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Vol. 39 No. 3
 March 2025

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Attention Baseball Families!

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Visit www.newhartfordlittleleague.com for more information.



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Spring Bazaar

New Hartford First United Methodist Church

105 Genesee St.

Saturday April 5

9 a.m. - 3 p.m.

Spring Craft Fair, Baked Potato Bar with a variety of fixings, Easter Craft Activity for Children, Face Painting, Bake Sale and more.

Raise Our Roof

The new playground and outdoor space at St. John's Nursery School gets rave reviews from students. Completed with NYS grant funding in 2023.

"RAISE OUR ROOF" for St. John's Nursery School

Special things happen in New Hartford for our youngest students at the corner of Oxford Road and Sherman Street.

Adjacent to St. John the Evangelist Catholic Church and just up Sherman Street, you might remember this smaller building on the church campus was once a Catholic Elementary School that taught New Hartford students in grades K-8 from 1954-1986.

Today this building is home to St. John the Evangelist Nursery School, a preschool education center designed to meet the changing education and care needs of New Hartford and surrounding area families and youngest students.

St. John's Nursery School started soon after the school closed, initially offering limited half-day classes for 3 and 4 year olds. Today's education program has evolved, continues to grow and is New York State licensed.

11th Annual "Best Ball" Golf Scramble with Prizes

Saturday, June 14th, 2025. A benefit for the Make-A-Wish foundation in honor of the memory of John D. Lloyd, a sophomore at New Hartford High School when his wish was granted. The Make-A-Wish foundation granted John's wish to meet Buffalo Bills Players CJ Spiller and Fred Jackson in December of 2013. Please help us to help them keep granting wishes.

The Golf tournament will be at Twin Ponds Country Club, New York Mills. June 14th, 2025. T-Off at 9 AM. Ticket Price includes 18 holes of golf, cart, breakfast, lunch at the turn, and dinner to-go, \$100 dollars each player. There will be no in-person Dinner/Banquet.

Call to reserve your spot or make a donation! For questions or more info contact Kathy Lloyd at 315-723-6545 or Sue Lloyd at 315-723-7865.

Adirondack Railroad Winter Trains Rolling in 2025

The railroad announced it is offering some unique getaways that will help chase away the winter blues. According to the National Institutes of Health, part of the U.S. Department of Health and Human Services, you might feel blue around the winter holidays or get in a slump after the fun and festivities have ended, so Adirondack Railroad has a solution.

Running now are the very popular Cabin Fever Limited Trains leaving Utica Union Station at 11 AM, traveling to Remsen, and returning by 2 PM. At the Remsen Depot passengers enjoy a warm fire, hot chocolate, and s'mores. "We started these special runs to offer families and friends the opportunity to get together for a fun adventure break from cabin fever that often happens at this time of year," said General Manager, Amanda Hill. The service will run on March 8, March 16, and April 5. Several hundred area residents and visitors enjoyed these adventures last year.

"Many of our customers who have been able to enjoy this train in prior years have told us how much they enjoyed the trip, the service, and the new memories made," Hill added.

For tickets and more information go to: <https://www.adirondackrr.com/cabin-fever-limited/>

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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A professional headshot of Lisa A. Kowalczyk, a woman with shoulder-length blonde hair, smiling. She is wearing a black blazer over a white top and a red beaded necklace. The background is a solid red color.

Lisa A. Kowalczyk

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Blending Your Family's Heirloom Furniture with Today's Interior Design: A Timeless Approach

In an era where sleek lines, minimalist aesthetics, and cutting-edge materials dominate interior design, incorporating heirloom furniture into a contemporary space may seem like a daunting challenge. However, with a thoughtful approach, these treasured family pieces can seamlessly blend with modern interiors, creating a home rich in character, history, and style. The key lies in balance, creativity, and an appreciation for both the old and the new.

Understanding the Essence of Your Heirloom Pieces

Before integrating an heirloom into a modern setting, take time to understand its history, craftsmanship, and sentimental value. Whether it's an ornate wooden armoire, a Victorian chaise lounge, or a mid-century modern coffee table, each piece has a story to tell. Appreciating these elements will help you determine how best to showcase them in a way that respects their integrity while enhancing your overall decor.

Striking a Harmonious Balance

The art of merging antique furniture with modern design lies in achieving harmony. A well-balanced space avoids clutter while allowing heirloom pieces to serve as focal points. Consider the following strategies:

1. Contrast for Impact – Placing an intricately carved wooden dining table in a room with sleek, contemporary chairs creates a striking juxtaposition that highlights both styles. The mix of old and new generates visual interest and prevents the room from feeling one-dimensional.

2. Unified Color Palette – To ensure cohesion, consider repainting or refinishing heirloom furniture in colors that complement your modern decor. Neutral tones, monochromatic schemes, or even bold color accents can bridge the aesthetic gap between antique and contemporary elements.

3. Blending Textures and Materials – Pair aged wood with metal, glass, or polished surfaces to create a layered, eclectic look. For instance, a vintage velvet-upholstered settee can be reimagined with sleek, modern throw pillows to bridge the generational gap.

Reimagining and Repurposing Heirlooms

If a beloved piece doesn't quite fit your current aesthetic, consider repurposing it. This doesn't mean stripping away its history but rather adapting it for modern functionality.

· Convert an Antique Dresser into a Bathroom Vanity – Fitting a vintage dresser with a marble or quartz countertop can turn it into a statement piece in a modern bathroom.

· Use an Heirloom Trunk as a Coffee Table – A well-worn steamer trunk can function beautifully in a modern living room, serving as both storage and a conversation starter.

· Reupholster with Contemporary Fabrics – A classic wingback chair can be revitalized with a bold, geometric print or a neutral linen, making it more adaptable to today's aesthetic.



Curating the Space with Complementary Accents

To further integrate heirloom furniture into your modern home, choose accessories and design elements that complement both old and new styles:

· Artwork and Lighting: A modern art piece above an antique console can create a striking contrast, while a vintage chandelier in a sleek dining space adds timeless elegance.

· Rugs and Textiles: Layering traditional Persian rugs over contemporary hardwood floors or pairing vintage lace curtains with streamlined furniture creates an intriguing blend of past and present.

· Minimalism as a Backdrop: Keeping the surrounding decor minimal allows heirloom pieces to shine without overwhelming the space.

Embracing the Beauty of Imperfection

One of the most charming aspects of heirloom furniture is its imperfections—scratches, patina, and worn edges tell stories of the past. Instead of hiding

these details, embrace them as part of your home's unique narrative. These imperfections add warmth and authenticity to an otherwise sterile modern setting.

Incorporating heirloom furniture into a modern interior is not about forcing two opposing styles to coexist but rather celebrating their differences to create a space that is personal, stylish, and layered with history. By carefully balancing contrast, cohesion, and functionality, you can curate a home that honors your family's legacy while remaining firmly rooted in today's design. After all, the most compelling interiors are those that tell a story—one that bridges generations with elegance and ease.

We invite you to our showroom to explore endless possibilities for your home. We can also assist you in bringing your family's heirloom furniture to life with hundreds of quality fabrics for reupholstering or even restoring an old clock to its former glory. We are open seven days a week. Call us at (315) 735-0732.

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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New Hartford Police Activity

January 2025

984 Incidents / Calls for Police Service

76 Arrests

365 Vehicle and Traffic Law Stops

94 Motor Vehicle Collisions Investigated

347 Vehicle and Traffic Law Tickets Issued

336 Supplemental Neighborhood patrols

4 Community Policing Details Completed



Nurses Scholarships Available

The 8 and 40 organization is offering scholarship applicants who must attend an accredited school of nursing or a respiratory therapist program. The scholarship is \$3000 annually, which shall be administered by the college/university or therapist program financial office.

Applications must be submitted by May 15th. Not postmarked, but into National office by that date.

When awarded, the student may draw on the account for books and lab fees as well as tuition.

Applications may be obtained from the organizations website at www.8and40.org or you may write to our headquarters office at PO Box 1108, Lake Dallas, TX 75065-1108.

Free Travel Presentation

Tours By Design is holding free Travel Presentations on Tuesday, March 25 to highlight future trips. The main featured tours will be an eight-day to Mt. Rainier and Olympic National Park in June 2026, and a nine-day Christmas Markets Cruise on the Rhine River departing November 30, 2026.

The presentations will be held at 1pm and repeated again at 6pm at the Burrstone Inn, 1777 Burrstone Road, New Hartford. Reservations are requested by calling Tours By Design at 315-831-3052 or e-mail carol@toursbydesign.org with the number of people attending and at which time slot.

Those attending a presentation are eligible for special promotions. If a reservation is made and deposit paid prior to April 30, 2025 travelers will receive free airfare and \$200.00 off per person on the Christmas Markets tour, and a \$100.00 savings off the Mt. Rainier and Olympic National Park tour.

Tours By Design is working with Mayflower Cruises and Tours of Illinois to offer these trips and a Mayflower representative will be on hand to conduct the travel show and answer questions. Tour reservations will be taken on sight so come prepared to make a deposit and save! NOTE: In the event of severe weather, the travel presentations will be postponed until March 26.

Tours By Design, based in Hinckley New York, is owned by Carol Hamlin Buczek, a Certified Travel Industry Specialist, and has been offering custom tours for area residents since 2002. Find more information on Facebook or www.toursbydesign.org



Girl Scout Cookies Arrive at Sangertown Square

Sangertown Square is pleased to announce Girl Scout cookie sales are back for the 2025 season! Visit the Girl Scouts of NYPENN Pathways every weekend until March 30th, located in two locations, in the Target wing across from Billy Beez and by PiNZ.

Fridays from 4 p.m. to 8 p.m.

Saturdays from 10 a.m. to 8 p.m.

Sundays from 11 a.m. to 5 p.m.

This year's cookie lineup includes some originals, as well as some new flavors. Stop by and check out Trefoils, Samoas, Do-Si-Dos, Thin Mints, Tagalongs, Lemon Ups, Toffee-tastic, Toast-Yays, Lemonades, Girl Scout S'mores, Caramel Chocolate Chip, and Adventurefuls.

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March 9th



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

Weather Closures

Should the New Hartford Central School District 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 2025 Meeting

All meetings are held at 4:30 in the Sammon Room at the Library on the 3rd Wednesday of each month, unless otherwise designated.

Wednesday, March 19th

Wednesday, April 16th

Wednesday, May 21st

Wednesday, June 18th

*Wednesday, August 6th 1st Wednesday of the month, no July meeting

Wednesday, September 17th

Wednesday, October 15th

*Wednesday, December 3rd 1st Wednesday of the month, no November meeting.

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.

Neighborhood Forest Program is Back!

We are partnering with Neighborhood Forest to help green our community and inspire youth environmentalism!

Parents/Guardians, please sign your child up to receive a free tree this Earth Day by filling out this short form: <https://www.neighborhoodforest.org/parent-registration/?school=41291>

Sign ups are open now through March 15th, trees will arrive the week of Earth Day!

Come Learn About Nascentia Health

Nascentia Health will be here on March 18th from 1:00-2:00. This event will be a great opportunity to learn about Nascentia Neighborhood, Nascentia Health and Beeches Manor and each organization's services, community impact and areas of expertise.

Learn the Art of Palm Weaving with Michelle!

Join us for a hands-on palm weaving class at the library! Choose from two dates:

Monday 4/7 from 6:00pm to 7:45pm or Friday 4/11 from 1:00pm to 3:00pm.

Registration is required, and space is limited to 20 participants per class (teens and adults). Don't miss this chance to create something beautiful!

