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Vol. 38 No. 12
December 2024

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Save **BIG!**

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PLEASE NOTE: SALE ITEMS AND
ALREADY DISCOUNTED BOXED WINE EXCLUDED!
(Each Store Independently Owned & Operated)

COOKIE SALE

Annual Christmas Cookie Sale
December 14th • 10am-3pm
First United Methodist Church
105 Genesee, New Hartford

Select the perfect combination of home baked and beautifully decorated Christmas cookies at First UMC of New Hartford, made by our own bakers. Come early to get the best selection! All proceeds benefit the mission and ministry of the church. We look forward to seeing you at the sale. Tell all your friends!



**RED CROSS
BLOOD
DRIVE**

NHFD Hosting a Blood Drive

The New Hartford Volunteer Fire Department will host an American Red Cross Blood Drive on Thursday, December 31, 2024, from 10am to 2pm at the fire station. Reservations may be made by calling 1-800-RED CROS (1-800-733-2767). Reservations are appreciated and walk-ins are always welcome.

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Calling All Neighbors: Help Us Honor 75 Years of Willowvale Fire Company History!

As we approach the 75th anniversary of the Willowvale Fire Company, we're reaching out to the residents of New Hartford, Chadwicks, and Sauquoit Valley to help us celebrate the legacy of service, bravery, and community spirit that has defined our fire company since its founding in 1950.

Do you have old photos, stories, or memorabilia from the early days of Willowvale Fire Company? Perhaps a picture of one of our early apparatuses, the original station, or a memory of the firefighters who served the community over the years? We would love for you to share these treasures with us as we look back at how far we've come!

Whether you have photos you can email or physical memorabilia, we want to hear from you. This is your chance to help us showcase the proud history of the Willowvale Fire Company and honor the generations of firefighters who have protected our town.

For submissions or questions, please contact us at wftreasurer3459@gmail.com

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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Clinton's New Fitness, Pilates & Dance Studio

Making Moves Fitness & Dance opened its doors on Monday, October 28 in the Village of Clinton. Nestled in the rear suite of the 3 Kirkland Ave commercial building, the boutique fitness studio, owned by Julia Shove, offers personal training, classical Pilates, group fitness classes, and dance instruction. Making Moves was born from the union of Shove's diverse movement backgrounds.

A classically trained ballet dancer of 22 years, Shove's teaching experience began in dance education. She served as a Lecturer in Dance & Movement Studies at Hamilton College as well as a faculty member at numerous studios across the greater Utica-Syracuse area. Branching into the fitness industry in 2018, Shove is a certified personal trainer (NASM), certified group fitness instructor (ACE), and certified Classical Pilates instructor (Real Pilates). Additionally, she is a certified teacher under the American Ballet Theatre National Training Curriculum, holds a bachelor's degree in psychology from Utica University, and is a prolific choreographer.

Making Moves Fitness & Dance underscores the value of a multifaceted approach to health and wellness. Combining conventional strength-training with the teachings of Joseph Pilates and fundamentals of classical ballet, Shove's instructive style is one of a kind. As one of the area's only Classical Pilates studios, Making Moves offers full apparatus privates using equipment such as the universal reformer, tower, ladder barrel, and Wunda Chair, amongst others.

The studio's schedule boasts a wide variety of group classes including barre, full body strength, cardio/HIIT, step, PiYo, TRX, and classical mat Pilates. Shove also specializes in cross-training for dancers. Her programming, *Ballerinas with Biceps*, works to optimize performance by increasing dancers' awareness of muscular imbalances identified in their day-to-day dancing. In line with Shove's roots, Making Moves will soon be offering private ballet coaching.

Making Moves Fitness & Dance is currently accepting new clients for privates, semi-privates, and small group classes. Though the studio showcases specialized options, all fitness backgrounds are not only welcome but encouraged! Classes are tailored to suit every body, from the beginner to the seasoned level – no age or ability restrictions. There is something for you at Clinton's newest movement hub, and Julia will be there to cheer you on every step of the way!

Session and class registrations may be booked via MindBody. For more information: julia@makingmovesfitnessanddance.com / (315) 525-8528

Bank of Utica
NEW YEAR'S EVE

Presented with the City of Utica and its Public Safety Departments
UTICA POLICE * UTICA FIRE * DPW

TUESDAY, DECEMBER 31ST
6:30PM TO 12:00AM
 WITH FIREWORKS SHOW AT MIDNIGHT

FOOD & DRINK SPECIALS & LIVE ENTERTAINMENT!

FOR MORE INFORMATION AND DETAILED SCHEDULE OF EVENTS, VISIT
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**October 2024
New Hartford Police Activity:**

- 970-Incidents / Calls for Police Service
- 51 Arrests
- 310 Vehicle and Traffic Law Stops
- 77 Motor Vehicle Collisions Investigated
- 274 Vehicle and Traffic Law Violation Tickets Issued
- 193 Supplemental Neighborhood Patrols
- 5 Community Policing Details

**Angels Among Us
Food Pantry**

Dec 7th & 21st

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!

2024 TEFAP Eligibility Income Guidelines*

Based on Annual Incomes

Household Size	Income
1	\$33,885
2	\$45,990
3	\$58,095
4	\$70,200
5	\$82,305
6	\$94,410
7	\$106,515
For Each Additional Person Add:	\$12,105

**SANGERTOWN
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**Sangertown Square
Announces Holiday Hours**

**Shoppers Encouraged to Shop
Early for a Successful Holiday
Shopping Season-**

The 2024 holiday shopping season is beginning and with it, Sangertown Square is announcing special hours to make this holiday season magical and memorable for everyone. Sangertown Square will join fellow industry leaders by closing on Thanksgiving Day. The center will re-open on Black Friday, November 29th at 7am and will close at 9pm. Click here for a complete calendar of Sangertown Square's holiday shopping hours scheduled for the 2024 season.

Santa Claus is coming to Sangertown Square this holiday season beginning on Friday, November 29th until Christmas Eve, December 24th located in Center Court. Additional details regarding visiting hours, photo pricing and special events will be shared in the upcoming weeks.

Guests are reminded to check the individual hours of tenants and more information on the upcoming holiday season by visiting www.sangertown.com.

Archery Open Shoot Now Available at Oneida YMCA

The Oneida Family YMCA, 701 Seneca Street, is now offering open shooting time for indoor archery enthusiasts! "Open Shoot" allows archers to practice their skills independently, without instruction. "Open Shoot" is a practice shooting time and available to experienced archers, aged 15 – adult (youth must be accompanied by an adult or have had experience in the YMCA's JOAD program). Archers must have their own equipment; field tip arrows are required, and a waiver is required before shooting.

Archers can come to the Oneida Family YMCA during one of the following "Open Shoot" times:

Mondays 5-6 pm, Tuesdays 11 am-1 pm or Thursdays 11 am-1 pm and 5-6 pm.

"Open Shoot" is free for all YMCA members. Non-members may purchase a guest pass with a valid ID at the Welcome Desk.

With the addition of the new 20-yard Indoor Archery Range, the Y will provide new programming including "Open Shoot", tournaments, leagues, workshops, and clinics, in addition to lessons.

For more information, contact Autumn McLain, Senior Program Director, at amclain@ymcatrivalley.org.

The YMCA's Character Development through Archery program is the only program in Central New York that offers youth ages eight and older, along with their families, the opportunity to participate in lessons, workshops, clinics and private instruction.



**NYS Approved Defensive
Driving Course Offered**

New York State approved defensive drivers course for insurance and point reduction

program to be given by AARP on Tues. Dec. 17th at the New Hartford Public library from 9am to 3:30pm.

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

Call early classes fill up fast. Open to all ages.

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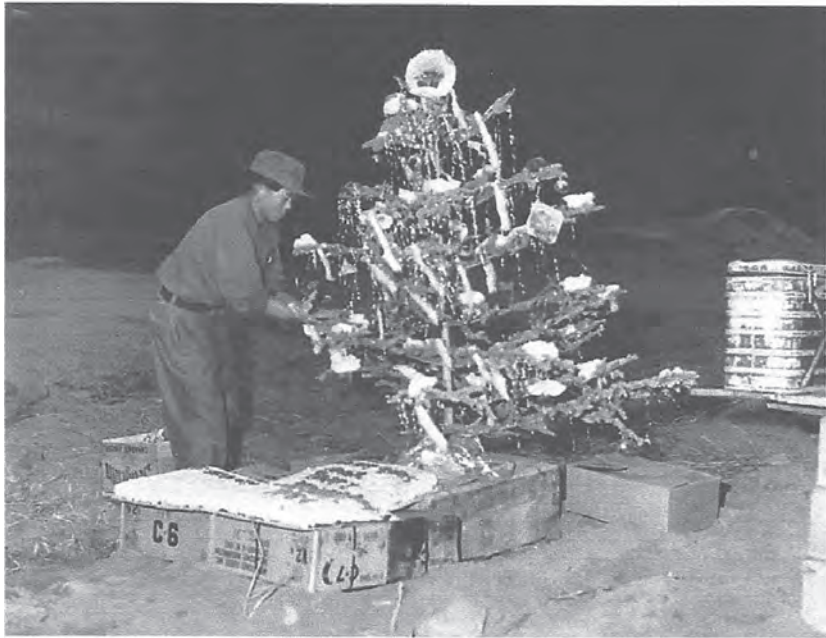


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I'll Be Home For Christmas

submitted by Malio J. Cardarelli

I can remember when I was in my very early years, not yet ten years old, my thoughts about the Christmas song, "I'll Be Home For Christmas."

It was in the early 40's, during those terrible war years, certainly a difficult time in all respects, including the absence of so many young men and even then some ladies who were involved in the conflict.

When hearing that song during the festive holiday season, I always imagine a soldier with a helmet and a dirtied face in a foxhole, writing a letter home, assuring his family that 'he would be home for Christmas' and indicating his desire for 'snow, mistletoe and presents under the tree.' "Christmas Eve," he writes, "will find me where the love light gleams."

And then comes the distressing reality, "I'll be home for Christmas, if only in my dreams."

Even as a child, it was for me the saddest of thoughts, one that even agitates me today, the difficult-to-imagine reality that the holiday would involuntarily be spent away from home and away from all its festive doings with family and friends.

Certainly, when we thank a military member for his/her service, we should give thought to the painful reality of not being home for Christmas.



Lions Club News

Members of the New Hartford/New York Mills/Whitestown Lions Club recently visited Freedom Guide Dogs in Cassville, NY. Freedom Guide Dogs is a non-profit organization that breeds, trains, and places guide dogs for people with visual impairments. We were treated to a tour of the facility and a chance to meet some of the dogs that are currently in training to become guide dogs for people with visual impairments. The Lions Club presented a donation to help them with their service. Pictured above are Lions Club members, Bob and Sara Porter, Doug Berry and Ed Burr, operations manager of Freedom Guide Dogs. The New Hartford/NY Mills/Whitestown Lions Club meets at 5:30 pm on the second Tuesday of the month at Sloppy Joe's Pizza in the New Hartford Shopping Center. We always welcome visitors at our meeting.

MERRY **Christmas** and HAPPY NEW YEAR!



