



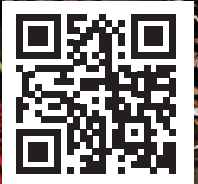
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Vol. 37 No. 12  
December 2023

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For information on how to place a free article for your community event or local news,  
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Our monthly paper is currently mailed to residents in the 13413 zip code. If you know someone who wishes to  
receive our publication, we will gladly add the address to our subscription list for a yearly fee of \$25,  
please mail a check, payable to The Town Crier, PO Box 876, New Hartford, NY 13413.

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Walter Lucas Lily Joy



A local author of a childrens 5-book series will  
have his books available to purchase at Barnes  
and Noble in time for the Holiday Season!

*More info on page 4.*



Annual Christmas Cookie Sale  
December 9th  
10am-3pm

First United Methodist Church  
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Select the perfect combination of home baked  
and beautifully decorated Christmas cookies at  
First UMC of New Hartford, made by our own  
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### New York State Approved Smart Drivers Course

New York State approved defensive driver safety  
course, sponsored by AARP and approved for  
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on December 12, 2023 at the New Hartford Public  
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### Not So Tiny Nutcracker Display at the History Center in Utica

Discover the magic of the holiday season with our captivating nutcracker exhibit. Immerse yourself in a whimsical world of wonder where every intricately crafted nutcracker tells a unique story. The nutcrackers will be on display from November 25, 2023 - January 21, 2024.

The nutcracker display at Tiny’s Grill in Utica has been a holiday tradition for over thirty years. In 1994, Joanne Gerace, the owner of the restaurant, bought one nutcracker and put him out in the restaurant. She thought he looked kind of lonely and bought another and another... and the rest, they say, is history.

When Gerace sold the restaurant this year, the History Center asked her to keep them in mind as a place to display the collection to keep the tradition alive. Several months later a truckful (!) of nutcrackers arrived.

The display features over 600 nutcrackers. Gerace has loaned her collection to continue this unique Utica tradition. “The nutcrackers have always been for the public to view. The History Center is an ideal place for the nutcrackers to be displayed and continue the tradition. I couldn’t be more happy to have them displayed there,” said Gerace.

The Oneida County History Center is a private 501(c) (3) not-for-profit educational institution dedicated to preserving the history, heritage, and culture of the Greater Mohawk Valley for present and future generations; please contact the History Center at 315-735-3642 or visit oneidacountyhistory.org for additional information.

### Awakening a Dream: A Local Mother-Daughter Sleepwear Team

The early days of the pandemic brought about many unexpected changes to all of our lives. For Elaine Trevisani, Mia Trevisani, and Lauren Palmieri, it became an opportunity to build and launch their sleepwear e-commerce brand MEL, named after the first letter of each of their names. Like so many families, the mother-daughter trio found themselves living together in their family home, the historic Samuel Hicks House in New Hartford, NY for a year. Mia was preparing to begin her first year at Boston University virtually; Elaine, a nurse practitioner provided care on the front lines; and Lauren, an HR professional, home after living in NYC for over a decade adjusted to remote work and endless Zoom meetings. At the end of each day, the women looked forward to spending their evenings together, where they shared their hopes and dreams for the future, always while wearing their beloved pajamas.

As the pandemic progressed, they realized the loungewear they once took comfort in unintentionally transformed into an all-purpose wardrobe. Like so many, they were all struggling to get a restful night of sleep. After evaluating their sleep routines, they honed in on nightwear and began discussing the vital role it plays in the way we feel physically, emotionally, and spiritually. At that moment, they knew they had an opportunity to create sleepwear reserved for one of the most essential occasions of a woman’s day, preparing for rest.

Today, MEL Sleepwear operates as a long-distance team, from each of their residences in New Hartford, Boston, and Palm Beach and they are grateful that this creative endeavor has strengthened their bond and keeps them close. Their mission is to inspire women to create healthy bedtime routines through their designs and to encourage women everywhere to follow their dreams. MEL is made in NYC.

Shop the first piece of their spring collection, The Rose, at [www.melsleepwear.com](http://www.melsleepwear.com) and connect with them on IG @mel\_sleepwear.

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### Christmas Open House

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### Holiday Paint and Sip

Join us Thursday Dec 7 at 6pm at the Irish Cultural Center of the Mohawk Valley for another fun-filled holiday themed Paint and Sip Class, led by Jill Rae Vennara.

Get ready to toast the holidays with your own hand painted wine glasses! Jill Rae Vennara will deftly guide you through the process of creating your own personalized wine glasses to celebrate the season. The \$45 fee includes paints, two wine glasses, instruction, adult beverage, and light snacks.

Our instructor, Jill Rae Vennara, is the owner of Easels on the Gogh, a full service mobile painting studio, and Jill Rae Signs. She has a degree in Fine Arts and Art Therapy. Easels on the Gogh hosts parties for adults, children, schools, colleges, and nursing homes. Everything you will need for your creation will be supplied. Everyone is an Artist!

This event will be held in the H.A.R.P. Museum at the Irish Cultural Center of the Mohawk Valley, 623 Columbia St, Utica, NY. The Irish Cultural Center and the H.A.R.P. Museum are wheelchair accessible and open to all.

Please register in advance by visiting our events calendar at <https://www.iccmv.org/my-calendar/> or leave a message at the ICC 315-733-4228 Extension 6.





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## Angels Among Us Food Pantry

**Dec 2 & 16 • Jan 13 & 27**

**Hours of Operation: 10am - 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



## FEED OUR VETS®

### Help Us Help Those in Need

Friedel, Williams & Edmunds Funeral and Cremation Services are holding their annual food drive. This year, they will be giving the food to Feed Our Vets. The drive will continue until December 13.

The collection point is outside their main entrance at 13 Oxford Road every day from 8 am to 4 pm. If those times aren't convenient for you, please contact them at (315) 724-6105 and they'll find a time that works.

Thank you for your generosity.



### Rotary Club of Utica- Rooted in Service to the Community

Forty trees were planted across the City of Utica as part of the Third Annual Urban Tree Planting Project, a cooperative program of The Rotary Club of Utica, The Unitarian Universalist Church of Utica and the City of Utica Parks Department. The goal is for the trees to thrive over many years and serve to enhance the value of these properties, improving the air quality within the community by reducing carbon emissions, provide a canopy of shade to lower the heat index during summer months, and as recent studies have found, trees planted in urban areas have served to reduce the level of crime. "Great to have this hands-on project for us to enhance the quality of life of generations to come," said Utica Rotarian David Jones. Twenty-four Rotarians and family members broke into four groups, with a total of 40 trees planted, as well as 80 bags of mulch and 10 bags of potting mix spread.

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### Local Author Has 5-Book Series on the Shelves at Barnes & Noble!

Jermiko Thomas, born and raised in Utica, is a national & international award-winning author of a 5 book rhyming children's series, 'Adventures of Walter'. Jermiko did not start speaking until he was six years old and doctors deemed him to be mentally slow. He learned sign language and still persevered, ending up testing out of the resource program in his junior year of high school.

He currently holds an associate's and bachelor's degree in Business Administration from the University of The People. In addition to being an author, he is also a TEDx speaker.

The 5-book series, 'Adventures of Walter' is a national & international award-winning rhyming children's series. It addresses essential themes that resonate deeply with students' emotional, social, and educational growth. This series comprises engaging stories that touch upon the following significant topics:

Book 1 "The Fearless Boy Inventor" - Overcoming Fears: The series features relatable characters who face various fears and challenges, encouraging our students to develop resilience and strategies to overcome obstacles in their lives.

Book 2 "An Adventure With STEM" - STEM (Science, Technology, Engineering, and Mathematics): These books highlight exciting STEM adventures that can pique students' curiosity, spark their interest in these fields, and promote critical thinking and problem-solving skills.

Book 3 "Walter & Lily Autism/Unexpected Friendship" - Autism Awareness and Inclusion: Through diverse characters and empathetic storytelling, the series fosters a deeper understanding of autism, promoting a culture of acceptance and inclusion within our school community.

Book 4 "The Bully-Free Brigade" - Bullying Prevention: The books offer valuable lessons on kindness, empathy, and standing up against bullying, empowering our students to create a safe and supportive learning environment.

Book 5 "Celebrating Life with Friends" - Adversity and Resilience: By depicting characters who face adversity and emerge stronger, the series inspires our young learners to develop resilience and a positive mindset in the face of challenges.

In addition to being available at the New Hartford Barnes & Noble Bookstore, you can also purchase this series online at B&N and Amazon. These are available in hardcover, paperback, eBook, audiobook. Stayed tuned for a book signing event at the New Hartford Barnes & Noble scheduled for February 2024.

Many schools and Libraries are carrying this series.

For more information, please visit [www.adventuresofwalter.com](http://www.adventuresofwalter.com)

More about the author Jermiko interview story and ted talk below

- Jermiko Story: <https://youtu.be/cu9kAtBI8mw>

- Jermiko Ted Talk: <https://youtu.be/seB6obXg0ow>



### Celebrate the New Year with Bank of Utica

Bank of Utica with the City of Utica and its Public Safety Departments are happy to invite the community to celebrate the start of 2024 at the fourth annual Bank of Utica New Year's Eve event happening in the heart of downtown. This free event features live music, a range of intermission acts, food and beverage deals, and street entertainment for a night full of fun for everyone.

Bank of Utica New Year's Eve is scheduled for Sunday, December 31, from 7:00 p.m. to midnight. We're bringing back crowd favorites – nostalgic horse and carriage rides, local magician Leon Etienne, dancers from Butler-Sheehan School of Irish Dance, and fire dancers to light up Genesee Street! Bank of Utica's windows will also showcase world-class aerialists and will feature the winners of our kid's Coloring Contest that's going on now!

Cast your vote in the UPD/UFD Chili Cook-Off and enjoy beverages from Saranac Brewery and Utica Coffee served up by our favorite United Way volunteer baristas. Watch ice carving demonstrations, play some ice skee ball and ice corn hole and then take a picture on the ice throne.

We're throwing in a bonfire this year that will keep us toasty throughout the night as we wait until the Bank of Utica tower counts down to midnight. Don't miss the dazzling fireworks display when the clock strikes twelve.

"We are happy to continue this tradition of celebrating our great City that has a steadily growing downtown filled with diverse businesses, a state-of-the-art hospital, beautiful public spaces, and a thriving arts and culture scene, while honoring the dedicated men and women who show up every day to keep our communities and citizens safe. We'll come together on December 31st to ring in the New Year, to recognize the extraordinary efforts of these public safety officers and to sendoff Mayor Palmieri with our most exciting event yet," said Barry Sinnott, Senior Vice President of Bank of Utica.

