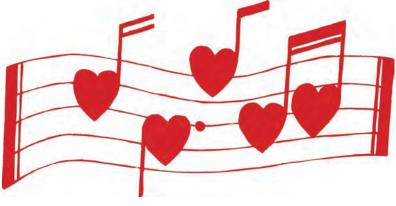


Vol. 38 No. 2 February 2024 US Postage Paid Permit # 566 Utica NY





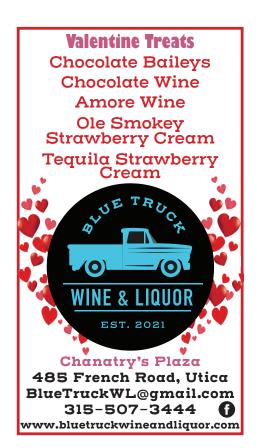


Order Your Singing Valentine Now!

The quartets of the Mohawk Valley Chapter, Barbershop Harmony Society, are preparing for St. Valentine's Day and will be delivering Singing Valentines to sweethearts throughout the Mohawk Valley from Tuesday, Feb. 13, through Thursday, Feb. 15.

The Singing Valentines' package includes two sweetheart songssung in Barbershop style, a personalized St. Valentine's Day card, a flower, and a small box of candy. The cost of the Singing Valentine begins at \$50.

The Singing Valentines program is one fundraiser that helps support the music programs of the chapter for community outreach. For information and to order a Singing Valentine, call 315-525-9621 or 315-269-4122.









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used with any other

coupons or specials



2



Servicing The Sauquoit Valley Cassville, Clayville, Cedar Lake, West Winfield, New Hartford, Brookfield, Bridgewater





Attention Baseball Families

Registration is now open for all levels of New Hartford Youth Baseball (Little League, Minor A and B, and T-Ball). We are looking forward to a great season in 2024!

Please visit www.newhartfordlittleleague.com



NYS Approved Defensive Driving Course Offered

Defensive drivers course approved by New York State for insurance and point reduction programs given and sponsored by AARP. Six hour course to be held at the New Hartford Public Library on Feb 27, 2024 from 9am to 3:30pm.

For registration and other information please call Mary Merritt @ (315)724-0096.

THE TOWN CRIER, PO Box 876, New Hartford, NY 13413, is an independent newspaper printed and mailed the first week of the month to residents of New Hartford. All photos and materials used by this paper are subject to editing, are the sole property of its editors and **may not be reproduced without permission**. We reserve the right to reject any articles or advertising not in keeping with the purpose of the paper. We are not responsible for claims made in any advertisement. The cost of publication is paid by our sponsors and subscriptions.

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New Hartford Girls Softball

Welcome to the 2024 New Hartford Girls Softball Season! Please register for the league that your child qualifies for. The different leagues are described below.

If you have any questions regarding which league works best for your child, please contact John Cunningham.

TEE-BALL: Ages 6 & 7 years. \$50.00 per player MINOR LEAGUE: Ages 10 & Under. Players are placed on teams after registration is completed. \$75.00 per player

MAJOR LEAGUE: Ages 12 & Under. Players drafted to teams via a tryout (TBD). \$75.00 per player ** \$20 off for each additional registrant within your household

Online registration and payment is now available on the new website: www.newhartfordgirlssoftball.com

AGE REQUIREMENTS: A player's age as of September 1, 2023 determines the age group in which the player is eligible for the 2024 season. Birth Certificates may be required for first time registrants.

An in person registration will also be available April 6th, at the New Hartford Recreation Center, from 9 am to 11 am.

Direct any questions to John Cunnningham, at 315-725-8817.





....Interested?
Please call
(315) 733-2345

The Jewish Community Center 2310 Oneida St. Utica, NY 13501 Www.jccutica.net

* we are open to children of all races, religions and nationalities rs a sense of:

• Self Reliance

• Self Esteem

• Self Discipline

- Classes are held from 9 a.m.-12 noon. Monday through Friday for children ages 2 to 5.
- Lunch program is available from 12 – 2 p.m..
- Before Care starts at 8 a.m. and After Care ends at 4 p.m.
- The school follows the local public school schedule, September - June

* now accepting fall registration applications



New Hartford First United
Methodist Church
105 Genesee Street,
New Hartford
April 20th
9am - 4pm
Lunch and Bake Sale will be available





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NH Shopping Center
315-732-2125











The Last Portrait, February 9th to March 2nd Opening Reception, February 9th 5-7pm Artist Talk, March 2nd 1 - 2pm

Every person has a unique story, shaped by life's challenges and accomplishments. The end of life is just another chapter — our final challenge — and it provokes an equally unique response.

The Last Portrait is a photographic exploration by Mark DiOrio into those remaining days of the narrative. It features portraits of Upstate New York residents who were on hospice care from 2014 through 2021.

The exhibition is inspired by a celebration of existence, even in its closing stages. It attempts to capture the essence of individuals as they and their families reflect on their lives and respond to their feelings about death in their own distinctive ways. The project also offered families one more opportunity to be photographed with their loved ones.

The Last Portrait will be on exhibit from February 9 to March 22, 2024, at The Other Side, 2011 Genesee Street, Utica, NY, 13501. An opening reception will be held on February 9, from 5 - 7 p.m.

About the Photographer

Mark DiOrio is an editorial and commercial photographer based in Upstate New York. He is also the University Photographer at Colgate University.

Mark earned his Master of Science in Photography from the S.I. Newhouse School of Public Communications at Syracuse University and his Bachelor of Fine Arts from the State University of New York College at Purchase.

He worked as a photojournalist at midsize newspapers, documenting communities in Louisiana, Utah, Florida, and New York.

While on assignment, Mark often spends more time listening to those in front of the camera than making pictures. "The trust you build leads to access. Access is everything. It's the point where you make the most intimate photographs. It's where you capture someone at their most authentic representation. Without access, you have nothing."

To see a sampling of Mark DiOrio's work, visit http://www.markdioriophoto.com

"Big Poppa" Gary Spears Moves to Mornings on Mix 102.5

Galaxy Media Partners is thrilled to announce that perennially popular radio personality "Big Poppa" Gary Spears is taking over mornings on Mix 102.5 with the debut of his show "Big Poppa in the Morning." After mysteriously disappearing from the Mix airwaves shortly after Christmas and leaving listeners wondering where he'd gone, Big Poppa surprised his audience with his first show this morning.

Spears is one of the Mohawk Valley's most recognizable faces. He's spent 25 years on the radio, including five years hosting the afternoon show on Mix 102.5. He's also a popular live events DJ who was recently named one of the resident DJs at Turning Stone's new NY Rec & Social Club.

"Galaxy Media places a heavy emphasis on being live and local, so moving Big Poppa to mornings was a no-brainer for us. No one else knows Utica-Rome better, and we can't wait for Big Poppa to wake up our audience with engaging and relevant local content," says Marissa Greenlar, Galaxy Media Partners' Chief Content Officer.

Speaking about his new show, Spears says, "Doing a morning show in my hometown has been a dream of mine since I was a kid, and to be able to do it again after five years makes me excited for the future. I love serving the Central New York community, and I'm looking forward to blending local content with current topics and gossip of the day to bring a new dimension to the station. For people who've listened to me before, you'll definitely get some of the features you know and love, like the Paparazzi Pandemonium and interviews with local experts and newsmakers, but we're also going to be introducing some new features to keep it fun and focused on what's happening here in the Mohawk Valley."

Big Poppa in the Morning airs weekdays starting at 6 a.m. on Mix 102.5.

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

Our monthly paper is currently mailed to residents in the 13413 zip code.

If you know someone who wishes to receive our publication, we will gladly add the address to our subscription list for a yearly fee of \$25.

please mail a check to The Town Crier,

PO Box 876, New Hartford, NY 13413.

We are privately owned and not affliated with the Town of New Hartford.





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Richard Sherman

New Hartford Highway News

submitted by Highway Superintendent, Richard Sherman

The date is January 16th, and the winter is almost half over and we have had very few winter storms. The monies saved in salt and brining the roads and overtime with the winter so far has been in our favor budget wise.

I am working on the new schedule for the 2024 brush and green waste collection along with the dumpster trash drop off program at the highway garage every Monday from 6:30-2:00 from April 8th thru September 30th. This schedule will be coming out in the month of March to be implemented in the month of April. This will be coming out with the town Supervisor's spring newsletter.

We are starting work on the infrastructure of the project on Oneida Street in Chadwicks. As the town Supervisor, I will be out talking with home owners about our plans and details of this project. National Water Main will be placing a camera in the sewer lines to see what kind of condition they're in along with the storm water culvert pipes. If the pipes need replacing that work will be done first before we do anything else. The next part of the project we will be surveying for sidewalk and curb installations. This project in Chadwicks is through Oneida County Main Street grant program under the direction of Anthony J. Picente Jr. County Executive and The Town of New Hartford.

The crews have been out on every shift picking up Christmas trees, so if you didn't place it to the road, please do so. We don't want to have Christmas trees out there in February and March.

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

If you have any issues, please call me at 315 534-2998 or e-mail me at rsherman@townofnewhartfordny.gov.

Please have a safe rest of the winter, spring will be here before we know it.



The Sound of Freedom, Monk Rowe & the Five Families Ensemble

In honor of Black History Month, the Five Families the Greater Mohawk Ensemble is hosting a musical event at the Oneida generations; please concounty History Center on Friday, February 2nd, at 7:00 315-735-3642 or vision. The event will take attendees on a musical journey additional information.

through local history, focusing on the Underground Railroad.

Music will be arranged and composed by Rowe and will include premiere performances. The songs performed will highlight the struggles and triumphs of the people during that era.

Phyllis Breland, President of the Tri-State Consortium of Opportunity Programs, will offer historical readings and an introduction to the program. This project is made possible with funds from the Statewide Community Regrants Program, a regrant program of the New York State Council on the Arts, with the support of the Office of the Governor and the New York State Legislature, and administered by CNY Arts.

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.

Valentine's Day Bark







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

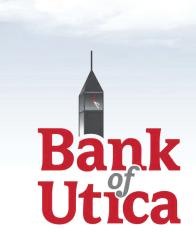
Ingredients

8 oz finely chopped Semisweet Chocolate

- 1 Cup Waffle Pretzels
- 1 Cup Valentine's M&Ms (divided)

Handful Heart Quins

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



Where Other Banks Have Their Branches...

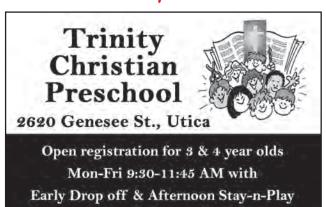
...we have our roots.

