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Vol. 36 No. 2  
February 2022

Standard  
US Postage  
Paid  
Permit # 566  
Utica NY



As I am writing this, I cannot believe I've been with the Town Crier for over 20 years! It's been a privilege to work for all my customers, the community, and the entire PJ Green family.

A special thank you to Kathy Randall, who is sorely missed, for first giving me the opportunity at the Town Crier. You will always hold a special place in my heart. And to Kristi Green Zbytniewski for being a great co-worker and friend.

When you enjoy what you do, it's not called work, but when it's time for a change, I guess it's called retirement!

Thank you to all my advertising friends I have made over 20 plus years. We have shared great times and relationships that won't end with my retirement.

Through the good, the bad and COVID, we survived and hopefully are stronger because of it. One take away, especially after these past two years, is that we ALL

need to support our small businesses. It's the only way that we will survive-taking care of our neighbors is the right thing to do. Keeping your spending local, not only helps the business but helps our economy!

PJ Green has a new role for me, so you have not seen the last of me. Keep my number and note my new email. I will continue to represent the company by selling a wide array of promotional products as well as printing items such as menus, brochures, business cards, invitations, banners and much more.

I am not saying goodbye to any of you. Can't get rid of me quite yet.

Call me at 315-794-0057 or email me at AndiD@pjgreen.com to say 'hi', learn more about our printing services, or even to do Coffee!

For your Town Crier advertising needs, continue to email Towncrier@PJGreen.com, or call Kristi directly at 315-723-4827.

*Thank you for all your years of support,  
Andi Dinerstein*

Dear Andi,  
My, how time flies. We have truly enjoyed getting to know you over the years. You are a great example of an honest person with strong moral principles. Your upbeat presence at the Town Crier will be sorely missed. We appreciate your dedication and all that you have taught us over the years.

We are fortunate to have you remain with us as part of the PJ Green print sales team. We wish you continued success and all the happiness life brings to you.

Sincerely,  
The Green family

Happy Retirement

For information on how to place a free article for your community event or local news, please email [towncrier@pjgreen.com](mailto: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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## Sleep in Heavenly Peace

Broadway Theatre League of Utica has named Sleep in Heavenly Peace as its "Beyond The Stage" recipient for the upcoming performances of the smash hit Charlie and the Chocolate Factory.

Through its local chapters, the national nonprofit organization builds, assembles, and delivers quality beds to children who are actually sleeping on the floor. Run solely by volunteers, Sleep in Heavenly Peace strives to provide children with a safe and comfortable place to lay their heads down at night.

"Sleep in Heavenly Peace is the perfect tribute to Charlie. Their mission that no child sleeps on the floor made it easy for us to choose them as Broadway Utica's 'Beyond the Stage' recipient," Danielle Padula, Executive Director of Broadway Utica, said. "We've been inspired by the efforts and mission of this national non-profit and the impact on the one comfort we take for granted -- a bed. Sleep in Heavenly Peace is a beautiful organization with a big heart. We are honored to have them in our town."

According to numbers collected by Sleep In Heavenly Peace, roughly 2-3% of children in the U.S. are without beds. Through this initiative, Broadway Theatre League of Utica will draw attention to the organization's mission and is calling on the public to donate comfortable bedding accessories such as pillows, comforters, and sheets, that will provide recipients with a more restorative sleep experience.

"We are delighted to partner with the Broadway Theatre League. The enthusiasm their team brings to the table leads me to believe this event will not only provide Sleep in Heavenly Peace with opportunities to continue fundraising for the children in our area, but it will also bring awareness of what we do. This partnership is going to be instrumental in getting so many more kids off the floor and into a bed which supports our mission: No kid sleeps on the floor in our town!" stated Theresa Swider, Volunteer Application/Delivery Coordinator for Sleep in Heavenly Peace.

Broadway Utica will collect donations at its home office, located at 258 Genesee Street in Utica, and also during the premiere of Charlie and the Chocolate Factory on February 8th and 9th. Sleep in Heavenly Peace's wish list includes:

- Twin Sheets
- Twin Comforters
- Pillows
- Pillow Cases
- Mattress Covers
- Gift Cards for Lumber and Building Supplies
- Gift Cards for Bedding Needs



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## Come On Down To 'The Price Is Right Live' at The Stanley Theatre

The Stanley Theatre will play host to 'The Price is Right Live' stage show on February 16 at 7:30pm! Tickets will go on sale on January 7 at 10:00am and can be purchased through Ticketmaster or by calling The Stanley Theatre Box Office at 315-724-4000.

The Price is Right Live is a sellout interactive stage show that gives eligible individuals the chance to "Come On Down" and play classic games made famous by the iconic network television show, The Price is Right. Contestants can win cash, sought-after appliances, epic vacations and, of course, a brand new car by playing favorites like Plinko, Cliffhangers, The Big Wheel and the fantastic Showcase!

Showing to sold-out audiences for more than a decade and counting, The Price is Right Live has given away more than 12 million dollars in cash and prizes to lucky audience members all across North America.

The Price is Right remains network television's #1 daytime series and the longest running game show in television history. As a beloved piece of American pop culture, The Price is Right and its games are cherished by generations of viewers. This live traveling game show version offers fans the chance to make dreams come true and relive feelings of nostalgia, while experiencing the same thrilling excitement of winning big, up close, locally and in-person!

The Stanley Theatre has always adhered to all recommendations and guidelines from Oneida County in regards to COVID-19. With this said, the theatre will require any applicable mandates at the time of the performance. In addition, The Price is Right Live will have its own COVID-19 protocols in place.



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Getting Personal

Submitted by Jim LaFountain, All American Fitness Center

For the heck of it, I googled “Physical Fitness” the other day. What came up was somewhat shocking. The first five hits included some type of personal training certification. All of those certifications could be attained online. One even went so far as to “pay only if you pass.” I would find it difficult to seek medical help from an online certified doctor or plumber for that matter. Having spent 50+ years in the field and earning two master’s degrees, I find it troubling that physical fitness has been bastardized as much as it has. The plethora of personal training certifications, advertised electronically, regardless of their accreditation, seems to be a profitable industry. But, BUYER BEWARE! Not all certifications are the same. In my professional opinion, I’d seek trainers certified by ACSM, ACE, NSCA and ISSA. These have stood the test of time and focus on safety, professional instruction, life skills and long term results.

Personal Training tends to be successful because it takes the guesswork out of an individual’s path and commitment to adopting a healthier lifestyle. It works because:

\*You do NOT have to gain knowledge enough to design and implement your own personal fitness program. If I were to attempt to tune up my car, I’d need to purchase expensive equipment, read a complicated manual and “wing it” on my own. Working with a personal trainer takes the guesswork out of it. No need to purchase expensive equipment or read endless “how to” material.

\*Your program will be designed to address YOUR specific needs. Group fitness, although fun, is a more generic approach to getting into shape.

\*You schedule a specific time to train with a

professional instructor. Similar to a doctor’s appointment, that time is set aside specifically for you. Having a regular schedule goes a long way toward sticking with a program over the long haul.

\*Safety is a given while training with a professional. Improving one’s physical fitness should never result in a training injury.

\*Working with a trainer provides the all important element of social wellness. Within a short period of time, a relationship, more than likely will develop that will contribute to long term compliance. Skipping a workout is almost unheard of.

\*Your progress will be measured and necessary modifications will be made immediately. Professional trainers will change your program frequently, usually every 6-8 weeks.

A client recently sold the home equipment he had collected over the past ten years and paid for over a year of personal training. Like many Americans, he found it difficult to “stick with” a home based exercise regime, but found he thrives with the use of a personal trainer. There are several fitness related facilities in our area who offer personal training. Now may be the time to check them out.



Adirondack Railroad to Offer Specialty Train Experiences this Winter

The Cabin Fever Limited Train Experience: Roundtrip from Utica’s Union Station to the Remsen Depot where you’ll enjoy a warm fire, hot chocolate, and smores. Start time is 11 am and the duration is three hours.

Dates are: February 6th and 20th, and March 26th.

For tickets and more information, go to <https://www.adirondackrr.com/cabin-fever-limited/>

The Adirondack Valentine’s Day Dinner Train: A romantic dinner and train ride from Utica’s Union Station to the Remsen Depot. Enjoy a hand-crafted menu from local chef Patrick O’Connor, owner of Feast & Festivities by O’Connor’s. Includes one complementary drink. Train departs at 6 pm and arrives back at 8 pm.

Dates are: February 11th and 12th. For pricing, menu and to purchase tickets, go to:

<https://Adirondackrr.com/the-adirondack-valentines-day-dinner-train/>

“The Adirondack Railroad is pleased to be able to offer these unique, upscale dining trains to the Central New York area,” said Justin Gonyo, general manager of the Adirondack Railroad. “We are also pleased to offer winter departures from Union Station for the first time in our 30 year history. We are always looking for ways to offer new experiences for our passengers.”

COVID compliance and mask wearing will follow regulations in place at that time.

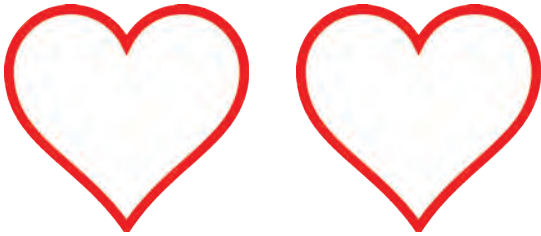
The Adirondack RR trains are also available for private charter service and group events.

Contact our office (1-800-819-2291) for details and pricing or visit the website at [www.adirondackrr.com](http://www.adirondackrr.com).

Since 1992, The Adirondack Railway Preservation Society (ARPS) that operates the Adirondack Railroad has built a successful tourist attraction, operating on track owned by the State of New York, a former New York Central line located in upstate New York and the Adirondack region.

The Adirondack Railway Preservation Society is a volunteer-based organization. Together with our staff, volunteers have donated approximately 300,000 hours to protect our historic railway and enrich the Adirondack experience for tourists and residents of our region.

