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Vol. 37 No. 2
February 2023

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Utica NY

Adirondack Railroad Offering Winter Trains in 2023

The very popular Cabin Fever Train will leave Utica Union Station at 11 AM, travel to Remsen, and return by 1 PM. At the Remsen Depot passengers will be able to enjoy a warm fire, hot chocolate, and s'mores. "This service is an opportunity for families and friends to get together and break away from the dreariness that often happens at this time of year," said General Manager Frank Kobliski. The Cabin Fever Train will also operate on February 5th and 19th, March 4th and 25th, and April 2nd.

In February the Adirondack Valentine's Day Dinner Train is an opportunity for couples to celebrate in a special way. A complimentary drink and a special menu, handcrafted by local chef Pat O'Connor, owner of Feasts and Festivities by O'Connor, help create a romantic and memorable experience. This service is offered on February 10th, 11th, and 14th. The departure from Union Station in Utica is at 6 PM going to Remsen Depot and returning by 9 PM. The menu selection can be made when tickets are purchased.

"A change of scenery, even for a few hours, is a nice escape welcomed by last year's passengers," Mr. Kobliski added. "We hope you will come and enjoy yourselves."

For tickets and more information go to: <https://www.adirondackrr.com/cabin-fever-limited/> <https://Adirondackrr.com/the-adirondack-valentines-day-dinner-train/>

The Adirondack Railway Preservation Society, Inc. (ARPS) operates the Adirondack Railroad, the Adirondack Scenic Railbike Adventure, and Peachtree Railbikes.

The New York corporation is a not-for-profit 501(c)(3) volunteer-based organization with main offices in Utica, New York. Since 1992 it has provided a memorable experience for more than 1.8 million passengers, operating on the former New York Central Adirondack Division located in upstate New York.



Fair Trade Shop

This Tree of Life Napkin Holder is made of shesham wood in Saharanpur, a city in northern India, that is a traditional center of wood carving. The dimensions are 6" high x 5" wide x 2 1/2" in diameter.

Our Warming Coaster, made in Bangladesh, is a beautiful companion for your favorite mug! When warmed in an oven, it can keep hot tea, coffee, and cocoa warm. It comes in a mini hogla basket featuring a small mandala design. These and many, many more uniquely handcrafted gift items from 38 different countries can be found at our Fair Trade Shop, Stone Presbyterian Church, 8 So. Park Row, Clinton. Our hours are 10am to 4pm every Thursday and SECOND Saturdays. Our 25% OFF Sale will run until the end of 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 for marginalized people. Let us be your go-to Gift Shop! Visit us at <https://buildingstoneshoppe.square.site> or www.facebook.com/buildingstonesfairtradeshoppe.

Please look inside for Important Information from the NH Town Codes Department listed on Page 28



Attention Baseball Families

Registration is now open for all levels of New Hartford Youth Baseball (Little League, Minor A and B, and T-Ball). We are looking forward to a great season in 2023!

Please visit www.newhartfordlittleleague.com

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Michele Pilla

Board Appoints New Hughes Principal

On Dec. 20, the New Hartford Central School District Board of Education appointed Michele Pilla to be the next E.R. Hughes Elementary School principal.

Mrs. Pilla started on Jan. 23, 2023.

“I am excited to begin this new chapter in my educational career and positively impact the lives of children and families in the E.R. Hughes community,” Mrs. Pilla said.

Mrs. Pilla grew up in Utica and attended Notre Dame High School. From there, she earned her Bachelor of Arts Degree in Elementary and Special Education at Niagara University.

Mrs. Pilla brings to New Hartford 23 years of experience working in education.

For the first 16 years of her career, Mrs. Pilla taught

third, fourth and sixth grade in the Utica City School District. She also served as an Academic Intervention Specialist for students in kindergarten through sixth grade. While she was a teacher, she earned her Master of Science Degree in Reading from the State University of New York at Cortland.

Mrs. Pilla received her Certificate of Advanced Study as a School Building Leader from the Massachusetts College of Liberal Arts and spent the last seven years as the Harry M. Fisher Elementary School principal in the Central Valley Central School District in Herkimer County.

“Michele brings a wealth of experience to the position, and I believe she is a great fit for the New Hartford Central School District,” New Hartford Superintendent Cosimo Tangorra, Jr. said.

Mrs. Pilla lives in Whitesboro with her husband Mike, their two children, 16-year-old Giavanna and 13-year-old Michael, and their goldendoodle named Bentley.



Dr. Jennifer DiMeo

Licensed Acupuncturist Opens Practice in New Hartford

Dr. Jennifer DiMeo is a native of East Utica and New Hartford. She has a Master's Degree in Acupuncture from Pacific College of Oriental Medicine and is a designated Diplomate in Acupuncture from the NCCAOM. She received her Doctorate of Chiropractic from New York Chiropractic College.

After having practices in New York City and on Cape Cod she is happy to bring her practice to New Hartford working out of the office of Dr. John Syrotynski, owner of Mohawk Valley Chiropractic. Located at 96 Genesee Street, New Hartford.

Her services include acupuncture, cupping, craniosacral therapy and tui na.

NYS Approved Driving Course Offered

New York State approved drivers courses for insurance discounts and point reduction programs will be held at the New Hartford Municipal Bldg. 8635 Clinton St. New Hartford, N.Y. on February 21, 2023, from 9 am till 3:30 pm.

For registration and other information please contact Mary Merritt at (315)724-0096


New Hartford
Class of 1993
30th High School Reunion
July 15, 2023
One Genny, New Hartford
6-10pm
For more information,
please email
vcpoulos@yahoo.com



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Laura Misiaszek, Owner of The Olde Wicker Mill, receiving award from Senator Joe Griffo



Chamber Music Society of Utica presents ULYSSES QUARTET on Sunday, February 12th

ULYSSES QUARTET performs Sunday, February 12, 2023, 2:30 pm, at the Munson-Williams-Proctor Arts Institute, 310 Genesee Street, Utica NY. Their program includes works by Joan Tower, Dmitri Shostakovich, and Ludwig von Beethoven. This concert will be live streamed via the Chamber Music Society of Utica (CMSU) website: www.uticachambermusic.org.

For the live concert: General Admission \$25; Students over 18 \$10 with ID; Children & Teens under 18 Free. Cash, Check or Credit Card please. COVID protocols: Masks are optional and distanced seating is available.

For the live stream: log on to the CMSU website www.uticachambermusic.org at 2:15 pm to confirm system compatibility before the performance begins. Suggested \$25 donation for viewers without a CMSU subscription or pay what you are able.

The award-winning Ulysses Quartet has been praised for their "textural versatility," "grave beauty" and "the kind of chemistry many quartets long for, but rarely achieve" (The Strad), as well as their "avid enthusiasm ... [with] chops to back up their passion" (San Diego Story), "delivered with a blend of exuberance and polished artistry" (The Buffalo News). Consisting of violinists Christina Bouey and Rhiannon Banerdt, violist Colin Brookes and cellist Grace Ho, the quartet's members hail from Canada, the United States and Taiwan. They have performed in prestigious halls and festivals across the United States and around the globe.

The group's name pays homage to Homer's hero

Odysseus and his 10-year voyage home. Additionally, the quartet's members live in close proximity to the resting place of former U.S. President Ulysses S. Grant in Upper Manhattan.

The Ulysses String Quartet believes intensely in the power of music to inspire, enlighten and bring people together. This is the guiding principle of the Ulysses Quartet Foundation, dedicated to the performance and promotion of classical music of the past and present day to benefit the broadest possible audience of music lovers and potential music lovers by expanding their understanding and appreciation of the musical arts. Ulysses aims to use this platform to raise the voices of underrepresented BIPOC and female composers.

For information on this and all CMSU concerts phone 315-507-3597 or 315-794-9741, or see the CMSU website: www.uticachambermusic.org/.

The Olde Wicker Mill Receives NY State Empire Award

The Olde Wicker Mill, located in the New Hartford Shopping Center, is very honored and appreciative to receive the 2022 NY State Senate Empire award from Senator Griffo. They would like to extend their thanks to all of their loyal customers for their support over the years and making this possible!

The NYS Senate Empire Award recognizes outstanding local businesses for their service.



**New Hartford
 Class of 1973
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 announced.**

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Thursday and Friday 10am-6pm
Saturday 10am-2pm
Sunday 1-5pm
Computer Appointments Required
Curbside Pickup Remains an Option

Weather Closures

Should the New Hartford Central School District close due to inclement weather, the Library will close as well. Notifications will be posted on WKTV, as well as on our website and social media platforms (Facebook and Instagram).

Stay Connected With Us!

The most up to date information regarding closings, reopening, programs and crafts can be found on our website and on our Facebook and Instagram pages. Website: www.newhartfordpubliclibrary.org Facebook: www.facebook.com/newhartfordpubliclibrary Instagram: [new_hartford_public_library](https://www.instagram.com/new_hartford_public_library)

NHPL Board of Trustees 2023 Meeting

The New Hartford Public Board of Trustees meets the 3rd Wednesday of each month at 4:30 pm in the Sammon Room at the New Hartford Public Library.
February 15; March 15; April 19; May 17;
June 21; July 19; August 16; September 20;
October 18; November 15; December 20.

Become a Friend of NHPL

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Mitten Tree

68 pairs of warm mittens, 6 hats, 5 scarves and endless exclamations of thankfulness, joy and awe filled the Theo Bowman House as each item was carefully lifted from the bags. Thank you so much to the many knitters who filled the mitten tree and warmed hands and hearts with love. Your thoughtfulness was overwhelming.

Used Books/Book Donations

Thank you so much for your "gently" used books. We also accept audios, puzzles, CD's, DVD's and records. We do not accept Reader's Digest, text books or moldy books. Please limit your donations to one box/bag at a time and drop off at the circulation desk and not in the hallway, at drop boxes or outside the door when the library is closed, Thank you. This is a major fundraiser for the Friends to assist the library in buying quality materials and in providing programs especially for our youth. Your support is very important.

Outdoor Book Locker

We have added another way for our patrons to pick up their materials! You may have noticed our outdoor book locker located at our level entrance. This book locker allows patrons to pick up their materials when we are closed. Patrons may choose to use this even when we are open as well! When placing your holds, simply enter NH Locker or let the staff know that you would like your hold to be placed in the locker.

This locker was funded by a grant through the Central Library Resources Council and the Mid York Library System.

Community Outreach

We are hitting the road and would love to come to your organization! Are you involved with a preschool, daycare, summer program or assisted living center? We would love to come to your organization and share more about our upcoming programs, issue library cards and provide programming to your facility. For more information, please contact our Library Director, Anne 315-733-1535.

Literacy CNY

Need some tech help? We have a volunteer at the Library each Monday from 11:00-2:00. Literacy CNY provides trained individuals to assist patrons on a one on one basis. They look forward to helping our community. We greatly appreciate this service they are offering our patrons.

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 Teapots

“A teapot can represent at the same time the comforts of solitude and the pleasure of company.” -Zen Haiku

Teapots take center stage the month of February in the display case at the library’s main entrance. Clarice Barlow will share some of her extensive teapot collection. Want to learn more? Books about tea varieties, tea servings, teapots and tea related fiction will be featured in a book rack in the library and will be available for check out.

Utica University Returns to NHPL

Stop in February 11th starting at 10:30am upstairs in the Children's Area and Corasanti Room with live science demonstrations for children (ages 7 - 14) put on by the Society of Physics Students of Utica University. Event will end at 12:30. No registration required.

Grab & Go Projects Adults

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

February 6th – Mod Podge Bookmarks.

Call to reserve beginning at 10:00 on the day of that months’ project, or come into the library to pick up.

Grab & Go Project Bags for Kids

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

February 2nd – Borax Crystal Heart.

Call to reserve beginning at 10:00 on the day of that months’ project, or come into the library to pick up one.

In Person Story Time.

Mondays (group A), Tuesdays (group B) and Thursdays (group C) 10:30-11:00 for preschool aged children. Join us for stories and crafts. Aimed towards preschoolers – but all are welcome. An adult must accompany the child. All story times are held in the Children’s Area/Corasanti room.

February 6, 7, 9 : Moose

February 13, 14, 16 : Hearts

February 20, 21, 23 : Lady Bug

February 27, 28 & March 2 : Space

Park Passes Are Back!

Once again, the Friends of the New Hartford Public Library are supporting our Park Pass Program. Through their generosity, we will be allowing our patrons to check out the following park passes which will allow our patrons a discounted entry rate:

Fort Rickey Children's Discovery Zoo

Adirondack Experience

Empire Pass

The Wild Center

Onondaga County Parks

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Passes must be placed on adult library cards and must be returned to the New Hartford Public Library Circulation Desk. Please call 315-733-1535 for more information

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.

Community Rooms

Community Rooms will be available for groups and organizations to use. You can find more information on our website (<https://www.newhartfordpubliclibrary.org/reserve-a-room/>), by calling 315-733-1535, or by visiting our Circulation Desk at the Library.

Book Clubs

Are you interested in joining a book club, currently in a book club, or looking to start one? 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, Danielle. 315-733-1535

>Ruth Anne Mystery Book Club reads mystery novels. They meet on the second Saturday of the month at 11am. For more information please contact the library.

>Wanderlust Book Club reads fictional novels, ranging from current to historical. They meet in the third week of the month. For more information please contact the library.

>Women (and Men) of Mystery: If you love reading mysteries or just want to know more about them, join Women (and Men) of mystery While we are a book group there is no required reading but rather an exploration of those whose words entertain, puzzle, and sometimes even scare us. You might learn more about some favorite authors or add some authors and books to your to-be-read list. Join us (via Zoom) on Saturday, February 25 at 11:00 as Janet Hoover leads us on a discussion of Murder He Wrote: Ian Rankin, Archie Mayor, Lawrence, and Ed McBain. Call the New Hartford Public Library (315-733-1535) for the Zoom link.

