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Vol. 35 No. 12
December 2021

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The Nutcracker

“The Nutcracker” will be returning to the Stanley Theatre for three separate performances on Friday, December 10 at 7:00 p.m., Saturday, December 11 at 7:00 p.m., and Sunday, December 12 at 2:00 p.m. Presented by Mohawk Valley Performing Arts (MVPA), Tickets can be purchased through Ticketmaster or by calling The Stanley Theatre Box Office at 315-724-4000.



Congratulations to the New Hartford Girls Soccer Team!

The New Hartford Girls Soccer team completed a historic season on November 14th, winning their first-ever state championship as they beat 17-time state champions Southside by a score of 2-1. The team was given a hero’s welcome with a full light and siren escort home by the New Hartford Fire Department and New Hartford Police Department. They were welcomed back to New Hartford by a proud community of family, friends, and fans.

This win capped the Spartan’s second perfect season, extending their winning streak to 37 games. The New Hartford team scored an impressive total of 146 goals throughout the season. The offensive attack was led by Caroline Sekula, Allison Falvo, Anna Rayhill, Alex Volo, and Willa Pratt. Talia Vitullo was responsible for a team-high of 21 assists.

The Spartans only allowed 6 goals the entire season. This unprecedented defensive performance was made possible by holding midfielders Talia Vitullo and Katelynn Truax, backed up by defenders Mia Roberts, Biddie Clive, and Carina Wu, along with goalkeeper Savannah Cole. New Hartford shut out opposing teams 19 times this season. Also contributing to this season’s success were Makenzie Desmarais, Megan Kolb, Erin Cahill, Sophia Vitullo, Olivia Vitullo, Kacey Richards, Grace Serafin, Amanda Graziano, Natalie Smith, Taylor Krol, and Kylie Pratt.

The Spartans are thankful to all of those that made this dream season possible, including Athletic Director John Banek, Athletic Trainer Spencer Strife, Videographer Gabe Howe, the New Hartford Central School District, team parents, the New Hartford Soccer Boosters, and all members of the community that came out to support the team.



Holiday Festival & Craft Fair

To Benefit “**Limz for Luke**”

December 4th, 10 am - 4pm
Jewish Community Center
2310 Onzida Street, Utica

Come on out for a day of shopping from local businesses & crafters while you enjoy live entertainment, kids’ activities, a character photo op and a variety of food options while supporting “**Limz for Luke**”

- a charity founded by a New Hartford High School student who is battling cancer, to benefit the Pediatric Cancer Unit at Upstate Medical Center.

There is a \$5 entry fee to benefit **Limz for Luke**.
You will receive raffle tickets with your donation.



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2 THE TOWN CRIER

Community News

DEC.
2021



Shaw Receives Award

On Thursday, October 21, 2021 at the Naples Yacht Club in Naples, Florida, the Greater Naples Chamber of Commerce awarded Michael "Mike" Shaw the 2021 Distinguished Public Service Award for Emergency Management.

During the COVID-19 emergency, Mike coordinated Collier County's conference calls for healthcare organizations, first response agencies, municipalities, and other key agencies. He led the distribution of more than 1.3 million PPE items to area hospitals, care facilities, first response agencies, and other critical organizations. He also supported the planning and coordination of testing, vaccination, and monoclonal antibody sites within Collier County.

Mike was a 2002 graduate of New Hartford High School and a 2006 graduate of Utica College. He also received a Master of Public Administration degree from East Carolina University in 2009 and the Certified Public Manager credential from Florida State University in 2018. He holds a current Florida Professional Emergency Manager credential through the Florida Emergency Preparedness Association.

He is currently an Emergency Management Coordinator for Collier County, FL where he serves as Operations lead for the county's Emergency Operations Center and for field responses, and is also the administrator for the county's web-based emergency information and coordination site "WebEOC." He serves as a Chair of the Florida Emergency Preparedness Association's statewide WebEOC Working Group. Mike lives with his wife Leslie and son Brendan in Naples, Florida.

Mike is the son of Dolores (Dory) Shaw and the late John Shaw.



Precision Clinical Laboratories

Submitted by Asif Syed, CLT, ASCP, MBA; Administrative Laboratory Director

I am so humbled, honored, and beyond excited to have been part of an amazing medical team in the ICU working along with incredible medical teams of professionals to provide clinical laboratory onsite testing for New York City Road Runner 50th anniversary event. This was epic event to bring Clinical Laboratory testing in the spotlight and from traditional image of behind-the-scenes setting to the forefront, at bedsides of the athletes. It was truly an epic feeling to represent the Clinical Laboratory profession as a medical laboratory team captain in such a legendary NYRR race and Precision Clinical Laboratory as a leader. I am extremely grateful for another milestone of Precision Clinical Laboratories, located in Clinton, to support such a magical event on the world stage.

Precision Clinical Laboratories is also proud to provide testing for the Utica Comets Hockey team.

Precision Clinical Laboratories is in such unique position to mitigate unprecedented COVID-19 pandemic that is still roaring and evolving that changes the outbreak characteristics of the virus within public health geographically. There are constraints that healthcare delivery systems approach with a one-size-fits-all by managing their service lines. Providing COVID-19 testing for their patients to reduce COVID-19 transmission within population and safeguard the safety of their medical professionals that impacts their own elective procedures, public health, and socioeconomic. If your organization is still facing bottleneck workflow process for in-house SARS-CoV-2 because of limited reagents supply, limited instrument

capacity, incapable of 24/7 testing, no approximate turnaround time (TAT) provided by reference labs, and shortage of manpower to run tests. Precision Clinical Laboratory in Clinton, NY can assist your organization scale up your testing capabilities by optimizing workflow to reduce your choking-points by mobilizing our COVID-19 specimen's collection mobile units for onsite collection. Precision Clinical Laboratories has the capacity with state of art instruments that run highly complex 384 tests in a single run with industry "gold standard" real time RT-PCR that deducts RNA three target materials within the specimen after extraction and purification process of three different variants. If the specimen is received before 1 PM by courier, drive-through or FedEx, you will have the test results on the same day by 5 PM. If there is a need of faster TAT than the same day, Precision Clinical Laboratory can provide 30 minutes TAT with rapid PCR and antigens testing within 10 minutes. Precision Clinical Laboratories is the leading healthcare delivery system under Dr. Nameer Haider's leadership. Dr. Haider has been practicing Interventional Pain Management for over 12 years. Dr. Haider is a Diplomate of the American Board of Physical Medicine & Rehabilitation with a subspecialty Board Certification in Pain Medicine by the American Board of Anesthesiology. He also is a Diplomate of the American Board of Pain Medicine.

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Grey Fox Felting Workshops

We offer adult and youth needle felting workshops at our physical location at 70 Genesee Street, New Hartford, NY. We also offer virtual needle felting workshops.

Log on to greyfoxfelting.com to register and see other available workshops.



Needle Felting Workshop - Sweater Bear \$40

Sat, December 4, 2021, 9:00 AM – 12:00 PM EST

Get cozy with a fun new craft, and learn how to needle felt your own sweater bear! In this beginner friendly workshop, you will learn all the basics about needle felting techniques and materials. Join Erin as she guides you step by step in creating your own needle felted sweater bear from start to finish in a relaxing and supportive environment. No felting experience is necessary. Ages 12 - adult.

All materials needed for this workshop are available as Add-ons.

Select the Project Kit for Sweater Bear if you already have your own felting needles and felting mat that you'll be bringing with you, and you only need the wool for this sweater bear.

If you need a set of felting needles and a foam felting mat, be sure to also select the Basic Felting Kit.



VIRTUAL Needle Felting Workshop Mitten Ornaments \$25

Tue, December 7, 2021, 11:00 AM – 12:30 PM EST

Welcome winter with a fun new craft, and learn how to needle felt your own tiny mitten ornaments! In this beginner friendly workshop, you will learn all the basics about needle felting techniques and materials. Join Erin

as she guides you step by step in creating your own pair of needle felted mittens from start to finish in a relaxing and supportive environment. No felting experience is necessary. Ages 9 - adult.

All materials needed for this workshop are available as Add-ons. Instruction will cover the complete making of 1 pair of mittens. Project Kit for Mitten Ornaments will include enough wool for 3 pairs of mittens in different colors so you can complete 2 more pairs of felted mittens after the workshop!

Select the Project Kit for Mitten Ornaments if you already have your own felting needles and felting mat at home, and you only need the wool and yarn for these mittens. This kit includes enough wool and yarn to make 3 pairs of mittens in three colors: red, golden yellow, and blue.

If you need a set of felting needles and a foam felting mat, be sure to also select the Basic Felting Kit.

Materials may be picked up at our storefront located at 70 Genesee Street, New Hartford, NY 13413, or we can ship your materials to you prior to the workshop. Be sure to select the Shipping add-on if you need your materials mailed to you.

Needle Felting Workshop - Mitten Ornament \$25

Sat, December 11, 2021, 9:00 AM – 10:30 AM EST

Get cozy with a fun new craft, and learn how to needle felt your own mitten ornament! In this beginner friendly workshop, you will learn all the basics about needle felting techniques and materials. Join Erin as she guides you step by step in creating your own tiny needle felted pair of mittens from start to finish in a relaxing and supportive environment. No felting experience is necessary. Ages 9 - adult.

All materials needed for this workshop are available as Add-ons. Instruction will cover the complete making of 1 pair of mittens. Project Kit for Mitten Ornaments will include enough wool for 3 pairs of mittens in different colors so you can complete 2 more pairs of felted mittens after the workshop!

All materials needed for this workshop are available as Add-ons.

Select the Project Kit for Mitten Ornaments if you already have your own felting needles and felting mat that you'll be bringing with you, and you only need the wool and yarn for these mittens.

If you need a set of felting needles and a foam felting mat, be sure to also select the Basic Felting Kit.

Happy Holidays



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Friends of the New Hartford Public Library News

MITTEN TREE

Hello to all knitters. We want to let you know that our Mitten Tree will be back in its usual spot again this year.

IMPORTANT Library Closure Dates

The New Hartford Public Library will be closed on December 24th, 25th, and 31st. We will also be closed on Jan.1st. We wish you all a very happy and healthy holiday season.

A Note From the Director:

At this point we are expecting to open our Community Rooms starting Monday, January 3rd. As we have done in the past, we reserve the right to alter the start dates and delay meetings based on COVID rates in our area. We appreciate your patience and understanding.

Small Study Room Update

It's almost exam and finals season. We will be opening up our 2 small study rooms for patrons to use starting December 1st. Our Community Rooms remain closed for the month of December.

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).

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 spot designated 1. We assign this spot to those that are taking advantage of this service. Thank you for your compliance and understanding.

Book Donations

Your book donations are greatly appreciated. As a reminder, we ask that you limit your donations to one box/bag at a time and that you deliver them to our Circulation Desk. Please do not leave donations in our drop boxes or outside our door when we are closed.

Stay Connected With Us!

The most up to date information regarding closings, reopening, programs and crafts can be found on our website and on our Facebook and Instagram pages.

Website: www.newhartfordpubliclibrary.org

Facebook:

www.facebook.com/newhartfordpubliclibrary

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

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.

December 15, 2021

Christmas Village Display

A holiday tradition returns in December when the Friends of the New Hartford Public Library decorate the library for the season. Of special interest for patrons young and old alike is the Christmas village installed in the hallway display case of the library's main entrance. The work begins Dec. 2 and decorations will remain on display throughout the month. Make sure to check out the decorations when you visit the library and thanks to the Friends for all the work they do on behalf of the library.

The Preschool Projects

Every Tuesday we will be offering a project for preschoolers.

December 7th - Bearded Gnome

December 14th - Design a Paper Gingerbread House

December 21st - Doh-lightful Tree Kit

December 28th - Beaded Pipe Cleaner Snowflake

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 Schedule

The last Grab & Go for this session is December 9th - Outdoor Hanging Birdseed Ornament. Call to reserve beginning at 10:00 on the day of that months' project, or come into the library to pick up! While supplies last.

Grab & Go Projects Adults Schedule

The last Grab & Go for this session is December 2nd; Miniature Wine Cork Wreath. Call to reserve beginning at 10:00 on the day of that months' project, or come into the library to pick up! While supplies last.

Seeds of Hope

The New Hartford Public Library will continue to collect canned goods for the Seeds of Hope Food Pantry located at First Presbyterian Church in Utica. Donations can be dropped off and placed in the collection box just inside the lower level entrance. Thank you!

Cell Phones for Soldiers

Sen. Joseph Griffo, Cell Phones For Soldiers and AT&T have once again partnered to collect used and unwanted cell phones and tablets for overseas soldiers. New Hartford Public Library is a drop-off site for the

phones. Please bring any device you wish to donate between Nov. 11 and Dec. 11. All proceeds from the recycled mobile devices will be used to buy long distance calling cards for troops abroad and veterans at home. If anyone has any additional questions, please contact Sen. Griffo's office at 315-793-9072 or visit the website cellphonesforsoldiers.com.

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

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.

Need Some Tech Help?

Technology has played such a huge role in our lives this past year and a half. It also changes quickly. Are you feeling like you need some help with Zoom? Emails? Your smart Phone? Apps? Audiobooks or eBooks? Something else? Our staff will gladly assist you. Feel free to drop in or call ahead to be sure that a staff member will be available to help you. 315-733-1535.