Call or visit the library to sign up today!

Sugar Cookie Decorating with Olivia

Foxtree Bakery invites you to come and enjoy the art of sugar cookie decorating at the New Hartford Library! On March 29th at 12:00pm join me in a sweet afternoon where you'll create tasty pieces of art. In this class you will not only get to learn different royal icing techniques, but get to bring home 4 of your very own decorated & delicious cookies. Class size is limited and registration is required. Class is open to participants 15 years old and older. Please call 315-733-1535 to register.

Irish American Heritage Month for March Window Display

March has been proclaimed by every President since 1991 as "Irish-American Heritage Month," a time to reflect on and honor the legacy, culture and achievements of Irish immigrants and their descendants across the country. Beginning with the early influx to Utica of Irish immigrants – whether escaping persecution, seeking relief from the Great Hunger or work on the Erie Canal, or in general just wishing for a better life and opportunities in a new land -- the Irish of Oneida County has grown to about 13.1% of the total population. In honor of the area's Irish American community and their forebears, the display case at the library's main entrance, created by the Irish Cultural and Historical Society of the Mohawk Valley, will offer a cross-section of the rich contributions made by the Irish in our community, our state and our nation.

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

Call for Teens!

Lego Sorting Event : March 14

One Lego - Two Lego - Red Lego - Blue Lego

The New Hartford Public Library needs your help in sorting our massively growing Lego collection. Join us March 14th for our Lego Sorting Event. This is perfect for teens looking for community service hours! We will meet downstairs in the Sammon Room 10am-12pm and 1pm-3pm. There is no sorting between 12pm-1pm for our lunch break.

This is a drop in event so feel free come and go as need be. Snacks will be provided for volunteers during the event.

Egg Fillers Needed

The New Hartford Public Library is looking for teens to help out with prep for our Egg Hunt. Dates and times are flexible. If you are interested in a more hands on/community involvement approach, consider volunteering to help out during the event on April 12th. If either of these opportunities interest you, sign up by speaking to Anne or Cheryl at the library.

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.

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 March 1st 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 on 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/>

Non-Fiction Book Club

We would love to start a non-fiction book club but would like to gauge interest first! We have some suggested books, such as (but not limited to and not definite) The People's History of the United States, Native Son, Black Reconstruction, and How to Hide and Empire.

We are thinking of starting this club in March if there's enough interest. Please call 315-733-1535 and let us know if you would be interested!

Chair Yoga Class

Join us on Monday and Friday mornings from 11:00 to 12:00 for Chair Yoga in the Sammon Room. There is no charge for this class.

Senior Yoga Class

Senior Yoga takes place every Monday at 3:00 in the Sammon Room with Bill Skinner. For those wishing to participate at home, we do offer a Zoom link for this class. Please call 315-733-1535 to get the link. There is no charge for this class.

The After Breast Cancer (ABC) Group

The After Breast Cancer (ABC) Group will meet on Saturday, March 1st at 11:00 in the Sammon Room. They will have speakers from the Oneida County Health Department discussing nutrition during chemotherapy treatments..

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.

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.

From the Friends of the New Hartford Public Library:

Friends of the NHPL Meeting

May 3rd at 10:00am in the Corasanti Room. All are welcome.

Bill Bonsted Indoor Miniature Golf Tournament:

April 5th from 10am-2pm - \$5

There are only 9 holes due to the shortage of hours we are open on Saturdays but it didn't interfere with the skills and laughter of our golfers last year. Prizes. Trophy. Want to be a part of this fun event? There will be a sign up sheet on the circulation desk. Need "equipment" managers, guides and YOU. Come be a part of this fun event. See you there.

LT (large type) Books for Sale

25 cents each. Out with the old and in with the new!!!!The LT shelves are being cleared to make room for new interests and "old" LT mystery and fiction books are now located on a sale table by the fireplace area. Watch for the signs. Such a deal.

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.

Angels Among Us Food Pantry

March 8th, 22nd • April 12th, 26th
May 10th, 24th • June 14th, 28th
July 12th, 26th • Aug 9th, 23rd
Sept 13th, 27th • Oct 11th, 25th
Nov 8th, 22nd • Dec 6th, 20th

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 |



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Email_____

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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.

Stanley Theatre Series

Tony Bennett, Singer
1926-2023



Anthony Dominick Benedetto, Tony Bennett, was born on August 3, 1926, in Queens, New York into an Italian American family. Concentrating on a singing career after serving as an infantryman in World War II, he found success after his hit “Because of You” in 1951 and with “Rags to Riches” in 1953. His signature tune was 1962s “I Left My Heart In “San Francisco”. He was known as a singer of traditional pop standards, big band, show tunes and jazz. Other hits were New York State of Mind, The Very Thought of You, and The Lady is a Tramp, just to mention a very few. Not so well known is his success as a painter under the name of Anthony Benedetto, with many of his works on permanent public display at a number of institutions. Having sold over 50 million records worldwide, the popular singer continued to perform into the 21st century, even while in his 90s. In September 2018, he re-recorded his hit Fascinating Rhythm just shy of 69 years after his first recording of that tune. He also released two albums with his long-time friend, Stefani Germanotta, widely known as Lady Gaga. The winner of a number of singing awards, Bennett appeared on the Stanley Theater stage three times in the late 1980s and into the 1990s. The beloved long-time singer died on July 21, 2003, at age 96.





New Hartford Sports - Home Games

**subject to change without notice*



| Date | Start Time | Game Type | Sport | Level | Location | Opponent |
|-------------------|------------|----------------|------------------|---------|----------------------------|----------------------------------|
| Mar 5, 2025, Wed | 3:30 PM | Regular Season | Bowling (Girls) | Unified | Vista Lanes | Central Valley Academy |
| Mar 5, 2025, Wed | 4:00 PM | Regular Season | Bowling (Boys) | Unified | King Pin Lanes | Central Valley Academy |
| Mar 28, 2025, Fri | 4:00 PM | Scrimmage | Softball (Girls) | Varsity | Accelerate Sports | Cicero-North Syracuse |
| Mar 28, 2025, Fri | 4:30 PM | Regular Season | Lacrosse (Girls) | Varsity | New Hartford HS Turf Field | LaFayette (Southern Hills Storm) |



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The Edwin J. Wadas Foundation Announces Grant to Support The Salvation Army

The Edwin J. Wadas Foundation, Inc. announces \$15,468.24 in funding to The Salvation Army. This grant will provide sports equipment for both the Rome and Utica locations. The funding received in the Utica location will enhance the existing youth program with new equipment. The funding at the Rome location will assist the organization in kickstarting a new youth program free of charge to area youth.

“Recreational play is important to the development of youth. It can help develop physical, social, cognitive and emotional skills. After school and drop-in programs provide an arena for physical activity as well as learning valuable life skills and an opportunity to build positive relationships” stated Victoria Cataldo, Executive Director.

“We are thankful for the funding at our Rome and Utica Salvation Army sites to grow our youth programs through the new sports equipment. This includes volleyball, pickleball, and gaga ball to offer more options for our youth at no cost” stated Major Kevin Stoops, Divisional Commander of the Salvation Army, Empire State Division.

To learn more about the free youth programs offered by the Salvation Army visit:

<https://easternusa.salvationarmy.org/greater-new-york/youth-services-1/>

To learn more about the Edwin J. Wadas Foundation visit wadasfoundation.org

get into shape for your first round at your favorite golf course than to join your friends for a round of virtual golf at The New Hartford Rotary 3rd Annual Golf Tournament on April 9, 2025 at The Bunker at The Orchard, 8653 Clinton St., New Hartford, NY. There will be two flights of golf, 12 Noon and 3 PM. Each flight can accommodate 7 teams of 4 golfers. Cost is \$150.00 per golfer or \$600.00 per team. There is a limit of 56 golfers, so “the early bird catches the worm”. Cost includes 9 holes of virtual golf, food and goodie bags. There will be a 50/50 raffle and a dollar auction. The 1st Place team will win four WKTV Golf Cards (a \$400.00 value each). The 2nd Place team will win a foursome with carts at Seven Oaks Golf Course, Hamilton, NY and the 3rd Place team will win a foursome with carts at Pine Hills Golf Course, Frankfort, NY. And if you are not a golfer, but would like to join in all the fun, food and fellowship, your cost is only \$25.00.

100% of the funds from this tournament will go into the New Hartford Rotary Community Fund. These funds are then dispersed during the year to assist local organizations in our community.

Don't wait. Come and learn about “The Magic of Rotary” and reserve your team's spot by completing and mailing the attached registration form to: Jeff Gornick, c/o New Hartford Rotary, P. O. Box 121, New Hartford, NY 13413 or call (315) 723-0718 for more information.

3rd Annual Virtual Golf Tournament

It's that time of year to start thinking about pulling those clubs out of the basement and getting into shape again to start a new year of golf. What better way to stretch all of those muscles and

31 HOLIDAYS To Celebrate In MARCH

- 3/1

Peanut Lover's Day
- 3/2

Old Stuff Day
- 3/3

If Pets had Thumbs Day
- 3/4

National Grammar Day
- 3/5

Make Something Nice Day
- 3/6

Dentist Day
- 3/7

Cereal Day
- 3/8

Proofreading Day
- 3/9

Meatball Day
- 3/10

National Pack your Lunch Day
- 3/11

Tools Day
- 3/12

Plant a Flower Day
- 3/13

Excessive Accessories Day
- 3/14

National PI Day
- 3/15

Draw a Picture Day
- 3/16

Search for a 4 Leaf Clover Day
- 3/17

Submarine Day and St. Patrick's Day
- 3/18

Awkward Moments Day
- 3/19

Let's Laugh Day
- 3/20

Extraterrestrial Abductions Day
- 3/21

Fragrance Day
- 3/22

National Goof Off Day
- 3/23

National Puppy Day
- 3/24

National Chocolate-Covered Raisin Day
- 3/25

Waffle Day
- 3/26

Make Up Your Own Holiday Day
- 3/27

Spanish Paella Day
- 3/28

Something on a Stick Day
- 3/29

National Mom-and-Pop Business Owners' Day
- 3/30

Take a Walk in the Park Day
- 3/31

Tell Someone you Love them Day

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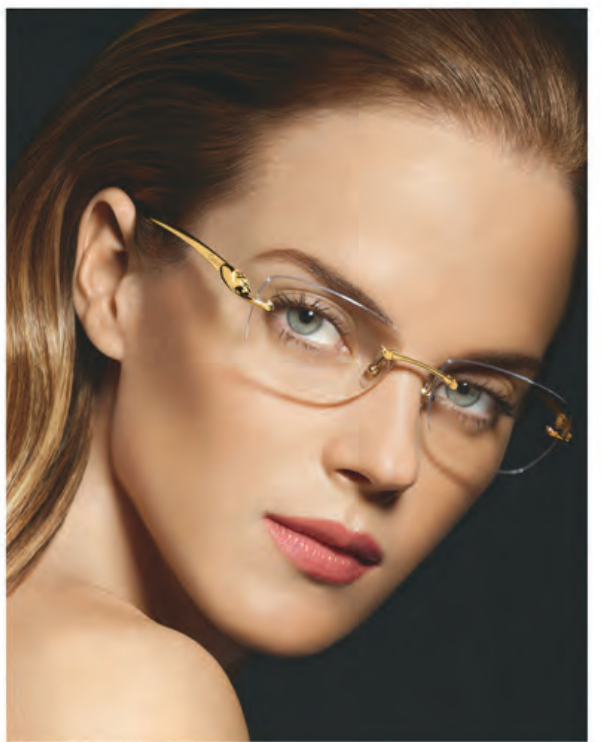
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New Hartford Highway News

submitted by Highway Superintendent, Richard Sherman



Occasionally the heavy wet snow we are plowing on your road may affect your mailbox. We apologize for the inconvenience, but are happy to stop by and be sure to repair or reset your mailbox.

