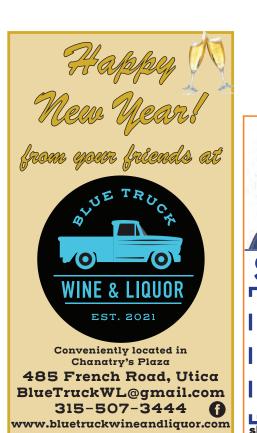


Vol. 38 No. 1 January 2024 Standard US Postage Paid Permit # 566 Utica NY















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Steet Ponte Season of Giving Ends on a High Note

Happy New Year from the Steet and Ponte Families!

As we kick off 2024, we'd like to thank our customers, both new and old, and our incredible team of employees for another great year in Central New York! We ended the year strong with our annual Steet Ponte Season of Giving events.

Our 6th Annual Coats for Kids Coat Drive gathered a record breaking 910 items of winter outerwear for 6 local school districts within each of our 8 dealership's communities: Utica, Rome, Herkimer, CVA, Johnstown, and Fonda-Fultonville Elementary Schools. We collected a total of 375 winter coats, and the rest in snow pants, winter boots, gloves, hats and scarves! We started this Coat Drive in response to our now, 16th annual Holiday Toy Drive. Year after year, we were getting overwhelming requests for winter coats and snow pants instead of toys and gifts. Finally, in 2018, we decided to create the Coats for Kids Coat Drive, so our local children in need are ready for the winter weather!

Our 11th Annual Thanksgiving Food Drive collected 2,800 items of non-perishable food and most needed food items for our local food pantries in Oneida, Herkimer, and Montgomery Counties. Carly Steet Mathias and her brother, Joe Steet Jr. started the food drive as a way to give back to our communities during the Thanksgiving season. It has grown immensely, from our first year of filling up one vehicle, to now over 2,000 items being donated in eight vehicles!

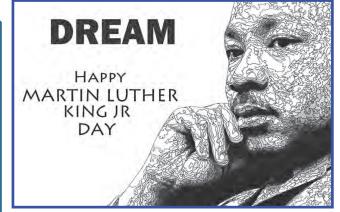
Finally, our 16th Annual Holiday Gift Drive successfully donated over 475 gifts for children through our local, non-profit agency, ICAN, as well as the Johnstown City School District in Johnstown, NY. We started our holiday drive many years ago internally by adopting families through different school districts in our area. Once we started getting more people wanting to be involved, we turned this into a public event in the form of Giving Trees, where participants can take a tag off of the tree and return it with a gift to be donated from each of our showrooms. We have seen such a great response from the community and our employees, and are so thankful to have had such a successful Season of Giving!

Once again, we thank you for your continued support of our local and family owned and operated businesses, and look forward to continuing to make it easy to do business with us in 2024!

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 Police Department Activity November 2023:

1221 Calls for Police Service, Incidents Handled or Investigations Initiated

- 51 Arrests
- 146 Vehicle and Traffic Law Stops
- 98 Motor Vehicle Crashes Investigated
- 111 Traffic Tickets Issued
- 211 Supplemental Specified Neighborhood Patrols
- 6 Community Policing Details

Brehon Law Presentation

Join us at The H.A.R.P. Museum at the Irish Cultural Center of the Mohawk Valley for a presentation about Brehon Law on Wednesday, January 17, 2024 at 7:00 p.m. as HARP Museum Committee member Patty Foley shares her research into this topic.

Brehon Law is the original, native law of Ireland, and the second-oldest recorded legal system in history (after Sanskrit). It pre-dated the Magna Carta by ± 2,000 years. Yes, 2000!

Come learn a little more about it, how it worked, and what if it had been allowed to continue? Would it work today?

You can attend this presentation at the H.A.R.P. Museum located on the second floor of the Irish Cultural Center of the Mohawk Valley, 623 Columbia St, Utica. All are welcome to attend this program and the museum is wheelchair accessible. There is no charge for this event, however donations are most appreciated.

Please register by scanning the link to the right:

Visit the events calendar at: https://www.iccmv.org/my-calendar/ or leave a message at 315-733-4338 ext. 6.





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The Grapevine

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NYS Approved Defensive Driving Course Offered

New York State approved defensive driving course for insurance and point reduction programs given by AARP on January 16th 2024 from 9:00am til 3:30 pm at the New Hartford Public Library.

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

Adirondack Mtn Club News

Adirondack Mountain Club, Iroquois Chapter meeting on January 2nd at 7pm at the First Baptist Church, 7 Oxford Road, New Hartford.

Program featuring Ed Kobos who will speak on Amateur (HAM) radio and mountain hiking, AKA -Summits on the air.

SOTA is an award scheme for radio amateurs that encourage portable operation in mountainous areas.



Business of the Month



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CNY Green Bucket project is our local residential food scrap pick up company, an earth friendly service. They take our organic waste, and turn it into clean energy, diverting it from the landfill. Landfills create methane which is very toxic to our atmosphere. By diverting your organic waste, CNY Green Bucket Project delivers your food scraps to the Oneida-Herkimer Solid Waste Authority who then turns it into 100% clean energy. These services are a conducive and easy way to live a limited waste lifestyle, and do your part in saving our environment. It's proven that you can cut down your trash by at least 40%, and actively be a more conscious consumer. They offer two different programs, the first being an all-inclusive bi-weekly pickup and delivery service. This includes a 5-gallon food scrap bucket, compostable liner bags, and available resources on sustainable and limited waste living. You can help save the environment for only \$34.99/month. The second is their 'swap out' program for \$19.99/month. Subscribers personally bring their filled bucket to their facility, drop it off, and swap out for a new, fresh one!

New owners recently purchased CNY Green Bucket and have plans to broaden their reach and continue to play an influential part in our community. Local entrepreneurs, and environmental advocates, Heather and Brice Button, of Waterville, N.Y. couldn't be more ecstatic for their new business venture. You may know of Heather (Loveland-Button), as she is a member of the New Hartford Chamber and a Clinton native, and proud owner of Home Sweet Home Cleaning and Gardening LLC, a local cleaning company that spans 4 central NY counties. Having already been an entrepreneur in CNY for a decade now, she knew this was the next step in her business ventures, and what better person to do it with, than her husband, Brice. Both are compassionate about the environment, and have a lot to bring to the table about sustainable living practices.

If interested in their services, you can contact them at (315) 922-0642 and go to their website at www.cnygreenbucketproject.com to learn more.

Chamber Alliance Luncheon



Play It Again Sports Grand Opening





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At Sitrin, we carefully curate activity calendars each month to ensure fun, socialization and recreation for our longterm care residents.

Tips For Visiting A Loved One in Long-Term Care

Many people may find it difficult to visit their loved ones in a long-term care setting, especially as their health starts to decline. At Sitrin, we see firsthand how our residents love it when their family and friends visit and spend time with them. These experiences allow residents to stay connected to their loved ones while also breaking up their everyday routines.

"Time spent with family and friends is always at the top of the list for our elderly nursing home residents," said AnneMarie Miller, Director of Nursing at Sitrin. "When our residents are visited by their family and friends, it provides them with a bit of extra comfort and enjoyment."

Here are some tips to consider when visiting a loved one in long-term care.

Quality Time Matters Most: Time spent with loved ones is priceless. Consider a visit during the early afternoon, a perfect time for relaxed conversations and shared moments.

Bring a Piece of Home: Take a walk down memory lane by bringing in pictures of loved ones, grandchildren's artwork, or memorabilia from the past. These items create a nostalgic atmosphere and may prompt memories and stories from the past to be shared and treasured.

Make Lasting Memories: Do something more personal such as taking photos of you and your loved one and making a photo collage for their room to hang up as a keepsake and decoration.

Personalized Comfort: Bring your loved one a personalized blanket or pillow with family pictures. These cherished items provide comfort and constantly remind them of the love surrounding them.

Home-Cooked Meals: Bring a taste of home with their favorite home-cooked meals and baked goods.

Generational Bonding: Whether it's reading a story together, playing cards, or watching a movie or sporting event together, get the whole family there to spend quality time with your loved one.

Comfort and Enjoyment: Thoughtful items to bring your loved ones include lap blankets, non-skid slippers, or comfortable clothing. If your loved one insists, they "don't need anything," consider buying décor for their door or a bird feeder to put outside their window.

At Sitrin, we carefully curate activity calendars each month to ensure fun, socialization and recreation for our long-term care residents. Activities include live entertainment, Boccia, board games, arts and crafts, table bowling, and Bingo, to name a few.

