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Vol. 36 No. 1
January 2022

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**21st Annual
Mohawk Valley
Antiquefest**

The Show Everyone Waits For!

The Historic Stanley Theatre
 261 Genesee St., Utica, NY
Saturday, Jan. 29th, 2022 10:00am - 5:00pm
Sunday, Jan. 30th, 2022 10:00am - 4:00pm





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Town of New Hartford Swearing In Ceremony

The Town of New Hartford will be holding their swearing in ceremony on January 01, 2022 at 11:00 A.M. at New Hartford Public Library for the newly elected officials. The Honorable Town Justice William Virkler will host the swearing in ceremony for Paul Miscione the Town of New Hartford Supervisor, Cheryl Jassak - Huther Town of New Hartford Clerk, Richard Sherman Town of New Hartford Highway Superintendent, Kevin Copeland Town of New Hartford Justice, James Messa Town of New Hartford Ward 1 Councilman, David Reynolds Town of New Hartford Ward 3 Councilman.



**Kindergarten
Registration**

**New Hartford Central School District
Announces Kindergarten Registration
for 2022-2023**

The New Hartford Central School District will be accepting Kindergarten registrations for the 2022-2023 school year starting on January 11, 2022. You may download a registration packet from the district's website (www.newhartsfordschools.org and click on the link "Enrollment and Registration" found under the "For Parents" tab) or you may call the elementary office and a registration packet can be mailed to you. To be eligible for Kindergarten in New Hartford, a child must be five years of age by December 1, 2022. A copy of the birth certificate must be submitted at the time of the registration as proof of age. Also, proof of residence must be submitted, as well as proof of immunization for polio, measles, diphtheria, mumps, rubella, Hepatitis B and varicella. Please mail the completed registration packet to the elementary building where your child will be attending.

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

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2 THE TOWN CRIER

MV Antiqufest

JAN. 2022

21st Annual Mohawk Valley Antiqufest 2022

The 21st Annual Mohawk Valley Antiqufest is just around the corner.

This great event will be held Saturday, January 29th from 10-5 and Sunday, January 30th from, 10-4 p.m. at the Historic Stanley Theatre and features a wide variety of antiques and collectibles dealers. Other features of the show are Glass Grinding by Tony Perretta and we welcome back Fran Ambrose with her antique dolls.

There is also music, food and a 50/50 raffle that benefits the Stanley. Admission is only \$8.00 and is good for both days. Event sponsor Gerald Dischiavo of Vintage Furnishings always does a great job in putting this exciting show together.

We hope to see you there!




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Restivo Twins Recognized for Their Outstanding Soccer Skills



Sidney Restivo



Jordan Restivo

Sidney Restivo Competed for SUNY Oneonta Women's Soccer team

Sidney Restivo of New Hartford competed on the SUNY Oneonta women's soccer team during the recently completed 2021 season.

Sidney was a member of the Women's soccer team this fall. The team finished with an overall record of 3-11-1. Sidney played in 14 games total starting four in goal. She logged 161 minutes finishing with a 1.12 goals against with a .875 save percentage.

Jordan Restivo Garners All-Region Selection

Johnson & Wales Women's Soccer player Jordan Restivo, of New Hartford has earned United Soccer Coaches' All-Region Honors for the 2021 season. She was named to the Region I Second-Team as a forward. Restivo was also named the Great Northeast Athletic Conference Offensive Player Of The Year. She totaled 42 points with 15 goals and 12 assists, starting in 22 of 23 games played this year.

New Hartford Sports - Home Games

**Subject to change without notice*

Date	Start Time	Sport	Level	Opponent	Location	Date	Start Time	Sport	Level	Opponent	Location
3-Jan	4:30 PM	Volleyball (Girls)	7th/8th	Camden	Perry JH Gym	14-Jan	4:30 PM	Winter Track (Girls)	Varsity	@ New Hartford	Utica College
3-Jan	5:30 PM	Volleyball (Girls)	JV	Utica Proctor	HS Gym	14-Jan	5:30 PM	Basketball (Boys)	7th/8th (Red)	Whitesboro (White)	Perry JH Gym
3-Jan	7:00 PM	Volleyball (Girls)	Varsity	Utica Proctor	HS Gym	14-Jan	7:00 PM	Ice Hockey (Boys)	Varsity	Oswego	NHRC
4-Jan	4:00 PM	Bowling (Boys)	Varsity	Notre Dame, Utica	Pin-O-Rama Lanes	17-Jan	1:00 PM	Basketball (Boys)	JV	Watertown	HS Gym
4-Jan	4:30 PM	Basketball (Girls)	7th/8th (Red)	RFA (Orange Team)	Perry JH Gym	17-Jan	2:30 PM	Basketball (Boys)	Varsity	Watertown	HS Gym
4-Jan	5:30 PM	Basketball (Boys)	JV	Whitesboro	HS Gym	18-Jan	4:00 PM	Bowling (Boys)	Varsity	RFA	Pin-O-Rama Lanes
4-Jan	7:00 PM	Basketball (Boys)	Varsity	Whitesboro	HS Gym	18-Jan	4:30 PM	Volleyball (Girls)	7th/8th	Whitesboro	Perry JH Gym
5-Jan	4:00 PM	Wrestling (Boys)	7th/8th	Whitesboro	Perry JH Cafeteria	18-Jan	4:30 PM	Basketball (Girls)	7th/8th (Red)	CVA (Blue)	Perry JH Gym
5-Jan	4:30 PM	Basketball (Boys)	7th/8th (Blue)	CVA (Blue)	Perry JH Gym	18-Jan	5:30 PM	Basketball (Boys)	JV	VVS	HS Gym
5-Jan	6:00 PM	Wrestling (Boys)	Varsity	CVA	Bradley Elem Gym	18-Jan	5:30 PM	Swim/Diving (Boys)	Varsity	Pulaski	HS Pool
6-Jan	4:30 PM	Volleyball (Girls)	7th/8th	Oneida	Perry JH Gym	18-Jan	7:00 PM	Basketball (Boys)	Varsity	VVS	HS Gym
6-Jan	4:30 PM	Basketball (Girls)	7th/8th (Blue)	Whitesboro (White)	Perry JH Gym	19-Jan	4:30 PM	Basketball (Boys)	7th/8th (Blue)	Oneida	Perry JH Gym
6-Jan	5:30 PM	Volleyball (Girls)	JV	Carthage	HS Gym	19-Jan	6:00 PM	Wrestling (Boys)	Varsity	Whitesboro	Bradley Elem Gym
6-Jan	7:00 PM	Volleyball (Girls)	Varsity	Carthage	HS Gym	19-Jan	7:00 PM	Ice Hockey (Boys)	Varsity	Cortland/Homer	NHRC
7-Jan	4:00 PM	Bowling (Girls)	Varsity	Utica Proctor	Pin-O-Rama Lanes	20-Jan	4:30 PM	Volleyball (Girls)	7th/8th	CVA(White)	Perry JH Gym
7-Jan	4:30 PM	Winter Track (Boys)	Varsity	@ New Hartford	Utica College	20-Jan	4:30 PM	Winter Track (Boys)	Varsity	@ New Hartford	Utica College
7-Jan	4:30 PM	Winter Track (Girls)	Varsity	@ New Hartford	Utica College	20-Jan	4:30 PM	Winter Track (Girls)	Varsity	@ New Hartford	Utica College
7-Jan	5:30 PM	Basketball (Boys)	JV	Oneida	HS Gym	20-Jan	5:30 PM	Volleyball (Girls)	JV	RFA	HS Gym
7-Jan	5:30 PM	Basketball (Boys)	7th/8th (Red)	Whitesboro (Blue)	Perry JH Gym	20-Jan	7:00 PM	Volleyball (Girls)	Varsity	RFA	HS Gym
7-Jan	7:00 PM	Basketball (Boys)	Varsity	Oneida	HS Gym	21-Jan	4:00 PM	Bowling (Girls)	Varsity	VVS	Pin-O-Rama Lanes
8-Jan	10:00 AM	Basketball (Girls)	7th/8th (Blue)	VVS	Perry JH Gym	21-Jan	4:30 PM	Basketball (Boys)	7th/8th (Blue)	Whitesboro (White)	Perry JH Gym
8-Jan	12:00 PM	Ice Hockey (Girls)	Varsity (Com.)	Alexandria (Islanders)	Clinton Arena	21-Jan	4:30 PM	Ice Hockey (Boys)	Varsity	CVA, Dewitt	NHRC
10-Jan	5:30 PM	Volleyball (Girls)	JV	Oneida		22-Jan	1:00 PM	Ice Hockey (Girls)	Varsity (Com.)	Clarkstown North	JFK Hockey Arena
10-Jan	7:00 PM	Volleyball (Girls)	Varsity	Oneida		22-Jan	4:00 PM	Basketball (Boys)	JV	Saratoga Springs HS	HS Gym
11-Jan	4:00 PM	Bowling (Girls)	Varsity	CVA	Pin-O-Rama Lanes	22-Jan	5:45 PM	Basketball (Boys)	Varsity	Saratoga Springs HS	HS Gym
11-Jan	4:30 PM	Basketball (Girls)	7th/8th (Blue)	RFA (Black Team)	Perry JH Gym	25-Jan	4:00 PM	Basketball (Girls)	7th/8th (Blue,Red)	NH (Red,Blue)	Perry JH Gym
11-Jan	5:30 PM	Basketball (Boys)	JV	RFA	HS Gym	26-Jan	4:30 PM	Basketball (Boys)	7th/8th (Red, Blue)	NH (Blue,Red)	Perry JH Gym
11-Jan	5:30 PM	Swim/Diving (Boys)	Varsity	Jamesville-Dewitt	HS Pool	26-Jan	7:00 PM	Ice Hockey (Boys)	Varsity	Skaneateles	NHRC
11-Jan	7:00 PM	Ice Hockey (Girls)	Varsity (Com.)	Skaneateles	JFK Hockey Arena	28-Jan	4:30 PM	Basketball (Boys)	7th/8th (Red)	Utica Proctor (DMS)	Perry JH Gym
11-Jan	7:00 PM	Basketball (Boys)	Varsity	RFA	HS Gym	28-Jan	4:30 PM	Winter Track (Boys)	Varsity	@ New Hartford	Utica College
12-Jan	4:00 PM	Wrestling (Boys)	7th/8th	Camden	Perry JH Cafeteria	28-Jan	4:30 PM	Winter Track (Girls)	Varsity	@ New Hartford	Utica College
12-Jan	4:30 PM	Basketball (Boys)	7th/8th (Red)	CVA (White)	Perry JH Gym	28-Jan	7:00 PM	Ice Hockey (Boys)	Varsity	Auburn	NHRC
12-Jan	5:30 PM	Volleyball (Girls)	JV	Whitesboro		29-Jan	10:00 AM	Volleyball (Girls)	JV	ESM	HS Gym
12-Jan	7:00 PM	Volleyball (Girls)	Varsity	Whitesboro		29-Jan	11:30 AM	Volleyball (Girls)	Varsity	ESM	HS Gym
13-Jan	4:30 PM	Basketball (Girls)	7th/8th (Blue)	Camden	Perry JH Gym	29-Jan	2:00 PM	Basketball (Boys)	JV	Cortland	HS Gym
13-Jan	5:30 PM	Volleyball (Girls)	JV	Camden	HS Gym	29-Jan	3:45 PM	Basketball (Boys)	Varsity	Cortland	HS Gym
13-Jan	6:00 PM	Wrestling (Boys)	Varsity	Little Falls	Bradley Elem Gym						
13-Jan	7:00 PM	Volleyball (Girls)	Varsity	Camden	HS Gym						
14-Jan	4:00 PM	Bowling (Girls)	Varsity	Camden	Pin-O-Rama Lanes						
14-Jan	4:30 PM	Winter Track (Boys)	Varsity	@ New Hartford	Utica College						



