the Zoom link for this event please contact the Clinton Historical Society's e-mail address and request it: clintonhistoricalsociety1@gmail.com

The Clinton Historical Society YouTube Channel is <https://www.youtube.com/channel/UCy53gja0M7xN00s76j4FZMA>

While using Zoom may not have the same effect as an in-person program, Bill hopes you will find the presentation entertaining and as time permits he may be able to answer a few questions at the end.



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THE SHRINE OF OUR LADY OF MARTYRS
PRESENTS

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SATURDAY MAY 1, 2021

9:00 AM - 4:00 PM MASS

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[HTTPS://HN-PASSION-CONFERENCE-2021.EVENTBRITE.COM](https://HN-PASSION-CONFERENCE-2021.EVENTBRITE.COM)

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Little Lunchtime Learners from 11:30am/12:00-3:00

Little Adventurers from 3:00pm-5:30pm

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This program will be limited to the first 25 students applying who are currently enrolled in **Kindergarten through 5th grade** for the 2021-2022 school year.

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3:00-5:30pm

Bus will transport students from school to St. John's

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Cristin Heselton, Director

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or email us at towncrier@pjgreen.com
Deadline for the May issue is April 15, 2021**

APRIL
2021

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THE TOWN CRIER 23

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Investigating Attic Condensation And Mold Growth

Attic condensation and mold growth are common problems for homeowners. Attics generally have limited access and homeowners seldom, if ever, enter them unless they suspect a problem or if they store seasonal items there. As a result, attic condensation or its results may not be detected until long after the conditions have changed, making it difficult to determine its cause.

Signs of Attic Condensation

The first sign of an attic condensation problem is most commonly mold because its dark colored patches stand out against the typically lighter colored wood of most roof sheathing. The actual moisture that promotes the mold's growth can go unnoticed because of its natural clarity and its appearance as a collection of very fine droplets. Regardless of whether moisture or mold is detected first, condensation is the underlying cause.

Condensation most commonly forms in an attic on the underside of the roof's sheathing. Unlike roof leaks' typically well-defined and isolated locations, condensation and its resulting mold will often cover the underside of an entire roof slope and be uniform in appearance. If condensation amounts are significant, the moisture can drip from the sheathing and onto the top of the ceiling below and may give the impression that a roof leak has occurred. These stains will likely be widespread and random rather than concentrated in a location as is typical for a roof leak.

Condensation Causes

Like all condensation, attic condensation occurs when moisture in the attic's air encounters a surface that cools the air to a temperature at or below its dew point. Since the air's temperature is susceptible to change, its

ability to hold moisture can shrink or swell, holding more when it is warmer and less when cooled.

Depending on the season, the humid air in the attic can originate within the house below, in its basement or crawlspace, or from the exterior (Figure 1). Inside the house, the air will probably not feel humid or uncomfortable and if a humidistat is present, its readings can be well within the normal range of 40% to 60% relative humidity with a temperature of 68 to 72 degrees Fahrenheit. However, during cooler months when this air migrates into the attic as part of a house's normal air circulation, its temperature can be changed dramatically, particularly when it contacts materials with surfaces that are exposed to the exterior. If those surfaces cool the air sufficiently, then condensation will form.

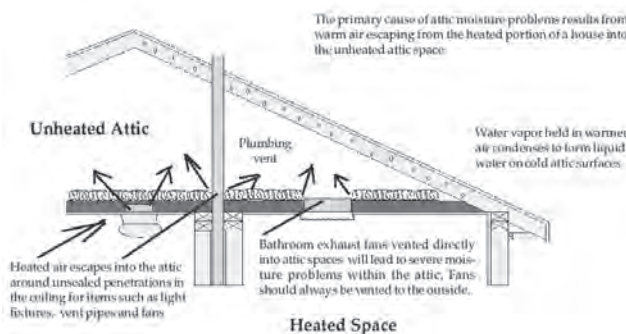


FIGURE 1: HEATED AIR PATHWAY INTO ATTIC

The best chances for these surfaces to have cool enough temperatures for condensation to occur will occur during winter months, but such conditions can occur in summer months as well when evening temperatures can drop sufficiently to produce condensation. Although normal humidity levels can produce condensation, elevated humidity levels make the problem more likely to occur. Excess humidity can occur because of damp or flooded crawlspaces or basements, maintenance problems such as improper clothes dryer, bathroom fan or kitchen hood exhausts, HVAC equipment failures, and unvented combustion appliances.