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

Celebrate Ireland's St. Brigid's Feast Day

Join us at The H.A.R.P. Museum at the Irish Cultural Center of the Mohawk Valley on Wednesday, January 31, 2024 at 7:00 p.m. as we celebrate Ireland's St. Brigid's feast day by learning to weave the cross named in her honor. Materials from Ireland and instructions included.

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

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

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

You can attend this presentation at the H.A.R.P. Museum located on the second floor of the Irish Cultural Center of the Mohawk Valley, 623 Columbia St, Utica. All are welcome to attend this program and the museum is wheelchair accessible. The \$10 fee includes materials and instructions for you to weave a cross to take home with you. Children under 16 are free when accompanied by an adult.

Please register by scanning the link to the right:



Visit the events calendar at: https://www.iccmv.org/my-calendar/ or leave a message at 315-733-4338 ext. 6.

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, payable to The Town Crier, PO Box 876, New Hartford, NY 13413.

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Richard Sherman

plow trucks to maneuver around and plow.

New Hartford Highway News

submitted by Superintendent, Richard Sherman

Today is December 18th, 2023, and as I write this article for Jan 1st, 2024 we have no snow on the ground. The town received a few inches from the couple of storms that we did receive. I still have one leaf truck out picking up stragglers. The highway department will be picking up Christmas trees after the holidays at the curb.

Our holidays are here and the highway crews will be out on both shifts picking up the trees, and then we mulch them up. Please try to put them out in a timely manner when you are finished with them so that we can pick them up before they get buried in snow. Please don't leave your car in the streets as we have no all-night parking, so it makes it easier for the

The FEMA project at the athletic park in Washington Mills Park has been sent out to bid and the winning bid was James Bray Paving Company. The construction work will be starting in the spring as the weather breaks. This project involves a new girl's softball field along with new fishing piers down stream from the old one.

In the months of January and February you will be seeing a company called National Water Main, who will be using a camera to look at the condition of the sewer line infrastructure on Oneida Street. The town will also be checking the storm water infrastructure as well. This will be the first steps checking utilities under the

pavement. Once this work is done the new curbing and sidewalks will be installed.

Again, we hope you had a Happy Holiday and a Happy New Year. Your Highway

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Crew is here if you need them in an emergency any time of the day and night. Please call me with any questions or e-mail me at rsherman@townofnewhartfordny.gov or call 315 534-2998.

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Closed on Wednesdays Thursday and Friday 10am-6pm Saturday 10am-2pm Sunday 1-5pm **Curbside Pickup Remains an Option**

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

NHPL Board of Trustees 2023 Meeting

January's New Hartford Public Board of Trustees meeting will take place on Wednesday, January 17th at 4:30 in the Sammon Room.

Community Outreach

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

Literacy CNY

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

Interested In Using Our Window Display?

The display case a/t the Library's main entrance is available without charge for community groups or individuals to display works of art, collections or educational displays. Exhibits must be in keeping with

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.

"Dick and Jane" Collection at the Library

A collection of "Dick and Jane" reading materials take center stage during the month of January in the display case at the New Hartford Public Library. Teachers used the materials as classroom instruction aids in conjunction with books featuring the siblings, their dog Spot, and younger sister Sally. Known for their simple narrative text and watercolor illustrations, the books became predominant readers in public schools from the 1940s to the early 1960s. Educator William S. Gray and former teacher and reading consultant Zerna Sharp created the books.

Sharp believed that the "whole word" method was the ideal way to teach reading.

The primers – sold until 1973 - became icons of mid-century American culture and collectors' items. The materials, as well as examples of Dick and Jane books, will remain on display through the end of the month. The case is located just inside the library's main entrance.

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 first meeting of the year is January 6th. (Geared for 7-12yrs)

NHPL Teen Book Club

Join us January 27th for our first meeting of the New Hartford Public Library Teen Book Club. This first meeting we will discuss how the club would like to be run and book suggestions. So grab your TBR lists and we will see you there!



Grab & Go Projects Adults

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

January 1st – Reading Log Bookmarks

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

Grab & Go Project Bags for Kids

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

January 4th – New Year-New Slime: Library Edition Call to reserve beginning at 10:00 on the day of that months' project, or come into the library to pick up one.

Storytime Holiday Halt

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

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.

January 8, 9, 11 : The 12 Months

January 15, 16, 18: Polar Bears

January 22, 23, 25: Penguins

January 29, 30 & Feb. 1 : Kazoos

Special Friday Storytime

Local author Connie Watkins will host a special Friday Storytime at our library January 12 at 11:30am in the Children's Area. Connie will be reading her book The icebox snowball.

Park Passes Are Back!

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

The Wild Center

Fort Rickey Children's Discovery Zoo

Adirondack Experience

Munson

Utica Zoo

Empire

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

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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 January 27 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. Our January session goes back to the beginning as we focus our attention on Anna Katherine Green, Wilkie Collins, and Edgar Allan Poe. Call the New Hartford Public Library (315-733-1535) to get the Zoom link.

Diamond Painting Class for Adults

Join us on January 25th at 2:00 for a new and exciting class led by Bernadette Pacific. Space is limited to 8 participants. Please call 315-733-1535 to register.

AARP Smart Driving Course

We will be hosting another Smart Driving Course on Tuesday, January 16th from 9:00-3:30. Registration is required. Please call 315-724-0096 to register.

ABC Group

January 6th 2024, 11A.M-12 noon. Our guest speaker will be Ashley Wengert, A Social Worker at the Regional Cancer Center. Please join us!

Yoga for Seniors

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

Chair Yoga Class

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

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

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

Used Book Room

Thank you for thinking of us for your "gently" used books. Please limit your donations to one box/bag at a time and drop off at the circulation desk and not in the hallway, at drop boxes or outside the door when the library is closed, Thank you.

- · We are currently accepting newer fiction & 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, encyclopedias, Reader's Digest Condensed books, National Geographic magazines, and multi-volume book sets. We are also no longer accepting Audio cassettes, VHS tapes, and Computer games/books.

This is a major fundraiser for the Friends to assist the library in buying quality materials and in providing programs especially for our youth. Your support is very important.

Prices: Paperbacks \$.50; Hardcover \$1; Magazines \$.10; Music CDs \$.50; Audiobooks \$3; DVDs \$1; Children's (all) \$.10; Local History \$3; Puzzles \$1; Vinyl records \$.25.

Also available Tote Bags \$2.

Your donations and purchases benefit the library to provide quality materials and programs.

Bill Bonsted Indoor Miniature Golf Tournament: April 6, 10am-4pm

Putting Around!!! That is what this is all about and putting between rows of bookcases can be a bit challenging. Meander through the Children's Room, through the fiction/nonfiction/new books, cross over to the other side of the library for challenges in

biographies/ art/ music/ cookbook sections (or stop and put a piece into the puzzle on the table) with a final stop in the Teen Room. There is also a trophy!

WANTED: Imaginative designers of all ages. It's fun! Easy to do. Just create obstacles on your path to the hole. We need 18 holes. Submit your name and email to staff at the circulation desk. Hope to see you putting or putt-ering around.

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.



Kloe Shkane

Shkane Elected to the PBK at **Hamilton College**

Kloe Shkane, a New Hartford native, was one of ten students from the Class of 2024 recently elected to the Epsilon Chapter of Phi Beta Kappa (PBK) at Hamilton College. PBK, whose chapter at Hamilton dates to 1870, is the oldest and most prestigious honor society in the United States. Per Hamilton's 'Merit Pages' website, "students are elected [...] in recognition of their exceptional academic achievement in fulfilling the goals and purposes of the college." In receiving this rare honor, Kloe finds herself in some pretty unique company. Per pbk.org, its members include 17 US Presidents, 42 Supreme Court Justices and 150+ Nobel Laureates! Congratulations, Kloe, on this remarkable achievement!



FRIENDS MEMBERSHIP FORM

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Membership is tax deductible. Please make checks payable to: Friends of the New Hartford Public Library, 2 Library Lane, New Hartford, NY 13413



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Robert Clark

Executive Chairman

Rocco Arcuri, Sr. President/CEO

Progress. Progression.

Robert Clark Succeeds Tom Clark As Adirondack Bank Executive Chairman of the Board

Progress.

From two branches in 1990 to 20 offices today and growing, H.T. "Tom" Clark, Jr. has led the growth of Adirondack Bank with an emphasis on remaining local.

When Clark purchased the bank, it had \$29 million in assets and two branch locations in Saranac Lake and Lake Placid. Now headquartered in Utica, Adirondack has approximately \$1 billion in total assets and approximately 200 employees in 20 banking locations in the Mohawk Valley, Adirondack North Country, and Central New York.