Mayor Palmieri adds, "Bank of Utica New Year's Eve, like the City of Utica, continues to grow and exceed expectations. This year's event will feature more than it ever has, and as always, it'll showcase all of the beauty in our downtown. Always at the front of the show is the respect for our Police and Fire Departments that are truly heroes and the best in the state. It's a fitting way for me to spend my last day in office."

**Event Details:**

Where: On Genesee Street, between Bank Place and Devereux Street

When: Sunday, December 31, from 7:00 p.m. to 12:00 a.m.

Who: Hosted by Bank of Utica's Barry Sinnott, Utica Mayor Robert Palmieri, and Kari Puleo from the Greater Utica Chamber of Commerce

Entertainment: Simple Props, Soul Injection, Leon Etienne Magic Productions, and other live acts!

Food/Drink Specials: F.X. Matt Brewing Company, Utica Coffee Roasting Company, Delta by Marriott, Griffin's Pub, Môtus, Irwin's Fine Food, Golden's, and more!

Visit [www.bankofutica.com](http://www.bankofutica.com) for up-to-date information and event schedule.



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**Saturday 10am-2pm**  
**Sunday 1-5pm**  
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### Library Closures

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

### Weather Closures

Should the New Hartford Central School District cancel classes before the start of the school day 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](http://www.newhartfordpubliclibrary.org)

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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. December 20, 2023.

### Used Book Donations

Thank you for thinking of us for your “gently” used 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.

- We are currently accepting newer fiction & non-fiction hardbound and paperback books and magazines. As well as records, DVDs, Children’s books, puzzles and games.

- We DO NOT accept moldy/damaged books, textbooks, medical books, encyclopedias, Reader’s Digest Condensed books, National Geographic magazines, and multi-volume book sets. We are also no longer accepting Audio cassettes, VHS tapes, and Computer games/books.

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.

### 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 Tuesday 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 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

### Christmas Village at the Library

An annual holiday tradition returns in December when the Friends of the New Hartford Public Library decorate the library for the season. Of special interest for patrons young and old alike is the Christmas village, installed in the hallway display case of the library's main entrance. The work begins Dec. 1 and decorations will remain on display throughout the month. Make sure to check out the decorations when you visit the library and thanks to the Friends for all the work they do on behalf of the library. You'll also find holiday-themed books, available for check out, in book racks throughout the library.

### Winter Clothing Drive

During the month of December, the New Hartford Public Library will be accepting winter clothing to benefit ARChHealth: Rapid Rehousing for LGBT Youth.

Requesting: coats, sweaters, jeans, thermals, winter hats, gloves, scarves, boots, socks, and underwear.

### Connected Community Schools Community Elves

We are helping collect new unwrapped toys on behalf of the Connected Community Schools Community Elves initiative. If you are interested in making a toy donation you can find the donation bin at the New Hartford Public Library. Please drop off donations by December 15th. Thank you in advance.

### Grab & Go Projects Adults

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

December 4th – Tea Light Snowman Ornaments

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.

December 7th – DIY Winter Ornament

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

Regular Story Time will resume Tuesday September 5th. 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.

December 4, 5, 7 - Mittens

December 11, 12, 14 - Snowmen

December 18, 19, 21 - Reindeer

### Storytime Holiday Halt

Storytime will be put on pause for the last week of December and the first week of January. Have a happy holiday break and we will see you again starting January 8th.

### 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:

The Wild Center, Fort Rickey Children's Discovery Zoo, Adirondack Experience, Munson, Utica Zoo & Empire.

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

### 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 on the first Thursday of the month. For more information please contact the library.

>Women (and Men) of Mystery: will not be meeting in December. We will resume on January 27 at 11:00 via zoom. In 2024 we will be looking at mystery authors through the lens of history focusing each month on the writing and writers of different eras from the 1800's through latest best sellers.

### ABC Group

The After Breast Cancer (ABC) group will be meeting on December 2nd, from 11 A.M -12 Noon in the Corasanti Room. Our guest speaker will be Sheila Hosler, Mammography Technologist at the Imaging Center at MVHS. The topic: You're going to flatten-- what to expect at your imaging appointment.

### AARP Smart Driving Course

We are offering another AARP Smart Driving Course on Tuesday, December 12th from 9:00-3:30. Please call 315-724-0096 to register.

### 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.



Chair Yoga Class

Join us each Monday and Friday mornings for a Chair Yoga class taught by Donna Reale. Classes start at 11 and will last until noon.

From the Friends of the New Hartford Public Library Friends of the NHPL Meeting

Friends' meetings are held on Saturday mornings at 9:30-11 in the Corasanti Room. All are welcome. Dates: 1/13; 2/10; 3/9. Further information, changes or cancellations will be posted to the Friends website.

Bloomin' 4 Good Program

The Bloomin' 4 Good Program sponsored by Hannaford to benefit the library will be held throughout the month of December at their Commercial Drive store. For every specially marked bouquet sold \$1 will be given to the library. Thank you Hannaford and to all who participate.

Mitten Tree

The Mitten Tree is up and waiting to be hung with mittens. Come share the warmth and love with others.

Bill Bonsted Indoor Miniature Golf Tournament Date is Set April 6

WANTED: Imagination and YOU to build an 18 hole golf course that runs throughout the library. It's fun. A sign up sheet for all those interested in building a hole will be on the circulation desk starting in January. (the fairway is between each row of bookcases)

Support the New Hartford Public Library with a membership in the Friends

Become a Friend of the NHPL. Benefit the library with your assistance as needed. There is always a need!! Your membership also helps to financially assist the library in providing materials, programs and a variety of opportunities for our community.

Griffo and CNY Veterans Outreach Center kickoff annual Cell Phones For Soldiers Collection Drive

In honor of Veterans Day and Military Family Appreciation Month and Veterans Day, state Sen. Joseph Griffo, R-C-Rome, was joined by the Central New York Veterans Outreach Center today to kick off

this year's Cell Phones For Soldiers collection drive. For every donated phone, mobile device or tablet valued at \$5, Cell Phones For Soldiers is able to provide 2.5 hours of free talk time to deployed troops via calling cards. All proceeds from the recycled devices will be used to buy long distance calling cards and other communication services for troops at home and abroad. Some of the phones collected also will go directly into the hands of veterans in need as a part of a new initiative started by the organization this year. The phones will come with unlimited talk and text.

The collection drive starts today (Nov. 9) and runs through Saturday, Dec. 9. The public can drop off gently used and unwanted cell phones and/or tablets at several public locations throughout Sen. Griffo's district.

This is the eighth year that the drive has taken place. Residents throughout Sen. Griffo's district have donated approximately 6,400 devices and have provided troops with approximately 590,000 minutes (9,800 hours) of free calls.

"The upcoming holidays are an especially hard time for our soldiers overseas to be so far away from their families, and the simple sound of a loved one's voice can go a long way to lift up their spirits," Sen. Griffo said. "These brave men and women have stepped up to serve our nation. I am proud to once again team up with the Central New York Veterans Outreach Center and Cell Phones for Soldiers to help connect these troops to their families back home."

"I thank Sen. Griffo for once again spearheading this important and worthy cause, Vincent Scalise, Central New York Veterans Outreach Center executive director, said. "This annual collection drive has helped many men and women serving in our military connect with their families and loved ones during the holidays and throughout the year. It is my hope that the community again steps up to help our troops."

Cell Phones For Soldiers was founded in 2004 by teenagers Robbie and Brittany Bergquist at the ages of 12 and 13. The charity has since provided more than 300 million minutes of free talk time to servicemen and women stationed around the world through its calling card program, Minutes That Matter. Funds raised from the recycling of cellular phones are used to purchase prepaid international calling cards.

On average, Cell Phones For Soldiers distributes 1,500 calling cards each week to bases around the world, care package programs, deployment ceremonies and VA hospitals. Since 2004, the charity has provided U.S. troops with more than 400 million "Minutes That Matter" and distributed more than 5 million prepaid international calling cards and have recycled more than 25 million mobile devices, reducing the impact on landfills.

A donation of a mobile device to this community collection drive doesn't just help connect active military

and veterans with loved ones, it also helps protect the environment by properly and safely recycling them so not to cause electronic waste, which can be extremely harmful to the environment if it ends up in a landfill. Electronics such as mobile devices do not last a lifetime, yet they are made with products that are non-disposable, such as cadmium, mercury, and lead as well as lithium batteries and rare-earth minerals, and commonly cased in plastic—all things that can cause damage to water supplies and ecosystems. Cell Phones For Soldiers works with a recycling partner which dismantles the device securely, identifying which components may be resold for reuse - which helps cut the demand for mining in vulnerable locations, and providing funding for the organization to help service members communicate with home and support veterans in need.

"We are so grateful to Sen. Griffo and his constituents for their ongoing support of our mission to connect America's bravest," said Rob Bergquist, founder and president of Cell Phones For Soldiers. "We now have the capacity to put donated mobile devices—collected through events like Sen. Griffo's drive—in the hands of low-income and at-risk veterans. These devices will be lifelines to help veterans in need connect with critical resources."

For more information on Cell Phones For Soldiers, please visit [www.cellphonesforsoldiers.com](http://www.cellphonesforsoldiers.com).

\*\*\*To prepare your mobile phone for donation here are some tips on how to erase all personal information that may be stored on it to protect your privacy:

Remove your phone's SIM card Erase your address book, photos, messages and other stored information.

Restore the device factory settings on your device.

For instructions on how to do this, go to the owner's manual or to the manufacturers' web site.

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](mailto: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 will gladly add the address to our subscription list for a yearly fee of \$25, please mail a check, payable to The Town Crier, PO Box 876, New Hartford, NY 13413.

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**A Physical Therapy Holiday Survival Guide**

There are so many things to do around the holiday season- shopping, traveling, cooking, decorating, visiting with loved ones and so much more! But if you're in physical therapy over the holidays, there's a reason! Even though keeping up with your PT this time of year is tough, it's important. That's why we're going to give you the best tips to help you through the holidays!

Some of what makes the holidays challenging is everyone's crazy schedules. To survive this, try your best to plan ahead. Schedule your appointments in advance and you'll be more likely to get days and times that work best for you. Your health should be a priority in your schedule, so put concrete appointments in your schedule first and build your days from there.

With the holiday mania about to shake up your routine, think about when you're going to exercise ahead of time to stay consistent. After consulting with your PT, your home exercise program may be able to be modified. You might even be able to do everything in the kitchen during downtime when you're cooking up your holiday feast!