Mohawk Valley Chess Club

Join the MOHAWK VALLEY CHESS CLUB (USCF ID A6046725)! —The ONLY US Chess Federation certified chess club in Mohawk Valley! The group will meet at the New Hartford Public Library (Sammon Room) at 2 Library Ln every Sunday 2-4:30 pm. A USCF certified chess coach will be at each meeting. There is no fee for this weekly event.

Yoga for Seniors

Join Bill Skinner every Monday at 3:00pm for a Yoga program geared towards seniors! Please call the Library at 315-733-1535 to register for this in person class.

After Breast Cancer Support Group

The After Breast Cancer (ABC) Support Group is for women and men who are going through breast cancer treatments. We aim to provide educational/informational speakers each month.

We will meet the first Saturday of each month from 11 A.M. thru 12 noon in the Sammon Room.

Please join us February 4th as Debra Iselo, a Family Nurse Practitioner working as the Survivorship Program Coordinator for the Survivorship Program at the Cancer Center here at Mohawk Valley Health System, will be joining us.

Grieving Parents Group

On February 7th and February 28th from 6:30-7:30 Jennifer Tooke will be hosting a Grieving Parents Support Group at the New Hartford Public Library. If you have suffered the loss of a child please consider joining. Though you may not feel like sharing your story, feel free to come and listen to others. You are not alone, and together we can heal. If you have any questions, please contact Jennifer at 315-269-6889.

American Red Cross Blood Drive

The American Red Cross Blood Drives are returning to the Library! Please consider donating blood on February 10th from 12:30-4:30. Please call the Library to register. 315-733-1535.

Thursday Mahjong Group

Are you an experienced Mahjong player looking for a fun group to play with? You are in luck! Our Mahjong Group is looking for experienced players. Games are played in the Corasanti Room every Thursday at 12 noon. If you have any questions feel free to stop in Thursday, or call the library.

Looking For Players: Pinochle Group (double deck)

Friday February 3rd from 1-4pm the Experienced Pinochle Players will meet in the large study room. If you are an experienced player looking for a group feel free to join. Stop in that Friday with any questions.

MWPAI Sporting Fashion: Outdoor Girls 1800 to 1960 from June 23-Sept. 10th

We know that our clothes tend to reflect our society's standards. But do you know why women wear skirts and western men don't (excluding Scots' kilts)? Why men in most of the world both modern and ancient wear robes and skirts? Why western women started wearing trousers? Why women a century ago rode horses sidesaddle? How did we evolve from ancient men competing in sports in the nude, and women nearly nude, to women rock-climbing in ankle length skirts and corsets! These and so many other questions will be explored in this exhibit!

This will be a spectacular exhibition for summer of 2023. Sporting Fashion is the first exhibition to explore the evolution of women's sporting attire over a 160-year period, and its derivation from men's sporting and dress wear. The exhibition will include 65 actual fully accessorized ensembles along with the equipment needed for each outdoor activity.

The exhibit will explore the inventiveness of designers, tailors and seamstresses as they worked to meet society's changing ideas of men's and women's abilities and interests, and technological advances that permitted change. It will highlight the evolution of sportswear from ancient times to modern times, focusing on women but touching on both men's and women's fashions.

Clothes for swimming and tanning will show the increasing acceptance of public bathing at beaches and pools, sometimes single sex and sometimes the sexes together. Winter outfits for skiing and ice-skating were designed to give protection from the elements. Cycling, motoring, flying, riding and strolling suits, often adapted from men's formal, casual and athletic gear, helped daring women navigate into new activities alongside their brothers. Complementing the actual antique outfits and equipment will be a timeline of key events and biographies of significant female athletes that present sporting fashion in the broader context of men's and women's social history.

You won't want to miss the presentation of the exhibit at your organization's meeting during April and May, 2023. Book your power point presentation today with Joan Shkane 315 725 2444 or at grayfoxal@aol.com. We hope to see you soon!

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6th Annual CNY Wing Wars!

The Joseph Michael Chubbuck Foundation will host the 6th Annual CNY Wing Wars from noon to 3pm Saturday, Feb. 4, 2023, at Harts Hill Inn, 135 Clinton Street Whitesboro.

Returning participants include Ray Brothers BBQ (2022 BEST WING in both Celebrity Judges & Public Vote categories), Pizza Boys (2022 MOST UNIQUE WING winner in both Public and Celebrity Judges Vote categories), Hot Off The Brick, Piggy Pat's, Killabrew, Fratello's Pizzeria, Lukin's, and Tony's of New Hartford. New participants include Utica BBQ, Knuckleheads, Pizzeria Italia, and The Celtic Harp.

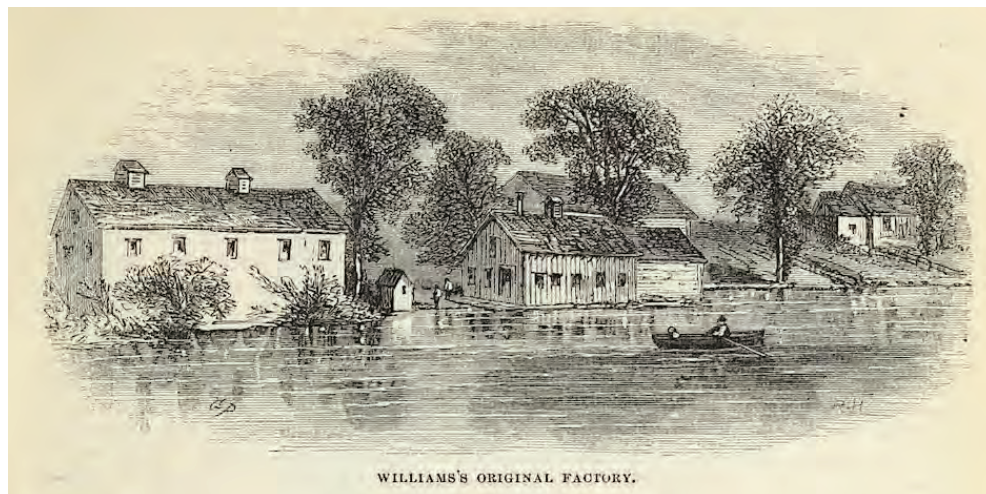
After sampling the wings, attendees will vote for BEST WING and Most Unique Wing alongside a panel of celebrity judges (Oneida County Sheriff Maciol, Senator Griffo, WKTV Kristen Copeland, Empire Plate's Bill Vinci, & WOUR Will Phillips).

Admission is \$30 per ticket which includes (1) slice of cheese pizza, a dozen wings (one from each participant) and (1) free beer or soda. Only 200 tickets will be sold & Reservations are required.

Enjoy music by DJ, 50/50 raffle, and a Basket Raffle. Tickets on sale now at www.thejmcf.org under "Events" or call 315-339-5993 M-F (9am to 5pm). Proceeds will assist cancer patients in financial need in Oneida, Herkimer, Madison, & Onondaga Counties. Covid Safety Precautions in place within Oneida County will be followed at the time of the event. Tickets will be sold at the door unless the event sells out in advance.

The Iroquois Chapter of the Adirondack Mountain Club

The Iroquois Chapter of the Adirondack Mountain Club will hold its next meeting on Tuesday February 7th, 7 PM at the First Baptist Church in New Hartford. Our program speaker will be local attorney Jeremy Alexander who will discuss his journey completing the ADK 100 in 100 days. Jeremy is passionate about hiking and camping which will be highlighted in his most recent accomplishment from 05/29/22-09/05/22.



Cheesemaking in Oneida County

Wednesday February 8, 2023 7 PM

Irish Cultural Center of the Mohawk Valley - Museum, 623 Columbia St, Utica

Come learn how Rome, NY native Jesse Williams' vision would forever change the way cheese was produced in the United States. This is a free event but please register through Eventbrite at:

<https://www.eventbrite.com/e/cheesemaking-in-oneida-county-tickets-510782332707>

Jesse Williams and the First Cheese Factory

Just North of Rome, at the site of the current New York State Fish Hatchery, the modern cheese industry was born in 1851. Jesse Williams was a successful farmer and cheese maker but believed by working together as cooperative dairies, farmers could maximize their profits. This led him to start the first cheese factory in the United States, a move that revolutionized agriculture not only locally, but across the nation. Patrick Reynolds, Director of Public Programs at the Oneida County History Center will discuss the origin of the Cheese Factory System.

Jesse Williams was born in Rome in 1798 and like his father became a farmer. Although there was considerable cheese making going on in New York, its market value suffered from inconsistency. Jesse objected to the quality as well as the lack of uniformity in size. To address these issues, he invented machinery and equipment that guaranteed high quality cheese made in uniform sizes. 1851 marked the first year he combined the milk from his own farm with that of his son's farm. From that small partnership grew the cheese factory industry.

He built the first cheese factory in the United States at "Highland Mills" adjacent to the current fish hatchery. Soon dozens of area dairy farmers were delivering their milk to him to make cheese. The first year he produced 100,000 pounds of cheese and was an immediate success. Quickly his ideas spread to other sections of the country and the world.

As news spread of Williams' success, dairymen from across the country flocked to Rome to learn about the new process. Williams and his wife answered as many questions as they could to spread the gospel of cooperative cheese making. Within 15 years, there were 500 such factories in New York alone. In 1864, Williams' success led to the formation of the New York State Cheesemaker's Association, which soon thereafter became the American Dairy Association.

On the 100th anniversary of Jesse's cheese factory, John H. Kraft, president of Kraft Foods, proclaimed that "pioneers like Jesse Williams... [fathered] the ideas and tools that have made America great." This man, Kraft said, "exemplified the spirit which has made the dairy industry the largest agricultural industry in America."

Jesse Williams died in 1864 at age 67. At that time Oneida County was making over eight million pounds of cheese per year. Williams never patented his cheese-making inventions but gave them to the agricultural world.

The program is free and open to everyone.



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the TOWN Crier

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Check our community calendar monthly for local events and submit your own event right on our website!

For information on how to place an ad or to get listed in our business directory, please contact:

Kristi Zbytniewski

towncrier@pjgreen.com

315.723.4827

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NEW HARTFORD PAST TIMES

February 2023

NEW HARTFORD HISTORICAL SOCIETY



Deputy Chief J. William Tenbrink with a nice closeup view of the old Firehouse sign. Bill served as the department's Deputy Chief from 1967 to 1976. He was an active member for 25-1/2 years. 1959-1984

The Firehouse's Neon Sign

For those that remember the old firehouse on Park Avenue in the Village, how many remember the red & gold neon sign over the front doors?

The New Hartford Fire Department, organized in 1901, moved into their Park Avenue location sometime around 1905. For the next sixty plus years, there were many changes inside and out. Apparatus became bigger and heavier, the original 2 bay doors were enlarged and later, a third door was added. Eventually the basement had to be completely filled in to support the weight and size of modern fire trucks.

Sometime after 1963, a local resident made a large neon sign for the firehouse. Little is known about the sign such as when it was installed and who made and donated the sign. Sadly, years ago the fire department's former Historian, Terry Martin, confirmed the sign was lost when the building was razed in 1973. Many mementos, and later collectibles, from the old firehouse were moved to the new station around the corner, but the sign was reportedly demolished with the building.

If anyone remembers (or better yet, has a picture) of the neon sign when it was illuminated, we'd love to hear from you. Likewise, anyone with knowledge of the sign's origin, please let us know!



NH Firehouse circa 1963



NH Firehouse circa 1970



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.**

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Lions Club News

The New Hartford/NY Mills/Whitestown Lions club recently welcomed Rich Synek to our monthly meeting at Sloppy Joe's Pizza in the New Hartford Shopping Center. Rich is the founder of Feed Our Vets, an organization originating in Vernon Center NY. Since 2009, Feed Our Vets has provided meals for over 40, 000 veterans and their families all across America. Food is distributed from their food pantries. Gift cards are provided for veterans in need all over the country. Pictured are Lions Club President Bob Porter and treasurer Nick Montesano presenting Feed Our Vets founder Rich Synek with a donation from our Lions Club to assist in his efforts.



Over the summer, two friends got together to reconnect.

What transpired from this visit was the brain child of Lois Phelps.

A native New Hartford resident, Lois initiated the help of her brother Bill Freiburger, the New Hartford Fire Department, Police Department, the Chamber of Commerce, the town business' and an endless amount of elves to create the Believe event of November 19, 2022.

Santa and Mrs Claus, not from this area, experienced a truly magical community event.

We want to thank these hard working and dedicated people. The endless calls and Meetings. The donations procured for the basket raffle and the generous donation of toys for the children that sat with Santa. The vendors that offered items for Christmas shopping, the food and wine trucks, to David and his team of Clydesdales that escorted the Claus to the square, Stuff the Bus, Feed our Vets, the radio stations and everyone not mentioned here but has a special place in Santa's heart.

All the smiles on the childrens faces spoke of the success of the day!

Merry Christmas + Love
Santa & Mrs Claus
P.S. We will be back.