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Fort Schuyler Club Celebrates 140 Years, Unveils New Website

The Fort Schuyler Club, situated in the heart of downtown Utica, proudly celebrates 140 years as the area's unparalleled private city club. In honor of this significant milestone and to enhance the member experience, the Club launches its new website, inviting members, guests, and prospective members to explore its rich history, amenities, and membership opportunities at www.fortschuylerclub.com.

Established in 1883, the Fort Schuyler Club has stood as the area's exclusive private city club, fostering a legacy steeped in prestige and tradition. Offering a unique ambiance for events, meetings, and leisure activities, the Club has consistently provided its esteemed members and their guests with the highest levels of service and culinary excellence.

140 years as a historical landmark and cornerstone of Utica's history," remarked Darcy Stevenson, Manager at the Club. "Our commitment to exceptional service, elegance, and community continues to define our club information, explore its history, tour the club and identity."

Renowned for its exquisite chef-prepared cuisine rivaling major city clubs, the Fort Schuyler Club com.

promises a dining experience that caters to the most discerning palates. Members and their guests enjoy numerous benefits, including regular events, parties, lectures, personalized service, networking opportunities, professional growth avenues, and an ideal venue for corporate events, philanthropic gatherings, and special occasions.

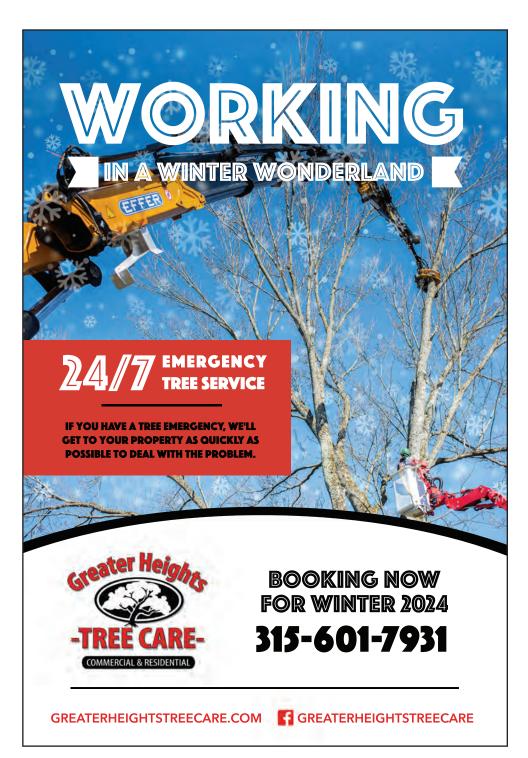
Call 315-732-7869 for details

The Fort Schuyler Club offers various membership categories to individuals over the age of twenty-one. Categories are based on age and residence, ensuring a tailored experience for each member. With an abundance of amenities, multiple meeting and dining rooms, a billiards and cardroom, and a grand ballroom, the Club provides abundant opportunities for personal and professional endeavors. Those interested in joining are encouraged to complete the membership application online or contact the Club office at 315-797-0170 for further details.

As the Fort Schuyler Club celebrates its remarkable "It is amazing that we can celebrate our legacy of 140-year legacy, the launch of the new website stands as a testament to its commitment to progress, excellence, tradition, and hospitality. The website will enable members and non-members to access rooms, view upcoming events, and more.

For more information, visit www.fortschuylerclub.









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

Facebook:

www.facebook.com/newhartfordpubliclibrary Instagram: new_hartford_public_library

Community Outreach

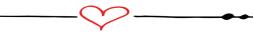
We are hitting the road and would love to come to your organization! Are you involved with a preschool, daycare, summer program or assisted living center? We would love to come to your organization and share more about our upcoming programs, issue library cards and provide programming to your facility. 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?

is available without charge for community groups or individuals to display works of art, collections or educational displays. Exhibits must be in keeping with our patrons a discounted entry rate: 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.



The Oneida-Herkimer Solid **Waste Authority**

The Oneida-Herkimer Solid Waste Authority loves recycling, and believes you should too. The authority takes center stage in the display case at the library's main entrance during the month of February. Recycling helps save space in the Regional Landfill, creates jobs, conserves natural resources, and more. Information about what items you can recycle will be on display. You also can learn more by visiting www.ohswa.org or www.amirecyclable.com.

Lego Club: From Book to Block

Back by popular demand...Lego Club!

Each month a passage from a book is read aloud from a pre-selected book. Using their imagination, children are asked to build what they see when visualizing that scene. This club meets on the 1st Saturday of the month at 11:00am in the Corasanti Room.

The next meeting is February 3rd. (Geared for

Grab & Go Projects Adults

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

February 5th – Simple Paper Origami Treat Box Call to reserve beginning at 10:00 on the day of that months' project, or come into the library to pick up.

Grab & Go Project Bags for Kids

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

February 1st – DIY Valentine Creations

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

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

February 5, 6, 8: Valentine's Day Theme

February 12, 13, 15: Pancakes

February 19, 20, 22: Dino-Dig

February 26, 27, 29: Teeth

Park Passes Are Back!

Once again, the Friends of the New Hartford Public The display case a/t the Library's main entrance 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

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 meet on February 24 at 11:00 viz Zoom. This class, led by Janet Hoover, is for those who love mysteries or just want to know more about them and those who write them. In 2024 we will look at the history of mystery over the last 2 centuries--a good way to add to your "to be read" stacks. During this session we will focus on authors and mysteries during the WWI and depression eras: S.S. Van Dine, J.D. Carr, Nicholas Blake, and Freeman Wills Crofts. Join us we see how the mystery genre offers help during troubled times. Call the New Hartford Public Library (315-733-1535) to get the Zoom link..

AARP Smart Driving Course

We will be hosting another Smart Driving Course on Tuesday, February 27th from 9:00-3:30. Registration is required. Please call 315-724-0096 to register.

After Breast Cancer Group

The After Breast Cancer (ABC) Group will be meeting on Saturday, February 3rd at 11:00 am. Our February speaker is Patrick Basil, from the Survivorship Clinic at Faxton campus. He heads up the wellness center, where clients work out on machines. It is a great exercise program. Come and hear what Patrick has to

Blood Drive

Our next Blood Drive is being held on February 8th from 11:30-4:30. In February, all donors will receive a \$20 Amazon gift card.

Walk ins are welcome or register ahead at

https://www.redcrossblood.org/give.html/driveresults?zipSponsor=NHPLibrary

Thank you in advance.

Yoga for Sseniors

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. There is no class on Monday, February 5th.





From the Friends of the New Hartford Public Library

Friends of the NHPL Meeting

Friends' meetings are on Saturday mornings at 9:30-11 in the Corasanti Room. All are welcome. Dates: February 10; March 9. Further information, changes or cancellations will be posted on the Friends' website.

Used Book Room

Thank you for thinking of us with your donations of "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 for supporting this major fundraiser.

We are currently ACCEPTING newer fiction and nonfiction 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, National Geographic Magazine, and multi-volume books sets. We are also no longer accepting audio cassettes, VHS tapes and computer games/books or CDs.

Bloomin' 4 Good Program

The Bloomin' 4 Good Program sponsored by your hole! Do as you want. Big or small, long Hannaford raised \$30 in December, 2023, to benefit the library. Hannaford supports over 2,100 nonprofit end of the event. It's really fun always sunny organizations and how fortunate we are to be one of the recipients. Thank you so much to our friends at Hannaford and to this marvelous community.



Mitten Tree

Our mitten tree was wrapped in love with an array of colorful yarn and stitches woven into various patterns to warm all size hands. It was a treasure especially for those families desperately in need and children at risk. The mittens were delivered to the community outreach center at the Thea Bowman House on Lafayette Street. A huge thank you to all our angels for your generosity and kindness. 63 pairs of mittens, 6 hats, 6 sets of matching hats and mittens. Wow!!!!

Bill Bonsted Indoor Miniature Golf Tournament: April 6, 10am-4pm. All Ages!

Put away your sled - just for a little while - let your imagination wander and consider the design of a hole for the Bill Bonsted Indoor Miniature Golf Tournament. This can be a great activity for families, organizations, schools, businesses or giggling friends. Need school credits? Be a volunteer.

Stats: It is a distance of 4 feet between the bookcases but there needs to be room enough for participants to move around. Lengths vary from 14 feet to 20 feet but use of the whole space is not necessary. Maybe you want your hole in one small area, or in the middle. It's your hole! Do as you want. Big or small, long or short. Set up is Friday evening and holes are removed at the end of the event. It's really fun always sunny and dry. Questions? Stop at the circulation desk to view photos or leave your name, phone/email if interested.

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.

FRIENDS MEMBERSHIP FORM					
NAME					
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PHONE					
Annual Membership \$15	Life Membership \$100				
Membership is tax deductible. Please many New Hartford Public Library, 2 Library					



7th Annual CNY WING WARS on Feb 3rd

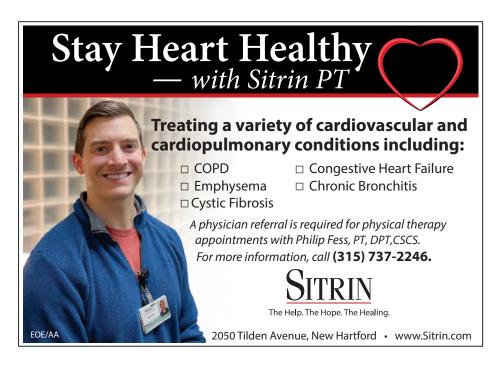
The Joseph Michael Chubbuck Foundation will host the 7th Annual CNY Wing Wars from noon to 3pm Saturday, Feb. 3, 2024, at Harts Hill Inn, 135 Clinton Street Whitesboro.

Returning participants include Ray Brothers BBQ (2022 BEST WING in both Celebrity Judges & Public Vote categories and 2nd Most Unique Wing Celebrity Judges Choice 2023), Pizza Boys (2022 MOST UNIQUE WING winner in both Public and Celebrity Judges Vote categories), Hot Off The Brick, Piggy Pat's, Killabrew, Fratello's Pizzeria, Lukin's (2nd Best Wing Celebrity Judges 2023 & 3rd Celebrity Judges Most Unique Wing 2023), and Tony's of New Hartford, Utica BBQ (3rd Public Vote Best Wing 2023) Knuckleheads (2nd Best Wing Public Vote 2023 & 3rd Best Wing Celebrity Judges Choice 2023), Pizzeria Italia (3rd Most Unique Wing Public Vote 2023), and The Celtic Harp (2nd Public Vote Most Unique 2023). The Crust Kitchen & Bar has joined the lineup for 2024.