The Adirondack Railroad is operated by the Adirondack Railway Preservation Society and is a not-for-profit 501(c)(3) organization with main offices in Utica, New York.



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## NH Public Library 2 Library Lane 315-733-1535

**Monday and Tuesday 10am-8pm**

**Closed on Wednesdays**

**Thursday and Friday 10am-6pm**

**Saturday 10am-2pm**

**Sunday 1-5pm**

**Computer Appointments Required  
Curbside Pickup Remains an Option**

### The Mitten Tree

Heartwarming news! During the month of December, the mitten tree was brightly decorated with 54 pairs of mittens which were given to the Midtown Utica Community Center on Scott Street. The volunteers assist refugees who have nothing or very little. What better way to welcome them than a pair of mittens to warm their hands and give treasured memories of whatever activity those mittens discover. We all remember childhood winters and our mittens that threw snowballs, decorated a snowman, built a fort - sometimes we chased the dog to get one back - and dried on radiators for what seems endless but were made for us.

Thank you to all our talented knitters for your kindness and love.

### 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 February. 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](http://www.newhartfordpubliclibrary.org)

Facebook:

[www.facebook.com/newhartfordpubliclibrary](https://www.facebook.com/newhartfordpubliclibrary)

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.

February 16, 2022; March 16, 2022; April 20, 2022; May 18, 2022; June 15, 2022; July 20, 2022; August 17, 2022; September 21, 2022; October 19, 2022; November 16, 2022; December 21, 2022

### 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.

### Interested In Using Our Window Display?

The display case at the Library's main entrance is available without charge for community groups or individuals to display works of art, collections or educational displays. Exhibits must be in keeping with the Library's mission to meet the educational, cultural and recreational needs of the community. Exhibits may not be for entrepreneurial or commercial purposes, for the solicitation of business for profit or for fundraising. Religious proselytizing and partisan political recruitment are similarly prohibited. Applications for the case are on a first come, first served basis and are limited to one month, with displays also limited to one per year per individual, group or organization. Exhibits will be reviewed in advance before being displayed. Applications for use of the case are available at the Library's front desk. If you have any questions or are interested in using the display, please call the Library and ask to speak to our Display Case Coordinator, John. 315-733-1535

### All About Elephants

Elephants are on the Library's agenda for the month of February. A highlight will be retired elementary school teacher Jeanne Wolcott's collection of elephants, featured in the display case at the Library's main entrance. Her keepsakes range from ceramic collectibles to a stuffed toy "Celeste" from the Babar series of books. As word of her hobby grew, friends, family and students all contributed to the collection, which will be featured throughout the month.

In addition, you can browse through a rack full of children's books, non-fiction works and documentary films about elephants and be able to check them out.

### Take Your Child To The Library Day

Take your child to the library day this year falls on Saturday, February 5th. The children's area has changed recently and we would love for you to come in and experience it for yourself. Grab a map and try your hand at our juvenile area scavenger hunt. End your search with a spin on our prize wheel. You'll never know what you might find! Also, get a sneak peek into our upcoming summer plans and events. Take home one of our February Activity Calendars and get ahead of the game for upcoming Grab & Go Projects. While you're here meet Cheryl, the new head of children programming. If you have any ideas, suggestions or

questions regarding programming we are happy to help. Don't have a library card? No problem! We would love to meet you and help start your library journey today.

### The Preschool Projects

Every Tuesday we will be offering a project for preschoolers.

February 1st - Tiger Stripes Craft

February 8th - Love Monster Craft

February 15th - Heart Paint Stamping

February 22nd - Straw Rockets

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

Kids Grab & Go Projects continue on the first Thursday of each month.

February 3rd - Borax Crystal Heart.

Call to reserve beginning at 10:00 on the day of that month's project, or come into the library to pick

### Grab & Go Projects Adults Schedule

Adult Grab & Go Project continue on the first Monday of each month.

February 7th - Make Your Own Hyacinth Floral Pens.

Call to reserve beginning at 10:00 on the day of that month's project, or come into the library to pick

### Book Clubs

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

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

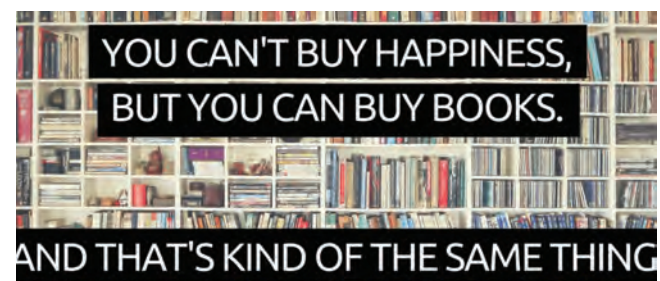
If you love reading mysteries or just want to know more about them, the New Hartford Public Library Women (and Men) of Mystery Book Group is for you. Join us (via Zoom) on Saturday, February 26 as Janet Hoover leads us on a discussion of Game Changers Part 2: Isabella Maldonado, Louisa Luna, and Attica Locke. 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.





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# NEW HARTFORD PAST TIMES

February 2022

## NEW HARTFORD HISTORICAL SOCIETY

### New Hartford Post Office gets a new Home!

Since the turn of the (last) century, the New Hartford Post Office was located on the 1<sup>st</sup> floor of Butler Hall in the center of the village. In February 1971 it was announced that after a more than a 10 year search the busy facility would be moving to Campion Road opposite of Mohawk Containers. The building will be constructed between the Aurora Bowlaway (now Tahan’s Clearance Outlet) parking lot and the arterial ramp. Postal officials have set target date of August for opening the new post office.



This undated photo shows the interior of the then N.H. Post Office inside Butler Hall



This 1970 photo of the Post Office staff was taken for inclusion in the NH Village Centennial book.

Ellis Delia, a retired contractor, was the low bidder for construction, at \$266,712. There were six bids submitted before the bid closing on June 26<sup>th</sup> the previous year. The Postal Department stated the annual rent on the new 7,038 square foot facility will be \$29,000. In its present quarters, the rent is \$7,500. The Postal Department will lease the facility for 10 years, with renewal options every "five years thereafter. The new building will also have a 1,005 square foot loading platform and a parking and maneuvering area of 34,852 square feet.

### New Hartford’s New Post Office “Then” and “Now”



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:

<input type="checkbox"/>	\$15 <sup>00</sup> Individual	Name: _____
<input type="checkbox"/>	\$20 <sup>00</sup> Family	Address: _____
<input type="checkbox"/>	\$25 <sup>00</sup> Contributing	_____
<input type="checkbox"/>	\$50 <sup>00</sup> Corporate	Phone: _____
<input type="checkbox"/>	Renewal	E-Mail: _____
<input type="checkbox"/>	New Member	

Please send check made payable to:  
New Hartford Historical Society  
P.O. Box 238  
New Hartford, N.Y. 13413



### 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

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Womens United!

United Way of the Mohawk Valley’s Women United event is back this year, and better than ever. You may recall this event in previous years, under its former name “100 Women Who Care.” While the name has changed to allow more women to be a part of the event, you can expect a fun and engaging event like that of years past, with a focus on health, wellness, self-care, and women empowerment.

The event, being held on March 1, 2022 at Delta Marriott in Utica, boasts an evening of mixing and mingling, health and wellness tips, inspirational storytelling, a goodie bag, a delicious and healthy dinner, choice raffle baskets, and a variety of women-owned businesses with, home, self-care, health, and wellness products for sale.

Bringing women together to enjoy an evening with friends and family, and to connect with other like-minded women is part of why Women United is so well-attended. This year, Ella Caiola, co-owner of Nothing Bundt Cakes in New Hartford, and licensed Teaching Assistant at Herkimer High School, will be sharing excerpts from her mother’s memoir, titled “The Journey.” An inspiring story of a woman who drew

strength from her faith and the love of her family. Excellus BlueCross BlueShield Wellbeing Engagement Consultant Pat Salzer, RD, will also be presenting women with easy, everyday health and wellness tips and tricks. Attendees can let their imagination and mind wander through their pen as they’re guided through the art of Zen Doodling with Munlight Studio.

It is through longstanding partnerships, like Excellus BlueCross BlueShield, that United Way MV can put on events like Women United. Empowering women and helping create a community where women can thrive is something both agencies stand behind. This event not only serves as a night for women but is also a fundraiser for United Way of the Mohawk Valley.

“We are proud to support United Way of the Mohawk Valley as they bring together women throughout our community with the common goal of improving health and wellbeing,” said Eve Van de Wal, Excellus BCBS Utica Regional President. “We are looking forward to a wonderful night of fun, inspiration, and connection.”

The goodie bags will be filled with items such as free fitness classes, beauty products, and other pieces focused on health, wellness, and selfcare, thanks to Clearly Connected, Munlight Studio, Paradigm Consulting, PJ Green, Street Corner Market, Kessler Productions, Putrelo Building Enterprises, and Sovena. Each person will also receive a take-home craft or activity thanks to Berkshire Bank. Pierogis are also being provided to attendees by Independent Realtor Elzbieta Pawlowski. Some of the vendors guests will be able to shop from and chat with about their services include: Anomalie, Clearly Connected, Beauty Counter, Be.Life, and more.

Only 150 tickets are available! Don’t miss this fun and unique women’s event in support of United Way of the Mohawk Valley. The cost is \$50 per person, or \$380 for a table of 8. For more information on the event, or how you can purchase a ticket, head to [unitedwaymv.org/womenunited](http://unitedwaymv.org/womenunited).

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### Legal Myths and Reality

Submitted by 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: Children charged with a crime in New York State have all the same rights as an adult in a criminal case.

REALITY: New Yorkers are prosecuted in Family Court for crimes committed when they are under age 18. Juvenile prosecution has been refined over and over during the last decades as science discovers more and more about the juvenile brain. Now we know that the human brain is not fully matured until about age 25. However, despite such discoveries, a juvenile’s rights when prosecuted have been slow to develop. The most recent change was several years ago when a child was given NEARLY all the rights of a charged adult. However, not all the rights. Recently an Appellate Court issued a decision to further advance those rights. Their opinion had to do with a child’s right to examine witnesses against the child (through the child’s lawyer, called a law guardian), and to challenge each witness. The Court decided that a juvenile must be given the same information necessary to defend themselves as an adult receives.