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Saturday 10am-2pm

Computer Appointments Required
Curbside Pickup Remains an Option

Closed on New Year's Day

We will be closed on Saturday, January 1st. We wish you all a happy and healthy New Year!

We are Resuming our Sunday Hours!

We are thrilled to announce that, due to an increase in funding from the Town of New Hartford, we will be able to open on Sundays from 1:00-5:00, effective January 9th. We will be closed on Sundays in July and August.

Community Room and Program Updates

We continue to monitor the status of COVID in our community and will base our decisions regarding our Community Room usage and resuming programs on information and data provided by local, County and State health departments. At this time, we will not be opening our community rooms or offering in person programming to the public in January. We look forward to the day that we can fully resume offering all of our services and programs. We thank you in advance for your understanding and patience.

Winter Weather Reminder

With winter weather making its return to Central New York, please keep in mind that if New Hartford Central Schools are closed due to winter weather, we are also closed. All weather closings will be shared on our website, social media pages (Facebook and Instagram) as well as WKTV. If in doubt, please call before heading over to the Library. 315-733-1535

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

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

NHPL Board of Trustees 2022 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.

Jan. 19, Feb. 16, Mar.16, April 20, May 18, June 15, July 20, Aug. 17, Sept. 21, Oct. 19, Nov. 16, Dec. 21.

A New Year's "Gift of Heritage" at the NHPL

Are you interested in your family's genealogy but wonder where to look for information? The librarians at the New Hartford Public Library would be delighted to help!

We can find the answers to specific questions about your ancestors. We can show you how to use websites such as fultonhistory.com, findagrave.com, and familysearch.org to discover information on your own. We can teach you how to develop the best keywords for all of your searches.

Perhaps best of all, you don't have to visit the library to receive these services. Just call the NHPL (315-733-1535) and ask to speak with a reference librarian or, if no one is on duty, leave a message/phone number/best time to call - with our circulation desk staff. You will be contacted shortly thereafter.

We look forward to helping you unlock the mysteries of your family trees. Give the "Gift of Heritage" - a gift that keeps giving to future generations.

You Can Use Your Library Card to Borrow Snowshoes?!

Now that winter is back, we want to remind you that we lend snowshoes to our patrons. We have three sizes available and ready to check out with your library card! Snowshoes must be picked up and returned at the Library. Please call 315-733-1535 for more information.

In Remembrance

In January we will recognize the contributions of selected authors and artists who died in 2021. Library book racks will display brief biographies of writers, illustrators and public figures whose work earned praise and/or topped best seller lists. The racks will include a wide sampling of their work, made available at your fingertips for convenient checkout.

We've Got the Numbers (and Decimals)

Few figures have had such a lasting impact on the American library system as Melvil Dewey, a man with multiple connections to Upstate New York. Beginning Jan. 10, the display case at the library's main entrance will explore the inventor of the Dewey Decimal System, the book cataloging system he copyrighted in 1876. Born in Adams Center (Jefferson County) N.Y., Dewey was a founding member of the American Library Association and served as the director of the New York State Library. He also founded the Library Bureau, which operated a factory in Ilion. Though he is credited with making significant strides in making books – and the knowledge they contained – accessible to the general public, he would become a controversial figure in his lifetime and remains one today – accused of sexual harassment and antisemitism.

The Preschool Projects

Every Tuesday we will be offering a project for preschoolers.

January 4 - Silly Snowman Face Paper Clock

January 11 - STEAM Inspired DIY Snow Volcano

January 18 - Paint Splat a Snowy Owl

January 25 - Pipe Cleaner Penguins

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 first Grab & Go for this year is January 6th - Shimmering Snow Slime. 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 first Grab & Go for this year is January 3rd; Origami Books. 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.

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

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Library News

THE TOWN CRIER 5

Women (and Men) of Mystery on Zoom!

If you love reading mysteries or just want to know more about them, the New Hartford Public Library Women (and Men) of Mystery Book Group is for you. Join us (via Zoom) on Saturday, January 22 at 11am as Janet Hoover leads us on a discussion of game-changing authors: Joe Ide, Michael Nava, Kate Atkinson, and Barbara Neely. If you already enjoy these authors, if you are curious about them, or if you can never have too many mysteries on your to-be-read list, this class is for you. Call the New Hartford Public Library (315-733-1535) for the Zoom link.

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.



Dark Star Orchestra to Visit the Stanley Theatre!

The Stanley Theatre, in conjunction with Creative Concerts, is thrilled to announce that 'Dark Star Orchestra' will be performing on St. Patrick's Day - March 17, 2022 at 7:00pm! Tickets to see this amazing Grateful Dead tribute band will go on sale on Monday, December 20 at 10:00am!

Performing to critical acclaim for over 20 years and over 3,000 shows, Dark Star Orchestra continues the Grateful Dead live concert experience. Their shows are built off the Dead's extensive catalog and the talent of these seven fine musicians. On any given night, the band will perform a show based on a set list from the Grateful Dead's 30 years of extensive touring or use their catalog to program a unique set list for the show. This allows fans both young and old to share in the experience. By recreating set lists from the past and developing their own sets of Dead songs, Dark Star Orchestra offers a continually evolving artistic outlet within this musical canon. Honoring both the band and the fans, Dark Star Orchestra's members seek out the unique style and sound of each era while simultaneously offering their own informed improvisations.

Dark Star Orchestra offers much more than the sound of the Grateful Dead, they truly encapsulate the energy and the experience. It's about a sense of familiarity. It's about a feeling that grabs listeners and takes over. It's about that contagious energy – in short, it's about the complete experience and consistent quality show that the fan receives when attending a Dark Star Orchestra show.

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It Is Time to Try a New Way to Take Care of Yourself This Year

All around me I hear people talking about their weight loss goals, new ways they are going to eat, their new gym membership, and how awesome they will feel when finally, they lose the pounds that have been weighing on them for the past stretch of time. There is so much energy for change in the air and we all want to become our best selves this year, right?

I, too, want you to grow, become the most radiant version of yourself, and step into your optimal health.

And that is why I am asking you to pause if you are considering a traditional weight loss journey this new year.

When I say traditional weight loss what I mean is pausing on a plan that includes any or all of these three components:

1. Exercise or movement that stresses you out and that you do not love
2. Any sort of plan that involves you weighing yourself and measuring areas of your body on a regular basis.
3. Eating in a way that includes and focuses on “eating less”. By “eating less” what I mean is both eating less quantity of food and eating less of certain types of food.

Are you surprised by my suggesting you pause on these strategies to move you forward in your health goals?

Let me tell you why:

Stressful exercise that you do not enjoy will actually put your body in a stressed state. This stressed state will put a higher demand on your adrenal glands that are the masters of your flight-or-flight response. Long-term engagement of your adrenal glands in this type of flight-or-flight response will deplete your adrenal glands, therefore robbing them and your body or essential nutrients and hormonal balance. Consequences of this are lower libido, energy depletion, body inflammation, reproductive challenges. It also keeps your body in a catabolic (break-down) state rather than an anabolic (build-up) state.