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New Hartford Sports - Home Games

* subject to change without notice

Date	Start time	Sport	Level	Opponent	Location	Game type
1-Feb	4:30 PM	Volleyball (Girls)	7th/8th	Camden	Perry JH Gym	Regular Season
1-Feb	6:00 PM	Basketball (Girls)	7th/8th (Red)	Holland Patent	Perry JH Gym	Regular Season
1-Feb	7:00 PM	Ice Hockey (Boys)	Varsity	Clinton	NH Rec Ctr	Regular Season
2-Feb	4:30 PM	Basketball (Girls)	7th/8th (Blue)	Holland Patent	Perry JH Gym	Regular Season
3-Feb	4:30 PM	Basketball (Boys)	7th/8th (Red)	VVS (Modified 2)	Perry JH Gym	Regular Season
3-Feb	5:30 PM	Basketball (Girls)	Junior Varsity	Notre Dame, Utica	HS Gym	Regular Season
3-Feb	6:00 PM	Basketball (Girls)	7th/8th (Blue)	Camden	Perry JH Gym	Regular Season
3-Feb	7:00 PM	Ice Hockey (Boys)	Varsity	Whitesboro	NH Rec Ctr	Regular Season
4-Feb	1:30 PM	Basketball (Girls)	Varsity	Peru	HS Gym	Regular Season
6-Feb	5:30 PM	Basketball (Girls)	Junior Varsity	Whitesboro	HS Gym	Regular Season
6-Feb	7:00 PM	Basketball (Girls)	Varsity	Whitesboro	HS Gym	Regular Season
7-Feb	4:00 PM	Basketball (Boys)	7th/8th (Blue)	Whitesboro (Blue)	Perry JH Gym	Regular Season
7-Feb	4:30 PM	Winter Track (Boys)	Varsity	NH @ NH	SRC Arena, OCC	Post-Season (Sectional finals)
7-Feb	4:30 PM	Winter Track (Girls)	Varsity	NH @ NH	SRC Arena, OCC	Post-Season (sectional finals)
7-Feb	6:00 PM	Basketball (Boys)	7th/8th (Red)	Holland Patent (Purple)	Perry JH Gym	Regular Season
8-Feb	4:30 PM	Winter Track (Boys)	Varsity	NH @ NH	SRC Arena, OCC	Post-Season (Sectional finals)
8-Feb	4:30 PM	Winter Track (Girls)	Varsity	NH @ NH	SRC Arena, OCC	Post-Season (sectional finals)
9-Feb	4:30 PM	Winter Track (Boys)	Varsity	NH @ NH	SRC Arena, OCC	Post-Season (Sectional finals)
9-Feb	4:30 PM	Winter Track (Girls)	Varsity	NH @ NH	SRC Arena, OCC	Post-Season (Sectional finals)
10-Feb	5:30 PM	Basketball (Girls)	Junior Varsity	Utica Proctor	HS Gym	Regular Season
10-Feb	7:00 PM	Basketball (Girls)	Varsity	Utica Proctor	HS Gym	Regular Season
14-Feb	3:30 PM	Bowling (Boys)	Unified	Vernon-Verona-Sherrill	Pin-O-Rama Lanes	Regular Season
14-Feb	5:30 PM	Basketball (Girls)	Junior Varsity	Rome Free Academy	HS Gym	Regular Season
14-Feb	7:00 PM	Basketball (Girls)	Varsity	Rome Free Academy	HS Gym	Regular Season
15-Feb	4:30 PM	Winter Track (Boys)	Varsity	NH @ NH	SRC Arena, OCC	Post-Season (state qualifiers)
15-Feb	4:30 PM	Winter Track (Girls)	Varsity	NH @ NH	SRC Arena, OCC	Post-Season (state qualifiers)
16-Feb	3:30 PM	Bowling (Boys)	Unified	Whitesboro	Pin-O-Rama Lanes	Regular Season

Community and Staff Feedback Helps District Define Academic Success

New Hartford Central School District staff, residents and alumni recently identified what they consider to be key indicators of academic success; including individualized learning and support, application and growth/improvement. This is part of the district’s ongoing effort to seek stakeholder engagement during the district’s strategic plan development process.

To find out how key constituents define academic success, the district used ThoughtExchange, an online platform that allows participants to respond to an open-ended question and then consider and assign stars to the ideas shared by others. Thoughts and stars are confidential.

The exchange targeted parents/guardians, teachers/staff, students, community members and alumni and in an effort to define academic success for all students, participants were asked to indicate whether or not their student receives support services such as a 504 plan, individualized education plan, academic intervention services and/or english language learner supports.

The exchange included 115 participants who added 71 thoughts. There were 1,760 ratings on those thoughts. A summary report of the exchange is available online. Thought reports are also available online for each of the following focus group: Teachers/staff; Parents; Students; Community Members; Alumni.

Participants identified the following indicators of academic success: Individualized learning and support; Application; Growth/Improvement; Traditional measures of academic success (e.g. grades and test scores).

Two topics from the exchange that were repeated from previous exchanges: Communication & Social-emotional learning (SEL) connections.

District officials along with local residents Larry Gilroy and Randy VanWagoner, who are partnering with the district and facilitating the development process, plan to continue analyzing the feedback. The district has also compiled data to determine where the district is doing well and where there needs to be additional support so all students reach their full potential. The ThoughtExchange feedback will supplement that data.

The final five-year plan will serve as a guide for the school board in making decisions that align with the priorities identified by the district’s many stakeholders. The plan will also support the district’s new mission, vision and goals, which the board approved in February 2022. A final plan is expected to be adopted this winter.

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Ribbon Cutting - Anchor Family Medicine

We are excited to welcome Anchor Family Medicine to the New Hartford Chamber of Commerce!

Dr. John Robertson and Kari Moorhead, PA, are proud to be opening Anchor Family Medicine in New York Mills.

This new family practice office will serve patients of all ages. Dr. Robertson and Kari have over 25 combined years of practice experience.

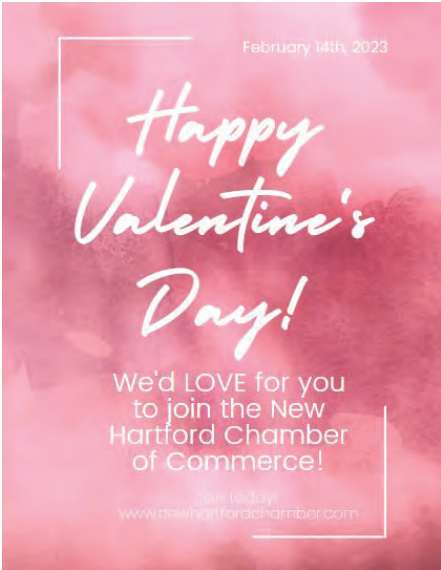
Dr. Robertson served eight years in the U.S. Navy followed by another eight years of practice with Mohawk Valley Health Systems (MVHS). Kari Moorhead practiced for over 10 years at Slocum Dickson, MVHS, and other organizations prior to joining Anchor Family Medicine.

Anchor Family Medicine is located on the first floor of the former Fitness Mill Building, 587 Main Street, New York Mills.

The ribbon cutting took place on January 13, 2023.

Pictured (right): Dr. Robertson cuts the Grand Opening Ribbon and Board members present Dr. Robertson with a New Hartford Chamber plaque.

If you are a member of the Chamber and have not yet received your membership plaque, contact us today at info@newhartfordchamber.org.



Packy's Pub Grand Re-Opening

Packy's Pub is now under new ownership!

Packy's will continue to be owned by the Braun Family, as it has been since 1985. Dean and Amy Braun have purchased the business from Dean's Aunt, Andrea Brown (Braun). Expect the same great staff and very tasty food!

A ribbon cutting took place on Sunday, January 15, 2023 .

Packy's Pub is located at: 9281 Kellogg Road, Washington Mills, NY



New Board Members

Please welcome Anne DuRoss from the New Hartford Public Library and Kaila Champoux of Vintage Junebug Photography to their new positions on the Board with the New Hartford Chamber of Commerce.

Anne will be serving as Secretary of the Board and Kaila as the Marketing Committee Chair. Below, please find a list of the current Board Members.

- President:** Mark Turnbull, Turnbull Insurance
Vice President: Eric Bjornland, Technology Innovations
Treasurer: Deb Hairston, NBT Bank
Board Secretary: Anne DuRoss, New Hartford Public Library

- Board Members:**
Mayor Don Ryan, Telecommunication Concepts
Joanna Robertson, Treehouse Reading and Arts Center
Nathalie Nerber, Ward Arcuri Law Firm
Jim Poore, The Medicine Shoppe
John H. Hobika, Jr., Berkshire Bank
Kaila Champoux, Vintage Junebug Photography and Nelson Associates Architectural Engineering

Photo (right): Taken by Vintage Junebug Photography





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Mohawk Valley Hometown Heroes Banner Program


A committee has been formed to proudly offer these 30" by 60" Banners for Veterans - our Hometown Heroes. They will be hung in various municipalities in the area from just before Memorial Day to just after Veterans Day. The picture above shows you the design of Utica's banners.

Please visit mohawkvalleyhometownheroes.com for information. You will also find an application form, a payment link, contact information and other general information. Submissions will be accepted beginning in February 2023.







The Committee is made up of members of the Oneida Chapter, Daughters of the American Revolution, The Military Order of the Purple Heart CNY Chapter 490, and Vietnam Veterans of America Chapter 944. It is being supported by Mayor Palmieri's Office and the Utica Common Council, Mayor Hopsicker and the Whitesboro Village Council, Mayor Ryan and the Village of NH Council, and Town Supervisor Miscione with the New Hartford Town Council Members.

This is a 3 year program. The banners have a 'life expectancy' of 5-8 years, depending on weather conditions. The banners will be given to the purchasers after 3 years.

The cost of the banners will be \$130 for 2023. Above is an example from 2022.



Mohawk Valley Chess Club
Join the MV Chess Club each Sunday at the NH Public Library in the Sammon Room, from 2-4.
All ages and skill levels are welcome!



Mohawk Valley Hometown Hero Program

The Hometown Hero Banner Committee is currently taking applications for Military Hometown Hero Banners for the city of Utica. The program provides a decorative 30" X 60" street banner mounted along the Memorial Parkway in Utica to honor those who are currently or have previously served. The banners will be displayed for 3 years from Memorial Day to Veterans Day. *To qualify for this program, the individual being honored must have served in one of the United States Armed Forces. First priority will be given to Veterans from Utica (Born, Raised, or Resided), then veterans from outside of the greater Utica area will be considered. Please print and complete this form and send it along with photo and check made out to **Oneida Chapter NSDAR** for \$130 to:*

Program Coordinator
Mohak Valley Hometown Heroes
P.O. Box 855
New Hartford, NY 13413

Veteran Profile

Please choose New Hartford, (Village), Rome, Utica or Whitesboro

Location _____

Rank: _____

First Name: _____

Last Name: _____

Branch of Service: _____

Years of Service **OR** War Served: _____

Sponsor & Contact Information: _____

Status (KIA/POW/MIA)(Optional) _____

Photo can be submitted either by mail or digitally. If there are concerns over a treasured picture, please contact us for more information and help. Please do NOT fold the picture. For more information please see mohawkvalleyhometownheroes.com. Call 315-790-1402 or mohawkvalleyhometownheroes@gmail.com with any questions.

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Annual Physical Therapy Exams Can Prevent Problems and Improve Overall Health

Annual physical therapy exams aren't as common as a yearly physical or a regular checkup with the dentist. However, research shows that moving well is important, so an annual check to find small changes in strength, balance, coordination, or range of motion makes sense.

An annual PT exam is quick and easy. They usually include a history of your injuries, a complete health history, and a review of your movement goals - do you want to run a marathon or just get on and off the floor easier when you play with your grandkids? Your physical therapist will then assess your strength, balance, coordination, flexibility, and more. What happens next depends on the results of the exam. You may be good to go for another year, get a few updates to your exercise program, have a short course of physical therapy, or receive a referral to another medical provider if they find something that physical therapy won't help with.

There is strong evidence suggesting that movement is a valuable predictor of future health and resilience against disease. Moving well can keep you healthier and help you live longer. There are a few simple tests that show the power of movement when it comes to predicting future health:

First is gait velocity, which is simply how fast you walk. Studies have shown that if your typical walking speed is over 1 m/s or 3.3 ft/s, you're likely able to complete typical daily activities independently. You're also less likely to be hospitalized and less likely to have adverse events like falls.

Another series of studies suggest that if you can go from standing to sitting on the floor and back to standing without using your hands, you're a lot less likely to die than someone who can't. It's called the sitting-rising test. You can find the instructions and examples with a quick internet search.

Notice that both gait velocity and the sitting-rising test aren't specific to any one thing. The risk of hospitalization in the gait velocity studies was hospitalization for any reason. Death in the sitting-rising studies was death from anything. So science says that moving well is incredibly important to your overall health. It's also important for your quality of life. Considering that moving well impacts your quality of life both now and later, having a regular PT check up to find problems early is one of the best things you can do for yourself this year.

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<https://www.lifeloveliz.com/valentines-day-bark/>

Ingredients

- 8 oz finely chopped Semisweet Chocolate
- 1 Cup Waffle Pretzels
- 1 Cup Valentine's M&Ms (divided)
- Handful Heart Quins

- Melt the chocolate in a heatproof bowl set over a saucepan of boiling water, or in the microwave.
- Lay Pretzels and **half** the M&Ms down on a sheet pan.
- Pour the melted chocolate over the pretzels and smooth carefully with a spatula.
- Sprinkle the rest of the M&Ms and the Quins over the chocolate.
- Refrigerate for about 2 hours or until firm.
- Break the bark into pieces and serve.

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Resistance Training 101

submitted by Jim LaFountain, All American Fitness Center

Our manager at the All-American Fitness Center, Mark Inserra and I had the opportunity to discuss what seems to be the most misunderstood terms in resistance training. Until the early 21st Century, cardiovascular (incorrectly called “aerobic”) exercise dominated the fitness world. I say “incorrectly called” because the simple definition of aerobic is “in the presence of oxygen.” We are always “in the presence of oxygen,” when we’re not, we are deceased. I had to get that off my chest.