In this case a juvenile was charged with criminally possessing a weapon. Among the witnesses against him were 14 police officers. The prosecution (presentment agency) intended to call 4 of the officers to testify against the juvenile. Of the 14 officers, 9 were involved in at least one pending lawsuit having to do with their performance as a police officer. The juvenile’s attorney wanted information that would tend to discredit each officer and his/her testimony. In keeping with the current law, the Family Court judge ruled that the agency need not provide the information. The juvenile appealed this decision and the Appellant Court overturned this decision. They decided that the juvenile was deprived of equal protection of the laws. They found that he has the same right to have information to cross-examine witnesses as an adult criminal defendant. The Court said that the need for impeachment material is as crucial to a juvenile proceeding as to an adult criminal proceeding. They also reminded us that not all provisions of the adult procedure law apply to a juvenile case.

The Appellant Court intends this case to advance juvenile law and to serve as a suggestion to the New York State Legislature to write a law that will cover this issue.

MYTH: Our criminal legal system was invented from the time of the start of our country.

REALITY: Our legal code is based on the English Common Law, which was developed in England after 1066. However, because the Romans were in England and Wales for about 400 years starting around 43 AD, the developing English was influenced by four main principles of Roman law. These are: 1. A charged person is innocent until proven guilty; 2. The accused can face their accuser; 3. The

accused can offer a defense and is entitled to a trial; and 4. Guilt must be proved “cleaner than daylight”. (We say “beyond a reasonable doubt”, the same thing).

All of these principles are amazing, but development of the first one is almost unbelievable! It seems natural that if I accuse you of a crime, and you deny doing it, that you should be expected to show proof that you did not do it. For instance, if I say that you hit me, you may say “I did not and my neighbor will tell you that I was not even there”. And yet, the Romans, with their brilliant law codes, reversed the natural process by requiring that I prove you were there and hit me. Until then, you are presumed to be innocent. We have adopted this principle and maintained it for over 2000 years! Why fix a principle that is not broken! What an amazing advancement of justice!

For comparison, Mediaeval Wales worked differently. An accused could deny the charge under oath, and then find a certain number of persons to swear under oath that they believed the oath of the accused. This is called compurgation. For a homicide, the accused had to find 300 people who would swear to the accused’s honesty. If you once lied as a compurgator, you could never be called again.

MYTH: In the event, hopefully rare, that a prosecutor commits misconduct against a New Yorker in a criminal prosecution, the New Yorker has nowhere to turn to complain.

REALITY: Historically, a defendant who believes that the prosecutor against him/her committed an ethical violation that had a bad affect on the defendant’s conviction would have nowhere to turn except to an appeals court. In the end of 2021, Governor Kathy Hocu fulfilled the law made by the Legislature in late, 2021, creating an independent commission to govern prosecutors’ conduct. The Commission has been given the authority to conduct hearings, send subpoenas, examine witnesses, and require the production of records and evidence. Ultimately, the Commission may make recommendations based on the evidence to the Attorney Grievance Committee and the Governor to advance the process further. The Attorney Grievance Committee has the authority to suspend or remove the attorney’s license to practice law.

The Governor recently appointed three men to the commission (no women). When fully implemented, the Commission will have eleven members. Four of them will be appointed by the Governor, two by the State Senate, two by the State Assembly, along with the three just appointed. The Governor is required to appoint two retired judges (one from the defense and one from the prosecution sides of the law), and one full time law professor or dean who has experience in criminal law.

This is the second time that the Legislature has addressed the issue of prosecutorial conduct. The first law was passed in 2018. This law was struck down by a court on the grounds that the law was a violation of the separation of powers between the executive branch (the governor and all offices appointed by and derived from the governor) and the legislative branch (the New York State Assembly and the New York State Senate). Many hope that this new law has corrected the errors of the 2018 law.

Both laws were opposed by the District Attorneys Association of the State of New York. This organization believes that district attorneys and assistant district attorneys can capably govern, control and police themselves. The legislators, defense counsels, and Governor disagree.

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

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MAS Fitness

Submitted by MarieAngela Spataro

I want to take this time to sincerely thank Duff Holmes for his mentorship and for opening his gym to me and my clients. I'd also like to share a little bit about myself and the transformation I've experienced. Throughout my life, I have been indecisive about what I wanted to do, switching majors and colleges more times than I can count because I just couldn't decide. Reflecting back now on the careers that I have chosen they've all had one common theme...to help people become the best versions of themselves. For the past 19 years I have been a teacher in the elementary classroom and now I want to instruct in another area that has become a huge part of my life...health and fitness.

Since I started working out, not only has the way I fit in my jeans changed, but my entire mindset has changed. Fitness has helped me surround myself with positive energy and building new friendships. It has empowered me to handle anxiety, depression and negativity in a healthy way. It has equipped me to deal with life's challenges without feeling emotionally overwhelmed. If you've been indecisive about making life changes, please message me. I love sharing my experiences on how fitness has impacted my life and would like to help you change yours.

Have you struggled with fear of failure or of the unknown? Is time management an issue? Do you lack self-confidence? Are you avoiding working out in a large group? Let me help you overcome your hesitation and empower you to be a better version of yourself.

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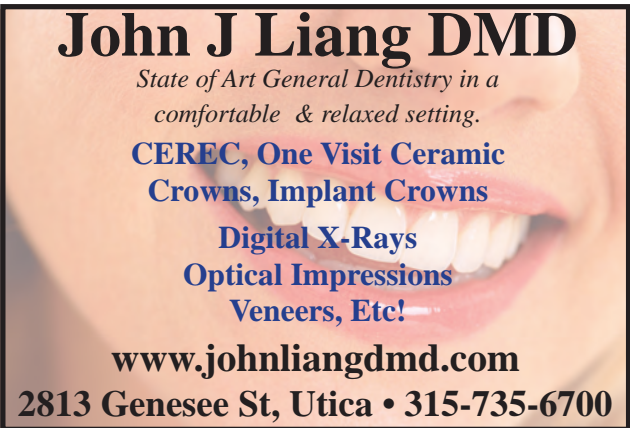


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*Pictured is the new Gan Kavod residence on Hart Street, Whitestown*

## Sitrin Opens Special Needs Residence in Whitestown

Gan Kavod, a corporation of the Charles T. Sitrin Network of Homes and Services, Inc., will open its sixth special needs residence this month (February). The ranch-style home, located on Hart Street in Whitestown, will operate as a residence for four adults, with staff providing 24-hour care and supervision.

“There was a dire need in the community from aging family members no longer able to care for their loved ones with intellectual and medically complex conditions,” Lisa Frank, program director at Gan Kavod, said. “This new residence will provide them the necessary support and care while ensuring peace of mind for their families.”

With homes in New York Mills, South Utica, Rome, and two on Sitrin’s campus in New Hartford, the expansion into Whitestown has resulted in the creation of 20 new full and part-time residence counselor positions. A new residence on Bolton Road in New Hartford will open later this year, allowing for additional care and employment opportunities in the community.

For more than 30 years, Gan Kavod at Sitrin has operated individualized residential alternatives (IRA) certified by the Office of Persons with Developmental Disabilities (OPWDD). Each residence has its own distinct style and decor, but all feature comfortable living environments with amenities such as fireplaces, aquariums, skylights, and themed sensory rooms. Residents enjoy participating in many activities with staff, including regular shopping outings, wellness and aquatic programs, trips to the theatre and casino, sporting events, dining at popular restaurants, and much more.

Gan Kavod’s highly skilled, professional caregivers take pride in the family-like, safe environment they provide for residents. Each home has a registered nurse (RN), a coordinator who oversees each resident’s individualized care plan and program, as well as residence counselors who assist with activities of daily living. Weekly

visits by Sitrin’s physicians, dietician, occupational therapist, physical therapist, speech-language pathologist, and behavior specialist ensures that residents are receiving expert care and attention.

“We understand the emotional and physical demands faced by family members trying to care for loved ones whose specialized needs have become more complex as a result of diminished health and cognitive abilities,” Frank said. “Our roots are an extension of those families who have entrusted the care of their love ones to us.”

Individuals interested in applying for the residence counselor positions can do so online at [www.sitrinjobs.com](http://www.sitrinjobs.com). Full and part-time opportunities are available at different shifts throughout the day. A high school diploma and a clean valid New York State driver’s license are required. Sitrin offers a competitive employment package that includes group health coverage, group dental coverage, vacation, personal, and sick leave, employer-paid group life insurance, a 403(b) pension plan with employer match, and access to Sitrin’s Wellness gym and pools.

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.

## New Hartford CSD Board of Education Appoints New Board Member During January Meeting

The New Hartford Central School District Board of Education appointed Kim Luker during their most recent meeting. Kim Luker will be replacing Cindy Chan Phillips who resigned effective December 21, 2021, due to Phillips moving out of the school district.

Kim Luker brings five years of experience as a school board member. She had previously served on the New Hartford Board of Education from 2009-2014. In addition to her previous work with the New Hartford Board of Education, she also was a member of Siena College’s Associate Board of Trustees.

A graduate of Utica Notre Dame High School, Luker furthered her education and received a Bachelor of Science degree from Siena College, in addition to an MBA from Rensselaer Polytechnic Institute. On top of her experience in higher education, Kim Luker is also a graduate of the GE Manufacturing Studies Program. She currently is employed with GE-Lockheed Martin Corporation where she has worked for over 40 years.

A mother of a New Hartford graduate and a grandmother to three, Luker has always been a passionate advocate for children, learning and education. She is an active member of the New Hartford community and has participated in the Heart Run and Walk and Boilermaker for decades.

New Hartford Central School District and the New Hartford CSD Board of Education are excited to have such an experienced and engaged community member on the board. Congratulations, Kim!

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Events listed by the 15th of the month and occurring the following month will be listed in the Town Crier. All events added to the chamber website will be shared in our social media channels, aggregated into a community calendar and indexed and featured in search engine local results. Login to your member account at [www.newhartfordchamber.com](http://www.newhartfordchamber.com) to place an event listing.