Weighing and measuring your body often leads to discouraging feelings when numbers haven’t shifted as hoped. This discouragement then leads to heavy feelings, negative self-talk that spirals into compromised self-worth and potential self-hate. Numbers are also not true indicators of health. You are 60% water. In any given day your weight can fluctuate by several pounds due to changes in hydration status. Additionally, weight loss can be a sign of water or muscle loss...not an indicator of substantive fat loss.

Eating in a way that focuses on “consuming less” has emotional consequences. A focus on taking away food can cause deprivation feelings increase. When deprivation feelings rise, an increased desire for what you are avoiding intensifies. This push-and-pull of what you want vs. what you are trying to not eat leads to self-battle. Then, when you give in and release the

tight grip of saying no to something...there is guilt for succumbing to the craving and potentially self-hate. The power given to the foods that you say no to, or vow to stop eating, grows in its power over you as your determination to eat less of it increases.

Eating in a way that focuses on “consuming less” has physiological consequences. When you diet/put yourself in a state of deprivation, your body thinks food is scarce and that you are on a desert island. Your body will slow down metabolism and it will reduce a hormone called leptin which results in a physiological signal for you to be hungrier while simultaneously slowing your metabolism down. Your body senses initial fat loss and is trying to regain it by making you hungry and slowing your metabolism so it can hold onto the weight. Chronic dieting results in chronically less leptin over time and thus more weight gain.

For those who go on traditional weight loss plans, statistics show that 98% of those who lost weight will regain the same or more of the weight loss within the first 2 years after losing the weight. The 2% who keep the weight off...what about them? They did not go on any weight loss plan. Instead they had a significant life event occur...they got divorced, moved, quit a job, found a lover, had a spiritual awakening etc.

What are you to do, then, if you feel the desire to move forward in your wellness and losing weight is a part of your health goals? There are many things you can do. But for today, I want you to focus on just 2 things.

First, consider any extra weight you have as stored potential energy. What hope, endeavor, feeling, desire is stored away in you? What needs to be let loose and vividly fleshed out in your life this year? Is it our passion to grow economically? Your sexuality? Your desire to travel? To birth a book? To dance? To reconnect with the Divine?

Second, instead of starting with ways to change your body, start first with ways to change your life. This is key. Look at the areas you have turned away from because they are too painful. Look at the areas where you feel things have slid into a mediocre day-to-day hum drum. Look to the areas you feel flat, dull, tired, and used up. These are signals for you. These are the very areas for you to lean into and listen to more closely. This is where awakening, healing, and ultimate transformation wants to occur.

Who wants to live in a skinny body while everything else in life is hollow? No, this is not about the size of your pants. This is about you waking up and tapping into that divine vitality that is yours. Your life is beckoning you to live a full life.

Traditional weight loss plans will side-track you from engaging in the real work at hand this year. They are about hating yourself into a false version of yourself. Instead, the real work is about fleshing out an amazing, fulfilled, powerful you....it is about loving yourself into your highest most beautiful self.

If you are looking for deeper and specific support to nurture your body with nutrition and wellness, I’d love to connect with you! I am now taking clients for 2022 (space is limited)

You can reach me at:
janelleatsagefire@gmail.com
513.531.1764
Sagefirewellness.com

Janelle is the owner and founder of SageFire Wellness. She supports individuals who want to take

charge of their health naturally so that they can regain their vitality—or find it for the first time.

Her work involves customizing nutritional practices based on the unique and foundational needs of each person she works with. Her clients practice transformative food habits, explore new recipes and cooking techniques, and build in gradual lifestyle shifts that lead to powerful changes so that life is full of vibrancy once again.

Janelle studied with the Nutritional Therapy Association, the Institute for the Psychology of Eating and has a Master of Education from the University of Pennsylvania.

She is renowned for her functional and compassionate educational approach for all of her nutritional clients. Whether it’s learning to build a nourishing meal or healing your relationship with food, Janelle’s work integrates the mind/body connection to overcome your mental and emotional roadblocks to success.

Janelle just moved to the New Hartford area. In her free time, she likes to go hiking with her daughters, cuddling with her adopted kittens, or studying the moon and planets.



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Richard Sherman

New Hartford Highway News

Submitted by Superintendent of Highways, Richard Sherman

Today is December 15th, 2021, and as I write this article for January 1st, 2022, we have had little snow. The town has no snow on the ground with only a few storms giving us a couple of inches. The leaf trucks are still out picking up piles of leaves from this fall. The brush trucks had to go back out and pick brush because

of the wind storm that brought down several trees in the town last week.

The bids were opened November 17th for phase 2 of the new concrete box culvert on Oneida Street at the New Hartford and City of Utica Line. The winning Contractor was James Bray Paving Company, LLC of Sauquoit New York for \$374,000.00. This phase 2 will start this spring as soon as the weather permits.

Our Town Engineers from Dunn & Sgromo Engineering, out of Syracuse New York, John Dunkle and Jason Brown have finished and sent in to Fema the flood damage assessment and repair report for the Rayhill Memorial Trail. This project is still moving forward with Fema for the repairs.

The Mud Creek Flood Control Project at Middle Settlement Road, which includes the construction of a 600 foot long 10-foot average high earthen flood control dam. This project was awarded to W.M. Keller & Sons from Castleton, New York for \$1,644,260.00. If this winter continues to stay mild, the contractor will start some earth work on site. This Mud Creek project will help the down stream properties from flooding, holding the water back in a large rain event, and letting it out slower downstream. Another phase of this project

will be down by the Sangertown Mall entrances off Commercial Drive. The necessary permits from DEC and Army Corp with also a permit for the Beaver Dam are needed for this phase which will also help with the new structures holding water back and letting it out slower during a large rain event to help the flooding down stream.

Our Holidays are here and the Highway crew will be out on both shifts picking up the Christmas trees that are put out for pickup. Please try to put them out in a timely manner when you are finished with them so that we can pick them up before they get buried in the snow banks that maybe coming our way. Again, have a happy Holiday and a Happy New York. Your Highway Crew is here if you need them in an emergency any time of the day and night. Please call me with any questions or e-mail me at rsherman@townofnewhartfordny.gov or call 315 534-2998.



I want to thank everyone who supported me in my campaign for County Legislator.

While we came up just 28 votes short, this election rekindled old friendships and created many new ones, and for this, I am most appreciative and thankful.

I congratulate Caroline Reale on her victory, and wish her the very best of luck and success in representing our community.

—Heather Mowat

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Community News

THE TOWN CRIER 9



Mystical Moments: Paintings by Doug Whitfield

January 6- Feb. 30, 2022 at The Other
Side Gallery, 2011 Genesee St. Utica

Opening Reception, January 7, 5-7 p.m.

Gallery Hours, Thursday and
Saturday from 12-3 p.m.

Doug Whitfield is fascinated with the concept of individual perceptions and alternative realities. His oil paintings are comprised of classical figurative elements combined with impressions of his quirky world. His paintings are a combination of whimsy and real world grit. His compositions are fantasies, comprised of voluminous, shortened characters that question the notion of loveliness and grotesque and create endearing protagonists that fall outside the norms of beauty. His compositions are ambiguous dreams; a blur of myth, history and fantasy. His characters make eye contact with the viewer, gesture theatrically and strike romantic poses. In his dramas, the beautiful and grotesque mingle and dissolve into a hazy tale with no beginning and no end.

Whitfield explains, "My compositions are full of juxtapositions that challenge the viewer to reconcile the ambiguities. Viewers enter my world through the portal of my paintings and create their own delightfully unique story."

Whitfield is homegrown, a graduate of New Hartford High School (1963). He graduated from Mohawk Valley Community College (AAS Design 1965). In

1968, he obtained his BFA from Rochester Institute of Technology. He skipped his graduation ceremony at RIT, in order to go to New York and find a gallery, which began 50 years of showing and selling his paintings all over the world. Although he doesn't ever list his shows and awards, he is particularly proud to have won Grand Prize in the 85-year-old Cooperstown National show two years in a row, 2019 and 2020.



A Fitness Journey

Submitted by Jim LaFountain, All American Fitness Center

My college baseball coach, Jim Zerilla once advised me, "Everybody has a personal story."

Narcissism is not a label I, nor many would place on me, so here is my fitness "story."

Hopefully, it may inspire some of you to become more active. "Trailer Trash" was a new term I was hearing frequently as I boarded bus #33 on its way to Parkway Junior High School (now referred to as a middle school). Life in the trailer park was a daily challenge, requiring daily confrontation with my peers and anyone invading our little fiefdom. One Saturday evening, a couple of other Trailer Trasher's and I were walking to a Jr. HS dance, when a car pulled up and unloaded three 17-year old high schoolers, from a neighboring school district. They proceeded to punch, kick and pound us with baseball bats. The next morning, X-rays revealed I had a broken nose and deviated septum, requiring immediate surgery.

My father, an Ironworker and consummate pragmatist, believed I needed to better defend myself. For Christmas, I was given my first barbell set. A 110 pound metal compilation of 2 1/2, 5 and 10 pound discs, that were loaded on a 20 pound bar. I also found myself enrolled in a boxing program at our local

YMCA. Three non-consecutive days a week, I would push and pull a barbell until I was exhausted. Twice weekly, I would learn how to box.

In the spring of 1967, I was amazed at how much harder I could throw and hit a baseball. I was also at the top of my class in the President's Council on Physical Fitness Test's and was enjoying athletic success beyond anything I could have dreamt. Until, while sliding into second base, one of my spiked shoes lodged into the dirt, tearing my ACL and meniscus. Sports Medicine was not what it is today. After 10 weeks, the plaster cast was removed. I immediately and enthusiastically began a fitness program, that included knee rehabilitation, weight training and uphill running. I eventually returned to playing the sports I loved. Over the next four years I played high school baseball, basketball and football, then played baseball at Mohawk Valley Community College for two more years.

