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Vol. 37 No. 1
January 2023

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THE HOME SHOW FEBRUARY 3-4-5

Turning Stone Resort Casino • Friday 1-7pm | Saturday 10am-7pm | Sunday 10am-3pm

Now Seeking Exhibitors for Largest Regional Home Show in CNY

The 11th Annual Home Show at Turning Stone Resort Casino is taking place February 3rd-5th at the Turning Stone Event Center as the largest regional showcase of home improvement products and services in Central New York. Show promoters are currently seeking businesses to exhibit as vendors in a wide range of categories.

Interior remodeling, exterior remodeling, real estate, insurance, energy, home services, shopping and more – the Home Show at Turning Stone features companies from across Central New York, including Utica, Syracuse and Binghamton markets.

“The Home Show at Turning Stone is a great way to meet consumers and boost sales in the new year,” said show promoter and exhibitor Scot Hayes from home improvement company New York Sash. “My company depends on the home show for a busy spring season and also to expand our customer reach,” Hayes continued.

In addition to businesses on display, there will be demonstrations, giveaways, food and wine tasting and more. Over 6,000 people are expected to attend the 11th annual Home Show. Exhibitor booth spaces are now available but selling quickly. For information and registration, visit www.homeshowatturningstone.com.

The Home Show is made possible because of event sponsors New York Sash, Clinton Tractor & Implement Co., CNY Custom Concrete & Masonry, Leaf Guard, Liverpool Pool & Spa, Lowe’s, Northwestern Mutual Financial Network DBJ Wealth Management and Steet Ponte Mazda.



New Hartford Central School District Kindergarten Registration for 2023-2024

The NHCSD elementary buildings will be accepting kindergarten registrations for the 2023-2024 school year starting on Jan. 9, 2023.

You may download a registration packet from the district’s website www.newhartfordschools.org and click on the link “Enrollment and Registration” found under the “For Parents” tab. You may also call the elementary office to have a packet mailed to you.

To be eligible for kindergarten in New Hartford, a child must be five years of age by Dec. 1, 2023. A copy of a birth certificate must be submitted at the time of registration as proof of age.

Proof of residency (current tax bill; current lease agreement) must be submitted as well as proof of immunizations and a recent physical.

Please mail or drop off the completed packet to the elementary building where your child will be attending.

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

Hughes Elementary 340 Higby Rd. New Hartford, NY 13413. (315) 738-9350

Myles Elementary 100 Clinton Rd. New Hartford, NY 13413. (315) 738-9600

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Expect Better.



Weave A St. Brigid's Cross

WHEN: Wednesday Jan 25, 2023 6:30 PM
WHERE: Irish Cultural Center of the Mohawk Valley Museum, 623 Columbia St, Utica, NY
DESCRIPTION: Celebrate Ireland's St. Brigid's feast day by learning to weave the cross named in her honor. Materials from Ireland and instructions included.

HOW DO I ATTEND: Please register through Eventbrite at <https://www.eventbrite.com/e/weave-a-st-bridgets-cross-tickets-489962118887>

The \$10 fee includes materials and instructions for you to weave a cross to take home with you. Children under 16 are free when accompanied by an adult, please indicate in the Eventbrite comments how many children will be attending with you, so we have enough materials for everyone.

Brigid's cross or Brigit's cross is a small cross usually woven from rushes. Typically it has four arms tied at the ends and a woven square in the middle.

Brigid's crosses are associated with Brigid of Kildare, one of the patron saints of Ireland. The crosses are traditionally made in Ireland on St Brigid's feast day, 1 February, which was formerly celebrated as a pagan festival (Imbolc) marking the beginning of spring. Many rituals are associated with the making of the crosses. Traditionally they were set over doorways and windows to protect the home from any kind of harm.

In Christianity, St Brigid and her cross are linked together by a story about her weaving this form of cross at the death bed of either her father or a pagan lord, who upon hearing what the cross meant, asked to

be baptised. One version goes as follows:


A pagan chieftain from the neighbourhood of Kildare was dying. Christians in his household sent for Brigid to talk to him about Christ. When she arrived, the chieftain was raving. As it was impossible to instruct this delirious man, hopes for his conversion seemed doubtful. Brigid sat down at his bedside and began consoling him. As was customary, the dirt floor was strewn with rushes both for warmth and cleanliness. Brigid stooped down and started to weave them into a cross, fastening the points together. The sick man asked what she was doing. She began to explain the cross, and as she talked, his delirium quieted and he questioned her with growing interest. Through her weaving, he converted and was baptised at the point of death. Since then, the cross of rushes has existed in Ireland.

At this event you will learn a little bit about the life of St. Brigid as well as how to weave one of these simple yet beautiful crosses for your home. This will be a child friendly event, so please feel free to bring along a child or grandchild and we will provide appropriate materials for their use as well. Please let us know if you intend to bring a child or two along so that we have enough materials.




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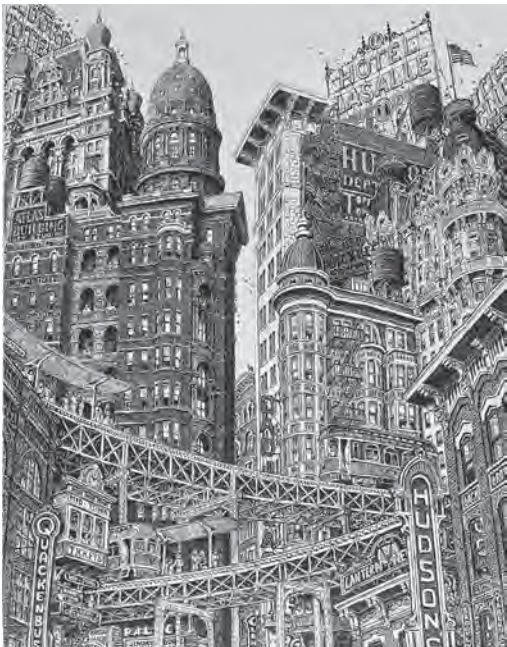


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**Congratulations
Dr. Alexander J. Fukes**

Alex graduated from Florida International University, Miami, Florida on Tuesday, December 13, 2022. He received his Doctor of Nursing Practice in Anesthesiology degree. He also holds degrees with Masters of Science in Nursing, and Bachelors of Science in Nursing, and recently passed his CRNA designation. Alex gained valuable experience as a traveling nurse working covid cases in New Jersey in 2020.

Alex was born and raised in New Hartford and graduated from New Hartford High School. He received his bachelor's degree from Utica College (now Utica University). His parents are Julius and Camille Benzo-Fukes who reside in New Hartford.

Home Finder

Picture this: Your phone rings, and the caller says that an 8-year-old child who you've never met needs a place to stay and is on their way to your house. You're nervous, but you're ready. You know this child needs help, you've received the training, and your support team has your back. You're a foster parent, and you're ready to make a difference. And you have my utmost gratitude.

My name is Kari Judd. I'm from Herkimer and I'm a Northern Rivers Family of Services foster parent homefinder. I work with people throughout the Mohawk Valley region to find and support foster homes for kids from right here who need a safe place to heal and grow. And I'm so lucky to work with about 20 of families right here who don't think twice about answering that call and opening their homes to someone in need.

These foster families are part of the fabric of this community, and in this time of giving thanks I wanted to call each of them out and recognize them for what they give and what they do. They undergo a strict screening process, countless hours of training, and treat children who are hurting with grace, compassion, wisdom, and love. They keep foster children near their homes, families, and support systems, provide calm in the storm, and even smile through the tears when a foster youth is reunited with their birth family.

To all our foster parents, thank you. And if you're not a foster parent, let's talk! If you've ever wondered about being foster parent, there's no better place to do it than with Northern Rivers. You can give me a call at (315) 414-9855, visit our website www.northernriversfostercare.org, as well as our Facebook page @northernriversfostercare for more information.



L-R Stephen Turnbull (Rotary), Theresa Swider (SHP), Tina Pavlot (Rotary), Pam Sperbeck (SHP) and Jerry Kraus (Rotary).