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Looking Ahead: Top Furniture Trends for 2025

For over 60 years, the Grace Furniture design team has attended the High Point Market, the world's largest furniture trade show, which draws over 75,000 design professionals and features more than 1,000 brands from across the globe. This biannual event is a hub for the latest trends, cutting-edge designs, and high-quality craftsmanship in furniture. Grace Furniture's team handpicks only the finest pieces from this extensive showcase to bring back to Central New York, ensuring that each item reflects enduring style, quality, and value.

With an 84-year legacy, Grace Furniture has built its reputation on offering premium furnishings that enhance homes for years to come. By focusing on quality and style, we aim to provide Central New York residents with furniture that combines aesthetic appeal with long-lasting durability—an investment in both comfort and beauty.

The High Point Market's 2025 furniture trends are all about warmth, nature-inspired design, and retro appeal, making it an exciting year for interiors. This year's standout trends bring a mix of nostalgia and new comfort-focused designs that reflect both artisanal craftsmanship and a layered approach to textures and colors.

Retro and Curved Designs are returning in full force. Inspired by mid-century and '70s aesthetics, rounded forms and plush, inviting silhouettes dominate sofas, chairs, and cabinetry. Curved furniture adds a soft, approachable feel, making spaces seem relaxed and welcoming. Coupled with luxurious velvets in deep jewel tones or earthy hues, this trend introduces both elegance and coziness into living rooms and lounges.

Natural Textures and Earthy Tones continue to be a favorite, especially through materials like rattan, light woods, and natural fibers. Designers are embracing lighter woods such as ash and oak, which give furniture a Scandinavian or Southwest feel that's light and

fresh. These materials work well in spaces aiming for a modern but grounded look, especially when paired with other textures like cozy boucle or suede. Many furniture pieces are now crafted to layer these textures, creating a tactile experience that adds visual depth.



Muted, Warm Color Palettes with colors like Cinnamon Slate and olive green are increasingly popular. These colors, inspired by nature, bring a calm and subdued aesthetic, perfect for creating serene spaces. Also, the earthy warmth of cinnamon tones aligns well with trending wood and metal finishes, allowing designers to maintain a cohesive, harmonious color scheme across different rooms.

Block-Printed Fabrics and Artisanal Details are making a significant comeback. Inspired by traditional

techniques, block-printed fabrics add a handmade, heritage-inspired touch. These prints, often featuring floral or geometric patterns, fit seamlessly with today's emphasis on organic, natural decor. They're used for everything from throw pillows to upholstered furniture, adding subtle patterns and a sense of craftsmanship to modern interiors.

In all, the upcoming year trends showcase design that merge comfort with nostalgic charm, focusing on earthy tones, rounded forms, and natural textures. 2025 trends encourage a curated approach to decor, where every piece contributes to a harmonious and inviting home environment.

We invite you to explore these new trends and take advantage of our complimentary design services, where our experts will work with you to transform your space into a reflection of your personal style. Visit us at 9785 River Road in Marcy, or call us at 315-735-0732 to get started on creating a home you'll love. Let Grace Furniture's legacy of quality and style bring timeless elegance and comfort into your home!

Written by: Cassie Grace Miles, 4th generation steward of Grace Furniture, a family-owned business since 1940, on River Road, in Marcy, NY. Cassie received her BFA in Design from The Fashion Institute of Technology in Manhattan and continued her career in design, managing luxury furniture showrooms in the world renowned Miami Design District, along with additional world class hospitality training at 5-star hotels.



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NH Public Library 2 Library Lane 315-733-1535

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

Library Closures

The Library will be closed on 12/24 and 12/25 as well as 12/31 and 1/1. Happy Holidays!

Weather Closures

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

Stay Connected With Us!

The most up to date information regarding closings, reopening, programs and crafts can be found on our website and on our Facebook and Instagram pages.

Website: www.newhartfordpubliclibrary.org

Facebook:

www.facebook.com/newhartfordpubliclibrary

Instagram: [new_hartford_public_library](https://www.instagram.com/new_hartford_public_library)

NHPL Board of Trustees 2024 Meeting

The NHPL Board of Trustees will be meeting on Wednesday, December 4th (1st Wednesday of the month) at 4:30 in the Sammon Room.

Mid York Library System App

Did you know there's a NEW app for all your library needs? Download the Mid York Library System App from your app store to search our catalog, place holds, view your account, and even see what's happening at any Mid York library!

The new app allows you to log in with one or more Mid York library cards, search for items, place holds, see library locations, check out OverDrive books, read OverDrive books, check out OverDrive magazines, read OverDrive magazines, search and filter library programming, bring up a digital library card, and much more.

The app is available in the Apple App Store as well as the Google Play Store.

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

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

Interested In Using Our Window Display?

The display case at the Library's main entrance is available without charge for community groups or individuals to display works of art, collections or educational displays. Exhibits must be in keeping with the Library's mission to meet the educational, cultural and recreational needs of the community. Exhibits may not be for entrepreneurial or commercial purposes, for the solicitation of business for profit or for fundraising. Religious proselytizing and partisan political recruitment are similarly prohibited. Applications for the case are on a first come, first served basis and are limited to one month, with displays also limited to one per year per individual, group or organization. Exhibits will be reviewed in advance before being displayed. Applications for use of the case are available at the Library's front desk. If you have any questions or are interested in using the display, please call the Library and ask to speak to our Display Case Coordinator, John. 315-733-1535

Christmas Village at the Library

A holiday tradition returns in December when the Friends of the New Hartford Public Library decorate the library for the season. Of special interest for patrons young and old alike is the Christmas Village installed in the hallway display case of the library's main entrance. The work begins Dec. 2 and decorations throughout the library will remain on display throughout the month. Make sure to check out the decorations when you visit the library and thanks to the Friends for all the work they do on behalf of the library.

Winter Book Bingo with New Hartford Public Library

Be sure to stop into the library to pick up (or print off from our website) your Winter Book Bingo Card. Complete five numbers in a row, either vertically, horizontally, or diagonally, wins bingo

Be sure to write the name of the book and the author in the spaces provided!

Return this card with a BINGO to the New Hartford Library between December & January to receive a FREE BOOK from our Book Store.

Special thanks to the Friends of the Library for sponsoring this winter reading program.

New Year – New Book : Bookmarks Available

Back by popular demand! Our reading log bookmarks will be available for pickup at the Circ Desk in our library. Bookmarks can be pickup through December and January during regular library hours.

Dog Man: Big Jim Begins -A Prerelease Party

Join us Sunday, December 1st for our prerelease party of the popular series Dog Man.

Themed games, crafts and snacks will be served starting at 3pm.

Enter for a chance to win a copy of Dog Man: Big Jim Begins.

(Drawing will take place at 3:45pm. Must be present to win. Book will be available for pickup after December 3rd)

In Person Story Time

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

Attention: There will be no regular Story Time from December 23rd to January 3rd.

Check out our Special Story Times during Winter Break. Happy Holidays.

Break Winter Break Boredom at the Library

Need to get out of the house while school is out of session? Come to the library!

We offer books, computers, toys, crafts and so much more daily! Check out our special single day events:

Grinch - Story Time & Crafts

Monday, December 23 - 10:30am – 11:30am

A special reading of How the Grinch Stole Christmas followed by some Grinchy Crafts. All ages welcome.

1hr : Winter STEAM for Kids

Thursday, December 26 - 11:00am – 12:00pm

Science – Technology - Engineering – Art – Mathematics. Multiple tables with a wide variety of projects and activities to do.

Stop-Motion Animation (ages 10+)

Friday, December 27 - 10:15am – 12:00pm

Learn how to do a simple stop-motion animation to show your friends and family.

Designed for ages 10 and up. Registration is required.

Grown-up must be present and have a Smartphone and Gmail account. (No Smartphone/Gmail? – talk to Cheryl for accommodations)

New Year's - Story Time & Craft

Monday, December 30 - 10:30 – 11:30am

A special Story Time to celebrate the New Year. Create a countdown clock craft after story.

Be sure to also grab your special "Read to me: 365 days" calendar with one week of countdown stickers to get you started. (Stickers are while supply last). Geared toward preschool, but everyone is welcome.

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.

The next meeting is December 7th in the Corasanti Room. (Geared for 7-12yrs)

Park Passes Are Back!

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

The Wild Center

Fort Rickey Children's Discovery Zoo

Adirondack Experience

Munson

Utica Zoo

Empire

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

Community Rooms

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

Book Clubs

Are you interested in joining a book club, currently in a book club, or looking to start one? If your club needs to order books or if you are interested in starting a book club, please call the Library and ask to speak to our Book Club Coordinator, Danielle. 315-733-1535

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

>Wanderlust Book Club reads novels, ranging from current to historical. They meet on the first Thursday of the month. For more information, please contact the library.

>TBR Book Group: Are you on Facebook? Are you always looking for your next book? We have the perfect group for you. We have created a group called the To Be Read (TBR) Book Group where readers can comment what they're reading and look for suggestions for their next book. With over 100 members, you will never wonder what you should read next!

Join here:
https://www.facebook.com/groups/1532390520153487/

Yoga for Seniors

Join Bill Skinner every Monday at 3:00pm for a Yoga program geared towards seniors!

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.

After Breast Cancer Group

Join us for our December 7th meeting which will start at 11:00 am in the Sammon Room. Dr. DeTraglia oncologist at Faxton, annual speaker.

Card Making with Maria

Join us on December 10th at 1:00 in the Sammon Room and learn to maker cards with Maria. Supplies will be provided. Registration is required and limited spots are available. Please call 315-733-1535 to reserve your spot.

Heritage Doll Club

The Heritage Doll Club meets on the third Saturday of the month at the New Hartford Public Library. Meetings are held every month except May, July, August and December, at the library beginning at 10:30 a.m. Interested guests and new members are welcome to attend.

Reflections from Utica Book Signing

Join us on Monday, December 2nd at 6:30 as Tim Flihan, author of Reflections from Utica, will do a book reading and signing. Tim was born and raised in Utica, where he attended Proctor High School graduating in 1978. He then attended Mercy College in Dobbs Ferry, NY where he

graduated with a BS in Behavioral Science. More importantly is the book, which is 26 short stories about growing up in Utica and the surrounding Mohawk Valley. They are an eclectic group of stories providing the reader a snapshot of life in the 1960's, 70's and 80's. The stories are meant to spark memories not by the writer but by the reader who instills their own memories awoken by the shared experience. The book was released on Amazon Kindle Direct or Amazon books.com on June 27th 2024. It was the number one new release for the month of July on the US regional Biography category and was number one nationally for two weeks of that month. The book sold best in the Southern part of the country as well as Mid-Atlantic region of which group we are a part of. The book is available in Hardcover and paperback as well as an e-book. They are available at Romas Sausage and Deli in Washington Mills or in Utica on Blecker Street. Also, it is available at Chanatry's Hometown Market in Utica as well as Amazon Books.com. The cost is \$7.99 for the e-book, \$15.00 for paperback and \$25 for hardcover.

New Hartford Public Library to Offer Social Security Information Program

The New Hartford Public Library is offering a complimentary Social Security Information program on Tuesday, December 10th at 6:00 PM for pre-retirees ages 50-70. This one-hour financial education program is designed to help attendees learn the basics of Social Security and how to best apply the information to make an informed claiming decision prior to collecting benefits. Answers to frequently asked questions will be provided: When is the best time to collect my Social Security benefits? Can I collect benefits if I'm still working? Is it better to collect benefits sooner rather than later? How are my Social Security benefits calculated? Should my spouse collect benefits on his/her own earnings history? This event has been a longstanding library program and is being presented as a community service by John Kalil, a Financial Advisor and the Founder & President of Retirement Solutions, LLC. The program is open to the public and there is no cost to attend. Due to seating

limitations, advance registration is required. To RSVP, please contact the library directly at 315-733-1535.