After tasting the wings, attendees will vote for "Best Wing" and "Most Unique Wing" alongside a panel of 7 celebrity judges (Oneida County Sheriff Maciol, Senator Griffo, Assemblywoman Buttenschoen, WKTV Kristen Copeland & Jason Powles, Empire Plate's Bill Vinci, & WIBX Bill Keeler.

Admission is \$35 per ticket which includes (1) slice of pizza, (1) wing from each participant, and (1) free beer or soda. Only 200 tickets will be sold & Reservations are required.

Enjoy music by Majestic DJ, 50/50 raffle, and a Basket Raffle. Tickets on sale now at www.thejmcf. org under "Events" or call 315-339-5993 M-F (9am to 5pm). Proceeds will assist cancer patients in financial need in Oneida, Herkimer, Madison, & Onondaga Counties. Covid Safety Precautions in place within Oneida County will be followed at the time of the event. Tickets will be sold at the door if the event is not sold out.





February 2024 NHTownCrier.com





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These and many, many more uniquely handcrafted gift items from 38 different countries are available at our Fair Trade Shop, Stone Presbyterian Church, 8 So. Park Row, Clinto.

During February, we are holding a 25% OFF sale (some restrictions apply).

Our regular hours are 10am to 4pm every Thursday and SECOND Saturdays. Purchasing fair trade items ensures artisans and small farmers fair wages and healthy working conditions, providing dignity, sustainable development and hope for marginalized people. Let us be your go-to gift shop!

Visit us at https://buildingstonesshoppe.square.site or www.facebook.com/buildingstonesfairtradeshoppe.



Fair Trade Shop - Valentine's Festival

Valentine's Day is an annual festival to celebrate romantic love, friendship and admiration. Check us out while you are looking for that special gift for that someone special!

Fabric hearts made from recycled cotton saris dot our cheery Kantha Heart Garland from India. Each 2 inch heart is lightly filled; colors and patterns will vary.

The ultimate in sustainable comfort, our remarkable Red Rethread Throw from India is made from recycled clothing, which is separated and spun by hand into new threads. The threads are then over-dyed and re-woven on jacquard looms to create a cozy, lightweight throw.



We are Thrilled to Announce Our Move to a New, Ground Level Facility.

Stop by and give us a try!

Redeem this ad for three, FREE personal training visits.

Our new address will be 50 Genesee St in New Hartford

(formerly the Kabari Chiropractic Center)
Please call for an appointment

(315) 735-2210

All-American Fitness Center 'The Move' in 2024

The All-American Fitness Center is now 43 years old. Because of our longevity, many of our members needs have changed. That's why we've decided to move to a facility on the ground level and teamed up with a Physical Therapist.

*Many of our members were having a difficult time climbing the stairs. Being at ground level will make it easier for those members to enter and train at our new facility.

*A partnership with Winberg Physical Therapy and FORTE Strength and Fitness will position us to optimally serve our older members, who are being challenged with orthopedic conditions, requiring replacement of knees and hips. Erik Winberg, DPT is a licensed Physical Therapist and will share our new facility to serve members of all ages, with their specific orthopedic rehabilitation needs.

*Some of our long-standing members have asked Cindy and I when we will be retiring? I will be turning 70 in July and Cindy will be turning 67 in August. I pray each day that I can continue training clients until I'm 80. Cindy's goal is more modest, maybe five years, when she'll turn 72. She would like to spend more time with our eight grandchildren.

*Our new location is less than 100 yards (the length of a football field) from our previous location. This makes it easy for New Hartford Middle and High School students to continue their attendance at our new facility.

*Since opening in January of 1981, we have focused on one goal: to provide the best possible fitness guidance and equipment for our members that address their specific needs. We currently have six certified personal trainers to address the individual needs of each client and member and we're looking to add more trainers in the upcoming year.

Jim LaFountain, BS, MA, CSCS, is available to do corporate and group fitness lectures.

Please call to schedule at (315) 735-2210

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New Hartford Police Activity December 2023:

1066 Total number of incidents responded to by all officers.

783 Specific Incidents

71 Arrests

134 Vehicle and Traffic Law Stops

95 Motor Vehicle Accidents Investigated

115 Traffic Tickets issued

228 Supplemental – Specified Neighborhood Patrols

4 - Community Policing - Details



New Hartford Police Activity Year In Review 2023

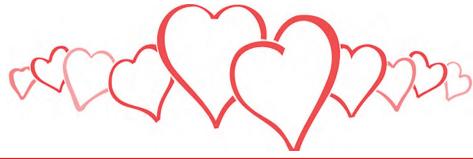
With the support of our Residents, Town Supervisor, Town Board and Police Commission the following advancements and achievements were able to be accomplished during 2023 by The New Hartford Police Department to better protect and serve our community. As always if you see something report it.

Often a minor report makes an impact on public safety. For Emergencies Dial 911.

- 1) Drone (UAS- Unmanned Aerial System) Unit Established.
- -Search and Rescue, Infrared capable
- -Crime Scene Investigation, Mapping, Aerial Photographs
- -Smaller Unit capable of searching interior of house/building
- -Four New Hartford Police Officers trained and obtained required license from FAA to pilot the Drones.
- 2) Instituted an annual Defensive Tactics Training refresher held with the Assistance of The Utica Police Department and Mohawk Valley Police Academy. Enhances Officer Safety and decrease in injuries when officers encounter resistance.
- 3) First ever New Hartford Police Department K-9 Program started. K-9 expected to be received by NHPD in January, with training commenced thereafter. K-9 Unit will be capable of suspect tracking, missing person tracking/searching, searching for explosives, handler protection.
- 4) Lexipol Policy and Procedural Manual update ongoing. Ensures compliance with DCJS and industry best practice policy and procedures. Among other crucial policy updates, one policy update in particular was required to maintain mandatory DCJS certification.
- 5) Purchase of OSCR ("Oscar") 360. Digital 360-degree crime scene imaging system that instantly captures 360-degree high quality digital images of crime scenes. Makes crime and scene investigation very efficient, quickly captures necessary photos in high quality detail.
- 6) Partnership with The United States Marshal Service New York / New Jersey Regional Fugitive Task Force (RFTF) which has led to safer and more efficient apprehension of suspects sought in connection with violent Felony Cases. In 2023 multiple New Hartford Police Department cases were adopted by The RFTF and the suspects sought were apprehended.
- 7) Bike Patrol Updated. Two electric / hybrid mountain bikes purchased, two additional officers trained/certified in bike patrol operations. Bikes patrol deployed at special events over the summer and into neighborhoods for increased visibility and engagement of residents.

We look forward to working each day to serve and protect The Town of New Hartford.

Ronald M. Fontaine, Chief of Police





Seneca Niagara Resort - Niagara Falls, NY ~ \$214 pp/do March 18 & 19 - \$60 Free Slot Play, \$25 Dining Dollars, Optional Visit to Fashion Outlets of Niagara USA

Capital Region Flower & Garden Expo & Schoharie Valley Farms/Carrot Barn ~ \$89 March 22nd

Lancaster Amish Country ~ \$654 pp/do Featuring Daniel at Sight & Sound Theatre. April 30-May 2 Six, The Musical - Landmark Theatre, Syracuse ~ \$139 Orchestra Seats - May 30th

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MASTERING SOCIAL MEDIA ENGAGEMENT: THE SYNERGY OF AI AND BUSINESS SAVVY

by Lisa Burline Roser
Vice President of Business Development
Professional Media Services, Inc.
lroser@promediaonline.com

In the fast-paced world of social media marketing, where content creation and engagement are at the forefront, there's a delicate balance to strike. While the convenience of automation and AI-powered tools like Chat GPT can be a game-changer, the essence of authentic and impactful social media messages often hinges on the personal touch and in-depth business knowledge that only a human can provide. It's the fusion of these two worlds—AI assistance guided by human expertise—that allows businesses to resonate with their audience, offer tailored solutions, and create a lasting impression in the digital landscape. In this guide, we'll explore how to harness the power of Chat GPT alongside your business acumen to master the art of social media posting and engagement.



1. Choose the Right Platform:

Start by selecting a Chat GPT platform or tool that suits your needs. There are various options available, including OpenAI's GPT models, third-party chatbot services, or custom-built solutions. Ensure that the platform you choose supports natural language processing and generation.

2. Define Your Social Media Goals:

Before you begin, establish clear objectives for your social media marketing efforts. Are you looking to increase brand awareness, drive website traffic, generate leads, boost sales or all the above? Understanding your goals will help you tailor your strategy accordingly.

3. Train Your Chatbot:

Train your Chat GPT model to understand your brand's tone and style. Provide it with examples of your previous social media posts to ensure consistency in messaging. You can fine-tune the model's responses to align with your brand's voice and values.

4. Generate Content Ideas:

Chat GPT can help you brainstorm content ideas for your social media posts. Ask it questions like:

- "What are some trending topics in my industry?"
- "Can you suggest creative post ideas for our product launch?"
- "What are some engaging questions we can ask our followers?"

Utilize the generated ideas to plan your content calendar.

5. Create Engaging Captions and Posts:

Chat GPT can assist in crafting captivating captions and posts. Provide it with the context of the post or the product you want to promote, and it can generate engaging content for you. Ensure that the content is relevant, informative, and tailored to your target audience.

6. Schedule Posts:

Use social media management tools like Buffer, Hootsuite, or Sprout Social to schedule your posts in advance. This allows you to maintain a consistent posting schedule, even during non-working hours.

7. Conduct A/B Testing:

Continuously optimize your social media strategy by conducting A/B tests on different post formats, content types, and posting times.

8. Monitor Analytics:

Keep a close eye on social media analytics to track the performance of your posts and engagement rates. Adjust your strategy based on the data to maximize your social media impact.

9. Stay Informed:

Stay updated on industry trends and changes in social media algorithms.

10. Human Touch When Needed:

While Chat GPT or another AI can handle many tasks, remember that it's essential to maintain a human touch in your social media interactions. For complex inquiries or sensitive matters, be ready to step in and provide personalized responses.

Incorporating Chat GPT into your social media marketing strategy can streamline content creation, boost engagement, and save time. However, it's crucial to strike a balance between automation and human interaction to create an authentic and engaging social media presence.