**Rotary Club of Utica Helps
Local 'Sleep in Heavenly
Peace' Efforts to Distribute
Beds to Families in Need**

The Rotary Club of Utica's "Not So Silent Night" Gift Auction was not quiet. In fact, from the start, it was clear that this night was going to be loud, and a fun time was had by all. The patrons of the 72 Tavern and Grill in Utica witnessed Rotarians Jerry Kraus and Stephen Turnbull taking turns shouting out bids and trying to entice the crowd into bidding for nearly 30 items. The result – The Rotary Club of Utica raised \$3,000 to benefit Sleep in Heavenly Peace's mission to provide beds for local families and kids in need. The wrapped auction items were donated by Rotarians and friends of Rotary, with most of them coming with clues to spark the imagination and spur the interest in bidding. The event attracted over 50 Rotarians and friends. Even some of the normal dinner crowd couldn't help but get involved, raising hands to make a bid.



**New Hartford
Class of 1973**
is planning a 50th reunion.
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announced.
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imoberstegbob@verizon.net



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Monday and Tuesday 10am-8pm
Closed on Wednesdays
Thursday and Friday 10am-6pm
Saturday 10am-2pm
Sunday 1-5pm
Computer Appointments Required
Curbside Pickup Remains an Option

Closed on New Year's Day
We will be closed on Sunday, January 1st. We wish you all a happy and healthy New Year!

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. The first meeting of 2023 will take place on January 18th.

Friends of the New Hartford Public Library
The Friends of the New Hartford Public Library has been selected once again to receive \$1 from every \$2.50 bag purchased from the Hannaford Reusable Community Bag program during the month of January, 2023, at the Hannaford, Kellogg Rd. location. Throughout the years as a participant in this program a total of \$850 has been raised to benefit the library. Also, for the month of November, 2022, the library received \$27 from the Bloomin' 4 Good Program and another \$60 during the month of June. Thank you so much to Hannaford and our very supportive community. Fundraisers such as these assist the Friends in the purchase of quality programs and materials to benefit you, our wonderful community.

Friends of the NHPL Meeting
The Friends of the New Hartford Public Library will meet January 21 at 9:30am in the Corasanti Room. All are welcome.

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.

Text Alerts
Introducing Another Way to Get Notified By Us!
We are happy to announce that we can now text you when the items you have placed on hold have now arrived. In order to opt into this service please call the Library and or stop in and let the staff know that you would like to receive text alerts. 315-733-1535. Standard texting rates apply.

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 volunteers at the Library each Monday from 11:00-2:00 and 5:00-8:00 that are happy to assist you! 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 a/t 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

Big Little Books
Have you heard of ‘Big little books?’ Do you remember them? During the month of January, the display case at the library’s main entrance will be filled with copies of these compact illustrated children’s novels, courtesy of Mary Polera, from the collection of John Polera. In the U.S., the block-shaped little books date back to the 1890s, were sold in F.W. Woolworth stores by 1918 and became popular in the 1930s. They sold for 10 cents and were big entertainment for children during the Great Depression. Today, they are considered collector’s items for both toy and book collectors. Author Arnold T. Blumberg calls these books “... one of the iconic children’s literature formats of the 20th Century.”.

Grab & Go Projects Adults Schedule
Adult Grab & Go Projects continue on the first Monday of each month.
January 2nd – Wine Charms
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 Schedule
Kids Grab & Go Projects continue on the first Thursday of each month.
January 5th – DIY Snowball Launcher
Call to reserve beginning at 10:00 on the day of that months’ project, or come into the library to pick up one.

New Story Time Day Added
As requested, we have added Monday for a third option for our story times. Read below for more information or call us at the library at (315) 733-1535 and ask for Story Captain Cheryl.

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.

January 2, 3, 5: Spaghetti
January 9, 10, 12: Hot Chocolate
January 16, 17, 19: Penguins
January 23, 24, 26: Polar Bears
January 30, 31 & Feb 2: Groundhogs



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Rocking Chair Reader

Our Rocking Chair Reader Program is back! Every Friday, at 10:30 we will have volunteers sit and read stories to little ones in our Children's Area. This is a drop in program with no registration required.

Interested in volunteering to read? Please call or stop by the Library and ask to speak to Cheryl or Anne. 315-733-1535

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
- Munson Williams Proctor Art Institute

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.

Check Out an American Doll!

The Heritage Doll Club has generously donated an American doll with her own travel case to go home with any borrower who would like to give her a two week vacation. She comes with accessories and a good book. She waits for you behind the Circulation Desk... just come in and ask to check her out!

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: After a few months

off, Women (and Men) of Mystery return. If you love reading mysteries or just want to know more about them, this group is for you. There is no required reading, but you just might add some authors and books to your to-be-read list. Join us (via Zoom) on Saturday, January 28 as Janet Hoover leads us on a discussion of Murder She Wrote: Faye Kellerman, Ruth Ware, Mignon Eberhart, and Margaret Maron. 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 January 7th 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 January 24th 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. She would love to hear from you and hopes to see you on the 24th of January!

Save the Date!

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.



Joette's is Back!

After attempting to retire four years ago, Joette Swisher missed seeing all of her customers, and has opened up inside of Gold Leaf, in the New Hartford Shopping Center. Located a few doors down from Peter's Cornucopia. Stop in to see her beautiful selection of jewelry and accessories for communions to weddings and everything in between. Including great casual and semi precious bracelets. Her paintings are on display and for sale as well. Open Wednesday through Friday 11-6 and Saturdays 11-3.

Joette also hosts cooking demos on Facebook every Monday night at 7:00.





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New Hartford Sports - Home Games