In 1975, I was fortunate to be awarded a baseball scholarship at the University of Louisville. At that time, few, if any baseball players weight trained, so I began lifting with the university's football team. Weight training was forbidden for baseball players, with the unfounded belief it would make us muscle bound and tight. To the contrary, my strength and power increased remarkably, and after my senior year I was named Division I All-American and Academic All-American in, you guessed it, Exercise Physiology.

After graduation, I signed a professional contract with the Minnesota Twins. Weight training for baseball players was still forbidden at that time. In fact, I was fined in spring training, when it was discovered I was lifting with a local high school football team. That spring, I re-injured the knee that was injured when I was 13 years old. Our team doctor, Dr. Harvey O'Phelan did his best to reconstruct my knee, without an ACL and meniscus. My career ended the next spring, after signing a contract with our AAA affiliate in Toledo, Ohio. Weight training, cardiovascular exercise and stretching, allowed me to enjoy athletic success for 10 years, even without an anterior cruciate ligament.

My enthusiasm for fitness has yet to wane after 50 years in the field. In each of my monthly fitness columns, for the past several years, my goal has been to encourage and inspire readers to adopt an active lifestyle. Hopefully, my story will do just that.

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Mohawk Valley Business Women's Network presents

New Year - New Us Kick-Off

Mohawk Valley Business Women's Network (MVBWN) will be hosting their "New Year, New Us" Kick-Off event at the Northwestern Mutual office on Campion Road in New Hartford on January 7th, 2022. The event is a celebration of the new year as well as an opportunity for women in business to learn about the group's mission, purpose, and exciting plans for the future. Attendees will enjoy refreshments and conversation as they connect with other women in business throughout the Mohawk Valley and learn about the opportunities that come along with membership.

"We have many wonderful women in business in our area and we are excited to start off the New Year with an event to welcome new members to engage, connect, and grow both personally and professionally by joining the network" said Gina Trzepacz-Timpano, President of MVBWN. "Our group just celebrated 40 years in our community in 2021 and we are excited to see what the next 40 years brings."

Registration for the event is free and can be found at www.mvbwn.org.

Mohawk Valley Business Women's Network is a 501c3 non-profit organization committed to empowering female entrepreneurs and women in business by supporting them through all phases of their business and personal development.



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NH Fire Dept. News

THE TOWN CRIER 13

NHFD News

November was another busy month for your New Hartford Volunteer Fire Department with 128 calls as indicated by the monthly call report listed below by category:

Fires	=	1
EMS	=	74
Hazardous	=	7
Service Type	=	21
Good Intent	=	7
Other Alarms	=	18
Weather Related	=	0
Other	=	0



Total Calls for the Month of November 2021 = 128. This brings the total number of calls year-to-date through November 30, 2021 to 1,148.

Of the 128 calls, 118 were in the Town and 10 were in the Village.

Some of the calls listed above - such as Fires, EMS, and Hazardous - are self-explanatory. Others such as

Service, Good Intent and Other Alarms are not. Service Calls includes water or animal problems, public assistance or standbys. Good Intent refers to responding but did not find anything or canceled in route. Other alarms include explosions, carbon monoxide, smoke or sprinkler detector activations.

The figures above do not include other activities by members of the department such as Fire Prevention details, training, parades, Open House and other various department committee meetings that take place throughout the year.

New Hartford Volunteer Fire Department Elects Officers for 2022

Scott L. Nicotera, Jr. was elected Chief for a second consecutive year. Other officers elected include: First Assistant Chief, James H. Monahan; Second Assistant Chief, Brian D. McCormick; and Third Assistant Chief, Richard Alexander, Jr.; First Captain, Kevin J. Monahan; Second Captain, Jeremy M. Spinella;

and Third Captain, Michael J. Galligano, Jr. First Lieutenant, Mark A. Turnbull II; Second Lieutenant, Cody C. Wilson; Third Lieutenant, Joshua Famolaro and Fourth Lieutenant, Daniel Deluke.

Fire Police Captain, William H. Randall; Fire Police First Lieutenant, Charles Obernesser and Fire Police Second Lieutenant, Peter L. Rebisz.

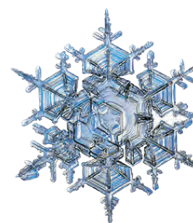
The above elected Line Officers represents over 285 years of combined experience of serving our neighbors within the New Hartford Fire District.

The department's 2022 Benevolent Officers were also elected. Re-Elected to his fourteenth term is: President, Joseph S. Luker. Other officers elected were; Vice President, David W. Butler; Financial Secretary Tim Barcomb and Recording Secretary, James F. Luley. David M. Reynolds was elected Director for 2022-2023 -2024. In addition, President Luker announced the appointments of David E. Maier, Treasurer, and Trey Geary, Assistant Treasurer.

The line officers combined with the benevolent officers represents over 578 years of experience serving our community.

The above officers will begin their responsibilities on January 1, 2022 marking the 121st year of the department.

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NEW HARTFORD PAST TIMES

January 2022

NEW HARTFORD HISTORICAL SOCIETY



Curator, Director, President: Our Girl Friday

For every organization, there is always a core group of individuals who handle the lion share of duties and functions. Here at the Historical Society, we are no different. There have been many individuals over the years that played key roles in keeping our vision at the Society moving forward. Bob Dicker, Barb Munde, and Lou Smith are just a few that come to mind. And one that has been a steadfast shining star for the last 2 decades is Barbara Owens Couture. Barb has been a fixture at the Society from the first time she stepped through our door. And she touched so many over those 20+ years. People like that eventually seem to be irreplaceable. However, we all know that as much as we never want to see anyone leave, it is inevitable everyone does sooner or later. Just before Thanksgiving, Barb announced she'd be "retiring" at the end of 2021. It is fitting Barb broke that news around Thanksgiving because we are truly grateful for all she has done and accomplished.

After retiring as Secretary at the New Hartford Police Department in 1998, it didn't take Barbara long to find a new outlet for her zest for community and history. She jumped into the Historical Society lock, stock and barrel immersing herself into every aspect and leading others to move our goals and dreams forward and she never really looked back! From sitting on the Board, Secretarial duties and then serving as President for 13 years. As President, she was instrumental in attracting and recruiting several volunteers that would become the driving force behind organizing, cataloging and archiving thousands of artifacts and maintaining membership records. Her "girls" could be found most Monday afternoons buzzing around the museum. Besides her army of volunteers, Barb was instrumental in securing our Ace Webmaster and photo archivist Carl Saporito and our handyman, jack-of-all-trades, Rick Giffune who has made several physical upgrades to our facilities. Barb has left giant shoes to fill for sure and was figuratively the biggest cog in our machine. We thank her for her dedication and service over the last 20 Years. And wish her many healthy and happy years in her "re-retirement"! **Thank You Barb!!**

BECOME A MEMBER!

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

Planning a Class Reunion?

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

Museum is Open To the Public

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

FREE ADMISSION

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

Do you have a thirst for local History? Why not join us for 2022 You won't be disappointed!

New Hartford Historical Society

~ Membership Form ~

Please check one of the following:

☐ \$15⁰⁰ Individual

Name: _____

☐ \$20⁰⁰ Family

Address: _____

☐ \$25⁰⁰ Contributing

☐ \$50⁰⁰ Corporate

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Town & County Tax Info

THE TOWN CRIER 15

2022 TOWN & COUNTY TAXES

SCHEDULE FOR PAYMENTS FOR TOWN OF NEW HARTFORD, NY

The 2022 Town and County tax bills will be mailed during the month of January 2022, Holidays excepted, as follows:

MAIL PAYMENTS TO ADIRONDACK BANK

(Checks, Cashier checks, and money orders payable to TOWN OF NEW HARTFORD; *RETAIN TOP PORTION OF BILL AND ENCLOSE BOTTOM STUB WITH PAYMENT; A RECEIPT WILL BE MAILED TO THE OWNER OF RECORD*):

Adirondack Bank
4697 Commercial Drive
New Hartford, NY 13413

IN-PERSON PAYMENTS

(Checks, Cash, Cashier checks, and money orders payable to TOWN OF NEW HARTFORD; *MUST BRING ENTIRE TAX BILL FOR THE BANK TELLER TO MARK IT RECEIVED*):

Adirondack Bank
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New Hartford, NY 13413

Lobby & Drive Thru Hours:

CASH PAYMENTS ACCEPTED AT THE BANK ONLY

Lobby Hours:

Monday 9:00am – 4:00pm
Tuesday 9:00am – 4:00pm
Wednesday 9:00am – 4:00pm
Thursday 9:00am – 5:00pm
Friday 9:00am – 5:00pm

Drive Thru Hours:

Monday 8:30am – 4:00pm
Tuesday 8:30am – 4:00pm
Wednesday 8:30am – 4:00pm
Thursday 8:30am – 5:00pm
Friday 8:30am – 5:00pm

Payments can only be made at the Commercial Drive Branch of Adirondack Bank. Masks are requested by Adirondack Bank when entering the lobby. Collection in the lobby and drive thru will take place as long as COVID protocols do not limit the bank to drive thru only.