Progression.

Effective January 1, 2024, the tradition will continue as Robert Clark, Clark's son, and current Vice Chairman, succeeds his father as Chairman of the Board to continue the mission to remain local.



Tom Clark will become Chairman Emeritus, remain a director on the board, and serve as a consultant to the bank.
Rocco Arcuri, Sr., remains as President & CEO.

What does this mean for you? It means a growing local bank focused on the needs of our local residents and businesses. Mortgages, loans, checking accounts, savings accounts, investment deposit accounts, lines of credit, and more.

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Chamber Music Society of Utica Presents Kenari Saxophone Quartet

Kenari Saxophone Quartet performs Sunday, January 28, 2024, 2:30 pm, at MUNSON Auditorium, 310 Genesee Street, Utica NY. Their program includes works by Guillermo Lago, Joel Love, Jennifer Higdon, J. S. Bach and Bela Bartok 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.

Applauded for their "flat-out amazing" performances and "stunning virtuosity" (Cleveland Classical), the highly acclaimed Kenari Quartet delivers exhilarating performances that transform the perception of the saxophone. The quartet aims to illuminate the instrument's extraordinary versatility by presenting meticulously crafted performances of repertoire from all periods of classical and contemporary music.

Formed in 2012 at Indiana University, the quartet's name is derived from the Malay word kenari, which may be translated as "songbird." Developing the age-old concept that birds communicate through song, the Kenari Quartet connects with their audience via song, as well as through physical movement, amplifying the

standard concert experience with their striking visual communication and powerful stage presence.

Please see the quartet's website https://www.kenariquartet.com/ for more information including bios of its distinguished members, Bob Eason, Kyle Baldwin, Corey Dundee and Steven Banks, as well as video recordings of recent performances. You can also find a number of Kenari's recordings on YouTube, including prize-winning performances, master classes, and excerpts from their Naxos-America recording "French Saxophone Quartets."

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

Fair Trade Shop

Now that the holidays are over, you may be looking for a birthday, anniversary or wedding gift. We have a very large selection of gifts for any occasion! May the pig of good fortune smile on you! Our delightful terracotta Good Luck Pig is made with clay dug from the mountainside near the village of Pomaire, Chile. They are given to friends as tokens of love and good fortune. Give a good night's sleep with our set of 10 handcrafted Guatemalan Worry Dolls-release anxiety to help children and adults sleep peacefully.

These and many, many more uniquely handcrafted gift items from 38 different countries can be found at our Fair Trade Shop, Stone Presbyterian Church, 8 So. Park Row, Clinton. During January and 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!

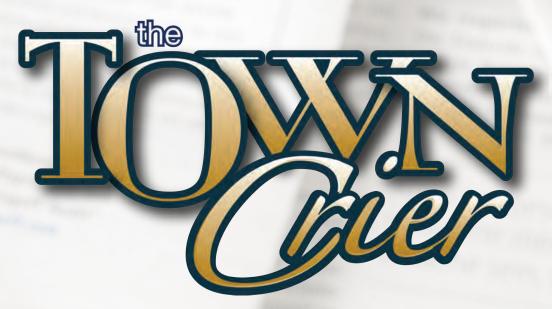
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View our online **Business Directory at** https://nhtowncrier.com/business-directory/



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

For information on how to place an ad or to get listed in our business directory, please contact Kristi Zbytniewski: towncrier@pjgreen.com | 315.723.4827







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麻	휮	ŧ	拌	R 2. 🌶	Spicy Cold Dish\$21.99		
麻	辣	海	鮮	R 3. 🄰	Spicy Seafood Boil\$29.99		
夫	妻	肺	片	R4. 🌶	Beef and Tripe in Chili Sauce\$12.99		
紅	油	牛	筋	R 5. 🌶	Beef Tendon in Chili Sauce\$14.99		
毛血		θΞ	R 6. 🌶	Chongqing Style Duck Blood In Hot Chili Oil Sauce\$22.99			
水	煮	#	肉	R 7. 🌶	Sliced Beef in Hot Chili Oil Sauce\$17.99		
水	煮	魚	片	R 8. 🌶	Fish Filets in Hot Chili Oil Sauce\$17.99		
麻	婆	豆	腐	R 9. 🄰	Spicy Tofu\$12.99		
酸	辣岀	豆	絲	R 10. 🌶	Spicy and Sour Chinese Style Shredded Potato Salad\$12.99		
火	爆	包	菜	R11. 🌶	Stir-fried Spicy Cabbage\$12.99		
番	茄	炒	蛋	R <i>12</i> .	Scrambled Egg with Tomato\$12.99		
蝦	仁	滑	蛋	R <i>13</i> .	Scrambled Egg with Fresh Shrimp\$14.99		
魚	香	肉	絲	R <i>14.</i> 🌶	Fresh Shredded Pork with Garlic Sauce\$14.99		
青	椒	肉	段	R15.	Fried Pork with Green Pepper\$14.99		
孜	然	牛	肉	R16.	Cumin Beef\$17.99		
鐵	板	魷	魚	R <i>17</i> .	Squid Hibachi\$22.99		
Ŧ	煸	肥	腸	R 18.	Dry Fried Pork Intestine\$22.99		
紅	熄	ŧ	肉	R <i>19</i> .	Braised Pork Belly\$24.99		
大骨炖有機酸菜 R			ģ菜	R <i>20</i> .	Steweed Pork Bone with Organic Sauerkrant\$24.99		





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New Hartford Sports Home Games