* subject to change without notice

Date	Start time	Sport	Level	Opponent	Location
3-Jan	4:30 PM	Basketball (Boys)	7th/8th (Red)	Holland Patent (Gold Team)	Perry JH Gym
3-Jan	5:30 PM	Volleyball (Girls)	JV	Vernon-Verona-Sherrill	HS Gym
3-Jan	7:00 PM	Volleyball (Girls)	Varsity	Vernon-Verona-Sherrill	HS Gym
4-Jan	4:00 PM	Wrestling (Boys)	7th/8th	Whitesboro, Rome Free Academy	Perry JH Cafeteria
4-Jan	6:00 PM	Wrestling (Boys)	Varsity	Camden	Bradley Elem Gym
5-Jan	4:00 PM	Basketball (Boys)	7th/8th (Red)	Whitesboro (White)	Perry JH Gym
5-Jan	5:00 PM	Swim/Diving (Boys)	Varsity	Sherburne-Earlville (SE/Ham)	HS Pool
5-Jan	6:00 PM	Basketball (Boys)	7th/8th (Blue)	Holland Patent (Purple Team)	Perry JH Gym
6-Jan	4:30 PM	Winter Track (Boys)	Varsity	New Hartford @ New Hartford	Utica College
6-Jan	4:30 PM	Winter Track (Girls)	Varsity	New Hartford @ New Hartford	Utica College
6-Jan	5:30 PM	Basketball (Girls)	JV	Oneida	HS Gym
6-Jan	7:00 PM	Basketball (Girls)	Varsity	Oneida	HS Gym
9-Jan	4:15 PM	Volleyball (Girls)	7th/8th	Whitesboro (Blue)	Perry JH Gym
9-Jan	5:30 PM	Volleyball (Girls)	JV	East Syracuse Minoa	HS Gym
9-Jan	7:00 PM	Volleyball (Girls)	Varsity	East Syracuse Minoa	HS Gym
10-Jan	4:00 PM	Bowling (Boys)	Varsity	Holland Patent	Pin-O-Rama
10-Jan	4:00 PM	Basketball (Girls)	7th/8th (Blue)	Rome Free Academy (Orange Team)	Perry JH Gym
10-Jan	5:30 PM	Basketball (Boys)	JV	Utica Proctor	HS Gym
10-Jan	6:00 PM	Basketball (Girls)	7th/8th (Red)	Rome Free Academy (Black Team)	Perry JH Gym
10-Jan	7:00 PM	Basketball (Boys)	Varsity	Utica Proctor	HS Gym
11-Jan	5:30 PM	Volleyball (Girls)	JV	Camden	HS Gym
11-Jan	7:00 PM	Volleyball (Girls)	Varsity	Camden	HS Gym
11-Jan	7:00 PM	Ice Hockey (Boys)	Varsity	Oswego	NHRC
12-Jan	4:30 PM	Basketball (Boys)	7th/8th (Blue)	Whitesboro (White)	Perry JH Gym
12-Jan	4:30 PM	Winter Track (Boys)	Varsity	New Hartford @ New Hartford	Utica College
12-Jan	4:30 PM	Winter Track (Girls)	Varsity	New Hartford @ New Hartford	Utica College
12-Jan	5:30 PM	Volleyball (Girls)	JV	Whitesboro	HS Gym
12-Jan	7:00 PM	Volleyball (Girls)	Varsity	Whitesboro	HS Gym
13-Jan	4:00 PM	Bowling (Girls)	Varsity	Vernon-Verona-Sherrill	Pin-O-Rama
13-Jan	5:30 PM	Basketball (Girls)	JV	Holland Patent	HS Gym
13-Jan	7:00 PM	Basketball (Girls)	Varsity	Holland Patent	HS Gym
13-Jan	7:00 PM	Ice Hockey (Boys)	Varsity	Cortland (Cortland/Homer)	NHRC
17-Jan	4:00 PM	Bowling (Girls)	Varsity	Camden	Pin-O-Rama
17-Jan	4:00 PM	Basketball (Girls)	7th/8th (Blue)	Vernon-Verona-Sherrill	Perry JH Gym
17-Jan	5:00 PM	Swim/Diving (Boys)	Varsity	Oneida, Cooperstown (Cherry Valley)	HS Pool
17-Jan	5:30 PM	Basketball (Boys)	JV	Central Valley Academy	HS Gym
17-Jan	6:00 PM	Basketball (Boys)	7th/8th (Red)	Utica Proctor (DMS)	Perry JH Gym
17-Jan	7:00 PM	Basketball (Boys)	Varsity	Central Valley Academy	HS Gym
18-Jan	4:00 PM	Wrestling (Boys)	7th/8th	Camden	Perry JH Cafeteria
18-Jan	4:30 PM	Volleyball (Girls)	7th/8th	Whitesboro (White)	Perry JH Gym
19-Jan	4:00 PM	Basketball (Boys)	7th/8th (Red)	Rome Free Academy (Orange Team)	Perry JH Gym
19-Jan	4:30 PM	Winter Track (Boys)	Varsity	New Hartford @ New Hartford	Utica College
19-Jan	4:30 PM	Winter Track (Girls)	Varsity	New Hartford @ New Hartford	Utica College
19-Jan	5:30 PM	Volleyball (Girls)	JV	Utica Proctor	HS Gym
19-Jan	6:00 PM	Basketball (Boys)	7th/8th (Blue)	Oneida	Perry JH Gym
19-Jan	7:00 PM	Volleyball (Girls)	Varsity	Utica Proctor	HS Gym
20-Jan	4:00 PM	Bowling (Girls)	Varsity	Whitesboro	Pin-O-Rama
20-Jan	5:30 PM	Basketball (Boys)	JV	Rome Free Academy	HS Gym
20-Jan	7:00 PM	Basketball (Boys)	Varsity	Rome Free Academy	HS Gym
20-Jan	7:00 PM	Ice Hockey (Girls)	Varsity (Comb.)	South Glens Falls (ADK United)	Nexus Center
21-Jan	1:00 PM	Volleyball (Girls)	JV	Oneida	HS Gym
21-Jan	2:30 PM	Volleyball (Girls)	Varsity	Oneida	HS Gym
22-Jan	12:00 PM	Ice Hockey (Girls)	Varsity (Comb.)	North Rockland	Nexus Center
24-Jan	4:00 PM	Bowling (Girls)	Varsity	Utica Proctor	Pin-O-Rama
24-Jan	6:00 PM	Basketball (Girls)	7th/8th (Red)	Camden	Perry JH Gym
25-Jan	4:30 PM	Volleyball (Girls)	7th/8th	Camden	Perry JH Gym
26-Jan	4:00 PM	Basketball (Girls)	7th/8th (Blue)	Rome Free Academy (Black Team)	Perry JH Gym
26-Jan	4:30 PM	Winter Track (Boys)	Varsity	New Hartford @ New Hartford	Utica College
26-Jan	4:30 PM	Winter Track (Girls)	Varsity	New Hartford @ New Hartford	Utica College
26-Jan	6:00 PM	Basketball (Girls)	7th/8th (Red)	Whitesboro (Blue)	Perry JH Gym
27-Jan	4:00 PM	Bowling (Boys)	Varsity	Central Valley Academy	Pin-O-Rama
27-Jan	5:30 PM	Basketball (Boys)	JV	Vernon-Verona-Sherrill	HS Gym
27-Jan	7:00 PM	Basketball (Boys)	Varsity	Vernon-Verona-Sherrill	HS Gym
27-Jan	7:00 PM	Ice Hockey (Girls)	Varsity (Comb.)	Oswego	Nexus Center
29-Jan	3:00 PM	Basketball (Girls)	Varsity	Notre Dame, Utica	HCCC
30-Jan	6:00 PM	Basketball (Boys)	JV	Seton Catholic Central	HS Gym
30-Jan	7:30 PM	Basketball (Boys)	Varsity	Seton Catholic Central	HS Gym
31-Jan	4:30 PM	Basketball (Boys)	7th/8th (Blue)	Utica Proctor (JFK)	Perry JH Gym
31-Jan	5:30 PM	Basketball (Boys)	JV	Whitesboro	HS Gym
31-Jan	7:00 PM	Basketball (Boys)	Varsity	Whitesboro	HS Gym





2023 TOWN & COUNTY TAXES
SCHEDULE FOR PAYMENTS FOR TOWN OF NEW HARTFORD, NY
The 2023 Town and County tax bills will be mailed during the month of January 2023, Holidays excepted, as follows:

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

Adirondack Bank
4697 Commercial Drive
New Hartford, NY 13413

IN-PERSON PAYMENTS
(Checks, Cash, Cashier checks, and money orders payable to TOWN OF NEW HARTFORD; *MUST BRING ENTIRE TAX BILL FOR THE BANK TELLER TO MARK IT RECEIVED*):
Adirondack Bank
4697 Commercial Drive
New Hartford, NY 13413

Lobby & Drive Thru Hours:
CASH PAYMENTS ACCEPTED AT THE BANK ONLY

<u>Lobby Hours:</u>	<u>Drive Thru Hours:</u>
Monday – Wednesday 9:00am – 4:00pm	Monday – Wednesday 8:30am – 4:00pm
Thursday & Friday 9:00am – 5:00pm	Thursday & Friday 8:30am – 5:00pm

Payments can only be made at the **Commercial Drive Branch** of Adirondack Bank.

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

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

On all taxes received after January 31, 2023, there shall be added One Percent (1%) interest for taxes paid during February 2023 and One and one-half Percent (1 ½ %) for taxes paid during March 2023. Taxes may be paid during February and March 2023 at the aforementioned payment locations. Taxes paid in March 2023 will also be subject to a \$2.00 second-notice mailing fee. Pursuant to law, unpaid taxes/tax roll will be returned to the Oneida County Treasurer on April 1, 2023.

.....
PLEASE ENTER YOUR TELEPHONE NUMBER IN THE “MEMO” SECTION OF YOUR CHECK, CASHIER’S CHECK OR MONEY ORDER, AS WE MAY NEED TO CONTACT YOU
.....
CAUTION: When presenting a single check/money order for multiple tax bills, be sure the total amount equals the total tax bills; if the Bank discovers an error in your payment, all tax bills are considered unpaid.



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OMG You Guys!
Legally Blonde – The Musical
Comes to Utica, NY on May 4th.

America’s favorite blonde, Elle Woods, is ready to prove who’s in charge (again) as Legally Blonde - The Musical comes to The Stanley Theatre in Utica, NY for one night only on May 4th, 2024. The ultimate Broadway tribute to girl power, Legally Blonde will take you from the UCLA sorority house to the Harvard halls of justice with its coming-of-age story.