Healthy eating often gets derailed during the holidays. Putting low quality fuel into your body won't help you feel better. Think about planning what you're going to eat ahead of time. We're not saying to skip every holiday treat offered to you, but everything in moderation.

The holidays are a special time of year, keeping up with your health and your physical therapy can be challenging during this time. With some planning and flexibility, you can stay healthy, survive the holidays and head into next year with good momentum!



**The Neighborhood Center**

**Purchasing New Cots for Tots**

The Neighborhood Center, Inc. is asking for help to raise funds to purchase new cots for their childcare programs. Their goal is to purchase 80 new cots and sheet sets for children in their programs. For each cot and sheet set the cost is \$30. Our community can help in one of two ways: individuals can donate online at [www.neighborhoodctr.org](http://www.neighborhoodctr.org) \$30 for each cot and sheet, or persons can buy a Tempur-Pedic mattress set from any Joe Tahan's Furniture location and Tahan's Furniture will donate the cot and sheet set for every mattress set sold.

"Community partners like Joe Tahan's Furniture are invaluable to The Neighborhood Center. Through this partnership, we will be able to give our children a comfortable place to rest," said Jennifer Benn, Director of Development and Public Relations at The Neighborhood Center.

The mission of The Neighborhood Center, Inc. is to enrich the lives of individuals and families through cooperative opportunities, resources, and advocacy that embrace diversity, promote empowerment, and foster responsible citizenship. Through its sustained pattern of activities that benefit children, families, and the community since 1905, The Neighborhood Center, Inc. continues to advance in our enduring mission of truly "human" service.

For more information about The Neighborhood Center, call (315) 272-2600, or visit [www.neighborhoodctr.org](http://www.neighborhoodctr.org), follow us on Twitter @neighborhoodct1, Instagram @theneighborhoodcenter or like The Neighborhood Center on Facebook.





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## New Hartford Sports Home Games

*\*Subject to change without notice*

Date	Start Time	Sport	Level	H/A	Opponent	Location
Dec 2, 2023, Sat	5:00 PM	Ice Hockey (Boys)	Varsity	H	Clinton	John F. Kennedy Ice Arena
Dec 4, 2023, Mon	4:30 PM	Volleyball (Girls)	7th/8th	H	Utica Proctor (DMS)	Perry JH Gym
Dec 4, 2023, Mon	5:30 PM	Volleyball (Girls)	Junior Varsity	H	East Syracuse Minoa	HS Gym
Dec 4, 2023, Mon	7:00 PM	Volleyball (Girls)	Varsity	H	East Syracuse Minoa	HS Gym
Dec 5, 2023, Tue	4:00 PM	Bowling (Girls)	Varsity	H	Holland Patent	Vista Lanes
Dec 5, 2023, Tue	5:00 PM	Swimming/Diving (Boys)	Varsity	H	Holland Patent	HS Pool
Dec 6, 2023, Wed	4:00 PM	Bowling (Boys)	Varsity	H	Vernon-Verona-Sherrill	Vista Lanes
Dec 6, 2023, Wed	4:30 PM	Volleyball (Girls)	7th/8th	H	Central Valley Academy (Blue)	Perry JH Gym
Dec 6, 2023, Wed	5:30 PM	Basketball (Boys)	Junior Varsity	H	Rome Free Academy	HS Gym
Dec 6, 2023, Wed	6:00 PM	Wrestling (Boys)	Varsity	H	Whitesboro	Bradley Elementary Gym
Dec 6, 2023, Wed	7:00 PM	Basketball (Boys)	Varsity	H	Rome Free Academy	HS Gym
Dec 7, 2023, Thu	5:30 PM	Volleyball (Girls)	Junior Varsity	H	Whitesboro	HS Gym
Dec 7, 2023, Thu	7:00 PM	Volleyball (Girls)	Varsity	H	Whitesboro	HS Gym
Dec 8, 2023, Fri	7:00 PM	Ice Hockey (Boys)	Varsity	H	Oswego	New Hartford Rec Center
Dec 12, 2023, Tue	4:30 PM	Basketball (Boys)	7th/8th (Red)	H	Whitesboro (Blue)	Perry JH Gym
Dec 12, 2023, Tue	6:00 PM	Basketball (Boys)	7th/8th (Blue)	H	Whitesboro (White)	Perry JH Gym
Dec 13, 2023, Wed	4:00 PM	Wrestling (Boys)	7th/8th	H	Central Valley Academy, Rome Free Academy	Perry JH Cafeteria
Dec 13, 2023, Wed	4:00 PM	Bowling (Boys)	Varsity	H	Whitesboro	Vista Lanes
Dec 13, 2023, Wed	5:30 PM	Basketball (Girls)	Junior Varsity	H	Camden	HS Gym
Dec 13, 2023, Wed	7:00 PM	Basketball (Girls)	Varsity	H	Camden	HS Gym
Dec 13, 2023, Wed	TBD	Ice Hockey (Girls)	Varsity (Combined)	H	Ithaca, Clinton (Combined)	Clinton Arena
Dec 14, 2023, Thu	4:30 PM	Basketball (Girls)	7th/8th (Red)	H	Utica Proctor (JFK)	Perry JH Gym
Dec 14, 2023, Thu	5:30 PM	Basketball (Girls)	Junior Varsity	H	West Genesee	HS Gym

## Half Moon Orchestra Brings Holiday Magic to New Hartford Presbyterian Church and Munson: A Festive Musical Extravaganza

The holiday season is just around the corner, and the Half Moon Orchestra is ready to make it special for our community with two magnificent holiday shows. Mark your calendars for a musical journey through the yuletide spirit with the Half Moon Orchestra on December 10th and December 16th as they share timeless melodies and festive cheer. The Half Moon Orchestra’s mission is to provide the Mohawk Valley with a variety of modern, engaging, and well-known music meant to inspire appreciation of instrumental music, make that music accessible to all, and to further advance public interest in orchestral and chamber music.

The first concert will kick off at 3pm at the New Hartford Presbyterian Church (45 Genesee St, New Hartford), featuring a full orchestra performance of beloved Christmas music. This concert is free to the public and open to all. Audience members are then invited to fellowship hall for light refreshments and to meet and greet the musicians.

The following weekend, at 7pm, the festivities continue at Munson (310 Genesee St, Utica) with the Half Moon Orchestra's second concert. This time, the program will not only include a selection of holiday tunes but also classical masterpieces. Tickets to Munson members are free and general audience tickets are \$10. Michael DiMeo, the accomplished conductor will lead you through a program that captures the essence of the season.

Get Your Tickets Now!

Half Moon Orchestra invites the entire community to join in the festivities by attending one or both shows. These opportunities to unite with your friends, family and neighbors by sharing in the joy of the season through the universal language of music. Gather your loved ones and immerse yourself in the enchanting world of the Half Moon Orchestra this holiday season.



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Everyone has to deal with varying levels of stress. This can be particularly difficult to manage if you also have symptoms of depression or anxiety, or are mourning the illness or loss of a loved one. When you feel like your stress levels have reached their peak, it might be time to take a quick break to reset in the form of a mental health day.

It's easy to feel overwhelmed by your daily roles and responsibilities. When you're constantly expected to perform your duties as an employee, a parent, a spouse, a family member, a friend, etc., you can find yourself exhausted.

**What to Expect From a Mental Health Day**

Knowing what you can expect to get out of a mental health day is important. It's important to remember that it isn't a day to hide from your problems.

An effective mental health day can help you: Destress, Get a handle on your emotions, Relax, Reset your perspective, Rest, Take a step back to evaluate.

Problems can be harder to deal with when they seem close, overwhelming, and inescapable. Taking a mental break from work and spending some time on self-care can sometimes give you the mini-break you need to head back into things with a clear head.

**How to Spend Your Mental Health Day**

Sometimes this one is a no-brainer—if you're exhausted, your body will be screaming that it needs to rest. Or you may just need to have some fun. However, if you're feeling overwhelmed, you may not be as aware of your needs.

Take a minute and really reflect: Would you benefit the most from some tension relief? Or from making a few changes that will relieve stress in the future? Some time with a loved one? Or just a change of scenery? As different stressors require different responses, different types of mental health days fill unique needs.

**If You Need to Relax**

Taking a mental health day often means taking time out to relax. That can mean watching TV in pajamas for hours, or puttering around the house and doing nothing. As long as this isn't an everyday thing, that's fine. Some activities can take a little front-end effort and feel immensely relaxing once they're completed.

Some things you can try include: Attending a yoga class, Getting a massage, Swimming laps, Taking a walk in nature.

The key is to spend time doing an activity that you find relaxing, whether it's taking a hike, exploring a museum, or just spending some time immersed in a good book.

Things to Avoid: Other people, if they interfere with your need to recharge, Smoking,

drinking, or other substances, Overeating unhealthy foods, Ruminating or wallowing in negative emotions, Spending all day reading posts on social media.

There are plenty of ways to spend your day, whether you decide to catch up on some much-needed sleep, indulge in a hobby you love, or hang out with a friend. Spend your day on activities that boost your physical and mental wellness.

**If You Need Some Fun**

If you really need a change of scenery and a "Ferris Bueller's Day Off" kind of mental health day, make the most of it. Plan at least one fun event—either something you normally love to do and don't do often enough, or something you've always wanted to try. Take a good friend along, if possible, to really make the day memorable.

If nothing grabs your attention, try to engage in activities that provide just the right type of challenge: Hobbies, games, and the like.

**If You Need to Make Some Changes**

If the stressors seem to pile up and you're looking for a way to slow down and stop the noise, you may want to take a day to restructure things. You may not be able to eliminate all of your ongoing stressors in a day, but you might be able to make a significant reduction in a few areas, which may, in turn, create a lasting impact on your stress levels.

You can start to eliminate stress by: Creating a list of things that drain your energy, Cutting out some of your larger stressors, Taking a look at your priorities, Working on increasing job satisfaction.

Don't expect to be able to take on all of this in a single day. If you want to use your mental health day to make real changes in your life, use it as a chance to evaluate, plan, and get ready to work on those changes.

**If You Need a Longer Break**

If you're concerned that your overall stress levels need more than just a mental health day, consider taking a staycation or vacation. You may also consider whether you're headed toward burnout.

Online resources can also help, and you may want to also bring up your concerns with your doctor, or talk to a mental health professional. There are many steps that can be taken to help.

**The bottom line on mental health days**

Your mental health care is an important part of your health care. It might feel easier and “more productive” to push through and tackle your to-do list when you’re overwhelmed. But if there’s one thing that’s true, it’s that life will always have stressors. If we wait until everything is perfect to take a mental health day, we’ll be waiting a long time.