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## Mohawk Valley Business Women's Network Upcoming Events

February 16th: Member Networking Meeting @ Blue Truck Wine & Liquor

February 26th: Educational Series: Creating Vision for Your Life

Learn more and join the Network: [www.mvbwn.org](http://www.mvbwn.org)



If you own a small business or are looking to start one, the **Checklist for Business Series** is the answer to the many questions you may have. Running once a month until May, the Mohawk Valley Small Business Development Center is presenting the Checklist for Business Series covering the key items you and your business need to get started. The topics presented in order will be bookkeeping, banking, insurance, legal, and marketing. Each presentation will be hosted by the SBDC as well as professional experts in their designated field. Attendees will have an opportunity for Q&A with our presenter(s).

### Next up: Banking

February 16th 10-11am

presented by:

First Source Federal Credit Union  
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M&T Bank

#### Followed by:

- **Insurance** - March 17th 10-11am - Presenter: Turnbull Insurance
- **Legal** - April 20th 10-11am - Presenter: DiGiorgio Law Firm
- **Marketing** - May 25th 10-11am - Presenter: Mathias Marketing

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# Meet Your New Legislator



## Meet Your New Oneida County Legislator New Hartford District #15

You are invited to a community forum to get to know New Hartford, District #15's new representative in Oneida County government, Caroline Gable Reale. This town hall style meeting will be happening on Monday February 7th at 6pm.

Due to Covid-19 this event will be held virtually. Please R.S.V.P. to email: [CReale@ocgov.net](mailto:CReale@ocgov.net) to receive the Zoom link to the meeting. "Bringing your voice to the table when it comes to government decisions is my primary concern as your new representative," said Reale. Sharing your ideas creates a stronger Oneida County for all of us, so don't miss the opportunity to be heard and R.S.V.P. today!

# Congratulations to the Class of Eagle Scouts of the Leatherstocking Council for 2020-2021



Listed from L-R 1<sup>st</sup> row: William Richards of Lawversville, Kenneth Hurd of Osceola, Jeffrey Salamone of Schuyler, Zachery View of Mohawk, Davis Bauer Jr of New Hartford, David Bloss of Chittenango, Mitchell Bravo of Holland Patent  
2<sup>nd</sup> Row: Jeffrey Lehn of Margaretville, Trevor Owens of Westmoreland, Daniel Titcombe of West Edmeston, Matthew Steates of Clinton, Isaac Schlaegel of Ilion, James Pike of Rome, Aiden Hawks of Whitesboro, Jacob Ostrander of Unadilla  
3<sup>rd</sup> Row: Nicholas Fostini of Clinton, John Flanagan of Newport, Bryan DeGironimo of Sauquoit, Jonathan Deitchman of Maryland, Diego Gamarra of New Hartford, Zachary Gioppo of Utica, Jake Tobin of Cazenovia, Aiden West of New Hartford.



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### NHFD News

The month of December 2021 was once again a busy month for your New Hartford Volunteer Fire Department as indicated by the monthly call report listed below by category:

December 2021:	
Fires	= 2
EMS	= 72
Hazardous	= 4
Service Type	= 31
Good Intent	= 5
Other Alarms	= 21
Weather Related	= 1
Other	= 0

Total Calls for the Month of December 2021 = 136. This brings the total number of calls year-to-date through December 2021 to 1,286.

Below is a breakdown of the total number of calls your NHFD answered in 2021:

Total Calls for the Year 2021:	
Fires	= 28
EMS	= 655
Hazardous	= 54
Service Type	= 229
Good Intent	= 89
Other Alarms	= 214
Weather Related	= 16
Other	= 1
Total Calls for 2021	= 1,286

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.

### In Other Department News:

The Chief and members of the New Hartford Volunteer Fire Department, and all emergency personal would like to remind everyone that... The last Word....is your house or business number posted?

In case of an emergency, being able to have the Fire Department, Emergency Medical Services (E.M.S.), and the Police Department, find your house or place of business quickly is important. If there is no number on your house, mailbox, or place of business, critical time is lost. A difference in minutes can mean the difference to a positive outcome in an emergency. New Hartford fire fighters are equipped with many tools to help their arrival time. Some of these tools are text messaging and radio transmissions of the call address, some others are maps and computers with GPS of our fire district. However, clearly affixed house or business numbers are imperative for us to get to the scene in a timely manner.

Many residents overlook the fact that ordinary street numbers attached to the front of the house, or business,

are often impossible to see at night. This is true regardless of the season, but it becomes particularly critical in the fall and winter. This is the time when daylight hours get shorter, and there is fog, rain or snow, and locating a poorly marked residence or business from the street becomes much more difficult.

So, you may be wondering, what are some of the requirements for house or business numbers? How small is too small? What about colors? The following are some of the basic requirements:

- Must be Arabic numerals. Fancy numbers or numbers that are spelled out may be aesthetically pleasing, but are very difficult to read from the street. They should be displayed horizontally as well.
- Need to be a minimum four (4) inches high and in a contrasting color to their immediate background. Brass or bronze numbers are difficult to see in the day to nighttime. A reflective type material would be a good consideration as well.
- Must be displayed on the front of the dwelling and visible from the street.
- If the dwelling is located more than 45 feet from the front property lot line, the number should be displayed on a gate post, fence, mailbox, or other appropriate place that will make it visible from the street from all directions when approaching from the street.
- Cannot be obstructed by shrubs, trees, decorations, etc.
- Encourage your friends, family and neighbors to post their house numbers too!

Also, if the emergency happens to occur during the night, we ask that you please put your porch light or other outside lights on. This too will save time.

Remember, emergency personnel cannot help you if they cannot locate your home or business. If we cannot find you in an emergency, the delay, however slight, might be the difference between life and death.

Please help us to help you when you call 911.

Visit [www.nhfd.com](http://www.nhfd.com) for more information on the department.



### 3 Ingredient Valentine Crunch Cookies

1 box vanilla wafer cookies (you will need approximately 40)

12 oz white chocolate chips or candy melts  
red sugar sprinkles

Melt the white chocolate chips in the microwave, on 50% power, stirring often, until smooth.

Dip each vanilla wafer cookie in the melted chocolate, covering completely.

Place the coated cookie on wax paper, and sprinkle with red sugar.

When all the cookies are coated and sprinkled, place the wax paper in the refrigerator for an hour to allow the white chocolate to harden.

### The Holidays May Be Over but Festive & Fun Events Are Not!

Winter is a magical time in the Adirondacks when communities come together to celebrate all that the region has to offer! Below, you'll find a list of the many winter carnivals and festivals that take place each winter. Most include competitions, games, food, fireworks, and family-friendly fun!

Please note: Be sure to double-check with each event's organizers before attending, as some of the happenings are weather-dependent or could change because of COVID guidelines. The highlights featured for each event are for a typical year. **For up to date list, visit**

**<https://www.adirondack.net/winter/carnivals/>**

#### Saranac Lake Winter Carnival

When: February 4 - 13, 2022

Where: Saranac Lake

Highlights: Ice Palace, traditional winter sports, gala parade

#### Old Forge Winter Carnival

When: Stay tuned for 2022 date!

Where: McCauley Mountain, Old Forge

Highlights: Daredevil jumpers, torchlight skiing, parade, coronation of King & Queen, fireworks

#### Lake George Winter Carnival

When: Every Weekend in February, 2022

Where: Lake George Village

Highlights: Parade, outhouse races, ATV races, fireworks

#### SnoCade at Indian Lake

When: February 19 - 26, 2022

Where: Indian Lake

Highlights: Snowmobile tours and races, torch run, activities, fireworks

#### Krazy Downhill Derby

When: Stay tuned for 2022 date!

Where: Dynamite Hill, Chestertown

Highlights: Prizes awarded for the fastest, most creative, and funniest sleds

#### Raquette Lake Winter Carnival

When: February 19 & 20, 2022

Where: Raquette Lake

Highlights: Please note, this is a "Lite" version of the Winter Carnival and will include only fireworks at 7pm over Raquette Lake, with a possibility of ice golf.

#### Adirondack White Out Weekend

When: Stay tuned for 2022 date!

Where: Clifton-Fine Region

Highlights: Winter sports, live music, snow croquet, snow labyrinth, and snowshoeing

#### Frozen Fire & Lights

When: February 26, 2022

Where: Inlet, NY

Highlights: Cardboard sled race, snowmobile races for kids, activities, fireworks display

#### Ticonderoga End of Winter Carnival

When: Stay tuned for 2022 date!

Where: Ticonderoga Armory, Ticonderoga, NY

Highlights: Snowmobile rides, mini-golf, broom ball, snow painting

#### Lake Placid Loppet

When: Stay tuned for 2022 date!

Where: Lake Placid

Highlights: Skiing and racing, celebration BBQ, awards



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## Fair Trade Shop

Our SERRV partners in India have continued to find ways to work and support artisans throughout COVID-19. Several have provided artisans with pantry staples and delivered food to those who were unable to leave their homes, due to the lockdown. Many have been forced to make difficult decisions, often making COVID a secondary concern to hunger. But they remained hard at work creating beautiful handcrafts. One of our partners in Mumbai tells us that their staff “started working almost around the clock to ensure shipments go out on time.” One artisan, Anwar, joined

the Civil Defense in Moradabad in order to receive a pass that allowed him not only to deliver his products, but also to help other partners to get important equipment and documents to their homes. You can help people like this by shopping at our Fair Trade Shop, Stone Presbyterian Church, 8 So. Park Row, Clinton. We have a large selection of unique and functional gift items from 38 different countries. Our hours are 10am to 4pm every Thursday and second Saturdays. Come and take advantage of our 25% Off Sale during February (some restrictions apply). Purchasing fair trade items ensures artisans and small farmers fair wages and healthy working conditions, providing dignity, sustainable development and hope to marginalized people. Let us be your go-to gift shop! Visit us at <https://buildingstonesshoppe.square.site> or [www.facebook.com/buildingstonesfairtradeshoppe](http://www.facebook.com/buildingstonesfairtradeshoppe).