There are over 600 muscles in the body, synchronized to allow us to carry on a normal existence. Over 80% of adults do not meet US strength guidelines. Strong muscles actually help improve cardiovascular health, combat diabetes, improve mental health and reduce morbidity. As we age, one important contribution resistance training makes is, improved joint integrity, that helps us resist injury.

Misunderstood Terms

Resistance Training: includes weights, machines, bands and even medicine balls. In our teens and early 30’s, most resistance work is done to improve our appearance (physique). In our 40’s and beyond, we’re still concerned about how we look, but most of the emphasis is on improving and/or maintaining joint integrity, through the entire kinetic chain, or from our head to toes.

Repetition: may be defined as one complete exercise movement through a full range of motion.

Set: may be defined as a group of repetitions performed without resting.

Thomas Delorme, the early founder of progressive resistance training, in the 1940’s based his work on 10 repetitions per set (set #1 @50% of our 10 repetition maximum, set #2 @75% of our 10 repetition maximum and set #3 @100% of our 10 repetition maximum. His goal was to develop muscular hypertrophy (muscle growth). Although he revolutionized resistance training, the only set that stimulated muscular growth was his third and final set at 100% of his 10 repetition maximum.

Momentary Muscular Failure: occurs during a set, when performing a another repetition, in good form is not possible. Bodybuilders use help from a training partner to perform “forced reps” which is simply getting a little help to perform a few extra reps. After engaging in “forced reps,” a training partner can also allow the trainee to perform “negatives,” where he positions a given weight in its completed position, then a trainee will lower the weight in 4-6 seconds.

Optimal Number of Sets: can range from 1to several. Some experts claim that one set done to momentary muscular failure will produce optimal results, while others believe multiple sets are required. Several years ago, I resistance trained on three, non consecutive days a week, performing one set to momentary muscular failure per exercise, of 2-3 exercises per body part and placed 2nd in the Mr. Kentucky. Most of my competitors performed 20-30 sets per body part. Few, if any of those sets were performed to momentary muscular failure. That would be physically impossible. Most of those athletes admitted to using pharmacological aids, in the form of anabolic steroids in order to recover and grow.

Optimal Number of Repetitions:

Strength & Power 2-6 reps.

Hypertrophy 6-12 reps.

Muscle Endurance 12-20 reps.

Strength can be defined as moving a weight from point A to point B, through a full range of motion.

Power is moving a weight as **quickly as possible** from point A to point B, through a full range of motion.

Hypertrophy: is quite simply, stimulating a muscle, using resistance training to grow.

Muscular Endurance is the ability to contract a muscle for an extended period of time.

An often misunderstood comment I make goes like this, “Exercise does nothing to produce physical fitness, including cardiovascular efficiency, hypertrophy,

strength, power or muscular endurance. Exercise only initiates, or turns the switch on, allowing for adequate recovery is what produces physical improvement.” A question we may need to ask ourselves is this, “how little “intense” exercise do we need in order to reach our fitness goals?” Exercise intensity, followed by adequate recovery seems to be the recipe for fitness success.





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Sola Salon Studios® Begins Construction of New Studio in New Hartford

High-end private studio space available soon for local salon professionals

Sola Salon Studios, the premier salon studios concept for established salon professionals, is pleased to announce commencement of construction on a new location in New Hartford, NY in Consumer Square. Scheduled for completion in March of 2023, the 5,400 square footage salon includes space for 31 private studios in three sizes. The new studio is located at 4775 Commercial Avenue in New Hartford. This will mark the first Sola Salon in this area.

It will serve established salon professionals in the nearby communities of Clinton, Herkimer, New Hartford, Oneida, Rome and Utica.

“We are so excited to bring a new Sola to the New Hartford community and offer local hairdressers, estheticians, nail technicians, massage therapists and makeup artists a beautiful, safe space to pursue their entrepreneurial dreams,” said Jack Cushman and Ann Ammann, owners of Sola Salon Studios in New Hartford. “At Sola, our mission is to always put our stylists first and we have a variety of tools and resources available to help them get their businesses

off the ground. We look forward to opening our doors in March and start growing a community of salon professionals in the area very soon.”

Sola Salon Studios leads the largest segment within the \$64 billion salon services market, more than doubling in size in the last five years. As the most dominant brand in the segment, Sola Salon Studios has created a turnkey solution for beauty professionals to explore a better life as an entrepreneur, and has led the way as the largest salon studios concept.

Sola is driven by its desire to use real estate to help aspiring business owners achieve their dreams and its model offers a compelling option for established beauty professionals who want to explore the freedom and benefits of salon ownership without the risk and overhead of a traditional salon. Sola stylists are given the ability to customize their own fully-equipped studio and set their own hours. In addition, they set their own pricing and receive full commission on retail products.

“The New Hartford has seen strong business growth, particularly in and around Consumer Square,” said Christina Russell, CEO of Sola Salon Studios. “Our expansion here will give salon professionals a new, affordable way to grow their business on their own terms. With the addition of this space, consumers who live and work nearby will have more choices for experienced hairstylists, cosmetologists, nail techs and other professional salon services in their area. We’re

very excited to bring these opportunities to the New Hartford community.”

Features of the new studios include private one-on-one spaces with ample storage, oversized sliding/locking doors, floor-to-ceiling walls for privacy, individually controlled ventilation, all utilities, WiFi, and full-spectrum lighting. Space leases are currently available. For more information about leasing opportunities contact Ann Ammann at (315) 952-7510 or email ann@solasalons.com

ABOUT SOLA SALON STUDIOS

In 2004, Sola Salon Studios was established with the opening of its first location in Denver, Colorado. Now with more than 545 locations open in the U.S., Canada and Brazil, Sola is proud to offer 16,000+ independent beauty professionals the freedom and benefits of salon ownership without the risk and overhead of opening a traditional salon. Its innovative salon model empowers hairdressers, estheticians, nail techs, massage therapists and other like-minded professionals to take control of their lives and their careers. Sola provides beauty professionals with beautiful, fully-equipped salon studios alongside the support and tools they need to launch their salon business in no time. For more information, please visit www.solasalonsstudios.com.

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Pictured is Philip Fess, PT, DPT, CSCS. Fess provides treatment for a variety of cardiovascular and cardiopulmonary conditions at Sitrin.

Maintaining Heart Health with Sitrin

According to the Centers for Disease Control and Prevention (CDC), heart disease is the leading cause of death in the United States. With February being American Heart Month, it is an especially important time to focus on cardiovascular health.

“The statistics are real,” Dr. Philip Fess, physical therapist at Sitrin, said. “By maintaining a prescribed cardiovascular therapy program, individuals can decrease their risk of heart failure and other chronic diseases.”

Many individuals think of physical therapy for sports injuries or recovering from surgeries. As a result, they are unaware of the role physical therapy plays in maintaining a healthy heart.

At Sitrin, Fess treats a variety of cardiovascular and cardiopulmonary issues. During a patient’s first visit, a formal cardiovascular evaluation is conducted which may include a detailed interview of any past medical history, medicine list, cardiopulmonary function tests, primary functional complaints, and personal goals. In addition, a physical examination will include range of motion and strength measurements, cardiac and pulmonary baseline vitals, and cardiopulmonary function testing. The goal of these tests is to establish a safe baseline of aerobic capacity, all the while monitoring pulse rate, oxygen saturation, and perceived shortness of breath and exertion.

After the evaluation is complete, Fess will create an individualized therapy program that may include breathing techniques and principles, aerobic exercises, and weight resistance training for upper and lower body. The frequency and type of exercise will focus on achieving each patient’s personal goals and ensuring competency with exercise execution. The goal of the program is to promote lifelong health, wellness, and cardiopulmonary disease management. Depending on the individual, this can help delay progression of an already existing disease or prevent cardiopulmonary disease in the first place.

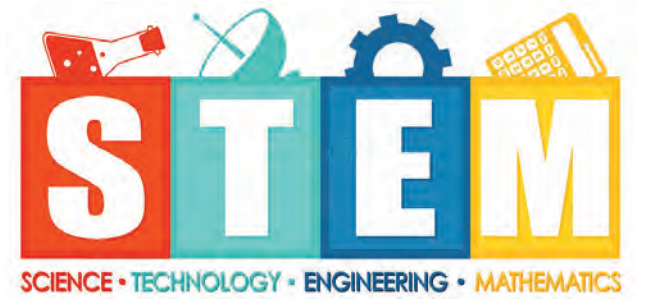
Fess suggests adults achieve the recommended 150 minutes per week of moderate to intense aerobic activity or 75 minutes per week of vigorous aerobic activity.

Sitrin offers a variety of therapy options both on land and in water. Treatment plans may include the use of Sitrin’s gym equipment such as the treadmill, elliptical or recumbent bike. In addition, the heated therapy pools are another great option for those looking for

low-impact exercises.

A physician referral is required for appointments. For more information or to schedule an appointment, call (315) 737-2246.

ABOUT SITRIN: Sitrin, a not-for-profit corporation, 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 program, military program, adaptive sports, (STARS Program), a Wellness and Aquatic Center, orthopedic injury program, concussion management, child care, and dental clinic.



We Were STEM Before STEM was Cool!

SAVE THE DATE: Thursday, March 23rd, 2023
SAVE THE TIME: 11:15 – 1:15
at Harts Hill Inn, 135 Clinton St., in Whitesboro
WE’RE BACK !

The MVEEC is proud to announce the 49th Annual Project SITES shadow day program, being held at Hart’s Hill Inn on Thursday, March 23rd 2023, from 11:30 until 4:30. As the oldest STEM program in CNY, the Project SITES team invites any school or homeschooled student to participate in the 2023 program, as well as all science-based, math-based, or engineering-based organizations to volunteer as a host. Nominated students gain knowledge of a wide range of local applied science, research, and applied math careers, and to gain insight into their own preferences, strengths/weaknesses, and career passions. As an investment in the development of our future technologists, the MVEEC is requesting organizations to act as a volunteer host, and provide an opportunity for the students to gain knowledge of a wide range of applied STEM careers in our region. There will be a keynote speaker, and demonstration on small UAVs and Robotics. Generally, these speakers are local graduates, and they cover everything from how they moved from Mohawk Valley students to career professionals in different engineering careers, the lessons they’ve learned, and the programs available to students to identify career paths, as well as their current engineering work. Past volunteer hosts have been involved with applied biology, medical research, smartphone security, agriculture, veterinary services, UAV systems, hardware design, automated manufacturing, and cyberwarfare. To date, over 4200 7th to 11th grade students from over 40 of the High and Middle Schools in the 6 county Mohawk Valley area have participated in Project: SITES, and visited over 60 local hosts in 30 unique technical careers or industries

Please feel free to contact MVEEC coordinator Mike Joseph at 315-793-0248 x156 or at mveec1@gmail.com with any questions or concerns.



New Hartford Rotary News

On December 14, 2022, New Hartford Rotarians delivered 170 books as part of the Don Urbanke Kindergarten Book Project to all of the kindergarten students at Hughes, Bradley and Myles Elementary schools. Don Urbanke was an original charter member of New Hartford Rotary when the club was chartered back in 1961. He was the main force that spearheaded this annual event and upon his passing, the club dedicated it in his name. This is part of Rotary’s commitment to promote literacy throughout the world. The books are published by a Florida publishing company who specializes in children’s books. Each book is personalized to include the student’s name and family members in the storyline. Initially, the club started with just one elementary school per year, alternating schools every 3 years. However, this meant that over two thirds of the kindergarten students never received a book each year. To rectify that problem, the club started giving books to all the kindergarten students when Rotary grants became available to assist the club in the cost. Now, the money raised at our fund-raisers during the year assist with paying for these books, which creates a lot of smiling and happy faces. This year, as a special added attraction. Santa Claus was able to take time off from his busy schedule and assist the club in handing out the books to the students.

In prior editions, we have explained about the Rotary Foundation and how the monies donated to the foundation generates funds for our many life supporting and lifesaving projects around the world. The Rotary year runs from 1 July to 30 June and during the 1st half this this ’22- ’23 Rotary year, New Hartford Rotary and its members have donated \$2,785.00 to the Annual Programs Fund (2nd in our district), \$3,944.77 to the Polio Plus Fund (1st in our district) and \$1,000.00 to the Endowment Fund, for a total of \$7,729.77 donated to the Rotary Foundation to date. This is helping to ensure that the good work done by Rotary International will continue and help to promote peace and understanding throughout the world.

For 61 years, New Hartford Rotary has been working to make our community and the world a better place to live. We are always looking for new members and if you would like to work with like-minded members of your community to help us in our endeavors, we’d love to have you come and join us for lunch. 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/>.



by Victor J. Fariello Jr.



Antiques Market Review

Reports from the Antiques marketplace indicate that 2022 was another sluggish year for this sector. That should be no surprise since the entire economy was slow and continues to be so. When people are struggling to make ends meet with higher costs for fuel, housing and domestic goods, antiques will not be a high priority on their shopping lists.

We need to point out that investment quality antiques, the higher end items, outperformed the sector. That is because the individuals buying those items have the ability to pay higher prices for the things they acquire than the average consumer can. The higher cost of living doesn't affect the wealthy like it does the rest of us and it certainly doesn't prevent them from acquiring the fine antique items they desire. So overall, this category of antiques held its own and in some categories showed gains. This has been and always will be the case.