From the Friends of the New Hartford Public Library

Decorate the Library: December 6. 10:00am, Friday. Come decorate the library with the Friends for the holidays. Look forward to meeting you and help is always needed!!!
Mitten Tree: The tree is up and waiting for you and your donation of mittens to now decorate it. Thank you so much to all of you who contributed your time and skills to once again warm cold hands.

Save the date:
Bill Bonsted Indoor Miniature Golf Tournament. April 5, 2025.

The 2024 tournament raised \$3,440 from donations and golfers. Our course has shrunk to 9 holes due to a shortage of hours the library is open on Saturdays but that didn't stop 80 enthusiastic golfers. Put on your thinking "visors" and come and create a hole or show your putting skills. Look forward to seeing you.

Annette Barber Used Book Room

ACCEPT: hardbound and paperback books, magazines as well as records, DVDs, children's books, puzzles.
DO NOT ACCEPT: moldy/damaged books, we have to throw them out! Textbooks, medical books, National Geographic Magazine, Reader's Digest, multi-volume book sets. No longer accepting audio cassettes, VHS tapes and computer games/books or CDs. The library and community greatly appreciate your "gently" used books but please limit your donations to one box/bag at a time and drop them off at the circulation desk. DO NOT drop them off in the hallway, at drop boxes, or outside the door when the library is closed. Thank you.



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.

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Stanley Theatre Series



Malio Cardarelli
Over the next several months, we would like to share some of Malio Cardarelli's descriptions of artists who have appeared at the Stanley Theater.

Bing Crosby
1903-1977

Singer, Song Writer, Actor

Bing Crosby appeared on the Stanley Theater stage early in his career when he was part of the Paul Whitman's Rhythm Boys in the late 1920's. He went on to become one of the biggest singing stars of this time, one who cannot be mentioned without referral to his Christmas tunes which still today decorate the musical enhancement of the important annual holiday. None of his yuletide hits is more important than his everlasting recording of Irving Berlin's *White Christmas* which is the all-time number-one hit with over 100 million copies sold. Additionally, and still played every Christmas season is Crosby's rendition of the heartbreaking *I'll Be Home For Christmas*, especially poignant during World War II, with its concluding lyrics, "if only in my dreams." He appeared in dozens of movies, perhaps the most memorable being *Holiday Inn*, *The Bells of Saint Mary*, *Going My Way*, and *White Christmas*. Crosby also performed in the 1940's in several *Road to* movies with Bob Hope, such as the hit, *Road to Morocco* and many times with beautiful stars, such as Dorothy Lamoure and Jane Russell both in *Road to Bali*. It should be noted that Bob Hope also appeared in Utica but not at the Stanley Theater. His performance in the 1970's was at the Utica Memorial Auditorium.



Not So Tiny Nutcrackers at the Oneida County History Center

Discover the magic of the holiday season with the History Center's captivating nutcracker exhibit. Immerse yourself in a whimsical world of wonder where every intricately crafted nutcracker tells a unique story. Over 600 nutcrackers will be on display from November 30, 2024 - January 11, 2025, at the History Center, 1608 Genesee Street, Utica.

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

When Gerace sold the restaurant in 2023, the History Center asked her to keep them in mind as a place to display the collection to keep the tradition alive. Several months later a truck full of nutcrackers arrived.

"The nutcrackers have always been for the public to view. The History Center is an ideal place for the nutcrackers to be displayed and continue the tradition. I couldn't be happier to have them displayed there," said Gerace who has loaned her collection for a second year to continue this fun Utica tradition.

The History Center is open Tuesday - Saturday, 10-4, and closed for holidays on December 24 & 25.

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. Free for History Center members, \$5.00 suggested admission for non-members. Please contact the History Center at 315-735-3642 or visit oneidacountyhistory.org for additional information.



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Lunch & Learn - Constable Hall and A Visit from St Nicholas

The H.A.R.P. Museum's highly acclaimed Lunch & Learn Cultural Presentation Series wraps up the year with a seasonally appropriate discussion on Constable Hall's connection with the poem "A Visit from St. Nicholas" followed by a delicious lunch in the 5 Points Pub.

On Wednesday December 11 at 11:00 AM, Loraine O'Donnell, Executive Director of Constable Hall, will be giving a presentation on how the beloved poem "A Visit From St. Nicholas" (better known as Twas The Night Before Christmas) was inspired by the historic home that has been a house museum for 75 years. Of English and Irish decent, the Constable family are considered the "First Family" of the Adirondacks after William Constable Sr. was part of "Macomb's Purchase" in 1791, the largest land purchase in New York State at the time, buying more than 3 million acres of the North Country including the Adirondacks.

His son, William Constable Jr. designed and built the house in 1819 and after his death only 3 years later, his wife's cousin Clement C. Moore would visit William's widow to comfort her and her 5 children during the holidays. It was during this time that family legend says the beautiful house and grounds inspired Moore to write what is the most widely read piece of literature in the world. The talk will include other family history which includes the family's history with the Haudenosaunee people of the region, and famous friends of the Constables which include George

and Martha Washington and Alexander Hamilton.

Please register at this link, <https://bit.ly/4eoPkEf>, or call and leave a message at 315-733-4228 Ext 6. The \$20 registration fee will cover the program and lunch, meal tax and gratuity included, can be paid online or in cash at the door.

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.

Holiday Paint and Sip - Rescheduled Date

Join us Thursday December 12 at 6 PM at the Irish Cultural Center of the Mohawk Valley for another fun-filled holiday themed Paint & Sip class led by Jill Rae Vennara.

Get ready to celebrate the holidays with your own festive hand-painted bottle decorated with fairy lights inside. Jill Rae Vennara will deftly guide you through the process of creating your own personalized bottle designed to celebrate the season. There will be a couple of design choices. The \$45 fee includes paints, glass bottle, fairy lights, instruction, adult beverage, and light snacks.

Our instructor, Jill Rae Vennara, is the owner of Easels on the Gogh, a full service mobile painting studio, and Jill Rae Signs. She has a degree in Fine Arts and Art Therapy. Easels on the Gogh hosts parties for adults, children, schools, colleges, and nursing homes. Everything you will need for your creation will be supplied. Everyone is an Artist! Please reserve your spot by registering at this link <https://bit.ly/4eBgEQH> or call and leave a message at 315-733-4228 Ext 6.

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.



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New Hartford Sports - Home Games

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DATE	START TIME	GAME TYPE	SPORT	LEVEL	LOCATION	OPPONENT
Dec 1, 2024, Sun	5:15 PM	Regular Season (Bobby T Ciccoti Tournament)	Ice Hockey (Boys)	Varsity	New Hartford Rec Center	
Dec 3, 2024, Tue	6:30 PM	Regular Season	Ice Hockey (Girls)	Varsity (Combined)	Nexus Center	Ithaca, Clinton (Combined)
Dec 4, 2024, Wed	5:00 PM	Regular Season	Swimming/Diving (Boys)	7th/8th	HS Pool	Rome Free Academy, Utica Proctor (JFK/DMS), Holland Patent
Dec 4, 2024, Wed	6:00 PM	Regular Season	Wrestling (Boys)	Varsity	Bradley Elementary Gym	Camden
Dec 5, 2024, Thu	4:00 PM	Regular Season	Bowling (Boys)	Varsity	Vista Lanes	Notre Dame, Utica
Dec 9, 2024, Mon	4:30 PM	Regular Season	Volleyball (Girls)	7th/8th	Perry JH Gym	Utica Proctor (DMS)
Dec 9, 2024, Mon	7:30 PM	Regular Season	Ice Hockey (Boys)	Varsity	New Hartford Rec Center	Christian Brothers Academy, Dewitt
Dec 10, 2024, Tue	4:30 PM	Regular Season	Volleyball (Girls)	Varsity	HS Gym	Chittenango
Dec 10, 2024, Tue	6:00 PM	Regular Season	Volleyball (Girls)	Junior Varsity	HS Gym	Chittenango
Dec 10, 2024, Tue	6:30 PM	Regular Season	Ice Hockey (Girls)	Varsity (Combined)	Nexus Center	Clinton (Combined), Oswego
Dec 11, 2024, Wed	5:30 PM	Regular Season	Basketball (Boys)	Junior Varsity	HS Gym	Camden
Dec 11, 2024, Wed	7:00 PM	Regular Season	Basketball (Boys)	Varsity	HS Gym	Camden
Dec 12, 2024, Thu	4:00 PM	Regular Season	Basketball (Boys)	7th/8th (Blue)	Perry JH Gym	Utica Proctor (JFK)
Dec 12, 2024, Thu	5:30 PM	Regular Season	Basketball (Girls)	7th/8th (Blue)	Perry JH Gym	Whitesboro (Blue)
Dec 13, 2024, Fri	5:30 PM	Regular Season "Auburn JV - More Than A Game Tournament"	Basketball (Boys)	Junior Varsity	Auburn Auburn - Seward Gym	Ballston Spa High School
Dec 13, 2024, Fri	7:00 PM	Regular Season	Ice Hockey (Boys)	Varsity	New Hartford Rec Center	Skaneateles
Dec 16, 2024, Mon	4:00 PM	Regular Season	Bowling (Boys)	Varsity	Vista Lanes	Vernon-Verona-Sherrill
Dec 16, 2024, Mon	4:00 PM	Regular Season	Bowling (Girls)	Varsity	Vista Lanes	Vernon-Verona-Sherrill
Dec 17, 2024, Tue	4:00 PM	Regular Season	Basketball (Boys)	7th/8th (Blue)	Perry JH Gym	Rome Free Academy (Black Team)
Dec 17, 2024, Tue	5:30 PM	Regular Season	Basketball (Girls)	Junior Varsity	HS Gym	Oneida
Dec 17, 2024, Tue	5:30 PM	Regular Season	Basketball (Boys)	7th/8th (Red)	Perry JH Gym	Holland Patent (Gold Team)
Dec 17, 2024, Tue	6:15 PM	Regular Season	Ice Hockey (Girls)	Varsity (Combined)	Nexus Center	Skaneateles, Clinton (Combined)
Dec 17, 2024, Tue	7:00 PM	Regular Season	Basketball (Girls)	Varsity	HS Gym	Oneida
Dec 18, 2024, Wed	5:30 PM	Regular Season	Volleyball (Girls)	Junior Varsity	HS Gym	Camden
Dec 18, 2024, Wed	7:00 PM	Regular Season	Ice Hockey (Boys)	Varsity	New Hartford Rec Center	Auburn
Dec 18, 2024, Wed	7:00 PM	Regular Season	Volleyball (Girls)	Varsity	HS Gym	Camden
Dec 19, 2024, Thu	4:00 PM	Regular Season	Basketball (Boys)	7th/8th (Blue)	Perry JH Gym	Rome Free Academy (Orange Team)
Dec 19, 2024, Thu	5:00 PM	Regular Season	Swimming/Diving (Boys)	Varsity	HS Pool	Rome Free Academy
Dec 20, 2024, Fri	4:30 PM	Regular Season	Volleyball (Girls)	7th/8th	Perry JH Gym	Oneida (Blue)
Dec 21, 2024, Sat	11:00 AM	Regular Season	Ice Hockey (Girls)	Varsity (Combined)	Nexus Center	Clinton (Combined), Massena
Dec 23, 2024, Mon	7:30 PM	Regular Season	Ice Hockey (Boys)	Varsity	New Hartford Rec Center	Oswego
Dec 27, 2024, Fri	5:30 PM	Regular Season ((Downtown Utica Classic))	Basketball (Girls)	Varsity	Nexus Center	Broadalbin-Perth
Dec 28, 2024, Sat	7:00 PM	Regular Season	Basketball (Boys)	Varsity	Nexus Center	Gloversville (Dragons)
Dec 28, 2024, Sat	8:00 PM	Regular Season (Downtown Utica Classic)	Basketball (Girls)	Varsity	Nexus Center	Bishop Ludden
Dec 28, 2024, Sat	TBD	Regular Season (Non-League)	Basketball (Boys)	Varsity	Utica University Nexus Center	Westhill
Dec 29, 2024, Sun	TBD	Regular Season (CNS Optimist Tournament)	Ice Hockey (Boys)	Varsity	Cicero-North Syracuse CNS-Cicero Twin Ice Rink	





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Raina faced legal issues and strained family relationships at only 15 years old. At The House, she thrived with therapy, family counseling, and a structured environment. She excelled in classes at Tilton School, made friends, and mended family relationships, leading to an early reunion back home!