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**WATER DAMAGE....**  
**FROZEN AND BURST**  
**PIPES!**

Of all the disasters that can happen in your home,  
there is none worse and more difficult to deal with than  
a pipe that has burst in your home or business.  
The extreme cold of winter often brings extreme  
problems to North East homeowners and businesses.  
The worst of these is a frozen pipe that bursts and the  
water damage clean up that follows. When the cold  
temperatures don't rise above freezing for weeks  
on end, broken or frozen pipes lead to severe water  
damage from flooding.  
A frozen pipe generally occurs to plumbing that is  
not in a heated space or in an area that is not supplied  
with proper heat when winter temperatures fall  
below freezing. A malfunctioning furnace, while the  
homeowner is away, is another likely cause of a frozen  
pipe. When exposed to below freezing temperatures  
the water turns into ice and the pipe expands until it  
breaks a small slit into the copper or separates the  
soldered joint.  
Pipes that freeze first are usually located near outside  
walls that are exposed to the colder temperatures  
rather than pipes located throughout the middle of the  
structure. Some examples include outdoor hose bibs,  
pool lines, outdoor and indoor sprinkler systems, and  
other supply lines located in attics, basements, crawl  
spaces, garages, etc. Pipes in attics, crawl spaces &  
unheated rooms are particularly susceptible to freezing.  
Usually, a frozen pipe is not often obvious because  
the break can be behind walls, in ceilings or in a crawl  
space leading into the home. The flooding usually is  
caught much later after damage has been done. An  
uncontrolled water leak from a broken pipe creates  
extensive flooding and water damage of carpeting,  
drywall, baseboards, and furniture and depending on  
the location of the break can also damage the heating  
and electrical systems in your home.  
Do I need a water mitigation company and what does  
a water mitigation company do?  
The purpose of water mitigation is to prevent further  
damage in a water damage scenario. Disaster Services  
will determine the extent of water travel, evaluate and  
remove, if necessary any affected structural materials,  
like drywall and flooring. If left unaddressed, wet  
flooring and drywall can rapidly lead to major  
problems, like structural weakening and mold growth.

We will also determine the proper type and amount of drying equipment necessary to dry the structure back to a pre loss condition. Disaster Services will make sure you get the help you need when you need it most. Customers should get clear answers to their questions about services and procedures. ... Trusted companies will provide detailed information about the services they provide and how they are performed.

**Choose a Water Damage Restoration Company that Can Do the Following:**  
Can offer a full line of services from water damage mitigation to mold remediation so that the home owner will be working with a single company.  
Responsive – when it's an emergency, you need help immediately.  
Has Reputable Local References. ...  
Is fully insured for water mitigation and mold remediation services...  
Offers a Detailed Plan for Damage Repairs. ...  
Knows How to Navigate the Insurance Claims Process with You. ...  
Uses the Latest State-of-the-Art Equipment and Techniques. ...  
Treats You, Your Home and Its Contents with Respect.  
Choosing The Right Mold Remediation Team:  
Choose your contractor very carefully. All details and choices along with NYS guidelines, requirements and laws should be thoroughly explained to the homeowner. The contractor must be a NYS licensed mold remediation contractor and carry the required pollution insurance along with general liability and compensation coverage. The contractor should be able to guide the homeowner as the best work plan considering NYS law and expense to the homeowner. Disaster Services can meet and exceed all of these requirements and our work is 100% guaranteed.

We at Disaster Services have been serving Oneida County and the surrounding area for the past 36 years and we set the bar for our competitors. We are capable of handling any size residential or commercial flood or fire emergency and are able to service all phases of the job so that the homeowner need not worry about contacting multiple contractors for any additional trades that may be required. Disaster Services offers thermal imaging along with various metering equipment to detect hidden moisture along with various types of drying equipment which allows us to get the job done the right way and according to industry standards. We will protect your property from further damage, develop a job scope and work closely with both the homeowner and the insurance carrier until job completion. We can even offer temporary heat to your home if necessary and also have a wide range of non-emergency services. Remember Disaster Services if you are in need of help from damage resulting from water, fire, smoke or mold. Our services are 100% satisfaction guaranteed and available 24 hours a day, 365 days a year simply by calling 315-797-1128. Also, visit us at Facebook or on the web at [disasterservices.us](http://disasterservices.us) for a complete list of our emergency and non-emergency services.



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**Happy 117<sup>th</sup> Birthday, Rotary!!**

In the month of February, Rotarians around the world celebrate the birth of Rotary. On 23 February, 1905, in Chicago, IL, the founder of Rotary, Paul Harris, a lawyer, along with coal dealer Silvester Schiele, merchant tailor Hiram Shorey, and mining engineer Gustavus Loehr convened the first Rotary meeting. The seed had been planted and thus sprouted the Rotary Club of Chicago and eventually Rotary International. That meeting was held at Gus Loehr's office and two weeks later, the four had become seven when they met at Harris' office. Two weeks after that, the group had become eight when they met at Schiele's coalyard. This tradition of "rotating" each meeting at member's offices continued, which is what eventually led to the name Rotary. By 1910, with 16 Rotary clubs scattered across the United States, members agreed that it was time to organize a national association and that following August, the first Rotary Convention was held in Chicago, IL with 60 members from 14 of the 16 clubs present. This tradition continues today with tens of thousands of Rotarians attending conventions held all around the world. During its 117 years, Rotary has had many prominent members to include: 1<sup>st</sup> man on the moon, Neil Armstrong, U. S. Presidents FDR, Dwight D Eisenhower, Gerald R. Ford and John F. Kennedy, developer of the Polio oral vaccine, Dr. Albert Sabin, Charles Walgreen, Jr. of Walgreen Drug Co., Clarence Birdseye, developer of quick-freeze process for food, Winston Churchill, UK Prime Minister, General Douglas MacArthur, Albert Schweitzer and J. C. Penny, just to name a few.



*Paul Harris*

We are always looking for new members at New Hartford Rotary. If you'd like to be a member of an organization that boast of past presidents and world leaders as prior and current members, we'd love to have you come and join us for lunch on Wednesday afternoon.

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.org> or follow us on Facebook at <https://www.facebook.com/NHRotary/>



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# Expect to Get Better! You Probably Will!

*submitted by Helen M. Sarandrea Physical Therapy*

Research has shown that positive expectations increase the chances of a good outcome. It's the old self-fulfilling prophecy; your attitude determines your approach to situations. If you believe you'll be successful, you'll likely put in more effort. You'll be more willing to try new things, take some risks and keep trying after failures or setbacks. A negative attitude will likely mean that you'll take your first failure or setback as confirmation that what you're trying won't work or isn't possible and you'll give up. Why waste time and effort on something that's doomed to failure anyway?

## Your Expectations Influence Your Results

There's some research to prove that positive thinking and expectations make a difference in rehab settings too. A review of 23 articles looking at outcomes for shoulder pain found a few interesting things. First, patients who expected to recover and believed that they had some control of the outcome, ended up doing better than those who didn't. Second, optimistic patients were found to have less pain and disability after completing rehab. Third, patients who believed they'd have pain and disability after surgery tended to have - you guessed it - pain and disability after their surgery. Research says that you tend to get what you expect.

## So Do Your Therapist's

Your attitude is important, but what about your therapist's? There isn't much research specific to PT, but there is a study done in elementary schools that might give us some clues. Two psychologists - Rosenthal and Jacobs did a study showing that teacher expectations had an influence on student performance. They told teachers that randomly selected students in their classes were tested and found to be "late bloomers". These students were expected to show large improvements in academic performance during the school year. When the students were tested 8 months later, the students the teachers believed would improve the most, did.

Why? When teachers think students have a lot of potential to improve, they hold them to higher standards. They teach more complex materials, don't settle for simplistic answers and are more willing to spend time instructing and working with those students. It's pretty easy to see how this could cross over into a PT clinic. If your PT thinks you can get better, they'll probably put more effort into designing your program, spend more time with you and push you harder than someone they don't believe has a lot of room for improvement.

To have the best chance for a good outcome, you and your therapist both need to expect one. You probably will.

## References

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- Rosenthal, R, and L. Jacobsen. *Pygmalion in the classroom: teacher expectation and pupils' intellectual development*. New York: Holt, Rinehart and Winston, 1968.



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## Diabetes

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone needed to convert sugar, starches, and other food into the energy necessary for daily life. When the pancreas doesn't produce adequate amounts of insulin, or when the muscle, fat and liver cells don't respond to insulin properly, glucose builds up in the blood (hyperglycemia). This can be toxic to your cells.

There are 3 main types of diabetes:

- Type 1 diabetes – develops most often in children and young adults.
- Type 2 diabetes – can develop at any age and **can largely be preventable**. Factors such as obesity and lack of exercise can play important roles.
- Gestational diabetes – develops in women during pregnancy.

Diabetes can result in such conditions as:

- Heart disease
- Stroke
- High blood pressure
- Blindness
- Kidney disease
- Nervous system disease (“neuropathy”)
- Peripheral vascular disease
- Amputations
- Skin problems, including ulcers and infections
- Reduced muscle strength and physical function

## HOW CAN A PHYSICAL THERAPIST HELP?

- **Prescribe, and supervise, an individualized aerobic exercise plan.** Exercise is an important part of managing diabetes, and can lower your need for medications, and risk of heart disease and stroke. Physical therapists can design exercise programs to help you achieve health safely.
- **Help you manage exercise precautions.** A physical therapist can safely evaluate and accommodate for any considerations such as blood sugar levels, eye site problems, foot ulcers or numbness, and/or use of an assistive walking device.
- **Treat complications.** When diabetes isn't managed well, it can lead to problems, often in the legs, such as skin breakdowns, cramping, numbness, pain, etc... A physical therapist can check sensation in your feet and develop a plan to protect them, decrease cramping, and improve walking ability.