We need you to let us know in **April**, when plowing is done, so that we can make any repairs.

As we do every year, we will also be out to re-seed or repair lawns near the road, which were damaged due to plowing. Street sweeping will start as soon as the weather breaks and spring arrives.

We are working diligently to get the new 2025 green waste and brush schedule out in the mail by the middle of March. Brush and green waste pick-up will commence Monday, April 7th. This schedule will be on the Town's website and in the mailer. As a note, we will add May 10th from 8:00 am to 12:00 noon for a Saturday drop off day and also offer paper shredding. You must show proof of residence in the Town of New Hartford.

Trash drop off to your Highway Garage will begin Monday, April 7th from 7:00 am - 2:00 pm and will be Mondays ONLY, through September. We will have men to unload your vehicles to help you. If Monday is a holiday, the drop off will be on Tuesday instead. The entire Highway Crew will be out in your neighborhoods for our annual curbside pick-up. This year the curbside pickup will be in the month of October, just like last year. Moving this service to October, allows the highway crew to do more construction work in June. Please reference the schedule for what is included.

Oneida County Executive, Anthony Picente, Jr. and Karl Schrantz, Oneida County Department of Water Quality and Water Pollution Control, have put out a bid contract to National Water Main to tv and repair, if necessary, main sewer lines within the Town of New Hartford. This is an extremely large sewer project. You will see a lot of Construction vehicles throughout the town all spring and summer, into this fall.

I am always available on my cell phone at (315) 534-2998 or you can e-mail me at rsherman@townofnewhartfordny.gov, if you have a need in which you think your Highway Department can assist.



Streamlining Dog Licensing in New Hartford: A Partnership with DocuPet

submitted by Town Supervisor, Paul Miscione and Town Clerk, Cheryl Jassak Huther



In an effort to modernize and streamline the dog licensing process, the Town of New Hartford has partnered with DocuPet, a leading provider of pet licensing solutions. This collaboration aims to enhance efficiency, improve pet safety, and offer added value to pet owners.

Modernizing the Licensing Process

Cheryl Jassak Huther, the Town Clerk of New Hartford, emphasized the importance of adopting innovative solutions to meet the evolving needs of the community. "Partnering with DocuPet allows us to provide a user-friendly, interactive platform for pet owners, making the licensing process more efficient and accessible," she stated.

Enhancing Pet Safety and Community Welfare

Town Supervisor Paul Miscione highlighted the broader benefits of this initiative. "By implementing DocuPet's services, we not only streamline administrative tasks but also improve the safety of our pets. The program's features, such as real-time access to licensing and pet data, assist in returning lost pets to their owners more swiftly, thereby reducing shelter intake and supporting animal welfare efforts," he explained.

Key Features of the DocuPet Partnership

User-Friendly Platform: DocuPet offers an easy-to-use interface for both administrators and pet owners, simplifying the licensing process.

Real-Time Data Access: The platform provides real-time access to licensing and pet data from any web-enabled device, enhancing administrative efficiency.

HomeSafe® Program: DocuPet's HomeSafe® program aids in reuniting lost pets with their owners, contributing to community welfare.

Value-Added Services: The partnership offers value-added services to pet owners, including personalized pet tags and other resources.

Looking Ahead

The Town of New Hartford is committed to leveraging technology to enhance community services. The collaboration with DocuPet represents a significant step toward modernizing pet licensing, ensuring a safer environment for pets and a more efficient process for pet owners.

Pickleball at the Jewish Community Center Times, Skill Levels and Prices

Morning Sessions

- **Sunday Mornings 8 - 10 a.m.**
 - Intermediate/Advanced (all welcome) \$6

Night Sessions

- **Monday Nights 5:30-7:30 p.m.**
 - Intermediate/Advanced (all welcome) \$6
- **Thursday Nights 5:30 - 7:30 p.m.**
 - Intermediate/Advanced (all welcome) \$6

Afternoon Sessions

- **Monday Afternoons 2:30 - 4:30 p.m.**
 - Intermediate (all welcome) \$5
- **Tuesday Afternoons 2:30 - 4 p.m.**
 - Intermediate (all welcome) \$5
- **Wednesday Afternoons 2:30 - 4 p.m.**
 - Intermediate (all welcome) \$5
- **Thursday Afternoons 2:30 - 4:30 p.m.**
 - Intermediate (all welcome) \$5
- **Friday Afternoons 2:30 - 4:30 p.m.**
 - **Beginners** (instructors on site) \$5

For more information, call (315) 733-2343 or email lindsay@jccutica.net
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NHFD News

NOTE: ALARMS ARE UPDATED

Your New Hartford Volunteer Fire Department responded to 98 alarms during the month of January 2025. The monthly call report is listed below by category.

Fires = 3
EMS = 52
Hazardous = 2
Service Type = 14
Good Intent = 11
Other Alarms = 16
Weather Related = 0
Other = 0

Total Calls for the Month of January 2025 = 98.

Of the 98 alarms, 84 were in the town and 12 were in the village with 2 mutual aid alarms.



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

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

In Other Department News

The Chief and members of the New Hartford Volunteer Fire Department, and all emergency personal would like to remind everyone that... The last Word....is your house or business number posted?

In case of an emergency, being able to have the Fire Department, Emergency Medical Services (EMS), and the Police Department, find your house or place of business quickly is important. If there is no number on your house, mailbox, or place of business, critical time is lost. A difference in minutes can mean the difference to a positive outcome in an emergency. New Hartford fire fighters are equipped with many tools to help their arrival time. Some of these tools are text messaging and radio transmissions of the call address, some others are maps and computers with GPS of our fire district. However, clearly affixed house or business numbers are imperative for us to get to the scene in a timely manner.

Many residents overlook the fact that ordinary street numbers attached to the front of the house, or business, are often impossible to see at night. This is true regardless of the season, but it becomes particularly critical in the fall and winter. This is the time when daylight hours get shorter, and there is fog, rain or snow, and locating a poorly marked residence or business from the street becomes much more difficult.

So, you may be wondering, what are some of the requirements for house or business numbers? How small is too small? What about colors? The following are some of the basic requirements:

- Must be Arabic numerals. Fancy numbers or numbers that are spelled out may be aesthetically pleasing but are very difficult to read from the street. They should be displayed horizontally as well.

- Needs to be a minimum four (4) inches high and in a contrasting color to their immediate background. Brass or bronze numbers are difficult to see in the day to nighttime. A reflective - type material would be a good consideration as well.
 - Must be displayed on the front of the dwelling and visible from the street.
 - If the dwelling is located more than 45 feet from the front property lot line, the number should be displayed on a gate post, fence, mailbox, or other appropriate place that will make it visible from the street from all directions when approaching from the street.
 - Cannot be obstructed by shrubs, trees, decorations, etc.
 - Encourage your family, friends, and neighbors to post their house numbers too!
- Also, if the emergency happens to occur during the night, we ask that you please put your porch light or other outside lights on. This too will save time.
- One last word... Will a Fire Truck fit down your driveway? With all the new housing developments and individuals adding “gates” to their property, we ask that before installing gates, thought is given as to the width of your driveway and the width of the gates opening as we never know if the Fire Truck fits down your driveway until an alarm is sounded.
- Remember, emergency personnel cannot help you if they cannot locate your home or business. If we cannot find you in an emergency, the delay, however slight, might be the difference between life and death.
- Please help us to help you when you call 911.
- Visit www.nhfd.com for more information on the department.



Dear fellow New Hartford Residents,

As Town Supervisor for the past 7 years, I have strongly supported my residents on many issues with a hands-on approach. These are the items I will keep continuing to accomplish if I am re-elected Town Supervisor:

- Keep property taxes in check and keep the same fiscally conservative approach I have had in the past
- Create public and private partnerships to reduce costs, but not reduce services
- Continue working on storm water projects
- Continue upgrading town infrastructure the correct way and complete unfinished projects
- Support the great schools in our town and work with the school board to share services and reduce costs
- Continue to work on Downtown Chadwick’s revitalization project
- Negotiate better deals to save costs (tax certs, Assets purchases, etc.)
- Keep the spirit and growth of our community for our future and our children’s future
- Bring people together to work in unity and collaboration on the same goals
- Ensure that our town government is run honestly and with the residents’ best interest in mind
- Ensure the safety of our familys and support our police who keep our community safe
- Support our Volunteer Firemen who dedicate many hours and risk their lives each and every day (a true asset in our community)
- Support our libraries, parks, children’s sports and activities, which bring our community together
- Reduce unnecessary “red tape” and regulations for both residents and businesses
- Streamline our accounting process and develop new ways to create efficiency

I am against big government, but I am in favor of a safe community, investing in infrastructure and great schools for our children. I believe these are the items that help to support our high property values, keeping our family’s safe and the demand to be in a great community. I will support our residents and will be by their side like I have done presently. I will have a hands-on approach and plan every day for the future.

Paul Miscione

All the Best,
Paul Miscione, MBA | Town of New Hartford Supervisor



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Cheryl Rondenelli

Hannaford District 22 Winner of the Store Manager of the Year for 2024

Cheryl Rondenelli has been selected as the Hannaford District 22 Store Manager of the Year for 2024 by her Director of Operations, Andy Willette. Cheryl is the store manager of the Commercial Drive, New Hartford, NY Hannaford. This award includes all of the Mohawk Valley Hannaford stores including stores on the thruway east to several Albany stores, along with Watertown, and Oneonta.

This award is presented to store managers based on superior performance and achievements in providing the professional leadership necessary to meet Hannaford Goals: Leadership, Communication, Hannaford Every Day, Associate Experience, Delivering Excellent Financial and Operating Results along with being deep seated in many community events throughout the Mohawk Valley. Cheryl will always credit the amazing teams and associates that she works with and considers it a store team award.

Cheryl has been an 8-time recipient of this award alone and lives in Westmoreland, NY with her husband Mike.



League of Women Voters Host School Board Presentation

The Utica-Rome League of Women Voters will have a public presentation titled, “So You Want to Run for School Board” at their quarterly meeting on Saturday, March 22, 2025. Tom Moats, VVS School Board member, will give a Powerpoint presentation at 10:15 AM at the The Energy Zone, 35 Utica Zoo Way, Utica, NY, 13501. A short business meeting will follow the presentation.

The presentation is based on Mr. Moats experience as a long-term school board member in the Vernon-Verona-Sherrill School District. It will detail the necessities and responsibilities of becoming a school board member. A short Q&A will follow the presentation. Refreshments will be available. Please bring your own non-alcoholic beverages.

The League, a non-partisan organization, works to promote voter information, registration and access to polls. The League is non-partisan and works closely with the New York State and United States Leagues on issues our members vote on, by consensus, as high priorities. More information can be found on our website: <https://lwvuticarome.org> or on the NYS: <https://lwvny.org> or US: <https://www.lwv.org> websites. We welcome interested parties to join our efforts.

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Fitness Components

submitted by Jim LaFountain, All American Fitness Center

Confusion is rampant in the field of physical fitness. Let's take a look at some of the confusions:

Muscular Strength: moving a weight or weighted object from point A to point B. An example would be moving a barbell from your chest to full extension. RM stands for Repetition Maximum or how much you can lift for one repetition. The weighted object does not need to be lifted rapidly.