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Sitting with Ourselves: The Value of Chair Yoga

Submitted by Kristy Caruso, Root Down Wellness

In the 20 plus years I’ve taught yoga locally, I’ve worked with people of all ages, fortifying my belief that yoga is for everyone. Yet people continue to tell me “ I couldn’t possibly do yoga”. From their perspective their bodies are, for numerous reasons, disqualified from participating. In these moments I lovingly communicate a nugget of insight, offering them a different perspective on yoga and the bare necessities of practice: if you are breathing, you have everything you need.

This past summer I reentered the realm of chair yoga at the Kirkland Library. It had been a while since I had taught a chair class, so I brushed up on this particular style of practice and got reacquainted with it. After that first class, I was reminded of just how potent and powerful this style of practice can be and how many people in my community could greatly benefit from it. Yoga has largely been marketed as an activity of dynamic flowing movements, many of which require a certain level of mobility, flexibility and strength to execute. This explanation of yoga is not false, but it is extremely limited. Restorative yoga involves laying on the floor for extended periods of time in various shapes, supported and surrounded by pillows and blankets. A major component of yoga is meditation, which also involves radical stillness. Yoga isn’t practiced just one way, but more like a huge tree with many, many different branches.

I understand yoga to be a series of techniques that we can do, and also a word that describes a state of being. There is no particular shape or necessary range of motion needed to achieve this level of presence and awareness. One just needs to show up to their practice committed to being curiously open to the direct experience of what’s happening. And when we focus our attention on the moment, lovingly and without fear, we reveal the infinite potential for unshakeable peace.

It’s this understanding, that yoga isn’t just active or just passive, but a state of being receptive, that leads me to trust that anyone can practice. Chair yoga in particular is a compassionate approach of tending to the entirety of one’s being. It honors the fact that many people are recovering from or suffering through various issues that require a gentler approach to yoga. Many people struggle to get up and down off the floor with ease, so the chair serves as a loving support, holding us up while we explore movement, stillness and presence.

Over the years I’ve watched many of my students arrive at a place in their life where they didn’t feel they could kneel, bear weight on their hands or transition off the floor. A hip or knee replacement sidelined them or their arthritis worsened and they put away their mats. This summer I was reminded that chair yoga is a beautiful way for anyone to get in touch with their breathing, explore mindful and nourishing movements and experience the wellspring of peace and ease that resides within us all.

I recently added a Saturday chair yoga class to my schedule at St Stephens Church in New Hartford (9-9:50am, \$10/class). I believe community and human connection are the antidotes to anxiety, depression and isolation, so my heartfelt intention is to continue

finding ways to bring people together in the name of individual and collective health. Together we can tend to our physicality in a way that honors all the joys and challenges that come with inhabiting a body. Together we can put our minds at ease and tap into our inner resources, cultivating the inner conditions for health and wellbeing.

Come exactly as you are and trust that yoga is much, much more than just standing on your head.

Kristy Caruso runs Root Down Wellness, offering all-levels yoga classes and community wellness programs at St.Stephen’s Church in New Hartford.

Visit rootdownwell.com for Kristy’s complete schedule of offerings, blog and contact information

Holiday Concert

Utica College Concert Band to Perform at New Hartford Presbyterian Church

December 12

The Utica College concert band under the direction of Michael DiMeo will present a concert at New Hartford Presbyterian Church on Sunday afternoon, December 12, at 2:30 p.m. Musical selections will include songs of the seasons, tributes to veterans and other popular selections.

The concert is free and open to the public. Masks will be required. New Hartford Presbyterian Church is located on the village green at 45 Genesee Street in New Hartford. More information is available by calling the church office at 315-732-1139.

REALM CHIROPRACTIC

Dr. Timothy Delmedico Celebrates 20 Years of Service to the Community

A local Chiropractor, Dr. Timothy DelMedico has been serving the Mohawk Valley for 20 years. His practice, Realm Chiropractic, has been located in Utica, NY since 2001 and has recently expanded to Herkimer this past summer.

On reaching this milestone, Dr. DelMedico said, “It’s hard to believe. It seems like I just opened my practice yesterday. I am blessed and honored to have served the people of this area for the last 20 years.”

Dr. Tim DelMedico and his staff are currently seeing patients at 2709 Genesee Street in Utica and 300 West German Street in Herkimer. They are accepting new patients at both of these locations. They enjoy seeing patients of all ages. To set up an appointment please call 315.797.1908 (Utica office) or 315.866.1113 (Herkimer office) or schedule an appointment online at www.realmchiro.com.

REGISTER TO VOTE!

Your VOTE is your VOICE

Voter Registration Dates and Absentee Ballots Apps Available

Voter Registration Dates:
Voter Registration Date for the December 14, 2021 Capital project Vote has been scheduled for the New Hartford Central School District:

Thursday, December 7, 2021 - 3:00-7:00 pm - High School Lobby, 33 Oxford Road, New Hartford.

This registration is for district residents NOT currently registered with the County Board of Elections. Proof of residency is required. For more information please call the District Clerk at 315- 624-1218.

Absentee Ballots:
An application for absentee ballots can be requested by mail from the District Clerk, Mrs. Kim Schweitzer, c/o District Office, 33 Oxford Road, New Hartford, NY, 13413 or the request form can be picked up at Bradley Elementary School. Completed applications must be received by the District Clerk at least seven days before the December 14, 2021 Capital Project vote, if mailed to the voter, or the day before the election, if the ballot is picked up by the voter.

Holiday Pop-Up Shops

Holiday Pop-Up

A Holiday Pop-Up event will be held on Tuesday December 7, from 3 until 7pm at the Remsen VFW.

Local author Bob Elinskas will be on hand to sign copies of his latest book release, The Wild Side of Northern New York. And author and journalist Megan Plete Postal will have her book Southern Adirondack Foothills Fishing, Hunting and Trapping.

Vendors will be selling alpaca products, crochet hats, Christmas ornaments, honey products, wooden American flags, Avon and more.

Stathis Greek and Brake from the Grind food trucks will be parked behind the Post serving up delicious food. Visit the vendors inside, and then grab dinner to take home! The bar at the VFW will be open and visitors are welcome. The VFW is located at 10526 Steuben Street in Remsen, just off Route 12 at the caution light.

This event is a fundraiser for Making Strides Against Breast Cancer, sponsored by the team Penguin Platoon.





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Turning Over a New Leaf

Submitted by Jim LaFountain, All American Fitness Center

Auld Lang Syne, a Scottish song, generally sung on New Year’s Eve/Day, meaning “days gone by” or something similar. With the holidays upon us, it may be a good time to take a look at our “days gone by” with respect to our personal fitness. Our past can provide us with a temp-let to correct our mistakes and build on our successes. A nutritionist friend, once asked me a simple question: “If any weight loss diet worked, why would there be any need for another?” Another question I’ve been asking my clients is: “Can you do this particular program for the rest of your life?”

My 50 years in the field has taught me some simple, but valuable truths:

Nutrition

*Minimizing the amount of sugar, high fructose corn syrup and bleached flour we ingest will have a positive impact on reaching our ideal weight and improving our chances of avoiding a cardiac mishap.

*Eating a small protein rich snack and drinking a glass of water 15-20 minutes before a meal will make us more satiated (full) sooner and cause us to eat less.

*Water is the most important nutrient. It reduces our cravings, lubricates our joints, aids our digestion and the list could go on forever.

*Putting our fork, or whatever utensil we use down and actually chewing our food would help us eat less and reach our ideal weight. It takes about 20 minutes for our brain’s appestat center to register that we’ve had enough food.

*Planning is critical. Most snap decisions involving food do NOT go well. Fast food chains have done their best to provide healthier selections. But, most of their meals are still not ideal when we’re trying to reach our ideal weight.

*What is our “ideal weight?” Most health care professionals can assess our percentage of body fat and calculate our ideal body weight. It’s worth the small investment in time and money.

*Restrictive diets will never work for long. The human body is too smart to fall for restriction and will simply slow down and conserve.

Exercise

*An “exercise-only” approach is a painfully slow method for losing weight. It should be combined with following a prudent nutritional lifestyle.

*In spite of the catchy advertisements, there is no ideal or better exercise than any other. YOUR perfect exercise is the one you feel most comfortable doing and plan on doing, most days of the week, over the long haul.

*Commit to simply “show up.” Most days when we feel like skipping a workout, if we show up and get

started with a mild warmup, we come alive and have a great workout.

*Regular exercise loves company. While we can easily talk ourselves out of working out, it’s not so easy to skip, if we’re expected to meet a training partner.

*Never and I mean NEVER compare yourself with anyone else, when it comes to diet or exercise. Everyone is genetically predisposed to respond to diet and exercise differently. We all have friends who can eat anything and stay thin. That’s the genetic gift they’ve been given. Your goal should to become the best possible “YOU.”

*If you’re a beginner, start slowly. In a few months, when you’ve reached your fitness goals, no one will care how you got started.

*Goals are important, but do NOT fall in love with them. You may need to make modifications along the way.

*We, every one of us will slip up. Developing a plan to deal with minor setbacks is critical.

Days gone by cannot be erased or changed. They can, however, can make us aware of past fitness failures and successes and help us to make the necessary changes to assure us of success. Putting into practice even a few of the suggestions I’ve made can be practiced for a lifetime of fitness success.



Letters From Santa

Do you know a child who would love to receive a personalized letter from Santa? Let us help bring joy to a little one while you help fight cancer.

Our team has a connection to Santa and we will help spread some Christmas magic this year. This is a fundraiser to benefit Making Strides Against Breast Cancer and the American Cancer Society (ACS), presented by the team Penguin Platoon. For a suggested donation of \$5.00 per letter, per child, Santa’s letter will be mailed out after you complete a form and provide a little information about the child. All requests and payments should be made no later than December 10 to ensure delivery before Christmas.

Fill out the simple form that we’ll provide asking for information about the child and what they’d like for Christmas, and a few other questions. Our team will draft the letter, print it on holiday stationary and mail it to the child.

If there is more than one child in a household, no worries, each will receive their own personalized letter and each one will be a little bit different. This is a great way of bringing joy and wonder to a child while making a meaningful gift to the American Cancer Society as well.

If you would like to have a letter sent from Santa, e-mail Lynn Surprenant at LSupse@gmail.com, or leave a message for Carol at 315-831-3052. Questions or concerns, contact Bob Elinskas at the American Cancer Society (315) 257-7386.



The Hospice & Palliative Care, Inc. Board of Directors is Pleased to Announce Mary Bogdan as the New Chief Executive Officer of Hospice & Palliative Care, Inc.

Hospice & Palliative Care, Inc. (HPCI) has appointed Mary Bogdan, BSN, BS, RN, CHPCA, CHPN as its new Chief Executive Officer. She was most recently the Director of Clinical Services at Hospice of South Texas, Victoria, TX. Prior to that she was the Chief Clinical Officer at Hospice & Palliative Care, Inc. where she had been employed for six years. She replaces Shannon Cayea as the Chief Executive Officer.

The Board of Directors is pleased to announce Mary Bogdan’s appointment to this position. “Mary is an experienced leader and clinician with a breadth of healthcare experience. Her years of experience with our organization and her ability to bring our organization to a new level will enhance Hospice’s position within our healthcare community and at the state level,” stated William Miller, HPCI’s Board President.

Mary Bogdan is currently enrolled in the Master of Healthcare Administration Program through Grantham University, Lenexa, KS. She holds a Bachelor of Science in Nursing from Chamberlain College, Downers Grove, IL. She holds an Associate in Applied Science of Nursing from St. Elizabeth College of Nursing, Utica, NY and a Bachelor of Science in Psychology from Utica College of Syracuse University, Utica, NY.

HPCI has been providing care to residents of Oneida, Herkimer, and Eastern Madison Counties since 1977. For 44 years Hospice & Palliative Care has supported those in the community with chronic and life-limiting illnesses and their families with quality, compassionate care. In 2020 Hospice & Palliative Care served over 1,000 palliative and hospice patients and their families in their own homes, the Hospice Siegenthaler Center, hospitals, nursing homes and other home-like residences. For more information about hospice, please call (315)-735-6484 or view its website at www.hospicecareinc.org.



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NH Scout Troop & Cub Pack #4 Collected Food for Vets

On November 5 and 6 Chanatry’s granted permission to New Hartford Scout Troop #4 and Cub Pack #4 to set up shop at both entrances to their grocery store. The event was their annual Scouting for Food collection with all food and monetary donations going to the Feed Our Vets non-profit organization. This two day event resulted in 1,950 pounds of food items and \$808 donated which was passed on to Rich and Michelle Synek and their crew from Feed Our Vets. It was a great two days for Scouting, Chanatry’s, and our Veterans. Many thanks to all who shopped locally and donated to this worthy cause. Troop #4 is proudly sponsored by the New Hartford American Legion Post #1376.



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learning about
local businesses



2
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print shop for
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3
Buy books from
an independent
bookstore



4
Make holiday
meals from local
ingredients



5
Buy from
vendors at
holiday festivals

Business Development

Free Webinar: Pivot Tables in a Nutshell

The Business Development Committee of the New Hartford Chamber of Commerce proudly invites you to attend "Pivot Tables in a Nutshell" on **Wednesday December 8th from 9am to 10am**. Admission is free.