According to the Centers for Disease Control, almost

**26**million  
children and adults are  
living with diabetes

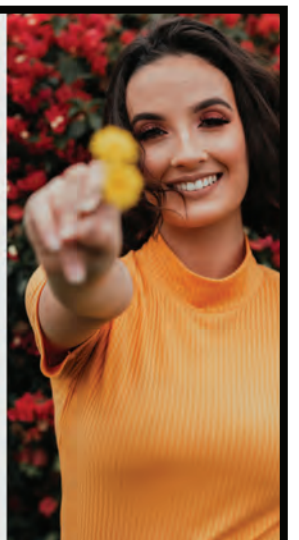


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## Can positive thinking really help your recovery?

## How do your expectations impact your rehab outcomes?



**Find out how a good attitude  
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from your #PT.**



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Richard Sherman

### New Hartford Highway News

Submitted by Highway Superintendent, Richard Sherman

The snow has definitely arrived and with it comes many questions from residents about how we treat for road conditions in our town.

Several years ago, we were the first local municipality to begin brining our town roads. What is brine? It is a solution of salt, water and typically, sodium chloride, which has a freezing point much lower than pure water. It is not only considered a useful tool in reducing adhesion of snow and ice to road surfaces, but it is more cost efficient than pure

salt, less corrosive on vehicles and safe for walking our animals.

Brine works with a road temperature of 32° to down around a 23°-24° temperature. When the road temperature drops below the 23° range, we then need to combine the salt and water with a 5% sodium chloride mix that assists with making the brine effective to a road temperature down to 0°. If the road temperatures are expected to dip below 0° to -10° to -15°, then we increase the sodium chloride to 10% per load. Brine is noticeable by the light whiting striping on the pavement and is usually applied on two occasions.

Brine will be applied prior to a snow event and/or when there is a significant hard pack of snow in spotty areas such is often the case in our country hills

due to the drifting. When there is consistent hard pack throughout the town, we use straight salt for melting.

In addition to brine and salt, which melts the snow, we need to apply a product that assists with traction regardless of what melting product is applied. We utilize a bi-product which is essentially a stone dust normally known as “B’s” from our local quarry. Why B’s and not sand like some other municipalities? Sand not only gets muddy and is more difficult and time consuming to sweep in the spring, but tends to attach to vehicles much easier.

The town has closed on the purchase of our over 500 street lights from National Grid. We will be installing new LED lighting which will not only provide significant cost savings, but reduce light pollution. Presently, we are working through a time schedule with our contractor and anticipate a start within the next 8 weeks. There will be one crew, and that crew will be able to change between 20-30 heads a day and expect that all will be changed within a 6-week period. As the contractor is changing the bulbs, they will also be checking to ensure that the wiring is in good working order. Often when lights are out throughout the town, it’s not always because the bulb needs to be changed, but rather a breakdown of wiring at the base from mice or the various weather elements.

I have begun assembling the annual spring/summer/fall schedule for trash drop off and the curbside pickup again this year along with the brush and green waste. If you have any suggestions on how we can improve that pick-up or the schedule itself, please let me know. I am always available personally at (315) 534-2998 or e-mail [rsherman@townofnewhartfordny.gov](mailto:rsherman@townofnewhartfordny.gov) and watch the town web-site for more information.

InvestmentNews

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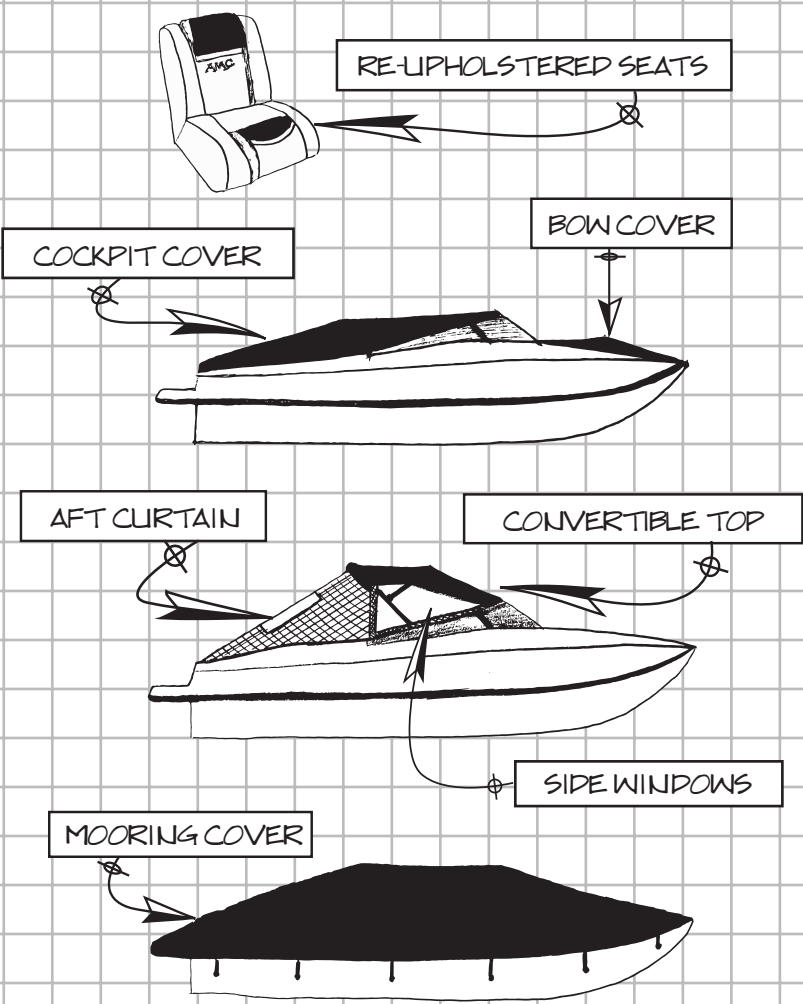
**THEA BOWMAN HOUSE**

**The Rotary Club of Utica Helps Thea Bowman House**

It was a festive night of auctions and raffles to help the children and programs at the Thea Bowman House in Utica as the Rotary Club of Utica recently hosted their second annual “Not So Silent Night” fundraiser and raised \$3,100! Over fifty auction items including home goods, local restaurant certificates, concert/Broadway show tickets to The Stanley Theatre, local specialty baskets and more all went to the highest bidders. The Rotary Club also had an ongoing raffle which highlighted area attractions and events for every season including a golf package, horseback riding and a night out to enjoy a Comets or UFC game at the Adirondack Bank Center along with dinner prior to the game. The event was chaired by Rotarian Brett Shippee with assistance from Rotary Club of Utica’s President Stephen Turnbull.



L-R: Brett Shippee (Utica Rotary), Stephen Turnbull (Utica Rotary), Jane Domingue (Thea Bowman House Executive Director), Sandy Wright (Thea Bowman House), Darby O’Brien (Utica Rotary/Thea Bowman House Board), Mike Brennan (Thea Bowman House Board).




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**February 8, 1872**

*The vision began amongst the Episcopalian community, especially two sisters, Charlotte Beckwith Crouse and Laura Beckwith Hutchinson, to have “a home for friendless, neglected and destitute children.”*

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1872-2022

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Utica College Hockey Night - February 19

Utica Chamber Business After Hours & Ribbon Cutting - May 12

Golf Tournament - June 27

150th Gala Celebration & Virtual Auction - August 26

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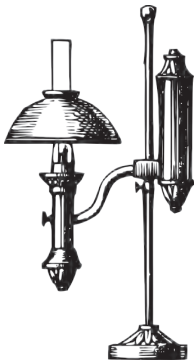
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Lic. Real Estate Salesperson  
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Email: Michele12765@me.com



by Victor J. Fariello Jr.



ANTIQUE TALK

by Victor J. Fariello Jr.

Antique, Vintage or Collectible?

The Tariff Act of 1930 defines antiques as "works of art (except rugs and carpets made after the year 1700), collections in illustration of the progress of the arts, works in bronze, marble, terra cotta, pottery or porcelain, artistic antiquities and objects of ornamental character or educational value which shall have been produced prior to the year 1830." Thus was born the 100 year rule, that is, that for an item to be classified as "antique", it has to be at least 100 years old. This has become an accepted definition, however, the vast majority of us refer to things that are much younger than that as antiques, such as glassware from the 1930's and furniture from the 1940's.

The definition for Vintage is a little trickier. In general terms, it often refers to items less than 100 years old. In more precise terms though, it describes items that were manufactured and used in the period 1960-1979. A similar term, Retro, is generally used to describe items from 1950-1959. Although the term Vintage is used to mean different things, most experts agree it should not be used in reference to anything less than 20 years old.

Newer items that have a following fall into the Collectible category. These can be items that are only a few years old up to 25 years. Action figures and other toys such as dolls are in this category. Baseball and other sports cards, as well as coins and stamps, make up a large part of the collectibles market.

Whether an item is antique, vintage or collectible has little to do with value. Many collectibles of recent years are more valuable than some very old antique items. The value is determined by the laws of supply and demand. A high demand for a collectible item that has a limited supply will result in a high value. On the other hand, there are many items over 100 years old still in good supply but that lack any real demand for them in the marketplace. The price for these items can be much lower than many much newer items.

What you need to be aware of is that most people advertising their items for sale will not necessarily use them correctly. They will list an item that is simply vintage as antique. They will also call things vintage that really don't qualify because they are too new. The impact of those abuses of the terms probably won't have much effect on your buying habits, however, it's just good to be aware of what you are buying. If you buy something that is supposed to be a bonfire antique but was produced much later, then that will affect the price you would be able to get for it. As always, the best advice is "buyer beware."

Happy collecting!

Keep Those Cards and Letters Coming!

If you have never done so, or even if you have, why not drop us a line and ask a question or tell us about an item you are curious about or about anything to do with antiques. The contact information is below. It would be great to hear from you!

Want to Become a Quester?

The J. Schoolcraft Sherman #1519 Questers was organized in New Hartford in 2019. We hold monthly meetings on the first Monday of the month except in July and August. At present we are meeting at the New Hartford Town Offices at 3:00 p.m. We are individuals interested in history, preservation, education and appreciation of antiques. You can check out the organization at [questers1944.org](http://questers1944.org). For more information on the New Hartford Questers and how to join, please email me at [vjfariello@gmail.com](mailto:vjfariello@gmail.com). We would be pleased to have you in our group!