TOWN OF NEW HARTFORD DROP BOX

Town of New Hartford Drop Box located on main lobby doors available 24 hours: Town Hall, 8635 Clinton Street, New Hartford, NY 13413. **NO CASH PAYMENTS ACCEPTED AT THE TOWN HALL.**

TO PAY ON-LINE, please visit www.taxlookup.net

On all taxes received after February 1, 2022, there shall be added One Percent (1%) interest for taxes paid during February 2022 and One and one-half Percent (1 ½ %) for taxes paid during March 2022. Taxes may be paid during February and March 2022 at the aforementioned payment locations. Taxes paid in March 2022 will also be subject to a \$2.00 second-notice mailing fee. Pursuant to law, unpaid taxes/tax roll will be returned to the Oneida County Treasurer on April 1, 2022.

PLEASE ENTER YOUR TELEPHONE NUMBER IN THE “MEMO” SECTION OF YOUR CHECK, CASHIER’S CHECK OR MONEY ORDER, AS WE MAY NEED TO CONTACT YOU

CAUTION: When presenting a single check/money order for multiple tax bills, be sure the total amount equals the total tax bills; if the Bank discovers an error in your payment, all tax bills are considered unpaid.

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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: When a teenager commits a crime, it is right, proper, and legal that the conviction should always remain on the criminal’s record. When it is a serious crime, the teen must not receive special treatment because of age.

REALITY: Science teaches us that the frontal brain lobe, the reasoning part of the brain, does not fully mature until age 25. This part of the human brain permits the use of thinking skills like the capacity to plan, organize, self-monitor and control one’s responses to people and events.

Our legislators usually try very hard to develop laws that mirror current scientific research and findings. In October, 2018, an updated New York State youthful offender (YO) law went into effect. This law allowed judges to grant youthful offender status to teens at sentencing, so that later the judge could seal the teen’s criminal record, and the record would not be accessible for most purposes. This law did not apply in cases of VIOLENT CRIMES. In 2019, a judge wrote an important decision on this topic. He wrote that the law did not permit him to grant YO status and seal the teen’s record because the charge was second degree robbery, a violent felony, committed when the teen was 16 years old. The judge urged the Legislature to change the law. Of course, no one condones the acts of the teen, or other teens, in these circumstances. However, this teen and others like her, could never move past their youthful mistakes. They could not live lives useful to society and they were forced to constantly repay their debt to society. This had racial, educational and economic impact. Judges, who come to know a teen and the circumstances of the teen’s life and crime, had tied hands in helping to solve the problem of the teen’s behavior.

In November, 2021, New York Governor Kathy Hochul signed a new law into effect. Judges and those who work with teen offenders applaud the law. Now if a teen has been convicted of a major crime, and is otherwise generally eligible, the teen may reapply for youthful offender status and successfully seek to have the criminal record sealed. If the New Yorker was 19 years old or younger at the time of the violent crime and can explain what they did at the time of the commission of the crime, and show a period of success in the community, and especially has not committed

any further crime, then the outcome may be helpful to the teen. If the judge is satisfied, then the judge may grant the status and seal the record. This gives judges much more discretion to do as the judge thinks appropriate, after consultation with probation officers, police officers, parents, social workers and others. It also opens up the world of employment, education, housing rental and many other avenues to the convicted so that the teen, now an adult, can have a meaningful life and contribute to society.

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 on this issue and may be deadlocked over whether fantasy sports breach an anti-gambling section of the New York State 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.

MYTH: Once you have a criminal record, you have it forever.

REALITY: This might generally be true, unless the law changes after your conviction! In September, 2021, New York State made some marijuana use and possession legal. Since then, 198,000 records have been automatically deleted and another 203,000 ae in the process of being deleted. Those who may benefit from this automatic process are those who were convicted of possession of less than a pound of marijuana or distribution of less than 25 grams. This means the convictions are void, and will no longer show up in background checks. An eligible person can also apply to a court to have the expunged records completely destroyed. Officials expect that when the expungements are completed, more than 400,000 convicted New Yorkers will have records that do not reflect a possession or use of marijuana. This number shows how pervasive such use was.

This process is not always easy or automatic. If one was convicted, for example, of a marijuana offense, together with a non-drug charge, like assault, then the record remains intact, and can be removed only by a judge. New Jersey is holding expungement clinics to help those who have more difficult cases and need help to make sure that the record is property expunged.

The law means now that it will be easier for appropriate people to find employment, become a foster parent, work in the child-care field, seek higher education, drive trucks, maintain custody of children, or lease an apartment, among other things. The

principle is that no one should have a record for the same activity that is now legal, and where businesses are making money.

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.




Brian J Jackson, DDS - President of the AAID

Dr. Brian J Jackson was elected President of the American Academy of Implant Dentistry (AAID) at the 70th annual Conference in Chicago, Illinois.


The AAID, founded in 1951 is the oldest organization in the world dedicated to implant dentistry.

Its multi-specialty membership mission is to advance the science and practice of implant dentistry.

Dr. Jackson is Board Certified and a Diplomate of the American Board of Oral Implantology/Implant Dentistry (ABOI/ID) and an Honored Fellow of the AAID. He is a partner at Comprehensive Dentistry located at 2534 Genesee Street, Utica, NY.



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 (315) 982-7144
 sharonkanfoushwellness@gmail.com
 sharonkanfoushwellness.org

Marty Gorton

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Rotary

New Hartford Rotary News

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

First: The development of acquaintance as an opportunity for service;

Second: High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;

Third: The application of the ideal of service in each Rotarian's personal, business, and community life;

Fourth: The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

Rotary has developed The Four-Way Test of the things we think, say, or do:

Is it the truth?
 Is it fair to all concerned?
 Will it build goodwill and better friendships?
 Will it be beneficial to all concerned?

Reprinted by permission from Rotary magazine, December 2021.

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If you have a passion to help make our community and the world a better place to live in and have fun doing it, consider joining Rotary. We are always looking for new members, young and old, working or retired, who have a desire to "Serve to Change Lives".

New Hartford Rotary meets every Wednesday at 12:15 PM at the Yahnundasis Golf Club. 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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- Utica School District Teachers, Retirees & Administrators



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If your home or business is damaged by water from
any source,
you need Disaster Services.

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
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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.



Girl Scouts Seek Local Booth Locations for 2022 Cookie Program

As the 2022 Girl Scout Cookie Program approaches
(initial order-taking launches on January 11), Girl
Scouts of NYPENN Pathways (GSNYPENN) is
looking for assistance from regional businesses and
community organizations to help girls and troops have
a safe and successful season.

GSNYPENN serves girls in K-12 across 26 counties:
Allegany, Broome, Cayuga, Chemung, Chenango,
Cortland, Delaware, Herkimer, Jefferson, Lewis,
Madison, Oneida, Onondaga, Ontario, Oswego,
Otsego, St. Lawrence, Schuyler, Seneca, Steuben,
Tioga, Tompkins, Wayne and Yates in New York and
Bradford and Tioga in Pennsylvania.

The council hopes to connect with area businesses
and organizations in high-traffic areas to allow troops
to host drive-thru cookie booths, as well as those that
would like to host traditional walk-up booths. Troops
also need inside, secure locations for cookie stock
storage and pickup. Places like empty storefronts,
unoccupied office spaces, etc.

“We want to help our Girl Scouts have another safe
and successful cookie program by connecting with the
communities we serve to host drive-thru booths and
provide locations for traditional walk-up booths and
logistics. Despite the continued pandemic, our girls
enjoy the normalcy that this program provides,” says
Ray Mulno, Director of Retail Operations & Product
Programs at GSNYPENN.

The 2022 cookie program will run from January
11-March 27. The annual fundraiser helps troops power
Girl Scout activities for the year through experiences
like community service, highest award projects, badge
work, summer camp, travel and more—all while girls
gain important entrepreneurial and life skills. Proceeds
(after paying the baker) stay local and are also used to
maintain GSNYPENN's properties and programs for
its girl and adult members throughout the year.

Girl Scouts would need the use of any locations from
mid-February through the end of March. GSNYPENN
will provide insurance information for businesses
and organizations. Those who can assist will receive
publicity through the Girl Scout Cookie Finder app and
website, council social media, and local cookie season
advertising—which, in turn, helps drive additional
customers to these local businesses and locations.

If your business or organization can help local Girl
Scouts during cookie season in any way, please contact
Ray Mulno at rmulno@gsnypenn.org or 315.698.9400
x2022.

Brownie in a Mug

- 1/4 cup flour
- 1/4 cup sugar
- 2 tbsp cocoa
- pinch of salt
- 2 tbsp oil
- 2 tbsp water
- 1/4 tsp vanilla

Mix - Microwave 1:30 - Enjoy



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Community News

THE TOWN CRIER 19



Spamilton

Broadway Theatre League of Utica will present the hit musical comedy Spamilton: An American Parody at The Stanley Theatre on January 27, 2022. Tickets on sale now.

Created by Gerard Alessandrini, the comic mastermind behind the long-running hit Forbidden Broadway and performed by a versatile cast of seven, Spamilton: An American Parody is a side-splitting new musical parody. After tearing it up in New York, Chicago, Los Angeles, and London, Spamilton: An American Parody will stage a singing, dancing, comedy revolution in Utica.

Marilyn Stasio of Variety mused, "Hip-hop, Broadway showtunes, Viennese waltzes — is there anything this guy can't write? No, not Hamilton

creator Lin-Manuel Miranda, but Gerard Alessandrini, whose ingenious parody Spamilton simultaneously salutes and sends up Miranda and his signature musical." Ben Brantley of The New York Times said, "This smart, silly, and often convulsively funny thesis, performed by a motor-mouthed cast that is fluent in many tongues, is the work of that eminent specialist in Broadway anatomy, pathology, and gossip, Gerard Alessandrini."