Webinar Description:

One of the most useful tools in Excel is the Pivot Table. Unlike simply sorting and filtering data fields, a Pivot Table creates an interactive report to summarize data in different views. This tool makes you much more proficient when analyzing large amounts of data, that may normally take hours to do, without changing the actual data source.

Learn how to use this powerful feature to summarize and analyze your worksheet data. During this session you will learn:

- Pivot Table Best Practices
- List vs Table Data
- Create a Pivot Table
- Organize Pivot Table Data
- How to Connect to an External Data Source

Presented by Chamber Member Patricia Cerio, PC Smartz

Patricia has 30 years of proven experience providing customized software training to executive professionals, sales reps, administrative assistants and support staff in multiple software applications and operating systems. Her specialty is Microsoft Office Suite of products (including Office 365) and services include technical writing, technical support and desktop publishing.

Considered an expert in her field, Patricia makes it her business to understand the needs of her clients to develop a personalized learning experience. Her patience and ability to break down the most complex software packages into understandable bits of information helps users overcome the fear of learning new programs; while increasing their skills and productivity. She places great value on keeping her training sessions not only informative but also interesting and fun.

Please register on the chamber website:

www.NewHartfordChamber.com

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Light Up A Life for Hospice & Palliative Care

Each holiday season, Hospice & Palliative Care’s “Light Up A Life” Campaign helps the community come together to celebrate the lives of those we love and those we have lost. The public is invited to consider a gift to “Light Up A Life” as a special way to express joy, gratitude or sympathy by dedicating a holiday tag on one of the Hospice’s trees.

“It has been said that when a cardinal appears it’s a gentle reminder of a loved one who has passed. Although they are no longer with us, they remain forever cherished in our hearts. The fond memories we shared, the love that filled our lives with them will never part.”

There are a number of ways to participate:

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

You can also select to place your holiday tag:

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

All gifts to “Light Up A Life” are welcome through December 31, 2021 and are greatly appreciated. With your donation of \$100 or more you will receive a keepsake “Tree of Life” ornament. Hospice, palliative and bereavement services to the community are only possible due to the generosity of our donors and gifts stay right here in Oneida, Herkimer & Madison Counties helping our loved ones, neighbors and friends.



With a donation of \$100 or more to “Light Up A Life” you will receive a keepsake “Tree of Life” ornament.

1ST

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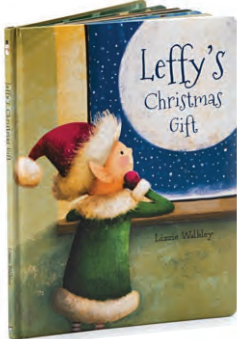


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NHFD News

October was another busy month for your New Hartford Volunteer Fire Department with 115 alarms as indicated by the monthly call report listed below by category:

Fires	=	2
EMS	=	59
Hazardous	=	6
Service Type	=	16
Good Intent	=	10
Other Alarms	=	20
Weather Related	=	2
Other	=	0



Total Calls for the Month of October 2021 = 115. Of the 115 alarms, 101 were in the town and 14 in the village. This brings the total number of calls year-to-date through October 31, 2021 to 1,020.

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.

A Magical Time of the Year

The New Hartford Volunteer Fire Department invites you to stop by the fire station to see this year’s Holiday Lights display. In conjunction with the Village of New Hartford, the fire station has become the focal point for many friends, young and old, at this time of the year, including many of those who have gone away from the area and returned “home” over the holidays.

Members of the department worked tirelessly to make sure the village “glowed” during this holiday season. Even last year with COVID we were proud to still put on our display. Approximately 15-20 elves spent over 60 hours assembling and installing the various decorations. In addition we have planned to work on prepping the displays before they are actually put up. From the lighting to the Memorial displays, to the arches and candles, we take pride in making the most of our display along with the Village display in the Park.

This year’s lights were turned on Thanksgiving evening for all to enjoy.

Over the course of many years, with the generous support of our New Hartford Community, we continually update and improve the displays. We thank you all for your support and hope that you enjoy not only the lights but this very special and magical Season!

The New Hartford Volunteer Fire Department Fire Chief Scott Nicotera, along with the officers and members...

WISH EVERYONE A HAPPY AND SAFE HOLIDAY SEASON!

Visit us on the web at: www.nhfd.com all year long.

New Hartford December Home Games

** subject to change without notice*

Date	Start time	Sport	Level	Opponent	Location
12/01/2021	4pm	Bowling (Girls)	Varsity	Notre Dame, Utica	Pin-O-Rama Lanes
12/03/2021	4pm	Bowling (Boys)	Varsity	Utica Proctor	Pin-O-Rama Lanes
12/03/2021	5:30pm	Basketball (Girls)	JV	RFA	HS Gym
12/03/2021	7pm	Basketball (Girls)	Varsity	RFA	HS Gym
12/03/2021	7:30pm	Ice Hockey (Girls)	Varsity (Combined)	Canton	Clinton Arena
12/07/2021	4pm	Bowling (Boys)	Varsity	CVA (Blue)	Pin-O-Rama Lanes
12/07/2021	5:30pm	Swimming/Diving (Boys)	Varsity	Weedsport	HS Pool
12/07/2021	7:30pm	Ice Hockey (Girls)	Varsity (Combined)	Ithaca	Clinton Arena
12/08/2021	4pm	Wrestling (Boys)	7th/8th	Whitesboro, CVA	Perry JH Cafeteria
12/08/2021	7pm	Ice Hockey (Boys)	Varsity	Cazenovia (Caz/ME/Ham)	NH Rec Center
12/09/2021	5:30pm	Volleyball (Girls)	JV	Whitesboro	
12/09/2021	7pm	Volleyball (Girls)	Varsity	Whitesboro	
12/10/2021	4pm	Bowling (Boys)	Varsity	Camden	Pin-O-Rama Lanes
12/10/2021	4:30pm	Volleyball (Girls)	7th/8th	CVA (Blue)	Perry JH Gym
12/10/2021	6pm	Basketball (Girls)	JV	Norwich	HS Gym
12/10/2021	7:30pm	Basketball (Girls)	Varsity	Norwich	HS Gym
12/13/2021	4:30pm	Volleyball (Girls)	7th/8th	RFA	Perry JH Gym
12/13/2021	4:30pm	Basketball (Boys)	7th/8th (Blue)	Notre Dame, Utica	Perry JH Gym
12/13/2021	5:30pm	Basketball (Boys)	JV	Notre Dame, Utica	HS Gym
12/13/2021	7pm	Basketball (Boys)	Varsity	Notre Dame, Utica	HS Gym
12/14/2021	4pm	Bowling (Girls)	Varsity	RFA	Pin-O-Rama Lanes
12/14/2021	4:30pm	Basketball (Girls)	7th/8th (Red)	Utica Proctor (JFK)	Perry JH Gym
12/16/2021	4:30pm	Basketball (Girls)	7th/8th (Blue)	Utica Proctor (DMS)	Perry JH Gym
12/16/2021	5:30pm	Volleyball (Girls)	JV	VVS	
12/16/2021	7pm	Volleyball (Girls)	Varsity	VVS	
12/17/2021	4pm	Bowling (Boys)	Varsity	VVS	Pin-O-Rama Lanes
12/17/2021	4:30pm	Basketball (Boys)	7th/8th (Red)	Oneida	Perry JH Gym
12/17/2021	5:30pm	Basketball (Girls)	JV	Utica Proctor	HS Gym
12/17/2021	7pm	Ice Hockey (Boys)	Varsity	Whitesboro	NH Rec Center
12/17/2021	7pm	Basketball (Girls)	Varsity	Utica Proctor	HS Gym
12/20/2021	4:30pm	Volleyball (Girls)	7th/8th	VVS	Perry JH Gym
12/20/2021	4:30pm	Basketball (Boys)	7th/8th (Red)	Camden	Perry JH Gym
12/20/2021	5:30pm	Volleyball (Girls)	JV	CVA (Blue)	HS Gym
12/20/2021	7pm	Volleyball (Girls)	Varsity	CVA (Blue)	HS Gym
12/21/2021	4pm	Bowling (Boys)	Varsity	Whitesboro	Pin-O-Rama Lanes
12/21/2021	4:30pm	Basketball (Girls)	7th/8th (Blue)	VVS	Perry JH Gym
12/21/2021	7pm	Ice Hockey (Girls)	Varsity (Combined)	Oswego	JFK Ice Hockey Arena
12/31/2021	10am	Ice Hockey (Girls)	Varsity (Combined)	Oswego	Clinton Arena



Pictured LtoR in the front row are: Mike Rondenelli, store manager at Kellogg Rd, Mike Childrose, ARM at Commercial Drive, and in the back row from left to right are: Rich Thomas, store manager in Clinton, Kevin King, store manager in Rome, Cheryl Rondenelli, store manager in Commercial Drive and Dan Hines, Center Store Manager in Commercial Drive.

MV Hannaford Stores Sponsor Boilermaker

The 6 Hannaford Stores located in the Mohawk Valley were one of the sponsors for this year’s 44th running of the Boilermaker road race that takes place on the city streets in Utica, NY. This year was very unique as it was held on Sunday, October 10th, 2021. The race is always held on the second Sunday in July and is one of the largest 15K road races in the Country.

The Mohawk Valley Stores had a booth set up at the Boilermaker Expo located in Sangertown Mall in New Hartford, NY on Friday 10-8 and Saturday 10-9 where all of the runners, their families and the general public came to collect their race information and visit all of the booths.



The Winter 46 Photography Exhibit on Display at View Starting December 3rd

Photographer Jonathan Zaharek will be exhibiting his show, The Winter 46, at View, the Center for Arts and Culture in Old Forge, New York, from December 3rd through March 19, 2022. This is a travel exhibition organized by Lake Placid Center for the Arts.

The Winter 46 brings to life the journey of Zaharek, who climbed all 46 High Peaks in a span of just 3 months during the height of winter. This inspiring collection of breathtaking still photography marks the first time anyone has ever documented the entire Winter 46 in high definition for the public.

View is open 10 AM – 4 PM Monday through Saturday. Gallery Admission is free for View Members and \$10 for guests. For further questions or more information, visit us at ViewArts.org or call (315) 369-6411.

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Ingredients

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16 oz Tub ready made vanilla frosting, avoid whipped, it won't get as firm

Instructions

Empty both the peanut butter and frosting into a microwave safe container.

Microwave on high for 1 min. Remove from microwave and stir.

Then microwave on high for 1 min and pour mixture into glass banking pan.

(9 x 9, works best)

Smooth out, then refrigerate until hard

16 THE TOWN CRIER

Community News

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Hope House Donations Being Accepted

Friedel, Williams & Edmunds Funeral Services are asking for your assistance again this year in helping the Hope House of Utica. The Hope House is in need of the following items. We will be collecting from today to December 16.

Any nonperishable items: Canned Meats, Peanut Butter, Jelly (no glass), Canned or Dry Soups, Canned Stews and Chili, Canned Pasta, Canned Vegetables and Fruits, Canned Pasta (Spaghetti "O's"), Hot and Cold Cereals, Rice, Cake Mixes, Pancake Mix, Powdered Milk, Packaged Pasta (Macaroni & Cheese, etc.), Juice Boxes, Canned Juices, Canned Beans and Baby Diapers.

They are also looking for: Hats, Gloves, Mittens, Coats, Blankets and Hand/Foot Warmers.

Feel free to drop off any of the items at our outside drop box at our 13 Oxford Rd., New Hartford location between 8am and 4pm. Monday-Friday If those times don't work, please call us and we will meet you. We and the Hope House greatly appreciate your kind donations.



Pieces of HeART on Display at Sangertown Square

Sangertown Square has teamed up with Upstate Cerebral Palsy's Pieces of HeART program to provide an exhibit of art from local community members.

The Pieces of HeART program provides an opportunity for artists to create art with a common goal of self-expression. The program allows artists with physical challenges to have control of the art-making process and provide an outlet to present their thoughts and feeling to improve their overall well-being.

Sangertown Square guests can enjoy the interactive art exhibit as they walk throughout the shopping, dining, and entertainment center. Each piece of art on display will have a QR Code for guests to scan and find out more information on the artist and the Pieces of HeART program at Upstate Cerebral Palsy.

"Sangertown Square has been a fan of the arts for over 40 years, bringing in various musical and dance performances and hosting local high school art exhibits" said Victoria Orilio, Marketing Director, Sangertown Square. "It was only fitting that we work with Upstate Cerebral Palsy to help create awareness of the Pieces of HeART Program and allow the artist to see their work in the community."

Artwork from the Pieces of HeART program will be on display at Sangertown Square throughout the holiday season and into early 2022. Guest can enjoy the various creative pieces as they visit over the next several months. Artwork will change over time to display additional local artist from the program.

For the latest sales, news, and information on Sangertown Square please visit our website, sangertown.com like us on Facebook, facebook.com/SangertownSquare, follow us on Twitter, twitter.com and Instagram, @sangertown_square.

security guard, including the role of the security guard, legal powers and limitations, emergency situations, communications and public relations, access control, and ethics and conduct. Participants must pass an examination to successfully complete the course.