Taking a mental health day doesn’t mean that you have “mental health issues.” It means that you’re learning how to check in and respond to those internal cues that tell you when you need a break. After all, “pushing through” can be a habit. But taking care of yourself can be one, too.

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Richard Sherman

New Hartford Highway News  
*submitted by Highway Superintendent, Richard Sherman*

As we head into the season of snow, we will continue to pick up leaves until snow begins to accumulate. Your Highway crew has performed tremendously this fall in keeping our four-leaf vacuum trucks busy and the leaves picked up.

What slows us down in getting to your neighborhood faster? Leaves placed in bags or non-separation of branch piles always provide the biggest hindrance. I have seen branches mixed in with the leaf piles still.

The town’s plows, sanders, brine machine and tankers are ready for another busy snow & ice season. After Thanksgiving your Highway Department crew splits into 2 separate crews to manage the winter season. The first shift crew begin at 4:00 a.m. to ensure

that our roadways are ready for the morning traffic and school busses. That 8-hour shift ends at noon unless it is still snowing or sleeting with freezing rain and they will work til 4:00p.m. The second shift starts at 4:00 p.m. and works to midnight and will continue to 4:00a.m. if precipitation still warrants it.

Why did we make changes several years ago? As plow drivers have to concentrate in hazardous conditions for long periods of time, in a good snow storm, it can be taxing on our drivers. Safety for our drivers and the driving public is paramount. If the Highway Department Crews were to work a normal day shift and it snows all night, they might need to be working more than 12 hours to clear the roads. Additionally, this shift system allows us to provide 24-hour coverage to ensure that we are managing that unexpected drizzle or drifting timely.

Remember “no all-night parking” is in affect on all town roads so that the plows can clean the streets safely. Additionally, if you have a private contractor plow your driveway, please remind them that it is illegal for them to plow the snow into the road and across the street.

As always after the holidays, please place your Christmas trees to the curb and your highway crew will be by to pick them up in a timely manner. We grind those trees to make mulch.

May you enjoy the month of December with family and friends! I am always personally available at 315 534-2998 and by e-mail at [rsherman@townofnewhartfordny.gov](mailto:rsherman@townofnewhartfordny.gov) Have a safe Holiday season.

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If your cheer season has ended and you want to continue learning for your next season, come join our Pom class on Saturdays. It is not too late to register - Be a part of our team! We have pom classes for all ages and levels Call 315-768-1020 for more information

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POM

With Alyssa

-Learning Pom motions

-Pom technique

-Turning sequences in Pom

-Pom combo



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**Santa keeps up with current events by reading The New Hartford Town Crier online!**

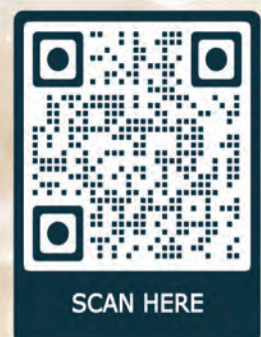


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Fair Trade Shop

If anyone feels moved to support the West Bank Palestinian Christians whose livelihoods have been devastated, we are offering you the opportunity. We have the olive oil and za'atar mix that are made by a group of Israeli and Palestinian women working together in Israel. We also have dishes, bowls, appetizer plates, dipping bowls, olive wood creches and nativity sets that are made in Israel. Our cold-pressed extra virgin olive oil is made from organic olives in Israel. It was the winner of the Gold medal at the Premo Biol competition in Italy, making it one of the best organic extra virgin olive oils in the world! Our traditional za'atar spice mixture is made with sea salt and can be used as a bread dip with olive oil, or on meats, vegetables, or hummus. Each purchase supports a model for peace between Arabs and Jews. 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 regular hours are 10am to 4pm every Thursday, SECOND Saturdays and Every Saturday between Thanksgiving and Christmas. Purchasing fair trade items ensures artisans and small farmers fair wages and healthy working conditions, providing dignity, sustainable development and hope for marginalized people. Let us be your go-to Gift Shop! Visit us at <https://buildingstoneshoppe.square.site> or [www.facebook.com/buildingstonesfairtradeshoppe](https://www.facebook.com/buildingstonesfairtradeshoppe).



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# Half Moon Orchestra Christmas Concert

December 10th  
3 PM

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Public

*Yule be sorry if you miss this concert!*



## Chamber Music Society of Utica

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28 January 2024: Kenari Saxophone Quartet
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Fires = 2  
EMS = 53  
Hazardous = 3  
Service Type = 12  
Good Intent = 5  
Other Alarms = 23  
Weather Related = 0  
Other = 0



Candles are widely used in homes throughout the holidays, and December is the peak month for home candle fires. The nonprofit National Fire Protection Association's (NFPA) statistics show that more than half of all candle fires start because the candles had been too close to things that could catch fire. In fact, during the month of December, 11% of home candle fires began with decorations compared to 4% the rest of the year. We encourage all New Hartford residents to consider using flameless candles, which look and smell like real candles. However, if you do use traditional candles, keep them at least 12" away from anything that can burn, and remember to blow them out when you leave the room or go to bed. Use candle holders that are sturdy, won't tip over and are placed on uncluttered surfaces. Avoid using candles in the bedroom where two of five U.S. candle fires begin or other areas where

The members of your New Hartford Volunteer Fire Department wish you and your family a very Happy and Safe Holiday season. For additional information please visit [www.nhfd.com](http://www.nhfd.com)



21. Village hang-out for teens owned and operated by husband and wife. He was a past Fire Chief and they dispatched from there too!

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21									S	A	L	T	E	R	S								



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### 2023 Collectible Ornaments



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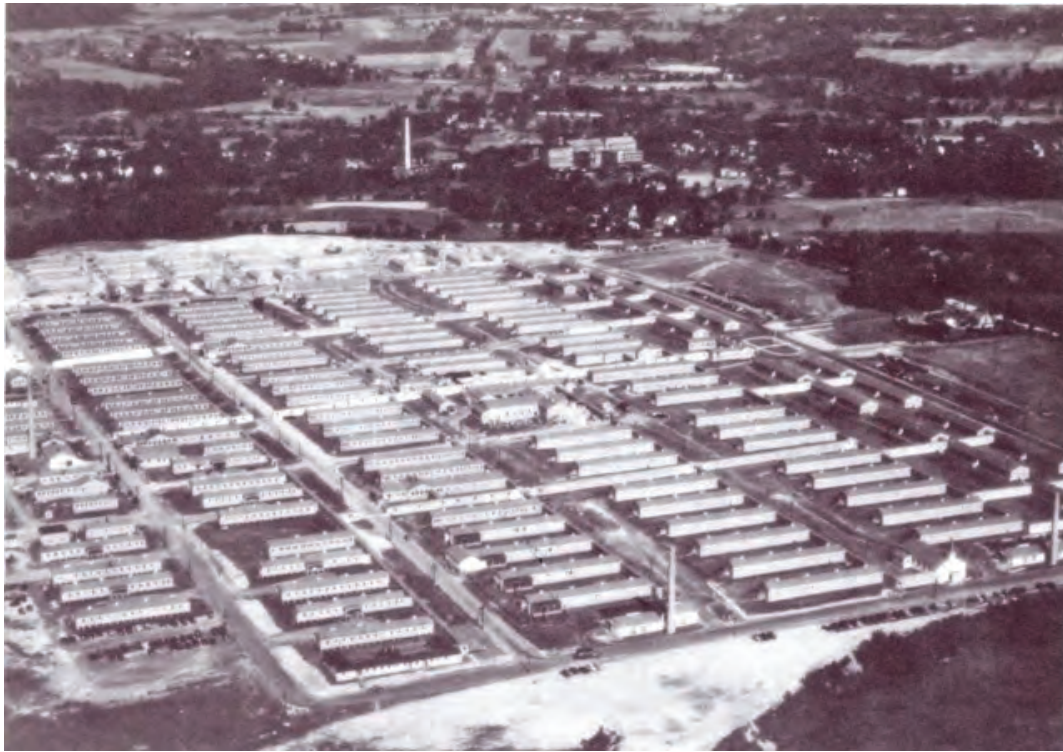
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# NEW HARTFORD PAST TIMES

December 2023

## NEW HARTFORD HISTORICAL SOCIETY



Rhoads Army Hospital  
*by Rick Giffune*



### 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.

### FREE ADMISSION

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



Congratulations to the winners of our “Crossword” puzzle contest from last month. We had a very close tie for our 3<sup>rd</sup> winner. So close in fact that we opted to award a fourth coffee mug. Congratulations go out to: Sharon Goodenow, Michele Kobielski, Carly Mathias and Nicole Todd. The answers to last month’s puzzle can be found on page 14. And remember, all our mugs make great Christmas presents and can be ordered through Speedy Awards on Seneca Turnpike in the Crossroads Plaza.

### New Hartford Historical Society ~ Membership Form ~

Please check one of the following:

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

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





Mindful Exercise Compliance

Submitted by Jim LaFountain, All American Fitness Center

A Master’s project required that I research Exercise Compliance. Most of what I discovered revealed that one’s mental approach toward exercise was the most important component. Some of the key “mindset” findings were:

- \*Those who made a strong commitment to simply “show-up” seemed to stick with their program
- \*Most people felt most comfortable with workouts lasting no longer than 50 minutes
- \*People who had at least one training partner stuck with it more successfully than those who didn’t
- \*Early morning exercisers were more compliant than late in the day exercisers
- \*People who changed their program every 6-8 weeks stuck with exercise over the long haul
- \*Those who had a scheduled appointment had stronger compliance than those who didn’t
- \*Selecting a mode of exercise that was somewhat enjoyable led to compliance

I’ve exercised regularly for over five decades and have developed a “mindset” that includes exercise in each day’s schedule, almost always, first thing in the morning. General George S. Patton Jr. once said. “You have to make the mind run the body. Never let the body tell the mind what to do. The body will always give up. It is always tired, morning, noon and night. The body is never tired if the mind is not tired.” I agree with the general. There are days when my body doesn’t feel

like it’s ready to workout. After a warmup, I most often have a great workout. If, after warming up, I still feel sluggish, I either perform a light session or take the day completely off.

There is a plethora of research on creating a new habit (mindset). A common theme suggests the development of a “mindset” that simply prioritizes exercise. If it’s not in your top 3-4 priorities, dropout is inevitable. The reason early morning exercise tends to be a success is because once the day gets rolling, exercise is no longer an important priority. “Things” get in the way.”