Muscular Power: often confused with Muscular Strength. It's moving a weight through a range of motion quickly. For example, moving a Bench Press to full extension in two seconds makes you more "powerful" than someone who moves the same weight in four seconds. Jumping and bounding is another example of Muscular Power.

Muscular Endurance: in Resistance Training, which includes weights, machines or rubber tubing, a set of 15 repetitions or more develops Muscular Endurance. Distance Running, Bicycling, Rowing or Swimming are also demonstrations of Muscular Endurance.

Cardiovascular Efficiency (high intensity vs. low intensity): this is where the most confusion exists. It's important to remember that our heart is a muscle.

*High Intensity Training at a close to your maximum training heart rate of 80%-90%. Most exercisers choose not to engage in this type of training because it's uncomfortable. High Intensity Cardio stimulates the left ventricular wall of the heart, which is responsible for forcefully delivering oxygenated blood throughout the cardiovascular system.

*Low Intensity (maximum heart rate of 50%-75%. These cardio sessions are often referred to a Long Slow Distance and stimulate the vessels away from the heart.

Fat Loss vs. "Scale weight loss" the bottom line:
* Rapid weight loss is mostly fluid loss, along with

lean mass (muscle loss). When the body does not need fluids to metabolize food it rids itself of the excess water, giving favorable scale weight readings.

Slower, more sustainable weight loss tends to be in the form of fat. A 1-2 pound weight loss per week is prudent.

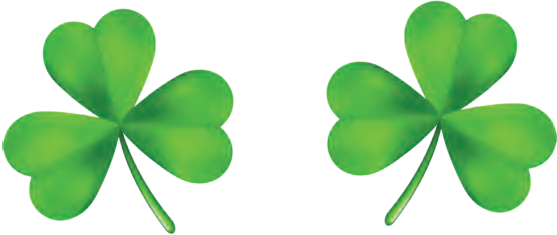
* Set Point is the weight your body fights to defend. Experts believe it's the weight you've been at for the longest period of time. Slow, sustainable weight loss minimizes the effect of one's Set point.

Goal Setting: the key question is, "can I do this for the rest of my life? Setting realistic goals begins with that question. Forget about the "catchy" ads, promising "quick fix" results. Understanding what your body is capable of needs to be your focus. I've had several surgeries to correct sports related injuries. Running is definitely not a good choice for me. A couple years ago, while riding my fat bike, I was nearly killed by a text messaging teenager. I immediately turned around, headed home and vowed to never bicycle on the road again. I'm perfectly content watching ESPN while riding my "in-door" wind trainer.

Exercise Compliance: in order to generate any fitness results, you must simply "show-up." That sounds simple, but it is the major stumbling block in exercise compliance. Many times, when you don't feel like working out, if you just show and do a light warm-up, you'll have a great workout. A training partner or an appointment with a personal trainer is also a good reason to show-up. Dealing with failure is also a stumbling block. You WILL fail to show-up, on occasion. A tendency, if you don't know how handle a "one day" setback is to cash it in and dropout entirely. Showing up for a light workout, the following day is a must.

Flexibility: why stretch? Stretching before a workout requires a light cardio, in order to elevate your body's core temperature. Stretching without a light cardio before hand is asking for an injury. It's imperative to stretch after a workout. You'll have more range of motion and enhance recovery in preparation for your next workout.

Hopefully, this helps sort out the confusion and improves your workouts.



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Irish Cultural Center of the Mohawk Valley Events

623 Columbia St, Utica

Here is how we are celebrating Irish American Heritage Month at the ICCMV:

Sunday, March 2nd 3:00pm Derek Warfield and the Young Wolfe Tones in Concert

Wednesday, March 5th 11:00am Lunch & Learn Program on "The History of the Irish Flag"

Wednesday, March 12th 7:00pm Téada in Concert

Thursday, March 13th 7:00pm Arise & Go in Concert

Thursday, March 27th 7:00pm Irish Film Series showing "The Flats"

Saturday, March 29th 7:00pm Runa in Concert



Derek Warfield and the Young Wolfe Tones - Mar 2

In celebration of Irish-American Heritage month, the Irish Cultural Center of the Mohawk Valley is proud to announce the first of its four-part March concert series on Sunday, March 2, 2025 at 3:00 p.m. Join us for an afternoon of traditional Irish rebel music performed by Derek Warfield and the Young Wolfe Tones.

Fans of Irish music are in for an incredible afternoon of songs and stories as we once again kick-off Irish Heritage Month with Derek Warfield and the Young Wolfe Tones. Led by front man Derek Warfield, this group of talented young musicians will keep your hands clapping, toes tapping, and voices singing with fresh, high-energy arrangements of traditional tunes and rebel songs.

A special group of Irish men and women have been responsible for preservation of the tradition of Irish ballad singing over the past 50 years. Derek Warfield is a distinguished name among them. Derek Warfield and The Young Wolfe Tones are bringing that musical tradition forward with a reverence for Ireland's past and the energy and optimism of a new generation of Irish musicians.

Derek Warfield & The Young Wolfe Tones are thrilled to be celebrating 15 years On the One Road and are delighted to be celebrating it in style with the release of a new CD "Let The Free Birds Fly" released in June 2022, and performances all over America including some great Irish American venues.

"We're presenting an old tradition in a new package – and I've the same passion for it now as I had when it all started 50 years ago!" - Derek Warfield

You can attend this concert at the Five Points Public House Event Center at the Irish Cultural Center of the Mohawk Valley, 623 Columbia St, Utica. The venue is wheelchair accessible. Advance sale tickets are \$30, \$40 at the door, and are available at the Five Points Public House or online by visiting our Events Calendar at <https://www.iccmv.org/events#h.a54yndy5v796> where you will see all our wonderful March events.

This concert was made possible through Culture Ireland and a grant secured by Assemblywoman Marianne Buttenschon (D-119, Marcy). This grant, funded by the Legislation Initiative Program and administered out of the state's Office of Child and Family Services, to provide educational and recreational programs and events for youth and adults in the community. The Legislative Initiative Program is funded by the New York State Legislature to support the efforts of the activities of eligible non-profit organizations.



Mark Sisti

Lunch & Learn - History of the Irish Flag - Mar 5

Join us for Lunch & Learn at The H.A.R.P. Museum at the Irish Cultural Center of the Mohawk Valley on Wednesday March 5 at 11 AM to learn the story behind Ireland's tricolor green, white, and orange flag. After the program you can enjoy a delicious lunch in the beautiful Five Points Pub designed and built by Dublin craftsmen.

A national flag represents and symbolizes a given nation. In their own way, national flags are as crucial as a national anthem, visually conveying the very essence of a country, its hopes, its dreams, its past and its future.

The colors and designs of national flags are not arbitrarily selected but rather stem from the history and culture of the particular country.

So, what's the story behind the Irish tricolor flag? What was the inspiration for that design, and why did they choose those particular colors?

On March 5, to commemorate Irish-American Heritage Month, the Irish Cultural Center of the Mohawk Valley will present a talk by local writer and musician Mark Sisti examining the meaning and the history of the Irish Tricolor Flag, as well as other earlier flags.

A \$20 registration fee will cover the program and lunch; meal tax and gratuity are included. Please register at this link, <https://bit.ly/4jUa62z>, or 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.



Téada in Concert - Mar 12

Join us in the Event Center at the Irish Cultural Center of the Mohawk Valley on Wednesday, March 12, 2025 at 7:00 p.m. for the second concert in our March series for an evening of traditional Irish music from Co. Sligo, Ireland as Téada once again graces the ICC stage.

County Sligo, in the northwestern part of Ireland, is renowned for its fiddle and flute playing traditions. The Sligo style is known for its fast and ornamented playing, and it has produced many influential musicians. It has somewhat become the "default" style of Irish traditional music – fast, legato and ornamented – from the influence of older musicians such as Michael Coleman and James Morrisson. The musicians of Téada are among the finest practitioners of this regional style.

A traditional band with a truly worldwide reach, has appeared as a frequent headliner at major music festivals throughout the US, Canada, Mexico, Europe, Africa, Russia, the Middle East and Australia. Highlights include a 30,000-capacity stadium concert in Brittany, along with performances at Penang World Music Festival in Malaysia, Edmonton Folk Festival in Canada, Harare International Festival of the Arts in Zimbabwe, and Rainforest World Music Festival in Borneo. In 2014, the band performed to 40,000 people during an extensive 7-week tour of Japan and Taiwan, and continues to have a strong touring presence in the United States, where Téada has toured actively since 2001.

You can attend this concert at the Five Points Public House Event Center at the Irish Cultural Center of the Mohawk Valley, 623 Columbia St, Utica. The venue is wheelchair accessible. Advance sale tickets are \$25, \$40 at the door, and are available at the Five Points Public House or online by visiting our Events Calendar at <https://www.iccmv.org/events#h.a54yndy5v796> where you will see all our wonderful March events.

This concert was made possible through Culture Ireland and a grant secured by Assemblywoman Marianne Buttenschon (D-119, Marcy). This grant, funded by the Legislation Initiative Program and administered out of the state's Office of Child and Family Services, to provide educational and recreational programs and events for youth and adults in the community. The Legislative Initiative Program is funded by the New York State Legislature to support the efforts of the activities of eligible non-profit organizations.





Arise and Go - Mar 13

Join us in the Event Center at the Irish Cultural Center of the Mohawk Valley on Thursday, March 13, 2025 at 7:00 p.m. for the third concert in our March series for an evening of traditional Irish, Scottish, and Canadian Maritime music performed by Arise and Go. This is a free concert, however, we will be seeking donations to be forwarded to the Utica Food Bank in memory of Russell Brooks whose hard work and leadership was critical in the building of our wonderful Cultural Center.

Utica NY native and piper extraordinaire, Michael Roddy will be traveling from his home in Nova Scotia to celebrate St Patrick’s Day festivities with bandmates Ellie Goud on fiddle and Tim Ball on guitar. These three young musicians make-up the power trio - Arise & Go.

Arise & Go is an exciting Celtic trio that finds its roots in the dance music of Ireland, Scotland and Atlantic Canada. Blending pipes, whistles, fiddle, and guitar, the group’s varied musical backgrounds combine to produce a sound which is both grounded in tradition and uniquely fresh and driving. From intimate house concerts to festival stages, Arise & Go has been hailed for their “precision and energy”.

Arise & Go, winners of North America’s longest running live folk radio broadcast Best of Bound for Glory Award 2018, has been featured in Irish Music Magazine, Roots Music Canada, The Boston Irish Reporter and the Irish American News where they have been praised for “musical complexity and colour” that is also “authentically mindful of tradition.” 2019 saw the release of the band’s new album Meeting Place showcasing the different Celtic traditions that each brings to the group’s sound.

You can attend this concert at the Five Points Public House Event Center at the Irish Cultural Center of the Mohawk Valley, 623 Columbia St, Utica. The venue is wheelchair accessible. The concert is free but you must have tickets which are available at the Five Points Public House or online by visiting our Events Calendar at <https://www.iccmv.org/events#h.a54yndy5v796> where you will see all our wonderful March Events.

This concert series was made possible through a grant secured by Assemblywoman Marianne Buttenschon (D-119, Marcy). This grant, funded by the Legislation Initiative Program and administered out of the state’s Office of Child and Family Services, to provide educational and recreational programs and events for youth and adults in the community. The Legislative Initiative Program is funded by the New York State Legislature to support the efforts of the activities of eligible non-profit organizations.