"At the Masonic Care Community, our security officers maintain the safety of our senior care facility," said Mara Mulligan, director of strategic marketing and philanthropy at Masonic Care Community. "We have a large, 440-acre campus and more than 500 elderly residents, and so our security officers are key members of the MCC team as they help to keep our residents, and our campus, safe."

Prior to taking the course, participants must be interviewed and approved. For more information and to sign up for an interview, contact Joseph Ciccone, security supervisor at MCC, at 315-798-4800 x6924 or apply online at indeed.com/cmp/Masonic-Care-Community.

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

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MVCC's CCED Partnering with Masonic Care Community to Offer Free Security Guard Training

Mohawk Valley Community College's Center for Corporate and Community Education is partnering with Masonic Care Community (MCC) to offer an Eight-Hour Pre-Assignment Training for Security Guards for free, after which participants would work as security guards for MCC. The training will take place from 8 a.m. to 4 p.m. Saturday, Dec. 11, on MVCC's Utica Campus, 1101 Sherman Drive.

The course, required by New York State to obtain a security guard license, provides participants with a general overview of the duties and responsibilities of a



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DEC.
2021

Community News

THE TOWN CRIER 17



John. F. Romano

Submitted by Malio J. Cardarelli

Back in 2012, when John Romano asked that I write a 125-year tribute to the D. B. Smith Company started locally in 1888, purchased by his father in 1973, and then by John in late 1980, I did so reluctantly, wondering how I could write more than a few paragraphs about an

endeavor that manufactured insecticide sprayers. To my amazement, it was an unproblematic task, easy-enough to fill an entire book on a company that expanded to a world-wide marketplace, always maintaining its core here in the Utica area. That work is titled, "Smith-Romano, Making it Happen for 125 Years." Later, again at the request of John Romano, I filled another volume, more than twice the size of the earlier effort, on John's father, Francis Eugene Romano. The elder Romano achieved remarkable business successes, both here and elsewhere, but always locally maintained the hub of his operation--Pacemaker Steel founded April 1, 1956--in Utica. It is headquartered on Main Street with extended operations on Broad Street. That work is titled, "F. Eugene Romano; Doing it His Way." Certainly, I reasoned, this was all that could be written about the Romano family. Then, a year ago, at the request of Jacqueline Romano, I was called upon to record the incredible growth of the previous company, D. B. Smith, now known as The Fountainhead Group, (FGI) under the leadership of her husband, John F. Romano. At first, I thought it to be not much more than a replication of the earlier work on the company with John mimicking his father's business

acumen. Instead, I came face to face with the revelation that under John's chance-taking and never-wavering leadership, the enterprise is on the threshold of magnifying its earlier annual receipts to perhaps 100 times that amount. John, I learned, is unwilling to enjoy achievements by allowing things to operate unaltered, no matter how successful. Instead, he introduces new concepts, sometimes dramatically expanding the state of the art. His more notable moves include the purchase of a company in Melrose, Massachusetts, the Burgess Manufacturing Company. That acquisition was, for the then small D. B. Smith Company, a major purchase requiring a variety of loans to accomplish. What it did was expand the sprayer operation, adding foggers, and bringing the 80 Burgess jobs here to the Utica area, at that time doubling the size of the local operation. Later, after years of effort and expense, John introduced brand-name manufacturing, which expanded FGI from solely manufacturing sprayers that the customer could fill with whatever insecticide, cleaner, etc preferred, to manufacturing sprayers for specific products, for example, products produced by Ortho, Scotts, Roundup, etc. They are on the shelves of major outlets such as Lowe's, Home Depot, Wal-Mart, Ace Hardware, all containers manufactured by FGI. And the introduction of personalized sprayers such as the Grab & Go sprayers, and a variety of foggers, along with backpack sprayers further enhanced the company, now supporting some 200 employees locally. And, of course, along with these chance-taking innovations, there were failures, all part of a progressive business approach, characterizing, the broadminded nature of owner-CEO John Romano. But this review of the John Romano episode would be seriously lacking without mention of the widespread and generous charitable bequests provided by him and FGI. There is no way to herein list or even exemplify the enormity of these gifts to local charities and community enhancements. Perhaps, it might be sufficiently descriptive to borrow the words of one of John's associates, Jace Volo, who describes his charity as: "the complete and absurd amount of philanthropy and community giving that John's business has created." Longtime friend Mark Chanatry notes that "I see his generosity first hand and what he does for the community looking for nothing in return." Is this simply an expansion of what was in the earlier Smith-Romano book? It is much more. The current offering, entitled "John F. Romano; Casting His Own Shadow," gives a close-up look at the personal side of both John and Jackie Romano, their employees, business associates, friends, and family members. The book, "John Romano; Casting His Own Shadow" which, along with the two earlier Romano works, can be found locally at a number of area colleges, public libraries, and local-area historical societies.



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Goodelle Earns Title of National Champion of the Elks Hoop Shoot National Finals

The Elks National Foundation Inc. hosts the Elks Hoop Shoot contest to crown a free-throw shooting champion each year. The event usually culminates in a finals event held in Chicago, but due to COVID-19, this year's national finals were held virtually at local locations for each contestant. Over 3,000,000 kids participated throughout the country.

After shooting 25/25 in his first round and then 25/25 in his tie breakers, Tommy Goodelle, 11, of New Hartford, defeated Samuel Bower of Idaho to earn the title of national champion. With his win, Goodelle becomes the first boy from Utica Elks No. 33 to win the national finals.

To get to the national finals, contestants must win at the lodge level, district level, regional level, state level and tri-state level before they can qualify for the finals.

Tommy finished in third in the Boys 8-9 Division with a score of 23/25 back in 2019. Tommy will have his name enshrined in the Naismith Memorial Basketball Hall of Fame as the Elks Hoop Shoot National Champion. At the Hall of Fame in September, there was a virtual trading card of Tommy available to be seen.

Tommy is the son of Andrew and Nicole Goodelle from New Hartford.

Tommy Goodelle poses with the Elks Hoop Shoot National Finals Trophy



Dr. Trever Gates, PT, DPT, AIB-VR2

Dr. Trever Gates is a graduate of Utica College's Doctor of Physical Therapy (DPT) program and has been employed at Helen Sarandrea Physical Therapy for nearly five years. His areas of interest include vestibular rehabilitation, ergonomics, and spinal rehabilitation. Through the American Institute of Balance (AIB), Dr. Gates is Certified in Advanced Vestibular Rehabilitation (VR2) and has worked with numerous different vestibular disorders including balance dysfunctions, chronic dizziness, and Benign Paroxysmal Positional Vertigo (BPPV). He is twice published, most recently by the European Journal of Integrated Medicine for his research on the optimal pillow design to enhance sleep and reduce neck pain. Dr. Gates' work was nationally recognized, earning him a spot to present at the Annual Applied Ergonomics Conference.

When not enhancing patients' quality of life through optimizing movement and regaining maximum function, Dr. Gates enjoys his time 3D printing, growing cacti, and hiking with his Fiancé.



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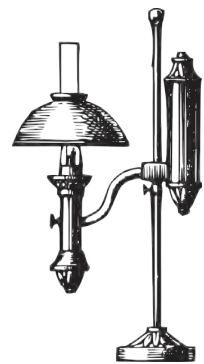
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by Victor J. Fariello Jr.



Consider Joining Questers

The J. Schoolcraft Sherman #1519 Questers was organized in New Hartford in 2019. We recently welcomed our newest member, Ed Hunt of New Hartford, whose wife Jean was already a member. We hold monthly meetings on the first Monday of the month except in July and August. Our December Questers meeting is a Christmas Dinner at St. Margaret’s House in New Hartford. We are individuals interested in history, preservation, education and appreciation of antiques. You can check out the organization at questers1944.org. For more information on the New Hartford Questers and how to join, please email me at vjfariello@gmail.com. We would be please to have you in our group!

Support Your Historical Society

If you haven’t already done so, why not renew or start your membership in the NH Historical Society. The cost is \$15 for an individual, \$20 for a family and \$5 for students. Make your check payable to ‘NH Historical Society’ and mail to PO Box 238, New Hartford, NY 13413. All donations are tax deductible. Your support would be greatly appreciated.

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 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.



Round oak china cabinets are still highly sought after and the prices today are more reasonable than they were in the past.



This Elgin pocket watch is a great reminder of times gone by

“From the Mailbag”

Q. In your opinion, what is the current market for oak china cabinets with round glass on the sides? I have one that is heavily carved and has claw feet. I would like to have some idea of their desirability in today’s marketplace.

A. Curved glass oak china cabinets have been one of the most sought after and coveted furniture items. In the 1930’s and 40’s, a great number of them were produced. I can tell you this for sure, they are getting harder to find. The bad news is that the market for this particular furniture item has been softer in recent years as compared to the height of their popularity in the 1980’s and 90’s. Prices back then for one like you described were often \$1,000 or more. Providing that yours is solid oak and in very good condition, you might expect to get \$450-600 for your piece.

Q. I have an iridescent blue vase that I bought at auction several years ago. There is an underlined “N” in a circle on the bottom. Can you tell me anything about it?

A. You are the proud owner of a piece of Carnival glass made by the Northwood Glass Company of West Virginia. The company started in 1901. The mark at the bottom that you describe dates your vase between 1905 and 1915. The company ceased production in 1925.

Q. I have an antique pocket watch. It is made by the Elgin Watch Co. As you can see in the picture, it is missing the minute hand. It is gold color but not real gold. It does run. Is there anyone locally who could restore it for me? It’s been in the family and I would like to have it in better condition.

A. Your nice antique watch is in what is called a hunters case. These are getting harder to find and even harder to repair, as skilled watchmakers are hard to come by and the parts to repair them are even harder to find. Replacing your missing minute hand would not be hard to do, however. We are fortunate to have a knowledgeable watchmaker in the area. The Village Time shop is located at 45 Burrstone Road in NY Mills. I am unsure of the hours so you would want to call ahead if you decide to pay them a visit. The number is 315-736-9095.


Happy collecting!



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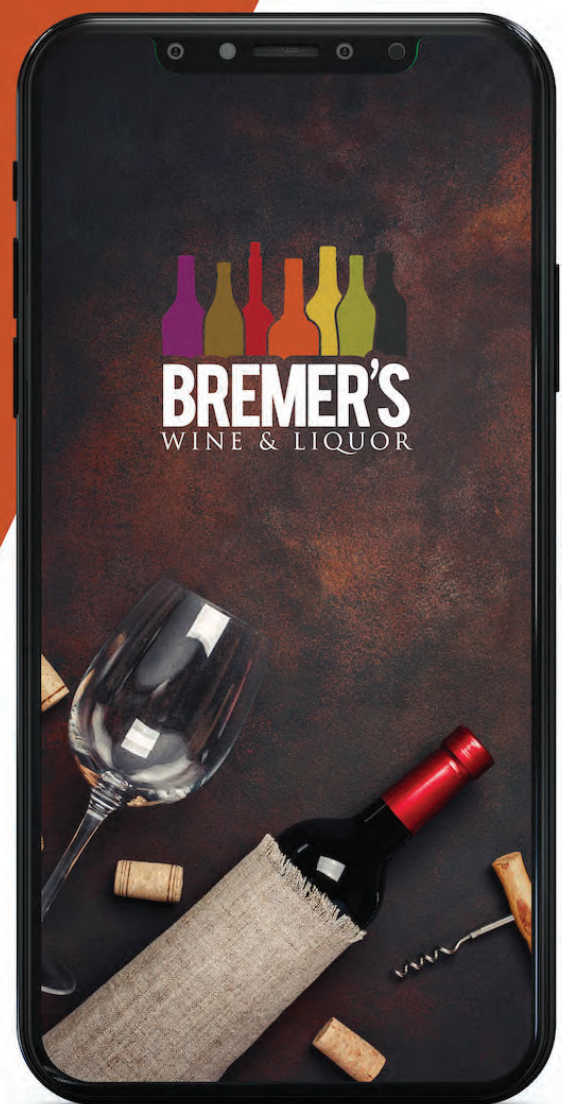
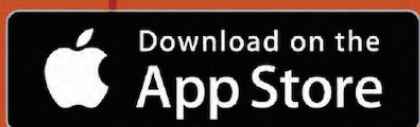
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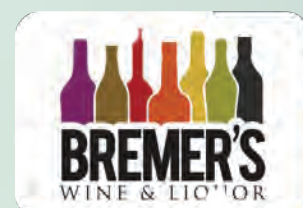


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Richard Sherman

NH Highway
Department News

As we begin December, I want to begin by thanking everyone for getting their leaves out for pickup. Your Highway Crew with our new trucks worked extremely well and we were able to stop in every neighborhood twice a week. As of Nov 16th, because everyone separated green waste from leaves and branches/pumpkins, we had no leaf machine breakdowns! Thank you for your help.

Our plow trucks/sanders are ready for another winter season. Please remember that there should be no piles of snow left in the roadways after contractors plow out the driveways and move the

snow across the street. NYS Law not only specifically prohibits the placing or leaving of snow and ice onto a public highway, but in doing so, it provides the possibility of serious accidents for our neighbors.

New this year to our winter snow removal program, the Town has purchased a new Bobcat snow blade and pusher with snowblower for clearing the sidewalks within the Town in a more timely manner. This machine can be used when needed on both shifts to get this task done.