ABOUT THE CREATOR:

GERARD ALESSANDRINI (Creator, Writer, Director) Spamilton: (Creator/ Writer/ Director): New York, London, Chicago, Los Angeles, National Tour. Forbidden Broadway (creator/ writer/director): 25 editions all over the world. Also Forbidden Hollywood (writer/director), Madame X: The Musical (NYMF) (co-writer/director), The Nutcracker & I (lyrics), Maury Yeston's review Anything Can Happen in New York. Television: special material for Carol Burnett, Angela Lansbury and Bob Hope. Film: Aladdin, Pocahontas (vocals). Recordings: 12 Forbidden Broadway cast albums, Forbidden Hollywood & Spamilton cast albums. Special Lyrics: Barbra Streisand Duets 2. Awards: Drama League Lifetime Achievement Award, Obie Award, 2 Lucille Lortel Awards, 7 Drama Desk (2 Best Lyrics, 2 Special Achievement, 3 Best Musical Revue), and a Special Tony Award for Lifetime Achievement in Theatre. Special thanks to husband Glenn Bassett for contributing his many talents to Spamilton.

The creative team also includes Gerry McIntyre (Choreography), Morgan Large (Set Design), Dustin Cross (Costume Design), Michael Gilliam (Lighting Design) and Fred Barton (Music Supervision).

The North American tour of Spamilton: An American Parody is produced by Spamiltour LLC. Spamilton was originally produced at The Triad Theater in New York City by John Freedson, David Zippel, Gerard Alessandrini and Christine Pedi.

Visit www.broadwayutica.org for more information on shows, subscriptions and everything Broadway Utica or call us at 315-624-9444. Box office hours Monday – Friday 9am – 4pm.

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



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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.

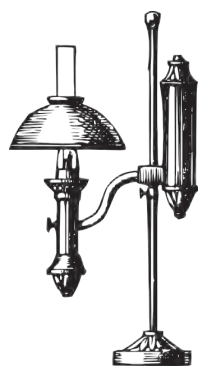
22 THE TOWN CRIER

Antique Talk

JAN.
2022



by Victor J. Fariello Jr.



HAPPY NEW YEAR!

Another year is here and that means another year of Antique Talk in the Town Crier. Your interest and support of this column is what keeps it going. I thank you for your readership and your questions and comments.

If you have an idea for a subject for Antique Talk, just email or write to me at the address below. Let me know any topic that you would like to hear more about.

Wishing all of you and your families a very Happy New Year! May 2022 be one of your best years ever!

It's Back! 21st Annual Antiquefest January 29-30 at The Stanley

We are very pleased to announce that the antique event that we have all been waiting for, the 21st Annual Antiquefest is back this year at the Historic Stanley Theatre in Utica.

The dates are Saturday, January 29 2022 from 10 a.m. to 5 p.m. and Sunday, January 30, 2022 from 10 a.m. to 4 p.m. There is music, food, glass grinding by Tony Perretta and an outstanding group of dealers displaying their wares. There will also be a 50/50 raffle benefitting The Stanley.

Admission is \$8, which is good for both days. The show is sponsored by Gerald Dischiavo of Vintage Furnishings in Utica. Contact him at 315-738-1333 or 315-725-2612.

Kovel's Is Lone Survivor!

I recently wrote about 3 antiques and collectibles price guides that have been the most popular for many years-Kovel's, Antique Trader and Warman's. It has come to my attention recently that while all three are still in print, Kovel's is the only one in current publication. What this means that the other two are just printing old editions, which they will likely stop doing when demand for them drops off.

To my credit, I have always promoted Kovel's as the best of the three. It has always been a superior publication and in my estimation head and shoulders above its competition.

Kovel's Antiques & Collectibles Price Guide for 2022 is out now and available at Barnes and Noble or Amazon.com. The price is \$26.95.

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. This is a great investment in the heritage of our community!

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.

BROADWAY Theatre League
OF UTICA, INC.

SPAM!LTON
AN AMERICAN PARODY

THURSDAY, JANUARY 27, 2022 • 7:30PM

STANLEY THEATER, UTICA, NY | TICKETS: BROADWAYUTICA.ORG

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thelavaspa.com
315-792-9200
2707 Genesee Street, Utica





Biodex balance SD, pictured here with Dr. James Wallace and a patient, is an important tool to assess balance in concussed individuals. It provides precise information for detecting problems that may otherwise go unnoticed.

Concussion Evaluation and Treatment Available at Sitrin

Concussions can happen at any time of year and should be taken seriously. A form of traumatic brain injury, a concussion can be caused by a bump, or an injury to the head or body that causes a person’s head and brain to move rapidly back and forth. Any movement to the head can cause the brain to bounce around, causing damage to brain cells.

While concussions are most widely known for occurring in the sport of football, as well as other professional and recreational sports, falls are the most common cause of concussion. An unexpected spill on an icy sidewalk, a stumble from an uneven sidewalk, or a jolt to the head during a daily activity can result in a concussion. Especially now, in a world where many

people are multitasking, it’s easy to lose concentration and make mistakes that can cause injuries, such as a concussion.

Symptoms can include a headache, confusion, lack of coordination, memory loss, nausea, vomiting, dizziness, ringing in the ears, and excessive fatigue.

“All concussions are serious; they are complex with varying outcomes,” Dr. James Wallace, Sitrin’s director of clinical rehabilitation services, said. “Depending on the individual, recovery from a concussion can take days, weeks or months, and those who don’t seek treatment may be at risk for experiencing long-term effects.”

A leading expert of baseline concussion testing and post-concussion treatment, Wallace implemented Sitrin’s Equili-BRAIN-ium Concussion Management Network nearly 10 years ago. He and his concussion management team have performed hundreds of baseline tests and post-concussion assessments. They use an evidence-based approach, assessing both the physical and cognitive aspects of concussion. The team’s goal is to return individuals to competition/recreation/school/work as safely as possible, as well as offer the most current and effective treatments to anyone sustaining a concussion.

Wallace cautions that the signs and symptoms of a concussion can be subtle and may not show up right away. Therefore, seeking treatment quickly is the best way to prevent further complications.

Individuals can expect the following from concussion evaluation and treatment at Sitrin:

Thorough examination in a quiet and controlled setting.

Evidenced-based recommendations for a graded return to exercise, sport, work and/or school.

Education regarding the latest recommendations for overall management of concussion symptoms.

For more information about Sitrin’s Equili-BRAIN-ium Concussion Management Network, or to make an appointment, call (315) 737-2446. A physician referral is necessary.

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.



Sangertown Square Announces Adjusted Hours of Operation Beginning January 2, 2022

Effective January 2, 2022, Sangertown Square will operate under new hours of operation based on valued feedback and input received from both tenants and guests:

Monday – Saturday: 11:00 a.m. – 7:00 p.m.
Sunday: 11:00 a.m. – 5:00 p.m.

Guests are reminded that restaurant venues may continue to offer extended hours into the evening and are encouraged to call ahead to confirm a specific venue’s hours of operation or visit the center’s online directory here www.sangertown.com/directory/.





Because the most important conversations can't wait.

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



When you need us most.

315-735-6484 | www.hospicecareinc.org



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www.turnbull-insurance.com



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 out legion. Veterans are invited to join our great family at the New Hartford American Legion. Located at 8616 Clinton St, New Hartford, NY 13413.

American Legion New Hartford Post 1376

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

*Sunday Breakfast ~ Sunday, January 16th
Serving from 8am-11am. Donation \$12.*

All you can eat. Menu includes: Scrambled eggs, Bacon, Sausage, Hash, Pancakes, French Toast, Gravy (SOS), Home Fries, OJ and Coffee. \$12 Donation 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.

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.

Angels Among Us Food Pantry

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

NH Senior Center News

NH Senior Center News

submitted by Carrie Dygert, Head Of Senior Center

Because of the new rise in the covid cases the New Hartford Senior Center will be closed until further notice. We are so sorry that this is happening again and being so close to Christmas. We are hoping that this will only be for a short time. The main thing is everyone stays safe and things get back to normal. We will notify all our seniors when we reopen. Again we are so sorry.

We had the New Hartford Police here on scams. Ron did a great speech on all the scams that people are receiving. Some of our seniors also told the experience that they've had with scam calls.

Our thanksgiving lunch was nice, we had the Rose Garden Band here, they did a great job and everyone enjoyed the music. Thank you to Marge, Sue, Marcia, Annette, Bernie and Donna for making our thanksgiving lunch wonderful. We also had Oneida County Sheriff Robert Maciol here. He spoke about the Yellow Dot Program and the Project Lifesaver. He's such a great speaker, we all loved hearing about his farm and the issues he faces at his work. He'll be back again in Jan. or Feb.

The RSVP Readers Theater Group did a great job, everyone enjoyed the funny short skits that they read, they made everyone laugh.

Dave Russel Brought in some pictures and talked about his experience with the Honor Flight. It was interesting to hear him talk about all his pictures and all the joy he had.

Caption Call was here with the free phones for seniors with some hearing loss. A few of our seniors were interested in trying the phone. There is no monthly fee for the phones and they do so much, you can read in big letters what the person on the other end is saying and can also be used with your cell phones. They will be back at the center on December 27th.

Judy and Erica from Coast PT were here to speak on Fall prevention. They did a great job, tested some of the seniors on their balance to see how well they could do. Those who had a hard time could take a form to their doctor to see if their doctor thinks they should go for Physical Therapy. WKTV was at the center to interview Judy and Erica on Coast PT that has recently opened up on Middle Settlement Rd in N.H.