Raina is on a path to a stronger tomorrow, prepared to face challenges and positively impact the community. Way to go, Raina!

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Munson to Host "An Evening with John Waters," Prolific and Provocative Filmmaker

This April, Munson will host "An Evening with John Waters." The prolific and provocative filmmaker, author, and celebrated counter-culture icon will perform his all-new, fast-moving, part-

confessional, part-inquisitional spoken word show at 7:30 p.m. Thursday, April 10, 2025, in the Museum of Art's Root Court.

Tickets for the performance are \$55 for the general public and \$44 for members. Waters will also host a post-show intimate Group Therapy discussion during which he will answer burning questions. Tickets for the performance plus Group Therapy are \$85 for the general public and \$68 for members and limited to 50 guests. Autographed copies of Waters's book, Liarmouth, will be available for purchase from the Museum Shop.

"We're thrilled to welcome the legendary and provocative filmmaker John Waters this spring," said Bob Mortis, Munson's Director of Performing Arts. "His unique voice and fearless approach to storytelling have inspired and challenged audiences for decades. Bringing him to our stage reflects our commitment to delivering diverse and compelling programming that pushes boundaries and sparks personal and cultural transformations."

During his show, Waters will share stories from his life in the arts and salute the new gender-guerilla generation of today for doing the impossible – actually making him nervous. Together, he demands, we must form a new rainbow of rancid colors and seize back the sexual revolution from the self-righteousness of the left and the intolerance of the right.

Mortis adds, "This event will include vulgar language, lewd commentary, and lascivious anecdotes...but I'd expect nothing less."

Waters is famed the world over for his cult epics including "Pink Flamingos," "Polyester," "Serial Mom," "Pecker," "Cecil B. Demented," and "A Dirty Shame." Two of his more surprisingly commercial films have been adapted for the stage: "Hairspray," winner of eight Tony Awards and "Cry Baby – The Musical" nominated for four Tony Awards.

Funding for Waters's appearance is provided by Deborah and Michael Zahn.

For tickets or more information, call 315-797-0055, visit our welcome desk in person, or go to munson.art/johnwaters.

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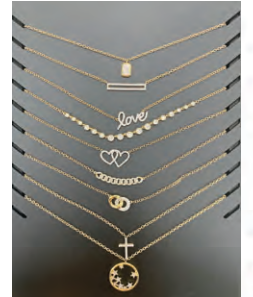
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New Hartford Chamber of Commerce Recently Held a Ribbon Cutting for Stride Coffee Roasters

Stride Coffee Roasters is a specialty coffee roaster in the Village of New Hartford. They have a pop up retail cafe located inside Grow Brewing Co., located at 2 Campion Road. Their website is stridecoffeeroasters.com, where you will, in the future, be able to order our products to ship. They plan to open for wholesale by the end of 2024. They're focused on providing an excellent coffee experience for our customers. John and Ann DeTraglia have always talked about opening a cafe and roasting their own coffee, so they are incredibly thankful to Grow Brewing Co. for giving them this opportunity to share our coffee. Their approach to coffee is a chase for excellence, which they hope to share that approach with our customers. Be it running, riding, knitting, or LARPing, go at it with a chase for excellence!

Their hours of operation are Thursday-Friday 7:00am-12:00pm, Saturday-Sunday 7:00am-2:00pm.

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Victor Fariello Jr.



A nice Windsor chair from the early 1900's.

“From The Mailbag”

Q. After reading your article I thought I'd tap your expertise. I've had this "Looking Glass Chess Set" since I was a child. As you can see it was made in New York. The box is in rough shape. I am missing one piece and one has a chip. I'm very curious of its origins and how many sets were made?

A. Your Alice in Wonderland themed chess set was issued in 1966 by Alpsco Corp which was indeed based in NY. My research indicates that the company made a variety of themed chess sets. I could not find any info on how many of your set were produced. With vintage games, condition is all important and that affects the value of your set. I would value it at \$50 in its present condition.

Q. I was wondering if this chair has any value? I can't seem to find one that matches this type of chair. Hopefully you can shed some light on it.

A. Although it is hard to tell from a photograph, your very nice Windsor Captain's Arm Chair appears to be made of maple with a mahogany stain. It is early 1900's vintage. I would value it at \$450.

Q. I have this antique picture which has the words "Yard of Violets" on the bottom of it. My mother was given it in the 1950's from an elderly couple who had it for a long time. I was wondering how much you think the value of it would be?

A. Your antique lithograph print dates to 1897 and the artist is listed simply as LeRoy. Readers might be interested in knowing that it is an impressive 37 1/2 inches wide which is where the "yard" in the title comes from. I found one of the same print that sold for \$200. I would suggest you have it looked at by an art dealer however for an accurate appraisal of its value.

Happy collecting!



This impressive antique print is entitled "Yard of Violets."

Support Your NH Historical Society

Thinking of a thoughtful gift for a friend or family member. Why not consider a membership in the NH Historical Society. The cost of membership 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 is appreciated.

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



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Pictured are Kristen Murphy, DPT, and Pat Hall during a physical therapy session.

Finding Hope Again:
Pat Hall's Story

"I have never been to a place where people care as much as they do at Sitrin," says Patricia Hall.

Pat has been an outpatient at Sitrin's Medical Rehabilitation Center since last November. She experienced a myriad of life-limiting symptoms both before and after her lupus diagnosis, including severe tremors/involuntary movements, vertigo, falling, difficulty speaking and conveying her thoughts, pain and weakness. After a great deal of research, Pat's daughter determined that Pat's symptoms were being made worse by the very medications that were prescribed to help her.

After numerous visits to her primary care physician, hematologist, rheumatologist and neurologist, Pat was referred to a neurologist in Albany who specialized in movement disorders. The specialist thought that Pat would benefit from aquatic therapy, which is why she came to Sitrin.

Sitrin is the only facility in the area with specially trained physical and occupational therapists who can work with patients in two heated pools, which significantly eases movement for patients.

"It was such a relief for my body," Pat says. "I could actually move in the warm water - it felt so good." After months of aquatic therapy, Pat's physical therapist, Kristen Murphy, DPT, felt that it was time to work on land-based exercises.

Kristen said being a physical therapist is not only having expert knowledge on how the body works, but it's also being a coach and a cheerleader to patients who are

experiencing pain and discomfort.

"Sometimes, physical therapy is uncomfortable for the patient. We have to encourage them to work through the discomfort so that they can gain strength and greater ease of movement ... and in many cases, get their life back," she says.

"She gets me," Pat says gratefully.

"Pat has been a trooper. Her symptoms parallel functional neurologic disorder," Kristen said. "She has responded very well to weighted exercises and has improved significantly in walking distance, overall stability and control of movements."

Kristen and Pat have worked together twice a week for almost a year, and Pat's neurologist in Albany is very impressed with Pat's progress. In fact, at Pat's last visit, her doctor gave Pat a hug and told her how proud she was of how far she has come.

The specialist said it's possible that the medications may have created a neuro short circuit between Pat's brain and her body. Until she began therapy, she felt that the condition was getting worse and worse. Slowly but surely, things are looking up.

While she still has bad days, Pat is very grateful that she found her way to Sitrin.

"I haven't met a person at Sitrin that I wouldn't love to spend time with," Pat says. "I just can't say enough about Kristen and the whole staff here. They really care about how I am."

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.

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NEW HARTFORD PAST TIMES

December 2024



NEW HARTFORD HISTORICAL SOCIETY

Historical Society now accepting “on-line” payments!

The Historical Society is extremely pleased to announce that we now have the ability to accept payments on-line! This includes paying Dues, Joining online and also sending in your tax-deductible Donations. Simply go to our website www.newhartfordhistory.com and use the appropriate link on the top of the page. Your support is greatly appreciated!

Many charitable and not-for-profit organizations have been struggling to grow their membership base and we at the New Hartford Historical Society are no exception. Like many groups out there, as our members age, sadly we lose several each year. And although we have people regularly show interest in joining, our membership ranks have remained stagnant. We’ve come to realize that the primary reason for this is the younger generations are becoming more and more digital.

The ability to pay bills, order products, grocery shop, etc. on line has made our lives easier. It has also made contacts and personal interactions less tangible. Sadly, this is most likely the reason for dwindling memberships for many organizations. To that end, we’ve been working tirelessly over the past few years to enter the “digital age”. And in that quest, we wanted to do two things: make sure the process was easy and secure! Earlier this year we were very fortunate to be referred to Christopher LaBella and his company Spartan Merchant Services by our bank. Chris and his team had the knowledge, expertise and personal service to guide us through the process and bring to us the solution we’ve been searching for. Chris is a graduate of New Hartford High School and his business is local. Another bonus!

BECOME A MEMBER!

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

Planning a Class Reunion?

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

Museum is Open To the Public

Currently by appointment.

FREE ADMISSION

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Historical Society looking for Volunteer to be editor of our newsletter

Since losing our editor for the Society’s newsletter, the Tally Ho, we’ve been searching for a replacement. Currently, our quarterly newsletter is on hold. We are looking for a person versed in Microsoft Publisher would welcome anyone with computer experience and familiar with Publisher or similar software. If this is something you think you may be interested in, please email our President at nhfd43@gmail.com.

Dues rates have increased beginning in 2025. If you still have not paid your 2024 dues, you can pay them under the old rates. When paying on line, just note the year(s) you are paying for. We truly appreciate all the community support as well as the emails received near and far looking for or sharing Historical Information about New Hartford.