Another “mindset” to explore is the “Why?” Why should we exercise? Young people (14-25 years of age) tend to exercise for personal, “aesthetic” reasons. They want to look better. Experts suggest young people strive to look better in order to attract a quality mate. Regardless, looking good is a priority. Later in life, most adults exercise for weight management, to feel better and possibly to generate energy for life’s added responsibilities. Older adults (over 50) want to prevent disease and feel better. Heart Disease is still the leading cause of death in America.

What about diet? In my professional opinion, in order to maintain a healthy body weight, diet is far more important than exercise. Our “super sized” culture has gotten us fatter, and this not necessarily caused by a lack of physical exercise. Changing your “mindset” as it relates to following a prudent diet is at the core of long term nutritional success. The weight loss industry is booming and will continue to grow because nearly every over weight member of our “super sized” culture wants fast results. Regular exercise and following a prudent diet, that produces a 1-2 pound weekly weight loss is sustainable. Drastic and large changes result in a loss of fluids and lean muscle mass, that is temporary, at best. A major benefit of exercising regularly is that most of the weight that is lost is in the form of stored body fat. A more important benefit of exercising regularly is the prevention of most diseases. Again, a “diet only” approach, on the other hand, encourages a loss of lean tissue and fluid.

A “mindset” that makes exercise and diet a priority permeates into all areas of our life. The production and release of beta endorphins during and after exercise, improves our mood and energizes us. Regular exercise and maintaining an ideal body weight improves musculoskeletal joint integrity, an important issue as we age and experience balance issues and falls. An academic mentor of mine used to say “expending energy, gives you more energy.” All constructive and destructive behavior originates in our mind. The human brain is like a computer’s hard drive, but a trained mind replicates the software we select. It’s our choice. Again, “never allow the body to tell the mind what to do.”

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FROZEN AND BURST PIPES!  
WATER DAMAGE...  
BURST PIPES, TOILET OVERFLOW,  
SUMP PUMP FAILURE...

That time of the year is quickly approaching. Of all the disasters that can happen in your home, there is none worse and more difficult to deal with than a pipe that has burst in your home or business. The extreme cold of winter often brings extreme problems to North East homeowners and businesses. The worst of these is a frozen pipe that bursts and the water damage clean up that follows. When the cold temperatures don't rise above freezing for weeks on end, broken or frozen pipes lead to severe water damage from flooding. A frozen pipe generally occurs to plumbing that is not in a heated space or in an area that is not supplied with proper heat when winter temperatures fall below freezing. A malfunctioning furnace, while the homeowner is away, is another likely cause of a frozen pipe. When exposed to below freezing temperatures the water turns into ice and the pipe expands until it breaks a small slit into the copper or separates the soldered joint. Pipes that freeze first are usually located near outside walls that are exposed to the colder temperatures rather than pipes located throughout the middle of the structure. Some examples include outdoor hose bibs, pool lines, outdoor and indoor sprinkler systems, and other supply lines located in attics, basements, crawl spaces, garages, etc. Pipes in attics, crawl spaces & unheated rooms are particularly susceptible to freezing. Usually, a frozen pipe is not often obvious because the break can be behind walls, in ceilings or in a crawl space leading into the home. The flooding usually is caught much later after damage has been done. An uncontrolled water leak from a broken pipe creates extensive flooding and water damage of carpeting, drywall, baseboards, and furniture and depending on the location of the break can also damage the heating and electrical systems in your home. Disaster Services can accurately evaluate your homes damage and advise as to the most effective course of action to take. We use the latest technology including thermal imaging to determine the source of the water intrusion and the extent of water damage.

\*\*Recent legislation signed in New York State now requires homeowners to disclose previous flood water damage to their home. Professional mitigation at the time of the loss may avoid problems at the time of sale.

SEWER AND DRAIN BACK UP:

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. Hard surface areas when properly remediated will bring the space back to a pre loss condition and ready for new material replacement.

BASEMENT AND ATTIC MOLD:

Several factors can influence a mold growth in a basement or attic area. Basements with finished walls are susceptible to moisture intrusion at the ground level. Trapped moisture due to lack of air flow between the finished wall and the exterior foundation wall is an ideal environment to facilitate mold growth. A dark appearance showing on the face of the finished wall should be investigated further. Unfinished basement will typically show signs of mold growth at the base of the foundation spreading upwards over time. Although there are a few different reasons this particular area of the structure is problematic, ground water seepage along with lack of air flow and improper dehumidification are generally the cause. 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.

CHOOSING THE RIGHT COMPANY:

- Choose a Water Damage Restoration Company That Can Do The Following:
- Can Offer A Full Line Of Services From Water Damage Mitigation To Mold Remediation So That The Home Owner Will Be Working With A Single Company.
  - Responsive – Emergency or Non-Emergency Services. Your Call Will Be Answered Immediately.
  - Has Reputable 5 Star Local References.
  - Is Fully insured For Water Mitigation And Mold Remediation Services.
  - Offers A Detailed Plan For Damage Repairs.
  - Knows How To Navigate The Insurance Claims Process With You.
  - Uses The Latest State-of-the-Art Equipment And Techniques.
  - Treats You, Your Home And Its Contents With Respect.
- For more information on any concerns, please feel free to call Disaster Services. When in need of emergency or non-emergency services, Disaster Services LLC. offers immediate response to damage caused by water, fire, smoke and mold. We are a locally owned company who will answer your calls when you call. No answering machines, voice prompts etc. We are a N.Y.S. licensed mold removal firm and recognized by all insurance carriers, working closely with both the home owner and insurance carrier. When calling our office, you will always speak to a live voice and not an answering machine. We realize that in your time of need you should be speaking to someone and not a machine. When your emergency arises, call us at 315 797-1128 day or night.
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**Sierra, Part of the T.J. Maxx Family,  
Open in Consumer Square**

*Sierra lands in New Hartford this weekend, marking New York’s sixth store in the state where shoppers can find exceptional pricing on top active, outside and lifestyle brands*

Sierra, the multichannel off-price retailer that delivers great value on active and outside brands, will open in New Hartford on Saturday, November 4th. The store will join five other Sierra locations within the state, following the October opening of Sierra’s fifth New York store in Canandaigua.

As part of the T.J.Maxx, Marshalls, HomeGoods family, Sierra is a go-to retailer when it comes to finding huge savings on top brands for the entire family. With its wide array of apparel, footwear and gear at up to 60% less than department and specialty store prices, it is a one-stop-shop for the entire family, including everyday essentials, home decor, camping gear and more.

The Sierra team will open its doors to the local community with a grand opening celebration on Saturday, including DJ entertainment, games & giveaways for shoppers, and more. The community can shop all of Sierra’s essentials in apparel, footwear, gear and home décor as well as feature sections to highlight seasonal products, including slippers and cozy socks, fishing and camping gift sets, and sweaters and fleece.

“We are thrilled to be opening yet another store in the New York market in the New Hartford community” said Elisa Pouliot, Vice President and Sierra Marketing Director. “With cold weather and the holidays approaching, there’s no better time to start shopping Sierra. We pride ourselves on being a go-to for families’ fall active and outdoor essentials as well as a great place to save big on holiday gifting for the whole family.”

In celebration of its arrival in the New Hartford community, Sierra has made a \$10,000 donation to The Food Bank of Central New York. The organization leads the effort to eliminate hunger in the region through education, advocacy and distribution of nutritious foods.

Employment: Sierra is currently hiring new full and part-time store Associates in New Hartford. Visit jobs.tjx.com to learn more.



**Lions Club News**

The New Hartford/NY Mills/Whitestown Lions Club is currently holding a fundraising raffle. The grand prize is a propane patio heater generously donated by Jay-K Lumber. Pictured with this prize are Eric Sterling, Jay-K store manager and Lions Club President Bob Porter. Second prize will be \$50 and third prize \$25. The drawing will be held on December 12, 2023. Tickets are \$5.00. They are available from any of our club members or by calling Bob Porter at 315-243-8803. The New Hartford/NY Mills/Whitestown Lions Club meets on the second Tuesday of each month at Sloppy Joe's Pizza in the New Hartford Shopping Center. We always welcome visitors to our meetings.

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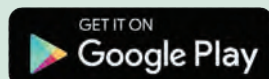
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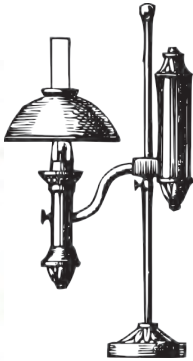


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Victor Fariello Jr.



2023 Draws To A Close

It’s hard to believe that another year is ending. I want to take the opportunity to thank the faithful readers of Antique Talk. Your interest and enthusiasm has kept this column alive for these many years. A special thanks to those readers who take the time to write both with questions and kind comments about the column. It is very much appreciated. Thank you also to the Town Crier for providing this forum that allows us to talk about one of our favorite subjects.

2023 was a challenging year in the antiques and collectibles marketplace. As we’ve noted several times, when inflation and the economy result in higher prices for consumer goods and other necessities, then people naturally have less to spend on less necessary items like antiques. As is always the case in times like this, higher end collectibles like fine art, art glass and unique and historic items managed to do well this past year, as they always will. These are investment quality items and there is always a market for them, and generally speaking, the people that can afford them are least affected by bad economic conditions. Common antiques and collectibles are most affected in times like this. Although they don’t actually lose value, they aren’t growing in value either.

Strong collector interest in a certain sector of antiques and collectibles can help to buck the trend. The current high interest and demand for Mid-century furniture, furniture pieces from the 1950’s and 60’s, for instance, is a good example. Prices for these items have grown exponentially and the prices for them are rising fast. Quilts, housewares and antique lighting are additional items that are bucking the

trend by increasing in both demand and price.

We will be looking forward to see what 2024 brings for the antiques and collectibles market. I will continue to monitor the trends and report them to you from time to time. Hopefully there will be some interesting news to share with you. Again, thank you for your interest and support for this column. I extend best wishes to you and your family for Happy Holidays!

Happy collecting!


Check Out NH Questers

The J. Schoolcraft Sherman #1519 Questers was organized in New Hartford in 2019. . We hold monthly meetings on the first Monday of the month at the NH Library except in July and August. We are individuals interested in history, preservation, education and appreciation of antiques. You can check out the organization at questers1944.org. For more information on the New Hartford Questers and how to join, please email me at vjfariello@gmail.com. We would be pleased to have you in our group!


Support Your Historical Society

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

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



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Many people find it convenient to stay fit during the summer months through outdoor activities such as walking, running, golf, and tennis. Now that the winter season is soon approaching, it can be a challenging time to stay active, with colder temperatures, slippery conditions, and fewer daylight hours. According to the Centers for Disease Control and Prevention (CDC), staying physically active is one of the best ways to improve your mental and physical health, even during the colder months.