Marketing Strategy | Digital Marketing | Creative Design Web Development | Multimedia Planning | Video Production





MURDER MYSTERY DINNER THEATER



Performed by the Drive-thru-Theater Utica Masonic Hall 251 Genesee Street Utica, New York Saturday, February 17, 2024 Doors open at 5:30 p.m. Dinner and Show \$40.00 Reservations by February 10, 2024 Sandy 315-527-0512 or Judy 315-725-2217

Proceeds to benefit Uarda Temple No. 24, Daughters of the Nile

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PHYSICAL THERAPY & YOUR HEART HEALTH

In February we recognize American Heart Month! Heart disease is the number one cause of death in the United States. We all have the power to act to reduce the risk of cardiovascular disease. Physical therapy can aid your lifestyle to help reduce these

The heart is a tireless organ that pumps blood to deliver oxygen and nutrients throughout the body. However, poor lifestyle choices, lack of exercise, and various medical conditions can strain the heart, leading to cardiovascular diseases such as heart attack, stroke, and hypertension. Maintaining heart health is essential for reducing the risk of these life-threatening conditions and ensuring a longer, healthier life.

Regular exercise is a cornerstone of heart health. Physical activity help to lower blood pressure, improve cholesterol levels, and maintain a healthy weight - all key factors in preventing heart disease. Additionally, exercise promotes better blood circulation, reduces inflammation, and enhances the efficiency of the cardiovascular

Physical therapy is not only for recovering from injuries; it also plays a significant role in promoting heart health. Physical therapists are trained to create individualized exercise programs that cater to the specific needs and conditions of each patient, including those with heart-related issues.

Physical therapists educate patients on the importance of a heart-healthy lifestyle. They provide guidance on dietary choices, stress management, and the adoption of habits that promote overall well-being. Prioritizing heart health is a fundamental aspect of maintaining a high quality of life. Through exercise, education and lifestyle modification, physical therapists empower individuals to take charge of their cardiovascular health, fostering a stronger, healthier heart and a more vibrant life.



The Olde Wicker Mill



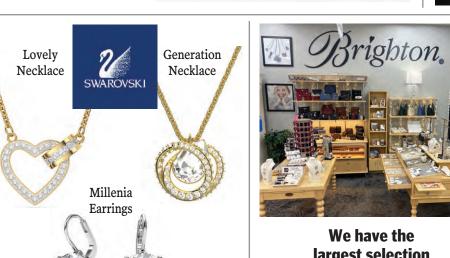
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Pictured is Philip Fess, PT, DPT, CSCS. Fess provides treatment for a variety of cardiovascular and cardiopulmonary conditions at Sitrin.

Maintaining Heart Health with Sitrin

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

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

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

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

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

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

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

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

ABOUT SITRIN: Sitrin, a not-for-profit corporation, provides a variety of services for people of all ages and abilities, including comprehensive medical rehabilitation (inpatient and outpatient), long-term care, assisted living and enriched housing (Cedarbook), NeuroCare, residential care for people with intellectual disabilities and medically complex conditions, medical and social model adult day program, military program, adaptive sports, (STARS Program), a Wellness and Aquatic Center, orthopedic injury program, concussion management, child care, and dental clinic.



The Genesis Group

The Genesis Group is a regional community organization dedicated to adaptive leadership to meet new challenges, and to create positive and transformational impact in the Mohawk Valley region. Genesis is the Mohawk Valley's source for news and information, views and opinion, projects and events.

As we begin the new year, it's important to reflect on our lives and all that we have. Life can change in a moment, and we should appreciate each and every day. Let us remain hopeful for new opportunities. We realize that good things will not just happen, but we must work for them. I encourage you to develop a plan of action, set goals and be ready to seize your moments of growth and success.

The Genesis Group has a plan of action. We have successful programs that are positively impacting area businesses, schools, organizations and the community. Our focus is in areas of Education, Healthcare, Data Analytics, Small Businesses and so much more.....

Genesis Group Programs: Small Business Assistance Program, Data Analytics Center of Excellence, 9/11 Remembrance Program, Chamber Alliance of the Mohawk Valley.

Genesis Group Forums: Economic Development, Public Safety, Housing, Healthcare, Legislative, Agri-Business.

Genesis Group Events: Teacher Appreciation Week, Excellence in Education Recognition, Career, College and Life Ready Programs, Drone Camps, Children's Reading Program (in partnership with Dolly Parton's Imagination Library)

The Genesis Group is taking action, achieving results and making a difference. I invite you to join us. For more information visit: www.TheGenesisGroup.org

Combined with our rich history, a skilled workforce and the will of our citizens, the Mohawk Valley has much to look forward too! As we look ahead, we do so remembering our past experiences, appreciating our blessings today, and with hope for the future. I wish you a safe, healthy and Happy New Year!

Raymond J. Durso, Jr., is President & CEO of The Genesis Group, and Chairman of The Chamber Alliance of the Mohawk Valley region.





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NEW HARTFORD PAST TIMES

February 2024

NEW HARTFORD HISTORICAL SOCIETY

Cinnamon: the Chapman Road Lion

Our last "Throwback Thursday" of 2023 highlighted the Long Block located on Kellogg Road where the Kid's Market and the Sunoco gas station is today. That post garnered a lot of Likes and comments. A few of those comments posed the question to other followers: "anyone remember riding up the hill to go to the Jr. High school.....on the right was a house that had a full grown lion chained to the garage?" Many said they did and one wrote that he recalled an article about it. We found that article online.

What's He Do There? Anything He Wants!



Cinnamon, youngost member of the Paul Gruber nuusehold, relaxes in what used to be his master's lavarite armshair. The six-month-old lien oub still gets an occasional bottle of milk, held here by Sandy Struthers. At right, Gruber cradles two felines — Cinnamon and Fuzzy, his housecat. At present, they take turns chasing each other around the house. [Photos by Chief Photographer Dante O. Tranqu'lle].

Cinnamon was owned by Paul Gruber. In the March 2nd, 1969 Utica O-D article, Cinnamon was then six months old and 40-pounds. Paul lived at 64 Chapman Road with his Aunt, Prudence Byrd, and a young man named Sandy Struthers. Sandy reportedly wanted a pet and, prompted by a recent burglary, Paul went to NYC in October of 1968 to purchase an Ocelot for home security. In New York, Paul went to see Henry Trefflich, a German born importer and dealer in exotic animals. Henry convinced Paul a lion would be much more durable. Paul would purchase the cub (who by the way appeared on Johnny Carson's "Tonight Show" with Henry weeks earlier).

Cinnamon was born on August 27, 1968 in the Staten Island Zoo. After arriving in New Hartford, his presence would soon draw the attention the neighbors and the passerbys driving on Chapman Road. Shorty after the March article, several more articles appeared that revealed concerns and complaints were brought to the Town Board. After realizing that current Codes and Zoning regulations did not prohibit owning the lion, Town officials and Mr. Gruber mutually agreed that suburban living was not the best life for a lion. By September 20th, 1969, Mr. Gruber reported that he'd made arrangements to send Cinnamon to "Safari Land" in West Palm Beach Florida.

If any of our readers have any more information on Cinnamon, or better yet pictures, please let us know!

r – – I I Pleas	New Hartford Historical Society ~ Membership Form ~ Please check one of the following:						
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' 		New Hartford Historical Society					
I		P.O. Box 238					
I		New Hartford, N.Y. 13413					







BECOME A MEMBER!

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

Planning a Class Reunion?

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

Call 315-724-7258 to schedule your group.

Museum is Open To the Public

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Chamber Music Society of Utica Presents ATOS PIANO TRIO Sunday, March 3, 2024

The Atos Piano Trio performs Sunday, March 3, 2024, 2:30 pm, at MUNSON Auditorium, 310 Genesee Street, Utica NY. Their program includes works by Antonin Dvorak and Pyotr Ilyich Tchaikovsky. This concert will be live streamed via the Chamber Music Society of Utica (CMSU) website: www.uticachambermusic.org.

For the live concert: General Admission \$25; Free Admission for Students with ID, Teens and Children. Cash, Check or Credit Cards accepted. COVID protocols: Masks are optional and distanced seating is available.

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

"The ATOS Trio creates a musical excitement of check out the roots of traditional Irish music. symphonic proportions." -Sueddeutsche Zeitung

Pianist Thomas Hoppe, violinist Annette von Hehn and cellist Stefan Heinemeyer have been conquering the world's major concert series together since 2003. Around the globe, the ATOS Trio is hailed by audiences and met with critical acclaim. From winning the Kalichstein-Laredo-Robinson International Trio Award, the gold-standard prize for trios in the US, to a prestigious recognition as "New Generation Artists" by the BBC. From prizes in London, Graz and Melbourne to concerts in all the major festivals and venues from Oceania to Carnegie Hall. The ATOS Trio pushes

expression and dynamics to the limits, with its incredibly distinctive, warmly expressive and extremely unified trio sound, far beyond the comfortable, familiar, and expected.

unit of phrasing, sound, feel and interpretation that St, Utica. distinguishes the ATOS Trio from all others."

-Detroit Free Press

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



Mike Hoke

Roots of Traditional Irish Music Presentation

Join us at The H.A.R.P. Museum at the Irish Cultural Center of the Mohawk Valley on Wednesday, February 21, 2024 at 7:00 p.m. as we go down a rabbit hole to

The history of traditional Irish music goes back to the time when the Celts arrived on the shamrock shores nearly 2500 years ago. Some has been lost in legend and much of it has been and is being preserved by persons of great vision safeguarding their heritage. In this multimedia program we will look at how traditional Irish music has changed due to political influences, immigration, and technology among other factors.

Our presenter will be Michael Hoke, a 40-plus year member and musician for the Craobh Dugan-O'Looney chapter of Comhaltas Ceoltoiri Eireann, an international organization whose mission is to

preserve and promote traditional Irish music, dance, and language.

You can attend this presentation at the H.A.R.P. Museum located on the second floor of the Irish "Three voices – one sound: it's this absolutely perfect Cultural Center of the Mohawk Valley, 623 Columbia

> All are welcome to attend this program and the museum is wheelchair accessible. The program is free to attend, please register at the link below, or visit our events calendar at https://www.iccmv.org/my-calendar/ or leave a message at 315-733-4228 ext.6.





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OPEN HOUSE 1 pm - 4 pm

Heart health food demo from 1- 2 pm with recipes & samples RSVP at 315.266.0145 **FEB**

2



COOKING CLASS 11 am

Join us for a DIY heart health cooking class. RSVP to 315.266.0145 **FEB**

19



PUNCH OR POP 9 am - 12 pm

Stop by for a tour & a free punch (cup) or pop (balloon) to win a prize. \$1 each from 1/22 - 1/29 **FEB**

22



24th Annual Students Inside Albany Conference

The League of Women Voters, Utica/Rome Metro Area is seeking nominations of high school sophomores, juniors and seniors from Oneida and Herkimer Counties for the 24th annual Students Inside Albany conference. The conference, scheduled for May 19-22, 2024 in Albany, is sponsored by the League of Women Voters of New York State Education Foundation and is designed to increase students' awareness of New York's governmental process. This interactive conference brings together high school students from across the state to learn about the process by which citizens can participate in the policy making arena, including tours of the Capital and opportunities to shadow their representatives in the Senate and Assembly.