Rare and unique items in all price ranges outperformed the category as a whole. Simply stated, people were still buying one of a kind and scarce items and were willing to pay more for them as well. The more common variety items, which by definition are usually in high supply, did not fair very well for the reasons stated above.

The forecast is for these trends to continue for some time. When inflation comes down and the economy improves, the Antiques market will follow suit. When consumers have more disposable income, they can consider acquiring antiques and collectibles.

Despite the market turndown, antiques will always be a good long-term investment. As time marches on, these items become harder to find. As increased demand meets a shorter supply, the laws of economics take over and values increase. Taking advantage of lower prices today is a good way to position yourself for future

growth in your antiques. In the meantime, you get to enjoy these items as the prized possessions that they are.
Happy antiquing!

Support the NH Historical Society in 2023

It's time to renew your membership or start a new one. Why not do it today! The cost is \$15 for an individual, \$20 for a family and \$5 for students. This is a great investment in our community'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.

Questers Looking For New Members

The J. Schoolcraft Sherman #1519 Chapter of Questers International meets monthly except July and August at the New Hartford Library. We are a group of individuals interested in history, preservation and the love of antiques. We have guest speakers and a monthly Show & Tell where members bring an antique or collectible to share with the group. For more information on Questers visit www.questers1944.org. You can also find us on Facebook by searching "lovoldstuff." If you are interested in joining, please email me at vjfariello@gmail.com.

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



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BUILDING YOUR MARKETING PLAN FOR 2023



by Lisa Burline Roser
Vice President of Business Development
lroser@promediaonline.com

Do you have your 6-month, 1 year, 3 year and beyond company goals? This is always a good place to begin when you start to plan for the new year. Each business has a different growth plan and it is imperative to have your future mapped out in order put together an intentional marketing plan.

Here are some questions you want to ask yourself and your leadership team to kickstart your 2023 marketing plan and budget.

1. Reflection

In today's world, life is moving fast, businesses are moving fast and technology even faster, so it is hard sometimes to take a step back to reflect on the accomplishments and roadblocks from the past year. Take time to sit down and list the good and the not so good. With the good, why was it good? Was it revenue goals, project completion, new team members, etc? And yes, you must acknowledge the not so good. Why? Because this is where opportunity lies. Write it all down, compare notes, and have healthy conversations with your team.

2. What do you want?

Loaded question, I know! But seriously, ask yourself, what do you want for your business.

- Is it growth?
- Is it introducing a new product?
- Is it a brand refresh?
- Is to expand into the digital space?
- Write it all down ... what do you want?

3. Goal setting

You've reflected and declared what you want, so now is the time to bring these notes to Professional Media and sit with your team of marketing professionals (and some may say we have a good business sense too) to start mapping out your goals. We will help you declare your immediate goals (within the next 6 months), 1 year and beyond. Once discussed this is when we build your 12-month budget and plan.

4. Building your Plan & Budget

When mapping out your plan and budget we take past revenue and future revenue goals into consideration. Typically, your advertising budget is a percentage of gross sales. Advertising is not an expense; it is an investment and like any investment we want performance and results.

5. Breakdown between business operations, brand awareness & tactical advertising.

As we build your budget, we will look at what portion is allocated to business operations, brand awareness and tactical advertising.

Some examples:

- We may design and print your business cards & letterhead – yes, you need a designer to accomplish this, but this is an operational expense.
- Your website is an intricate part of your business. It is your 24/7 salesperson that needs to be at top performance all the time, so where does your website fit into your budget? In all 3 categories.

- You need brand awareness like blogging, social media posts and interactive videos.
- Then the tactical advertising, where we are measuring results.
- Digital platform tactics (Google Ads, Spotify Ads, YouTube Ads, Facebook/Insta Ads), mass media tactic (television, radio, billboard, transit, print), email marketing tactics, and beyond.

There are so many different avenues we can go down for your marketing plan, it all begins with what you want. Each business is different. What works for one organization may not work for another even if it's within the same industry. Therefore, it is important to bring as much detail as possible to your planning meeting. This allows the best possible plan for your business.

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If you are interested in having the Pro Media team come to your business to help you reflect on the past year, find out what you want for the future, set goals, (some may use the term KPI) and start to map out your plan, contact Lisa Burline Roser at lroser@promediaonline.com or (315) 797-8236. Together, we will build the path to continued success for your company.

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New Hartford Highway News

submitted by Highway Superintendent, Richard Sherman

As we head into February, we have seen fewer winter related weather events. Therefore, we as a Town are recognizing savings in salt and brining, along with much less Highway Crew overtime. We still will always have those problem spots in our hills where the climate can be slightly different due to the altitude and blowing. As always, we still always have someone traveling our hills off-hours to ensure that our roads are safe.

Richard Sherman
Recently, an opening has come about within our Highway Department. We are looking to fill a part-time secretary laborer position. Job duties include: assisting the Highway Superintendent with answering telephone questions from constituents about such things as when road work is happening, when is trash collection or weather related inquiries, working with computers and having keyboarding skills, small amounts of basic billings to other municipalities, updating payroll and employee attendance records and other related requests from the Highway Superintendent. We have a relatively stress-free environment and are looking for someone who will enjoy helping their neighbors in our Town.

The updated 2023 brush and green waste collection along with the dumpster trash drop off program is in the planning stage and will begin implementation in April with the schedule being issued in March. At this point I can share that trash drop-off at your Highway Garage will be every Monday from 6:30 a.m. until 2 p.m. from April 3rd thru September 25th.

The new salt shed with lean-to was completed in January. The salt shed was built through a WQIP NYS grant program for \$400,000. This shed is 60’ wide 88’ long and 12’ in height with a lean-to 24’ wide 18’ in height and 88’ in length for cold storage of summer equipment. The front doorway going into the shed is 30’ in height so that a tractor trailer can dump inside the shed and have the salt dumped in a dry area keeping it out of the inclement weather. The shed when full to capacity will hold approx. 4,500 tons of salt. This building holding 4,500 tons of salt will give us the necessary material for the whole winter season on the premise. Attached is a picture of the new salt shed located at the Highway Garage at 111 New Hartford St.

When the weather permits us to crack seal our paved roads, we will be starting that this spring. The crew will also be trimming trees that are over the roadway and on our shoulders that are not safe.

As always, if you have any concerns or questions, please don’t hesitate to call me personally at (315) 534-2998 or email me at rsherman@townofnewhartfordny.gov. Please have a safe rest of the winter, spring will be here before we know it!



Town of NH Salt Shed

FRIDAY FEBRUARY 17

Showtime 8pm · Doors Open 7pm

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COMEDY TOUR

HEADLINER

Mike Bova

FEATURING

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Heart-Shaped Lasagna Bundt

<https://www.foodnetwork.com/recipes/food-network-kitchen/heart-shaped-lasagna-bundt-5435375>

Special equipment: a 10-cup heart-shaped Bundt pan
Kosher salt and freshly ground black pepper
One 16-ounce box lasagna noodles
2 tablespoons olive oil
1 medium onion, chopped
3 cloves garlic, minced
1 1/2 teaspoons dried oregano
1 1/2 pounds ground beef
One 6-ounce can tomato paste
One 28-ounce can crushed tomatoes
2 teaspoons sugar
12 ounces ricotta
8 ounces shredded mozzarella (2 cups)
2 large eggs
1/2 cup grated Parmesan
1/4 cup chopped fresh flat-leaf parsley

Preheat the oven to 375 degrees F.

Bring a large pot of salted water to a boil and cook the lasagna noodles to al dente according to the package directions. Line a baking sheet with a clean kitchen towel or paper towels. Drain the noodles and spread them flat on the baking sheet to dry them completely (you may need to create 2 to 3 layers to fit all of the noodles; put paper towels between each layer).

Meanwhile, heat the oil in a large pot over medium-high heat. Add the onions and cook, stirring occasionally, until softened and just beginning to brown, 7 to 8 minutes. Stir in the garlic and oregano and cook until the garlic is fragrant, about 1 minute. Add the beef, 2 teaspoons salt and a generous amount of black pepper, and cook, breaking up the meat with a spoon and stirring occasionally, until the beef is just cooked through, 7 to 8 minutes. Stir in the tomato paste and cook until well incorporated and heated through, 1 to 2 minutes. Pour in the tomatoes, sugar, 1 cup water, 1 teaspoon salt and a generous amount of black pepper and bring to a boil. Reduce the heat to low and simmer until the sauce is slightly thickened, about 20 minutes.

Meanwhile, mix the ricotta, mozzarella, eggs, Parmesan, parsley, 1/2 teaspoon salt and a few grinds of black pepper in a medium bowl.

Cut six noodles in half crosswise.

Line the bottom of a 10-cup heart-shaped Bundt pan with 4 of the half noodles (2 along the straight lines of the heart and 2 along the arches). Lay 12 whole noodles in the bottom of the pan, slightly overlapping and directly on top of the half noodles, making sure that one side of each noodle hangs 2 to 3 inches over the edge of the pan and the other side of the noodle runs up the center of the pan.

Pour 1 cup meat sauce on top of the noodles, then spread 1 cup of the ricotta mixture over the sauce. Top with 4 noodle halves. Repeat the layering 1 more time. Pour 1 cup meat sauce and spread the remaining ricotta mixture over the top (the ricotta mixture will be less than the 1 cup used in previous layers).

Fold the edges of the overhanging lasagna noodles the lasagna towards the center, covering the filling and the hole in the center completely. Bake until the noodles on top are turning golden brown and are starting to crisp up, 45 to 50 minutes. Let sit for 10 minutes. Invert the pan onto a cutting board. Reheat the remaining sauce if necessary and pour into the center of the heart. Slice and serve immediately.



Judge Joan Shkane

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

MYTH: In New York State when you have been convicted of a crime and served your time, you are restored to all the privileges you had before the conviction.

REALITY: California amended its parole law in 2020 so that those with felony convictions who have served their penalty have the privilege to take part in the justice system by serving as jurors. New York State has not followed. In New York when you are convicted of a major crime (felony) you are unable thereafter to serve as a juror. Serving is a fundamental right and obligation of a citizen. When a felon is shut out of this duty (s)he is shut out of one of the privileges of citizenship, that is, to participate in the administration of justice.

Now a lawsuit is pending in New York State to overturn the law that prevents convicted felons from participating in jury service. It is a class action brought on behalf of New York felons. It alleges that this prohibition disproportionately bars Black men, so that they are underrepresented in the jury pool. The lawsuit describes alleged racially biased policing and prosecutorial practices so that a disproportionate number of Black men are convicted of crimes. Once that happens their rights are curtailed. This means that future jury pools are tainted because they are not representative of the population. The lawsuit alleges that more than at least one of every four otherwise jury-eligible Black residents of New York County where the lawsuit is brought, up to 40 percent, are excluded. It alleges that by this prohibition the voting strength of Black citizens on grand juries and trial juries in civil and in criminal cases is diluted. These bodies are basic to democratic self-government and the administration of justice, and excluding Black felon men only makes it more likely that the racially biased policing and prosecutorial practices continue and expand.

The lead plaintiff in the case is a Black man whose 10-year-old conviction of a drug possession felony would not even be a major crime, but a lesser crime, a misdemeanor, today. Therefore, he is excluded from participation of any type of jury duty based on a crime that is minor under today's law. Stay tuned for the result of the law suit.

MYTH: There are very few regulations in New York State on "puppy mills" who supply pet stores and earn a profit from animal cruelty and from the unsuspecting consumer.

REALITY: The Governor just signed a bill into law that no longer will allow puppy mills to operate in this state. It applies to the sale of dogs, cats and rabbits in pet stores. Puppy mills, also known as puppy farms, are commercial dog breeding facilities that quick breed puppies or other animals in conditions regarded as inhumane. They are factory farms for dogs who are bred as frequently as possible in often unsanitary, cruel and deplorable conditions. The owners prioritize profits over the health and well-being of the animals. They often sell through internet sales, flea markets and pet stores. The difference between a puppy mill and a breeder is that a breeder will typically have many questions about the buyer and the buyer's lifestyle. The breeder will work to match the buyer with the right puppy. A puppy mill will sell a puppy or other animal for the right price, regardless of the buyer's background with animals and intentions. They are considered by

the New York State Legislature to be inhumane high volume dog breeding facilities that churn out puppies for profit, ignoring the needs of the pups and their mothers. The animals are often sick and unsocialized.

Pet store owners strongly and energetically opposed the ban, arguing that practically the ban would put them out of business, and philosophically that government should not interfere in business practices. The bipartisan Legislature answered that pet stores can make up the revenue loss by charging animal rescue shelters rent to use the store space for adoptions where they can showcase adoptable animals and place them in their forever homes. They further answered that many breeding facilities are inhumane and brutal and do not protect the animal. This often permits a store owner to earn a profit from animal cruelty and from unsuspecting consumers. Now anyone purchasing a pet through a New York State pet store can only buy a pet that is supplied by an animal rescue/adoption shelter. When it comes to animal cruelty, New York State government feels justified to intervene in business practices. Some animal lovers would even argue that is one of the reasons government exists.

Attention to legal myths can be important. They 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.

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

Our monthly paper is currently mailed to residents in the 13413 zip code. If you know someone who wishes to receive our publication, we ask that you please send a \$20 check (yearly), payable to The Town Crier PO Box 876, New Hartford, NY 13413. We will gladly add the address to our subscription list.

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NHFD Alarms for December and Totals for the Year 2022

The New Hartford Volunteer Fire Department released its December 2022 alarms along with the yearly totals. In December the department responded to a total 143 alarms. The report below is listed by category and sets another record year of responses by your volunteer fire department.