Attic Ventilation

In attics, ventilation also plays an important role in the formation of condensation and mold. Warm moisture-laden air enters the attic from the house by design. Soffit and roof vents are intended to promote this ventilation in order to bring fresh air into the living space and expel stale and humid air to the exterior. A typical house should have at least one complete exchange of its air every three hours, but this will differ depending on the age and construction of the dwelling. When designed and functioning properly, such ventilation should be able to remove excess humidity from an attic before it produces harm.

Problems with attic ventilation commonly occur because the soffit vents are blocked or simply aren't provided. Soffits can be blocked by improperly applied insulation in the eaves, or by paint filling the grills of the ventilator covers. Without functional soffit vents the convection currents cannot form and little or no air will be exhausted from the roof vents. When such conditions are present mold will often be present on the roof sheathing except within a few inches of the roof vents' penetrations.

Investigating Claims

When investigating an attic condensation claim consider the following:

- Is the problem really the result of condensation?
- Attic condensation will be widespread and typically will appear on the underside of the roof decking.
- Condensation in an attic will form first on nails that penetrate the sheathing and thus check them for evidence of corrosion.
- Localized moisture problems, particularly around penetrations and at roof valleys are likely the result of leaks and not condensation.
- Check for drip marks on dust-covered surfaces on the attic floor.
- Is the attic ventilation adequate?
- Are roof and soffit vents present and unblocked?
- What is the source of the excess moisture?
- Wet crawlspace, basement or cellar?
- Maintenance issues such as improperly connected clothes dryer vents, bathroom fans or kitchen exhaust hoods.
- Are unvented combustion appliances being used such as gas logs, stoves, or kerosene space heaters.

For more information on any concerns, please feel free to call Disaster Services. When in need of emergency or non-emergency services, Disaster Services. offers immediate response to damage caused by water, fire, smoke and mold. We are a N.Y.S. licensed mold removal firm and recognized by all insurance carriers, working closely with both the home owner and insurance carrier. 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 Disaster Services at 315 797-1128... day or night.



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Facts About Easter

Easter is the celebration of the resurrection of Jesus Christ in the Christian religion.

Eggs have been seen as ancient symbol of fertility, while springtime is considered to bring new life and rebirth.

Americans spend \$1.9 billion on Easter candy. That’s the second biggest candy holiday after Halloween.

70% of Easter candy purchased is chocolate. 76% of Americans think the ears of a chocolate bunny should be the first to be eaten.

Egg dyes were once made out of natural items such as onion peels, tree bark, flower petals, and juices.

There’s much debate about the practice of dyeing chicks. Many hatcheries no longer participate, but others say that it isn’t dangerous to the chick’s health because the dye only lasts until the chicks shed their fluff and grow their feathers.

The first story of a rabbit (later named the “Easter Bunny”) hiding eggs in a garden was published in 1680.

Easter takes place on a Sunday, after the 40-day period called Lent. Lent is referred to as a time of fasting, but participants focus more on giving up one significant indulgence.

Holy Week is the celebrated during the week leading up to Easter. It begins on Palm Sunday, continues on to Maundy Thursday, Good Friday, and then finally, Easter Sunday.

“The White House Easter Egg Roll” event has been celebrated by the President of the United States and their families since 1878.

from DoSomething.org



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Deacon Becky Guthrie, Congregational Care Coordinator
Worship Schedule
9 am Classic Worship
10:00 am Coffee Hour
10 am Adult Sunday School
11 am Xalt Praise Service
11:15 am Children’s Church
Noon Youth Group Meeting
Communion offered 1st Sunday of each month.
Child care provided for all Church activities
We are handicapped accessible!
Visit our website to view recent sermons.
www.firstumconline.org

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

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

HOPE ALLIANCE CHURCH
4291 Middle Settlement Road, P.O. Box 626, N.H.
General Office: 315-732-1349
hopealliance4291@gmail.com
www.hopealliancecnny.com
Rev. Andy Ward, Pastor
Morning Worship: 9:30am
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
stthomasnh@syrdio.org
Pastor: Rev. David Sears
Saturday Vigil: 4 p.m.
Sunday Mass: 9:00 a.m.
Confessions: Sat. 4:45-5:15 p.m.
Holy Day Schedule:
Holy Day Masses 12 noon
Adult Religious Education, Open to the Public
We are handicapped accessible!