Tickets for Legally Blonde are on sale now and range from \$53.50 to \$90.50. Tickets can be purchased online at www.BroadwayUtica.org by phone at 315-724-4000 or by visiting The Stanley Box Office at 259 Genesee St. Utica. Groups of 10+ or more can be purchase tickets by calling group sales at 315-624-9444 option 1.

Based on the iconic movie, Legally Blonde follows the transformation of Elle Woods as she tackles stereotypes, sexism, snobbery and scandal in pursuit of her dreams, and proves, contrary to dated bias, that you can be both legally blonde AND the smartest person in the room.

Things are groovy for Elle Woods but suddenly her life is turned upside down when her boyfriend dumps her so he can start getting more “serious” about his life and attend Harvard Law. Determined to get him back, Elle uses her brain and ingenuity to also get admitted to Harvard. School begins with endless struggles, but with the help of her new friends, Elle quickly realizes her potential and her strengths, as she sets out to change the narrative. This contemporary, topical story touches on many current hot button issues while delighting audiences with memorable songs and explosive dances. Legally Blonde warms the heart by proving that self-discovery never goes out of style!

The 2022-2023 National Tour of Legally Blonde is produced by Daniel Sher of Big League Productions, Inc. The musical is directed by Jeffrey B. Moss, with choreography by Bob Richard. Set design is by Randel Wright, with lighting by Charlie Morrison and stunning new elaborate video design by Jon Infante. Casting is by Alison Franck.

For more information, visit www.BlondeOnTour.com.

Led by President and Executive Producer Dan Sher, Big League is celebrating its 31st season of producing, general managing and booking Broadway musicals and special attractions for touring throughout North America and the world. For more information visit www.BigLeague.org.

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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 grayfoxa@aol.com. We hope to see you soon!

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Chelsea Darrow, MS, OTR/L. Darrow will provide treatment for Sitrin’s newly created Women’s Pelvic Health Program.

Sitrin to Offer New Women’s Pelvic Health Program

According to UCLA Health, one in three women will experience a pelvic floor dysfunction (PFD) in her lifetime. Pelvic floor dysfunction can occur due to weakness or hyperactivity of the pelvic floor muscles. This can cause a variety of symptoms which may impact functioning in daily life.

Realizing there is a growing need in the community for these services, Sitrin will offer a Women’s Pelvic

Health Program beginning January of this year. The primary goal of the program is to improve quality of life for women at any stage of life.

Chelsea Darrow, MS, OTR/L will provide one-on-one treatment for a variety of pelvic health concerns. Darrow has practiced as an occupational therapist for 10 years and has undergone extensive continuing education to pursue this specialty area.

“I am passionate about providing comprehensive pelvic rehabilitation by getting to the root cause of symptoms,” Darrow said. “I want to help women connect with their bodies to overcome the stigma around pelvic health.”

Patients will be evaluated with a whole person whole body approach. A physical assessment will include posture, body mechanics, strength, and endurance. Assessment of the pelvic floor may involve external as well as internal observation of the pelvic floor muscles. This will help Darrow determine strength, tension, coordination, and overall functioning. Other factors such as lifestyle, stress management, daily habits, roles, and routines will also be examined. These items are essential in developing a treatment plan that is tailored to each patient’s unique needs and personal goals.

In addition, each treatment plan is designed to provide a holistic approach to patient care. This may include lifestyle modification, exercises to strengthen weak muscles, relaxation techniques to address tight muscles, and manual therapy techniques.

The Women’s Pelvic Health Program can help with pregnancy and the postpartum period, symptoms of prolapse and pelvic heaviness, management of abdominal weakness, bowel and bladder symptoms, pelvic pain conditions (painful bladder syndrome and endometriosis), and other pelvic health concerns.

A physician referral will be required to make an appointment. For more information about the Women’s Pelvic Health Program, 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 health (OPAL Program), military program, adaptive sports, (STARS Program), a Wellness and Aquatic Center, orthopedic injury program, concussion management, child care, and dental clinic.





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Richard Sherman

New Hartford Highway News

submitted by Superintendent of Highway, Richard Sherman

January is here, and our plows and sanders are ready for another busy snow & ice season.

The Town of New Hartford will be using a different way to melt the snow and ice. When you see stripes on the roads, the road has been treated with brine. The Town of New Hartford has invested in a brine system that will allow us to make brine and pretreat roads before the storm hits. The brine is made from salt and water. Salt and brine work in the same way. Salt is activated by moisture to melt snow and ice. But because the brine is in liquid form, it is more effective. The tank trucks will pretreat the roads with a brine liquid that will be sprayed to the pavement. This advanced technology will work faster and save money. Traditional salt when spread on roads often bounces off the roadway or wind may blow it off as well. The salt trucks will also have saddle tanks on board to spray the salt as it leaves the hopper giving it a coating that will stop the bounce and start the activation melting process sooner. This is really a much more effective way to apply salt.

Our new Highway Department salt shed is almost complete. The new structure went up fast with a completion date by January 1, 2023. The new shed will hold approx. 4,500 tons of salt with all the salt under cover, and the lean- to which will give us the necessary room to store summer equipment under cover for the winter months. The new shed will ensure that we always have sufficient inventory of materials to treat our roads when snow and ice appear. We thank the State of New York that supplied the majority of funding for this endeavor.

Please inform your snow plow contractors that when plowing the driveways not to push snow across the roadways, it is against the law. I will be placing photos on our web site of the different projects that our crews work on this construction season of 2022. In the next few weeks, I will be working on the new schedule for the Town of New Hartford Trash Drop- Off and Brush Collection for the 2023 season.

Our highway crews will be picking up Christmas Trees right after the holidays, so place them out at the roadside so that we can pick them in a timely manner. If you think we missed your tree please call us at 724-4300 or e-mail at rsherman@town.new-hartford.ny.us.



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Indium Corporation’s Maria Vacca Promoted to Talent Specialist

Indium Corporation is pleased to announce the promotion of Maria Vacca to the role of Talent Specialist.

In her new role, Vacca works to successfully recruit teammates to join Indium Corporation. She supports company diversity and inclusion initiatives through her leadership of hiring programs designed to recruit and retain a diverse workforce. Vacca also promotes and coordinates special employment programs through external agencies, such as the college summer internship program, student worker program, and workforce re-entry program for veterans.

Vacca has been working as a Human Resources (HR) Assistant for Indium Corporation since September 2020, but was first introduced to the company as a Summer Intern. She earned her bachelor’s degree in business management from Providence College where she was a member of the Women in Business program.

About Indium Corporation

Indium Corporation® is a premier materials refiner, smelter, manufacturer, and supplier to the global electronics, semiconductor, thin-film, and thermal management markets. Products include solders and fluxes; brazes; thermal interface materials; sputtering targets; indium, gallium, germanium, and tin metals and inorganic compounds; and NanoFoil®. Founded in 1934, the company has global technical support and factories located in China, Germany, India, Malaysia, Singapore, South Korea, the United Kingdom, and the U.S.

For more information about Indium Corporation, visit www.indium.com or email jhuang@indium.com. You can also follow our experts, From One Engineer To Another® (#FOETA), at www.linkedin.com/company/indium-corporation/ or @IndiumCorp.

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L-R Jerry Kraus and Tina Pavlot (Utica Rotary), Utica Mayor Rob Palmieri, David Jones (Utica Rotary), Lynne Morinitti (homeowner) and Barbara Freeman (UU Church of Utica Climate Action Team).

Follow Up The Rotary Club of Utica’s ‘Urban Tree Project’

Utica Mayor Rob Palmieri met with a city of Utica homeowner who recently had a free tree planted through the Rotary Club of Utica’s ‘Urban Tree Project’. The Morinitti family in West Utica had a flowering cherry tree planted recently. Twenty-five other Utica homeowners selected from a variety of available trees in this project involving The Rotary Club of Utica, The City of Utica and the Climate Action Team. The funds for this project came from a Rotary Club Golf Outing (Tees for Trees) and a Rotary Community Project Grant.