- For December 2022:
- Fires = 4
 - EMS = 82
 - Hazardous = 6
 - Service Type = 24
 - Good Intent = 8
 - False Alarms = 18
 - Weather Related = 0
 - Over Pressure = 1
 - Total Calls for December 2022 = 143.

Of the 143 alarms, 13 alarms were in the village and 128 were in the town. Two of the alarms noted above were mutual aid calls.

- Below is the total number of calls for 2022 by category:
- Calls 2022
 - Fires = 38
 - EMS = 843
 - Hazardous = 73
 - Service Type = 190
 - Good Intent = 87
 - False Alarms = 256
 - Weather Related = 4
 - Over Pressure = 3
 - Other = 0
 - Total Calls for 2022 = 1,494

Of the 1,494 alarms, 206 alarms were in the village and 1,279 were in the town. Nine of the alarms noted above were mutual aid calls.

Your New Hartford Volunteer Fire Department has responded to a total of 44,966 alarms since it began in 1901.

Some of the calls listed above - such as Fires, EMS, and Hazardous - are self explanatory. Others such as Service, Good Intent and Other Alarms are not. Service Calls includes water or animal problems, public assistance or standbys. Good Intent refers to responding but did not find anything or canceled in route. Other alarms include explosions, carbon monoxide, smoke or sprinkler detector activations.

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



NHFD Installs Officers for 2023 and Recognizes Several Firefighters

The department held its 122nd Installation of Officers Banquet on Saturday, January 7, 2023. The following officers were installed for 2023.

- Chief, Thomas A. Bolanowski II; First Assistant Chief, James H. Monahan; Second Assistant Chief, Brian D. McCormick; and Third Assistant Chief, Richard E. Alexander Jr.
- First Captain, Kevin J. Monahan; Second Captain, Michael J. Galligano, Jr., and Third Captain, Steven G. Karrat.

- First Lieutenant, Mark A. Turnbull II; Second Lieutenant Joshua C. Famolaro; Third Lieutenant, Benjamin A. Toach; and Fourth Lieutenant, Daniel J. Deluke.
- Fire Police Captain, William H. Randall; Fire Police First Lieutenant, Charles J. Obernesser; and Fire Police Second Lieutenant, Peter L. Rebisz.

In addition, the department's 2022 Benevolent Officers were also installed. They are, President, Joseph S. Luker who will serve his fifth-teen term, Vice President, David W. Butler; Recording Secretary, James F. Luley; and Financial Secretary, Timothy D. Barcom; Thomas R. Watkins will serve as Director for 2023- 2024 and 2025. In addition, President Luker announced the appointments of Treasurer, David E. Maier, Assistant Treasurer, Trey M. Geary and Assistant Recording Secretary, James Toomey Jr.

The above elected Officers represents over 650 years of combined experience of serving our neighbors within the New Hartford Fire District.

Chief Bolanowski recapped the department's 2022 history along with recognizing several members for their outstanding service to the department and to the community. He noted that well over 24,000 volunteer hours were logged for calls, training, and other department activities.

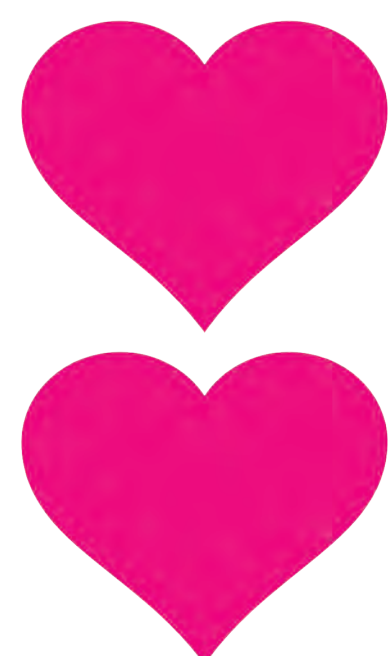
Since 1901, 845 individuals have stepped forward and answered the call. Of that 845, 99 are current members. Combined, these 845 members have given approximately 7,000 years of service. The average length of service for past members is 8yrs 6mos. The average of our current 99 members is: 21yrs 9mo of service!

To date, only 8 members have surpassed the 50 year milestone. Past Fire Police Captain Thomas Randall*, 66yrs; past Chief Ed Hanley, 65yrs; past Chief William Freiburger III*, 58yrs; Past Chief David Reynolds*, 55yrs; Past Director Leslie Dean, 53yrs, Past Chief Paul Lewis, 52yrs; past Assistant Chief Harold Lewis, 50yrs; and past President George Glass Jr., 50yrs.

- * Denotes member still on active status.
- During the Installation, several awards were also presented. They are:

IRONMAN AWARD

The William G. Martin" Ironman Award" is given to a deserving member of each of the town's three volunteer fire department's annually. This award, named in honor



of Mr. Martin, a 40-year member of the New Hartford Volunteer Fire Department, was first presented to William Martin in 1991. The award recognizes the volunteer firefighter who is ever ready, ever willing, and ever present to serve the community. The recipient of this award has exemplified an outstanding dedication to service. The New Hartford Town Board recognizes the resolve, commitment, and genuine enthusiasm of this individual as an inspiration to all. This year's award was presented posthumously to David M. Corr. This is the 31st year that this award has been presented to an active and outstanding member of the department.

MICHAEL D. SOWICH " FIREFIGHTER OF THE YEAR" AWARD

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

EMERGENCY MEDICAL TECHNICIAN OF THE YEAR AWARD

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

NHFD ROOKIE OF THE YEAR

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

The department announced this year's Heroism Award which was presented to Michael Galligano, Jr.; Dylan Evans; and Matthew Bailey. In addition, Roy Schultz was recognized for his participation in numerous fire prevention programs.

- Years of Service pins were also presented:**
- 55 Years - David Reynolds
 - 45 Years - Donald Brodt
 - 40 Years - David Butler
 - 35 Years - Steven Ingersoll & Robert Matt
 - 30 Years - Richard Alexander, Jr; Thomas Bolanowski & Joseph Saunders
 - 15 Years - Jonathan Reese
 - 10 Years - Trey Geary, Benjamin Toach & James Toomey, Jr.
 - 5 Years - Steven Ingersoll, Jr & Joseph Talerico
- For more information please visit us at: www.nhfd.com all year long.



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L-R Front row: Kolgan Deforest, Chittenango; Stephen Copperwheat, New Hartford; Dylan Powers, Ilion; Jacob Eschenbach, New Hartford; Grady Grimm, Clark Mills; Paul Caruso, Utica; Logan Hosler, Clark Mills; Will Shamblen, Cazenovia
Second Row: Christian Valentine, Laurens; Cole Napolis, Taberg; Matthew Bongiovanni, Chittenango; Sean Bednarczyk, Whitesboro; Robert Clemons, Trenton; Joshua Wentworth, Mohawk; Jenna Deep, Waterville
Back Row: Jonathyn Langone, Rome; Jesse Jandreau, Waterville; John Musante, Clark Mills; Sydney Labayewski, Clinton; Frank Richer, Chittenango; Anthony Tisi, Clark Mills; Ashlie Willson, Clark Mills
Jim Gemza, volunteer council photographer, Eagle Scout Class of 1962

Leatherstocking Council, Boy Scouts of America, Celebrates the Eagle Scout Class of 2022

We had 45 Scouts achieve BSA’s highest rank during calendar year 2022. On average, each donated or led a team of volunteers to donate over 190.5 community service hours to 45 nonprofit organizations across our council. Because many live two hours away, approximately half attended the annual Eagle Scout recognition dinner at the Utica Maennerchor Hall in Marcy yesterday.

Notre Dame's 12th Annual Raffle is Underway and First Prize is \$100,000!

The 12th Annual Notre Dame Raffle is underway, and First Prize is now \$100,000!!!!

The second and third prizes are now \$10,000, along with five \$1000, ten \$500 prizes, and door prizes. Tickets are just \$100 and can be purchased in person at Notre Dame Jr./Sr. High School at 2 Notre Dame Lane, Chanatry’s Hometown Market at 485 French Road, or Hapanowicz Brothers Meat Market at 19 Clinton Street. Or by calling 315-724-5118, ext. 26.

The Raffle Drawing will be held on Sunday, April 23, 2023, at Notre Dame Jr./Sr. High School. Doors open at 12:00 pm.

You must be 18 years of age to purchase a ticket and 21 to attend the drawing event. Please note that 3500 tickets will be available for sale; however, if 2700 tickets are not sold by the day of the drawing, prizes will be distributed on a prorated basis.

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Come have lunch with us!



Join us on Thursdays from 11:30am—1:30pm

All are welcome Free of charge

Location 

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315-737-5075

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CREATE

INSPIRE

LEAD

like Martin

like Harriet

like Frederick

like Sojourner

like Madam C.J.

like Langston

like Rosa

like Quincy

like Maya

like Barack

DREAM

HELP

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CREATE

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LEAD

like Martin

like Harriet

like Frederick

like Sojourner

like Madam C.J.

like Langston

like Rosa

like Quincy

like Maya

like Barack

Black History is American History



Angels Among Us Food Pantry

Feb 11 & 25 • Mar 11 & 25
April 15 & 29 • May 12 & 27 • June 10 & 24

Hours of Operation: 10am - 12 noon

The food pantry is located at: St. John The Evangelist Church, 66 Oxford Rd, New Hartford, NY. Follow the signs to the driveway in the back during open hours. In the event of food emergency issues, please contact the St. John’s rectory from 9AM to 2 PM Monday through Thursday at 315-732-8521.

Our pantry provides services to all residents of New Hartford (btw Rt 8 and Rt 12), Washington Mills, Chadwicks, Sauquoit, Cassville and Clayville.

If this is your first visit, please bring proof of address. If you do not have a permanent address, just come in. We will assist. If you are unsure of eligibility, just come in. We will assist. **We Are Looking For Volunteers!**

TEFAP: The Emergency Food Assistance Program

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

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

American Legion
New Hartford Post 1376
8616 Clinton Street, New Hartford
315-736-7041
Monday-Sunday 11am-10pm

Sunday Breakfast 8-11am
(Third Sunday of each month)
Feb. 19th - Enjoy a full buffet breakfast.
Donation of only \$12. Public is invited.
Fish Fry Dinner - 5-8pm Donation \$14.95
Served on Friday 2/17, Wednesday 2/22
and Each Friday during Lent, ending 4/7/23



Christopher J. Carbone

**Financial Wellness Check:
Are You Staying Fiscally Fit?**

Understanding the current health of your finances starts with having a solid plan in place, but it depends on following the plan so you stay on track and continue working toward your financial goals. That’s where a financial wellness check can be useful. It can help you make sure you’re hitting the right milestones in your plan — and also help you check that your plan is working for you.

Where to start? Here, John Knowles, lead strategy consultant of Retirement Solutions at Wells Fargo Advisors, shares six questions that can set up your financial wellness check.

Are you adding to your investment accounts on a regular schedule?

Saving often and early is rule No. 1 because of the power of compounding. When you leave any investment gains in your account rather than taking them out, those gains have the opportunity to start earning returns as well.

Taking full advantage of your employer’s retirement plan — typically a 401(k) — is a good place to start. That includes contributing enough to qualify for any potential company match, something Knowles stressed to his daughter when she entered the workforce. “If the company is going to match you up to 5%, put 5% in at least,” he says. Those nearing retirement may want to explore “catch up” contributions that allow you to add more to certain retirement accounts.

Are your estate planning documents up to date?

Estate planning documents should include a will, health care power of attorney (POA), durable POA for financial matters, and a list of your accounts and their respective contacts and account access information. You might also consider including a net worth statement, life insurance policies, property deeds, and a list of assets for your children, such as a 529 account, a trust, or a Roth IRA for kids.

Knowles says talking to loved ones is an essential part of estate planning. “Having those discussions, writing down your wishes, and then formalizing that through official documents is key,” he says.

Do you have an emergency fund?

A good rule of thumb is to have six months’ worth of expenses in an emergency fund.

You might need your emergency fund even when an event is covered by an insurance policy. “If a natural disaster such as a hurricane does significant property damage, it takes a while for the insurance money to kick in,” he says. “And it could take a while for your employer to reopen so you can resume working.”

Do you have a plan for paying for your child’s college education?

If you’re thinking about paying for your child or grandchild’s college education, consider starting to save beginning the day they’re born, Knowles says. “Make college savings a part of your monthly budget just like your retirement savings,” he advises. 529 plans and other college savings vehicles are worth considering.

Are you being smart about taxes?

With accounts such as 401(k)s and IRAs, the money has the potential to grow tax-deferred. That means you pay taxes on the funds only when you withdraw during retirement. But with choices such as Roth IRAs or Roth 401(k)s, you pay taxes on the money at the start, but then don’t pay taxes when you take qualified withdrawals. (Other specialized accounts, such as Health Savings Accounts and Flexible Spending Accounts, may also provide tax advantages.)

“It really boils down to not putting all your eggs in one tax basket,” he says. “Putting most of your wealth in tax-deferred savings accounts means when you withdraw your money, you may potentially incur a large tax bill. Diversification with taxes in mind may help reduce it.”

Are you getting advice from a professional advisor on a regular basis?

Having a financial wellness checkup with a financial advisor and other professionals on topics such as taxes, estate planning, and insurance is like getting health input from a doctor, Knowles says.

A financial advisor can evaluate your situation by taking measurements on a regular basis or whenever a significant life event happens, such as a job change, marriage, or divorce. This can help determine where you stand and what actions to consider. “Doctors don’t ask you what your blood pressure is, they find out,” he says. “Once they have all the data they need, they make a recommendation. In this

case, it’s your financial advisor prescribing what can help improve your financial well-being after taking all the necessary measurements.”