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

ST. GEORGE’S EPISCOPAL CHURCH
9389 Elm Street, Chadwicks - 315-736-3572
tlmas@roadrunner.com
Rev. Heather Benson Officiating Service at 10am
Holy Eucharist Every 2nd and 4th Sunday

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

NEW HARTFORD PRESBYTERIAN CHURCH
45 Genesee Street, NH 315-732-1139
newhartfordpresbyterian.org
office@newhartfordpresbyterian.org
New Hartford Presbyterian Church will continue to offer worship online via Facebook each Sunday morning at 10:30 throughout April, including a special Easter service on the 4th. Those who wish to follow along can obtain an advance copy of the liturgy through email by contacting the church office. All church committees, including the Confirmation Class, will continue to meet virtually as well. NHPC is also collecting nonperishable food items to support the Seeds of Hope food pantry; items can be dropped off at the church weekdays between 8 and 3. The latest information about NHPC is available on its website and Facebook page.

OUR LADY OF THE ROSARY CHURCH
ParishOffice@olrosarynh.org
1736 Burrstone Road - 724-0402
Pastor Joseph Salerno
Sunday: 7:30am and 9am
Masses held at Our Lady of Lourdes:
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Cor. Pinnacle Rd. & Mohawk St., Sauquoit
email: sauquoitvallyumc@aol.com
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Sunday Worship 11 a.m.(Nursery Care Available)
Sunday School 9:30 a.m. For all ages.
Handicapped Accessible

FIRST BAPTIST CHURCH OF NH
7 Oxford Road - Office phone: 315-733-4570
firstbaptistnh@gmail.com
Rev. James Harrieff, Pastor
Virtual Service every Sunday at 9:30am
on Facebook “First Baptist of New Hartford”
Sunday Service - 9:30am
Sunday School - 11:00am
Handicapped Accessible. All are welcome.

UNITARIAN UNIVERSALIST CHURCH of UTICA
10 Higby Road, Utica NY 13501
315 724-3179 uuutica.org
Minister: The Rev. Lori Staubitz
Sunday services 10:30 AM on Zoom
Zoom information at uuutica.org
April 4, 2021 Easter Sunday Rev. Janet Stemmer
“New Beginnings and Rebirth” - Exploring how Easter reminds us to begin anew.
Janet is a former member of UUU and a retired CPA. She was ordained as an Interfaith/Interspiritual Minister by One Spirit Interfaith Seminary in 2015 after many years of spiritual study. She now serves on the Board of Trustees of One Spirit and volunteers as an Assistant Chaplain at Upstate Medical in Syracuse.
April 11, 2021 Rev. Lori Staubitz “Diving Lessons for Spiritual Floaters”
As a progressive faith tradition, we draw on many sources for truth, wisdom and guidance. However, this wide range of options sometimes keeps us on the surface of religious inquiry. Join us for worship as we delve into the realms of stages of faith development to discover the depths of our own faith journey and beyond. Bring your spiritual life jacket with you...for we intend to “rock your boat” and look for ways we can all dive a little deeper.
April 18, 2021 The service by Climate Action will be based upon Active Hope by Joanna Macy and Chris Johnstone. It’s about how to face this mess we’re in without going crazy. Active Hope is not wishful thinking. Active Hope is not waiting to be rescued by the Lone Ranger or by some savior. Active Hope is waking up to the beauty of life on whose behalf we can act. We belong to this world. The web of life is calling us forth at this time. We’ve come a long way and are here to play our part.
The sermon is by the Rev. Heather Concannon and made available to us by the UU Ministry For The Earth. During the sermon we’re going to do a little “time travel” too - perhaps an interesting experience.
Come join us and celebrate Earth Day Sunday with UU Utica!
April 28, 2021-TBA

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3431 Oneida St., Chadwicks - 737-0753
www.ficfellowship.com
Pastor : Chad Morgan
Sundays: Worship, 10 a.m.
Children’s Church during the sermon.
Bible Study and Prayer - Wed evening 6:30 p.m.

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

New Life
Apostolic Church

Service Times:
Sunday School
Sunday Adult Service: 10:00 a.m.
Wednesday Night Prayer: 7:00-8:00 p.m.
Thursday Evening Bible Study: 7:00 p.m.