Sraith Scannán Eireannach - Irish Film Series - Mar 27

In celebration of Irish-American Heritage month, the Irish Cultural Center of the Mohawk Valley is proud to announce the first of three Irish films scheduled for the coming spring.

Our first film, “The Flats”, is scheduled for 7 PM Thursday March 27.

“The Flats” is an urgent documentary about the residents of the Catholic Belfast neighborhood of New Lodge who still live with the unresolved agony of the Troubles a quarter of a century on, including Joe McNally, an aging republican whose life is haunted by the traumatic childhood memory of his uncle’s murder by loyalists and a despairing sectarian thirst for revenge.

Other films currently scheduled for the spring are “Song of the Sea” an animated film suitable for audiences of all ages on Thursday April 24 and “The Commitments” on Thursday May 29. The series will resume in the fall.

Our films will be shown in the H.A.R.P. Museum at the Irish Cultural Center of the Mohawk Valley, 623 Columbia St, Utica. Our films are free to attend but we ask that you register by visiting our Events Calendar at <https://www.iccmv.org/> or call and leave a message at 315-733-4228 Ext 6. The venue is wheelchair accessible.

This film series was made possible through a grant secured by Assemblywoman Marianne Buttenschon (D-119, Marcy). This grant, funded by the Legislation Initiative Program and administered out of the state’s Office of Child and Family Services, to provide educational and recreational programs and events for youth and adults in the community. The Legislative Initiative Program is funded by the New York State Legislature to support the efforts of the activities of eligible non-profit organizations.



Runa Concert - Mar 29

Join us in the Event Center at the Irish Cultural Center of the Mohawk Valley on Saturday, March 29, 2025 at 7:00 p.m. for the final concert in our March series for an evening of eclectic Celtic music with Philadelphia-based Runa.

Runa breathes fresh life into traditional Celtic music by digging into the songs and tunes to find the universal thread that binds past to present.

Celebrating 15 years together as a band, Celtic-American Roots music “super group”, Runa, continues to push the boundaries of Irish folk music into the Americana and roots music formats. Interweaving the haunting melodies and exuberant tunes of Ireland and Scotland with the lush harmonies and intoxicating rhythms of jazz, bluegrass, flamenco and blues, they offer a thrilling and redefining take on traditional music.

Seeking to preserve and continue a traditional culture in a modern age, Runa creates the backbone of its signature roots sound from the musical and geographical diversity of its individually established band members. Their strive for excellence and creativity blazes a trail for the future of folk music, earning them the reputation as one of the most innovative Irish folk groups of this generation.

You can attend this concert at the Five Points Public House Event Center at the Irish Cultural Center of the Mohawk Valley, 623 Columbia St, Utica. The venue is wheelchair accessible. Advance sale tickets are \$25, \$40 at the door, and are available at the Five Points Public House or online by visiting our Events Calendar at <https://www.iccmv.org/events#h.a54yndy5v796> where you will see all our wonderful March events.

This concert was made possible through a grant secured by Assemblywoman Marianne Buttenschon (D-119, Marcy). This grant, funded by the Legislation Initiative Program and administered out of the state’s Office of Child and Family Services, to provide educational and recreational programs and events for youth and adults in the community. The Legislative Initiative Program is funded by the New York State Legislature to support the efforts of the activities of eligible non-profit organizations.



The Utica St. Patrick’s Day Parade Hosts 16th Annual Food Drive

For the 16th year, non-perishable food items will be collected during the Utica St. Patrick’s Day Parade on Saturday March 15th. The Food Drive benefits the Mother Marianne West Side Kitchen, which is named for Saint Marianne Cope, a Utica-native who was canonized as a saint by Pope Benedict XVI in October 2012. If you are planning to attend the parade, please bring non-perishable food donations to place in the wheelbarrows as they pass by. Make sure to check the expiration date to ensure the item is still usable. Containers will also be available for those wishing to make monetary contributions. ALL donations will be delivered after the parade to the Mother Marianne West Side Kitchen. In the past 15 years, well over 15,000 food items and about \$20,000 have been collected and donated to the West Side Kitchen. We hope to make this, our 16th Annual Parade Food Drive, the MOST successful yet!! Thank you!!

NEW HARTFORD HISTORICAL SOCIETY



Old and Weary Historic Marker - Chenago Ave at French Road

The “Old and Weary”

by Rick Giffune

Leading up to and a few years after World War II, rail was the “Big Kid on the Block”. The bulk of everything America produced, grew or manufactured was moved by train. Passenger service was another major use of the rail system including the majority of military troop movements. With the prosperity after the war years, three relatively new modes of transport blossomed! The family car, air travel and the biggest “nail in the railroads coffin” the tractor trailer. Slowly these three factors began to erode the railroads profitability.

Running through the Town of New Hartford there were three main railroads. Coming from the Union Station in Utica south through Utica into New Hartford, through Chadwicks, onto Sauquoit and points south was the Delaware, Lackawanna & Western RR. In 1960 they merged with the Erie Railroad to become Erie Lackawanna. The next was the West Shore. Their tracks ran along pretty much the same path that Route 840 travels today. Last but not least was the New York, Ontario and Western railroad. Its Utica branch ran along what’s now Route 12 and traveled through New Hartford to Clinton onward to Binghamton. It would mirror the route of the former Chenango Canal. Like the cars, trucks and planes led to the downfall of the railroads, the railroads led to the demise of the canals.

The railroads often had nicknames. The Ontario Western, known simply as “O & W” was often referred to as the “Old & Weary” and by some as the “Old Woman”. The Binghamton to Utica branch was completed in 1871 and would cease operation in March of 1957 under bankruptcy. Their tracks were transferred to other railroads under the bankruptcy liquidation.

Today, the last remaining rail system in New Hartford is the NY Susquehanna & Western which is owned by the Delaware Otsego Corporation headquartered in Cooperstown. They are solely transporting freight. As mentioned in my previous writings I am not originally from New Hartford but came here from West Utica in 1962. Growing up on Leard Road off of Seneca Turnpike I was in close in proximity to some of these old rail beds and their abandoned tracks. They provided countless hours of exploration for a history buff such as myself.

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John H. Hobika, Jr. presenting April Pavlus from Cooper Bookkeeping with her Chamber Plaque.

Fair Trade Shop

St. Patrick's Day, March 17th, is packed with parades, good luck charms and all things green. The event started as a religious holiday, but over time it's become a celebration of Irish culture. If you are looking for something green as a gift, we can definitely help you out.

- Imagine the ripple of water in a stream, translated to a gorgeous hand-painted silk scarf. Our Waterfall Painted Scarf from India in peacock colors captures the beauty and peace of a rippling stream.
- Add grounded flare with our Kindred Spirit dangling Earrings from India in green and gold, featuring vesonite stones wrapped elegantly in wire. They are 1.75" long.

These and MANY, MANY MORE uniquely handcrafted gift items from 38 different countries can be found at our FAIR TRADE SHOP, STONE PRESBYTERIAN CHURCH, 8 SO. PARK ROW, CLINTON. Our regular hours are 10am to 4pm every Thursday and SECOND SATURDAYS. Purchasing fair trade items ensures artisans and small farmers fair wages and healthy working conditions, providing dignity, sustainable development and hope for marginalized people. LET US BE YOUR GO-TO GIFT SHOP! Visit us at <https://buildingstonesshoppe.square.site> or www.facebook.com/buildingstonesfairtradeshoppe.



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Munson to Host Screening of Oscar®-nominated Short Films March 1-2

Experience this year's repertoire of Oscar®-nominated short films with screenings from noon to 5 p.m. Saturday and Sunday, March 1 and 2, at Munson in the Sinnott Family–Bank of Utica Auditorium, just before the Oscar winners are announced during the live Oscar broadcast on Sunday night.

Each short film nominee is released in one of three feature-length compilations according to their category of nomination—Live Action, Animation, and Documentary—and each collection will be shown separately over the course of the weekend with time in between for discussion and refreshments.

The full program of short films will run both days with live action shorts beginning at 10:15 a.m., animated shorts beginning at 12:25 p.m., and documentary shorts beginning at 2:25 p.m. There will be two short breaks between each program offering light refreshments in the Root Sculpture Court. The Museum will open at 10 a.m. on Sunday to accommodate the program.

“Short films offer some of the most innovative and compelling storytelling in cinema today,” said Bob Mortis, director of Performing Arts at Munson. “This program offers our community a unique opportunity to experience Oscar-nominated shorts before the big winners are revealed. It’s a terrific way to connect with the excitement of the Oscars while celebrating the artistry of filmmakers from around the world.”

For a full list of the nominees and their descriptions and to purchase tickets, visit munson.art/oscar-short-films, call 315-797-0055, or visit the Munson welcome desk.

Tickets for Members are \$7 for one category, \$10 for two categories, and \$13 for all three. Tickets for the general public are \$9 for one category, \$13 for two categories, and \$16 for all three. Passes for multiple category screenings must be purchased together to receive the bundled discount.

The refreshment breaks during the Oscar®-Nominated Short Film Weekend are sponsored by Baird Wealth Management.

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A comical feast that embraces the wackiness in every family, the magnificently macabre hit musical THE ADDAMS FAMILY presented by Broadway Theatre League of Utica, Inc. comes to The Stanley Theatre in Utica, NY for two performances only on March 19-20.

Tickets for THE ADDAMS FAMILY are on sale now. Tickets can be purchased online at BroadwayUtica.org or Ticketmaster.com, by phone at 315-624-9444 or by visiting The Stanley Theatre Box Office at 259 Genesee St. Utica. Groups of 10 or more can purchase tickets by contacting Broadway Utica at 315-624-9444.

Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family. A man her parents have never met. And if that weren't upsetting enough, she confides in her father and begs him not to tell her mother. Now, Gomez Addams must do something he's never done before - keep a secret from his beloved wife, Morticia. Everything will change for the whole family on the fateful night they host a dinner for Wednesday's "normal" boyfriend and his parents.

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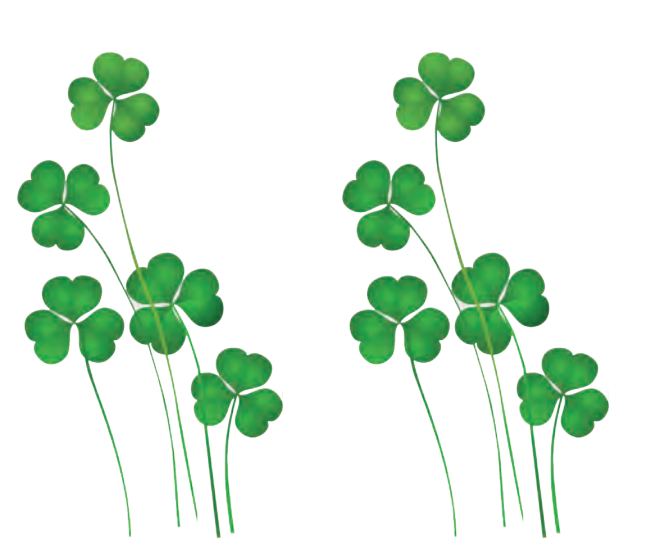


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Day 2 - Following breakfast, check out and continue to Pigeon Forge ... stopping for rest and lunch on your own along the way. Upon arrival, check into your hotel and freshen up before dinner. Depart for **dinner**, after which you will arrive at **Paula Deen's Lumberjack Feud Show** to enjoy competitive lumberjack events featuring world-class lumberjacks.