Mayor Palmieri said “The City of Utica is blessed by a magnificent treescape that beautifies our city and its neighborhoods. It’s critical that we not only preserve but enhance these gorgeous natural resources. I would like to thank the Rotary Club of Utica and our residents for making sure that our City remains beautiful and unique in addition to environmentally friendly.”

This is the second year of the Rotary Club’s Urban Tree Project in Utica with a total of 42 trees planed so far.



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by Victor J. Fariello Jr.



“FROM THE MAILBAG”

Q. I am a regular reader of your column in the Town Crier and enjoy it very much. Thank you for doing this. My question is, I am looking to get a good antiques price guide and I remember that you recently singled out one as being better than the others but I misplaced the info?

A. Thank you for your kind words. Kovel's Antiques and Collectibles Price Guide is the only publication of its kind that is updating its content on an annual basis. This means you are getting the most accurate information. With over 4 million copies sold, this guide is the recognized best source on your antiques and collectibles values. The 2023 edition is available for \$28.99 from Barnes and Noble. Well worth the investment!

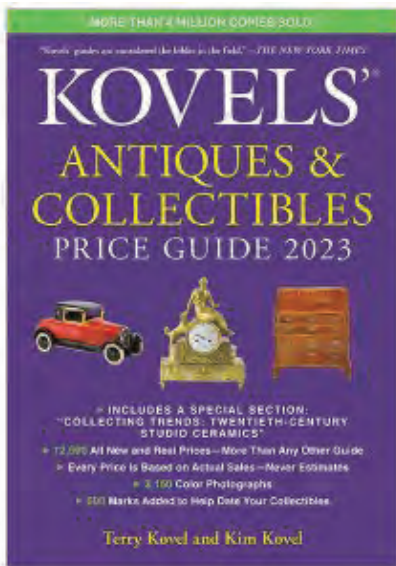
Q. I have a Shirley Temple pitcher that belonged to my mother as a child. It is rather small at just a little over 4" tall. What can you tell me about it?

A. Your Shirley Temple item was a pitcher for milk and was part of a breakfast set produced by the Hazel Atlas Glass Company in the 1930's, the height of Miss Temple's popularity as America's sweetheart. It was given as a premium inside boxes of Bisquick pancake mix. The clever promotion sold millions of boxes of Bisquick as consumers sought to make a complete breakfast set which consisted of the pitcher, a mug and a cereal bowl. So many of these were produced and many still exist today, therefore they don't have any significant value. Your pitcher is valued at about \$20 and the complete set can be found for under \$40. Still a nice collectible of an iconic star of days gone by.

Q. I have an old Edison cylinder record in its original box. Do they have any value?

A. Your antique Edison cylinder was made to be played on the old Edison Home Phonographs. You are fortunate to have one in its original box, however, they are still quite common and sell for about \$10. They make a nice display item and a good conversation piece.

Happy antiquing!



The Kovel's Price Guide is a popular favorite.



An antique Edison cylinder record.



This Shirley Temple item was part of a Breakfast Set.

NH Historical Society Deserves Our Support

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. What a great way to make a contribution to the town's history. Make your check payable to 'NH Historical Society' and mail to PO Box 238, New Hartford, NY 13413. All donations are tax deductible.

Why Not Join Us in 2023!

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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NEW HARTFORD PAST TIMES

January 2023

NEW HARTFORD HISTORICAL SOCIETY



The old “Power Dam” on Mohawk Street.



The family homestead on Mohawk Street.



The entrance to Heron Landing, which was across from the Zegibe home and north of the pond.

Family Farm sprouts Public Recreation Mecca

During the heyday of “Power Dam”, thousands of families would flock to the Mohawk Street Park created by an industrious farmer. Soon after creating a pond to generate power for his family farm, Abdoo Zegibe would open the area to the public to enjoy swimming. Later, Clambakes, Family Reunions and other group gatherings would be held there.

Abdoo was born in Lebanon in 1895 and emigrated to the U.S. with his father in 1906. In 1920 he would marry Stella Slade Albert, a young widow with five children. Together they would move to Mohawk Street in New Hartford and start a successful Dairy Farm while raising her children and having six more of their own (Sadly two would die in childhood). In the early days of the farm, there was no electricity. So to provide his own, he would dam up a nearby stream to generate it. The generator was run only at night to light the dairy barns. There was one exception however. Abdoo converted an old gasoline powered washing machine to electric. One day a week he would run the generator during the day so Stella could do the family laundry.

The Zegibe’s were always willing to aid fellow citizens. Often, Abdoo or other family members coming up from the city with their delivery wagon, would offer youth en route to the “swimming hole” a ride. The Zegibe family was also very community oriented. For many years Abdoo’s wife Stella was School Tax Collector for District #11 and son George would be involved in local politics later going on to serve as Town Supervisor. Sadly George passed this past November at 98 years of age.

Today the area is occupied by two housing developments. The 1st, Heron Landing, has the original water wheel from Abdoo’s generator adorning its entrance. The pond still exists, albeit a bit smaller than the original, between the two developments.

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

New Hartford Historical Society ~ Membership Form ~

Please check one of the following:

- ☐ \$15⁰⁰ Individual
- ☐ \$20⁰⁰ Family
- ☐ \$25⁰⁰ Contributing
- ☐ \$50⁰⁰ Corporate
- ☐ Renewal
- ☐ New Member
- Name: _____
- Address: _____
- Phone: _____
- E-Mail: _____

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

BECOME A MEMBER!

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

Planning a Class Reunion?

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

Museum is Open To the Public

Currently by appointment.

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NHFD News

November was another busy month for your New Hartford Volunteer Fire Department with 143 alarms as indicated by the monthly call report listed below by category:

- Fires = 3
- EMS = 84
- Hazardous = 3
- Service Type = 16
- Good Intent = 10
- Other Alarms = 27
- Weather Related = 0
- Other = 0

Total alarms for the Month of November 2022 = 143.
Of the 143 alarms, 128 were in the Town and 15 were in the Village.
This brings the total number of calls year-to-date through November 30, 2022 to 1,346.
Some of the calls listed above - such as Fires, EMS, and Hazardous - are self-explanatory. Others such as Service, Good Intent and Other Alarms are not. Service Calls includes water or animal problems, public assistance or standbys. Good Intent refers to responding but did not find anything or canceled in route. Other alarms include explosions, carbon monoxide, smoke or sprinkler detector activations.
The figures above do not include other activities by members of the department such as Fire Prevention details, training, parades, Open House and other various department committee meetings that take place throughout the year.

New Hartford Volunteer Fire Department Elects Officers for 2023

Thomas A. Bolanowsk II was elected Chief for a second term. Other officers elected include: 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.
The above elected Line Officers represents over 288 years of combined experience of serving our neighbors within the New Hartford Fire District.
The department's 2023 Benevolent Officers were also elected. Re-Elected to his fifteenth term is: President, Joseph S. Luker. Other officers elected were; Vice President, David W. Butler; Financial Secretary Timothy D. Barcomb and Recording Secretary, James F. Luley. Thomas R. Watkins was elected Director for 2023- 2024 -2025. In addition, President Luker announced the appointments of David E. Maier, Treasurer, Trey M. Geary, Assistant Treasurer and James Toomey Jr., Assistant Recording Secretary.
The line officers combined with the benevolent officers represents over 650 years of experience serving our community.
The above officers will begin their responsibilities on January 1, 2023 marking this the 122nd year of the department.
Visit us on the web at: www.nhfd.com all year long.



Fair Trade Shop

Sustainably sourced mango wood is cut on a lathe, then etched and whitewashed by hand to create the inset mandala design on this beautifully-detailed Trivet from India. The wood is burned and stained for a darker finish.
Our Bicycle Chain Picture Frame from India is a perfect gift for your favorite cyclist or recycler! Recycled bicycle chain makes a unique picture frame in dark brown. It measures 5 inches by 7 inches high.
These and many, many more 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. 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.



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2023

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2023

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2023-Positioning You For Fitness Success

submitted by Jim LaFountain, All American Fitness Center

For the past four decades, I’ve written what I call a “Turn Over a New Leaf” fitness article on or around January 1st. This year I’m changing the format a little. I’d like to provide answers to the most commonly asked New Year’s questions over the past 40 years.