The Town expects to take ownership of our streetlights in December. This will

allow for the LED street lighting to be installed. This will be a huge savings in our utilities for our lighting districts. Installation will begin as soon as weather permits.

Your Highway Crew has installed solar/batt power speed limit signs on Paris Road. Please note we were limited as to where to place the sign due to the significant tree shading. Throughout December we will be also installing the signs on Snowden Hill Rd, Mallory Rd, and Woods Highway. The signs have been installed on Tilden Ave since September and have been very effective in advising our Town motorists to slow down.

The new storm water retention pond /dam on Mud Creek has been awarded to J. Keller Construction Company from Castleton New York for \$1,644,260.00. This construction company will be ready to start in the early spring of 2022. The Town Highway Department sent bids out for the Oneida Street storm water project. Phase 2 concrete box culverts and wing walls were awarded to LHV precast for \$131,504.00. The construction phase for this project is currently out to bid, and I will have the results in my next newsletter.

The 2021 budget passed and the next sewer pump stations to be rebuilt will be the two stations located in the Applewood Community. This update will include new pumps, rails, electrical panels and a new diesel generators will be added, so these sewer pumps can still maintain operation and keep the sewage running when we have power outages in this area of the town.

Happy Holidays and as always, please contact me with any questions at 315-534-2998 or rsherman@townofnewhartfordny.gov.



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Legal Myths & Reality

THE TOWN CRIER 23



Judge Joan Shkane

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

Please note: Senator Sam Ervin, chair of the Senate Select Committee on Watergate in the preface to their report pointed out that the law is not self-executing. It must be executed by humans. And therefore, it must not be in the hands of those who are not faithful to it.

MYTH: There is only one kind of dispute resolution in New York State, and that is through lawsuits in the courts. We do not use restorative justice (RJ) in our system.

REALITY: About 25 years ago I met a British lawyer (barrister, Queen’s Counsel, the highest-level British lawyer). He was deeply involved in restorative justice in Britain, in cases between individuals (civil cases) and in criminal cases involving a perpetrator and a victim. He reported that RJ was flourishing in Britain as an alternative to the traditional trial system.

Restorative justice is a program of dispute resolution. It is an alternative to punishment of a crime (criminal case) or to making a strictly money award to a victim (civil case). It is a system that is centuries old. In the U.S., about 45 of the 50 states have made the RJ system into law for various types of cases.

The system of court litigation, our usual system, can result in a monetary award in the civil area, and prison in the criminal area. In the restorative justice system, focus is on repairing harm and resolving conflict. It can also add a money damage part to a settlement. RJ principles are internationally recognized, like those practiced by the British trained lawyer Mahatma Gandhi through the M.K. Gandhi Institute of Nonviolence. The system has also been used successfully by the South African Truth and Reconciliation Commission, and the Rwandan genocide conferences, among others. It is especially useful in New York State in domestic violence cases and juvenile cases. It has been used in prisons, in social work, in the Northern Ireland conflict, and in work with indigenous groups in the U.S. and Canada, and the Maori people of New Zealand. The Monroe County (New York State) Bar Association has been discussing use of the system and training its members in restorative justice. The training focus is on allowing people to express themselves rather than focus on litigation. In some cases, the criminal meets directly with the victim, each party discusses how s(he) feels, and all agree to a restitution plan based on actual cost of injuries. Community service, expression of TRUE remorse and education to prevent another crime by the same person can be required.

At the start of the RJ proceeding certain questions can

be posed and answered such as what are the needs of the injured party, who caused the injury, what is the obligation of the person causing the injury, what would be the proper procedure to put things right, why did the criminal commit the crime and how has it affected everyone’s lives. This is different from the criminal justice system where the questions to be answered are what laws were broken, who did it, and what do they deserve as punishment.

In the current system of litigation, conversations among parties are very regulated by their attorneys to make sure that the parties do not say anything that could be used against them. In RJ it is sharing of thoughts rather than making arguments.

In the RJ process, a trained facilitator will meet with each party at a neutral location and discuss whether or not a reasonable outcome is possible. The facilitator will insure that each party is acting in good faith and not just mouthing the words, but also walking the walk. If the RJ process is successful, then the parties make a confidential agreement to insure freedom of expression. Understanding thoughts and feelings is the goal, even when the parties disagree with the other’s positions.

RJ can cut down on the amount of time a case continues, sometimes by more than 50 percent. It can reduce the chances of offending again. It provides satisfaction and restoration. It is especially effective for juveniles. The satisfaction is much greater than an exchange of money alone. People find satisfaction from expressing their frustration or anger. It can bring about closure, and satisfy a need to confront the one who has caused harm. It also provides justice for the community.

In New York State the three core ideas of RJ that are used are: 1. Repair harm; 2. Encounter between the parties to decide the kind of repair together; and 3. Transformation, causing changes in people, relationships and communities. RJ is often used in New York State schools. RJ can be substantially less expensive than court litigation.

Those who do not believe in the effectiveness of the RJ process argue: 1. RJ erodes legal rights; 2. RJ trivializes crime, especially domestic violence against men, women and children; 3. RJ cannot make

real change; 4. RJ leads to vigilantism where private individuals take justice into their own hands and do not leave it to the professionals; 5. RJ cannot fix structural societal inequalities, like poverty, and other issues growing from discrimination; and 6. RJ needs vastly more studies to correctly measure how it is working.

MYTH: Playing fantasy sports is legal in New York State.

REALITY: In the world of fantasy sports, a person selects a real-life sports team and athletes and competes based on how well their chosen team performs. A case before New York State’s highest court, the Court of Appeals, has been argued once and then ordered for re-argument. This suggests that the 6 justices cannot agree and may be deadlocked over whether fantasy sports breach an anti-gambling section of the NYS constitution, and therefore are illegal. In 2016, a new law outlined what safeguards must be in place in order to make the fantasy sports business legal in New York State. The new law set up registration and taxation of fantasy sports. The pending lawsuit should determine the legality of the fantasy sports laws.

The deadlock among the justices may be broken when the number of justices is increased from 6 to 7, making an odd number of justices who cannot then deadlock. Much in this area of law depends on who the Governor chooses to make up the full complement of the Court of Appeals (7 justices). Then we may have an opinion on the legality of the fantasy sports business, although the justices may still be divided, but not deadlocked.

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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New Hartford Rotary News

The Rotary Club of New Hartford, NY is again very proud and pleased to present to the community a holiday special to be aired on WKTV (CBS) and WKTV.com on December 23, 2021 from 7-8 PM. This feature presentation will again highlight students from the Academy of Performing and Creative Arts, New Hartford, NY, performing musical numbers that will brighten your holiday spirit. This year's presentation will be titled "Angels Among Us" and will also feature commentaries from six individuals from all walks of life who have demonstrated

a willingness to reach out and actively help people in our community as well as bring hope and joy to the area. These spotlight stories will be interspersed with musical selections performed by some of the students from APCA plus a special number sung by local talents Mark Bolos, Astena Smith and Stephen Price.

At this time, from all of our members at New Hartford Rotary, we'd like to wish you all a very joyous and peaceful holiday season.

New Hartford Rotary meets every Wednesday at 12:15 PM. 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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L-R: Chuck Tomaselli (New Hartford Rotary), Chuck Smith (Marcellus Rotary), Greg Benincasa, David Jones and Jerry Kraus (all with The Rotary Club of Utica)

Urban Tree Planting Project in Utica

An urban tree planting project in the City of Utica took place on Tuesday, November 16th. Planning for this project was done over the past few months, to determine the Utica homeowners and locations for the 15 trees, delivered and planted for free. Funding for this project was made possible through money raised during a Rotary Club of Utica golf outing (Tees for Trees) held in August.

This Urban Tree Planting project is a cooperative program with The Rotary Club of Utica, Mohawk Valley Community Action Agency, The Adirondack Mountain Club, The Unitarian Universalist Church's 'Climate Action team' and the City of Utica Parks Department. The goal is for the trees to thrive over many years and serve to enhance the value of these properties through pride of ownership, improving the air quality within the community by reducing carbon emissions, provide a canopy of shade to lower the heat index during summer months, and as recent studies have found, trees planted in urban areas have served to reduce the level of crime.

Varieties of trees available this year included White Birch, Maple Blaze, Pear varieties, Northern Red Oak, Japanese Lilac, American Linden and more.



Check presentation at one of the tree planting sites: L-R: David Jones (Rotary Club of Utica, Urban Tree Project chair), Barbara Freeman (Unitarian Universalist Church), Jerry Kraus (Rotary Club of Utica, Golf chair), Denise Coleman (homeowner) and Darlene Mack-Brown (Mohawk Valley Community Action Agency).



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Angels Among Us Food Pantry

Dec. 4th & 18th | Jan. 8th & 22nd
Feb. 12th & 26th | March 12th & 26th
Hours of Operation: 10am - 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.

Our pantry provides services to all residents of New Hartford (btw Rt 8 and Rt 12), Washington Mills, Chadwicks, Saquoit, Cassville and Clayville. If this is your first visit, please bring proof of address.

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

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

WE ARE LOOKING FOR VOLUNTEERS

TEFAP: The Emergency Food Assistance Program

Income Eligibility Guidelines: July 1, 2021 – June 30, 2022

Household Size	Annual Income*	Monthly Income*
1	\$25,760	\$2,146
2	\$34,840	\$2,903
3	\$43,920	\$3,660
4	\$53,000	\$4,416
5	\$62,080	\$5,173
6	\$71,160	\$5,930
Each additional person add	\$9,080	\$756

The Allman Betts Band Is Returning To The Stanley Theatre!

The Allman Betts Band is returning to The Stanley Theatre on March 10, 2022 at 8:00pm! Touring with River Kittens, their fourteen-date 'Trippin' Into Spring 2022 Tour' will begin on March 1 and will make stops all throughout the country.

Tickets can be purchased through Ticketmaster (Tickets will make great stocking stuffers this holiday season!)

The band got their name from the two founding members: Devon Allman and Duane Betts. Allman is the son of famed The Allman Brothers Band guitarist Gregg Allman, who passed away in 2017, and Betts is the son of the band's second guitarist, Dickey Betts.

The Allman Betts Band is composed of Allman and Betts on guitars and vocals, Berry Duane Oakley on bass and vocals, Johnny Stachela on rhythm guitar, John Ginty on keyboards, R. Scott Bryan on percussion and John Lum on drums. The band will play songs from their two albums, as well as The Allman Brothers Band hits that resonate with their fans. This will be an amazing show and you do not want to miss it.



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WATER DAMAGE.... FROZEN AND BURST PIPES!

Of all the disasters that can happen in your home, there is none worse and more difficult to deal with than a pipe that has burst in your home or business.

The extreme cold of winter often brings extreme problems to North East homeowners and businesses. The worst of these is a frozen pipe that bursts and the water damage clean up that follows. When the cold temperatures don't rise above freezing for weeks on end, broken or frozen pipes lead to severe water damage from flooding.

A frozen pipe generally occurs to plumbing that is not in a heated space or in an area that is not supplied with proper heat when winter temperatures fall below freezing. A malfunctioning furnace, while the homeowner is away, is another likely cause of a frozen pipe. When exposed to below freezing temperatures the water turns into ice and the pipe expands until it breaks a small slit into the copper or separates the soldered joint.

Pipes that freeze first are usually located near outside walls that are exposed to the colder temperatures rather than pipes located throughout the middle of the structure. Some examples include outdoor hose bibs, pool lines, outdoor and indoor sprinkler systems, and other supply lines located in attics, basements, crawl spaces, garages, etc. Pipes in attics, crawl spaces & unheated rooms are particularly susceptible to freezing.

Usually, a frozen pipe is not often obvious because the break can be behind walls, in ceilings or in a crawl space leading into the home. The flooding usually is caught much later after damage has been done. An uncontrolled water leak from a broken pipe creates extensive flooding and water damage of carpeting,

drywall, baseboards, and furniture and depending on the location of the break can also damage the heating and electrical systems in your home.

Do I need a water mitigation company and what does a water mitigation company do?

The purpose of water mitigation is to prevent further damage in a water damage scenario. Disaster Services will determine the extent of water travel, evaluate and remove, if necessary any affected structural materials, like drywall and flooring. If left unaddressed, wet flooring and drywall can rapidly lead to major problems, like structural weakening and mold growth. We will also determine the proper type and amount of drying equipment necessary to dry the structure back to a pre loss condition. Disaster Services will make sure you get the help you need when you need it most. Customers should get clear answers to their questions about services and procedures. ... Trusted companies will provide detailed information about the services they provide and how they are performed.

Choose a Water Damage Restoration Company that Can Do the Following:

Can offer a full line of services from water damage mitigation to mold remediation so that the home owner will be working with a single company.

Responsive – when it's an emergency, you need help immediately.

Has Reputable Local References. ...

Is fully insured for water mitigation and mold remediation services...

Offers a Detailed Plan for Damage Repairs. ...

Knows How to Navigate the Insurance Claims Process with You. ...

Uses the Latest State-of-the-Art Equipment and Techniques. ...

Treats You, Your Home and Its Contents with Respect.