The conference will feature highly informative workshops, including: Media Perspectives on Public Policy Issues, How Does NYS Government Work? and Tips for Being a Successful Citizen Lobbyist.

For those students selected to represent Oneida/Herkimer Counties, all expenses are covered, including travel, overnight accommodations and meals during the conference. Applications are due by February 15, 2024.

Information on the application process contact the League at youth@lwvuticarome.org.

For more information, contact Dawn Laguerre at 315- 266-7548 or email her at, laguerremedia@gmail.com.

Unity Hall to Present Showcase Revue All Local Talent Encouraged to Participate

Do you have a special talent you would like to share with an audience? The Unity Hall Foundation is sponsoring a Revue of Local Talent on April 28, 2024 from 3:00-6:00 pm.

All are encouraged to apply for participation. Submissions may include (but are not limited to) music, comedy, dance, storytelling, magic, etc. Visit www.unityhall. com/contacts to start the application process.

Applications received by March 15 will be considered for the April 28 show. Participants will be notified by March 22 if their act is selected.

Don't miss this opportunity perform on the mainstage in Unity Hall's "Landecker Auditorium" and to be a part of this local showcase!

For information about membership and other Unity Hall events visit www. unityhall.com, Facebook/HistoricUnityHall, and unityhallbarneveld on Instagram.

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

View past issues on our website at NHTownCrier.com
Like us on facebook.com/NHTownCrier

Chamber Music Society of Utica

presents

Atos Piano Trio

Annette von Hehn, Violin • Stefan Heinemeyer, Cello Thomas Hoppe, Piano

performing
DVORAK AND TCHAIKOVSKY

SUNDAY • 3 MARCH 2024 • 2:30 PM

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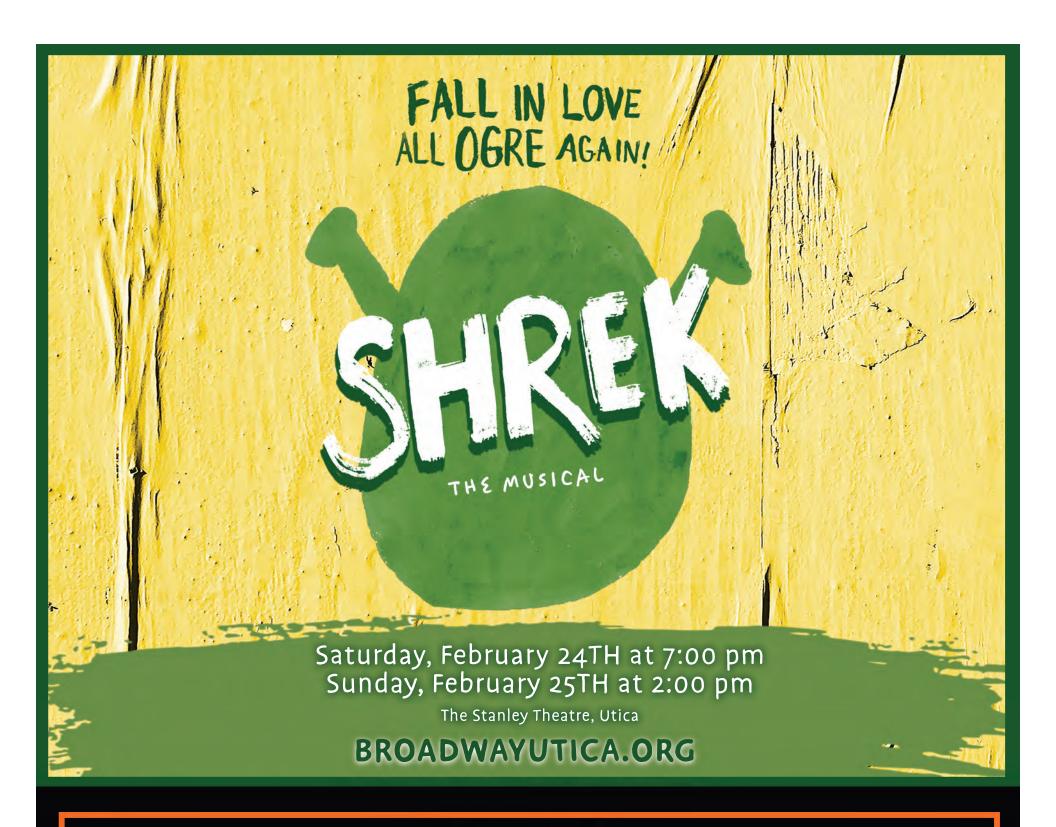
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FREE ADMISSION FOR STUDENTS WITH ID, TEENS & CHILDREN

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"all of us invent ourselves."
some of us just have more imagination than others."
- CHER



TUESDAY, FEBRUARY 27TH AT 7:30 PM WEDNESDAY, FEBRUARY 28TH AT 7:30 PM

STANLEY THEATRE, UTICA, NY

BROADWAYUTICA.ORG





Victor Fariello Jr.

From The Mailbag

Q. I have a small (3 $\frac{1}{2}$ X 3 $\frac{1}{2}$ ") jar with a fancy silver lid. I have been told it is Repousse. Can you tell me what that means and if it has any value?

A. Your lovely jar no doubt was from a women's vanity set. It was referred to as a trinket jar and would hold rings, earrings etc. on a vanity or dressing table. It has definite Art Nouveau characteristics and is from the early 1900's. Repousse refers to the metal work on the lid. It is accomplished by hammering from the reverse side. Items from antique vanity sets are highly collectible. I would value your trinket jar at \$150.

Q. Several years ago I inherited this bronze double inkwell from a great uncle of mine. I display it proudly on an antique desk. I would never part with it but I am curious about its value?

A. I once had a collection of antique inkwells and I wrote a cover story on inkwells for Antique Trader Weekly back in the 1970's. Your inkwell hits a lot of high marks as to desirability-being bronze, having double inkwells and being figural with the owl. I would think it would bring between \$350-400 in today's market.

Q. I have an upright Victor Victorola that my mother purchased at an auction several years ago and then passed on to me. It is intact and works perfectly. I am going to be moving to smaller quarters in the spring and will probably have to sell it. Can you give me an idea of what it is worth?

A. Once very common and easy to find, these Victrola's have become much scarcer. So many were ripped apart to make home bars or plant stands, so a lot fewer remain in the condition you describe. Prices for these uprights are currently \$400-600 and sometimes more. It is unfortunate that you have to part with it. Best of luck in your move.

Happy collecting!

Consider the 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!

Pickleball at the J.C.C.!



Inermediate / Advanced Sessions



Mondays, 5:30 - 8 p.m., Thursdays, 5:30 - 7:30 p.m. Sundays, 8 - 10 a.m.

Cost: Nonmembers: \$6
per person, per session
Members: \$4 per person,
per session

Beginner Classes
Mondays, 2:30 - 4:30 p.m., \$6/person
Fridays, 2:30 - 4 p.m., \$5/person

Where: J.C.C. gymnasium ◆ Who: 18 and over **All equipment provided!

For more information, call (315) 733-2343, or e-mail David at dmeislin@aol.com

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 vifariello@gmail.com. Any photos submitted will be returned upon request.



This figural inkwell is highly collectible.





A trinket jar from an antique vanity set.

An antique upright Victrola that is in working order!

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*subject to change without notice

		**S	ubject to change w			
Date	Start Time	Sport	Level	400	Opponent	Location
Feb 1, 2024, Thu	4:00 PM	Bowling (Girls)	Varsity	H	Rome Free Academy	Vista Lanes
Feb 1, 2024, Thu	4:30 PM	Basketball (Girls)	7th/8th (Blue)	Н	Rome Free Academy (Orange Team)	Perry JH Gym
Feb 1, 2024, Thu	5:30 PM	Basketball (Boys)	Varsity	H	Saratoga Springs High School	HS Gym
Feb 2, 2024, Fri	4:30 PM	Volleyball (Girls)	7th/8th	Н	Oneida (Modified 7/8 Girls 2)	Perry JH Gym
Feb 2, 2024, Fri	5:30 PM	Basketball (Girls)	Junior Varsity	Н	Whitesboro	HS Gym
eb 2, 2024, Fri	5:30 PM	Swimming/Diving (Boys)	Varsity	Н	Watertown	HS Pool
Feb 2, 2024, Fri	6:15 PM	Basketball (Girls)	7th/8th (Blue)	Н	Whitesboro (Blue)	Perry JH Gym
eb 2, 2024, Fri	7:00 PM	Basketball (Girls)	Varsity	H	Whitesboro	HS Gym
eb 3, 2024, Sat	10:00 AM	Basketball (Boys)	7th/8th (Blue)	Н	Vernon-Verona-Sherrill	Perry JH Gym
Feb 3, 2024, Sat	12:00 PM	Basketball (Boys)	7th/8th (Red)	Н	Central Valley Academy (Blue)	Perry JH Gym
Feb 6, 2024, Tue	4:30 PM	Basketball (Boys)	7th/8th (Red)	H	Whitesboro (Blue)	Perry JH Gym
eb 6, 2024, Tue	5:30 PM	Basketball (Girls)	Junior Varsity	Н	Vernon-Verona-Sherrill	HS Gym
Feb 6, 2024, Tue	6:00 PM	Basketball (Boys)	7th/8th (Blue)	Н	Holland Patent (Purple Team)	Perry JH Gym
Feb 6, 2024, Tue	7:00 PM	Basketball (Girls)	Varsity	Н	Vernon-Verona-Sherrill	HS Gym
eb 8, 2024, Thu	4:30 PM	Basketball (Boys)	7th/8th (Blue)	Н	Central Valley Academy (White)	Perry JH Gym
Feb 9, 2024, Fri	7:00 PM	Ice Hockey (Boys)	Varsity	Н	Skaneateles	New Hartford Recreation Center
Feb 9, 2024, Fri	7:00 PM	Basketball (Boys)	Varsity	H	Notre Dame, Utica	HS Gym
Feb 13, 2024, Tue	5:30 PM	Basketball (Boys)	Junior Varsity	Н	Utica Proctor	HS Gym
Feb 13, 2024, Tue	7:00 PM	Basketball (Boys)	Varsity	Н	Utica Proctor	HS Gym



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NHFD News

The month of December 2023 was once again a busy month for your New Hartford Volunteer Fire Department as indicated by the monthly alarm report listed below by category:

December 2023:

Fires = 2

EMS = 65

Hazardous = 2

Service Type = 19

Good Intent = 12

Other Alarms = 18

Weather Related = 0

Other = 0

Total alarms for the Month of December 2023 = 118. Of the 118 alarms, 102 were in the Town, 15 in the Village and 1 mutual aid.