Nutrition

Quantity Matters: American food portions are much larger than anywhere else in the world. It seems like a fast food establishment can be found on every street corner and they all offer “super sized” options. Sample portion sizes look like this:

- 1-1/2-2 1/2 cups of fruit
- 2 1/2-3 1/2 cups of vegetables 6-10 ounces of grain
- 3 cups of non fat or low fat dairy
- 5-7 ounces of protein (meat, beans, seafood)

It’s safe to say, those portion sizes are an unknown entity to most Americans. Regardless of what diet we follow, quantity matters. Americans consume an average of 300 more calories a day than they did in 1985 and tend to dine out more also.

The “White Out”: I have clients who have lost several pounds and maintained their ideal weight for 10 or more years. When they started their program, I suggested they follow a low glycemic load diet. They decided to simplify their low glycemic load nutritional program and rename it the “White Out.” They simply choose to eat no or minimal amounts of sugar, white bread, pasta and high fructose corn syrup.

Water: 70% of each cell in our body consists of water. I currently train several high level athletes who spend a great deal of money on protein supplements, yet fail to drink even minimal amounts of water. Research tells us that even small levels of dehydration causes a significant drop in athletic performance. Many high level, professional athletes, suffer from chronic dehydration and receive intravenous fluids at half time of their events.

The Appestat Center: The appestat center of the brain, located in the hypothalamus is responsible for many biological/physiological functions in our body. Thirst and hunger are dominant functions of that area of the brain. Cravings, in most cases, are a signal that

what is needed is water, not food. The next time you experience a craving, try drinking a 12 ounce glass of water, wait a few minutes and see what happens. It takes about 20 minutes for the appestat center to register satiety. Try ingesting a small amount of protein and a glass of water a few minutes before a meal. Research suggests you’ll eat far less food during that meal.

Exercise

Just Show Up: Our country boasts an exercise compliance rate of 23-30%. As pathetic as it sounds, there is a simple activity (habit) that will more than double that figure. Make a resolution to just “show up.” Taken a small step further, commit to do a light warm up after you “show up.” In most cases, you will have an awesome workout. In sounds too simple and easy, especially on those cold and snowy winter days in Upstate New York, but it works.

No Magic Mode: I’ve overheard runners, bicyclists, swimmers, rowers and walkers claim that that encourages long term fat loss and improved cardiovascular performance. That’s a lie, myth or misspeak! What matters most is one’s heart rate and the time spent in any activity that engages large muscle groups in a rhythmic fashion. As we grow older, it makes sense to involve ourselves in safe, non jarring activities.

Resistance: For years, Americans were infatuated with cardiovascular exercise, at the expense of resistance training. Experts are currently suggesting we devote equal time to resistance training, in the form of weights, machines and rubber tubing. Building muscle, even in small amounts, allows our body to burn more calories, even at rest. It also improves joint integrity, that helps protect joints from injury. It has even been shown to improve our mood and in children, their self esteem.

Form: No one should sustain an injury while doing resistance work. Whether we choose to use rubber tubing, machines or weights, form is the most important ingredient in any resistance workout. While using weights or machines, a 2:1:4 formula should be used. Take two seconds to move a weight from its starting point to the completion of a full range of motion. Pause for a second, to avoid dangerous momentum, then take four seconds return the weight to it starting position.

It is my hope these suggestions will allow you to enjoy the benefits of sound nutrition and regular exercise. Not for just a few weeks, but for an entire lifetime.



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L-R: Dianne Broccoli (Shelter Director) and Tina Pavlot (Rotary Club of Utica President)

The Rotary Club of Utica donates to Anita's Stevens-Swan Humane Society

The Rotary Club of Utica recently donated \$1,300 to Anita's Stevens-Swan Humane Society towards the purchase of an industrial washer-dryer combo that was greatly needed by the shelter. They're not everyday household washer-dryer units (see photo), rather these recently purchased machines are oversized and built to take the constant usage that is necessary to keep the shelter animals in comfortable, clean conditions daily. We encourage all who are looking to add a four-legged pet to their family, to go see the many cats and dogs up for adoption at the shelter off Rt. 12N in Utica (just past the Riverside Center). Please adopt don't shop.



WINTER WORD SEARCH



W	E	A	T	H	E	R	W	G	S	F	P	S	F	M
O	H	J	V	O	L	J	O	N	J	V	H	N	J	J
K	F	R	A	C	S	M	E	O	K	O	L	O	M	G
D	R	H	B	P	T	T	D	P	V	B	P	W	W	N
I	E	L	J	Q	T	O	I	E	L	J	Q	F	O	I
W	E	P	N	I	W	K	L	I	P	N	S	L	K	T
S	Z	Q	M	W	Q	D	S	D	Q	M	F	A	D	A
N	I	A	K	S	B	I	U	W	A	K	F	K	I	K
A	N	S	L	I	D	E	I	S	S	L	U	E	W	S
M	G	W	J	C	D	L	L	A	W	J	M	D	S	W
W	W	X	I	D	S	N	O	W	X	I	R	B	U	X
O	C	C	U	F	D	D	P	C	C	U	A	D	D	C
N	V	D	O	M	G	G	N	I	D	D	E	L	S	D
S	B	E	P	I	C	C	R	E	T	N	I	W	C	E
F	S	L	I	P	P	E	R	Y	R	T	A	H	H	R

- See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.
- | | | | |
|------------|--------------|--------------|--------------|
| 1. Snow | 5. Shovel | 9. Slippery | 13. Scarf |
| 2. Snowman | 6. Cold | 10. Slide | 14. Hat |
| 3. Winter | 7. Freezing | 11. Sledding | 15. Earmuffs |
| 4. Weather | 8. Snowflake | 12. Skating | 16. Mittens |

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The Good News Foundation Grant Announcement

Due to the generosity of the Scheidelmans and Drozes, The Good News Foundation have been able to award grants not exceeding \$5,000 each year to nonprofits. We strive to award grants that support new ideas and initiatives to organizations that spread the Good News of Jesus Christ, with the hope that the financial aid will get a good idea off the ground and ultimately become self-sustaining. The grant process begins by sending a Letter of Intent which must include: the organization's 501(c)3 status, the amount desired, the purpose of the grant and how the request meets our mission. If the Letter of Intent appears to meet the criteria set by the Grant Committee, the organization will be required to complete the grant application in order to be considered, application deadline is February 1, 2023. Detailed grant information can be found on our website at <https://www.thegoodnewscenter.org/grants/> or by calling Pam at The Good News Center 315-735-6210.

Grief Survivors

The only people who think there's a time limit for grief, have never lost a piece of their heart. Please join us for this FREE non-denominational support group for those suffering the loss of a loved one. Meets bi-weekly to help you face the difficulty associated with losing a loved one. For those who prefer to do so, the program is also being offered via Zoom. Meetings are every other Tuesday from 6-7:30 PM. Upcoming meetings are January 3rd, 17th and 31st. Please call The Good News Center at 315-735-6210 Monday-Friday 8:30 AM-4:30 PM to register for both in-person or virtual meetings or email us at info@thegoodnewscenter.org.

PAL – Parents of Addicted Loved Ones

The primary goal of PAL is to provide HOPE through education for people dealing with the pain of having an addicted loved one. Parents of Addicted Loved Ones (PAL) is a national organization founded in Arizona by a Licensed Independent Substance Abuse Counselor. Each PAL group is facilitated by a trained peer, someone walking the same path. Our meetings are FREE and open to anyone with an addicted loved one, participants must be 18 and over. The guiding principles of PAL are confidentiality, respect, acceptance and support. Some of the topics covered are: Delayed emotional growth, Enabling checklist, Family lessons about recovery. For those who prefer to do so, the program is also being offered via Zoom. Meetings are 6-7:30 PM every other Monday. Upcoming meetings are January 9th, January 23rd and February 6th. Please call The Good News Center at 315-735-6210 Monday-Friday 8:30 AM-4:30 PM to register for both in-person or virtual meetings or email us at info@thegoodnewscenter.org.