Pastor Mark Waterman
315.736.1161

3995 Oneida Street #4
New Hartford, NY 13413

@NLAC4all

Passover Facts
Passover 2021 will begin in the evening of
Saturday, March 27 and ends in the evening of Sunday, April 4
Passover, also called Pesach, is the Jewish festival celebrating the exodus of the Israelites from Egyptian slavery in 1200s BC. The story is chronicled in the Old Testament book of Exodus. In the book, Israelites marked their doorposts with lamb’s blood to protect children from the tenth plague: the slaughter of the first born. With the protective mark, the destruction would “pass over” the house.
from https://www.cnn.com/2013/09/12/world/passover-fast-facts

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Sunday School 9:30am
We are handicapped Accessible.

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Music Director Richard Crawley
Worship service: Sunday 10:30 a.m.
714 Washington St., Utica. 315-732-6518, www.wmoutica.org.
pastor@wmoutica.org
find us on Facebook & Twitter
Handicapped accessible

NORWICH CORNERS CHRISTIAN CHURCH
10233 Roberts Road, Sauquoit - 737-0757
WHERE JESUS IS LORD!
Pastor Walter J. Wharram, Jr.
Sunday Morning Prayer - 8:30am
Sunday School - 9:30am
Sunday morning Worship Service - 10:30
Mid-Week Bible Study - Tuesdays 7pm
Sunday Morning Prayer - 8:30am
Worship Service - 9:30am

TRINITY LUTHERAN CHURCH
2620 Genesee St., Utica. (315)732-7869
churchoffice@trinitylutheranutica.com
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@gmail.com
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.
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4 Cottage Place, Utica, NY (315)735-5138
stvolodymyrucc@gmail.com
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

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201 Main St. NY Mills, NY
akrawczenko@yahoo.com
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
rectory.denise@roadrunner.com
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
mike@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
aarongoerner@gmail.com
Pastor: Aaron Goerner
Services:
Sunday School: 10AM
Sunday Worship: 11AM
Thursday Bible Study 7PM

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
info@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.

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.



The Month of April

The month of April gets its name from the Latin word aperio, meaning “to open [bud],” because plants really begin to grow now.

April 1 is All Fools’ Day—otherwise known as “April Fools’ Day.”

April 2 is Good Friday.

April 4 is Easter Sunday. (May 2 is Orthodox Easter.) Did you know that Easter’s date is related to the full Moon?

April 12 marks the start of Ramadan (beginning at sundown).

April 22 is Earth Day.

April 24 is the birthday of Robert B. Thomas, the founder of The Old Farmer’s Almanac!

April 30 is National Arbor Day. This day is for honoring trees.

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April “Just for Fun” Days

Apr. 1: Sweet Potato Day
Apr. 6: International Pillow Fight Day
Apr. 7: National No Housework Day
Apr. 17: Blah, Blah, Blah Day
Apr. 21: Go Fly a Kite Day
Apr. 26: National Richter Scale Day
Apr. 27: National Sense of Smell Day

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Water Safari Resort Now Hiring for Summer 2021


Water Safari Resort is hiring for Summer 2021. There are many positions available at the Enchanted Forest Water Safari, Calypso’s Cove, Old Forge Camping Resort, and Water’s Edge Inn. Positions include food service, water rides, retail and many more. Specialty positions are available, and Water Safari offers free lifeguard training for those interested in applying to become a lifeguard.

Enchanted Forest Water Safari is a seasonal water and theme park, Calypso’s Cove is a seasonal family fun park, Old Forge Camping Resort is a year-round campground, and Water’s Edge Inn is a year-round hotel. There are openings for a variety of summer work schedules, both full and part time, which include weekends and holidays from mid-June through Labor Day. Old Forge Camping Resort and the Water’s Edge Inn have several job openings from spring through fall. Applicants must be at least 14 years of age; however, some positions require at least 16 to 18 years of age.

There are many great team member benefits from working at Water Safari Resort including opportunities for advancement, learning lifelong skills, making new friends, as well as many other on-the-job perks including free admission on days off, tickets for friends and family and more. There are a variety of positions that are ideal for someone looking for their first job, or a retired individual looking for some extra spending money, and everyone in between.

“We are gearing up for an exciting 2021 season at Water Safari Resort,” says Katie Wojdyla, Vice President and Director of Marketing. “We have three new state-of-the-art water slides, so becoming part of the team this summer will be extra special! Interest is high and positions are filling up quickly, so don’t wait to apply, the time is now!”