*Subject to change without notice

Date	Start Time	Sport	Level	H/A	Opponent	Location
Jan 3, 2024, Wed	4:00 PM	Wrestling (Boys)	7th/8th	Н	Whitesboro, Holland Patent	Perry JH Cafeteria
Jan 3, 2024, Wed	4:00 PM	Bowling (Boys)	Varsity	Н	Rome Free Academy	Vista Lanes
Jan 3, 2024,	4:30 PM	Volleyball (Girls)	7th/8th	Н	Vernon-Verona-Sherrill	Perry JH Gym
Wed Jan 3, 2024,	5:30 PM	Volleyball (Girls)	Junior Varsity	Н	Oneida	HS Gym
Wed Jan 3, 2024,	7 7 8 8		Varsity	н	Holland Patent	Bradley Elementary
Wed Jan 3, 2024,		Wrestling (Boys)		1	In the second	Gym HS Gym
Wed	7:00 PM	Volleyball (Girls)	Varsity	H	Oneida	
Jan 3, 2024, Wed	7:15 PM	Ice Hockey (Girls)	(Combined)	Н	Clinton (Combined), Skaneateles	Nexus Center
Jan 4, 2024, Thu	4:30 PM	Basketball (Boys)	7th/8th (Red)	Н	Rome Free Academy (Orange Team)	Perry JH Gym
Jan 4, 2024, Thu	5:00 PM	Swimming/Diving (Boys)	Varsity	Н	Utica Proctor, Oneida	HS Pool
Jan 4, 2024, Thu	6:00 PM	Basketball (Boys)	7th/8th (Blue)	н	Central Valley Academy (White)	Perry JH Gym
Jan 5, 2024, Fri	5:30 PM		Junior Varsity	H	Utica Proctor	HS Gym HS Gym
Jan 5, 2024, Fri Jan 5, 2024, Fri	7:00 PM	V. C.	Varsity	Н	Utica Proctor Clinton	New Hartford Rec
Line and the second	10:00		7		Vernon-Verona-Sherrill (Modified	Center Perry JH Gym
Jan 6, 2024, Sat Jan 8, 2024,	AM	Basketball (Boys)	7th/8th (Blue)	Н	Basketball 2)	New Hartford Rec
Mon	7:00 PM	Ice Hockey (Boys)	Varsity	Н	Whitesboro	Center
Jan 9, 2024, Tue	4:30 PM	Basketball (Boys)	7th/8th (Red)	Н	Central Valley Academy (Blue)	Perry JH Gym
Jan 10, 2024, Wed	4:00 PM	Bowling (Boys)	Varsity	Н	Holland Patent	Vista Lanes
Jan 11, 2024, Thu	4:30 PM	Basketball (Boys)	7th/8th (Blue)	н	Holland Patent (Purple Team)	Perry JH Gym
Jan 12, 2024, Fri	5:30 PM	Basketball (Boys)	Junior Varsity	Н	Oneida	HS Gym
Jan 12, 2024,	7:00 PM	Basketball (Boys)	Varsity	Н	Oneida	HS Gym
Fri Jan 16, 2024,		Bowling (Girls)	Varsity	Н	Vernon-Verona-Sherrill	Vista Lanes
Tue Jan 16, 2024,	A View	V V V V V V V V V V V V V V V V V V V	7th/8th (Blue)	н	Onelda	Perry JH Gym
Tue Jan 16, 2024,	4:30 PM				5 7 7 7 7	HS Gym
Tue	5:30 PM	Basketball (Girls)	Junior Varsity	Н	Central Valley Academy	H3 Gym
Jan 16, 2024, Tue	7:00 PM	Basketball (Girls)	Varsity	н	Central Valley Academy	HS Gym
Jan 17, 2024, Wed	6:00 PM	Wrestling (Boys)	Varsity	Н	Central Valley Academy	Bradley Elementar Gym
Ĵan 17, 2024, Wed	7:15 PM	Ice Hockey (Girls)	(Combined)	Н	Clinton (Combined), Oswego	Nexus Center
Jan 17, 2024,	7:30 PM	Ice Hockey (Boys)	Varsity	н	Homer (Cortland/Homer)	New Hartford Rec Center
Wed Jan 18, 2024,	4:00 PM	Bowling (Girls)	Varsity	Н	Camden	Vista Lanes
Thu Jan 18, 2024,			And the same of	-		- 22
Thu Jan 18, 2024,	4:15 PM	Basketball (Boys)	7th/8th (Red)	Н	Utica Proctor (JFK)	Perry JH Gym
Thu	4:30 PM	A STATE OF THE PARTY OF THE PAR	7th/8th (Blue)	Н	Camden	Perry JH Gym
Jan 18, 2024, Thu	5:00 PM	Swimming/Diving (Boys)	Varsity	Н	Rome Free Academy	HS Pool
Jan 19, 2024, Fri	4:00 PM	Bowling (Boys)	Varsity	н	Camden	Vista Lanes
Jan 19, 2024, Fri	5:30 PM	Basketball (Boys)	Junior Varsity	Н	Holland Patent	HS Gym
Jan 19, 2024,	7:00 PM	Basketball (Boys)	Varsity	Н	Holland Patent	HS Gym
Fri Jan 19, 2024,	7-15 PM	I Ice Hockey (Girls)	Varsity	н	Clinton (Combined), Alexandria	Nexus Center
Fri Jan 20, 2024,	10:00		(Combined)		(Islanders) Vernon-Verona-Sherrill	Perry JH Gym
Sat Jan 20, 2024,	AM	Basketball (Girls)	7th/8th (Blue)	Н		
Sat	2:00 PM	Basketball (Boys)	Junior Varsity	Н	Colonie High School	HS Gym
Jan 20, 2024, Sat	3:45 PM	Basketball (Boys)	Varsity	Н	Colonie High School	H5 Gym
Jan 22, 2024. Mon	4:30 PM	1 Basketball (Girls)	7th/8th (Blue)	Н	Whitesboro (Blue)	Perry JH Gym
Jan 22, 2024, Mon	6:00 PM	Volleyball (Girls)	7th/8th	Н	Oneida (Modified 7/8 Girls 2)	Perry JH Gym
Jan 23, 2024.	4:00 PM	Bowling (Girls)	Varsity	н	Whitesboro	Vista Lanes
Tue Jan 23, 2024,	4:30 PM	1 Basketball (Boys)	7th/8th (Red)	Н	Rome Free Academy (Black Team)	Perry JH Gym
Tue Jan 25, 2024,			1 // and 5	-		Vista Lanes
Thu Jan 25, 2024,		1 Bowling (Girls)	Varsity	н	A CONTRACTOR OF THE PARTY OF	
Thu	4:15 PM	1 Basketball (Boys)	7th/8th (Red)	Н		Perry JH Gym
Jan 25, 2024, Thu	5:45 PM	Basketball (Boys)	7th/8th (Blue)	Н	Vernon-Verona-Sherrill (Modified Basketball 2)	Perry JH Gym
Jan 26, 2024, Fri	4:30 PM	1 Volleyball (Girls)	7th/8th	Н	Whitesboro (White)	Perry JH Gym
Jan 26, 2024, Fri	5:30 PM	1 Basketbáll (Girls)	Junior Varsity	Н	Rome Free Academy	HS Gym
Jan 26, 2024,	7:00 PM	1 Basketball (Girls)	Varsity	н	Rome Free Academy	HS Gym
Fri Jan 27, 2024,	11:00	Ice Hockey (Girls)	Varsity	н	Potsdam, Clinton (Combined)	Nexus Center
Sat Jan 27, 2024,	AM 1:00 PM	Value of the second	(Combined)	Н		New Hartford Red
Sat Jan 29, 2024,	1:00 PM		Varsity	-1		Center Vieta Lanes
	4:00 PM	1 Bowling (Boys)	Varsity	Н	and the same of th	Vista Lanes
Mon		Volleyball (Girls)	Junior Varsity	H	Camden	HS Gym
Mon Jan 29, 2024, Mon	5:30 PM		-			
Mon Jan 29, 2024, Mon Jan 29, 2024,		Volleyball (Girls)	Varsity	۴	Camden	HS Gym
Mon Jan 29, 2024, Mon Jan 29, 2024, Mon Jan 30, 2024,	7:00 PM	Volleyball (Girls) Basketball (Girls)	Varsity 7th/8th (Blue)	F		HS Gym Perry JH Gym
Mon Jan 29, 2024,	7:00 PM 4:30 PM			+	Rome Free Academy (Black Team)	

Free Computer Classes Offered in February

Empowered Pathways' Women's Employment & Resource Center (WERC) is offering free Computer Skills classes from February 6th through February 8th from 9:30 am to 12:30 pm each day. The classes will offer basic computer skills and focus on Google Docs, Google Sheets, and résumé writing. Additional computer classes will also be offered in March. Participants will receive a grocery gift card and personal hygiene gift bags upon completion of 12 hours of instruction time.

Stephanie Eghigian, Empowered Pathways' Executive Director stated "We are very excited to offer this workshop specifically designed for women. The WERC program offers women a place where they can learn in a comfortable environment and feel completely supported. We tailor all classes to the needs of the participants."

For more information or to register for the session, please call 315-724-1718 ext. 104 or email info@empoweredpathwayscny.org. To be eligible for services, participants must be unemployed or underemployed and actively seeking work.

The mission of Empowered Pathways is to help people create self-directed solutions and move forward with their lives through education, advocacy, and empowerment. Information on the Women's Employment and Resource Center (WERC) can be found www.empoweredpathwayscny.org.

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

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Safeguarding Your Valuables

submitted by Victor Fariello

Antiques and collectibles hold not only sentimental value but often substantial monetary worth as well.

In the event of unforeseen circumstances such as theft, fire, or natural disasters, the importance of having a comprehensive inventory of these valuables cannot be overstated.

The Importance of Inventorying Antiques and Collectibles

Facilitating Insurance Claims:

A detailed inventory serves as a crucial document when filing insurance claims. It provides the necessary proof of ownership and assists insurance companies in assessing the value of the lost or damaged items.

Without a comprehensive inventory, claim processes can be prolonged and may result in inadequate compensation, leaving individuals without the means to replace or restore their cherished possessions.

Accurate Valuation:

Antiques and collectibles often appreciate in value over time. Maintaining an up-todate inventory ensures that the insurance coverage reflects the current market value of these items.

Accurate valuation is essential to secure appropriate insurance coverage, preventing undervaluation and potential financial losses in the event of a claim.

Preserving Family Legacy:

Many antiques and collectibles hold historical or familial significance. A detailed inventory ensures that the legacy of these items is preserved for future generations.

In the absence of an inventory, the loss of these artifacts could extend beyond their monetary value, impacting the family's cultural and historical heritage.

Mitigating Risk and Enhancing Security:

Safe & Effective

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Reduces Inflammation Fast Acting Pain Relief! **Improves Range of Motion**

Stem Cells

Regular inventory checks act as a preventive measure against theft and loss. The awareness of the presence and condition of valuables encourages individuals to implement additional security measures to safeguard their collections.

Advanced security measures, such as surveillance systems and secure storage facilities, can be informed by the insights gained through the inventory process.

Dr. Timothy DelMedico, DC

2709 Genesee St. in South Utica

Suggestions for Enhanced Security: Keeping the List Off Premises

Digital Documentation: Create a digital inventory using spreadsheets, databases, or specialized inventory management software. Digital records are easily accessible and can be encrypted for added security.

Store digital copies on secure cloud platforms or external hard drives, ensuring that they are not kept on-site to prevent loss in the event of a physical catastrophe.