We celebrated MiMi Montana's 101 birthday with cake, and a special ice cream cake her family brought for all. She also played the piano and sang an Italian song for us.. Mary Reilly also played the piano so we could sing Happy Birthday to MiMi. Thank you Mary. MiMi comes to our center every day, she loves to visit with everyone.

We are sorry to hear that Joan Evans passed away, she has been very active for years in our exercise programs.

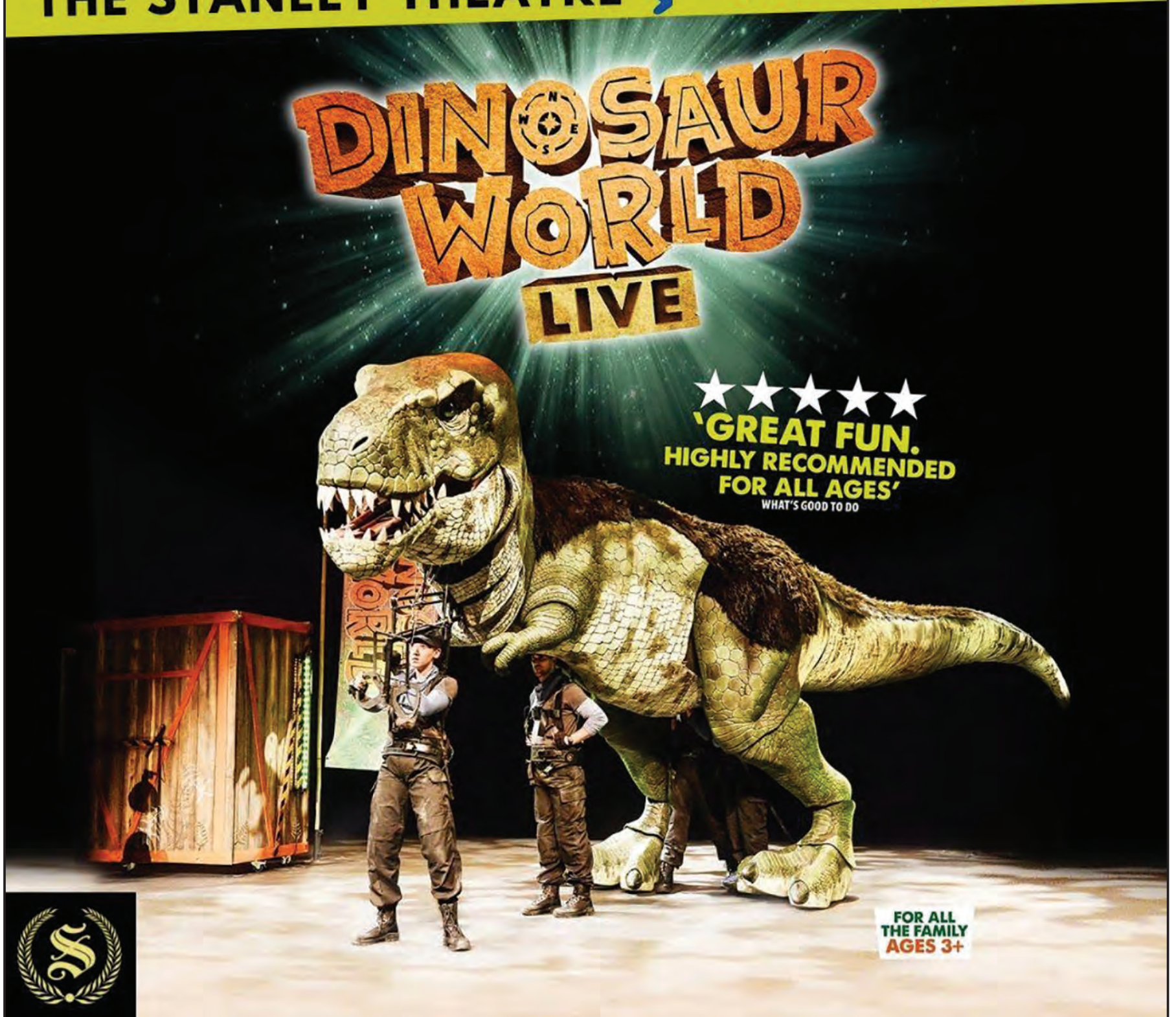
I would like to thank Marge, Gary, Pat and Phil for volunteering to pick up our hot lunches and Mark for picking up our bread, bagels and tomato pies.

Because of the rise in covid cases the AARP driving course will not be held until further notice. They are hoping cases will go back down and they will be able to start back up in March. Because of covid there will be no AARP tax preparation done for 2021 taxes at the Senior Center.



THE STANLEY THEATRE

FRIDAY, 12/17



'Dinosaur World Live' Coming to The Stanley Theatre!

Prepare to get up close and personal with prehistoric giants!

Dare to experience the dangers and delights of 'Dinosaur World Live' in this roarsome interactive show for the whole family! This amazing experience will be visiting The Stanley Theatre on January 25 at 6:30 p.m. Tickets for this show will go on sale on Friday, December 17 at 10:00 a.m. and can be purchased through Ticketmaster, or by calling The Stanley Theatre Box Office at 315-724-4000.

Grab your compass and join our intrepid explorer across uncharted territories to discover a prehistoric world of astonishing (and remarkably life-like) dinosaurs! Meet a host of impressive creatures, including every child's favorite flesh-eating giant, the Tyrannosaurus Rex, as well as a Triceratops, Giraffatitan, Microraptor and Segnosaurus.

Don't miss this entertaining and mind-expanding Jurassic adventure, live on stage at The Stanley Theatre! Mark your calendars and book now before tickets become extinct!

The show is 50 minutes in duration and is not recommended for children under three years old.



The Magnificent Triceratops



The Fierce Tyrannosaurus Rex

Happy New Year From

ALL
Programs
\$100/mo



NO
Long Term
Commitment

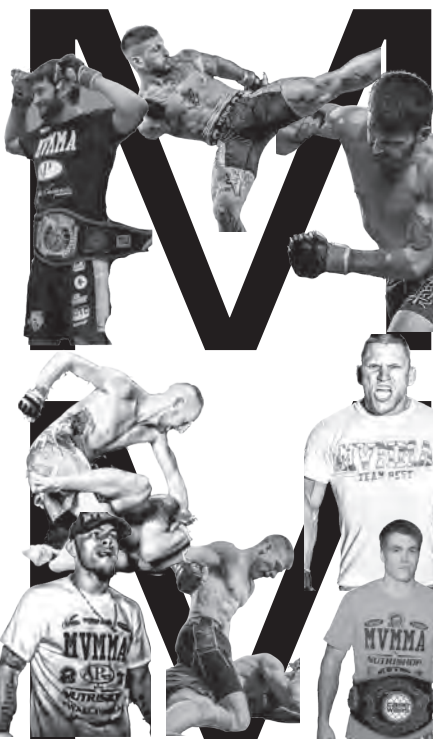
Little Warriors **Kindergarten-7yo**



Jr. MMA **8-12yo**



MMA 101 **13yo & Beginner** **Adults**



MMA 202 **Advanced Adults**



Fight Team **Professional** **& Amateur**



Ultimate Fitness **MMA Inspired Fitness** **16 and up**



New Hartford Shopping Center
Duff Holmes 315-525-1423
www.mohawkvalleymma.com

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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Faith in New Hartford

JAN.
2022



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.firstumconline.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 Bunker, 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 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.hopealliancecnycny.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.

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 January, with Sunday morning services starting at 10:30. Worship is both in-person with masks required and livestreamed on Facebook.
On January 2, the sermon will be delivered by Larry Beasley, Stated Clerk of the Presbytery of Utica; and on January 9, by NHPH Elder Joyce Trievel.
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 Follow Me Biblical Practices for Faithful Living Program is being used as the guide for both the Children's Time in worship and Faithful Blend activities. 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.

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

Heading Out to Any Events at The Stanley Theatre?

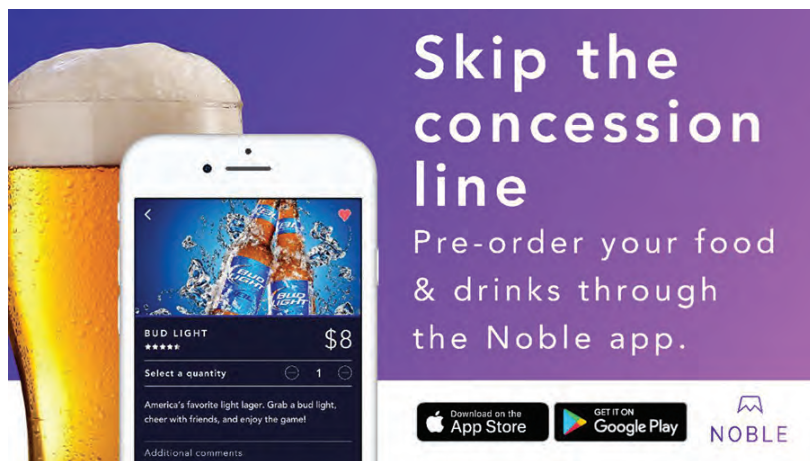
Are you heading to any shows/events at The Stanley Theatre?

Don't you hate having to wait in line at the bar while the show you really wanted to see plays on? With NOBLE, you'll never have to wait in a concession line again!

Learn more about this amazing app, which can be used at upcoming The Stanley Theatre shows/events

Don't miss out on your show by waiting in line!