Support Your Historical Society

Why not start 2022 with a membership in the New Hartford Historical Society. The cost is \$15 for an individual, \$20 for a family and \$5 for students. What a great way to make a contribution to the town's history. Make your check payable to 'NH Historical Society' and mail to PO Box 238, New Hartford, NY 13413. All donations are tax deductible. This great organization deserves your support!

*Victor J. Fariello Jr. is a lifelong resident of New Hartford and has been a collector and dealer of antiques for many years. He is a past officer and member of the New Hartford Historical Society and is the President of the J. Schoolcraft Sherman Chapter #1519 of The Questers, an International organization for people who love antiques and have a commitment to preservation. Questions on anything related to antiques can be sent to him at PO Box 194, Washington Mills, NY 13479 or by email to [vjfariello@gmail.com](mailto:vjfariello@gmail.com). Any photos submitted will be returned upon request.*

For information on how to place a free article for your community event or local news, please email [towncrier@pjgreen.com](mailto: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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New Hartford Senior Center News

submitted by the staff


It has been a cold January, so we hope all of you have been staying warm and of course, wearing masks when you go out. We want everyone to be healthy during these trying times. We will all be looking forward to February, which brings us closer to spring. The staff has been making phone calls to all of our regulars to keep in touch and check in. Please call our Center at 315-724-8966 with any questions or concerns.

The AARP will also be letting us know when it's safe to hold the defensive driving classes. A lot of people have asked when we might be able to open, that is up to the Town and County when the mask mandate is lifted. We certainly will let everyone know as soon as we hear. We hope to see you all again soon, but until then, enjoy a few pictures of our good times and parties in the past.





Yoga Classes - Tuesdays at 5:30pm and Thursdays at 9:30am  
at St. Stephen's Episcopal Church, 25 Oxford Road, New Hartford  
Saturday Yoga: All Levels 9:30-11 - Chair Yoga 11:15-12:15  
Contact Kristy Caruso at 315-749-6855 or rootdownwell.com for more information







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Each office independently owned and operated.



**Broadway Theatre League of Utica is Thrilled to Announce that Roald Dahl’s ‘Charlie and the Chocolate Factory’ Will Perform Live at the Stanley Theatre on February 8th & 9th**

‘Charlie and the Chocolate Factory’ tells the story of Willy Wonka, world-famous inventor of the Everlasting Gobstopper, who has just made an astonishing announcement. His marvelous—and mysterious—factory is opening its gates...to a lucky few. That includes young Charlie Bucket, whose life definitely needs sweetening. He and four other golden ticket winners will embark on a mesmerizing, life-changing journey through Wonka’s world of pure imagination. Get ready for Oompa-Loompas, incredible inventions, the great glass elevator, and more, more, more at this everlasting showstopper!

The hit Broadway musical features songs from the original film, including "Pure Imagination," "The Candy Man," and "I've Got a Golden Ticket," alongside a toe-tapping and ear-tickling new score from the songwriters from Hairspray.

‘Charlie and the Chocolate Factory’ features direction by Matt Lenz, based on the national tour’s original

direction by three-time Tony Award® winner Jack O’Brien. Original music by Grammy®, Emmy® and Tony Award® winner Marc Shaiman, lyrics by Grammy® and Tony Award® winners Scott Wittman and Marc Shaiman, a book by Artistic Director of Edinburgh’s Royal Lyceum Theatre David Greig, based on original choreography by Tony Award® nominee and Emmy Award® winner Joshua Bergasse and includes additional songs by Leslie Bricusse and Anthony Newley from the 1971 Warner Bros. motion picture.

‘Charlie and the Chocolate Factory’ features original scenic and costume design by five-time Tony Award®-nominee Mark Thompson, which has been recreated by Christine Peters; lighting design by four-time Tony Award®-nominee Japhy Weideman, sound design by Andrew Keister, projection design by Jeff Sugg, puppet and illusion design by Obie and Drama Desk Award-winner Basil Twist, hair & wig design by Campbell Young Associates / Luc Verschuere, and orchestrations by three-time Tony Award®-winner Doug Besterman.

‘Charlie and the Chocolate Factory’ is produced by NETworks Presentations.

Visit [www.broadwayutica.org](http://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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**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  
10am 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 Bunger, Pastor  
MaryJo Kelley, Director of Faith Formation  
Saturday: Vigil 5:15 p.m. Confessions 6:15pm  
Sunday Masses: 8am & 11am  
Mon-Fri Masses: 7am & 9:10am  
We are handicapped accessible!

**CLINTON ROAD BAPTIST CHURCH SBC**

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

**HOPE ALLIANCE CHURCH**

4291 Middle Settlement Road, P.O. Box 626, N.H.  
General Office: 315-732-1349  
hopealliance4291@gmail.com  
www.hopealliancecny.com  
Rev. Andy Ward, Pastor  
Morning Worship: 9:30am  
Communion First Sunday of the Month.  
Fridays: Christian Service Brigade - 7pm  
Sundays: Jr. & Sr. High Youth Fellowship - 6pm  
Hope Alliance Church is handicapped accessible.

**ST. THOMAS CHURCH**

150 Clinton Road - 735-8381  
stthomasnh@syrdio.org  
Pastor: Rev. David Sears  
Saturday Vigil: 4 p.m.  
Sunday Mass: 9:00 a.m.  
Confessions: Sat. 4:45-5:15 p.m.  
Holy Day Schedule:  
Holy Day Masses 12 noon  
Adult Religious Education, Open to the Public  
We are handicapped accessible!

**ST. STEPHEN’S EPISCOPAL CHURCH**

25 Oxford Road - 732-7462 (Parish & Rectory)  
ststephensepiscopalnhny@gmail.com  
Sunday Service of Holy Communion at 10am followed by fellowship  
Al-Anon Meetings: Sun. at 5pm & Thurs. at 5:30pm  
AA Meetings: Sundays at 8pm  
Yoga by Kristy: Tues. at 5:30pm & Thurs. at 9:30am.  
Saturdays 9am - Chair Yoga and 10:15am All Levels Yoga  
EGA Meetings: 1st Mondays of the Month  
St. Stephen’s is handicapped accessible.

**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 February, with Sunday morning services  
starting at 10:30. Worship is both in-person with masks  
required and livestreamed on Facebook.  
The Faithful Blend space in fellowship hall welcomes  
children of all ages following children’s time in the worship  
service; parents may join their children if they’d like. The  
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 in fellowship hall 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 Staubit  
Sunday services at 10:30 AM  
Services are always on Zoom and may be in person as  
conditions permit. Find up-to-date info and learn more  
about us at our website, www.uuutica.com.  
The Unitarian Universalist Church of Utica is an open  
minded, open hearted spiritual community. Unitarian  
Universalists come from different faith backgrounds but  
our shared values bring us together. One of the principles  
that unite us is respect for the interdependent web of all  
existence of which we are a part. Newcomers are always  
welcome.

**ST. GEORGE ORTHODOX CHURCH**

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

**WESTMINSTER-MORIAH-OLIVET PRESBYTERIAN CHURCH**

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

find us on Facebook & Twitter  
Handicapped accessible

**NORWICH CORNERS CHRISTIAN CHURCH**

10233 Roberts Road, Sauquoit 315-737-0757  
WHERE JESUS IS LORD!  
Pastor Walter J. Wharram, Jr.  
Sunday Morning Prayer - 8:30am  
Sunday School - 9:30am  
Sunday morning Worship Service - 10:30  
Mid-Week Bible Study - Tuesdays 7pm  
Sunday Morning Prayer - 8:30am  
Worship Service - 9:30am

**TRINITY LUTHERAN CHURCH**

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

**FIRST PRESBYTERIAN CHURCH**

1605 Genesee St, Utica, NY 13501 | fpcutica@gmail.com  
Opening Doors, Hearts & Minds: Serving Christ &  
Community  
Sundays - 10:30 Worship  
Faith Enrichment for all ages  
Coffee Hour following morning worship.  
Handicapped Accessible

**LIFE IN CHRIST FAMILY CHURCH & BIBLE SCHOOL**

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

**ANNUNCIATION CHURCH**

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

**STONE PRESBYTERIAN CHURCH**

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

**CLINTON UNITED METHODIST CHURCH**

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

**CORNERSTONE COMMUNITY CHURCH**

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

**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**

447 Jordan Road, New Hartford – 315-724-2324  
stmargaretshouseny.org  
info@stmargaretshouseny.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:  
Kick the Winter Blues with a Film and Popcorn  
February 18th at 1:30 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**

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**6 Surprising Facts About St. Valentine**

<https://www.history.com/news/6-surprising-facts-about-st-valentine>

**1. The St. Valentine who inspired the holiday may have been two different men.**

Officially recognized by the Roman Catholic Church, St. Valentine is known to be a real person who died around A.D. 270. However, his true identity was questioned as early as A.D. 496 by Pope Gelasius I, who referred to the martyr and his acts as “being known only to God.” One account from the 1400s describes Valentine as a temple priest who was beheaded near Rome by the emperor Claudius II for helping Christian couples wed. A different account claims Valentine was the Bishop of Terni, also martyred by Claudius II on the outskirts of Rome. Because of the similarities of these accounts, it’s thought they may refer to the same person. Enough confusion surrounds the true identity of St. Valentine that the Catholic Church discontinued liturgical veneration of him in 1969, though his name remains on its list of officially recognized saints.

**2. In all, there are about a dozen St. Valentines, plus a pope.**

The saint we celebrate on Valentine’s Day is known officially as St. Valentine of Rome in order to differentiate him from the dozen or so other Valentines on the list. Because “Valentinus”—from the Latin word for worthy, strong or powerful—was a popular moniker between the second and eighth centuries A.D., several martyrs over the centuries have carried this name. The official Roman Catholic roster of saints shows about a dozen who were named Valentine or some variation thereof. The most recently beatified Valentine is St. Valentine Berrio-Ochoa, a Spaniard of the Dominican order who traveled to Vietnam, where he served as bishop until his beheading in 1861. Pope John Paul II canonized Berrio-Ochoa in 1988. There was even a Pope Valentine, though little is known about him except that he served a mere 40 days around A.D. 827.