Secure External Storage: If opting for physical documentation, consider storing the inventory list in a secure off-site location, such as a safe deposit box or with a trusted relative or friend.

Ensure that the chosen external storage location is both fire-resistant and secure against unauthorized access.

Regular Updates: Maintain an updated version of the inventory, reflecting any additions or removals from the collection. Regular updates are crucial to ensuring the accuracy of insurance coverage and facilitating efficient claims processing.

In conclusion, inventorying antiques and collectibles is a fundamental step in safeguarding these valuable possessions. The benefits extend beyond insurance claims, encompassing accurate valuation, preservation of family legacies, and risk mitigation. By implementing practical suggestions such as keeping the inventory list off premises, individuals can enhance the security of their collections, providing peace of mind and ensuring the protection of these irreplaceable items for generations to come.

Happy collecting!

Support Your NH Historical Society

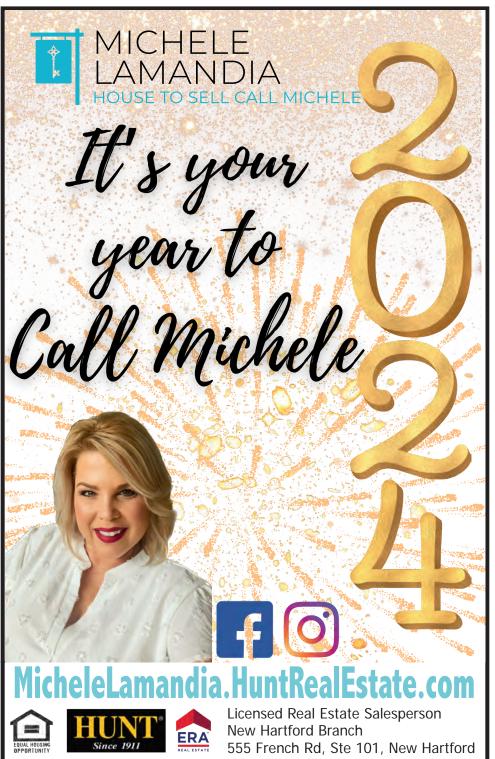
Consider joining or renewing your membership in the NH Historical Society in 2024. The cost is \$15 for an individual, \$20 for a family and \$5 for students. Your support of this community resource will help preserve our local history. Make your check payable to 'NH Historical Society' and mail to PO Box 238, New Hartford, NY 13413. All donations are tax deductible.

Consider Joining Questers

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

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





November was another busy month for your New Hartford Volunteer Fire Department with 106 alarms as indicated by the monthly call report listed below by category:

NHFD News

Fires = 2 EMS = 55

Hazardous = 4

Service Type = 18

Good Intent = 11

Other Alarms = 16

Weather Related = 0

Other = 0

Total alarms for the Month of November 2023 = 106.

Of the 106 alarms, 93 were in the Town, 11 in the Village and 2 mutual aid.

This brings the total number of calls year-to-date through November 30, 2023 to 1,205.

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

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

New Hartford Volunteer Fire Department Elects Officers for 2024

Thomas A. Bolanowski II was elected Chief. Other line officers elected include: First Assistant Chief, James H. Monahan; Second Assistant Chief, Brian D. McCormick; and Third Assistant Chief, Richard E. Alexander, Jr.; First Captain, Kevin J. Monahan; Second Captain, Michael J. Galligano, Jr; and Third Captain Steven G. Karrat. First Lieutenant, Mark A. Turnbull II; Second Lieutenant, Benjamin A. Toach; Third Lieutenant, Joshua C. Famolaro; and Fourth Lieutenant, Matthew S. Bailey.

Fire Police Captain, William H. Randall; Fire Police First Lieutenant, Charles J. Obernesser and Fire Police Second Lieutenant, Peter L. Rebisz.

The above elected Line Officers represents over 314 years of combined experience of serving our neighbors within the New Hartford Fire District.

The department's 2024 Benevolent Association Officers were also elected.

President, James P. Toomey Jr.; Vice President, Frank J. Basile Jr.; Financial Secretary Daniel J. Monahan; Recording Secretary, James F. Luley; and C. Edward Schmidt Jr. was elected Director for 2024 - 2025 - 2026.

The positions of treasurer, assistant treasurer, and assisting recording secretary, according to the department By-Laws, will be appointed and announced at the January meeting.

The line officers combined with the benevolent association officers represents over 417 years of experience serving our community.

The above officers will begin their responsibilities on January 1, 2024 marking this the 123rd year of the department.

Visit us on the web at: www.nhfd.com all year long.



Members of The Rotary Club of Utica along with representatives of the Midtown Utica Community Center.

Rotary Club of Utica Raises \$3,830 For Midtown Utica Community Center

The Rotary Club of Utica recently held their 4th annual 'Not So Silent Night' basket raffle at The 72 Restaurant in Utica. This Holiday event raised \$3,830 for the Midtown Utica Community Center, that provides educational support and tutoring to those in need including our immigrant and refugee population and multi-cultural children. Activities to foster socialization and well-being are also provided. Special thanks also to the event's sponsor Mohawk Valley Wellness. For more information about The Rotary Club of Utica please visit uticarotary.org.



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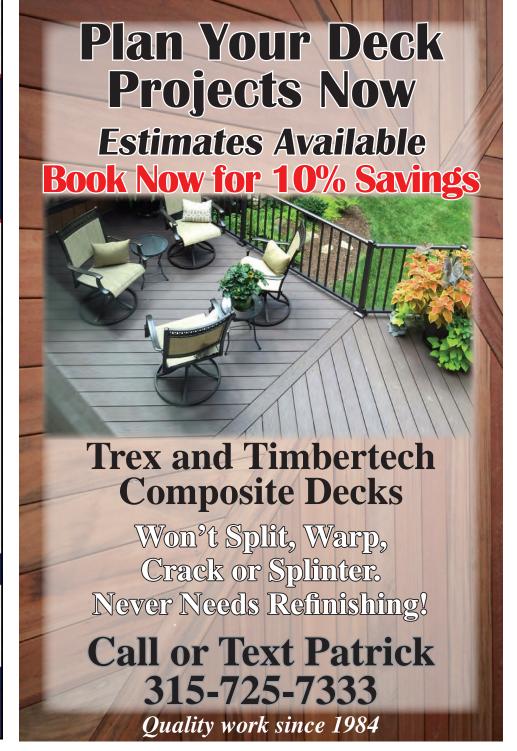
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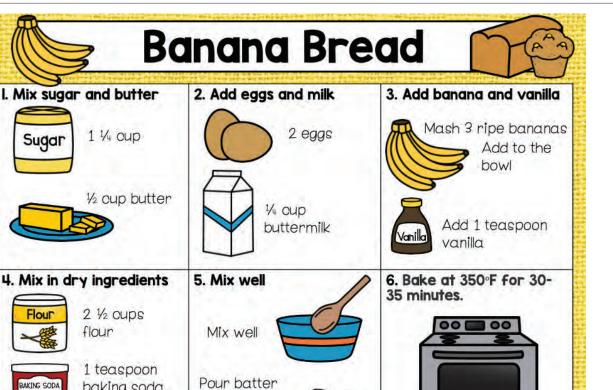
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NEW HARTFORD PAST TIMES

January 2024

NEW HARTFORD HISTORICAL SOCIETY



From all of us at the Historical Society, we'd like to wish everyone a very Happy and Healthy New Year. We are thankful for the support from our members and the community over the past year. 2023 was a rebuilding year for us. Like so many other organizations, emerging from the pandemic has been challenging but we continue to work hard to bring back the services and programs that so many have come to enjoy over the year.

Our members are our greatest asset and we are extremely thankful for each and every one of you. Thank you for your continued support. And to all the readers of the Town Crier, if you aren't already a member of the Historical Society, we'd like to encourage you to join. Simply fill out the application at the bottom of this page and send it in. Annual dues are very reasonable. We are a 501(c)3 organization and all donations are tax deductible.

Speaking of annual dues, 2024 dues can be remitted at any time. The aforementioned application can be utilized to remit 2024 dues as well. Many of our members choose to pay ahead for a year or two. Thank you for your support. We will be mailing out dues reminders in a month or so. Sending in your dues before that cuts down on our postage costs and is very much appreciated. We rely primarily on dues and donations to continue our mission of preserving the rich history of New Hartford.