Choosing The Right Mold Remediation Team:

Choose your contractor very carefully. All details and choices along with NYS guidelines, requirements and laws should be thoroughly explained to the homeowner. The contractor must be a NYS licensed mold remediation contractor and carry the required pollution insurance along with general liability and compensation coverage. The contractor should be able to guide the homeowner as the best work plan considering NYS law and expense to the homeowner. Disaster Services can meet and exceed all of these requirements and our work is 100% guaranteed.

We at Disaster Services have been serving Oneida County and the surrounding area for the past 36 years and we set the bar for our competitors. We are capable of handling any size residential or commercial flood or fire emergency and are able to service all phases of the job so that the homeowner need not worry about contacting multiple contractors for any additional trades that may be required. Disaster Services offers thermal imaging along with various metering equipment to detect hidden moisture along with various types of drying equipment which allows us to get the job done the right way and according to industry standards. We will protect your property from further damage, develop a job scope and work closely with both the homeowner and the insurance carrier until job completion. We can even offer temporary heat to your home if necessary and also have a wide range of non-emergency services.

Remember Disaster Services if you are in need of help from damage resulting from water, fire, smoke or mold. Our services are 100% satisfaction guaranteed and available 24 hours a day, 365 days a year simply by calling 315-797-1128. Also, visit us at Facebook or on the web at disasterservices.us for a complete list of our emergency and non-emergency services.

Watch “National Lampoon’s Christmas Vacation” With Film’s Star Chevy Chase At The Stanley Theatre

Mills Entertainment and Magic City Productions, in conjunction with The Stanley Theatre, want to help light up your holidays with Chevy Chase live on stage December 13 at 7:30 p.m. at The Stanley Theatre!

The night will kick off with a showing of the 1989 holiday classic “*National Lampoon’s Christmas Vacation*.” After the film, the celebration will continue with actor Chevy Chase (who stars as Clark Griswold in the film) sharing stories from his career and the making of his classic movies and legendary television programs.

Tickets, starting at \$37.50, go on-sale Friday, October 29 at 10:00 a.m. and can be purchased through Ticketmaster or by calling the theatre's Box Office at 315-724-4000.



The Nutcracker

“The Nutcracker” will be returning to the Stanley Theatre for three separate performances on Friday, December 10 at 7:00 p.m., Saturday, December 11 at 7:00 p.m., and Sunday, December 12 at 2:00 p.m. Presented by Mohawk Valley Performing Arts (MVPA), these performances shed light on the amazing hard work and dedication that is put into the show by the cast, as well as telling the tale of the infamous holiday ballet production. With three dates to choose from, this is definitely something to put on your calendar!

Tickets for these performances are on sale now and can be purchased through Ticketmaster or by calling The Stanley Theatre Box Office at 315-724-4000.

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Certified Infant Swim Instructor Stehli Krause provides a swimming lesson to a two-year-old in one of Sitrin’s inground therapy pools. The child, dressed in winter clothing, is learning how to self-rescue herself in the event of an unexpected fall into a body of water.

Infant Swimming Self-Rescue Program Now Offered at Sitrin

According to the Center for Disease Control (CDC), more children ages one to four die from drowning than any other cause of death except birth defects. For children ages one to 14, unintentional drowning is the second leading cause of death after motor vehicle accidents.

For one local resident, infant and child water safety instruction became not only a profession, but also a mission. Stehli Krause, formerly of Florida, who relocated to Clinton, NY, three years ago, became a Certified Infant Swimming Resource (ISR) Instructor. She is the only self-rescue infant swim instructor north of Poughkeepsie, and currently teaches early morning classes at the Wellness & Aquatic Center located in the Sitrin Medical Rehabilitation Center.

Krause combines her expertise in teaching infants and children survival swimming lessons with her love of children. A mother to twin teenagers, she embodies ISR’s mission, “Not One More Child Drowns.”

An independent instructor, Krause leases Sitrin’s pool and teaches one-on-one, with each session lasting ten minutes. One of her unique approaches is to have children dressed in clothing for their lessons, such as puffer coats, sneakers, leggings, and socks. Since 84% of children who fall into the water unexpectedly will

drown, teaching them how to self-rescue by being fully clothed will dramatically increase their chances of survival.

“My goal is to have each child become his or her flotation device,” Krause said. In this way, children learn to find their own buoyancy and not depend on other methods, such as flotation devices; these skills provide confidence, while eliminating fear in the water as children find their exit point.”

Each of Sitrin’s two inground therapy pools are equipped with safety bars and are heated between 88 and 91 degrees, providing an ideal aquatic environment for children, as well as adults.

Parents can sit poolside to watch as Krause gently guides their child into the water. Always putting safety first, and depending on the child’s age and development readiness, the child will learn to roll onto his/her back to float, rest, and breathe, and to maintain this position until help arrives.

Older children will learn the self-rescue sequence of swimming until they need air, rotating onto the back to float, then rolling back over to continue swimming. They are taught to repeat this sequence until they reach the safety of the pool steps, side of the pool, or the shoreline.

Sessions run from six to eight weeks, Monday through Friday, beginning at 6:30 a.m. Once children become skilled, Krause will conduct the last lesson with the child’s parent(s), so they can become more confident in the water. The child wears a bathing suit for the last class and also receives a medal to commemorate successful completion. In addition, Krause provides maintenance and refresher classes when needed.

For more information or to schedule an appointment, contact s.krause@infantswim.com.

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

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NEW HARTFORD PAST TIMES

December 2021

NEW HARTFORD HISTORICAL SOCIETY



Christmas Spirit from our Volunteer Firefighters

If you had to choose two words to describe the average volunteer firefighter, the first to come to mind would be “community pride”. Our volunteers spend thousands of hours training and many more maintaining their equipment. And then, much more time is spent responding to emergencies. They don’t get paid, they do it from their hearts giving back to their community. Then, to top it off, they pour their hearts and souls into other events throughout the year to “give back” to the citizens that support them. One such event is Christmas. It’s the last big event of the year and they go all out!

Whether it be decorating their respective fire stations, or driving Santa around their districts, it is done to brighten the day of adults and bring joy to the faces of children.

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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.

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Photo Credit: The New York Landmarks Conservancy

St. Stephen’s Episcopal Church in New Hartford Receives Sacred Sites Grant

The New York Landmarks Conservancy has announced 18 Sacred Sites Grants totaling \$310,500 awarded to historic religious properties throughout New York State, including \$5,000 to St. Stephen’s Episcopal Church in New Hartford, New York to help fund sanctuary roof replacement.

Completed in 1825, St. Stephen's Episcopal Church is an example of a Federal-style building with Gothic-revival modifications made throughout the 19th and 20th centuries. The design of the church is attributed to master builder N. Caulkins, who may have been inspired by Trinity Church in New Haven, Connecticut.

St. Stephen’s reaches about 275 non-members annually through two 12-step groups, a Girl Scout troop, embroidery guild meetings, yoga classes, ice-

Community News

cream socials, rummage sales, and bake sales. A Society of St. Francis group uses space at the church along with the New Hartford School District which uses the church as an emergency evacuation site.

“Our Sacred Sites grantees maintain beautiful and important buildings, but also serve beyond their congregations,” said Peg Breen, President, The New York Landmarks Conservancy. “Throughout these difficult months, they have continued providing food, health and recovery programs to their communities. Our grants will help them continue all their vital work.”

The Sacred Sites Program provides congregations with matching grants for planning and implementing exterior restoration projects, along with technical assistance, and workshops. Since 1986, the program has pledged 1,578 grants totaling more than \$14.9 million to 836 religious institutions statewide.

The New York Landmarks Conservancy

The New York Landmarks Conservancy, a private non-profit organization, has led the effort to preserve and protect New York City’s architectural legacy for nearly 50 years. Since its founding, the Conservancy has loaned and granted more than \$54 million, which has leveraged more than \$1 billion in 1,850 restoration projects throughout New York, revitalizing communities, providing economic stimulus and supporting local jobs. The Conservancy has also offered countless hours of pro bono technical advice to building owners, both nonprofit organizations and individuals. The Conservancy’s work has saved more than a thousand buildings across the City and State, protecting New York’s distinctive architectural heritage for residents and visitors alike today, and for future generations. For more information, please visit www.nylandmarks.org.



New Beginnings

At St. Stephens Episcopal Church, 25 Oxford Road, we are celebrating our new Priest, Rev. Kathlyn Schofield. She is leading us to bring new life into the church. Kathlyn was raised Roman Catholic, but found that as an adult, that being an Episcopalian brought her a renewed spirit and purpose!

These are some of our beliefs: Through the Eucharist, we celebrate how the bread of life supports us through our most difficult, most joyful and even in our most ordinary day by day lives. Through prayer we are continually reminded of God’s unconditional love for us, no matter who we are or what we have done. God is at work in the world and in our lives. We all have doubts and struggle at times, but his goodness and light will be felt if we simply pay attention. Caring about each other and reaching out to our community to help as we are able is our mission. Together we can answer the prayers of others while fulfilling that need within ourselves at St. Stephens.

We say Welcome in so many ways to our newcomers. They feel comfortable and energized here, and more importantly found a faith connection that just feels right.

Anyone who seeks a closer relationship with God is welcome to Communion. Please consider visiting us, the church year begins with Advent. What a perfect time for a new beginning! Communion is celebrated at 10am on the 1st and 3rd Sunday of the month. Morning Prayer is celebrated on the alternate Sundays at 10am also.

Daniel T. Dreimiller, CPA

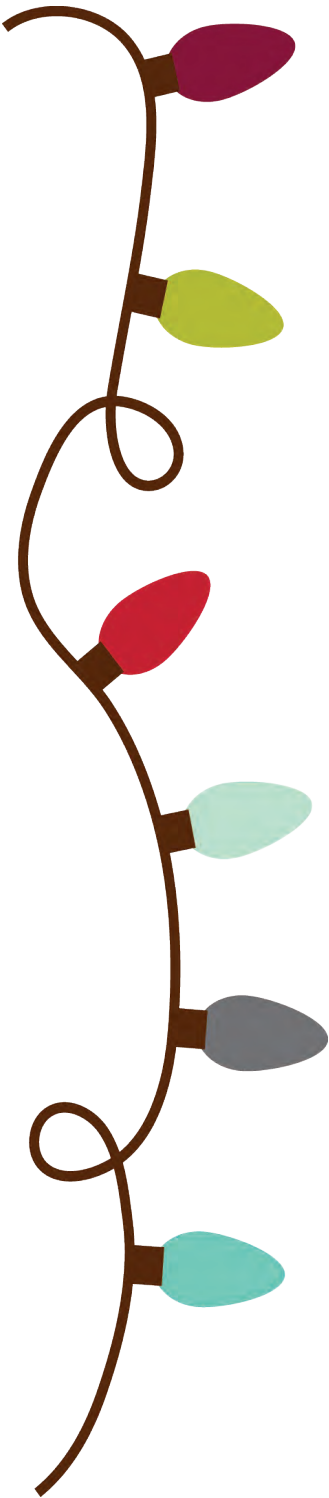
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United Way Looks to Recognize 100 Local Heroes

Nominations are being accepted now!

Do you know someone who has made a difference in the Mohawk Valley? Nominate them to be honored as part of United Way's 100 Heroes. United Way of the Mohawk Valley is recognizing its 100th year of making an impact in our community and they will be honoring 100 local heroes who have done the same.

The organization believes that it's the people in the Mohawk Valley, their heart, their passion, and their resilience, that make this local community like no other. The people of this community step up, no matter the call to action, to make a difference in the lives of many.

The acts of a local community member to create change doesn't have to be big or amplified. The organization is looking to honor those unsung heroes. Those who are making an impact in the lives of one or many, through act of service both large and small.

Those who will be considered must have lived or worked in Oneida or Herkimer County sometime in the past 100 years. Nominees can be currently living or deceased.

You can help United Way of the Mohawk Valley recognize someone who you believe is a local hero by nominating them today. Nominations will be accepted until midnight on December 29, 2021. Community members are welcome to nominate more than one person.

Visit unitedwaymv.org/100heroes for the nomination form and more information, or call 315-733-4691 extension 226 to request a mail in paper nomination form.



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Fair Trade Shop

Come and check out our roomful of beautiful, handwoven baskets from Ghana, Bangladesh and Guatemala; great to fill with homemade treats, towels or magazines.

Our beautiful coiled spiced trivet keeps your beverage, kettle or plate warm while releasing the scent of cinnamon and cloves, made from 100% hand-woven Guatemalan fabric.

Our colorful terracotta nativity scene brightens any home around Christmas and is a perfect faith-based decoration for any holiday festivities. Each set contains 8 figurines dressed in handwoven Guatemalan fabric with hand-painted faces, 4 hand-painted animals and a lovely natural terracotta plate on which to display them.

We also have a large selection of grinder seasonings, cotton and wool socks, unique and elegant jewelry, ivory candlesticks, journals, hidden compartment boxes and MANY more wonderful Christmas gift ideas from 38 different countries in our FAIR TRADE SHOP, STONE PRESBYTERIAN CHURCH, 8 SO. PARK ROW, CLINTON. Our hours are 10am to 4pm every Thursday, second Saturdays, Friday, November 26th during the Shoppers Stroll and every Saturday between Thanksgiving and Christmas. Purchasing fair trade items ensures artisans and small farmers fair wages and healthy working conditions, providing dignity, sustainable development and hope to marginalized people. LET US BE YOUR GO-TO GIFT SHOP! Visit us at <https://buildingstoneshoppe.square.site> or www.facebook.com/buildingstonesfairtradeshoppe.