This brings the total number of calls year-to-date through December 2023 to 1,323.

Below is a breakdown of the total number of alarms your NHFD answered in 2023:

Total Calls for the Year 2023:

Fires = 28

EMS = 710

Hazardous = 47

Service Type = 179

Good Intent = 121

Other Alarms = 232

Overpressure = 4

Weather Related = 2

Other = 0

Total Calls for 2023 = 1,323

Of the 1,323 alarms, 1,125 were in the Town, 179 in the Village and 19 mutual aid.

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

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

In Other Department News:

During the Installation of Officers for 2024, several awards were also presented. They are:

IRONMAN AWARD

The William G. Martin" Ironman Award" is given to a deserving member of each of the town's three volunteer fire departments annually. This award, named in honor of Mr. Martin, a 40-year member of the New Hartford Volunteer Fire Department, was first presented to William Martin in 1991. The award recognizes the volunteer firefighter who is ever ready, ever willing, and ever present to serve the community. The recipient of this award has exemplified an outstanding dedication to service. The New Hartford Town Board recognizes the resolve, commitment, and genuine enthusiasm of this individual as an inspiration to all. This year's award was presented to Firefighter Mark Schafer. This is the 32nd year that this award has been presented to an active and outstanding member of the department.

MICHAEL D. SOWICH "FIREFIGHTER OF THE YEAR" AWARD

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



EMERGENCY MEDICAL TECHNICIAN OF THE YEAR AWARD

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

NHFD ROOKIE OF THE YEAR

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

NHFD TRAINING AWARD

The Training Award recognizes the member who has participated in the most training hours for the year. This is combined hours of weekly fire schools and NYS training classes. This year's recipient is Firefighter Christopher Chaffee.

NHFD FIRE PREVENTION AWARD

The Fire Prevention Award recognizes the member who participated and had the most hours in community education on fire prevention. This is compiled of school fire prevention programs and displays, firehouse tours, and other community fire prevention events. This year's recipient is Firefighter and EMT Roy Schultz.

Years of Service pins were also presented:

5 Years

Daniel DeLuke

10 Years

Ken Phelps

Jon St. Louis

15 Years

Brian McCormick
Jonathan Reese

20 Years

Frank Basile

Thomas Hulser

25 Years

Jordan Spinella

30 Years

David Ambrose

45 Years

Joseph Luker



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An NHFD History Update:

2023 marked the completion of our 123rd year. Over those 123 years the New Hartford Fire Department has seen 853 individuals come forward and answer the bell. Of those 853, 96 are current members. Combined, those 853 members have given nearly 8,780 years of service. The average length of service for past members was 8yrs 6mos. The average length of service for our current 96 members is 22yrs 2mo service!

As membership ebbs and flows, so does our members length of service. Over the nearly century and a quarter, 7 individuals, so far, have surpassed the fifty-year mark. Below are the current top ten volunteers:

- 1.) Thomas "Butch" Randall 67 years and 5 months
- 2.) Chief Ed Hanley 65 years and 3 months
- 3.) Chief William Frieberger, III* 59 years and 10 months
- 4.) Chief David Reynolds* 56 years and 11 months
- 5.) Leslie Dean 53 years and 9 months
- 6.) Chief Paul Lewis 52 years and 11 months
- 7.) Harold Lewis 50 years and 8 months
- 8.) William Randall* 49 years and 8 months9.) George S. Glass, Jr.** 49 years and 3 months
- 10.) Chief Robert O. Morris 48 years and 9 months
- * Member is still actively serving.

** George served 36-1/2 years going Honorary in December of 1980. He would return to active status in the spring of 1992 seeing a need in the dept.'s Fire Police Squad. He would serve until his passing in January of 2005.

For more information please visit us at: www.nhfd. com all year long.



Angels Among Us Food Pantry

Feb 10 & 24 • Mar 9 & 23
April 13 & 27 • May 11 & 25
June 8 & 22 • July 13 & 27
Aug 10 & 24 • Sept 14 & 28
Oct 12 & 26 • Nov 9 & 23
Dec 7 & 21

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.

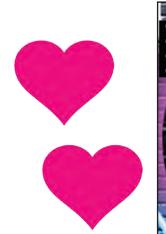
Our pantry provides services to all residents of New Hartford (btw Rt 8 and Rt 12), Washington Mills, Chadwicks, Sauquoit, Cassville and Clayville.

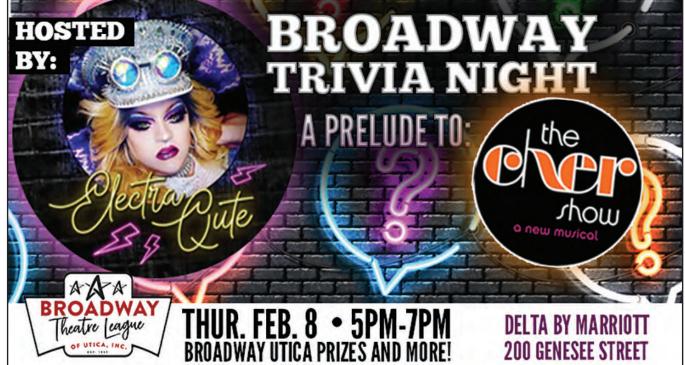
If this is your first visit, please bring proof of address. If you do not have a permanent address, just come in. We will assist. If you are unsure of eligibility, just come in. We will assist.

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





Broadway Trivia Night: A Prelude to The Cher Show

Hosted by the fabulous Electra Qute, Broadway Trivia Night will consist of three rounds of Broadway trivia at no charge! A special happy hour menu for food and drinks will be available for purchase.

5PM - 5:30PM Registration Broadway Trivia

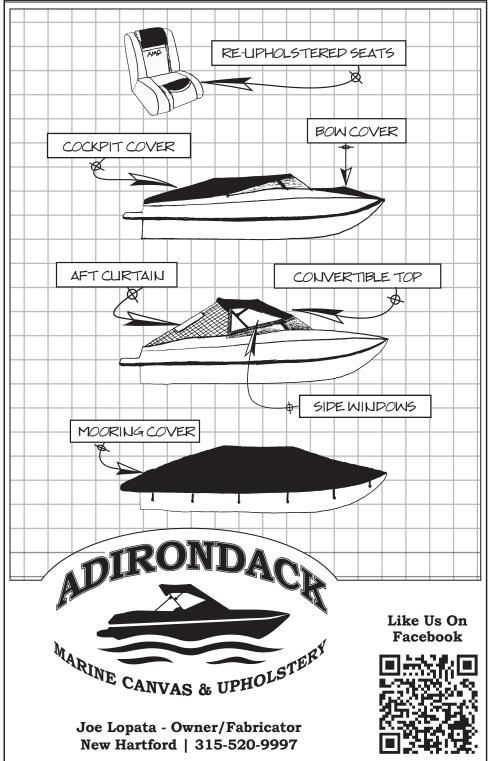
5:30PM - 6:30PM Broadway Trivia & FUN

6:30PM - 7PM Announce Raffle Winners!

Guests will receive a chance to win prizes, including three trivia round prizes, basket raffles, and a 50/50 draw.

This event sets the stage for the eagerly anticipated arrival of "The Cher Show," a musical that delves into the life and legacy of the iconic Cher.

Broadway Trivia Night will feature questions on Broadway musicals and the iconic life of Cher. Cher, an enduring force in popular culture, is celebrated in the Tony Award-winning musical that spans six decades of her extraordinary journey. With 35 chart-topping hits, three actresses portraying different phases of Cher's life, and a wardrobe of Tony Award-winning Bob Mackie gowns, the musical promises an unabashedly fabulous experience, ensuring the audience dances in the aisles.



Get to know your host!

Electra Qute is a burlesque and drag entertainer, MUA, Model and Producer.

"As a self-taught drag performer and makeup artist, I approach my art with an open mind, eager to embrace and experience the world in all of its beauty." Electra Qute

Similar to the iconic Cher, Electra Qute embodies the spirit of self-expression and fearlessly explores the realms of beauty. Cher, a legendary figure in popular culture, has consistently broken barriers and embraced diversity. In a parallel fashion, Electra Qute, as a self-taught drag performer and makeup artist, shares this commitment to pushing boundaries and celebrating the beauty found in the diverse facets of the world. Both Cher and Electra Qute serve as inspirations for those who value individuality and the unapologetic pursuit of artistic expression.

The Cher Show - A New Musical | Presented by Broadway Utica

Tuesday, February 27, 2024 at 7:30 pm

Wednesday, February 28, 2024 at 7:30 pm

Stanley Theatre, Utica, NY

Get tickets at BroadwayUtica.org

In person at The Stanley Theatre Box Office 259 Genesee St. or call 315-724-4000 Get EXCLUSIVE group (10+) discount by calling the Broadway Utica Box Office at 315-624-9444.





Free Concert Presented by The B Sharp Musical Club of Utica, Sunday, February 11, at 3pm at the Sinnott Family & Bank of Utica Auditorium at Munson, at 310 Genesee St., Utica

B Sharp Musical Club presents "Love and New Beginnings ~ Celebrating Valentine's Day and Chinese New Year" on Sunday, February 11th, at 3:00 at Munson in Utica. This varied performance features the Chinese Children's Chorus, directed by Ying Wu.

It also features The Butterfly Lovers, for voice, violin, and piano, based on the ancient Chinese legend, as well as the E Flat Brahms Clarinet Sonata, the Mother and Child Suite for violin and piano, songs from the musical South Pacific, and piano music by Debussy.

This performance is made possible with funding from CNY Arts.

For more information about B Sharp activities, visit the club online at www. bsharpmusic.org, and on Facebook at B Sharp Music Club.