Once a church and later a fraternal organization's meeting place. Now a private residence. Where am I?

l Please	New Hartford Historical Society $\sim {\rm Membership\ Form} \sim$ Please check one of the following:					
[[]	\$15 ^{oo} Individual	Name:				
[]	\$2000 Family	Address:				
[]	\$25 ^{oo} Contributing					
[]	\$5000 Corporate	Phone:				
	Renewal New Member	E-Mail: Please send check made payable to: New Hartford Historical Society P.O. Box 238 New Hartford, N.Y. 13413				







BECOME A MEMBER!

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

Planning a Class Reunion?

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

Call 315-724-7258 to schedule your group.

Museum is Open To the Public

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20 Activities To Do with your kids

- Have a dance party. 1.
- 2. Paint a picture.
- 3. Play with play dough.
- 4. Use your imagination.
- 5. Color pictures.
- 6. Bang on pots and pans.
- Enjoy some singing time.
- 8. Shoot some hoops.
- 9. Get goofy.
- 10. Make a craft.
- 11. Read a story to your kids.
- 12. Have a scavenger hunt.
- 13. Play a game.
- 14. Put on a puppet show.
- 15. Have an exercise regimen.
- 16. Play in the shaving cream.
- Make a town.
- 18. Take pictures.
- 19. Bake cookies.
- 20. Go out in the snow.

Of Time and Place: A Musical Canvas

A multimedia concert inspired by the Swale Pond Bird & Wildlife Sanctuary, Trenton, NY

Piano: Tina Toglia & Ida Tili-Trebicka

Videos, live painting: Mary P. Murphy Composers: JJ Hollingsworth & Ryan McQuay Meredith Staging, panel leader: Peter Loftus

January 21, 2024 3:00 p.m. Munson Auditorium 310 Genesee Street Utica New York, 13502

Free Concert Event Presented by The B Sharp **Musical Club of Utica** Sunday, January 21st, at 3:00 PM at the Sinnot Family & Bank of Utica Auditorium at

Munson, at 310 Genesee St., Utica B Sharp Musical Club presents "Of Time and Place - A Musical Canvas" on Sunday, January 21st, at 3:00 at Munson in Utica. This exciting multimedia performance explores the connections between visual art and music. The inspiration for the program is the Swale Pond Bird and Wildlife Sanctuary in Trenton, NY. The concert will feature pianists Tina Toglia and Ida Tili-Trebicka, and visual artist, Mary Murphy. During the music, Murphy will present her paintings and photographs of the Sanctuary in video montages. She will also paint on stage, projecting her work onto a screen. The music includes nature-inspired pieces by

Edward Marcus. The program also includes premiere performances of works by composers Ryan McQuay Meredith and JJ Hollingsworth, commissioned especially for this event.

Germaine Tailleferre, Rachel Porter, Jean-Philippe Rameau, Claude Debussy, and

Following the concert, a representative from Tug Hill Tomorrow, the land trust that oversees Swale Pond, will join the artist and moderator, Peter Loftus, for a "Meet the Artists" talk. Admission to the concert is free, and the public is welcome. This performance is made possible by funding from CNY Arts and the Syracuse Sound of Music Association. For more information about B Sharp activities, visit the club online at www.bsharpmusic.org, and on Facebook and Instagram.



ITER WORD SEARCH



N T A K S S X C D

See how many of these words you can find in the puzzle. The words can be forward, backward or diag

1. Snow

4. Weather

- 5. Shovel
- 9. Slippery
- 13. Scarf 14. Hat

- 2. Snowman 3. Winter
- 6. Cold 7. Freezing

8. Snowflake

10. Slide 11. Sledding

12. Skating

15. Earmuffs

16. Mittens

- Admission is free and open to the public.

Sponsored by the B Sharp Musical Club



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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.

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Has Reputable 5 Star Local References.

Is Fully insured For Water Mitigation And Mold Remediation Services.

Offers A Detailed Plan For Damage Repairs.

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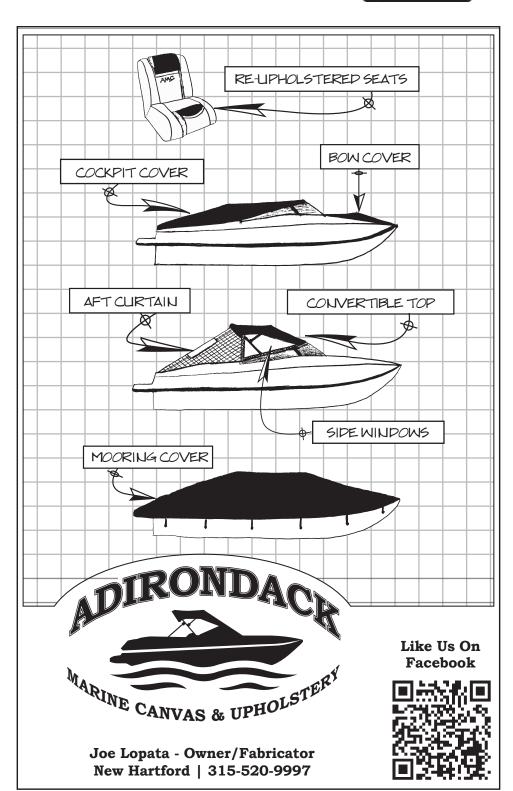
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For more information on any concerns, please feel free to call Disaster Services. When in need of emergency or non-emergency services, Disaster Services LLC. offers immediate response to damage caused by water, fire, smoke and mold. We are a locally owned company who will answer your calls when you call. No answering machines, voice prompts etc. We are a N.Y.S. licensed mold removal firm and recognized by all insurance carriers, working closely with both the home owner and insurance carrier. When calling our office, you will always speak to a live voice and not an answering machine. We realize that in your time of need you should be speaking to someone and not a machine. When your emergency arises, call us at 315 797-1128 day or night.

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New Hartford Rotary News



Veterans Day 2023 will be remembered as a very special day for New Hartford Rotary. On that day, 67 people gathered at the Town of New Hartford Veterans Memorial Park and began the first stage of planting a microforest. We had Rotarians from our club and other clubs in the District, Town of New Hartford employees, MVCC students and staff, the Hamilton College Men's Soccer Team, and employees from the Town of Kirkland, Casa Imports, CLT Architects and many other friends who have an interest in helping the environment. First, the designated area for the microforest had to be completely covered with cardboard, which was all donated by Joe Tehan's Furniture, Grace Furniture, and Dick Sonne Cycles, Fitness & Skis. A meandering path was laid out in the middle of all this cardboard that later will become a walking/reflection path that will be wheelchair accessible. After the cardboard was in place, began the very laborious task of placing 8" of mulch over the cardboard. With the help of equipment from the Town of New Hartford, Town of Kirkland and trailers and wheelbarrows supplied by volunteers, we were able to get the area covered with the mulch, just in time for the New Hartford American Legion Veterans Day celebration. During the day, members of a local DAR (Daughters of the American Revolution) arrived for their celebration and invited us to share in their event. This allowed a little break for our workers and time to combine our presentation as well. The Pledge of Allegiance and a prayer was recited during the DAR presentation, followed by a prayer for the environment read by Past President George Carpenter. Master of Ceremonies Chuck Tomaselli then introduced Town Supervisor Paul Miscione, District 7150 Governor Elise Hereth and President-Elect Dr. Frank Mondi, who all gave short speeches about the project and the work that Rotary does to help the environment.



This photo is an artist's rendering of where the microforest will be placed in the park. What is a microforest you may ask? According to Rotarian Charles Reith of Suncoast Microforest, "A microforest is a very dense planting of native species on an area as small as 2/10 of an acre to as large as an acre or more." The microforest method "...follows the inspiration and guidance of Akira Miyawaki, a distinguished Japanese botanist who developed a strategy to convert otherwise unproductive, largely urban land into forest that grow exceptionally fast and



provide many environmental benefits." The plants in a microforest are small at first but the canopy trees grow quickly to create a dense thicket that is inviting to wildlife and – if a trail is introduced (which will be the case with our microforest)-affords passers-through with shade and privacy. Because of the rapid growth rate, high performance microforests "intercept, filter, and transpire an enormous quantity of stormwater" whose nutrients would otherwise end up in storm sewers or creeks, rivers, lakes, etc. If properly placed, they can help control flash floods and also "sequester an enormous amount of carbon against climate change", which is one of our important objectives to help protect the environment. Microforest are best used if they are planted onto small sites that are protected from future development because of their location, shape or undesirability for any other use. "The bottom line is that microforests take small scraps of land that are not providing much ecological benefits and 'supercharges' them into an extremely productive contributor of ecological services- benefits such as stormwater diversion, carbon sequestration, wildlife habitat, shading and cooling- to our suburban and urban environment."