New Hartford Historical Society

~ Membership Form ~

Please check one of the following:

- \$20⁰⁰ Individual Name: _____
- \$25⁰⁰ Family Address: _____
- \$50⁰⁰ Contributing _____
- \$100⁰⁰ Corporate Phone: _____
- _____ E-Mail: _____
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- New Member

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*** New rates for 2025 ***



Fair Trade Shop, Clinton

Elves are commonly depicted as the keepers of hidden knowledge and wisdom in various mythologies and folk-lore across different cultures. They are often portrayed as ethereal beings who possess ancient wisdom and serve as intermediaries between the mortal world and the realms of gods and spirits. Are you ready for the Elf? Because he will tell you that you must see for yourself the huge selection of one-of-a-kind treasures that are available at our Fair Trade Shop, Stone Presbyterian Church, 8 So. Park Row, Clinton.

- Handmade recycled Enchanting Glass Ornaments from India bring a touch of the traditional to your holiday decorations.
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- Experience the joy of playing the hand-carved Mountainside Chess Set from Pakistan, gift this one-of-a-kind game, or style it as the art piece it is.
- Our Rosenda Basket in Wine is expertly handmade by Mayan women artisans and features intricate stitching, scalloped detail, and a star-shaped center accent.
- Our Cardinal Balsa Ornament is a unique, lightweight ornament created by artisans in Nicaragua, is inspired by nature, hand-carved with a machete from sustainably harvested balsa wood and is hand-painted with realistic detail.
- Enjoy the Christmas countdown with our hand-embroidered and applied Advent Calendar from Peru. A beautiful way to tell and celebrate the Christmas story. These and many, many more uniquely handcrafted gift items from 38 different countries are available at our shop from 10am to 4pm every Thursday, and EVERY Saturday until Christmas. Purchasing fair trade items ensures artisans and small farmers fair wages and healthy working conditions, providing dignity, sustainable development and hope for marginalized people. Let us be your go-to Gift Shop! Visit us at <https://buildingstoneshoppe.square.site> or www.facebook.com/buildingstonesfairtradeshoppe.



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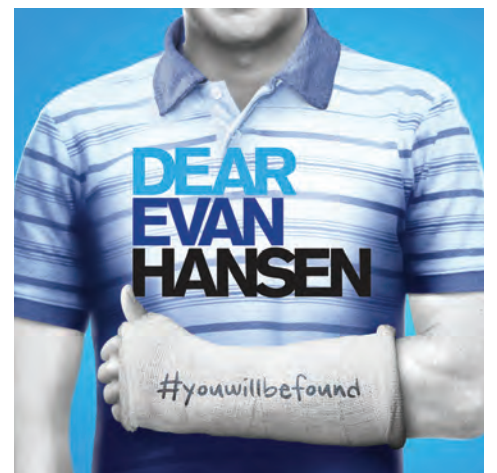
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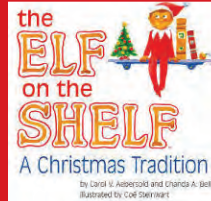


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NHFD News

October was another busy month for your New Hartford Volunteer Fire Department as the members answered 89 alarms as indicated by the monthly call report listed below by category:

- Fires = 1
- EMS = 41
- Hazardous = 3
- Service Type = 16
- Good Intent = 8
- Other Alarms = 20
- Weather Related = 0
- Other = 0



Total alarms for the Month of October 2024 = 89 bringing the total number of alarms year-to-date through October 31, 2024 to 1,014.

Of the 89 alarms, 74 were in the Town and 15 were in the Village.

Some of the alarms 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... From The Chief's Desk...

The Chief, officers, and members of The New Hartford Volunteer Fire Department, would like to remind everyone on a few fire prevention tips for a safe and festive holiday season.

For most of us, the holiday season represents a time for family and friends to gather together to enjoy the holiest time of the year. However, many of us consider that the holiday season is a time when there is an increased risk of home fires. Many households engage in holiday activities that serve as some of the leading causes of U.S. home fires, including cooking, Christmas trees, candles and holiday decorations also significantly contribute to the seasonal causes of home fires. Add to that the hectic nature of the holidays, when people are trying to accomplish multiple tasks at one time, and the chance for home fires grows even further.

Fortunately, with a little added awareness and some minor adjustments to holiday cooking and decorating, the season can remain festive and safe for everybody. With

unattended cooking as the leading cause of U.S. home fires and home fire injuries, we recommend someone stays in the kitchen while you're frying, grilling or broiling food. Most cooking fires involve the stovetop, so keep anything that can catch fire away from it, and turn off the stove when you leave the kitchen, even if it's for a short period of time. If you're simmering, boiling, baking or roasting food, check it regularly and use a timer to remind you that you're cooking. The department also suggests creating a "kid-free zone" of at least three feet around the stove and areas where hot food and drinks are prepared or carried.

Candles are widely used in homes throughout the holidays, and December is the peak month for home candle fires. The nonprofit National Fire Protection Association's (NFPA) statistics show that more than half of all candle fires start because the candles had been too close to things that could catch fire. In fact during the month of December, 11% of home candle fires began with decorations compared to 4% the rest of the year. We encourage all New Hartford residents to consider using flameless candles, which look and smell like real candles. However, if you do use traditional candles, keep them at least 12" away from anything that can burn, and remember to blow them out when you leave the room or go to bed. Use candle holders that are sturdy, won't tip over and are placed on uncluttered surfaces. Avoid using candles in the bedroom where two of five U.S. candle fires begin or other areas where people may fall asleep. Lastly, never leave a child alone in a room with a burning candle.

According to NFPA, U.S. fire departments annually respond to an average of 250 structure fires caused by Christmas trees. Nearly half of them are caused by electrical problems, and one in four resulted from a heat source that's too close to the tree. Things to consider for picking, placing and lighting the tree:

- If you have an artificial tree, be sure it's labeled, certified or identified by the manufacturer as fire-retardant.
- If you choose a fresh tree, make sure the green needles don't fall off when touched; before placing it in the stand, cut 1-2" from the base of the trunk. Add water to the tree stand, and be sure to water it daily.
- Make sure the tree is not blocking an exit, and is at least three feet away from any heat source, like fireplaces, space heaters, radiators, candles and heat vents or lights.
- Use lights that have the label of an independent testing laboratory, and make sure you know whether they are designed for indoor or outdoor use.
- Replace any string of lights with worn or broken cords, or loose bulb connections. Connect no more than three strands of mini-string sets and a maximum of 50 bulbs for screw-in bulbs.
- Never use lit candles to decorate the tree.
- Always turn off Christmas tree lights before leaving the home or going to bed.
- Check on your community's Christmas tree recycling program.
- After Christmas, get rid of the tree. Dried-out trees are a fire hazard and should not be left in the home or garage, or placed outside the home.
- Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.

By following these fire prevention tips and measure, your New Hartford Volunteer Fire Department says you can greatly reduce the risk of fire in your home, and enjoy a safe holiday season.

The members of your New Hartford Volunteer Fire Department wish you and your family a very Happy and Safe Holiday season.

Here are a Few More Safety Tips from our Fire Prevention Committee:

- Space Heaters: Keep anything that can burn, such as bedding, clothing and curtains away at least 3 feet away from the heater. Make sure the heater has an automatic shut off, so if it tips over it shuts off. Turn the heater off when you leave the room or go to bed. Always plug portable heaters directly into outlet.
- Space Heaters: Keep anything that can burn, such as bedding, clothing and curtains away at least 3 feet away from the heater. Make sure the heater has an automatic shut off, so if it tips over it shuts off. Turn the heater off when you leave the room or go to bed. Plug portable heaters directly into outlets and never into an extension cord or power strip. Only use portable heaters from a recognized testing laboratory.
- Fireplace: Keep a glass or metal screen in front of the fireplace to prevent embers or sparks from jumping out. Do not burn papers in your fireplace. Make sure the fire is out before you go to bed or leave your house. Put ashes in a metal container with a lid outside at least 10 feet from your home.
- Wood Stove: Make sure the wood stove is at least 3 feet from anything that can burn. Do not burn paper in your wood stove. Put the fire out before you go to sleep or leave your home. Have your chimney inspected and cleaned each year by a professional.
- Furnace: Have your furnace inspected each year. Keep anything that can burn away from your furnace.
- Kerosene Heaters: Only use kerosene heaters from a recognized testing laboratory. Make sure the heater has an automatic shut off, so if it tips over, it shuts off. Refuel your cooled heater outside – never in your home. For additional information please visit www.nhfd.com

NHFD Hosting a Blood Drive

The New Hartford Volunteer Fire Department will host an American Red Cross Blood Drive on Thursday, December 31, 2024, from 10am to 2pm at the Fire Station.

Reservations may be made by calling 1-800-RED CROS (1-800-733-2767). Reservations are appreciated and walk-ins are always welcome.

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Hospice & Palliative Care's
Light Up A Life



Dear Friends,

As we approach the holiday season, we are reminded of the significance of cherishing the memories of our loved ones, even in their absence. At Hospice & Palliative Care, our annual Light Up a Life Campaign provides a meaningful opportunity for our community to come together, celebrating the lives of those we hold dear and honoring the precious moments we shared with them.

The cardinal, often considered a gentle reminder of a departed loved one, symbolizes the eternal presence of those who have left us. Their memories, the love that once filled our lives, and the impact they had on us remain eternally cherished in our hearts. This holiday season, we invite you to join us in honoring the memory of your loved ones through our Light Up a Life Campaign.

From November 15th through December 31, 2024, we invite you to participate and contribute to this heartfelt initiative in the following ways:

- Donate Online:** Visit www.hospicecareinc.org or scan the QR code below to donate online. Please select "Light Up A Life" from the dropdown box and include the name(s) of those you wish to remember.
- Mail Your Donation:** Complete the enclosed card and mail your donation to the address provided.
- Drop Off Your Donation:** Drop off your donation with the enclosed card in the bright red mailbox located outside our office at 4277 Middle Settlement Rd., New Hartford, NY 13413. The mailbox is under the covered walkway by the main entrance and is labeled Light Up A Life.
- Donate by Phone:** Call our office at 315-735-6484, Monday to Friday between 8:00 a.m. and 4:00 p.m. Our dedicated staff will be happy to assist you in making your donation over the phone.
- Pick up a donation card and postage paid envelope at Sangertown Square Center Court.** Please note that volunteers will not be accepting donations at the tree, but please pick up a card and envelope to mail your donation.

- With this letter you received a holiday tag that you may personalize so it holds a special place in your heart. You can choose to:**
- Place it somewhere meaningful in your home, such as a tree or window.
 - Gift it to a loved one, allowing them to hang it in a place that holds sentimental value.
 - Indicate on the donation card that you would like your tag placed on the Hospice/Siegenthaler Center/A.I.M. Palliative Care tree located at Hospice & Palliative Care or the Sangertown Square tree.

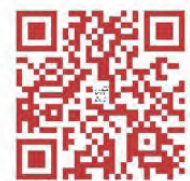
Your generosity ensures the continuity of our vital services within the community. By contributing, you are making a difference in the lives of your loved ones, neighbors, and friends when they need us most. Donations will be accepted until December 31, and all gifts to our Light Up A Life Campaign are immensely valued.

For your donation of \$100 or more, you will receive a keepsake cardinal ornament inscribed with the words "Cardinals appear when angels are near" as a token of our gratitude.

We encourage you to turn over this letter and read the inspiring stories of individuals who have benefited from Hospice services. During this holiday season, please take care of yourselves and your loved ones. Know that we are keeping you in our thoughts and sending you warm wishes for the upcoming year.