Lions Club News

We have a winner!! Ed Keyes of Utica was the winner of the propane patio heater donated by J-Kay Lumber in the raffle recently held by the New Hartford/NY Mills/ Whitestown Lions Club. Pictured are Eric Sterling, J-Kay manager, Bob Porter Lions Club president, Ed Keyes raffle winner, and Nick Montesano, Lions Club treasurer. The New Hartford/New York Mills/ Whitestown Lions Club meets at Sloppy Joe's Pizza in the New Hartford Shopping Center on the second Tuesday of each month at 5:30. We always welcome visitors to our meetings. Come for a visit and we will buy you dinner!



Heart-Shaped Lasagna Bundt

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

Special equipment: a 10-cup heart-shaped Bundt pan

Kosher salt and freshly ground black pepper

One 16-ounce box lasagna noodles

2 tablespoons olive oil

1 medium onion, chopped

3 cloves garlic, minced

1 1/2 teaspoons dried oregano

1 1/2 pounds ground beef

One 6-ounce can tomato paste

One 28-ounce can crushed tomatoes

2 teaspoons sugar

12 ounces ricotta

8 ounces shredded mozzarella (2 cups)

2 large eggs

1/2 cup grated Parmesan

1/4 cup chopped fresh flat-leaf parsley

Preheat the oven to 375 degrees F.

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

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

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

Cut six noodles in half crosswise.

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

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

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





https://www.forkandbeans.com/2018/01/23/groundhog-toasts/

Groundhog Toasts

Ingredients

- 2 slices of bread peanut butter
- 2 blueberries
- I raspberry
- 2 almond slices
- I. Cut 2 large and 2 small circles out of a piece of bread. Cut the bottom ends off too.
- 2. Slather peanut butter over another slice of bread. You can toast it beforehand or not, your choice!
- 3. Add the large circles onto the bread, for the cheeks.
- 4. Add the smaller circles onto the bread for the eyes.
- 5. Add the end pieces onto the bread for the ears.
- 6.A raspberry nose!
- 7. And blueberry eyes.
- 8. Don't forget the final touch, 2 almond slices for those giant teeth.



Weight Management

submitted by Jim LaFountain, All American Fitness Center

Weight Management is, perhaps the most challenging component in any fitness related activity. I'm often asked, "what's more important when considering weight loss, diet or exercise?" In our quick fix culture, it's essential to know that there are approximately 3,500 calories in a pound of fat. It's almost impossible to drop or gain even small amounts of scale weight quickly. Old school fat loss prescriptions consisted of a 500 calorie reduction in ingested calories per day, combined with a 500 calorie expenditure via exercise. It was expected, that every seven days, those who followed this protocol would lose a pound of fat. On paper, it makes sense, however, there are many additional factors to consider. Types of food, an honest assessment of serving size, hydration, the number of fat cells stored in one's youth and genetic predisposition, just to mention a few.

Food Type: to simplify things, it would be a prudent decision to limit sugar, bleached flour and high fructose corn syrup. Ideally, eliminating those foods would serve us all well. Not all calories are the same.

Serving Size: initially, using packaged food labels to learn serving sizes is a good idea. Some, plan ahead and do well measuring what you intend to eat. I've learned to use my hand to determine portions:

- *my index finger equates to about 1 teaspoon
- *my thumb, one tablespoon
- *my cupped hand, an ounce
- *my palm, 3 ounces
- *my fist, a cup

I recently presented to a rather large group of middle aged folks. I asked if anyone knew what a serving consists of? Only two of about 70 people responded correctly. Our "super sized" culture has given us a distorted picture of an actual serving.

Fat Cell Storage: experts suggest there are three times in our youth that fat cell "number" may be stored. The last semester of our mother's pregnancy, our first year and during our adolescent growth spurt, are stages of our life when the number of fat cells tend to be increased, maintained or reduced. Fat loss or gain consists of a reduction or enlargement in those stored cells' size. Enlargement occurs when we overeat and don't exercise regularly. Fat loss is the result of a reduction of food intake, especially the elimination or reduction in the amount of sugar, bleached flour and high fructose corn syrup we take in.

Genetic Predisposition: a fellow exercise scientist said it best, "you can't dodge genetics." Fat parents and grandparents produce fat children. One of my current clients fits that phenomenon. At birth, he was genetically "gifted" with an abnormally large number of fat cells. After gastric bypass surgery, he committed to an exercise protocol that had him exercising 15 minutes 3-4 times a day and limiting his caloric intake significantly. Over the course of five years he has lost 200 pounds and actually doubled his strength!

Hydration: a hydrated body is on full throttle and a calorie burning machine. A dehydrated body slows down to preserve fuel, in the form of calories, in an attempt to survive. It mistakenly perceives that it is stranded in the desert with minimal water. Future Hall of Fame quarterback Tom Brady drinks about 150 ounces of water a day! Before reading his book, I felt I was possibly over doing it at 125-150 ounces a day.

In my professional opinion, I will suggest, long term fat loss is about 65% diet and 35% exercise. With that said, regular exercisers burn a great deal more fat than their sedentary, "diet only" counterparts. Fat loss, using an "exercise only approach is painfully slow. Remember, there are approximately 3,500 calories in a pound of fat. Many exercise enthusiasts exercise 30-45 minutes a day, most days of the week. Most Americans, lack the patience to engage in this type of fat loss program. They opt for a rapid, fad, that results in a large amount of fluid loss, that is simply unsustainable. Scale weight loss is NOT always fat loss. A scale is easily fooled, for it is not



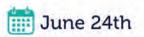
Mark Your Calendars!

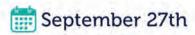
2024 Events





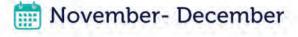












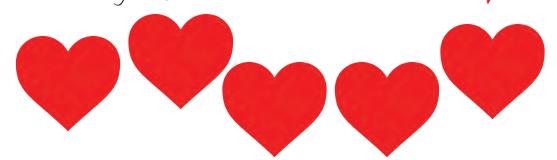




Our events

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Caption: Unity Hall's 2024 MainStage Performance Series opens on Saturday, February 17 at 7:30PM with Patsy Cline: Letters, Stories and Songs. The show features Rebecca Miner as Patsy along with a cast of musicians and actors depicting important people in Cline's life. Tickets available at unityhall.com and Adirondack Cheese Company on Rte 12 in Barneveld. \$20 in advance/\$20 for members and \$25 for nonmembers at the door.

Unity Hall 2024 Mainstage Performance Series To Open With Patsy Cline: Letters, Stories, and Songs, February 12 Legendary Tony Trischka in Earl Scruggs Tribute, March 22

Get ready music lovers of all genres! Unity Hall is announcing the first 6 months of its 2024 Mainstage Performance Series to be presented in the historic Landecker Auditorium which has now been updated with a state-of-the-art sound system.

The 2024 season launches on Saturday, February 17 with an original show about the iconic singer, Patsy Cline. Titled Patsy Cline: Letters, Stories, and Songs, the show features well-known local singer and performer Rebecca Miner in character as the iconic singer. Ms. Miner will be joined by a cast of talented musicians and actors playing important figures in Patsy's life. The performance is at 7:30PM, 101 Vanderkemp Ave, Barneveld. Tickets are on sale at unityhall.com and the Adirondack Cheese Company on Rte 12 in Barneveld. Advance tickets \$20; at the door \$20 members/\$25 non-members (if available).

On Friday, March 22, internationally lauded banjo player, Tony Trischka, will perform with his band in a tribute show to Earl Scruggs. This is a major appearance for Unity Hall. Trischka is one of the most influential and innovative banjo players in the Roots music world. He won three awards at the 2007 International Bluegrass Music Association gathering, including Recorded Event of the Year and Banjo Player of the Year. He also produced Steve Martin's banjo album, "Rare Bird Alert". Unity Hall is thrilled to host him for this very special appearance. Tickets on sale at unityhall.com and the Adirondack Cheese Company. Advance tickets \$30; at the door \$30 members/\$35 non-members (if available).

Local acoustic music legend, Danny Holmes (formerly of Holmes and Mancini) returns to Unity Hall from Florida on Saturday, May 18 for his only area appearance. The multi-talented singer/songwriter Holmes will perform in the duo Rose 'n' Thorne with his wife, the outstanding vocalist, Karen Holmes.

The talented and eclectic band, Quatro, will perform on June 22. Hailing from Syracuse this dynamic band describes themselves as four perfectly aligned misfits performing Progressive Americana featuring guitar, cello, pedal steel, double bass and vocal harmonies that will melt your heart. Tickets at unityhall.com and the Adirondack Cheese Company. Advance tickets \$20; at the door \$20 members/\$25 non-members (if available).

These events are sponsored by the Unity Hall Foundation, a notfor-profit organization founded in 1995 to maintain the 1896 Hall as a center for the arts and community activities.

The 2024 Performance Series is made possible in part with funds from the Statewide Community Regrants Program through the New York State council on the Arts, with support from the Office of the Governor and the New York State Legislature and administered by CNY Arts.

For information about membership and other Unity Hall events visit www.unityhall.com, Facebook/HistoricUnityHall, and unityhallbarneveld on Instagram.





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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 contaminates involved. Porous, semi-porous building materials and contents will generally involve removal where affected by sewage, followed by proper remediation cleaning and disinfecting procedures. 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.

Open your camera over the SCAN ME below, as a handy way to quick access for our contact information.

E-Mail: disasterservices@adelphia.net Web Site: www.disasterservices.us









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Christopher J. Carbone

Paying Down Debt vs. Investing

The debt dilemma

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

Balance is best

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

Your own needs and circumstances will be unique. The following guidelines can help you evaluate alternatives and find an approach that fits your situation and goals.

Don't forget your emergency fund

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

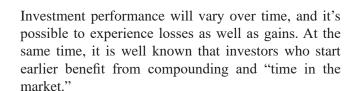
While ideal, that goal may not be realistic for everyone. Start by building up a reserve of a month's expenses, and make it a goal to increase your emergency fund over time as resources permit.

Your future first

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

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

When making decisions about debt reduction vs. investing, keep in mind that the need to eventually pay off principal is certain, but investment returns are not.



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

But there are no magic numbers. That's why it's important to work with your financial advisor to create an investment strategy that fits your financial expectations for the future.

Prioritize your debts

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

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

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

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

It's personal

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

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

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Become a Sponsor for Kelberman's 2024 Walk for Autism

Get your organization or business involved in something amazing for our community this spring! Kelberman's major fundraising event, the Walk for Autism, will be held on Saturday, May 11, 2024 at SUNY Polytechnic Institute in Utica. Through the Walk for Autism, we raise money to provide autism support and services to people and families locally. Generous sponsors make the Walk for Autism a reality, an event that brings together hundreds of families to promote autism awareness and advocacy while highlighting all that Kelberman has to offer within our community. Contact Kelly Carinci, Kelberman Chief Development & Communications Officer, at kelly. carinci@kelbermancenter.org or (315) 797-6241 ext. 3923 to learn about how your business or organization can become involved!