This area will now be allowed to sit over the winter months to allow the cardboard to breakdown and then on Planting Day, Saturday, April 20, 2004, to help kick off Earth Day and Arbor Day week, we will gather again to plant the various shrubs, plants and trees which will all be carefully marked out to gain the best possible affects for a successful microforest. If you or your organization would like to assist in this project or obtain more information about microforest, contact New Hartford Rotarian Chuck Tomaselli at (315) 724-0583.

For 62 years, New Hartford Rotary has been working to make our community and the world a better place to live. We are always looking for new members and if you would like to work with like-minded members of your community to help us in our endeavors, we'd love to have you come and join us for lunch. New Hartford Rotary meets every Wednesday at 12:15 PM at Preswick Glen, 55 Preswick Dr., New Hartford, NY 13413. For more information about The Rotary Club of New Hartford, NY you can check our website at or follow us on Facebook at https://www.facebook.com/NHRotary/.

Upcoming Events/Speakers

1/10/24- Zach Hughes- Education Mgr.- Utica Zoo

1/17/24- Bob Scholefield- Executive VP of Facilities & Real Estate for MVHS

1/31/24- Piano Prodigy Ben Kidwell



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HAPPY NEW YEAR!



A NOTE FROM HELEN...

Wishing all good health and fortune in the new year! Know that whatever 2024 brings, we are here to support you. Start the new year off right by scheduling your annual physical therapy checkup. These screens assess your strength, stability and mobility that help with daily function. This is even more important in the Winter months when fall prevention is vital. We are looking forward to helping you achieve your goals in 2024!



WELCOME BENJAMIN PETERSEN, PT, DPT

We are excited to welcome Ben to our team as a practicing physical therapist! Ben has been working at HMS PT for the past five years, and we are excited to be part of the next step of his career!

Ben is from Sherrill, NY and received his Doctor of Physical Therapy from Utica University. He has experience in both outpatient orthopedics and acute care hospital settings. Ben has a deep interest in athlete rehabilitation and is excited to see a wide range of patients!

Outside the clinic, he enjoys spending time with his family and friends, as well as spending time outdoors exploring his beloved CNY! Ben is currently accepting new patients and is available Monday-Friday.



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Turning Over a New Leaf at Any Age

Submitted by Jim LaFountain, All American Fitness Center

A few weeks ago, my wife, Cindy, asked me "how many articles have you written, over the past 40 years, stating that aging is a myth?" I answered, probably a dozen, and at nearly 70 years of age, I can honestly say it was easy for me at ages 30, 40, 50 and even at 60, to write that, but I was wrong. Aging has a less than positive effect on our body. Some interesting facts to consider:

- *Muscle loss after age 40 is 8% per decade and even faster after age 60.
- *Muscular strength can decline as much as 50% from age 25-80 years of age.
- *Joint flexibility begins to gradually decline at age 30. From ages 55-85, flexibility can decline up to 8% per year.
- *Cardiac output drops significantly with age, as demonstrated by the training heart rate formulas:

Basic Formula: 220-your age to calculate one's maximum heart rate. For example, a 70 year old's maximum training heart rate would be 150 beats per minute.

Heart Rate Reserve Formula: is a more accurate formula, because it takes into consideration your current fitness level, as reflected by your resting pulse. It goes like this-X(HRmax.-HRrest) + HRrest. X represents the percentage of your maximum heart rate at which you'd like to train, from 60-90%. For example: If I'm 70 years old, with a resting pulse of 60 and want to train at approximately 75% of my max heart rate, it would look like this- .75 (150-60) + 60. In order to train at 75%, my pulse would need to be around 123 beats per minute.

BOTTOM LINE: Aging is a reality, not a myth. We can slow the decline by following a prudent diet and exercising most days of the week.

Since it's January, I'd like to offer some suggestions to help you effectively "Turn Over A New Leaf" at any age.

NUTRITION

- *Understand that no amount of exercise cancels out the ill effects of a poor diet.
- *Reducing, or even better, eliminating sugar, high fructose corn syrup and bleached flour from your diet and exercising 30 minutes, most days of the week, will help you reach your ideal weight.

*The appestat center of our brain, located in the hypothalamus, is responsible for many functions. Thirst and hunger being paramount, as it relates to our eating and drinking habits. Either the appestat center or our response to it misinterprets the signal for thirst and the need to drink water, with the hunger signal. Cravings are usually a call for more fluids, NOT more food. Eating instead of drinking leads to over consumption and weight gain. A large glass of water before a meal will satisfy your thirst and cause you to eat less because you'll feel full.

*Treat the plate of food placed in front of you with the same discipline you call upon to exercise regularly.

EXERCISE

- *One essential goal that encourages exercise compliance is adopting the mindset to simply "show up" on days you are scheduled to exercise. In most cases, when you "show up," even when your enthusiasm is lacking, you'll probably have a great workout.
- *Exercise at the same time each day. Regularly scheduled exercise is much like an alarm clock that gets you out of bed each day.
- *Having a partner or partners improves exercise compliance. Deciding to be a "no show" and letting a partner down is unpleasant and loaded with guilt.
- *I make sure beginners start slowly. I have found, people care little about how beginners start, but are incredibly impressed by progress shown over several weeks. An uncomfortable start is discouraging and presents several reasons to drop out.

Although results come in small increments for older adults, adopting a few of these suggestions will, over time, combat the challenges an older body presents.

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don't have to liquidate assets at a loss during market uncertainty," Taylor says.

2. When your job status may change

If you're contemplating a career move such as starting a business, retiring soon, or facing a possible layoff, consider meeting with your financial advisor. "If you don't have enough cash on hand during those transition periods, you might have to dip into an investment account or sell a stock at an inopportune time," Taylor says. "That means you could end up losing money when you can least afford it."

3. When your marital status is about to change

Getting married or paying for a wedding? According to "The Knot 2021 Real Weddings Study," on average in 2021, couples spent \$34,000 total on their wedding, including ceremony, reception and engagement ring. Note that doesn't include a honeymoon or the expense of setting up a household.

A divorce can set you back as well, thanks to legal fees, asset division, and other costs. That means you need enough cash on hand to weather the transition from being single to getting married or vice versa. Talking to a financial advisor ahead of time can help you identify how much on-hand cash you need.

4. When your child is ready for college

According to projections by Wells Fargo Advisors based on the College Board's "Trends in College Pricing and Student Aid," the estimated cost of attending a private college for four years (including tuition, fees, and room and board) starting in 2023 is more than \$228,000.1

"It's important to plan so that you have enough liquidity to pay those tuition bills when they arrive," Taylor says.

5. When you receive a windfall

If you receive an inheritance, a large bonus, or a generous financial gift, ask your financial advisor about investment options relative to the amount of cash you should have in your portfolio. If that money stays in savings or short-term CDs, it won't decrease in value, but it also may not be able to earn to its full potential.

Your long-term goals, risk tolerance, and spending and saving habits also affect how much cash you should have on hand. A financial advisor can help you strike the right balance.

1Total yearly costs for in-state tuition, fees, books, and room and board (transportation and miscellaneous expenses not included). Base is 2022 - 2023 school year. Costs for future years projected by Wells Fargo



Christopher J. Carbone

How Much Cash Should I Have On Hand?

"How much cash should I have now?" It seems like a simple question, but the answer can be complicated — especially in times of market volatility. Apart from an emergency fund, the amount of cash or liquid assets you need depends on many factors, including the current state of the market and major life events.

"There isn't really a general rule in terms of a number," says Michael Taylor, CFA, Vice President -Investment Strategy Analyst at Wells Fargo Investment Institute. "We do say it shouldn't be more than maybe 10% of your overall portfolio or maybe three to six months' worth of living expenses."

Taylor notes that the number could change depending on what's going on in the economy and markets. "You should make sure your emergency fund and cash reserves can meet your current needs," he says.

Taylor shares five events that should prompt a conversation with your financial advisor about how much cash to have on hand.

1. When the market is in flux

The state of the market can have an impact on how much cash you should have on hand, how long you decide to hold an asset as cash, or when to convert assets to cash. This can be especially true when you foresee a large discretionary purchase such as a vacation home or a luxury vehicle.



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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.

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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!

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General Office: 315-732-1349

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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

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ststephensepiscopalnhny@gmail.com

Sunday Service of Holy Communion at 10am followed by fellowship

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AA Meetings: Sundays at 8pm

Yoga by Kristy: Tues. 5:30-7pm & Thurs. at 9:30-11am. more information can be found at www.rootdownwell.com EGA Meetings: 1st Friday of the Month

St. Stephen's is handicapped accessible.

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.