Day 3 - Start your day with breakfast at the hotel, then depart for the Country Tonite Theatre for the **Charlie Bob Smith Morning Variety Show** (*based on availability.*) Afterwards, enjoy lunch on your own and free time at **The Island**. This afternoon enjoy, meet your guide at the **RMS Titanic Museum** attraction for a tour. Each guest entering the museum will receive a boarding pass of an actual passenger or crew member and experience what it was like on the ship. Walk the hallways, parlors, cabins, and Grand Staircase of the Titanic while surrounded by more than 400 artifacts directly from the ship and its passengers. Through interactive exhibits, learn what it was like on the RMS Titanic. Discover your passenger or crew's fate in the Titanic Memorial Room where 2,208 names line the historic wall. Return to your hotel to freshen up before this evening's activities. This evening, the group will depart for **Dolly Parton's Pirates Voyage Dinner Show** where you will join the most famous pirate, Blackbeard, and his quartermaster, Calico Jack, as they lead the Crimson and Sapphire crews in a battle on land, on deck, in water, and high above full-sized pirate ships in an indoor hideaway lagoon! Be amazed by beautiful mermaids, tropical birds, and much more, all while enjoying a fabulous **four-course feast**.

Day 4 - Following breakfast at your hotel, meet your guide for a **tour of the majestic Smoky Mountains**, located between North Carolina and Tennessee. America's most visited national park is world renowned for its diversity of plant and animal life, the beauty of its mountains and Southern Appalachian Mountain culture. After the tour, depart for a tour of the **Ole Smoky Tennessee Moonshine** where you will learn the history of moonshine and taste a sample. Afterwards, spend the afternoon at **Dollywood** where you can have lunch on your own and enjoy the attractions, rides, and shows. After **dinner** at a popular restaurant, you will depart for the entertaining show at the **Country Tonite Theatre** which features a high-energy variety show with dynamic singing and dancing, side-splitting comedy, powerful gospel, and American patriotism.

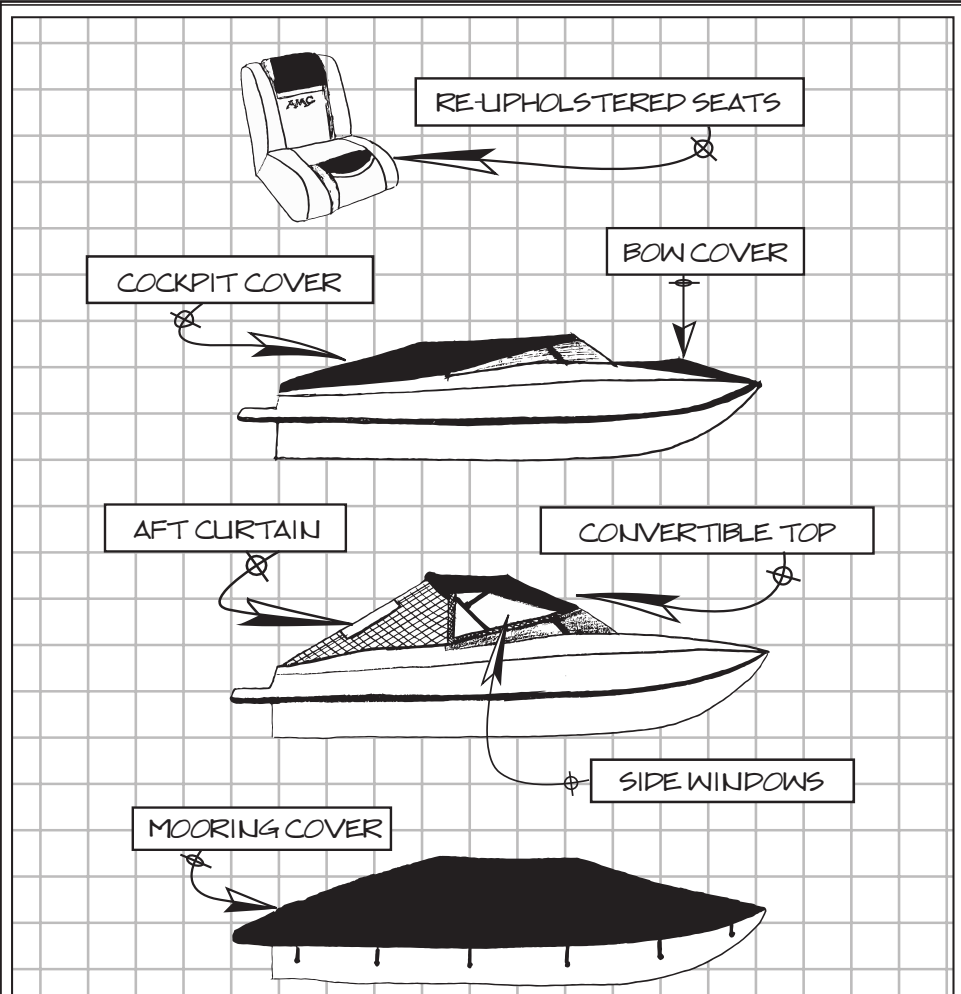
Day 5 - After breakfast, check out and depart for free time in **Downtown Gatlinburg** where you can have lunch on your own before departing for your overnight stop where lodging has been arranged for you this evening (*pack an overnight bag*). Once again, dinner is on your own this evening.


Day 6 - Following breakfast, check out and prepare for your departure home with fond memories of your trip to the Smoky Mountains.

THANK YOU FOR ALLOWING WHITE STAR TOURS TO BE A PART OF YOUR TRAVELS!


TRIP CANCELLATION PROTECTION

Cancellation protection is encouraged for medical emergencies that may occur. The **Enhanced option must be paid within 14 days** from the day the first deposit for the trip is paid to the organization and/or group leader. There is an additional Enhanced upgrade - **Cancel for Any Reason**. Cancellation must be made no later than 48 hours prior to your scheduled departure, conditions, limitations, and exclusions do apply. These plans are only valid for trips booked through White Star Tours. To purchase the protection, please contact NTA/AON Insurance via their website at <https://nta.aontravelprotect.com> and provide the **Tour Operator Location #386097**.





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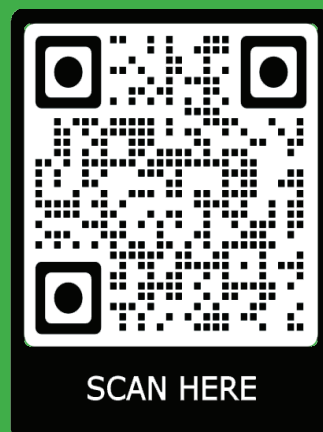
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FROZEN AND BURST PIPES, TOILET OVERFLOW, SUMP PUMP FAILURE! WATER DAMAGE...

That time of the year is quickly approaching. Of all the disasters that can happen in your home or business, a burst pipe especially when hidden or undiscovered for some time, can be devastating. The extreme cold of winter often brings extreme problems to North East homeowners and businesses. The worst of these is a frozen pipe that bursts and the water damage clean up that follows. When the cold temperatures don't rise above freezing for weeks on end, broken or frozen pipes lead to severe water damage from flooding. A frozen pipe generally occurs to plumbing that is not in a heated space or in an area that is not supplied with proper heat when winter temperatures fall below freezing. A malfunctioning furnace, while the homeowner is away, is another likely cause of a frozen pipe. When exposed to below freezing temperatures the water turns into ice and the pipe expands until it breaks a small slit into the copper or separates the soldered joint. Pipes that freeze first are usually located near outside walls that are exposed to the colder temperatures rather than pipes located throughout the middle of the structure. Some examples include outdoor hose bibs, pool lines, outdoor and indoor sprinkler systems, and other supply lines located in attics, basements, crawl spaces, garages, etc. Pipes in attics, crawl spaces & unheated rooms are particularly susceptible to freezing. Usually, a frozen pipe is not often obvious because the break can be behind walls, in ceilings or in a crawl space leading into the home. The flooding usually is caught much later after damage has been done. An uncontrolled water leak from a broken pipe creates extensive flooding and water damage of carpeting, drywall, baseboards, and furniture and depending on the location of the break can also damage the heating and electrical systems in your home. Disaster Services can accurately evaluate your homes damage and advise as to the most effective course of action to take. We use the latest technology including thermal imaging to determine the source of the water intrusion and the extent of water damage.

SEWER AND DRAIN BACK UP:

Sewer overflow or drain back-ups can present a more technical approach to the clean- up due to the contaminants involved. Porous, semi-porous building materials and contents will generally involve removal where affected by sewage, followed by proper remediation cleaning and disinfecting procedures. Hard surface areas when properly remediated will bring the space back to a pre loss condition and ready for new material replacement.

BASEMENT AND ATTIC MOLD:

Several factors can influence a mold growth in a basement or attic area. 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.

Do I need a water mitigation company and what does a water mitigation company do?

The purpose of a professional water mitigation company is pick up the phone when a clients emergency arises! Respond to the incident, evaluate and get the situation under to prevent further damage and discuss a plan with the homeowner moving forward. Disaster Services will determine the extent of water travel, evaluate and remove, if necessary, any affected structural materials, like drywall and flooring. If left unaddressed, wet flooring and drywall can rapidly lead to major problems,

like structural weakening and mold growth. We will also determine the proper type and amount of drying equipment necessary to dry the structure back to a pre loss condition. Disaster Services will make sure you get the help you need when you need it most. Customers should get clear answers to their questions about services and procedures. ... Trusted companies will provide detailed information about the services they provide and how they are performed.

CHOOSING THE RIGHT COMPANY:

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- Is Fully insured For Water Mitigation and Mold Remediation Services.
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- Knows How To Navigate The Insurance Claims Process With You.
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For more information, further questions or just to request some handy contact information please feel free to give us a call. When in need of emergency or non-emergency services, Disaster Services LLC. offers immediate response to damage caused by water, fire, smoke and mold. We are a locally owned company who will answer your calls when you call. No answering machines, voice prompts etc. We are a N.Y.S. licensed mold removal firm and recognized by all insurance carriers, working closely with both the home owner and insurance carrier. When calling our office, you will always speak to a live voice and not an answering machine. We realize that in your time of need you should be speaking to someone and not a machine.

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Christopher J. Carbone

Giving Well: How Can Philanthropy be More Focused and Fulfilling?

How much thought do you give your charitable giving? Do you simply write some checks, or do you visit organizations’ websites, make donations, and then get on with your day? If so, you’re not alone. But is that really the most fulfilling way to do it? Here are some insights from Meredith Camp, philanthropic services senior regional trust manager with Wealth & Investment Management, Wells Fargo Bank, N.A.:

Having supported the philanthropic efforts of many clients over the years, I have seen clients enjoy so many incredible benefits of giving, but not without obstacles that need to be overcome to get the most out of the experience. First the benefits: I have seen first-hand how giving one’s time, money, and energy on behalf of others can enrich personal and cultural relationships, enhance well-being, and build stronger, more vibrant communities.

Now the obstacles: Making meaningful decisions about how, when, and how much to give is not always easy. With over 1 million charities in the U.S. and social, environmental, and economic uncertainty, the choices can be overwhelming, even stressful. As a result, I have seen some individuals restrain their charitable activity despite their strong desire to give back. Others I encounter worry that their giving is scattered, often reactive, and as a result, only moderately satisfying.

Fortunately, there are ways to enhance the process of giving so that it’s a more rewarding and joyful experience for both donors and the recipients of their generosity. When my clients ask how to make the most of their charitable giving, I tell them it starts with meaning (not money). Together, we explore their values, passions, and objectives to help bring focus and intention to their philanthropy.