Claudia Jasinski
Claudia Jasinski
Light Up Life Co-Chairperson

Doreen Nicholls
Doreen Nicholls
Light Up Life Co-Chairperson



2024 Light Up A Life Donation *Donations can also be made online at www.hospicecareinc.org*

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I will hang my tag on my tree at home

Please place my tag on a Holiday tree at:

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I have donated \$100 or more and would like to receive the keepsake ornament. Quantities limited to the first 100 donors.

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The Second Act Package For Immediate Release

Broadway Utica is excited to offer The Second Act, an exclusive package for 2025, bringing an incredible lineup of Broadway's favorites to The Stanley Theatre. This unique package invites patrons to enjoy three renowned shows at an unbeatable price, with reserved seating for each performance, making every experience feel like their own Broadway journey.

"We're happy to bring The Second Act package to our community," said Broadway Utica's Executive Director, Danielle Padula. "This lineup captures the heart of Broadway with iconic stories, memorable music, and themes that resonate with audiences of all ages. This package is all about making live theater more accessible and enjoyable, with exclusive benefits that make each performance feel even more personal and memorable."

Featured Shows:

- Dirty Dancing Live in Concert** Date: January 24, 2025 Relive the iconic story of Dirty Dancing in an exhilarating concert experience. Watch the classic film on the big screen as a live orchestra accompanies each unforgettable scene, blending romance and adventure with music that has captivated fans for decades.
- The Addams Family Dates:** March 19-20, 2025 Join the beloved and quirky Addams family for a night of spooky fun and laughter. Gomez, Morticia, Wednesday, and the rest of the family bring the stage to life in this heartwarming musical that's perfect for all ages.
- Dear Evan Hansen** Dates: April 8-9, 2025 Don't miss the Tony Award-winning musical that has moved audiences around the globe. Dear Evan Hansen follows the journey of a young man seeking connection and belonging in a complex world, delivering an inspiring message with the most memorable music.

The Second Act package offers patrons an array of exclusive benefits:

- Significant Savings on seat pricing for in-season shows.
- Same seats for each performance, making each show feel like your personal Broadway experience.
- Discounted Tickets on additional shows when available.
- Exclusive Early Access to new show announcements and tickets before they're released to the general public.
- Flexible Exchange Options for the same show title if you have a scheduling conflict (exchanges available in person at The Stanley Theatre; original tickets required).
- Payment Plan Options to make enjoying Broadway more affordable.

This package is perfect for those who want to experience Broadway up close and with special perks that make theatergoing easy, accessible, and affordable. The Second Act combines Broadway's beloved shows with the ease and benefits of a season pass. For more information on The Second Act and to reserve your seats, please contact our box office at 315-624-9444.



Quality NOT Quantity

submitted by Jim LaFountain, All American Fitness Center

Since I began working out at the age of 12, longevity has always been on my mind. I would boast, "I'm going to live to be 100 years old." I've followed all the fitness "guru's" for 58 years and one true fitness enthusiast was Jack LaLanne and he died at 95. He was the keynote speaker at a conference my wife and I attended, when he was 78 years old. He began his presentation by saying "I'll bet some of you think I've let myself go and get old and out of shape." He proceeded to do 20 one armed pull-ups and 50 consecutive two armed pull-ups.

He then easily performed 20 one armed pushups and 100 consecutive two armed pushups. If that wasn't enough, he invited us to witness his one mile swim the next day, pulling a tug boat.

My Mom began exercising at the age of 75. She was enthusiastically committed to exercise at the All-American Fitness Center and at home. Being a widow for 9 years at the time provided her with an abundance of free time to exercise, sometimes two or three times a day! Her consistent mantra was "I want to live well." She focused on "quality, not quantity." In May, she fell twice, fracturing her hip and was admitted to Wynn Hospital, where she spent two weeks. She spent the next four months at the Masonic Community, where she befriended almost the entire nursing staff. They treated her like she was their mother, until she passed away on October 12th. Pulmonary Fibrosis finally

overcame her mind and body.

Nelson Mandela said "In my life, I never lose. I either win or learn." My Mom's journey in the hospital and nursing home, made Nelson Mandela's quote come alive for me. Although I lost a loving mother, I paid close attention to the "process" of her illness and ultimate death. I would prefer to not replicate her journey. Jack LaLanne, my Mom and several of my friends and family exercise regularly, eat well and handle stress. With that said, we are all going to experience the end of life.

It's important to remember, a life lived well is about Quality NOT Quantity. Wellness includes four essential components:

Social: Quality relationships, including family and a few close friends. To take it a step further, it's being comfortable in all social settings. Being a recluse has its benefits, but over the long haul, socialization feeds the soul.

Emotional: I'm going to go out on a limb when I say this and I'm sure many will disagree. My strong belief is that stress is self inflicted. I'm sure you're saying and thinking, "It's easy for him to say, he's had it easy. Some examples of my "easy life" are:

- * at age 13, being mugged by three 18 year olds, who broke my nose, that required two surgeries to repair, along with two broken ribs.
- * being stabbed in the shoulder and leg at age 14
- * having my best friend die at the age of 15
- * having my dream, baseball career end, after signing a AAA contract, because of a knee injury
- * a "techie" friend researched my surgical record and claims I've has over 40 surgeries, most as a result of athletic injuries
- * COVID taxed The All-American Fitness Center to the maximum. Somehow, we survived.

I sight these challenges because every one contributed to the development of my "emotional callouses." It's never the incident that causes stress, it's our response to those challenges.

Spiritual: I'm not sure I was put on this planet to save souls. I know for a fact, my faith in a higher power

allowed me to improve my existence after facing my challenges.

Physical: Humans, ages 13-25, exercise to improve their physique, improve sports performance and some say, find a mate. Ages 25-40, exercise helps many to gain an edge in their career, develop a successful marriage and work related challenges. Over the age of 50, most of us exercise regularly and watch what we eat, in order to maintain good health and begin to realize, life's about Quality NOT Quantity. I was beginning to understand this, but my Mom's illness and death drove this point home for my family and me.

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

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Richard Sherman



Maria Smith and Anthony Nicotera, Committee Co-Chairs



NH Highway News

submitted by Richard Sherman, NH Highway Superintendent

I want to begin by thanking everyone for getting their leaves out for pickup. The one-man leaf trucks are working extremely well again this season. The trucks did hit every neighborhood twice a week. Green waste trucks are out picking up pumpkins and flowers. Please do not put any more brush piles out. Brush pick up ended at end of September.

Our plow trucks/sanders are ready for another winter season as well as our brine anti/de-icing trucks. Brine anti/de-icing trucks are out prior to storms to limit the snow bond to the road and also out after storms to help melt down the roads. Using liquid brine is much more cost effective than road salt. When possible, we use brine anti/de-icing methods to help save money.

Every year I talk about the piles of snow left in the roadways after contractors plow out the driveways and move the snow across the street. Section 1219 of the NYS vehicle & traffic law and section 214 of the highway law of New York State specifically prohibit the placing or leaving snow and ice intent is to give notice of possibility of serious accidents as a direct result of plowing snow onto a public highway. Please remember there is no all-night parking on Town roads from 2:00am-7:00am from Oct 1-Apr 30. This so our plows can effectively clear the roads of snow and ice. We would also ask that there are no objects left in our right of way. Ex. Portable basketball hoops. Occasionally mail boxes do get hit in the right of way by our plows. If this happens, please call The Highway office and we will take care of the repairs asap. If a repair can't be made right away a temporary box will be put up.

The Town has purchased a new New Holland skid steer with snowblower for clearing the sidewalks in the town in a timely manner. This gives us two sidewalk clearing machines. These two machines can be used when needed on both shifts to get this task done.

The new storm water retention ponds on Roman Rd and Hughes Ln are well under way. Your Town Highway Department has been hard at work stabilizing the outlet ditches on Roman Rd as well as installing new stormwater basins. The interceptor ditch between the two proposed ponds has been built and actual pond construction on pond 2 on Roman Rd is well underway. Construction will continue well into next season.

As always please contact me with any questions at 315 534-2998 or e-mail rsherman@townofnewhartfordny.gov

Food Safety Standards

During this time of year, families are brought together to join in many different celebrations and of course it ALWAYS involves food no matter which culture! It is important to know how to keep food safe during the holidays to maintain health and prevent food borne illnesses. From our SNAP-Ed Team and CCE Madison County, we want to ensure that you can be at optimal health with food safety standards.

First and foremost, always wash your hands with warm water and soap for at least 20 seconds before and after handling food. Next, avoid cross contamination of foods especially raw meats. If you have the ability to use two cutting boards keep one for raw meat only and then one can be used to chop fruits and vegetables. If you only have one cutting board always chop the fresh fruits and vegetables first, then cut the raw meat to avoid cross contamination. After you are done cutting, make sure the cutting boards are washed with hot water and soap to remove as much bacteria as possible. The third step is to always cook foods to their proper internal temperatures. Please take a look at the chart below to see the proper temperatures. Lastly, after food has been cooked, it needs to be put into small containers for quick cooling and put in the refrigerator within two hours, after two hours it is in the "danger zone". From all our SNAP-Ed Team, we hope you enjoy your holidays and can spend time with your families. Here are some resources to help you practice food safety: Food Safety Sheet: <https://tinyurl.com/3hz5mx58> Safer Food Choices: <https://tinyurl.com/py5afw8b>

Cook to at least the temperature listed:	
Beef, pork and lamb	145 degrees F
Ground beef, pork and lamb	160 degrees F
Egg dishes	160 degrees F
Chicken, turkey and other poultry	165 degrees F
Casseroles and leftovers	165 degrees F

Genesis Group and First Source Federal Credit Union Honor Educators

By Maria Smith and Anthony Nicotera, Committee Co-Chairs

The Genesis Group is a regional community organization working with business and community leaders to advance economic, social, and cultural interests. Genesis is your source for news and information, views and opinions, projects and events. We are taking action, achieving results, and making a difference.

Genesis works closely with area schools and colleges. We believe Education is a billion-dollar industry in the Mohawk Valley region, employing thousands of people and serving thousands of students from kindergarten through graduate school. Education positively impacts our students, schools, colleges and the community and it should be celebrated!

First Source finds true value in Education and holds it in high regard. They try to educate their Members to be financially responsible and to enjoy living life without worry and extending their finances. First Source is proud to partner with the Genesis Group to present this event each year.

The Genesis Group and First Source Federal Credit Union presented the 18th Annual Celebration of Education on November 21 at Hart's Hill Inn, Whitesboro.