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

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Coffee House
Fourth Friday of every Month at 6pm
November 24, December 23
January 27, February 24, March 24
April 24, May 26, June 23
Free Music
Free Beverages & Finger Foods
All are welcome Free of charge
Location  **Living Faith Bible Church**
2922 Pinnacle Rd Sauquoit
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Sunday School for children begins around 10:20.
Adult Sunday school 11-12pm
Sunday Youth Group 7-8pm
Praise/Worship Services are the 3rd Wednesday of each month. Light supper will begin at 5:30 and worship is from 6-7pm
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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!

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Assistant Pastor, Bobby Allen
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9:00am – 10:30am Study Groups
10:30am – 12noon Worship ServiceWebsite:
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Sunday Morning Services streamed live
Pastor Sam’s message available at our website
We are handicapped accessible!

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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
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Sunday Mass: 9:00 a.m.
Confessions: Sat. 4:45-5:15 p.m.
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Sunday Service of Holy Communion at 10am followed by fellowship
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AA Meetings: Sundays at 8pm
Yoga by Kristy: Tues. 5:30-7pm & Thurs. at 9:30-11am.
more information can be found at www.rootdownwell.com
EGA Meetings: 1st Friday of the Month
St. Stephen’s is handicapped accessible.

FAITH IN CHRIST REFORM CHURCH

A Reformed Southern Baptist Church
3431 Oneida St., Chadwicks - 315-737-0753
www.ficfellowship.com
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. Ed Townsend, Minister
45 Genesee Street, NH 315-732-1139
newhartfordpresbyterian.org
office@newhartfordpresbyterian.org
Motorized Lift for Handicap Accessibility
Supervised Nursery Care Provided During Worship
Sunday morning worship continues at the regular time of 10:30 in February, in the sanctuary and livestreamed on NHPC’s Facebook page. The Sondag Club for youngsters and Adult Sunday School class precede worship and start at 9:30 each Sunday morning. A fellowship/coffee hour for everyone follows the worship service.
A special Ash Wednesday service marking the beginning of Lent will be held at 7 p.m. on February 22.
The schedule of NHPC activities in February also includes:
Choir rehearses at 9:15 each Sunday morning
2/1 — 6 p.m. 4-H
2/4 — 9:30 a.m. PEO
2/5 — 6 p.m. Girl Scouts
2/15 — 6 p.m. 4-H
2/20 — President’s Day Office Closed
2/22 — 7 p.m. Ash Wednesday Service
2/26 — 6 p.m. Girl Scouts

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 Harriff, 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. Karen Brammer
Sunday services at 10:30 AM
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 School - 9:00am
Sunday Morning Worship Service - 10:00am
Mid-Week Bible Study - Wednesdays 7pm
*Sunday Sermons posted to YouTube weekly
- Search ‘Norwich Corners Christian Church’

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

www.licfc.org • 315-557-8807
formerly located at 25 Robinson Rd Clinton NY
has moved to 23 White Street, Clinton NY
Sunday Service at 10am

ANNUNCIATION CHURCH

7616 E. South Street, Clark Mills 315-853-6138
rectory.denise@roadrunner.com
Fr. Kevin J. Bunger. Deacon Gilbert Nadeau (Retired)
Weekday Mass: Wednesdays 10am
Weekend Mass: Sat. 4pm Vigil, Sun. 9:30am
Confession: Sat 3:15pm-3:45pm
Handicap accessible, air conditioned

STONE PRESBYTERIAN CHURCH

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

CLINTON UNITED METHODIST CHURCH

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

PLYMOUTH BETHESDA U.C.C/ CORNERSTONE COMMUNITY CHURCH

500 Plant St. Utica (Oneida Sq. across from Dunkin)
Mike Ballman, Pastor www.cornerstoneutica.com
mike@cornerstoneutica.com
Sunday Mornings: 11am

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
Interim Pastor William Preuss
Sunday Mornings at 10 AM
Al-Anon Meetings, Wednesdays at 12:30 PM
315-732-4110, office@zionluth.com
www.zionlutheranNy.org
Visit us on Facebook at:
Zion Lutheran Church, New Hartford, NY
All Are Welcome! This is God’s house and Christ’s church.
There is a place for you here!

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 www.tbcutica.org
Facebook: Tabernacle Baptist Church
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. Htee Gay

THREE STEEPLES UNITED

2817 Old State Route 12, Paris. 315-368-3416
vitarinaldihale@gmail.com
Sundat services at 10am

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.
Adult Sunday School Class - We are beginning a new adult Sunday School class for couples. We will be going through Strengthening Your Marriage by Wayne Mack. Sunday School begins at 9:30. A safe and loving nursery is available as well as other classes for all ages - kids, teens, and adults. Handicapped accessible. Nursery Provided.
www.biblebaptistchurchnewhartford.org

ST. MARGARET’S ECUMENICAL & RETREAT CENTER

47 Jordan Road, New Hartford – 315-724-2324
stmargaretshouseny.org
info@stmargaretshouseny.org
Rev. Elizabeth Gillett, Chaplain
The retreat center is open to the public.
On-Going Weekly Activities
Worship Services Wednesdays at Noon
Zoom and In-Person Worship Services - All Welcome!
Zoom.us ID: 842 3057 0175 Passcode: SMH
Wednesday Lunches at 12:30pm
Includes main + veggies, salad, bread, and dessert. Please make a reservation by the Friday before 315-724-2324
Suggested donation \$13 per person
On-Going Monthly Activities
Friends of Emmaus House Meetings
February 8th - 2nd Wednesdays at 10AM @ Emmaus House. New Members Welcome!
Conversations with Rev. Gillett - February 8th
2nd Wednesdays at 1:30pm at St. Margaret’s
Group discussion about Matters of Faith
Grief Support Group - February 14th
2nd Tuesdays at 6:30pm at St. Margaret’s
What’s Cooking with Irene
February 15th Monthly Dinner
Chicken Riggies, Salad, Garlic Bread, and Dessert
** Third Wednesdays at 5:00pm (take out) and 6:00pm (dine in) ** Please make a reservation by the Friday before 315-724-2324. ** Suggested donation \$17 per person
It Takes A Village - February 7th at Noon
Our It Takes a Village group will be meeting to prepare meals for The Morrow Center first Tuesdays at Noon. We will be serving dinner at The Morrow Center each of these nights from 6pm - 9pm as well. Lunch will be provided for our volunteers. Please call or email to let us know you will be joining us.
Grief Group - February 14th at 6:30 pm
St. Margaret’s continues to host a facilitated grief group to support anyone experiencing loss. The group meets monthly on second Tuesdays from 6:30 to 8:00pm. Please call if you have any questions - new members welcome!
Work Day: Library Spruce Up -
February 2nd from 9am - 12:30pm. Please join us in organizing our library! We’ve had a number of books donated and our librarian could use help organizing. Lunch will be provided for our volunteers. Please register by January 27th.
Come and Make Some Joyful Music - Feb. 16th at 2pm
Gather with friends at St. Margaret’s, bring your voice, bring an instrument, and we’ll have a fun afternoon with one another. The Scots call it a Ceilidh. We’ll sing, we’ll laugh, and we’ll enjoy friendship and fun! Light refreshments will be served. Please register by February 9th and let us know if you would like to share a song or poem. Suggested donation \$5.
Work Day: Inside Spaces - Feb. 21st 9am - 12:30pm
Please join us for an inside work day giving St. Margaret’s House some love and attention. Many hands will help make our dusting and polishing light work. Lunch will be provided for our volunteers. Please register by 2/15/23.

CITY HOPE CHURCH

1415 Sunset Ave. Utica, NY 13502. 315-797-7775
Robert Tanner, Pastor
Sunday: 10 am

BEIT SHALOM

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



TEMPLE EMANU-EL

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

TEMPLE BETH-EL

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

ZVI JACOB

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

THE JEWISH COMMUNITY CENTER

2310 Oneida Street, Utica - 733-2343
Provides programs for seniors and recreational activities for all ages. Open to people of all races, religions, and nationalities.

PRAYER TO THE BLESSED VIRGIN.
(Never known to Fail) O Most beautiful flower of Mount Carmel, fruitful vine, splendor of Heaven, Blessed Mother of the son of God, Immaculate Virgin, assist me in my necessity. O Star of the Sea help me and show me here you are my mother. O Holy Mary Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart, to succor me in my necessity (make request). There are none that can withstand your power. O Mary conceived without sin pray for us who have recourse to thee (three times). Holy Mary, I place this cause in your hands (three times). Say this prayer for three consecutive days and then you must publish and it will be granted to you.

New Life
Apostolic Church



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

Pastor Mark Waterman
315.736.1161

3995 Oneida Street #4
New Hartford, NY 13413



@NLAC4all

American Heart Association.



Mohawk Valley Bands
Together to Help Eliminate
Heart Disease and Stroke

Hundreds of people decked out from head to toe in red are expected to gather on Friday, Feb. 3, Wear Red Day, at Hart’s Hill Inn, 135 Clinton St., Whitesboro, at the Mohawk Valley’s annual Go Red for Women Luncheon to raise awareness and help fund the fight against heart disease and stroke, which claim the lives of 1 in 3 women.

The Go Red for Women Luncheon is one of the nation’s premier events for the American Heart Association, devoted to a world of healthier lives for all, and the signature fundraising event for its Go Red for Women movement, which harnesses the energy, passion and power of women to improve their health, and in turn, support their families and communities.

“We’ve made tremendous progress over the years, but cardiovascular disease is still the No. 1 killer of women, claiming more women’s lives each year than all forms of cancer combined,” said Christine Kisiel, executive director of the American Heart Association in the Mohawk Valley. “This is an event many people and companies across the Mohawk Valley look forward to every year. The cause we’re supporting and the funds we’re raising are as important now as it has ever been.”

Women, especially Black and Hispanic women, are disproportionately impacted by heart disease and stroke and research shows heart attacks are on the rise in younger women.1 Yet, younger generations of women, Gen Z and Millennials, are less likely to be aware of their greatest health threat, including knowing the warning signs of heart attacks and strokes.2 That’s why it’s important for all women to take charge of their heart health and encourage others to do the same.

The Luncheon kicks off with a Festival of Red at 10:30 a.m., with health information, a chance to network, and an opportunity to learn Hands-Only CPR. There will be a VIP area for Cor Vitae and Circle of Red members.

“Our theme this year is ‘Be the Beat,’ which encourages women to pick up the tempo as we continue to come out of the pandemic,” Kisiel said. “We also are setting a goal during American Heart Month, February, of having one member of every household know Hands-Only CPR. We want people to be able to learn that at the Luncheon.”

Stroke Survivor Audrey Ventura of Universal Wellness will share her story during the lunch program, which goes from noon to 1 p.m., and help honor other survivors in attendance. The Women of Impact will be introduced – three women who have committed to raising awareness about and the funds to fight heart disease in women for six weeks beginning on Feb. 1.

About the Mohawk Valley Go Red for Women Luncheon

The Mohawk Valley Go Red for Women Luncheon is set for Friday, Feb. 3, which is also Wear Red Day, when people nationwide wear red to raise awareness that heart disease is the No. 1 killer of women in America. The Mohawk Valley Go Red for Women Luncheon will take place at Hart’s Hill Inn at 135 Clinton St., Whitesboro, from 10:30 a.m. to 1 p.m. The Festival of Red will take place from 10:30 to 11:30 a.m. Lunch and the program will be from noon to 1 p.m. Survivor Audrey Ventura of Universal Wellness will share her story. Katrina Smith of WKTV and Dave Wheeler of Lite 98.7 will be the emcees. CVS Health is the national sponsor. Local sponsors include Standard Insulating, Mohawk Valley Health System, First Source, Preferred Mutual, WKTV, Lite 98.7, The Daily Sentinel and New York Sash. For information and to purchase tickets, visit UticaGoRed.heart.org.



NEWS FROM THE TOWN OF NEW HARTFORD CODES DEPARTMENT

The Codes & Zoning Department would like to remind residents in the Town to contact the Codes Office before any new construction, remodeling, or additions to existing structures commences to insure the proper use of Building Codes and Zoning Laws. Each area of the Town has different zoning requirements, which include setbacks from the front, side, and rear yard property lines, as well as square footage requirements.

Additionally, the Building Codes have changed dramatically as the State has aligned State Building Codes with the International Building Codes. These must be complied with before a Building Permit can be issued and construction begins.

Building Permits are also required for interior renovations where (plumbing, electrical, structural elements are altered, room sizes are enlarged or basements are renovated), fireplace and wood stove installations, decks (covered and uncovered), swimming pools (both in ground and above ground), storage sheds and fences. (Some fence permits may require a survey).

CHICKENS

We have had numerous calls regarding whether chickens are allowed in the Town of New Hartford. Please be advised of the following:
§ 118-69Raising of livestock; animal husbandry.

ANIMAL HUSBANDRY

The keeping of any domestic animals other than customary household pets, including but not limited to livestock, horses, rabbits, llamas, alpacas, chickens, ducks and turkeys and other similar animals.

- A. A minimum lot size of three acres shall be required, and the property shall be located in an Agricultural (A) or Residential/Agricultural (RA) Zone.
- B. The building or structure used for the stabling or keeping of livestock shall be located at least 50 feet from any property line.
- C. Manure storage that has not yet been composted or spread shall be set back 150 feet from any lot line.