Sitrin’s Wellness & Aquatic Center offers a variety of classes to keep individuals fit all year long. With two heated therapy pools and a full-scale gym, the Wellness Center is designed to help adults reach their health, fitness, and recovery goals.

“A regular workout routine can improve many factors in our lives including overall function, balance, strength, brain health, and even increase socialization, something we can all benefit from during the colder months,” said Elizabeth Lockwood, Occupational Therapist and Wellness Coordinator at Sitrin. “At Sitrin, we make it possible for individuals to remain active year-round by providing an array of 8-week aquatic class sessions and open swim/gym for those who wish to

customize their own workout routine.” Finding a consistent way to incorporate physical activity that people enjoy into their lifestyles is also extremely important. At Sitrin, individuals can choose from a variety of aquatics classes including Aqua Yoga, Ai Chi, Cardio Splash, Hydro Aerobics, and Spin and Splash. Sitrin’s two inground therapy pools, both heated at 92 degrees, provide an exciting, fun-filled approach to physical fitness all year long. In addition to the array of aquatic classes, Sitrin also offers a state-of-the-art fitness center with a variety of exercise equipment including treadmills, Ski-Ergs, elliptical, recumbent bike, and rowing machine.

“Sitrin’s Wellness Center provides an inviting, fun atmosphere great for socializing, while also getting fit,” said Marcia Danella, Wellness Center member at Sitrin.

All Wellness & Aquatic Center appointments must be scheduled in advance. Individuals can utilize the scheduling system on Sitrin’s website, <https://www.sitrin.com/wellness/wellness-center-appointments>, or by downloading the app, “Wellness & Aquatic Center at Sitrin.” This app is available in both Apple and Google Play stores. With this system, participants can sign up for open swim/gym, aquatics classes, and purchase and manage memberships.

For more information, call (315) 737-2451.

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蜜汁雞 Q.2. Honey Chicken.....\$14.99

Special honey sauce with broccoli.

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Deep fried chunk chicken, sauteed in orange peel, hot peppers sauce.

芝蔴雞 Q.5. Golden Sesame Chicken.....\$14.99

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芝蔴蝦 Q.6. Sesame Shrimp.....\$15.99

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什錦雲吞 Q.7. Subgum Wonton.....\$17.99

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炒四季 Q.8. Four Seasons.....\$15.99

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陳皮牛 Q.9. Orange Beef.....\$15.99

Crunchy chunks of beef sauteed with orange peel and hot peppers in sweet hot sauce.

魚香干貝牛 Q.10. Beef with Fresh Scallops.....\$16.99

Beef and scallops with assorted vegetables, served with our chef's special sauce.

夏威夷五樣 Q.11. Hawaii Five "O".....\$16.99

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醬爆什菜雞蝦 Q.12. Chicken & Shrimp.....\$14.99

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四川三樣 Q.13. Szechuan Triple Crown.....\$14.99

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蓋克牛排 Q.16. Gaikew Steak.....\$15.99

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湖南雞蝦 Q.21. Hunan Chicken & Shrimp.....\$14.99

Chicken and shrimp with vegetables in Hunan spicy sauce.

魚香干貝 Q.22. Scallops with Garlic Sauce.....\$16.99

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帝王雞 Q.23. Empress Chicken.....\$14.99

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核桃蝦 Q.24. Walnut Shrimp.....\$15.99

Walnut Shrimp.....\$15.99

核桃雞 Q.25. Walnut Chicken.....\$14.99

Walnut Chicken.....\$14.99

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Bourbon Chicken.....\$14.99

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S.1. Boneless Spare Ribs (10), Teriyaki Beef (3), Chicken Fingers (4)

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S.2. Boneless Spare Ribs (10), Teriyaki Beef (3), Chicken Wings (4)

雞柳(4)牛肉串(3)春捲(2)

S.3. Chicken Fingers (4), Teriyaki Beef (3), Egg Roll (2)

雞柳(4)春捲(2)無骨排(10)

S.4. Chicken Fingers (4), Egg Roll (2), Boneless Spare Ribs (10)

無骨排(10)春捲(2)雞翅(4)

S.5. Boneless Spare Ribs (10), Egg Roll (2), Chicken Wings (4)

雞柳(6)炸蝦(2)雞柳(4)

S.6. Crab Rangoon (6), Fried Shrimp (2), Chicken Fingers (4)

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Andy Cooney



Mick Thomas

### In Concert - Andy Cooney and Comedian Mick Thomas

On Friday December 8th at 7.30pm, after four years and a pandemic, Andy Cooney, Irish America's Favorite Son, returns with The Failte Christmas Ensemble, to the Irish Cultural Center of the Mohawk Valley. He will be joined by celebrated Irish comedian Mick Thomas.

Andy Cooney has nine Carnegie Hall sellouts under his belt and also filled The David Geffen Hall at Lincoln Center with The New York Tenors. His outstanding voice and dynamic stage presence have long been a favorite among young and old alike. His talent and versatility provide the ability to deliver a song directly to the hearts of his audience; Andy is surely one of the greatest singing sensations on the Irish Music scene today. Christened Irish America's Favorite Son by The New York Times, it is a title he richly deserves.

Andy has recorded 19 albums to date, including Bright Brand New Day with Phil Coulter and his Orchestra. Andy and Phil frequently tour together and in March 2017, completed a three week tour of the US. Cooney's latest CD, Irish Country Skyline, was released in the summer of 2016 as a journey back to his Country music roots. During 2020, Andy managed to release 4 new singles during the Coronaviruses pandemic, "Take Me Back To Dublin", "We're All In This Together" with his son Ryan, "Come Tennessee Me Tonight" with Country Music legend Larry Gatlin and his latest single release in November 2020, "The Waltz of the Angels". Andy Cooney is also known for his Cruise of Irish Stars which annually

draws over 1,000 Irish and Irish Americans on a Caribbean Cruise enriched with the finest Irish entertainment including the great Ronan Tynan.

Comedian Mick Thomas was born and raised in Wexford, Ireland, it wasn't until moving to New York that his stand-up comedy career began. A natural performer and insightful writer, in a few short years Mick has blown away one club owner after the next with his honest and genuinely original takes on American society and life as a young and dedicated family man. Mick entertains audiences regularly all across Long Island and Manhattan, he is swiftly becoming one of the most sought after acts in Clubs and Casinos up and down the East Coast. Mick has performed with the biggest names in comedy including Dom Irrera, Norm Macdonald, Jim Breuer, Carl LaBove, John Pinette, and Greg Giraldo.

This star studded event will be held at the Irish Cultural Center of the Mohawk Valley, 623 Columbia St, Utica, NY. The Irish Cultural Center and the H.A.R.P. Museum are wheelchair accessible and open to all. Advance sale tickets cost \$40; at-the-door tickets cost \$50. Please visit our events calendar at <https://www.iccmv.org/my-calendar/> for the link to purchase tickets for this event or leave a message at the ICC 315-733-4228 Extension 6. Tickets are also available at the 5 Points Pub in the Irish Cultural Center.

The H.A.R.P. Museum at the Irish Cultural Center of the Mohawk Valley is a nonprofit organization that promotes understanding of Irish Culture and the legacy of the Irish people who settled in the Mohawk Valley. H.A.R.P stands for "History, Ancestry, Research, and Programs."

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### Chamber Music Society of Utica Presents 2024 Winter-Spring Concerts

CMSU will be taking a break in December but we'd like to extend our very best wishes to you for a happy, healthy, and music-filled holiday season!

Then we're back on January 28, 2024, with the "flat-out amazing" Kenari Saxophone Quartet lighting up the stage. They'll be performing pieces by Guillermo Lago, Joel Love, Jennifer Higdon, Johann Sebastian Bach, and Béla Bartok. To get a taste of their magic, view the trailer on our website: [www.uticachambermusic.org](http://www.uticachambermusic.org), then click on the TRAILER/CONCERT button near the bottom of the page.

The season continues on March 3, 2024, with the ATOS Trio performing a concert in honor and in memory of Menahem Pressler, the piano legend and founder of the storied Beaux Arts Trio who mentored the ATOS in their earlier days. Their program includes works by Dvorak and Tchaikovsky. The Detroit Free Press described their performances as "Three voices—one sound: it's this absolutely perfect unit of phrasing, sound, feeling and interpretation."

And last, but not least, our season concludes with the world-famous Shanghai Quartet, who after several years of pandemic-related delays will grace our stage on April 7, 2024. The members of the quartet play on exceptional instruments (Stradivari, Guarneri, Goffriller and Guadagnini) loaned in honor of their 35th anniversary. Nicholas Tzavaras, cellist, has local connections with his mother hailing from Rome NY. The quartet will perform works by Haydn and Grieg.

For program details and links to the groups' own websites, please see the CMSU website: [www.uticachambermusic.org](http://www.uticachambermusic.org). For ticket information and other questions, email [cmsu.info@gmail.com](mailto:cmsu.info@gmail.com) or phone 315-794-9741.

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Christopher J. Carbone

### Year-end Investment-related Tax-planning Checklist

Using this checklist will help ensure you’re working toward your financial goals and prepared for the upcoming tax season. Keep in mind most investment-related strategies to help manage this year’s tax bill must be implemented no later than December 31, 2023. Keep in mind December 29 is the last day the markets will be open this year.

- 1. Review your portfolio with your financial advisor to help ensure your asset allocation still aligns with your goals. Market activity may have created a need to rebalance your portfolio by selling some investments and purchasing others to bring it back to your intended allocation.
- 2. Ask your financial advisor for a realized and unrealized gain/loss report to assess the income and capital gains or losses you may receive this year.
- 3. Determine whether the 0% capital gains rate may apply to your situation. Net long-term capital gains and/or qualified dividends may be added to other taxable income net of deductions. If the sum is \$44,625 or less (single filers) or \$89,250 or less (married/joint filers), long-term capital gains and/or qualified dividends may be taxed at 0%. For sums above these thresholds, 15% and 20% capital gains tax brackets apply.
- 4. Review tax-loss selling strategies if you have realized capital gains. If you wish to realize a loss but keep your exposure to the security, remember that November 28, 2023, is the last day to “double up” a position (buy additional shares of the investment you want to sell on December 29 to realize a loss) while not violating the wash sale rule. If you violate the wash sale rule, you won’t be able to claim the loss on this year’s taxes.
- 5. Meet with your tax advisor to prepare preliminary tax projections and evaluate whether to accelerate or defer income and expenses.
- 6. Determine if any adjustments are needed to your tax withholding or estimated tax payments.