The following Educators and Programs were recognized:

Hall of Distinction Inductees:

- Dr. Cheryl Beckett- Minor, Principal, Watson-Williams School, Utica CSD
- Rocco Migliori, Superintendent, Westmoreland CSD
- Michael Oriolo, Provost, Herkimer College
- Dr. Thomas Rossi, Professor, Utica University
- Dr. Cosimo Tangorra, Superintendent, New Hartford CSD

Distinguished Service Honorees:

- Mary Lou Allen, Board President, Remsen CSD
- Lee Farrell, Director of Human Resources, Madison BOCES
- Douglas Gustin, Board President, School Boards Institute
- Robb Mezza, Assistant Superintendent for Operations & Management, Rome CSD

Outstanding Educators

- Jamie Leigh Accordino, Sauquoit Valley
- Roseanne Angelhow, Utica
- Jayne Baran, SUNY Poly
- Elizabeth Bellair, Whitesboro
- Lauren Carpenter, Remsen
- Dr. Louise Dean-Kelly, SUNY Poly
- Dr. Megan Dischiavo, SUNY Poly
- Daniel Everson, Whitesboro
- Kyle Hutchinson, Sauquoit Valley
- Elizabeth Korrie, Utica
- Chelsey Lawson, Holland Patent
- Jenny Lewis, M.V.C.C.
- Dr. Zhanjie Li, SUNY Poly
- Karly Marshman, Camden
- Beth Ann Nora, Sauquoit Valley
- Maryrose Raab, SUNY Poly
- Erin Reed, Herkimer BOCES
- Walter Savage, Utica
- Kathy Scarafie, Notre Dame
- Alissa Sparace, Whitesboro
- Lisa Spina, Whitesboro
- Dana Wadnola, Whitesboro
- Heather WheelerStapf, Herkimer
- Ross Wittenberg, M.V.C.C
- Holly Yardley, Whitesboro

Outstanding Programs

- Early Childhood Program, Madison BOCES
- Free Fast Track Career Program, M.V.C.C.
- Instructional Coach Program, Whitesboro
- Rescue Heroes Summer Day Camp, Herkimer BOCES
- Stadium Production, Vernon-Verona-Sherrill

Congratulations to all Educators and thanks for all you do!



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SNOW SHOVELING SAFETY

Snow shoveling is a repetitive activity that can cause muscle strain to the lower back and shoulders. Back injuries due to snow shoveling are more likely to happen to people who may not know that they are out of condition. Following these tips can help you avoid injuries:

- Life smaller loads of snow, rather than heavy shovelfuls. Be sure to bend your knees and lift with your legs, rather than your back.
- Use a shovel with a shaft that lets you keep your back straight while lifting. A short shaft will cause you to bend more to lift the load. Using a shovel that's too long makes the weight at the end heavier. Step in the direction in which you are throwing the snow to prevent the low back from twisting. This will help prevent "next-back back fatigue".
- Avoid excessive twisting because the spine cannot tolerate twisting as well as it can tolerate other movements. Bend your knees and keep your back as straight as possible, so that you are lifting with your legs.
- Take frequent breaks when shoveling. Stand up straight and walk around periodically to extend the lower back.
- Backward bending exercises while standing will help reverse the excessive forward bending of shoveling: stand straight and tall, place your hands toward the back of your hips, and bend backwards slightly for several seconds.



Recipe: GINGERBREAD COOKIES



INGREDIENTS:

- 1 1/2 CUPS ALL-PURPOSE FLOUR
- 1/2 TEASPOON BAKING SODA
- 1/2 TEASPOON CINNAMON
- 1/2 TEASPOON GROUND GINGER
- 1/4 TEASPOON GROUND CLOVES
- 1/4 TEASPOON ALLSPICE
- 1/4 TEASPOON SALT
- 6 TABLESPOONS BUTTER
- 1/4 CUP BROWN SUGAR
- 1/3 CUP MOLASSES
- 1 EGG YOLK

DIRECTIONS:

LINE TWO COOKIE SHEETS WITH PARCHMENT PAPER.

IN A SMALL BOWL COMBINE THE FLOUR, BAKING SODA, CINNAMON, GINGER, CLOVES, ALLSPICE AND SALT.

IN A LARGE BOWL, USING A HAND MIXER OR THE BOWL OF A STAND MIXER, CREAM TOGETHER THE BUTTER AND BROWN SUGAR, BEATING FOR ABOUT 3-4 MINUTES UNTIL LIGHT AND FLUFFY. ADD THE MOLASSES AND EGG, BEAT UNTIL COMBINED. GRADUALLY MIX IN THE DRY INGREDIENTS UNTIL NO STREAKS ARE SHOWING IN THE DOUGH. SCARP THE DOUGH OUT ONTO A FLOURED WORK SURFACE. ROLL IT OUT AND CUT OUT SHAPES WITH A COOKIE CUTTER. TRANSFER THE COOKIES TO THE PREPARED COOKIE SHEETS. COVER THE BAKING SHEETS AND PLACE THEM IN THE FRIDGE TO CHILL FOR 30 MINUTES.

PREHEAT THE OVEN TO 350 DEGREES F.

BAKE THE COOKIES FOR 8-12 MINUTES OR UNTIL JUST SET. COOL ON A COOKIE SHEET.



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Christopher J. Carbone

Consider a Simple Investment Strategy to Help Reduce Guesswork

For most investors, the key to success is simple: Buy low and sell high. But how often have you seen this scenario played out? (You may have done it yourself.)

- When the market is up, an investor feels good and buys stocks.
- When the market is down, that same investor gets scared and sells.

Although reacting like this may feel instinctively right at the time, buying high and selling low is unlikely to result in a profit.

Why do investors do this? The reason may have a lot to do with us making investment choices the same way we do many important decisions: using both our heads and our hearts (i.e., logic and emotion). When there's market volatility — including both market highs and market lows — our emotions tend to take over and we may make illogical choices going against our best interests.

Rather than falling victim to the potential perils of emotional investing, you may want to be completely logical: get into the market when it's down and out when it's up. This is known as "market timing." While this approach sounds rational, the problem is it's extremely difficult, even for experienced investors, to do consistently. There's an old saying: "No one rings a bell" when the market reaches the top of a peak or the bottom of a trough. Translated, that means anyone attempting to time the market finds it difficult to know exactly when to make their move.

For example, if you think the market has reached a peak and get out and then share prices keep rising, you'll miss out on the additional profits you could have made by waiting. And after you get out, how do you know when to get back in? If you act too quickly, you'll forego better bargains as prices continue to fall. If you wait too long, you may sacrifice the chance to fully benefit from a market rally.

Give dollar cost averaging a look

To avoid the potential problems of emotional investing and market timing, consider a strategy called "dollar cost averaging."

Dollar cost averaging is the practice of putting a set amount into a particular investment on a regular basis (weekly, monthly, quarterly, etc.) no matter what's going on in the market. For example, you could invest \$500 each month. In a fluctuating market, this practice lets you purchase:

- Additional shares when prices are low
- Fewer shares when prices increase

As shown in the table below, if the price is \$24 per share, you'd buy 20.83 shares (keep in mind mutual funds let you purchase fractional shares). If it rises to \$30, you would buy only 16.67 shares.

Using dollar cost averaging in a fluctuating market

Investing \$500 per month over one year

Month	Price per share	Shares purchased
January	\$24	20.83
February	\$25	20.00
March	\$28	17.86
April	\$30	16.67
May	\$27	18.52
June	\$22	22.73
July	\$24	20.83
August	\$27	18.52
September	\$26	19.23
October	\$29	17.24
November	\$28	17.86
December	\$27	18.52

This example is hypothetical and for illustrative purposes only.

In a fluctuating market, dollar cost averaging will result in an average cost per share that's less than the average market price per share. The average market price per share in the table (the sum of the market prices [\$317] divided by the number of purchases [12]) is \$26.42. However, the average price per share (the total invested [\$6,000] divided by the number of shares purchased [228.81]) is only \$26.22.

While you're mulling dollar cost averaging's potential merits, consider this: You may well be using the strategy already. If you participate in an employer-sponsored retirement plan, such as a 401(k) or 403(b), and contribute the same amount each payday, you're using dollar cost averaging.

Get help for when the going gets tough

One of dollar cost averaging's challenges is you have to stick with the strategy even when the market declines, and that can be difficult (see our previous discussion about emotional investing). However, during times like these, dollar cost averaging can be most useful by letting you purchase shares at lower prices.

Because dollar cost averaging can be simultaneously more difficult and advantageous when the going gets toughest, consider turning to a professional financial advisor for help. He or she should offer a voice a reason during these periods as you grapple with whether to adhere to the strategy.

Like any investment strategy, dollar cost averaging doesn't guarantee a profit or protect against loss in a declining market. Because dollar cost averaging requires continuous investment regardless of fluctuating prices, you should consider your financial and emotional ability to continue the program through both rising and declining markets.

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

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SEWER AND DRAIN BACK UP:

Sewer overflow or drain back-ups can present a more technical approach to the clean-up due to the contaminants involved. Porous, semi-porous building materials and contents will generally involve removal when affected by sewage while hard surface framing lumber can generally be cleaned and sanitized unless the travel of sewage requires removal of this lumber for proper cleaning. Disaster Services will handle all phases of this type job and guarantee professional results. We are proud to say we have handled hundreds of these losses with 100 percent client satisfaction.

**NYS LICENSED MOLD REMEDIATION
CONTRACTOR BASEMENT & ATTIC MOLD:**

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. When required, we also offer air quality and testing services. 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.

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- NO ANSWERING MACHINES
 - Has Reputable 5 Star Local References.
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 - Offers A Detailed Plan For Mitigation and Coordinates With Your Insurance Company.
 - Knows How To Navigate The Insurance Claims Process With You.
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SAUQUOIT VALLEY UNITED METHODIST CHURCH

Cor. Pinnacle Rd. & Mohawk St., Sauquoit
Office: 315-737-7505 email: sauquoitvallyumc@aol.com
Pastor: Robbin Harris
Sunday Worship 11:30 a.m. (Nursery Care Available)
Sunday School 9:30 a.m. For all ages.
Handicapped Accessible

FIRST 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
Supervised Nursery Care during Worship
Fellowship Coffee Hour following Worship Service
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 firstumconline.org
Easily accessible building, sanctuary, and bathroom.

ST. JOHN THE EVANGELIST CHURCH

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

CROSSPOINT CHURCH

317 Oriskany Blvd, Whitesboro - 315-797-4520
Senior 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 Bobby'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.hopealliancecnny.com
Morning Worship: 9:30am
Communion First Sunday of the Month.
Wednesdays: Awana - 6pm
Fridays: Christian Service Brigade - 7pm
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
AI-Anon Meetings: Sun. at 5pm & Thurs. at 5:30pm
AA Meetings: Sundays at 8pm
Yoga by Kristy: Tues. 5:30-7pm & Thurs. at 9:30-11am.
more information can be found at www.rootdownwell.com
EGA Meetings: 1st Friday of the Month
St. Stephen's is handicapped accessible.