Science Fun: Magic Ice

<https://www.primroseschools.com/blog/science-fun-magic-ice/>

This kid-friendly science experiment is perfect for a hot summer day! Your child will enjoy engaging in sensory play with these magical, fizzing ice cubes.

Supplies:

Baking soda (chilled)

Vinegar

Ice cube trays

Food coloring

Instructions

Fill an ice cube tray with vinegar.

Add a few drops of food coloring. (Liquid watercolors are a great substitute if your child is sensitive to food dyes or if you're worried about stains!)

Place the ice cube tray in the freezer for 4-6 hours.

Sprinkle chilled baking soda over the surface of a sink basin or large tray or bowl. Add a thin layer of water.

Add your magic ice cubes and let the fizzing begin!

(Tip: Add extra vinegar to speed up the fizzing reaction.)

Fill an ice cube tray with vinegar.

Add a few drops of food coloring. ...

Place the ice cube tray in the freezer for 4-6 hours.

Sprinkle chilled baking soda over the surface of a sink basin or large tray or bowl. Add your magic ice cubes and let the fizzing begin!



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Window Display Contest Winners

We are excited to announce the winners of our Small Business Saturday window display contest!

The Most Festive Award goes to....

First Place (top left): Re-Decor and More located on Genesee Street in the Village of New Hartford

Second Place (top right): Lucianna's Boutique on W. Park Row, Clinton

The Most Creative Award goes to...

First Place (bottom left): Love & Stitches on Whitesboro Street, Yorkville

Second Place (bottom right): Williams Painted Furniture and More on Clinton Street, New York Mills.

Thank you to all of the businesses listed below that participated and to those who voted for their favorite holiday display!

Calabria Coffee
Love and Stitches
Lucianna's Boutique (Kids and Home)
Re-Decor and More
The Sneaker Store
The Treehouse Reading and Arts Center
Williams Painted Furniture



Congratulations to Daughter for Hire for ten years in business! Daughter for Hire celebrated with a joint Ribbon cutting with both the New Hartford and Clinton Chambers of Commerce on December 7th.

As a companion care service provider, Daughter for Hire helps their clients with activities that make it possible for them to remain in their own homes. They assist with services such as driving them to medical appointments, taking them grocery shopping, running errands and so much more.

Daughter for Hire prides themselves on being the premier senior companion care company in both the Mohawk Valley and the Capital District. Their clients and their clients' families know they can rely on Daughter for Hire to be there for support whenever it is needed.

Daughter for Hire is located at: 6 Williams Street Clinton, NY

Photos taken for New Hartford Chamber of Commerce by Vintage Junebug Photography



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If you have lost a spouse, child, family member or friend you’ve probably found that there are not many people who understand the deep hurt you feel. That’s the reason for Grief Survivors, a **FREE** and confidential support group for those grieving the loss of someone close.

It's such a relief to talk to folks who are going through what you are.
They get it. They understand.

- ◇ Grief video series
- ◇ Small group sharing
- ◇ Resources for self-care
- ◇ Guest speakers
- ◇ Fellowship

Please call to register for both in-person or virtual meetings,
Monday-Friday 8:30 AM-4:30 PM, 315-735-6210.

2023

January 3, 17, 31 February 14, 28 March 14, 28 April 11, 25
May 9, 23 June 6, 20 July 18 August 1, 15, 29 September 12, 26
October 10, 24 November 7, 21 December 5, 19



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thegoodnewscenter.org



MVCC Graphic Design students' logos were chosen by the City of Utica Youth Bureau. From left: MVCC student Adam Naresky; Utica Youth Bureau Assistant Director Chet LoConti, who is holding the logo designed by MVCC student Kendra Barajas; and MVCC students Taylor Smith and Chad Garnsen.

MVCC Graphic Design Students Create Logos for the City of Utica

Students in Mohawk Valley Community College’s Graphic Design degree program were asked by the City of Utica to create branding for the Youth Bureau and the new Utica Proud initiative.

Utica Media Commissioner Paul Buckley chose the MVCC Graphic Design program to work on the branding project based on its history of producing professional quality graphics, including the “Utica starts with YOU” logo.

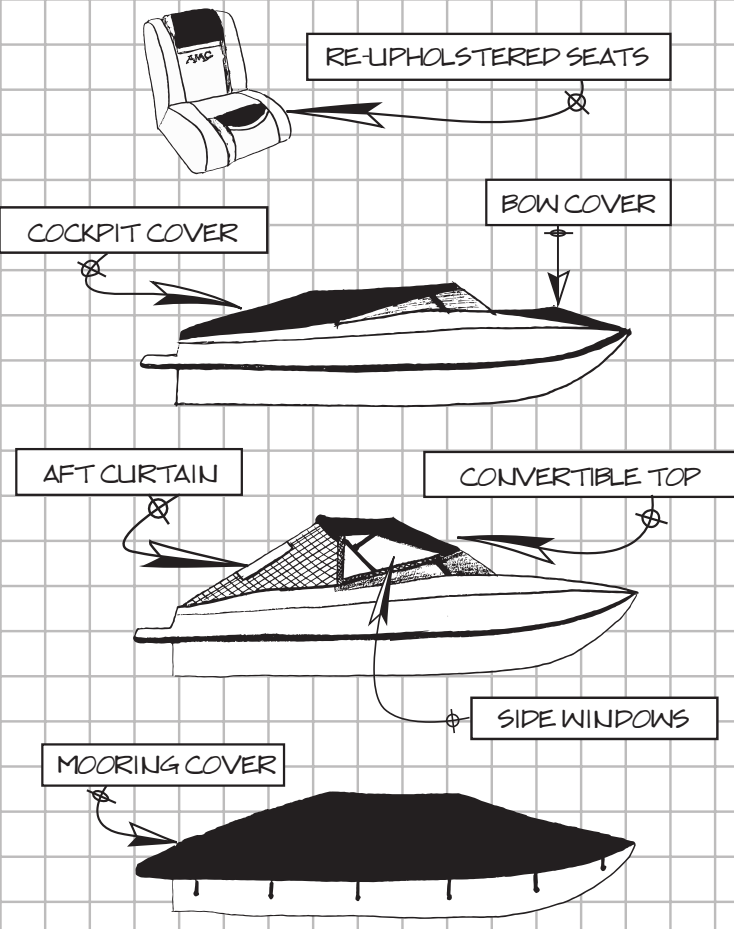
MVCC Associate Professor Scott Selden said, “Our program continues to work closely with representatives of the city to produce quality work and give real-world experience to the students.”

Second-year students in Selden’s Graphic Design 3 course worked on the logos during the fall semester. The City of Utica commissioned two logos to be designed:

- A Utica Youth Bureau logo, which will be utilized in branding for local adolescent opportunities to participate in sports such as tennis, golf and basketball. Four designs were chosen, and will be used for different purposes by the Youth Bureau. The four logos were designed by MVCC students Adam Naresky, Kendra Barajas, Taylor Smith, and Chad Garnsen.
- A “Utica Proud” logo, which will work in unison with the existing Utica Proud (UP) branding to create and enhance pride in the city. Students are still working on this project, and winners will be announced in the spring.

The students whose logos were chosen will receive recognition in an upcoming episode of “Utica City Limits,” a locally produced show that highlights issues in the city and surrounding areas.

MVCC’s School of Art offers degree programs in Fine Art, Illustration, Graphic Design, Digital Animation, Digital Media and Marketing, Photography, and Video Production. For more information, visit mvcc.edu/academics/arts/



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Helen M. Sarandrea P.T.
Physical Therapy & Sports Care

Keeping up with PT During the Holidays is Tough... Follow These Tips to Make it Easier!

Submitted by Helen Sarandrea P.T.

There are so many things to do this time of year like cooking, parties, shopping, and travel. Physical therapy often gets put at the bottom of the list. But if you're in physical therapy over the holidays, there's a reason. It might be pain, a recent surgery, or just not moving the way you'd like. Any of these things will put a damper on your holiday season, so keeping up with your PT is important. Here are some tips to make it easier.

The crazy schedule is part of what makes the holidays challenging. That's why planning is extra important right now. Your schedule isn't the only one that's full this time of year - so is your PT's. Plan and schedule your appointments well in advance. You'll get the times and days that work best for you, and you'll already have your PT appointments in your calendar to plan around.