SWIMMING POOLS

Spring is around the corner and now is the time for you to start thinking about that pool. Whether you are about to install one for the first time or you already have one, remember there are Codes in place for the safety of you, your family and neighborhood and these apply whether you’re in an agricultural district or a residential neighborhood. All swimming pools whether they be in-ground, above-ground, portable, or hot tubs with a water depth greater than 24”, are required to be guarded by a fence at least 4 feet tall or an Approved Safety Cover complying with ASTM F 1346 and equipped with an alarm. New installations require a Building Permit, third party electrical inspection, pool alarm, and a guard (fence) that provides a minimum 4 feet high barrier (other Codes may apply).

The affordability of portable pools with water depths in excess of 24” has presented the Codes Department with an unusual amount of violations in the past. In most cases, these portable pools present more of a threat to the safety of our youth than larger pools.

Please be wary of the manufacturer’s warnings and consult with our department before installing.

Think SAFE! Swimming Alarms Fencing Electricity.

ELECTRICAL INSPECTION AGENCIES

The Town of New Hartford has adopted a new Code that only allows Registered and Certified Electrical Inspectors to perform electrical inspections. To date, we have the following registered agencies:

Mr. Larry Kinne, C.E.I. CNY Electrical Inspection Service, Inc. 7910 Rinaldo Boulevard West Bridgeport, New York 13030 Telephone: 315-633-0027	Mr. Aaron Bellows Upstate Electrical Inspection Agency 108 Watson Road N. Syracuse, New York 13212 Telephone: 315-960-2654
Mr. Robert Mutton The Inspector LLC 7717 Star Lane Drive Rome, New York 13440 Telephone: 315-271-7206	Mr. Scott Bellows Upstate Electrical Inspection Agency 108 Watson Road N. Syracuse, New York 13212 Telephone: 315-949-4400
Mr. Steve Glessing The Inspector LLC 5390 State Route 11 Burke, New York 12917 Telephone: 315-240-1575	Mr. Michael Miers, Sr. NY Atlantic Inland, Inc. 997 McLean Road Cortland, New York 13045 Telephone: 607-753-7118
Mr. Tim Wilsey The Inspector LLC 5390 State Route 11 Burke, New York 12917 Telephone: 518-481-5300 or 800-487-0535	Mr. Richard McCarthy Commonwealth Electrical Insp. Agcy. 2003 N. Madison Street Rome, New York 13440 Telephone: 315-534-0077
Mr. Brian Fenner Commonwealth Electrical Insp. Agcy. 6206 Sunrise Drive N. Syracuse, New York 13212 Telephone: 315-440-4070	Mr. Timothy Thomas Commonwealth Electrical Insp. Agcy. PO Box 723 Mendon, New York 14506 Telephone: 585-749-9665

GARAGE SALE SIGNS/PERMITS

Please note that posting garage sale signs on/in public rights-of-way, especially utility poles, etc. are prohibited. Signs may be placed on the homeowner’s lawn only. If signs are placed on utility poles or posted in public rights-of-way, the signs will be removed.

Also, all Town residents who are planning to have a garage sale must get a permit from the Town Clerk’s Office. The permits are free and can be obtained at the Town of New Hartford Office at 315-733-7500, Ext. 2323.

Note: Fire Alarm Permits are also obtained through the Town Clerk’s Office.

If you have any questions on any or all of the above information, contact Codes Officers Lary Gell or George Farley, or Dory Shaw/Secretary, at the Town of New Hartford Codes Department, 8635 linton Street, New Hartford at 315-733-7500, Ext. 2423



For information on how to place a free article for your community event or local news, please email towncrier@pjgreen.com or call 315-723-4827. Check out our website at NHTownCrier.com. View past issues and list your events on our community calendar!!

Roberts Construction of Upstate NY Inc.

115 Genesee Street
Rear Building
New Hartford, NY 13413



SiteWork • Demolition • Hauling Debris • Container Service

Owner: Al Roberts
315-534-2728 Cell



Office: 315-792-8097
Fax: 315-792-0020



Hospice & Palliative Care, Inc. Volunteer Named Volunteer of the Year by Hospice & Palliative Care Association of New York State

Hospice & Palliative Care, Inc. is proud to announce Frank P. Di Berardino of Rome, NY as this year's recipient of the Hospice & Palliative Care Association of New York State's (HPCANY) Carol Selinske Volunteer of the Year Award for his outstanding contribution of supporting hospice patients in our community.

Frank has been a hospice volunteer for 27 years, most recently with Hospice & Palliative Care, Inc. (HPCI) which serves Oneida, Herkimer, and eastern Madison counties. Frank continuously goes above and beyond providing respite and companionship to patients and

their families. He has also contributed his volunteer expertise by giving input on training and recruitment of volunteers, serves on Hospice committees including the Ethics Committee and is a bright shining light to all those he meets.

"Frank accepts his patients exactly where they are, no matter their circumstances or needs," says Jerry Plows, Hospice & Palliative Care, Inc.'s Volunteer Coordinator. "He is quick to take on any assignment and is invariably humble and gracious. We are honored and proud to have Frank as a member of our exceptional volunteer team."

He instinctively knows the best way to meet the individual needs of the patients he meets. While one family may need hours of respite time, another patient may be overjoyed to receive a serving of much-loved chicken wings, even though they must be pureed. There is no wish that Frank will not at least attempt to grant from obtaining autographed photos of a favorite sports team to a nostalgic drive down a country road.

Those who have collaborated with him at Hospice & Palliative Care say Frank has always been interested in his patients' lives and wants to be a part of their journey. He is kind and thoughtful and creates lasting bonds with people by connecting with them emotionally, offering his support from a place of deep appreciation and respect. Frank takes time to learn about his patients and what brings them joy. Recently Frank took it upon himself to learn greetings in another language and a song that he and a patient sang and danced to. Such a beautiful moment of time during a difficult path of life.

When Frank received his award for volunteering, he stated, "It's my pleasure to be there for others when

I'm needed."

The HPCANY's Volunteer of the Year Award recognizes hospice volunteers for the outstanding work they do. The Volunteer of the Year Award goes to an individual who demonstrates a considerable commitment to hospice, by making a notable difference by enhancing the lives of patients and families and serves as an inspiration to others.

Without the dedicated service of hospice volunteers like Frank, HPCI would not be able to meet the critical needs of the patients and families in Oneida, Herkimer, and Eastern Madison Counties. Each of our families has unique needs. When facing the loss of a family member or loved one, even the simplest tasks like laundry or shopping can pose a major obstacle.

To learn more about volunteer opportunities at Hospice & Palliative Care please contact Jerry Plows, Volunteer Coordinator at 315-735-6484 or at jplows@hospicecareinc.org.



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DISASTER SERVICES LLC.



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315-797-1128

**WATER DAMAGE... STRUCTURE DRYOUTS
NEW YORK STATE LICENSED MOLD CONTRACTOR.**

**If Your Home is Damaged by Water From Any Source,
You Need Disaster Services.**

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- **Large Commercial Down to Small Residential**

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. 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.

ICE DAMS

What is an ice dam?

An ice dam is a ridge of ice that forms at the edge of a roof and prevents melting snow (water) from draining off the roof. The water that backs up behind the dam can leak into a home and cause damage to walls, ceilings, insulation, and other areas.

What causes ice dams?

There is a interaction among the amount of heat loss from a house, snow cover, ventilation and outside temperatures that leads to ice dam formation. For ice dams to form there must be snow on the roof, and at the same time higher portions of the roofs outside surface must be above 32°F while lower surfaces are below 32°F. For a portion of the roof to be below 32°F, outside temperatures must also be

below 32°F. When we say temperatures above or below 32°F, we are talking about average temperature over sustained periods of time. The snow on a roof surface that is above 32°F will melt. As water flows down the roof it reaches the portion of the roof that is below 32°F and freezes, and thus causing an ice dam. The dam grows as it is fed by the melting snow above it, but it will limit itself to the portions of the roof that are on the average below 32°F. So the water above backs up behind the ice dam and remains a liquid. This water finds cracks and openings in the exterior roof covering, and flows into the attic and / or living area space.

ATTIC AND BASEMENT MOLD:

Attics and basements are one of the most common areas of mold growth in the home. Attics tend to have the perfect conditions for mold growth (hot, humid, and an abundant food source consisting of the wood framing and sheathing). Basement mold is a common problem in many homes due to ground water seepage mainly at the base of the walls around the perimeter of the basement. If mold is discovered, the best approach is to deal with it promptly. Disaster Services is a NYS licensed mold contractor and can evaluate and thoroughly explain the different removal options available to you and also help guide you after the mold has been removed with suggestions to avoid another occurrence.

SEWER AND DRAIN BACK UP - SUMP PUMP FAILURE:

Sewer overflow or drain back-ups can present a more technical approach to the clean-up due to the contaminants involved. Porous, semi-porous building materials and contents will generally involve removal where affected by sewage, followed by proper remediation cleaning and disinfecting procedures. Most homeowner's policies do not cover sewer backup unless specific sewer backup insurance coverage is added. If your home falls victim to the damages of backups or overflows and you aren't covered, you'll be liable for home repairs and cleaning costs out of pocket. Sewer backup insurance coverage can be added to a homeowners insurance policy for as little as \$50 a year!

Disaster Services is a locally owned company that has been serving Oneida County and the surrounding area for the past 38 years and we set the bar for our competitors. We have proven to be the leading disaster mitigation company in the area with hundreds of satisfied clients both commercial, industrial and residential. We realize that in your time of need you should be speaking to a live voice, not a machine. When you call Disaster Services you will not reach an operator and have to wait for a call back during your stressful time, you will reach the owner and you will get immediate answers to your questions. Disaster Services is 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. 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 damage. 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 our website at disasterservices.us for a complete list of our emergency and non-emergency services.

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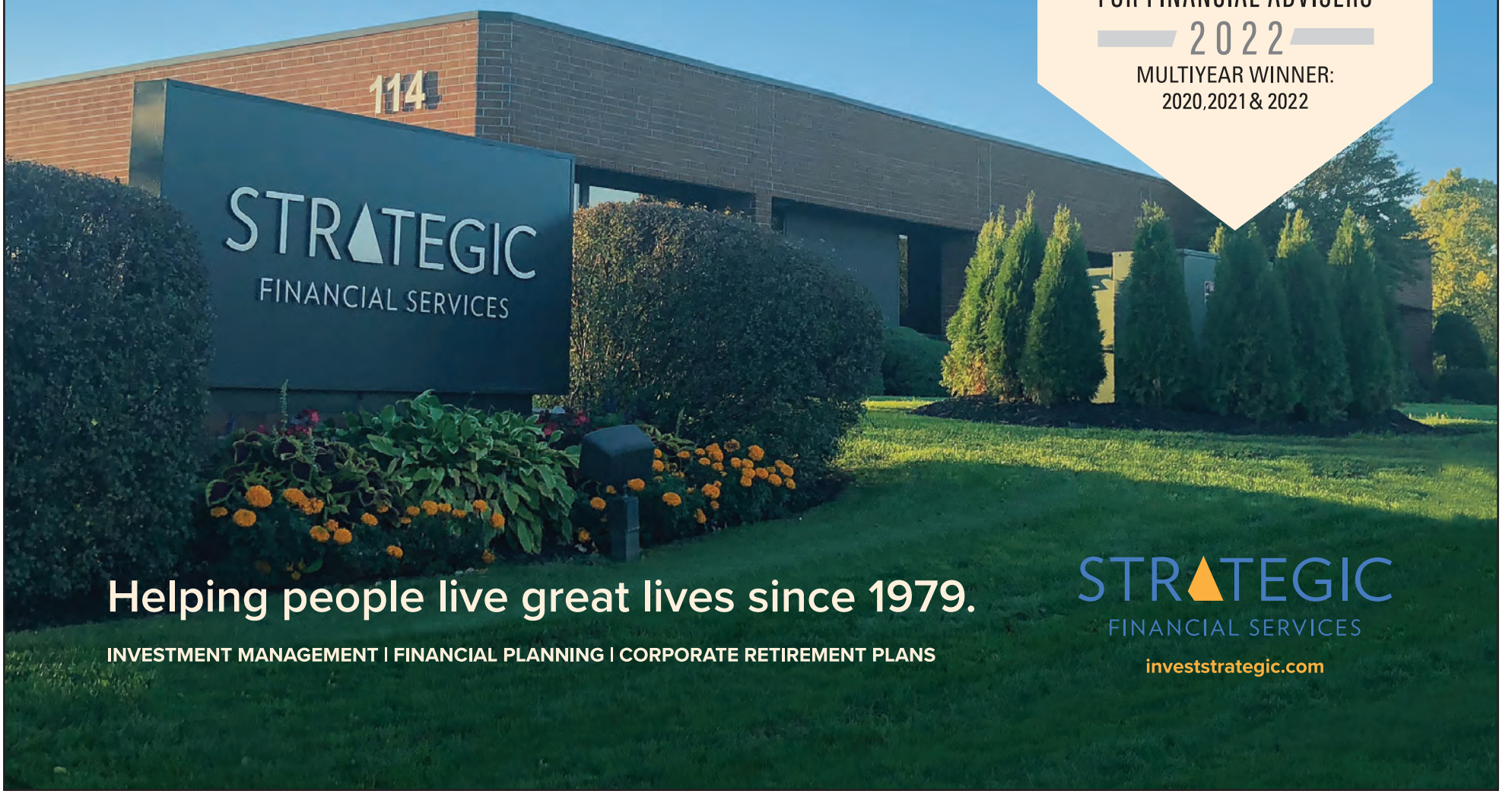
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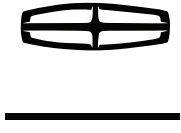
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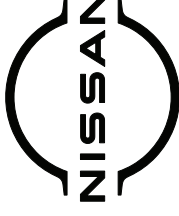
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