How can you transform your giving into a more meaningful, fulfilling endeavor? Whether giving of time or treasure, a little planning goes a long way. Here are some guidelines to help get you started:

1. Reflect: The first thing I encourage clients to do is

take a look at past and current practices of generosity. Understanding your past behaviors will help guide your direction forward. As you reflect, consider how much of your giving decisions are based on feelings of obligation, gratitude, impulse, or even guilt. What’s the most meaningful gift you’ve ever given and why?

2. Identify your values: Values are the core motivating principles that guide our behavior and shape how we show up in the world. Knowing the principles and characteristics that motivate you is at the heart of meaningful giving. For example, if your core values are creativity, opportunity, and independence, you may approach giving differently than one motivated by tradition, effectiveness, and collaboration. Understanding that philanthropy is as unique as your fingerprint allows authenticity and meaning to penetrate the choices you make.

3. Find a focus and write it down: Intentional philanthropy requires exploring your interests and passions and determining what issues matter most. I suggest choosing two or three areas on which to focus the bulk of your giving. Then write a philanthropic mission statement as a way to clearly express the intent of your generosity. A mission statement answers the questions “What do I stand for and what do I want to do about it?” This focus will help you prioritize opportunities, make meaningful decisions, and even help you say “no” when an opportunity is off-target.

4. Engage those you love and trust: Philanthropy as a shared experience fosters a sense of interdependence and cooperation and can drive greater personal and social change than may be achieved alone. Family philanthropy is also an opportunity to connect with one another, define what you stand for as a family, and pass down generational values. Whether giving as a family unit or with a trusted group of individuals, be willing to stretch out of your comfort zone and learn from others and from the communities you choose to serve.

5. Attend to the details: It’s important to address the practical details of putting your generosity in motion. Establish a budget including charitable dollars and volunteer time, and consider parameters for discretionary and responsive gifts, even for those random acts of kindness. A budget can aid in planning and decision-making, bringing peace of mind so you can feel good about doing good.

Consider taking time to reflect on how you might find more meaning and fulfillment from your expressions of generosity. Talk to a professional financial advisor if you’d like to learn more about charitable planning and inspired giving.

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MVILR Hosts Open House & Senior Service Showcase – Featuring Basket Raffle with Grand Prize of an iPad 10 and Membership!

The Mohawk Valley Institute for Learning in Retirement (MVILR) is excited to announce its upcoming Open House & Senior Service Showcase on March 13, 2025, from 10 AM to 2 PM at the Rome MVCC Campus. This event is free and open to the public, offering a fantastic opportunity for retirees and lifelong learners to explore MVILR’s educational programs, connect with local senior services, and engage with the community.

A highlight of the event will be our Basket Raffle Fundraiser, featuring a variety of incredible prizes donated by generous local businesses. The grand prize is an iPad 10, accessories, and an MVILR Membership, along with an assortment of themed baskets filled with exciting gifts, experiences, and local specialties. All proceeds from the raffle directly support MVILR’s mission of providing affordable learning opportunities for seniors while keeping tuition low and fostering a vibrant, volunteer-driven community.

"We rely on the generosity of our local businesses and community partners to help sustain our program, and this event is a great way to celebrate lifelong learning while giving back," said Shawn, MVILR Program Coordinator.

Attendees will have the chance to meet instructors, explore upcoming courses, and discover the many ways MVILR enriches the lives of seniors in the Mohawk Valley. The event will also feature local senior service providers, informational booths, and networking opportunities.

Join us for an engaging day of education, community, and fun! For more information or to donate a raffle prize, please contact Shawn Essafi.

About MVILR:

The Mohawk Valley Institute for Learning in Retirement (MVILR) is a nonprofit organization that provides affordable, high-quality educational programs for retirees and lifelong learners. By fostering an inclusive and stimulating environment, MVILR helps seniors stay engaged, active, and connected through a variety of courses and community activities.

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Genesis Group Guest Article Series

The series features articles written by area Elected Officials, Business and Community Leaders. We hope you enjoy reading them.

New York’s resolution for 2025: Stop the exodus by implementing common-sense solutions that will strengthen the state.

By New York State Senator Joseph A. Griffo, R-C-Rome, 53rd Senate District

The beginning of a new year is an important opportunity to reflect on what was and to commit to improving and positioning ourselves to do something differently in our lives.

While New Yorkers across the state have made resolutions to better themselves, I believe that it is equally important that our state does the same.

New York needs to look in the mirror and reassess itself for 2025.

What we have now isn’t working.

Businesses have closed and taken jobs with them. Burdensome regulations abound. Inflation and increased energy costs have made it harder for New Yorkers and their families to get by. Onerous mandates are hurting schools, communities and companies.

Public safety has been jeopardized by policies like so-called bail reform, the Clean Slate Act and the HALT Act - which I did not support - that don’t hold criminals accountable for their actions and make it more difficult for law enforcement agencies to do their jobs.

These hastily enacted changes, along with other modifications to the criminal justice system put in place under one-party control have resulted in criminals and repeat offenders back on the streets because they know that they don’t face any serious repercussions for their actions.

It is imperative that these changes are repealed, and law enforcement given the resources and tools it needs to protect our communities.

I’ve introduced legislation and support initiatives that would do that. One of my bills – the Public Safety Investment Act – would provide police and fire departments with access to \$300 million in grant funding to help with recruitment and retention efforts and purchasing equipment. It also would completely repeal the flawed changes made to the state’s bail law, change discovery laws to include affirmative consent of witnesses and implement severe consequences for murdering a police officer.



We also need to address our neglected mental health system. I’ve supported bills that would establish needed mental health services programs and help schools retain the services of mental health professionals. I believe that we should consider reopening psych centers, keeping them open, and, in some cases, allow them to grow so that people have access to valuable services.

Additionally, I have put forth proposals and initiatives that would address the state’s healthcare worker shortage and help to improve access to quality medical care in New York State.

While I recognize the need to embrace clean energy, the unreasonable and unrealistic energy policies supported by the governor and legislative majorities are unsustainable and unaffordable.

I continue to believe in a diversified energy portfolio for our state that includes renewable energy sources such as hydroelectric, wind, solar, and zero-emission facilities such as nuclear. I have introduced legislation that will pause the implementation of aspects of this agenda, including the electric school bus and truck mandates, so that we can ensure that those most affected by it are prepared and that the full impact of these directives is known.

To provide relief to local governments, school districts and taxpayers, I have introduced legislation that would impose an immediate moratorium on unfunded state mandates and would require that any state-mandated program imposed on these entities be funded by the state. The legislation also would establish a mandate review council to review existing state mandates on local governments and schools.

I am concerned with the level of unsustainable spending that we have seen in New York over the last several years under the present state government leadership, which is why I support the implementation of a state spending cap.

Perhaps the most alarming is the fact that this most recent bloated budget provided for \$2.4 billion to address New York City’s self-created illegal migrant crisis, bringing that total to \$4.2 billion over the last two years. This is funding that could have gone to funding schools, fixing roads and bridges and supporting families, veterans, taxpayers and critical programs across the state that are facing serious funding challenges.

Unfortunately, the priorities of and approaches undertaken by the present state leadership contributes to the continued exodus from the state.

How can we change the state’s dire trajectory and stop this mass exodus of people, families and businesses?

I think it’s simple: Make our state more affordable and safer than what we have seen under one-party control that has contributed to the flawed, problematic and destructive policies that have forced New Yorkers to the brink.

Cut taxes. Reduce regulations and mandates. Lower energy costs. Strengthen our communities and schools. Create and support economic opportunities and job growth. Invest in infrastructure. Enhance public safety. Help farmers, veterans, seniors, small business owners and families.

These have been - and continue to be - my priorities during my time in the Senate, and I have continued to introduce, support and advocate for policies, legislation and proposals that will accomplish this objective.

This includes the enactment of historic middle class tax cuts and sponsoring and/or supporting legislation that would provide relief from energy costs and identify and eliminate thousands of costly and unnecessary government regulations that inhibit job creation, hurt businesses and drive-up local property taxes. I also continue to push for important funding to help local governments maintain and improve infrastructure and to ensure that schools have the resources they need.

I believe that the approach I outlined above is how we can stop the exodus and move New York forward to a better, brighter and more prosperous future.

This should be New York’s resolution for 2025.



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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 firstumconlline.org
Easily accessible building, sanctuary, and bathroom.

ST. JOHN THE EVANGELIST CHURCH

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

CROSSPOINT CHURCH

317 Oriskany Blvd, Whitesboro - 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.hopealliancecny.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
Al-Anon Meetings: Sun. at 5pm & Thurs. at 5:30pm
AA Meetings: Sundays at 8pm
Yoga by Kristy: Tues. 5:30-7pm & Thurs. at 9:30-11am.
more information can be found at www.rootdownwell.com
EGA Meetings: 1st Friday of the Month
St. Stephen’s is handicapped accessible.

IMMANUEL BAPTIST CHURCH

Pastor Fletcher Matlack
9501 Weston Rd. (Next to Perry Jr. High), (315) 737-5222
www.ibcfamily.com E-mail: info@ibcfamily.com
Sunday Morning Worship Service 10:00 am
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
Christmas might be over, but Jesus is just getting started.
Everyone is invited to join us to see what he might have in store for you this year!
Morning worship is at 10:30 Sunday. The service is livestreamed on Facebook.
Child care and activities for children 5 and under begin every Sunday morning at 9 a.m.
Adult and Children’s Sunday School (Sunday Club) classes precede worship and start at 9:30. An Adult Study Group also meets on Tuesday mornings at 11:30.
The choir rehearses Sunday mornings at 9:10 and in addition will be rehearsing at 7pm on Thursday evenings during Lent to prepare for the Spring Choir Cantata on Palm Sunday.
A fellowship/coffee hour for everyone follows the Sunday worship service.
The season of Lent will be ushered in with a special Ash Wednesday Service at 7 p.m. on March 5.

Everyone is invited to join us for a Community Potluck Supper on Tuesday, March 11, from 6-8 p.m. If you can, please bring a side dish or dessert to share.