To view available positions, visit <https://www.watersafari.com/jobs/>



Strategic Financial Services Named Number One on the ‘2021’ Best Place to Work’ For Financial Advisors

This is the second consecutive year being recognized with this award.

Strategic Financial Services, Inc. (“Strategic”), an independent, Central New York-based wealth management firm, has been recognized by *InvestmentNews* as a 2021 Best Place to Work for Financial Advisers. This is the second year in a row that the firm has received this award.

Strategic was chosen on the basis of employer and employee surveys that cover a wide range of areas, including corporate culture, benefits, career opportunity and work-life balance.

“We’re delighted to be recognized once again for our talented team and their level of engagement when it comes to providing an exceptional client experience,” said Alan Leist, III, Strategic’s CEO. “This award confirms that our people find working here fulfilling and that we’re on track in upholding our three core values: 1) Serve our clients, community and each other; 2) Grow client portfolios, the business and as professionals; and 3) Live a great life and help others do the same.”

According to InvestmentNews, the annual award seeks to recognize advisory firms that go beyond offering financial advisers a good salary and benefits. The publication states, “They create workplaces that empower employees with the skills and confidence necessary to deliver the best possible investment and financial planning guidance to clients. In 2021, they’re also taking steps to keep employees safe during the pandemic.”

Leist noted that even in this challenging year, the Strategic team has remained fully focused on “creating a future that is 10X bigger and brighter for each individual, the business and our clients.” He added that the team at Strategic looks forward to continued growth together post-pandemic and in the years ahead.

In business since 1979, Strategic has 35 wealth management professionals servicing more than 1,000 clients and managing \$1.6 billion in assets. Areas of focus include Investment Management, Financial Planning and Corporate Retirement Plans.

With offices in Utica, NY, Syracuse, NY and West Palm Beach, FL, Strategic is an established wealth management firm and regional leader in the investment industry. While successfully growing from established roots, it continues to expand its geographic footprint and influence across the northeast and throughout the United States.

To learn more about the InvestmentNews 2021 Best Places to Work for Financial Advisers, please go to bestplacesforadvisers.com

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Angels Among Us Food Pantry 2021 Spring Schedule

April 10 – April 24 • May 8 – May 22 • June 12 – June 26

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

2020 -2021 TEFAP INCOME GUIDELINES

Income		
Household Size	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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 115 Genesee Street
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Habits That Help Women Investors Succeed

Intuition. Patience. Discipline. A desire to learn. These are traits many women naturally possess and that can lead to confident decision-making and courageous accomplishments.

They’re also the foundation that can help build a sound investing strategy. Perhaps you bootstrapped your own business, broke through the glass ceiling, managed the home front, or benefited from an inheritance. However you got to this point, your collective experience provides the wisdom to help you boldly move forward. But that doesn’t mean doing it alone.

Working with a financial advisor who complements your investing style and listens more than talks, can help you continue making those confident decisions and keep your investment plan on track.

Holistic wealth planning that helps prepare you for the unexpected

When highly emotional life events happen, like divorce, death of a spouse, or even an inheritance, it can be challenging to factor in the financial implications. If one (or more) of these scenarios becomes your reality, it can be a huge relief to have your team already in place. An experienced financial advisor can help you navigate difficult decisions that could have an impact on you and your family for years to come.

Just in case, it’s best to be prepared and proactive: Be aware of your family’s assets, debts, retirement accounts, insurance policies, and other financial information.

Gather important financial documents and safety deposit box keys and keep them accessible.

Make sure you and your spouse or partner have up-to-date wills and trusts, and that you discuss potential tax implications with your CPA and financial team.

The right fit can make all the difference Life hums along and then...something changes. Perhaps you initiated the change or maybe you had to

react to it. Either way, having resources to help you navigate decision-making can help mean smoother sailing.

Considering all the aspects of life that have a financial implication is like a wave that keeps expanding.

From investing for a home, college costs, or retirement, to exploring lending and insurance options, an experienced financial advisor can help you manage risk while keeping you on track toward your investment goals.

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

 178 Woods Park Drive
 Clinton, NY 13323
 Mobile: (315) 723-7386 / Office: (315) 801-2546
 christopher.carbone@wellsfargoadvisors.com
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