- 7. Make maximum contributions to your employer-sponsored retirement account, such as a 401(k) or 403(b); if contributing to an IRA, the deadline is April 15, 2024.
- 8. Develop a plan to complete charitable and family member gifts by year-end.
- 9. Consider funding a Flexible Spending Account (FSA) and/or Health Savings Account (HSA) during your employer’s annual benefits enrollment period, if you’re eligible. Also, review FSA balances. Remember, FSAs typically operate on a use-it-or-lose-it basis, which means you could lose any money left in the account after year-end.
- 10. Prepare for filing tax returns by organizing records or receipts for income and expenses.

Our firm is not engaged in rendering legal or tax advice. If legal or tax assistance is required, the services of a competent professional should be sought.

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 New Hartford, NY at (315) 723-7386

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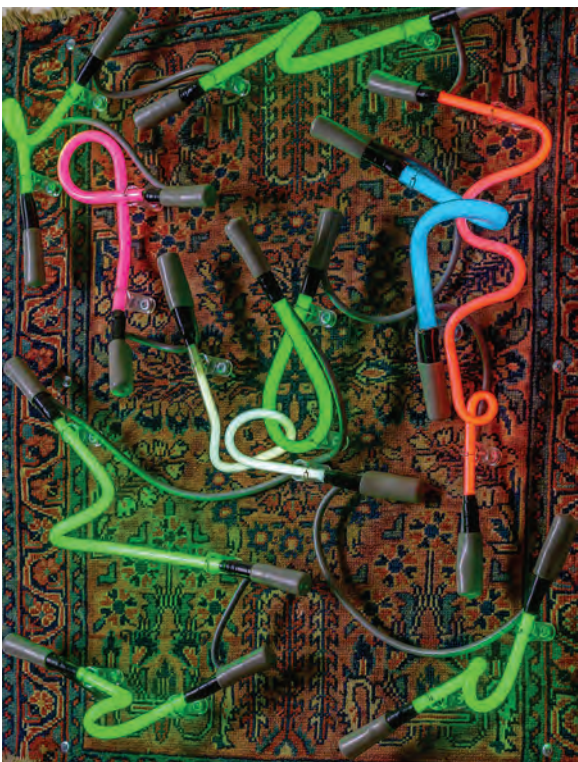
### Local Guitarist with International Acclaim to Present Benefit Concert

Kenneth Meyer will perform a benefit concert in the chapel of St. Margaret’s Ecumenical and Retreat Center at 47 Jordan Road on December 16th at 3:00 PM. The concert is free and open to the public. All donations will go directly to the Emmaus House.

Now in its 40th year, the Emmaus House has provided temporary emergency shelter to over 12,000 women and children. Guests are provided a warm, comfortable home-like environment, meals, toiletries, and the love and encouragement needed to rebuild their lives.

The theme for the program is, “Songs with and without words: A survey of melody on the guitar.” As a performer, Ken has been heard in concert on four continents and on recordings for the Bridge, Frameworks, Innova, Summit, and Albany record labels. A dedicated teacher, he serves as a guitar professor at Syracuse University, Hamilton College, and recently started the Mohawk Valley Guitar School here in town. He is also a new resident of New Hartford and looks forward to meeting our community.

To find out more about Ken, please visit: [www.kennethmeyerguitar.com](http://www.kennethmeyerguitar.com)



Buckingham, Daniel. Magic Carpet Series-“Loom”  
2023. Neon, Carpet, Transformer, Light, Electricity\_ 62”h x 29”w x 8”d. Wall mounted on cleat.

### Solo Exhibition featuring Daniel Buckingham December 8, 2023 thru February 1, 2024

The public is invited to view the solo exhibition of Daniel Buckingham at 4 Elements Studio satellite gallery The Westwood located at 167 Genesee St. Utica. The exhibition can be viewed during the gallery hours: Monday-Friday 8am-7pm, Saturday 10am-5pm, and Sunday 10am-3pm. Free and open to the public. The opening artist reception is December 8, 2023 at 5:00pm and the exhibition will be on view until February 1, 2024.

Artist Bio:

Daniel Buckingham, Artist and Pratt Munson: Professor of Sculpture. Daniel teaches 3-D Design, Sculpture & Seminar in the Fine Arts curriculum in Utica NY. Daniel attended Tulane University and received his BFA and MFA from Alfred University. Daniel traveled solo by bicycle for 8 years exploring more than 60 countries around the world. Buckingham exhibits his work throughout the US and abroad. His work explores Cultural Exchange within the 21st Century context. His large-scale public commission entitled “Tower of Bells” is located in the Park of Women and Children, Quito, Ecuador. His solo exhibitions, “Secret Invitation” at the Everson Museum in 2014, and “Memoryscape” in 2020 at Munson in Utica NY.

Daniel enjoys listening to Jazz and Blues music including Sun-Ra and The Art Ensemble of Chicago.

Since 2000, he has been a Board-member for Sculpture Space Inc. in Utica, NY. Daniel lives in Clayville NY and shares a studio that he built with his wife, Artist: Tina Betz, their son Owen and daughter Sophie.

My gallery: <https://www.stepmothernature.com/artists/daniel-buckingham>

About 4 Elements Studio:

4 Elements Studio is a non-profit community arts center in downtown Utica, offering artistic services and programming to artists, the community and individuals with special needs. 4 Elements Studio provides countless opportunities to create and enjoy the arts including classes and workshops for all ages, individualized programming for people with disabilities, gallery space, exhibitions, workspaces and other artistic resources. For more information, please visit [www.4elementsstudio.org](http://www.4elementsstudio.org).



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**FIRST UNITED METHODIST CHURCH**

105 Genesee Street, New Hartford (315)733-4227  
office@firstumconline.org    Rev. David McKinney  
Sunday Services:  
10am Classic Worship  
Sunday School for children begins around 10:20.  
Adult Sunday school 11-12pm  
Sunday Youth Group 7-8pm  
Praise/Worship Services are the 3rd Wed. of each month.  
Light supper will begin at 5:30 and worship is from 6-7pm  
Our Church Building is open for in-person worship services  
Or watch our livestream service online at  
www.firstumconline.org  
Easily accessible building, sanctuary, and bathroom.

**ST. JOHN THE EVANGELIST CHURCH**

66 Oxford Road - 315-732-8521    Rev. Msgr. James Lang  
Saturday: Vigil 5:15 p.m. Confessions 6:15pm  
Sunday Masses: 8am & 11am  
We are handicapped accessible!

**CROSSPOINT CHURCH**

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

**HOPE ALLIANCE CHURCH**

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

**ST. STEPHEN’S EPISCOPAL CHURCH**

25 Oxford Road - 732-7462 (Parish & Rectory)  
ststephensepiscopalnhny@gmail.com  
Sunday Service of Holy Communion at 10am followed by fellowship  
Al-Anon Meetings: Sun. at 5pm & Thurs. at 5:30pm  
AA Meetings: Sundays at 8pm  
Yoga by Kristy: Tues. 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.

**IMMANUEL BAPTIST CHURCH**

Pastor Fletcher Matlack  
9501 Weston Rd. (Next to Perry Jr. High), (315) 737-5222  
www.ibcfamily.com    E-mail: info@ibcfamily.com  
Sunday Morning Worship Service 10:00 am  
Nursery, Preschool and Children’s Worship hour: 10:00 am  
See our website for information regarding our Youth Group,  
Kids Club and other upcoming events.  
Church is handicapped accessible.

**NEW HARTFORD PRESBYTERIAN CHURCH**

Rev. Ed Townsend, Interim 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 is held at 10:30 in the sanctuary  
and livestreamed on NHPC’s Facebook page.  
Adult and Children’s Sunday School classes precede wor-  
ship and start at 9:30 each Sunday morning. The choir re-  
hearses each Sunday at 9:10.  
A fellowship/coffee hour for everyone follows the Sunday  
worship service.  
The Connect Café, offering coffee and conversation to all  
who would like to stop in, is open every Wednesday morn-  
ing at 10.  
Special activities in December include a Children’s Program  
during worship on December 10 and a Christmas Concert by  
the Half Moon Orchestra that afternoon at 3 p.m.; a Christ-  
mas Cantata presented by the choir during worship on De-  
cember 17; and a Christmas Eve Candlelight service at 5  
p.m. on December 24.  
The New Hartford Presbyterian Nursery School will be  
closed December 20 through January 1 for the Holidays.  
Other December activities include:  
12/3 — 6 p.m. Girl Scouts  
12/5 — 12:30 p.m. Adult Study Group  
12/10 — Children’s Program during worship

12/10 — 3 p.m. Christmas Concert by the Half Moon Or-  
chestra  
12/12 — 12:30 p.m. Adult Study Group  
12/13 — 6 p.m. 4-H  
12/17 — Christmas Cantata by the Choir during worship  
12/17 — 6 p.m. Girl Scouts  
12/19 — 12:30 p.m. Adult Study Group  
12/23 — 3 p.m. Hope House Meal Preparation  
12/24 — 5 p.m. Christmas Eve Candlelight Service

**MARY, MOTHER OF OUR SAVIOR PARISH**

Business Office - 2 Barton Ave, Utica - 315-724-3155  
Our Lady of the Rosary Campus - 1736 Burrstone Rd. New  
Hartford  
Weekday Mass– Mon, Wed, 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  
Office: 315-737-7505    email: sauquoitvallyumc@aol.com  
Pastor: Robbin Harris  
Sunday Worship 11:30 a.m. (Nursery Care Available)  
Sunday School 9:30 a.m. For all ages.  
Handicapped Accessible

**FIRST BAPTIST CHURCH OF NH**

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

**ST. GEORGE ORTHODOX CHURCH**

350 Higby Road, New Hartford, 315-292-6682  
Fr. George Goodge  
Sun - 9am Matins, 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  
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  
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  
Sundays - 10:30 Worship Faith Enrichment for all ages  
Coffee Hour following morning worship.  
Handicapped Accessible

**STONE PRESBYTERIAN CHURCH**

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

**CLINTON UNITED METHODIST CHURCH**

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

**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

**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

**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

**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 - Adult Sunday School class for  
couples. 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

**REIMAGINED CHURCH**

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

**NEW LIFE APOSTOLIC CHURCH**

3995 Oneida Street #4, New Hartford  
315-736-1161 Facebook: NLAC4all  
Paster Mark Waterman  
Sunday School  
Sunday Adult Services 10am  
Wed Night Prayer 7-8pm  
Thursday Evening Bible Study 7pm

**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.  
All are welcome! For more information or to register for  
any event, please call or email St. Margaret’s: 315-724-2324  
or info@stmargaretshouseny.org

**On-Going Weekly Activities**

Worship Services Wednesdays at Noon  
Zoom and In-Person Worship Services - All Welcome!  
Please contact St. Margaret’s for the information to join  
by Zoom.