- 3/1 — 10 a.m. PEO
- 3/2 — 9 a.m. Child Care and Activities
- 3/2 — 9:30 a.m. Sunday Club, Adult Study Group
- 3/2 — 10:30 Worship, Communion
- 3/2 — 6 p.m. Confirmation Class
- 3/4 — 11:30 a.m. Adult Study Group
- 3/4 — 7 p.m. Deacons Mtg
- 3/5 — 10 a.m. Sew ’in Sews
- 3/5 — 7 p.m. Ash Wednesday Service
- 3/6 — 7 p.m. Choir Rehearsal
- 3/9 — 9 a.m. Child Care and Activities
- 3/9 — 9:30 a.m. Sunday Club, Adult Study Group
- 3/9 — 10:30 a.m. Worship
- 3/9 — 11:45 a.m. NHP Women’s Mtg
- 3/11 — 11:30 a.m. Adult Study Group
- 3/12 — 10 a.m. Sew ’n Sews
- 3/12 — 6 p.m. 4-H
- 3/13 — 7 p.m. Choir Rehearsal
- 3/16 — 9 a.m. Child Care and Activities
- 3/16 — 9:30 a.m. Sunday Club, Adult Study Group
- 3/16 — 10:30 a.m. Worship
- 3/16 — 11:30 a.m. Session Mtg
- 3/18 — 11:30 a.m. Adult Study Group
- 3/19 — 10 a.m. Sew ’n Sews
- 3/20 — 7 p.m. Choir Rehearsal
- 3/22 — 3 p.m. Hope House Meal Preparation
- 3/23 — 9 a.m. Child Care and Activities
- 3/23 — 9:30 a.m. Sunday Club, Adult Study Group
- 3/23 — 10:30 a.m. Worship
- 3/23 — 6 p.m. Confirmation Class
- 3/25 — 11:30 a.m. Adult Study Class
- 3/25 — 4 p.m. Presbytery Mtg at NHPC
- 3/26 — 10 a.m. Sew ’n Sews
- 3/26 — 6 p.m. 4-H
- 3/27 — 7 p.m. Choir Rehearsal
- 3/30 — 9 a.m. Child Care and Activities
- 3/30 — 9:30 a.m. Sunday Club, Adult Study Group
- 3/30 — 10:30 a.m. Worship
- 3/30 — 6 p.m. Confirmation Class

FIRST BAPTIST CHURCH OF NH

7 Oxford Road - Office phone: 315-733-4570
firstbaptistnh@gmail.com
Rev. James Harrieff, Pastor
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

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

Worship with us on Sundays at 10am
8439 Clark Mills Rd, Whitesboro
(315) 527-6257

ZION LUTHERAN CHURCH

630 French Road, New Hartford
Pastor Janet Griffiths
Sunday Mornings at 10 AM
Al-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

Weekly Activities

Worship Services Wednesdays at Noon
Zoom and In-Person Worship Services - All Welcome!
Please contact St. Margaret’s for 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 2-5 PM
Contact St. Margaret’s to sign-up to assist for one or more Tuesdays at St. Margaret’s Food Pantry at Grace Church
Monthly Dinners
3rd Tuesdays - Dine In at 5:30 PM and Take Out at 6 PM
Meals served with main, sides, salad, and dessert - Suggested Donation \$17. Please make your reservation by the preceding Friday.
March 18th Corned Beef & Cabbage
April 15th Hats, Chicken & Broccoli Alfredo
On-Going & Special Events

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

Our social action-oriented initiative volunteers at the St. Margaret’s Food Pantry at Grace Church on Tuesdays. Please contact us if you would like to sign-up. If you would like to assist, but are unable to help on Tuesdays, perhaps consider donating toiletries, reusable bags, or shelf stable foods. Gift cards to Aldi’s or BJ’s are also appreciated. Thank you for your generosity and to the Episcopal Diocese of Central NY for supporting this program!

New Men’s Group | 1st & 3rd Wednesdays from 10:30 AM to 11:45 AM

Fr. Nick Smith will lead a new men’s group beginning on January 15th at 10:30 am. Meant to be a time of fellowship and exploration, Nick would like to begin each week by asking the question “What is saving your life today?” Is it spiritual practice? Is it coffee? Is it a random friendly smile? Is it some deep profound insight? Is it some curious enigma? Let’s find out and share our conclusions!

Friends of Emmaus House | 2nd Wednesdays at 10 AM

Join our group of volunteers who provide support to help meet the needs of the house & guests. This is done through donations, fundraisers, and our annual Open House. We meet monthly on 2nd Wednesdays to determine needs and find solutions to those needs. New Members Welcome!

Conversations with Father John LaVoe | 2nd Wednesdays at 1:30 PM. Join us for conversations about faith hosted by Father John LaVoe.

Grief Support Group | 3rd Fridays at Noon

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

Coffee & Conversation | 4th Wednesdays at 1:30 PM

Join The Reverend Deacon Jean Skinner for conversation and coffee in our library. Please consider bringing a few cans of food for our food pantry as a donation.

Scrabble Days | 4th Wednesdays at 9:15 AM

Join our Scrabble group for monthly mornings of fun, coffee, and conversation.

InterSpiritual Wisdom and Practices | February 4th from 9 AM to 3 PM (postponed)

Beginner Sewing Class with Debbie Skinner | Feb 10th, 9:30 to 2 PM

Do you have an interest in learning how to sew, but don’t want to make quilts? Do you have a sewing machine sitting around waiting for you? Does your sewing machine have stitches on it that you want to learn? If any of your answers are yes, I have the class for you! We will be learning how to make a flange, the Burrito method of making a rolled hem, and how to make a French Seam. We can also explore decorative stitches. I will have fabric available to make pillowcases for Emmaus House or you can bring your own fabrics. The cost of the workshop is a \$10.00 donation for St. Margaret’s. You can bring your lunch or we can order out. A supply list for the workshop is below. Space is limited, please register by February 3rd.

Materials needed: sewing machine in good working order, basic sewing supplies (thread, pins, scissors, seam ripper), Frixion marking pen (marks disappear with heat) or a chalk marker for fabric; Rotary cutter and ruler; Main Fabric 1 yard; Cuff Fabric ½ yard; Trim Fabric ¼ yard.

Come Make a Joyful Noise Ceilidh | February 20th at 2pm

Come and enjoy music and songs by friends of St. Margaret’s House from 2:00pm to 3:30pm! Seasonal refreshments and time for wonderful conversations included.

Unoffendable: How Just One Change Can Make All of Life Better | Mondays, February 24th - March 31st from 10:30 AM to Noon

Join Executive Director, Judy Reilly, for a book study based upon Brant Hansen’s book of the same name. Learn to live life with less stress and more care, by: (1) adjusting our expectations to fit human nature, (2) replacing perpetual anger with refreshing humility and gratitude, and (3) embracing forgiveness and beginning to love others in unexpected ways. This study lifts burdens from our backs and allows us to experience the joy of gratitude every day of their lives—flourishing the way God intended. Participants are asked to get the book and if desired, the workbook. They should attend the first session having read chapters 1 – 4. Please register by February 17th.

Lenten Study | March 3rd through April 7th, Mondays at 1:30 PM

Join Rev. Deacon Barb Groves for a Lenten study which will use the book Meeting Jesus at the Table: A Lenten Study by Cynthia M. Campbell and Christine Coy Fohr. Please register by February 24th.

Ash Wednesday | March 5th at Noon

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

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)
Handicapped accessible.

THREE STEEPLES UNITED
2817 Old State Route 12, Paris, NY 13456
315-368-3416 threesteeples@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 ourselves and others to discern, embrace, and act upon a relevant understanding of Christ’s message in today’s world.



UNITARIAN UNIVERSALIST CHURCH of UTICA
10 Higby Road, Utica NY 13501
315-724-3179 www.uuutica.org
Minister: The Reverend Karen Brammer
The Unitarian Universalist Church is an open minded, open hearted spiritual community. Unitarian Universalists come from different faith backgrounds but our shared values bring us together. Whoever you are, whomever you love, whatever your beliefs, you are welcome here. Services are at 10:30 AM on Sundays.
March 2nd - Growing Our Collective Power - Democracy Action Team. Addressing social justice is a multi-faceted endeavor that requires collective action. Hope grows when we unite in community, using our UU shared values to challenge injustice and build a more loving, equitable world. The Democracy Action Team advocates to affirm the worth, dignity and rights of all people from every background, aspiring to create Beloved Community both within UUU, our local community and larger society. The Democracy in Action Team (DAT) is represented in this worship service by John Camilieri, Ken Drake, Paul Hadley, Bob Umidi, and Letty Umidi.

March 9th,- Fire in the Belly - Rev. Karen Brammer. Unitarian Universalists claim to cultivate open minds, loving hearts and giving hands for a more loving and just world. What does it take to move our collective dreams and yearnings into active care and turning dreams into realities? “Fire in the Belly” is a powerful component of building a better world.
March 16th - Patrick’s Day, Beyond the Frivolity - Mary McGuirl
Saint Patrick was a missionary credited with spreading a new religion to a tiny island in the west of Europe in the 5th century. Why is there an international party day in his honor? How are Saint Patrick and his day relevant to the social and political challenges we face today?
March 23rd - Liberation from Guilt - Rev. Karen Brammer
Religions have used guilt for centuries to cause people to comply - much to the destruction of free spirits. Too often we inflict guilt on ourselves through regrets and shame which effectively bends our behavior and our hearts. We’ll talk about whether guilt can ever serve us well, and ways to keep guilt from stopping our most authentic, generative selves.
March 30th - Things I Learned Living on the Border - Rev. Sam Pendergrast. Rev. Pendergrast has been a Presbyterian Pastor in Rome and Cazenovia over the past two decades. When he retired, Sam and his wife Cynthia put their belongings in storage, sold their house, and spent the year 2023 as volunteers with Frontera de Cristo, a bi-national Presbyterian ministry located in Douglas, AZ, and Agua Prieta, Sonora.



March
13-14,
2025

Hamantaschen

Hamantaschen are a traditional Jewish pastry eaten on Purim to celebrate the defeat of Haman and the resilience of the Jewish people. The triangular cookies can be sweet or savory, and are often filled with poppy seeds, jam, or prune fillings.

History

The name "hamantaschen" may come from the German words "mohn" (poppy) and "tasch" (pocket). The pastry was originally called "mohntaschen" in 18th or 19th century Eastern Europe.

Hamantaschen became the first unofficial Purim treat in the 11th century.



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.tbeutica.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.

ZVI JACOB
Orthodox Synagogue
110 Memorial Parkway, Utica - 724-8357
Interim Rabbi Levi Charitonow
Services are held Saturday at 10am, and on holidays. Services may be held at other times if there is a minyan. Visit our website www.zvijacob.org. All are Welcome.

Purim Is the Jolliest Day of the Year

The jolly festival of Purim is celebrated every year on the 14th of the Hebrew month of Adar (late winter/early spring). Purim 2025 begins Thursday night, March 13 and continues through Friday, March 14 (extending through Sunday in Jerusalem). It commemorates the salvation of the Jewish people in ancient Persia from Haman’s plot “to destroy, kill, and annihilate all the Jews, young and old, infants and women, in a single day.”

Purim Is a Persian Word

Purim means “lots” in ancient Persian. The holiday was thus named since the evil Haman had thrown lots to determine when he would carry out his diabolical scheme. You can pronounce this name many ways. In Eastern tradition, it is called poo-REEM. Among Westerners, it is often called PUH-rim. Some Central-European communities even call it PEE-rim. (WARNING: Calling this holiday PYOO-rim—as English speakers are sometimes wont to do—is a surefire newbie cover-blower.)

Masquerade on Purim

People traditionally dress up on Purim, wear masks, or otherwise make themselves look somewhat unusual. Like the “hidden” treats mentioned above, many say that concealing ourselves behind a costume reflects the way G-d operated behind a cloak of natural events.

https://www.chabad.org/holidays/purim/article_cdo/aid/4309537/jewish/15-Purim-Facts-Every-Jew-Should-Know.htm



Easy Hamantaschen Recipe

It doesn’t get easier than this.

Total Time: 15 minutes Yield: 16-18 hamantaschen

Ingredients

- 2 refrigerated store-bought pie crusts
- filling such as chocolate hazelnut spread or jam
- 1 egg white

Instructions

- 1 Preheat oven to 400 °F.
- 2 Unroll each pie crust.
- 3 Using a 2 or 3 inch round cookie cutter, cut hamantaschen circles.
- 4 Fill the middle of each circle with 1/4 tsp filling of your choice.
- 5 Brush edges of lightly with egg wash using your finger or a pastry brush.
- 6 Pinch up the sides of each hamantaschen.
- 7 Place in fridge for 5 minutes.
- 8 Bake for 10-12 minutes.

Author: Shannon Sarna ⌚ Prep Time: 5 minutes ⌚ Cook Time: 10 minutes

■ Category: Dessert 📖 Method: Easy 🍴 Cuisine: Holidays

Find it online: <https://www.myjewishlearning.com/the-nosher/easiest-hamantaschen-recipe-ever/>

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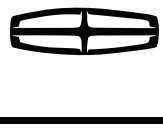
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