We're here for you.
Having the talk about hospice and palliative care is difficult, but early planning is crucial to ensuring your loved one's comfort, support and care for a better quality of life and an eased burden on your family.

Let's start planning

Because the most important conversations can't wait.

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Community News

THE TOWN CRIER 33

Navigating the Flow Better: It Takes a Village

Submitted by Carrie Corby, LCSW, New Hartford Resident

Over the last year nothing could really prepare us for what we are continuing to navigate as the pandemic continues to require flexibility across many of our day to day lives. Everyday life has changed for many if not all of us and will continue to change with little notice.

As a clinical social worker and resident of New Hartford, I am impressed with how resilient children have been in this community. We put a lot of concern on Covid symptoms that are physical in nature. A cough or runny nose requires a Covid test or quarantine. It's just as, if not more important, to recognize mental health symptoms that are present in children and to help to address them.

I wanted to share some insight right from the mouths of some of these children; as well as some tips on ways we can continue to support them and each other.

Children are struggling with significant adjustments to their routines. These changes may interfere with their sense of structure, predictability, and security.

One of the biggest stressors reported - School: they were thrown into changes from in person classes to remote learning, then back to the classroom, while working through the impact of isolation from friends and family without the developed skills to navigate. A huge stressor reported was a lack of socialization in school as they are cohorted by last name for lunch, keeping them away from most of their friends unless their names are close to each other in the alphabet. They go with the flow and the impact on them may produce anxiety and depression symptoms. And some of them cannot or don't know how to talk about it. We need to help them.

While the Centers for Disease Control and Prevention (CDC) reported that the risk of exposure to COVID-19 is low for young Americans, research on natural disasters makes it clear that, compared to adults; children are more vulnerable to the emotional impact of traumatic events that disrupt their daily lives. Children are observers of people and their environments. They notice and react to stress in their parents, caregivers, peers, and community members. They may behave differently in reaction to strong feelings (e.g., fear, worry, sadness, anger) about the pandemic and related conditions (Centers for Disease Control and Prevention, 2019).

Between the news, exposure to someone testing positive for Covid on the bus or in school, this increases their stress and can result in a mandatory quarantine isolating them once again. Children also may worry about their own safety and the safety of their loved ones and how they will get their basic needs met (e.g., food, shelter, clothing). These uncertainties for the future are real as some families are out of work, trying to facilitate childcare due to the pressures. Children worry about being a burden because they don't feel good, resulting in feeling like they are at fault for their parent having to call into work and figure out how to provide for their family as this day off results in no pay for the day, as not all parents have paid time off.

Children are resilient. While most children eventually return to their typical functioning when they receive consistent support from sensitive and responsive caregivers, others are at risk of developing significant mental health problems, including trauma-related stress, anxiety, and depression. Children with prior trauma or pre-existing mental, physical, or developmental problems and those whose parents struggle with mental health disorders, and economic instability, are at especially high risk for emotional disturbances (Disasters | The National Child Traumatic Stress Network (nctsn.org).

According to the article, "Mental Health During COVID-19: Signs Your Child May Need More Support" – from www.HealthyChildren.org, signs of stress and mental health challenges are not the same for every child or teen, but there are some common symptoms.

Infants, toddlers, and young children may show backward progress in skills and developmental milestones. They may also have increased problems with:

Fussiness and irritability, startling and crying more easily, and be more difficult to console.

Trouble falling asleep and waking up more during the night.

Feeding issues such as nausea and vomiting, constipation or loose stools, or new complaints of stomach pain.

Being anxious when they have to separate from their family, clinginess, not wanting to socialize, and fear of going outside.

Hitting, frustration, biting, and more frequent or

intense tantrums.

Bedwetting after they're potty trained.

Aggressive behavior.

Older children and adolescents may show signs of distress with symptoms such as:

Changes in mood that are not usual for your child, such as ongoing irritability, feelings of hopelessness or rage, and frequent conflicts with friends and family.

Changes in behavior, such as stepping back from personal relationships. For example, if your outgoing teen stops spending time or texting or video chatting with friends, this may be cause for concern.

A loss of interest in activities previously enjoyed. Did your music-loving child suddenly stop wanting to practice guitar, for example? Did your aspiring chef lose all interest in cooking and baking?

A hard time falling or staying asleep or starting to sleep all the time.

Changes in appetite, weight or eating patterns, such as never being hungry or eating all the time.

Problems with memory, thinking, or concentration.

Less interest in schoolwork and drop in academic effort.

Changes in appearance, such as lack of basic personal hygiene.

An increase in risky or reckless behaviors, such as using drugs or alcohol.

Thoughts about death or suicide or talking about it

Things Parents and educators can do to help: Put the oxygen mask on you first. Being present, knowing your triggers, as well as, maintaining your own health and safety, are keys to successfully navigating the flow in this pandemic life. Start or join a parent support group in the community. Everyone is impacted differently. Parents: Talk to your doctor, service providers and friends; Teachers, you can help kids by asking them if they are ok and how you can support them. Some people are too afraid or do not know how to ask for help. Offer it if you see someone struggling. Staying mindful and attentive to the needs of yourself and others, especially vulnerable children, can only serve to assist the greater good. Like the old proverb says - "it takes a village." Indeed, it does. And if we all do our part to support one another, we can weather this storm and get on track to be in a better place for the future.

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- Access to a Fully-Equipped Wellness Gym

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at Sitrin

For more information, call: (315) 737-2451
Wellness participants must reserve their time.
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Costs the same as the Rest!**

141 Genesee Street, New Hartford, NY 13413

For information on how to place a free article for your community event or local news, please email towncrier@pjgreen.com or call 315-723-4827

We currently mail our monthly paper to residents in the 13413 zip code.

If you know someone outside of that area who wishes to receive our publication, we ask that you please send a (yearly) \$20 check, payable to The Town Crier, PO Box 876, New Hartford, NY 13413.

We will gladly add the address to our subscription list.

We would also like to mention that we are a privately owned business, and not part of the Town of New Hartford.

SOUP AND SANDWICH TUESDAY!!!!

Tomato Soup
or
Chicken Noodle
Soup
\$1.00 each

SOUP & GRILLED CHEESE
SANDWICH

Bowl of
soup
&
Sandwich
\$3.00
Donation



2 Sandwiches
With Bowl of soup
\$4.00 Donation

5:00PM – 7:00PM

NH American Legion Post 1376 News

The American Legion New Hartford Post 1376 will be offering Sunday Breakfast on the third Sunday of each month from September until May. It will be served from 8am-11am. Menu includes Scrambled eggs, French toast, Pancakes, Sausage patties and links, Gravy (SOS), Toast, Home Fries, Bacon, Hash, OJ and coffee. Donation is \$12.00 which includes a 50/50 drawing ticket.

A Grilled Cheese and Soup special will be held from 5-7pm on the Second Tuesday of each month until the spring. (Hot Dog Night specials start in Spring!)

The donation for a bowl of chicken or tomato soup is \$1. For bowl of soup and sandwich is \$3. Two sandwiches and bowl of soup is \$4.

The new Post hours are Monday-Sunday 11:00am-10:00pm. Members and guests are asked to call the legion at (315)736-7041 for any entertainment and other fundraising events to be held at our legion. Veterans are invited to join our great family at the New Hartford American Legion. Located at 8616 Clinton St, New Hartford, NY 13413.



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Faith in New Hartford

FAITH IN CHRIST FELLOWSHIP CHURCH

A Reformed Southern Baptist Church
3431 Oneida St., Chadwicks - 315-737-0753
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.

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

Rev. Dr. Sue A. Riggle, Pastor
45 Genesee Street, NH 315-732-1139
newhartfordpresbyterian.org
office@newhartfordpresbyterian.org
In-person worship at New Hartford Presbyterian Church
continues in December, with Sunday morning services
starting at 10:30. Worship is both in-person with masks
required and livestreamed on Facebook. The Faithful Blend
space in fellowship hall welcomes children of all ages
following children’s time in the worship service; parents
may join their children if they’d like. The worship service
is livestreamed from the sanctuary onto a large screen so
everyone can follow along and participate as they choose. A
supervised nursery is also available for young children.
Lessons and Carols which includes the singing of many
beloved Christmas carols will be featured during worship
on December 12 and the family-oriented Christmas Eve
service will be held on Friday, December 24, at 5 p.m.
A VIP (Vitality Informed Presbyterians) new member class
is being formed and will meet on six Sundays in December
and January immediately following worship. The first
session will be held on December 5 and it’s suggested
that participants bring a sack lunch. More information is
available by contacting the church office.

MARY, MOTHER OF OUR SAVIOR PARISH

Business Office - 2 Barton Ave, Utica - 315-724-3155
Pastor Rev. Joseph Salerno
Our Lady of the Rosary Campus - 1736 Burrstone Rd. New
Hartford
Weekday Mass– M, Wed, Thurs, Fri 8:00 AM
Novena to Miraculous Medal of Mary Tuesday 7:00 PM
Our Lady of Lourdes Campus - 2222 Genesee St. – Utica
Weekend Mass – Saturday 4:00 PM
Sunday 8:30 & 10:30 AM

SAUQUOIT VALLEY UNITED METHODIST CHURCH

Cor. Pinnacle Rd. & Mohawk St., Sauquoit
email: sauquoitvallyumc@aol.com
Pastor: Robbin Harris
Office: 315-737-7505
Sunday Worship 11:30 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 at 10:30 AM
Services are always on Zoom and may be in person as
conditions permit. Find up-to-date info and learn more
about us at our website, www.uuutica.com.
The Unitarian Universalist Church of Utica is an open
minded, open hearted spiritual community. Unitarian
Universalists come from different faith backgrounds but
our shared values bring us together. One of the principles
that unite us is respect for the interdependent web of all
existence of which we are a part. Newcomers are always
welcome.

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.

WESTMINSTER-MORIAH-OLIVET PRESBYTERIAN CHURCH

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

NORWICH CORNERS CHRISTIAN CHURCH

10233 Roberts Road, Sauquoit 315-737-0757
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 St, Utica, NY 13501 | fpcutica@gmail.com
Opening Doors, Hearts & Minds: Serving Christ &
Community
Sundays - 10:30 Worship
Faith Enrichment for all ages
Coffee Hour following morning worship.
Handicapped Accessible

LIFE IN CHRIST FAMILY CHURCH & BIBLE SCHOOL

25 Robinson Rd. Clinton - 315-853-1582. www.licfc.org
Pastors Peter & Adeline Forrester
Sunday Service 10 AM
(Nursery & Sunday school provided)
Thursday Night Prayer Mtg 7 PM
Operating in all of the gifts of the Holy Spirit including
‘healing’
Go on line and check out our school.
Teaching people the word of God without compromise!

ANNUNCIATION CHURCH

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

STONE PRESBYTERIAN CHURCH

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

CLINTON UNITED METHODIST CHURCH

105 Utica Road, Clinton 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

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*

FIRST UNITED METHODIST CHURCH

105 Genesee Street, New Hartford (315)733-4227
office@firstumconline.org
We are also the home of the Family Nursery School!
Rev. David McKinney
Worship Schedule
9:30am Classic Worship
Our Church Building is open for in-person worship services
Or watch our livestream service online at
www.firstumconlline.org
Easily accessible building, sanctuary, and bathroom.
All COVID guidelines are being followed for a safe and
comfortable worship Service.
Come Join us!!

ST. JOHN THE EVANGELIST CHURCH

66 Oxford Road - 732-8521
Rev. Kevin Bunger, Pastor
MaryJo Kelley, Director of Faith Formation
Saturday: Vigil 5:15 p.m. Confessions 6:15pm
Sunday Masses: 8am & 11am
Mon-Fri Masses: 7am & 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.hopealliancecny.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: Sun. at 5pm & Thurs. at 5:30pm
AA Meetings: Sundays at 8pm
Yoga by Kristy: Tues. at 5:30pm & Thurs. at 9:30am.
Saturdays 9am - Chair Yoga and 10:15am All Levels Yoga
EGA Meetings: 1st Mondays of the Month
St. Stephen’s is handicapped accessible.

American Legion New Hartford Post 1376

8616 Clinton Street, New Hartford • 315-736-7041 (Monday-Sunday 11am-10pm)

Sunday Breakfast ~ Third Sunday of each month 8am-11am (September - May)

Scrambled eggs, French toast, Pancakes, Sausage Patties & Links, Gravy (SOS), Toast, Home Fries, Bacon, Hash, OJ and Coffee. Donation is \$12 which includes a 50/50 drawing ticket.

Grilled Cheese & Soup Special ~ Second Tuesday of each month 5-7pm (until Spring)

Donation for soup (chicken or tomato) is \$1.00. Bowl of soup and sandwich is \$3. Two sandwiches and bowl of soup is \$4.