Wednesday Lunches at 12:30 PM. Includes main, sides,  
salad, and dessert. Please make a reservation by the Friday  
- Suggested donation \$13 per person

It Takes a Village | Tuesdays from 2-5 PM  
Tuesdays from 2 PM - 5 PM at Grace Church Food Pantry  
Call or email St. Margaret’s to sign-up for one or more  
Tuesdays

**On-Going Monthly Activities**

Friends of Emmaus House Meetings. 2nd Wednesdays at  
10 AM at St. Margaret’s

Grief Support Group - December 12th from 6:30-8:00 PM  
**Monthly Dinners** - 3rd Wednesdays - Suggested Donation  
\$17 - Please make your reservation by the preceding Friday.  
Take Out at 5:30 PM and Dine In at 6 PM.

December 20th: Beef Stew w/ Hearty Bread and dessert  
(To Go only)

**Special Events**

It Takes A Village | Tuesdays from 2:00 to 5:00 PM  
Our social action-oriented initiative volunteers at the Grace  
Church Food Pantry on Tuesdays. If you would like to sign-  
up to help one or more Tuesdays a month, please reach out  
to St. Margaret’s. If you would like to assist, but are unable  
to help on Tuesdays perhaps you would consider donating  
toiletries, reusable bags, or shelf stable foods (canned  
vegetables, coffee, coffee filters, peanut butter, jam and jelly,  
canned fruits, canned meats, mayonnaise, pasta, and the  
like). Gift cards to Aldi’s or BJ’s are also appreciated. Thank  
you for your generosity and Thank you to the Episcopal  
Diocese of Central NY for supporting this program!  
Monthly Meetings at St. Margaret’s: It Takes a Village  
will also hold monthly meetings for those wishing to learn  
more about the project and for current members to connect.  
Meetings will be held December 6th at 10:30 AM at St.  
Margaret’sAll are welcome! Future meetings will be held  
based on availability of group members.



**Advent Retreat | December 4th from 9:00 AM to 3:00 PM** - Join St. Margaret's and the Rev. Deacon Barbara Groves for a one day Advent retreat, which will feature a series for meditations, reflections, and quiet time. We will be utilizing the book Winter Fire: Christmas with G.K. Chesterton by Ryan Whitaker Smith (we will have copies available at St. Margaret's for \$20). Please contact St. Margaret's to register by November 20th. The cost to register is \$20 and includes lunch.

**The Journey: Shepherd God's People - Advent Is Upon Us | December 5th from 10:00 to 11:30 AM** - We invite you to set this time aside and come to remind ourselves of this special gift given to us in Jesus. A time to reflect. A time for joy. A time to find peace. Rev. Carol Jubenville and Fr. John Buehler will show a brief Christmas video followed by brief bible study that will get us all thinking about what gift do we offer each other. Please contact St. Margaret's by November 27th to register (fee of \$5 covers refreshments).

**The Joy of Christmas: Music of the Season | December 7th at 2:00 PM** - Come and enjoy music and songs by friends of St. Margaret's House from 2:00pm to 3:30pm! Seasonal refreshments and time for wonderful conversations included. Donations gladly accepted for our Chapel Flower Fund in Elizabeth's memory.

**Safe Church Training | December 9th from 10:00 to 1:00 PM** - Safe Church Training will be provided at St. Margaret's with Rev. Deacon Lynne Walton. Tea, coffee, and cold drinks will be provided. Please bring a snack to share. Please contact St. Margaret's by November 27th to register.

**Benefit Concert for Emmaus House | December 16th at 3:00 PM** - International classical guitarist Kenneth Meyer will perform a benefit concert for Emmaus House at St. Margaret's. Come hear the intimacy of the classical guitar in our beautiful chapel and help raise money for the Emmaus House. Now in its 40th year, the House has provided temporary emergency shelter to over 12,000 women and children. Emmaus House provides a warm, comfortable home-like environment for the women and children. Guests are provided not only shelter, but meals, toiletries, and the love and encouragement needed to rebuild their lives. The theme for the program is, "Songs with and without words: A survey of melody on the guitar." As a performer, Ken has been heard in concert on four continents and on recordings for the Bridge, Frameworks, Innova, Summit, and Albany record labels. A dedicated teacher, he serves as a guitar professor at Syracuse University, Hamilton College, and recently started the Mohawk Valley Guitar School here in town. He is also a new resident of New Hartford and looks forward to meeting our community. To find out more about Ken, please visit: [www.kennethmeyerguitar.com](http://www.kennethmeyerguitar.com)



**UNITARIAN UNIVERSALIST CHURCH of UTICA**  
10 Higby Road, Utica 315-724-3179 [uuutica.org](http://uuutica.org)  
Minister: The Rev. Karen Brammer  
December Services, 10:30 AM  
December 3 – Service with Our Minister, Rev. Karen Brammer  
December 10 – Genealogy, What's Religion Got to Do with It? Service led by Jerry Reed  
December 17 – Winter Solstice marks the rebirth of the sun. Carol Gable will lead our Solstice celebration of Yule  
December 24 – Our Sunday service on Christmas Eve morning will be informal, mostly music and good company. Christmas Eve Service 7 PM, Rev. Karen Brammer  
Newcomers are welcome as we reflect on the message of the season, sing carols, enjoy fellowship and community, and eat cookies afterward. Again, all are welcome.  
December 31 – John Camilleri  
Year's end is neither an end or a beginning but a going on, with all the wisdom that experience can instill on us", writes American journalist Hal Borland. In this interactive service, we will have the opportunity to share experiences and reflections of what wisdom we have gained over the past year and state our intentions for learning and growth for the coming year, for ourselves, family, friends and community.

### Gospel Corner Café

#### Coffee House

Fourth Friday of every Month at 6pm  
Free Music, Beverages & Finger Foods

#### Have Lunch with us!

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

All are welcome Free of charge

Location

Living Faith Bible Church  
2922 Pinnacle Rd Sauquoit  
315-737-5075

### 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, 315-724-4177  
[teuticaoffice@gmail.com](mailto:teuticaoffice@gmail.com)  
Rabbi Peter Schakman  
Friday Evening Shabbat Services 6pm.  
All are Welcome

### TEMPLE BETH-EL

1607 Genesee Street, Utica  
Rabbi Gustavo Geier  
sIn person and on zoom [www.tbetutica.org](http://www.tbetutica.org)  
Fri night - 5:30pm  
Sat morning - 9:30am

### 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](http://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.

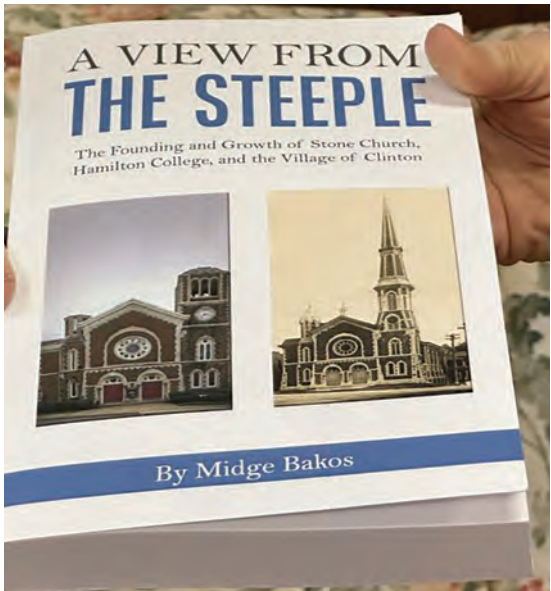


### Novena to St. Jude

O Holy St. Jude, Apostle, Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need to you, I have recourse from the depth of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return, I promise to make your name known and cause you to be invoked.

Say three Our fathers, three Hail Mary's and three Glorias. Publication must be promised. St. Jude pray for us and all who invoke your aid. Amen.

This Novena has never been known to fail. I have had my request granted. MJS



### A View From The Steeple

Stone Presbyterian Church in Clinton has launched a fund-raising campaign to replace the roof on our church. As part of that campaign, we are selling a book titled "A View from the Steeple", written by Midge Bakos. It is a compilation of Midge's weekly newsletter columns over the past couple of decades describing the history of Stone Church, Hamilton College, and the Village of Clinton. A descendant of one of the early settlers of Clinton, life-long Clinton NY resident Marjorie (Midge) Bakos has written a marvelously readable history of the founding and growth of the village of Clinton and of Hamilton College. This church has been part of the Village green since Moses Foote and others chose to clear and build upon the area we now know as Clinton's Park Row. The book captures and brings life to the people, decisions and events that made the village of Clinton, Hamilton College and Stone Church what we see today, and makes obvious that all three are now immutable landmarks to this part of the Mohawk Valley. "A View from the Steeple" will be available as of November 6th, 2023, at our Fair Trade Shop, Almost Local, Clinton Historical Society, Shoppers Stroll, or by contacting Stone Church at 315-853-2933 or [stonepres@stonepres.org](mailto:stonepres@stonepres.org). The cost of the book is \$19.95 or \$29.95 for the hardcover. It is also available at a higher price from Amazon books as a paperback (\$24.95) and also as a Kindle e-book. For questions, please contact Mary Ann Stievfater (315-791-5122) or the church office (315-853-2933).



### Christmas Message

submitted by Malio J. Cardarelli

Notwithstanding the calamity of existing times, there is joy and thanksgiving for the approaching Christmas tribute, welcoming the coming of a Savior, an event never to be dismissed by worldwide unrest.

Thus, despite the Russian-Ukrainian conflict, the brutal Hamas-Israeli war, the disparate treatment of women in Afghanistan, along with the multiple unrests here in the United States and elsewhere in the world, the celebratory recognition of the coming of a Savior should be expanded and in no way lessened.

So decorate your homes, light up the tree, pay appropriate religious recognition, celebrate with family and friends, and remember that the miracle of the coming of the son of God to mingle with us here on earth is a joy of eternal significance, never to be devalued. Thus, enjoy this happiest time with much appreciation for the coming of He who is seated at the right-hand of God, He whose birth represents a worldwide miracle of everlasting significance.

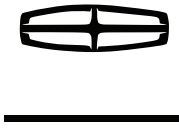
Have a very happy, joyous, and appreciative Christmas.



# STREET PONTE



TOYOTA



L I N C O L N



*Your family and locally owned and operated  
Auto Group in Central New York!*

*Shop new and used vehicles at:*

**[www.StreetPonteAutoGroup.com](http://www.StreetPonteAutoGroup.com)**