Hopefully you have a regular time to exercise. With the holiday mania about to shake up your routine, that time may no longer work. Think about when you're going to exercise ahead of time, and you'll stay consistent.

Planning won't solve all of the holiday challenges though. Be ready to work with your PT and make modifications to your treatment.

You might have to modify your plan of care and attend fewer sessions for a week or two. If your PT knows this, they can give you a few extra things to work on at home so you don't fall behind. If you find that getting in all of your home exercises is tough, your PT might be able to temporarily reduce the number of exercises you're doing with a focus on maintaining your progress through the busy season.

The holidays are a special time of year. Keeping up with your health and your physical therapy can be challenging during this time. But you don't have to fall behind. With some planning and flexibility, you can stay healthy, survive the holidays and head into next year with good momentum!

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**Waiting until
after the
holidays to
start physical
therapy?
You might not
have to.**

Wondering how to fit physical therapy into all of your holiday plans? We have some ideas.

We know it can be tough to keep up with physical therapy during the holidays. That's why we wrote a survival guide for you.

Need some quick tips on how to keep up with physical therapy during the holidays?



Christopher J. Carbone

Paying Down Debt vs. Investing

Paying down debt is often difficult, especially in a challenging economic environment. You may be wondering which to tackle first — pay down your debt or invest for the future.

Balance is best

A balanced approach to wealth management serves both today’s needs and tomorrow’s goals. For some that may mean paying off some debt today while simultaneously investing for the future.

Your own needs and circumstances will be unique. The following guidelines can help you

evaluate alternatives and find an approach that fits your situation and goals.

Don’t forget your emergency fund

In addition to paying down debt and settling on an investment strategy, make it a priority to set up an emergency reserve. Traditional “rules of thumb” suggest setting aside three to six months or more of living expenses in traditional savings or very short-term, highly liquid, low-volatility investments.

While ideal, that goal may not be realistic for everyone. Start by building up a reserve of a month’s expenses and make it a goal to increase your emergency fund over time as resources permit.

Your future first

When making decisions about debt and investing, be a long-term thinker. Consider “what position do I want to be in 10 or 20 years from now?” Then evaluate what actions today should be most effective in helping you achieve your long-term financial goals.

For example, if you have high-interest debt that is compounding, this could eventually become a serious impediment to reaching your long-term goals. In contrast, you might not be in a hurry to retire low-interest debt if the potential return on long-term investing would be greater.

When making decisions about debt reduction vs. investing, keep in mind that the need to eventually pay off principal is certain but investment returns are not. Investment performance will vary over time, and it’s possible to experience losses as well as gains. At the same time, it is well known that investors who start earlier may benefit from compounding and “time in the market.”

If you have the opportunity to participate in a retirement plan at work and your employer makes matching contributions, that could be a compelling reason to prioritize investing up to the amount that the employer will match.

But there are no magic numbers. That’s why you may want to work with a financial advisor to create an investment strategy that fits your financial expectations for the future.

Prioritize your debts

With your emergency fund and investment strategy in place, you can begin deciding on a strategy for reducing your debts. But how do you decide which debts to pay down first?

Mathematically, it makes sense to focus on paying off high-interest debts like private student loans and credit card debt first. Federal student loans and mortgages might be lower priorities because their rates are often lower and their terms longer. Vehicle loans might fall somewhere in the middle. Tax considerations may also come into play.

An alternative approach is to start with the smallest debt first. It might be motivating to get a “quick win” by paying off a smaller debt before beginning to chip away at a larger one.

Once you pay off one debt, add that payment amount to a different debt payment amount to accelerate its pay off.

It’s personal

One last tip: Don’t discount your emotions. If paying off a certain debt will help you feel more secure, follow your gut. Or discuss with a financial advisor before you decide. Also, identify some key milestones that you want to reach, and celebrate (modestly) when you achieve those goals!

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

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

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MaryJo Kelley, Director of Faith Formation
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Mon-Fri Masses: 7am & 9:10am
We are handicapped accessible!

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317 Oriskany Blvd, Whitesboro - 797-4520
Senior Pastor, Samuel Macri
Assistant Pastor, Bobby Allen
Sunday Services:
8:00am – 9:00am Worship Service
9:00am – 10:30am Study Groups
10:30am – 12noon Worship ServiceWebsite:
crosspointchurchonline.org
Sunday Morning Services streamed live
Pastor Sam’s message available at our website
We are handicapped accessible!

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

ST. THOMAS CHURCH

150 Clinton Road - 735-8381
stthomasnh@syrdio.org
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Saturday Vigil: 4 p.m.
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Confessions: Sat. 4:45-5:15 p.m.
Holy Day Schedule:
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25 Oxford Road - 732-7462 (Parish & Rectory)
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Sunday Service of Holy Communion at 10am followed by fellowship
AI-Anon Meetings: Sun. at 5pm & Thurs. at 5:30pm
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.

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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

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45 Genesee Street, NH 315-732-1139
newhartfordpresbyterian.org
office@newhartfordpresbyterian.org
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Sunday morning worship continues at the regular time
of 10:30 in January, in the sanctuary and livestreamed
on NHPC’s Facebook page. The Sondag Club and Adult
Sunday School classes resume at 9:30 on January 8. A
fellowship/coffee hour for everyone follows the worship
service.
The schedule of NHPC activities in December includes:
Choir rehearses at 9:15 each Sunday morning
1/4 - 6 p.m. 4-H
1/7 - 9:30 a.m. PEO
1/16 - Martin Luther King Holiday
1/18 - 6 p.m. 4-H

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

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10 Higby Road, Utica, NY 13501
315-724-3179 uuutica.org
Minister: The Rev. Karen Brammer
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www.uuutica.com.
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Universalists come from different faith backgrounds but
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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
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rectory.denise@roadrunner.com
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Weekend Mass: Sat. 4pm Vigil, Sun. 9:30am
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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
AI-Anon Meetings, Wednesdays at 12:30 PM
315-732-4110, office@zionluth.com
www.zionlutheranNy.org
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Come As You Are
www.mohawkvalley.church
info@mohawkvalley.church
Pastors Mike & Susie Melnick
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Parents of Addicted Loved Ones (PAL) is a national organization founded in Arizona by a Licensed Independent Substance Abuse Counselor. Each PAL group is facilitated by a trained peer, someone walking the same path.

The primary goal of **PAL** is to provide **HOPE** through education for people dealing with the pain of having an addicted loved one. The guiding principles of PAL are confidentiality, respect, acceptance and support. Differences in opinion are embraced without judgment and we provide an atmosphere of understanding and the freedom to talk. Everyone experiences the journey at their own pace and is supported by the group.

Our meetings are **FREE** and open to the public; participants must be 18 and over.

PAL group educational lessons and discussions will highlight:

- | | |
|---------------------------------|--|
| • Delayed emotional growth | • Roles of addict/alcoholic and family |
| • Three promises to a loved one | • Understanding re-entry |
| • Helping | • Healthy adult relationships |
| • Enabling checklist | • Six steps for families |
| • Four stages of growth | • Steps of recovery |
| • Family lessons about recovery | • Respond rather than react |

Meetings are held every other Monday except holidays
6:00-7:30 PM at The Good News Center

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WATER DAMAGE.... FROZEN AND BURST PIPES!

Of all the disasters that can happen in your home, there is none worse and more difficult to deal with than a pipe that has burst in your home or business. The extreme cold of winter often brings extreme problems to North East homeowners and businesses. The worst of these is a frozen pipe that bursts and the water damage clean up that follows. When the cold temperatures don't rise above freezing for weeks on end, broken or frozen pipes lead to severe water damage from flooding.

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

Pipes that freeze first are usually located near outside walls that are exposed to the colder temperatures rather than pipes located throughout the middle of the structure. 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, an 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 contaminates 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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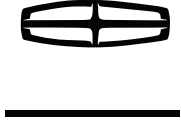
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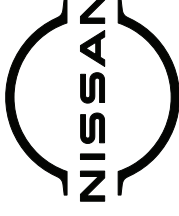
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