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**3. Valentine is the patron saint of beekeepers and epilepsy, among many other things.**

Saints are certainly expected to keep busy in the afterlife. Their holy duties include interceding in earthly affairs and entertaining petitions from living souls. In this respect, St. Valentine has wide-ranging spiritual responsibilities. People call on him to watch over the lives of lovers, of course, but also for interventions regarding beekeeping and epilepsy, as well as the plague, fainting and traveling. As you might expect, he’s also the patron saint of engaged couples and happy marriages.

**4. You can find Valentine’s skull in Rome.**

The flower-adorned skull of St. Valentine is on display in the Basilica of Santa Maria in Cosmedin, Rome. In the early 1800s, the excavation of a catacomb near Rome yielded skeletal remains and other relics now associated with St. Valentine. As is customary, these bits and pieces of the late saint’s body have subsequently been distributed to reliquaries around the world. You’ll find other bits of St. Valentine’s skeleton on display in the Czech Republic, Ireland, Scotland, England and France.

**5. English poet Geoffrey Chaucer may have invented Valentine’s Day.**

The medieval English poet Geoffrey Chaucer often took liberties with history, placing his poetic characters into fictitious historical contexts that he represented as real. No record exists of romantic celebrations on Valentine’s Day prior to a poem Chaucer wrote around 1375. In his work “Parliament of Foules,” he links a tradition of courtly love with the celebration of St. Valentine’s feast day—an association that didn’t exist until after his poem received widespread attention. The poem refers to February 14 as the day birds (and humans) come together to find a mate. When Chaucer wrote, “For this was sent on Seynt Valentyne’s day / Whan every foul cometh ther to choose his mate,” he may have invented the holiday we know today.

**6. You can celebrate Valentine’s Day several times a year.**

Because of the abundance of St. Valentines on the Roman Catholic roster, you can choose to celebrate the saint multiple times each year. Besides February 14, you might decide to celebrate St. Valentine of Viterbo on November 3. Or maybe you want to get a jump on the traditional Valentine celebration by feting St. Valentine of Raetia on January 7. Women might choose to honor the only female St. Valentine (Valentina), a virgin martyred in Palestine on July 25, A.D. 308. The Eastern Orthodox Church officially celebrates St. Valentine twice, once as an elder of the church on July 6 and once as a martyr on July 30.







HAPPY GROUNDHOG DAY  
PUDDING CUPS

OHMY-CREATIVE.COM

Happy Groundhog Day Pudding Cups

Ingredients

- Nutter Butter Cookies
- 4 Chocolate Pudding Cups
- 1 cup Coconut
- Brown M&M's
- Candy Eyes
- Marshmallow Bits
- Green Food Coloring

Instructions

1. Pour coconut into a bowl and add 4-5 drops of green food coloring. Mix well.
2. Open one Nutter Butter Cookie and use the inside peanut butter as your "glue". Of course, if you didn't want to scrap the peanut butter out of the cookie you could always use some from a jar.
3. Spread a little bit of "glue" on the back of the eyes, nose (M&M's), and teeth (marshmallow bits). Press on cookie.
4. Now, take some M&M's and cut in half with a knife. These will become the ears. Take a little of the "glue" and spread on the bottom of the M&M and place on top of the cookie.
5. Open up pudding cups and place the groundhogs in the pudding, then sprinkle the green coconut around the front and back of the cookie.

Happy Groundhog Day

If I see my shadow, there will be 6 more weeks of winter.



I am related to the squirrel family. I can climb trees and swim. I hibernate in winter.

Punxsutawney Phil's predictions have a 40-60% accuracy.

Groundhog Day is the most watched weather forecast of the year in America. It has been celebrated since February 2, 1886.



If I don't see my shadow, there will be an early spring.



The Germans who settled in Pennsylvania brought the tradition of predicting the duration of winter to the New World.



Punxsutawney Phil is the most famous groundhog of all. He is said to be 100 years old. Every year more than 40,000 people gather at Gobbler's Knob in Punxsutawney, Pennsylvania to see what Phil will predict.

Groundhog Day is also the name of a famous 1993 movie starring Bill Murray as an egotistical TV meteorologist named Phil, sent to cover Groundhog Day by his TV station. Andie MacDowell also stars. It is a classic comedy. Phil relives February 2<sup>nd</sup> over and over again, until...

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### Managing Your Investments During Difficult Times

The combination of a pandemic, economic difficulties, political unrest, and natural disasters have all presented their respective challenges. Investors may be wondering what effect these events could have on their investments. Which is why it’s helpful for investors to focus on three fundamental actions that could help them work toward meeting their investment goals — know yourself, build a plan, and keep an eye on the long term.

**Know yourself**

When stocks drop by 20% or more, some investors might ignore the drop, others might feel the urge to sell, while still others might see it as a good time to buy. This range of reactions illustrates different levels of risk tolerance, or how sensitive investors are to market volatility. Risk tolerance varies from one investor to another, and no level of tolerance is considered the “right” level — there’s only the right risk tolerance for each investor. Talking with financial advisors or completing online questionnaires can help investors determine their risk tolerance.

While understanding your risk tolerance is essential, it should not be considered in isolation. Risk tolerance, goals, and time horizon all play a role in setting an investment plan.

Investing more aggressively may yield more rewards but the length of time available for investing also plays a part. A longer time horizon could give investors the potential for compound growth. And setting specific goals can help to determine how much an investor should accumulate to support their goals.

**Build a plan**

Dwight D. Eisenhower may have said it best — “Plans are worthless, but planning is everything.” Even though a plan may need to be modified to adapt to changes, the very process of setting a plan will help investors to discover and focus on their most important investment goals.

For a plan to be useful, it’s important for investors to clearly detail which goals they are trying to achieve. Some of an investor’s goals will be shorter term, such as building a rainy day fund. Intermediate-term goals might include buying a house or paying for a child’s education. Longer-term goals might include planning for retirement and potentially leaving a legacy for charities or family. Investor assets can then be matched to those various goals. For example, investors might own short-term bonds to meet a near-term expense, and a mixture of stocks and longer-term bonds to meet needs that are further in the future. The investor’s risk tolerance will help determine the mix of more volatile assets — such as stocks — to less volatile assets such as bonds.

**Keep an eye on the long term**

Once a plan is in place, it’s important to maintain it over the long term. This process includes regularly rebalancing the portfolio if allocations move too far away from targets, a task that in many cases can be automated. Maintenance also includes revisiting plans as investor goals or situations change. A plan is meant to be a living document.

While market drops can be troublesome, unpredictable economic events have presented challenges in the past. With resilience and creativity, America’s businesses and households have managed to overcome them. While there are no guarantees that past performance

will repeat itself, history has shown us that investors who reach their goals are often those who stick to their investment plans and take a long-term view of the markets.

*This article was written by/for Wells Fargo Advisors and provided courtesy of Christopher J. Carbone, Financial Advisor, First Vice President – Investment Officer in Clinton, NY at (315) 723-7386.*

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### 2022 Girl Scout Cookie Program® Starts Locally Today, Features New Cookie

The Girl Scouts of NYPENN Pathways (GSNYPENN) Council officially kicks off the 2022 Girl Scout Cookie Program® today and has a new cookie in the lineup. Brand-new flavor Adventurefuls™ is a brownie-inspired cookie with caramel-flavored crème and a hint of sea salt. Through the annual fundraiser, local Girl Scouts learn essential life, leadership, and business skills while also giving back to the community through the council’s Sweet Support Gift of Caring service project.

During the 2020-21 program, girls across the council’s 26-county footprint (24 in New York and two in Northern Pennsylvania) sold 1,260,493 packages of cookies and donated 24,556 to Meals on Wheels and first responders. This year’s Sweet Support recipients are teachers/faculty at local schools and regional Meals on Wheels programs. Cookies will be donated to these entities throughout the council’s service area at the

conclusion of the season. The council’s donation goal is 50,000 packages.

“Our Girl Scouts are excited about the 2022 cookie program and our number one goal is to keep the experience safe, positive, and educational for them,” says GSNYPENN CEO Julie Dale. “Once again, girls are gaining real-world experience on the importance of leadership, adaptability, and perseverance in the face of challenging times and especially during the ongoing pandemic. The cookie program helps provide normalcy and fun for our local Girl Scouts and we thank the community for their continued support.”

Girl Scout Cookie season continues through March 27. The public can support GSNYPENN Girl Scouts by purchasing cookies for just \$5 per package or purchasing cookies to donate to the council’s Sweet Support recipients. The 2022 lineup features not only brand-new flavor Adventurefuls™ but also classic favorites Thin Mints®, Samoas®, Tagalongs®, Do-si-dos®, Trefoils®, Lemon-Ups®, Girl Scout S’mores®, and gluten-free Toffee-tastic®.

After paying the baker, 100 percent of proceeds raised from the cookie program stay local. Funds are used for troop activities and by the council to maintain properties and deliver programming to its girl and adult members. You can help local Girl Scouts during the cookie program in a few ways:

If you know a registered Girl Scout, reach out to her to find out how she’s selling cookies. Girls use a combination of paper order forms and online Digital Cookie storefront links. Cookies ordered online can be paid for and shipped directly to the customer with no contact. Initial orders taken through February will be delivered to local customers in late-February and early March.

If you don’t know a Girl Scout, visit [gsnypenn.org/cookies22](https://gsnypenn.org/cookies22) to connect to a local troop to place an order or use the official Girl Scout Cookie Finder app (free on iOS and Android devices) to find traditional walk-up or no contact drive-thru booths during March in the local area.


For more information or assistance connecting to a troop participating in this year’s cookie program, contact the council at 1.855.213.8555, option 2 or [info@gsnypenn.org](mailto:info@gsnypenn.org).



### 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](mailto:christopher.carbone@wellsfargoadvisors.com)  
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