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Sunday morning worship is held at 10:30 in the sanctuary

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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.

A fellowship/coffee hour for everyone follows the Sunday worship service.

The Connect Café, offering coffee and conversation to all who would like to stop in, is open every Wednesday morn-

Other January activities include:

1/3 — 10 a.m. Sew 'n Sews

1/6 — 10 a.m. PEO

1/10 — 10 a.m. Sew 'n Sews

1/10 — 6 p.m. 4-H

1/13 — 10:30 a.m. Ukulele Lesson

1/13 — 1 p.m. Childbloom Guitar Open House

1/15 — Martin Luther King Holiday — NHPC and Nursery

School Closed

1/17 — 10 a.m. Sew 'n Sews

1/24 — 10 a.m. Sew 'n Sews

1/24 — 6 p.m. 4-H

1/27 — 3 p.m. Hope House Meal Preparation

1/31 — 10 a.m. Sew 'n Sews

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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

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Pastor: Robbin Harris

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firstbaptistnh@gmail.com Rev. James Harriff, Pastor

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on Facebook "First Baptist of New Hartford"

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

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find us on Facebook Handicapped accessible

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10233 Roberts Road, Sauquoit 315-737-0757

Pastor Walter J. Wharram, Jr.

Sunday School - 9:00am

Sunday Morning Worship Service - 10:00am

Mid-Week Bible Study - Wednesdays 7pm

*Sunday Sermons posted to YouTube weekly - Search 'Norwich Corners Christian Church'

TRINITY LUTHERAN CHURCH

2620 Genesee St., Utica. (315)732-7869 churchoffice@trinitylutheranutica.com

9am - Sunday School & Adult Bible Study 10:30am - Worship is led by our Pastor, Peter Saie

Handicapped accessible.

FIRST PRESBYTERIAN CHURCH

1605 Genesee St, Utica, NY 13501 | fpcutica@gmail.com Sundays - 10:30 Worship Faith Enrichment for all ages Coffee Hour following morning worship. Handicapped Accessible

STONE PRESBYTERIAN CHURCH

8 So. Park Row, Clinton. 315-853-2933 Scott Leonard, Commissioned Lay Pastor

Sunday service-10:30AM

www.stonepres.org. E-mail: stonepres@verizon.net

Handicapped Accessible

CLINTON UNITED METHODIST CHURCH

105 Utica Road, Clinton www.clintonmethodist.org Rev. Abel Roy Office Phone: 853-3358 Sunday Worship Service 9:30 AM

Sunday school during worship following children's time

PLYMOUTH BETHESDA U.C.C/CORNERSTONE COMMUNITY CHURCH

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

ZION LUTHERAN CHURCH

630 French Road, New Hartford Interim Pastor William Preuss

Sunday Mornings at 10 AM Al-Anon Meetings, Wednesdays at 12:30 PM

315-732-4110, office@zionluth.com

www.zionlutheranNy.org Visit us on Facebook at:

Zion Lutheran Church, New Hartford, NY

TABERNACLE BAPTIST CHURCH

13 Clark Place, Utica 315-735-7534

churchoffice@tbcutica.org www.tbcutica.org

Facebook: Tabernacle Baptist Church

We are together in our diversity! Come worship with us!

Saturday 6 p.m. Young Adult Worship & Study

Sunday 10 a.m. English Worship Service Sunday 10:15 a.m. Sunday School for children in English

and in Karen Sunday 11:30 a.m. Karen Worship Service and 2nd-Hour

Sunday School

Pastors Rev. Debbie Kelsey and Rev. Htee Gay

BIBLE BAPTIST CHURCH

4431 Middle Settlement Rd., New Hartford, NY 13413

Brian Demers, Pastor Sunday School for all ages: 9:30 a.m.

Sunday Morning Worship Service: 10:45 a.m.

Sunday Evening Bible Study: 5:00 p.m.

Wednesday Evening Bible Study and Kids4Truth Children's Program: 6:45 p.m. Adult Sunday School Class - Adult Sunday School class for

couples. Strengthening Your Marriage by Wayne Mack. Sunday School begins at 9:30. A safe and loving nursery is available as well as other classes for all ages - kids, teens,

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

Paster Mark Waterman

NEW LIFE APOSTOLIC CHURCH

3995 Oneida Street #4, New Hartford 315-736-1161 Facebook: NLAC4all

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**

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

Includes main, sides, salad, and dessert

Worship Services Wednesdays at Noon

Zoom. Wednesday Lunches at 12:30 PM

Please make a reservation by the Friday before - Suggested donation \$13 per person

It Takes a Village | Tuesdays from 2-5 PM Volunteer to help support community members at St. Margaret's Food Pantry at Grace Church. Call or email St. Marga-

ret's to sign-up for one or more Tuesdays

needs. New Members Welcome!

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

Grief Support Group | 2nd Tuesdays from 6:30-8pm

Scrabble Days | 4th Wednesdays at 9:15 AM

St. Margaret's continues to host a peer facilitated grief support group for anyone experiencing loss. New members are welcome to join.

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

Join our Scrabble group for monthly mornings of fun, cof-

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 en-



joying conversation in our library. Please consider bringing BEIT SHALOM a few cans of food for our food pantry as a donation.

Conversations w/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.

Food Drive to Support the Food Pantry-Jan. 15th ALL DAY St. Margaret's will be hosting a special food drive in honor of Martin Luther King Jr. on January 15th from 8am to 4pm. Donated food goods will go to support the food pantry and its mission to assist members of our community who are food insecure.



UNITARIAN UNIVERSALIST CHURCH of

10 Higby Road, Utica 315-724-3179 uuutica.org Minister: The Rev. Karen Brammer

December Services, 10:30 AM

December 3 – Service with Our Minister, Rev. Karen

Brammer

December 10 – Genealogy, What's Religion Got to Do with It? Service led by Jerry Reed

December 17 – Winter Solstice marks the rebirth of the sun. Carol Gable will lead our Solstice celebration of Yule December 24 – Our Sunday service on Christmas Eve morning will be informal, mostly music and good company. Christmas Eve Service 7 PM, Rev. Karen Brammer Newcomers are welcome as we reflect on the message of

the season, sing carols, enjoy fellowship and community, and eat cookies afterward. Again, all are welcome. December 31 – John Camilleri

Year's end is neither an end or a beginning but a going on, with all the wisdom that experience can instill on us", writes American journalist Hal Borland. In this interactive service, we will have the opportunity to share experiences and reflections of what wisdom we have gained over the past year and state our intentions for learning and growth for the coming year, for ourselves, family, friends and community.

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

View past issues on our website at

NHTownCrier.com

Like us on facebook.com/ **NHTownCrier**

48 Franklin Square, Utica, NY 733-2867 Rabbi: Stephen Galiley Friday Evening Shabbat Services: 7:00 pm Oneg Shabbat

Beit Shalom is a Messianic Jewish Congregation. All are welcome!



TEMPLE EMANU-EL

2710 Genesee Street, Utica, 315-724-4177 teuticaoffice@gmail.com Rabbi Peter Schaktman Friday Evening Shabbat Services 6pm. All are Welcome

TEMPLE BETH-EL

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

ZVI JACOB

Orthodox Synagogue

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

THE JEWISH COMMUNITY CENTER

2310 Oneida Street, Utica - 733-2343

Provides programs for seniors and recreational activities for all ages. Open to people of all races, religions, and nationalities

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



Angels Among Us Food Pantry

Jan 13 & 27

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

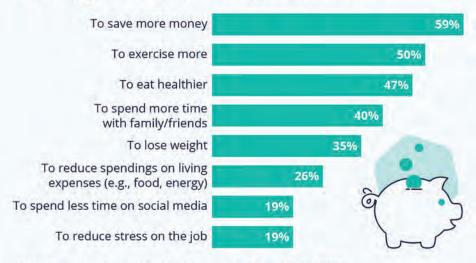
Household Size	Annual Income*	Monthly Income*	
1	\$25,760	\$2,146	
2	\$34,840	\$2,903	
3	\$43,920	\$3,660	
4	\$53,000	\$4,416	
5	\$62,080	\$5,173	
6	\$71,160	\$5,930	
Each additional person add	\$9,080	\$756	





America's Top New Year's Resolutions for 2024

Most common New Year's resolutions among U.S. respondents who have made one or several



417 U.S. respondents (18-64 y/o) surveyed Oct. 19-29, 2023 Source: Statista Consumer Insights

statista 🗹

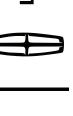
Happy New Year from the Steet and Ponte Families! Thank you for a great 2023!

























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