It's as easy as pushing a button! NOBLE allows you to select exactly what you want from the bar and pay on the app! Best part - you can have your items delivered right to your seat number!



JAN.
2022

Faith in New Hartford

THE TOWN CRIER 29

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. Bunker. Deacon Gil Nadeau
Weekday Mass: Mon & Tues 8am, Wed 7:45am,
Fri. 8 am Communion Mass
Weekend Mass: Sat. 4pm Vigil, Sun. 9:30am
Confession: Sat 3:15pm-3:45pm

STONE PRESBYTERIAN CHURCH

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

CLINTON UNITED METHODIST CHURCH

105 Utica Road, Clinton www.clintonmethodist.org
Rev. Michael H. Terrell
Sunday Worship Service 9:30 AM
Sunday school during worship following children's time
Office Phone: 853-3358

CORNERSTONE COMMUNITY CHURCH

500 Plant St. Utica (Oneida Sq. across from Dunkin Donuts)
Mike Ballman, Pastor www.cornerstoneutica.com
mike@cornerstoneutica.com
Sunday Mornings: 11:15am
Last Sunday of month 10:30am

CHRIST CHURCH (REFORMED PRESBYTERIAN)

8470 New Floyd Rd. Rome, NY 13440
Website: www.christchurchreformed.com
Facebook:
<https://www.facebook.com/ChristChurchReformedPresbyterian>
aarongoerner@gmail.com
Pastor: Aaron Goerner
Services:
Sunday School: 10AM
Sunday Worship: 11AM
Thursday Bible Study: 7PM

ZION LUTHERAN CHURCH

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

MOHAWK VALLEY CHURCH

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

TABERNACLE BAPTIST CHURCH

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

BIBLE BAPTIST CHURCH

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

ST. MARGARET'S ECUMENICAL & RETREAT CENTER

47 Jordan Road, New Hartford – 315-724-2324
stmargarethouseny.org
info@stmargarethouseny.org
Rev. Elizabeth Gillett, Chaplain
Wednesday Worship Services at Noon
Lunch Wednesdays at 12:30 PM
Groups Discussions about Matters of Faith, Second Wednesdays at 1:30pm
Monthly Dinners on Third Wednesdays
5pm (take out) and 5:30pm (dine in)
Please call ahead for our Monthly Dinner
Special Events:
Star of Bethlehem: Two-Part Series
January 4th & 18th from 6:30-8:30 PM
Kick the Winter Blues with a Film and Popcorn
Third Fridays in January & February at 1:30 PM
Get to Know the Women of the Bible – Discussion
Wednesday, January 26th, from 1:30 to 3 PM
It Takes a Village – Monthly Discussions Over a Meal
February 1st from Noon to 2 PM (inc. lunch)
February 24th from 5:30 to 7:30 PM (inc. dinner)
We are open and available to host individuals and groups following CDC recommendations. Please call or email ahead to reserve your space.

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

1607 Genesee Street, Utica
Rabbi Gustavo Geier
Executive Director: Mrs. Mundy B. Shapiro
Fri night - 5:30pm
Sat morning - 9:30am on Zoom


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.


*New Life
Apostolic Church*



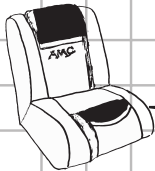
Service Times:
Sunday School
Sunday Adult Service: 10:00 a.m.
Wednesday Night Prayer: 7:00-8:00 p.m.
Thursday Evening Bible Study: 7:00 p.m.

Pastor Mark Waterman
315.736.1161


3995 Oneida Street #4
New Hartford, NY 13413

 @NLAC4all






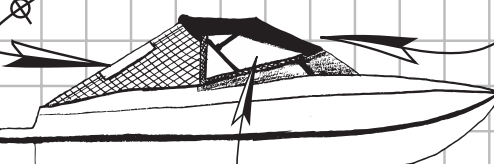
RE-UPHOLSTERED SEATS



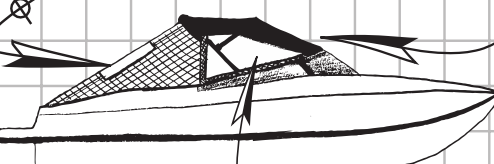
COCKPIT COVER



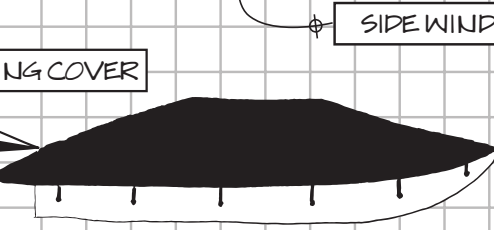
BOW COVER




AFT CURTAIN




CONVERTIBLE TOP



SIDE WINDOWS




MOORING COVER



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Osteoarthritis

"Arthritis" is a term used to describe inflammation of the joints. Osteoarthritis (OA) is the most common form of arthritis and usually is caused by the deterioration of a joint. Typically, the weight-bearing joints are affected, with the knee and the hip being the most common. OA affects daily activity and is the most common cause of disability in the US adult population.

The cause of OA is unknown. Current research points to aging as the main cause. Factors that may increase your risk for OA include:

- Age
- Genetics
- Past Injury
- Occupation
- Sports
- Obesity

Common symptoms include:

- Stiffness in the joint, especially in the morning, which eases in less than 30 minutes
- Stiffness in the joint after sitting or lying down for long periods
- Pain during activity that is relieved by rest
- Cracking, creaking, crunching, or other types of joint noise
- Pain when you press on the joint
- Increased bone growth around the joint that you may be able to feel

An estimated
27 Million
Americans have some
form of OA.


1 in 2 people
in the United States
may develop knee OA
by age 85


HOW A PHYSICAL THERAPIST CAN HELP

Your physical therapist can effectively treat OA. Depending on how severe the OA is, physical therapy may help you avoid surgery. Although the symptoms and progression of OA are different for each person, starting an individualized exercise program and addressing risk factors can help relieve your symptoms and slow the condition's advance.

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Consider a Simple Investment Strategy to Help Reduce Guesswork

For most investors, the key to success is simple: Buy low and sell high. But how often have you seen this scenario played out? (You may have done it yourself.)

When the market is up, an investor feels good and buys stocks.

When the market is down, that same investor gets scared and sells.

Although reacting like this may feel instinctively right at the time, buying high and selling low is unlikely to result in a profit.

Why do investors do this? The reason may have a lot to do with us making investment choices the same way we do many important decisions: using both our heads and our hearts (i.e., logic and emotion). When there's market volatility—including both market highs and market lows—our emotions tend to take over and we may make illogical choices going against our best interests.

Rather than falling victim to the potential perils of emotional investing, you may want to be completely logical: get into the market when it's down and out when it's up. This is known as "market timing." While this approach sounds rational, the problem is it's extremely difficult, even for experienced investors, to do consistently. There's an old saying: "No one rings a bell" when the market reaches the top of a peak or the bottom of a trough. Translated, that means anyone attempting to time the market finds it difficult to know exactly when to make their move.

For example, if you think the market has reached a peak and get out and then share prices keep rising, you'll miss out on the additional profits you could have made by waiting. And after you get out, how do you know when to get back in? If you act too quickly, you'll forego better bargains as prices continue to fall. If you wait too long, you may sacrifice the chance to fully benefit from a market rally.

Give dollar cost averaging a look

To avoid the potential problems of emotional investing and market timing, consider a strategy called "dollar cost averaging."

Dollar cost averaging is the practice of putting a set amount into a particular investment on a regular basis (weekly, monthly, quarterly, etc.) no matter what's going on in the market. For example, you could invest \$500 each month. In a fluctuating market, this practice lets you purchase:

Additional shares when prices are low

Fewer shares when prices increase



Financial Advice

As shown in the table below, if the price is \$24 per share, you'd buy 20.83 shares (keep in mind mutual funds let you purchase fractional shares). If it rises to \$30, you would buy only 16.67 shares.

Using dollar cost averaging in a fluctuating market
Investing \$500 per month over one year

Month	Price per share	Shares purchased
January	\$24	20.83
February	\$25	20.00
March	\$28	17.86
April	\$30	16.67
May	\$27	18.52
June	\$22	22.73
July	\$24	20.83
August	\$27	18.52
September	\$26	19.23
October	\$29	17.24
November	\$28	17.86
December	\$27	18.52

This example is hypothetical and for illustrative purposes only.

In a fluctuating market, dollar cost averaging will result in an average cost per share that's less than the average market price per share. The average market price per share in the table (the sum of the market prices [\$317] divided by the number of purchases [12]) is \$26.42. However, the average price per share (the total invested [\$6,000] divided by the number of shares purchased [228.81]) is only \$26.22.

While you're mulling dollar cost averaging's potential merits, consider this: You may well be using the strategy already. If you participate in an employer-sponsored retirement plan, such as a 401(k) or 403(b), and contribute the same amount each payday, you're using dollar cost averaging.



You Will Need:

- 3 cups flour
- 1 cup salt
- 1 1/4 cup water
- glass mosaic pieces, seashells, etc. for decorating
- parchment paper

Step 1. Stir all ingredients and then knead with hands after a soft dough forms. Form your dough into two small balls, and then flatten into two 6" circles on parchment paper. Do NOT line with foil, it will stick.

Step 2. Decorate your memory stone with glass mosaic pieces or oven safe items, or add hand prints.

Step 3. When your designs are complete, place them in the oven for 2 hours at 275 degrees. I recommend flipping them over at some point so you can be sure they bake on both sides.

Now's the time to invest in your financial health

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

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



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

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

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