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Faith in New Hartford

DEC.
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CHRIST CHURCH (REFORMED PRESBYTERIAN)

8470 New Floyd Rd. Rome, NY 13440
Website: www.christchurchreformed.com
Facebook: <https://www.facebook.com/ChristChurchReformedPresbyterianaarongoerner@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

ST. MARGARET'S ECUMENICAL & RETREAT CENTER

47 Jordan Road, New Hartford – 315-724-2324
stmargaretshouseny.org
info@stmargaretshouseny.org
Rev. Elizabeth Gillett, Chaplain
Wednesday Worship Services at Noon
Groups Discussions about Matters of Faith, Second Wednesdays at 1:30pm
Evening Prayer Services Third Wednesdays at 5pm
Monthly Dinners - Third Wednesdays 5pm (take out) and 5:30pm (dine in)
Please call ahead for our Monthly Dinner
Special Events:
The Joy of Christmas – Music of the Season
Come and enjoy music and song with friends of St. Margaret's House!
After the music we will gather for rich conversation and seasonal refreshment.
Donations gladly accepted for the ministries of the house.
Thursday, December 9th, from 2pm until 3:30 pm.
We are open and available to host individuals and groups following CDC recommendations.

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

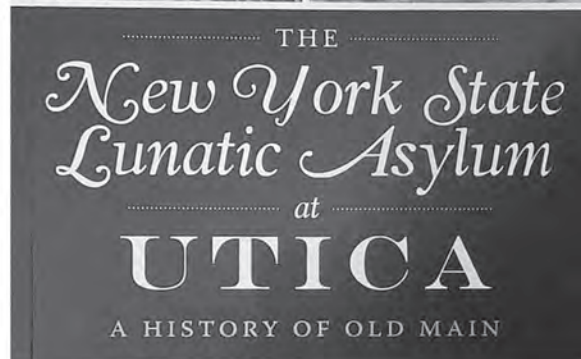
2710 Genesee Street, Utica, NY – 724-4751
Cantor: Kalman A. Socolof
Executive Director: Mrs. Mundy B. Shapiro
Friday Evening Services: 5:30 p.m.
Sabbath Morning Services: 9:30 a.m.
Weekly Morning Minyan Services are held Mon., & Thurs. from 8:00 a.m. at 2710 Genesee Street.
Kiddush on Saturday morning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



Book cover: *The New York Lunatic Asylum at Utica: A History of Old Main*

Scheduled for Saturday, December 4th at 1pm The New York Lunatic Asylum at Utica: A History of Old Main Book Signing and Author Talk

The New York State Lunatic Asylum at Utica, also known as “Old Main,” opened in 1843 as the first institution of its kind to treat “madness” as a medical illness, not a curse. Although closed in 1978, the building was placed in the National Register of Historic Places, and its iconic columns still fascinate the public today. Author Dennis Webster will discuss the history of the “Old Main” and the new edition of his book, which will be available for purchase after the presentation.

The infamous Utica Crib was invented at the asylum, and visitors from around the world sought to tour the facility and its utopian structure. A series of groundbreaking administrators sought to save mentally ill New Yorkers from lives of confinement in sordid conditions and create a safe haven. Webster will share the history and lore of “Old Main.”

Dennis Webster is the author of *Haunted Utica*, *Haunted Mohawk Valley*, *Wicked Mohawk Valley*, and several other paranormal and true crime books.

Join us in person at the History Center on December 4 at 1:00 pm or virtually via Zoom. Those wishing to attend virtually can visit oneidacountyhistory.org/programs.html to register. In accordance with local, federal, & CDC guidelines, masks are required for all in-person visitors regardless of vaccination status during public events and programs.

*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

American Legion New Hartford Post 1376

8616 Clinton Street, New Hartford • 315-736-7041 (Monday-Sunday 11am-10pm)

Members and guests are asked to call the legion at(315)736-7041 for any entertainment and other fundraising events to be held at out legion.

We also invite any veteran to join our great family at the New Hartford American Legion.



100 HEROES

RECOGNIZING 100 OF OUR COMMUNITY'S HEROES

United Way
of the Mohawk Valley



**As United Way of the Mohawk Valley
celebrates 100 years of making an
impact in our community, they are looking to
honor 100 local heroes who have done the same.**

Do you know someone who has made an impact for Oneida or
Herkimer county? Their actions could be large or small, and
made a difference in the lives of one or many.



**Nominate them today for
United Way's 100 Heroes at
unitedwaymv.org/100heroes**

Nominations are being accepted through December 29, 2021.



Questions?

Contact Erica at espado@unitedwaymv.org
or 315-733-4691 ext. 226

NH Senior Center News

New Hartford Senior Center News

Submitted by Head Of Senior Center, Carrie Dygert

The cold weather is here and we are still serving coffee and donuts Monday thru Friday at 10:00 a.m. Also our hot lunches are back at 11:30 a.m. If interested in lunches, please call the morning before at 315-724-8966. A donation of \$2.25 is asked if you have it. All our programs are followed with a hot lunch.

Our weekly programs are Monday: Computer classes one on one starting at 10:00a.m. Knitting and Crocheting at 10:30. On Tuesday: Bridge/Canasta 10:00 and at 1:00 Young At Heart 1st and 3rd Tuesday of every month. Wednesday: Chair Zumba 10:30. Thursday: Canasta at 10:00 and Friday : Bridge at 10:00 and OFA Nutrition Education with Carol 10:30

On November 8th, we had Carol from the OFA come and speak for the Heap program, she brought applications for anyone who was interested in applying.

On November 9th, we had Mark Wolber here to speak and answer any questions that people had. We had a nice turn out and Mark did a great job answering the seniors questions. We will have him back in January.

On November 10th, we had the Veterans Program with the American Legion. Thank you Debbie and Kelli from the Grand for the cupcakes. They were delicious.

On November 24th, we had a Thanksgiving dinner, all are welcome. The Rose Garden band will be playing.

The RSVP Readers Theater Program is held on Mondays at 1:00 p.m., it is an activity for older adults to remain active and engaged in their community. Participants with a wide range of experience, from amateurs to veterans, are provided an opportunity to participate in a variety of traditional theater activities. Please join! Senior Theater is a great way to connect with your peers, to socialize, meet new people, find similar interest and simply have a good time. Have fun. For more information contact Carol at 315-723-1386 or Carl at 315-797-6606.

Our Halloween party went great. Kelli and Debbie from the Grand came. They sponsored us with macaroni and cheese, tossed salad, hot dogs and dessert. We had many seniors here and all enjoyed themselves. We had Mary Reilly who played the piano. Thank you Mary and thank you Kelli and Debbie for the wonderful party. And, thank you Roso's Cafe for making the great food.

We are hoping to get the St. Elizabeth College of Nursing programs back at the beginning of the new year. They had good Health Topics that everyone enjoyed. And we are hoping to hear from the AARP Driving Class in January.

On November 17th, the New Hartford police will be here to speak on scams at 11:00.

On December 1st, the sheriff will be here to speak at 11:30.

On December 2nd, RSVP Readers Theater Program will be here At 11:30.

On December 8th, Friedel Funeral Home 11:00.

On December 9th, Daughter For Hire will explain the services they offer at 11:00.

Thank you Roma for the tomato pies that you donate on Thursdays and thank you Bagel Grove for all the delicious bagels.

And also Hannaford for all the pastries and bread.

Thank you for all the volunteers: Marge, Ruth, Sue and Burnie that came in every morning to help keep the senior center running smooth. Couldn't have been done without you all. Also thank you to our volunteers Donna, Marcia, and Theresa. If anyone would like to volunteer please call 315-724-8966.

Thank you Ann DuRoss from the New Hartford library for coming to the center to help our seniors with their computers.

Thank you Mark for volunteering to pick up all our donations and the hot lunches.

We have our senior, MiMi Montana, who will be 101 on November 30th She loves coming to our center to visit with all, she also does a wonderful job playing the piano. Happy Birthday MiMi.

Our heart goes out to Jeannette Simpson's family, Jeannette was a loyal and good friend to all at the senior center. She enjoyed volunteering at the New Hartford senior center. She is going to be missed by all.

Eleanor DeStefano was one of our card players who passed away and is going to be missed.

Gene Penner was a WW11 veteran who has passed away. He would come to the center with Bertha.

Lois Lenahan has passed away. Her daughter Pat comes to the senior center often.

Now that winter is here the bad weather will be too, make sure to watch the bottom of the TV screen to see if we are open.



For information on how to place a free article for your community event or local news, please email towncrier@pjgreen.com or call 315-723-4827

We currently mail our monthly paper to residents in the 13413 zip code.

If you know someone outside of that area who wishes to receive our publication, we ask that you please send a (yearly) \$20 check, payable to The Town Crier, PO Box 876, New Hartford, NY 13413.

We will gladly add the address to our subscription list.

We would also like to mention that we are a privately owned business, and not part of the Town of New Hartford.

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2021

Financial Advice

THE TOWN CRIER 39



Looking to Ease College Tuition Anxiety?

Once you realize how many resources may be available and begin your research on college financial assistance, you could be on your way toward easing some of the anxiety often associated with paying for higher education.

According to the College Board’s “Trends in Student Aid 2020,” approximately \$242 billion in student aid in the form of grants from all sources, Federal Work-Study (FWS), federal loans, and federal tax credits and deductions was awarded to undergraduate and graduate students in the 2019-2020 academic year. And those students came from households spanning a wide range of household incomes.

During that academic year, the average aid for a full-time undergraduate student amounted to \$14,940, comprising \$9,850 in grant aid (that doesn’t have to be repaid), \$4,090 in federal loans, and \$1,000 in other aid.

5 lessons for seeking help with college costs

Start planning during the high school years. Look to reposition assets or adjust income in the calendar years before your child’s sophomore year. For example, if the student is applying for financial aid for the 2023-2024 school year, the application will include income from the 2021 tax year (two years prior).

Assume you’re eligible for aid ... until you’re told

you’re not. There are no specific guidelines or rules of thumb that can accurately predict the aid you and your child may be offered. Because each family’s circumstances are different, keep an open mind as you consider financial aid alternatives. A number of factors—such as having several children in school at the same time—may increase your eligibility for assistance.

Two forms will be key to your aid application process: the Free Application for Federal Student Aid (FAFSA) and the College Scholarship Service Financial Aid Profile (PROFILE). The FAFSA helps you apply for federal aid, and many states use it to determine a resident student’s eligibility for state aid. Many schools use the PROFILE to collect additional information before awarding their own funds, i.e., institutional student aid.

Reassess assets held by your children. Federal guidelines expect children to contribute 20% of their assets toward their education’s costs while parents are expected to contribute up to 5.64%.

That’s why assets held in custodial accounts (bank accounts, trust funds, brokerage accounts) in your children’s names may reduce the aid for which your family qualifies. But assets held in Coverdell Education Savings Accounts (ESAs) and 529 plan accounts (if owned by the dependent student or the parent) are factored into the parents’ formula, having less effect on the aid for which the family qualifies.

Apply to multiple schools and compare financial aid awards. This is especially important if there is a noncustodial step-parent because some colleges count this person’s resources while others do not. You may also want to consider asking the financial aid officer for more aid if the current award is not enough for attendance—all he or she can say is “no.” If there are extenuating circumstances, be sure to attach a letter of explanation to the application.

Go beyond financial aid. Although aid can help, it can be unpredictable and your family may still find it difficult to afford higher education. So rather than

relying strictly on financial aid, consider turning to a professional financial advisor for help with determining an appropriate college savings strategy. For the greatest potential impact, beginning to save as early in the child’s life as possible is a good idea.

Please consider the investment objectives, risks, charges and expenses carefully before investing in a 529 savings plan. The official statement, which contains this and other information, can be obtained by calling your financial advisor. Read it carefully before you invest.

Our firm is not a tax or legal advisor.

This article was written by/for Wells Fargo Advisors and provided courtesy of Christopher J. Carbone, CFP®, AWMA®, LUTCF®, First Vice President - Investment Officer, Financial Advisor. Clinton, New York (315) 801-2546.

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Snow Shoveling

Snow shoveling is a repetitive activity that can cause muscle strain to the lower back and shoulders. Back injuries due to snow shoveling are more likely to happen to people who may not know that they are out of condition. Following these tips can help you avoid injuries:

- Lift smaller loads of snow, rather than heavy shovelfuls. Be sure to bend your knees and lift with your legs, rather than your back.
- Use a shovel with a shaft that lets you keep your back straight while lifting. A short shaft will cause you to bend more to lift the load. Using a shovel that’s too long makes the weight at the end heavier. Step in the direction in which you are throwing the snow to prevent the low back from twisting. This will help prevent “next-day back fatigue.”
- Avoid excessive twisting because the spine cannot tolerate twisting as well as it can tolerate other movements. Bend your knees and keep your back as straight as possible, so that you are lifting with your legs.
- Take frequent breaks when shoveling. Stand up straight and walk around periodically to extend the lower back.
- Backward bending exercises while standing will help reverse the excessive forward bending of shoveling: stand straight and tall, place your hands toward the back of your hips, and bend backwards slightly for several seconds.

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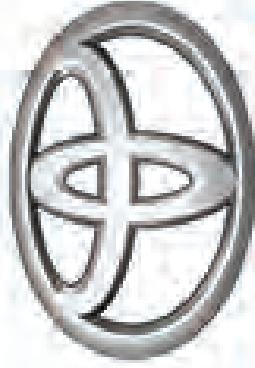
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