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
Sunday School for all ages at 9am.
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. Hannah Ratliff, Pastor
45 Genesee Street, NH 315-732-1139
newhartfordpresbyterian.org
office@newhartfordpresbyterian.org
Morning worship is at 10:30 Sunday. The service is
livestreamed on Facebook.
Adult and Children's Sunday School (Sunday Club) classes
precede worship and start at 9:30. Child care and activities
for children 5 and under begin every Sunday morning at 9
a.m. The choir rehearses Sunday mornings at 9:10.
A fellowship/coffee hour for everyone follows the Sunday
worship service.
Note that the following schedule for December includes pro-
gramming changes and additions taking place this month in
conjunction with the Christmas season:
12/1 — 9:30 a.m. Adult Study Group
12/1 — 9 a.m. Child Care and Activities
12/1 - 9:30am Sunday Club, Lesson 2 Advent/Happening Prep
12/1 — 10:30 a.m. Worship, First Sunday of Advent, Hang-
ing of the Greens
12/3 — 11:30 a.m. Adult Study Group

12/3 — 6 p.m. NHP Women's Annual Christmas Dinner
12/4 — 10 a.m. Sew 'n Sews
12/4 — 6 p.m. 4-H
12/4 — No Taize Service this Month
12/8 — 9 a.m. Child Care and Activities
12/8 — 9:30 a.m. Sunday Club, Lesson 3/Happening Prep
12/8 — 9:30 a.m. Adult Study Group
12/8 — 10:30 a.m. Worship
12/9 — 6:30 p.m. NHP Women's Mtg
12/10 — 11:30 a.m. Adult Study Group
12/11 — 10 a.m. Sew 'n Sews
12/15 — 9 a.m. Child Care and Activities
12/15 — 9:30 a.m. Sunday Club, Lesson 4/Happening Prep
12/15 — 9:30 a.m. Adult Study Group
12/15 - 10:30am Worship, Happening Children's Play\Choir Cantata
12/17 — 11:30 a.m. Adult Study Group
12/18 — 10 a.m. Sew 'n Sews
12/18 - 5pm Blue Christmas Service w/Reception to Follow
12/18 — 6 p.m. 4-H
12/22 — 9:30 a.m. Adult Study Group
12/22 — No Child Care/Activities or Sunday Club
12/22 — 10:30 a.m. Worship
12/24 - 5pm Christmas Eve Worship Service, Harpist Jessica Wilbee
12/25 — NHPC Closed for Christmas
12/26 & 12/27 — NHPC Church Office Closed
12/28 — 3 p.m. Hope House Meal Preparation
12/29-No Child Care/Activities, Sunday Club or Adult Study
12/29 — 10:30 a.m. Worship, Rev. Ed Townsend
1/1/25 — NHCP Closed for New Year's Day

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

ZION LUTHERAN CHURCH

630 French Road, New Hartford
Pastor Janet Griffiths
Sunday Mornings at 10 AM
AI-Anon Meetings, Wednesdays at 12:30 PM
315-732-4110, office@zionluth.com
www.zionlutheranNy.org
Facebook: Zion Lutheran Church, New Hartford, NY

ST. MARGARET'S ECUMENICAL & RETREAT CTR

47 Jordan Road, New Hartford 315-724-2324
info@stmargaretshouseny.org
Please call or email for questions or to register for an event.
We also host retreats. Events are free unless a cost is indicated,
donations are graciously accepted.
Weekly Activities
Worship Services | Wednesdays at Noon
Zoom and In-Person Worship Services - All Welcome!
Please contact St. Margaret's for the information to join by
Zoom

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

Volunteer: It Takes a Village | Tuesdays from 2-5pm
Call/email St. Margaret's to sign-up to assist for one or more
Tuesdays at St. Margaret's Food Pantry at Grace Church

Monthly Activities

Tea Time with Rev. Jean Skinner
1st Wednesdays at 1:30 PM - Discussions of faith
Friends of Emmaus House Meetings
2nd Wednesdays at 10 AM at St. Margaret's
Conversations with Father John
2nd Wednesdays at 1:30 PM - Discussions of faith
Scrabble Day -

4th Wednesdays at 9:15 AM at St. Margaret's

On-Going & Special Events

Advent Quiet Day: A Quiet Day for a Quieter Soul
| December 2nd from 9:00 AM to 4:00 PM
Advent: that period of restful and thoughtful preparations
for the Silent Night of Angelic Peace and Joy, right?
(You're kidding, aren't you?) If any mindfulness happens
in Advent it's because you planned it; you pushed aside
intrusions, and you determined to make it happen. Make it
happen! One opportunity is planned for Monday, Decem-
ber 2nd, when a Quiet Day focused on "A Celtic Advent"
invites you into a day of prayer and God's close presence

in the beauty of holiness at St Margaret's House in New
Hartford. Father John LaVoe will guide the day through
three brief times of prayer, plus three reflections on Celtic
ways of living, praying, and seeing the world. Private
time for individuals to meditate, read, journal, or walk the
grounds (some have been known to nap) will recur through
the day, and coffee, lunch, refreshments and spiritual direc-
tion time will be available. Gathering time, lunchtime,
and departure time will allow for conversations. Minimal
registration for the event and food is set at \$25 per per-
son, and scholarships are also available as needed. Please
register by November 25th. Dress is informal and halos
are not mandatory. Make it happen; nobody can but you!
Safe Church Training with Rev. Deacon Lynne Wal-
ton | December 7th from 9:30 AM to 1:00 PM
St. Margaret's will again be hosting a Safe Church
Training with Rev. Deacon Lynne Walton. Please call
or email to register yourself or organization to attend.
Drinks will be provided. Please bring a snack to share.
The Joy of Christmas: Music of the Sea-
son | December 9th from 2:00 to 3:30 PM
Come and enjoy music and songs by friends of St. Mar-
garet's House from 2:00pm to 3:30pm! Seasonal refresh-
ments and time for wonderful conversations included.
Donations gladly accepted for our Chapel Flower Fund.

Finding Hope After Loss Retreat

The holidays can be extremely challenging for grieving in-
dividuals. St. Margaret's Ecumenical and Retreat Center is
hosting Finding Hope After Loss: Transcending Challenges
of Grief from Friday December 13th to Sunday the 15th.
There will be nine workshops offered throughout the week-
end addressing topics such as: understanding the grief pro-
cess, how to find peace by creating continued bonds with
our loved ones, losses not due to death, and holiday grief.
Participants will also be introduced to coping techniques
such as meditation and mindfulness as well as how music
and aromatherapy can provide comfort during grief. In ad-
dition to workshops, participants will have the opportunity
for informal gathering time, chair massages and other activ-
ities during the course of the weekend. Registration is lim-
ited to 30 people, so it is advisable to reserve your spot as
soon as you know that you want to attend. Check-in will be
on Friday December 13th and the retreat will end on Sun-
day at noon. Full retreat schedules will be provided at check
in. The cost for the retreat is \$50 per person. Please contact
St. Margaret's on or before December 5th to register. This
retreat is sponsored through the generosity of St. Joseph's
Pastoral Care and St. Margaret's Corporation of Utica.

TRINITY LUTHERAN CHURCH

2620 Genesee St., South Utica. (315)732-7869
trinitylutheranutica.com
Pastor Peter Saie
Sunday School 9am. Worship Service 10:30am
Holy Communion is celebrated on the 2nd and 4th Sundays
of the month
Trinity Christian Preschool, weekday classes from Sept-May
(Registration full until Fall 2025 session)
Christmas Eve Candlelight Service- Tues. Dec 24th at 7pm.
Handicapped accessible.

THREE STEEPLES UNITED

2817 Old State Route 12, Paris, NY 13456
315-368-3416 threesteeple@gmail.com
We offer services every Sunday at 10AM!
Three Steeples is a Presbyterian-United Church of Christ
hybrid that offers a traditional foundation for progressive
thinking and growth and is open to engaging with all faiths.
Three Steeples United is an inclusive and member-driven
faith community of active individuals and families who
connect with and care for their neighbors and one another
through worship, education, and culture. We challenge our-
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 UTICA

10 Higby Road, Utica NY 13501
315-724-3179 www.uutica.org
Minister: The Reverend Karen Brammer
Unitarian Universalists are of many beliefs and backgrounds:
people with a religious background, people with none, peo-
ple who believe in a God, people who don't, and people who
let the mystery be. Services are every Sunday at 10:30 AM.
Visitors are always welcome. Here are this month's special
holiday services:
December 22: Winter Solstice service 10:30 AM
Following the longest night of the year (December 21), we
honor both the light and the darkness that resides within each
of us in this Solstice Sunday service.
Tuesday December 24: Christmas Eve service, 7 PM
We celebrate Christmas tradition with traditional and con-
temporary music and readings. Please join us!
December 29: Resolutions service, 10:30 AM
Three generations of Unitarian Universalists share reflec-
tions on New Years memories and hopes - past, present, and
future.



**Hanukkah Begins at Sundown on
Wed, Dec 25, 2024 -
Thu, Jan 2, 2025**

TEMPLE EMANU-EL
2710 Genesee St Utica, 315-724-4177
teuticaoffice@gmail.com
Rabbi Peter Schaktman
Friday Evening Shabbat Services 6pm.

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

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.

Mix It Up Gift Exchange Game

Rules:

Place everyone in a circle sitting down on a chair. Each person will hold the gift they brought. As the host reads the following questions everyone who that question pertains to will stand up and exchange gifts with someone else. No one should be holding the gift they brought. Those standing should sit back down. Continue playing until all questions are read. After the last question is read and gifts exchanged they can open them.

- ▲ Stand and exchange if your Christmas decorations are up.
- ▲ Stand and exchange if all your presents are wrapped.
- ▲ Stand and exchange if you listened to Christmas music before November 1st.
- ▲ Stand and exchange if you shopped on Black Friday.
- ▲ Stand and exchange if you sent Christmas cards.
- ▲ Stand and exchange if you were done shopping by December 1st.
- ▲ Stand and exchange if you have Christmas lights on the outside of your house.
- ▲ Stand and exchange if you donated gifts to the needy.
- ▲ Stand and exchange if you drove around looking at the Christmas lights.
- ▲ Stand and exchange if you have watched more than one Christmas movie.
- ▲ Stand and exchange if you like fruitcake.
- ▲ Stand and exchange if you are on Santa's naughty list.
- ▲ Stand and exchange if you are on Santa's nice list.
- ▲ Stand and exchange if you took your kids or grandkids to see Santa.
- ▲ Stand and exchange if you have been to a Christmas program.
- ▲ Stand and exchange if you have eaten a candy cane this year.
- ▲ Stand and exchange if you are hosting Christmas dinner this year.
- ▲ Stand and exchange if you own an ugly Christmas sweater.
- ▲ Stand and exchange if you have made any Christmas goodies.
- ▲ Stand and exchange if you have opened a Christmas present early.
- ▲ Stand and exchange if you have a star on top of your tree.
- ▲ Stand and exchange if you have made a gingerbread house this year.
- ▲ Stand and exchange if you have given gifts to your neighbors.
- ▲ Stand and exchange if you waited until the last minute to buy or make gifts.
- ▲ Stand and exchange if you have hung stockings on the fireplace.
- ▲ Stand and exchange if you have gone Christmas carolling this year.
- ▲ Stand and exchange if you are tired and worn out from getting ready for Christmas.



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ONEIDA COUNTY DEMOCRATIC WOMEN'S CLUB

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DECEMBER 15 AT 11:30 AM

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PURCHASE TICKETS ONLINE AT:
[ACTBLUE.COM/DONATE/OCDWCHolidayBrunch](https://actblue.com/donate/ocdwcholidaybrunch)

Yes, I will attend the holiday brunch. Enclosed is my donation of \$_____.
Name(s) of guest(s): _____

I am unable to attend the event. Enclosed is my donation of \$_____.

Name _____
Address _____
City _____ State _____ ZIP _____
Telephone _____ Email _____

Please make checks payable to: Oneida County Democratic Women's Club,
PO Box 2035, Utica, NY 13503

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wish list ideas for the holidays.

Please return the unwrapped gift by December 16th with the tag attached.

Help our local families
in need have a wonderful
holiday season!

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