Kelberman is a leading provider of autism services for children, adults, and families in the Mohawk Valley and Central New York. We provide comprehensive programming and services for people throughout all phases of life, from early childhood through adulthood, including Home and Community Based, Educational, Clinical, Residential, Respite and Camp. Our goal is to meet people and families where they are in life and to support them every step of the way on their journeys navigating autism. The expert staff at Kelberman empower the people we support with specialized, oneof-a-kind programs, resources, support, and wraparound services, creating a fulfilling, life-enriching experience for people and families.



Advisors

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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 firstumconlline.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 Rev. Andy Ward, Pastor hopealliance4291@gmail.com www.hopealliancecny.com

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 Hannah Ratliff MDiv, Pastor-Elect

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. Feb. 11 will Sunday school during worship following children's time be Pastor-Elect Hannah Ratliff's first Sunday in the pulpit.

Adult and Children's Sunday School classes precede worship and start at 9:30 each Sunday morning. The choir rehearses each Sunday at 9:10.

Fellowship/coffee hour for everyone follows the Sunday worship service.

Other February activities include:

2/3 — 10 a.m. PEO

2/3 — 1 p.m. Childbloom Guitar Open House

2/4 — 10 a.m. Sew 'n Sews

2/4 — 6 p.m. 4-H

2/11-10:30am First Sunday with Pastor-Elect Hannah Ratliff

2/11 — 6 p.m. Girl Scouts

2/14 — Ash Wednesday

2/14 — 10 a.m. Sew 'n Sews

2/21 — 10 a.m. Sew 'n Sews

2/24 — 3 p.m. Hope House Meal Preparation

2/24 — 4 p.m. Jam for Jesus

2/25 — 6 p.m. Girl Scouts

2/28 — 10 a.m. Sew 'n Sews

The NHP Nursery School will be closed 2/19-2/23 for Mid-Winter Recess



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

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 **CHUŘCH**

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 Harriff, Pastor

Virtual Service every Sunday at 9:30am on Facebook "First Baptist of New Hartford"

Sunday Service - 9:30am Sunday School - 11:00am

Handicapped Accessible. All are welcome.

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

Choir Director Alan Frederick

Worship service: Sunday 11am 714 Washington St., Utica. 315-732-6518

www.wmoutica.org pastor@wmoutica.org find us on Facebook

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

Handicapped accessible.

FIRST PRESBYTERIAN CHURCH

10:30am - Worship is led by our Pastor, Peter Saie

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

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,

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

stmargaretshouseny.org

Rev. Elizabeth Gillett, Chaplain 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.

Includes main, sides, salad, and dessert Please make a reservation by the Friday before - Suggested

Wednesday Lunches at 12:30 PM

donation \$13 per person It Takes a Village | Tuesdays from 2-5 PM Volunteer to help support community members at St. Marga-

ret's Food Pantry at Grace Church. 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 Join our group of volunteers who provide support to help meet the needs of the house & guests. This is done through donations, fundraisers, and our annual Open House. We

meet monthly to determine needs and find solutions to those

needs. New Members Welcome! Grief Support Group | 2nd Tuesdays from 6:30 to 8:00 PM St. Margaret's continues to host a peer facilitated grief support group for anyone experiencing loss. New members are welcome to join.

Scrabble Days | 4th Wednesdays at 9:15 AM Join our Scrabble group for monthly mornings of fun, cof-

fee, and conversation. 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. January 17th: Beef Stroganoff

Special Events It Takes A Village | Tuesdays from 2:00 to 5:00 PM

Our social action-oriented initiative volunteers at the St. Margaret's Food Pantry at Grace Church on Tuesdays. Please contact us if you would like to sign-up. If you would like to assist, but are unable to help on Tuesdays, perhaps consider donating toiletries, reusable bags, or shelf stable foods (canned vegetables, coffee/filters, peanut butter, jam and jelly, canned fruits and meats, mayonnaise, pasta, and the like). Gift cards to Aldi's or BJ's are also appreciated. Thank you for your generosity and to the Episcopal Diocese

of Central NY for supporting this program! Coffee, Conversation, and Coloring | 1st Wednesdays of January, February, and April at 1:30 PM

Join The Reverend Deacon Jean Skinner for afternoons of coloring spiritual pictures while sipping coffee/tea and enjoying conversation in our library. Please consider bringing a few cans of food for our food pantry as a donation.

Conversations with Father John LaVoe | 2nd Wednesdays at 1:30 PM

Join us for conversations about faith on 2nd Wednesdays in January, February, and April, hosted by Father John LaVoe. In March St. Margaret's will be hosting a Lenten Study on Wednesdays, details under Lenten Study.

Come Walk the Labyrinth | February 7th from 10:00 - 11:30

Have you heard about labyrinths but don't really know what

zon and other retailers.

THREE STEEPLES UNITED

2817 Old State Route 12, Paris, NY 13456

315-368-3416 threesteeples@gmail.com

We offer services every Sunday at 10AM!

fectly timed as we head into the Lenten season.

St. Margaret's weekly Holy Eucharist will include the Imposition of Ashes for Ash Wednesday. All are welcome.

Lenten Study | February 21st to March 27th, Wednesdays at

Join guest clergy each week through Lent for a Lenten study.

It will be held on Wednesdays from February 21st through March 27th at 1:30PM. The study will use the book entitled Lent with Evelyn Underhill. The book is available at Ama-

Three Steeples is a Presbyterian-United Church of Christ

hybrid that offers a traditional foundation for progressive

Three Steeples United is an inclusive and member-driven

connect with and care for their neighbors and one another

selves and others to discern, embrace, and act upon a rel-

evant understanding of Christ's message in today's world.

UNITARIAN UNIVERSALIST CHURCH of

10 Higby Road, Utica 315-724-3179 uuutica.org

December 3 – Service with Our Minister, Rev. Karen

Carol Gable will lead our Solstice celebration of Yule December 24 – Our Sunday service on Christmas Eve

Christmas Eve Service 7 PM, Rev. Karen Brammer

December 10 - Genealogy, What's Religion Got to Do with

December 17 – Winter Solstice marks the rebirth of the sun.

morning will be informal, mostly music and good company.

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.

Minister: The Rev. Karen Brammer

December Services, 10:30 AM

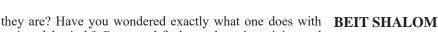
It? Service led by Jerry Reed

through worship, education, and culture. We challenge our-

faith community of active individuals and families who

thinking and growth and is open to engaging with all faiths.

Ash Wednesday | February 14th at Noon



or in a labyrinth? Come and find out about its origins and 48 Franklin Square, Utica, NY 733-2867 take the time to experience it for yourself. Participants will Rabbi: Stephen Galiley join Executive Director Judy Reilly on February 7th from Friday Evening Shabbat Services: 7:00 pm 10:00AM – 11:30AM for this contemplative experience per-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 Rabbi Peter Schaktman Friday Evening Shabbat Services 6pm. All are Welcome

TEMPLE BETH-EL

1607 Genesee Street, Utica Rabbi Gustavo Geier In person and on zoom www.tbeutica.org Fri night - 5:30pm Sat morning - 9:30am

ZVI JACOB

nationalities.

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

THE JEWISH COMMUNITY CENTER

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



Kick Butt This Year!

In January, people place the past behind them and look forward to starting anew. However, this can be a challenging time for some as it may remind them of "failed" resolutions.

Quitting smoking is a demanding resolution as it has numerous triggers. Healthcare providers recognize that tobacco dependence is a chronic relapsing condition, with one study estimating an average of 30 attempts before one successfully stops smoking. Each effort offers a lesson that can be applied to the next, and the new year is an excellent opportunity for reflection. Allying with healthcare providers to discuss the lessons learned from previous attempts and solutions to the struggles of quitting smoking is a great way to lay the foundations for starting anew.

If you're considering quitting smoking or vaping, talk with your doctor and contact the NYS Smokers' Quitline at 1-866-NY-QUITS (866-697-8487) or www. nysmokefree.com, or text DITCHVAPE to 88709.



Connor Arthur Lynskey Memorial Scholarship Fund Accepting Applications

Each year, scholarships are awarded to local students in honor of Hinckley, NY teen Connor Lynskey through the Connor Arthur Lynskey Memorial Scholarship Fund at the Community Foundation of Herkimer and Oneida Counties.

Graduating Holland Patent Central School seniors, as well as graduating seniors from high schools across Herkimer and Oneida counties, are encouraged to apply. Applications will be accepted now through April 1, 2024, for the following scholarships:

- Connor Arthur Lynskey Memorial Academic Award for Holland Patent
- Connor Arthur Lynskey Memorial Academic Award for Oneida/Herkimer counties
- Connor Arthur Lynskey Memorial Athletic/ Character Award for Holland Patent
- Connor Arthur Lynskey Memorial Athletic/ Character Award for Oneida/Herkimer counties
- · Joey R. Ventura Tradesman Award

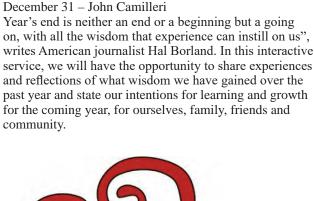
To view eligibility and apply, visit foundationhoc. org/connor.

The scholarship fund was established in memory of Connor, a 2017 Holland Patent Central School District graduate and pre-med student whose life was tragically taken by a drunk driver on August 11, 2018. The scholarship fund will ensure that Connor's memory lives on by assisting medical and high school students to further their education.

Since the fund's establishment in 2018, it has awarded over \$50,000 to students enrolled in four-year institutions, as well as additional awards to students enrolled in the Upstate College of Medicine Early Assurance Program, with an emphasis on assisting students in the Rural Medical Doctor program. Connor was enrolled in this program and planned to become a rural doctor upon completion of his studies. It wasn't until 2022 that the fund partnered with the Community Foundation to award these scholarships in memory of Connor.

"When we lost Connor, our family decided to start a scholarship to keep his memory alive," said Connor's uncle Don Lynskey. "Soon after that, a close friend suggested that since Connor was an avid athlete and runner, we should create a run and walk in his memory. That was the beginning of Connor's Way Run/Walk and the source for continuing his memorial scholarship program year after year."

The scholarship program is funded by the annual Connor's Way 5-Mile Scenic Memorial Run/Walk in Hinckley, which follows the route that Connor frequently ran. The 7th annual run/walk will take place on Sunday, September 15, 2024. Registration





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

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

























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