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Vol. 40 No. 1  
January 2026

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## NYS Approved Defensive Driving Classes

New York State approved defensive driving courses for insurance and point reduction programs, to be given by AARP at the New Hartford Public Library on Tuesday, January 27th from 9am until 3:30pm, for registration and other information please contact Mary Merritt at (315)724-0096, call early classes fill fast and are open to all ages.

Happy  
**2026**  
NEW YEAR



### Adirondack Mountain Club

Adirondack Mountain Club invites members and the public to Carpathian Mountains a presentation by Tom Cole.

Join us at 6:00 pm February 3 at the New Hartford Public Library, 2 Library Lane, New Hartford, NY



### GE Ski Club

*We are more than just a ski club*

Come join us at the next meeting January 20th at the New Hartford American Legion at 7pm.

Members enjoy downhill, cross-country skiing and snowboarding. The club offers great rates on ski week, weekend, and day trips and a lesson program for the never-ever to expert skier. During the summer months bicycling, camping, canoeing, kayaking, golfing, volleyball, roller blading, hiking and wine tasting are offered. We also have many parties and events year-round. Membership is open to the general public. More information can be found on [geskiclub.wildapricot.org](http://geskiclub.wildapricot.org)

# HAPPY NEW YEAR!



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4-6 (Move and Groove  
w/Piano Component)  
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### A Holiday Thank You From the Steet Ponte Auto Group

The Steet Ponte Auto Group, along with the Steet and Ponte families, would like to thank everyone who helped make the 2025 Holiday Drives not only a success, but one that exceeded expectations. Whether community members donated a coat, food item, gift, or simply helped spread the word, the generosity of local residents, employees, and customers, both new and longtime, made a tremendous impact.

The holiday season kicked off with the 2nd Annual Backpack & Supplies Drive, which resulted in the donation of 504 backpacks filled with school supplies to the Utica, Frankfort, Central Valley Academy (CVA), Herkimer, and Johnstown School Districts.

The 8th Annual Coats for Kids Coat Drive continues to grow year after year and once again broke records. What began with 200 coats in its first year expanded in 2025 to 1,425 items of winter outerwear donated to local elementary schools. These donations included 444 winter coats, along with snow pants, boots, hats, gloves, and scarves, benefiting students in Utica, Rome, CVA, Frankfort, Herkimer, Gloversville, and Mayfield.

During the 13th Annual Thanksgiving Food Drive, the Steet Ponte Auto Group collected 4,000 food items, filling eight vehicle loads, for Feed Our Vets, Fulton County Veterans, and Vet to Vet Food Pantries. When the drive first began, the goal was to fill just one SUV, making the continued growth of this effort especially meaningful.

The season concluded with the 18th Annual Holiday Gift Drive, which successfully donated over 605 gifts through the Neighborhood Center's Adopt-a-Family program for families in Oneida and Herkimer Counties, as well as for families in Johnstown and Amsterdam. What started as an internal employee initiative has grown into a community-wide effort, with the addition of Giving Trees allowing everyone to participate in the spirit of giving.

While these holiday initiatives have evolved over the years, the Steet Ponte Auto Group's commitment to giving back to the communities where they live and work has remained the same. The organization extends its sincere gratitude for the continued support of its local, family-owned, and operated businesses and looks forward to continuing to serve the community in 2026.



### Polar Bear Plunge Into the New Year!

Welcome to the best year of your life. Our purpose: Your satisfaction! Cozy winter wishes just for you.

Our Maggie's Wool Snuggle Socks are made with soft organic merino wool (from sheep raised in small ranches in Argentina), with thick cushion throughout. They have a relaxed, stretchy top, and are washable, thanks to a special patented chlorine-free and anti-felt treatment certified to international organic standards (GOTS).

Our Lunar Eclipse Shawl from India features color blocks of solids and stripes in shades of blue and blue-green on a black background-like moonlight, coming and going. It has 2 inches of twisted fringe details on both ends.

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

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 hours are 10am to 4pm every Thursday, SECOND Saturdays and by Appointment by calling 315-853-1070. We will be holding a 25% Off sale during January and February (some restrictions apply). Purchasing fair trade items ensures artisans and small farmers fair wages and healthy working conditions, providing dignity, sustainable development and hope for marginalized people. Let us be your go-to Gift Shop! Visit us at <https://buildingstoneshoppe.square.site> or [www.facebook.com/buildingstonesfairtradeshoppe](https://www.facebook.com/buildingstonesfairtradeshoppe).



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## NH Public Library 2 Library Lane 315-733-1535

**Monday and Tuesday 10am-8pm**  
**Closed on Wednesdays**  
**Thursday and Friday 10am-6pm**  
**Saturday 10am-2pm**  
**Sunday 1-5pm**  
**Curbside Pickup Remains an Option**

**The Library will be closed on January 1st. Happy holidays and best wishes for a healthy and happy New Year!**

### Stay Connected With Us!

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

Website: [www.newhartfordpubliclibrary.org](http://www.newhartfordpubliclibrary.org)

Facebook:

[www.facebook.com/newhartfordpubliclibrary](https://www.facebook.com/newhartfordpubliclibrary)

Instagram: [new\\_hartford\\_public\\_library](https://www.instagram.com/new_hartford_public_library)

### Charge Up While You Check Out!

The New Hartford Public Library offers an electric vehicle (EV) charging station for public use! Conveniently located in our lower level parking lot, you can power up your car while enjoying our books, events, and community spaces.

Stop by, plug in, and stay a while!

### NHPL Board of Trustees 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.

### 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.

### Display Case Booked

Interest in use of the display case at the New Hartford Public Library continues to grow, with all twelve months in 2026 reserved by community non-profits, clubs and service organizations. We're pleased that exhibitors want to share their stories with the community and want to thank groups who continue to express interest in using the case at the main entrance to the library. We also want to thank all exhibitors in 2026. We're looking forward to hearing from groups who want to use the display space in 2027.

### Sit and Stitch

With the Mohawk Valley Quilt Club

Date: The first Monday of the month

Time: 12:30 to 2:30 pm

Where: Corasanti Room, New Hartford Public Library  
Bring a project of your own or learn to quilt with us, all experience levels welcome.

### AARP Smart Driving Class

The next course will take place on Tuesday, January 27th from 9:00am-3:30pm.

Please contact Ron Merritt to register at 315-724-0096.

### Literacy CNY

We have a volunteer at the library each Tuesday from 11:00am-2:00pm and a NEW ADDITION of the 1st & 2nd Friday of each month from 1:00pm to 4:00pm. 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.

### 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. Storytime will be put on pause starting December 22nd for the upcoming holidays. Have a happy holiday break and we will see you again starting January 5th.

### Story Time Returns January 5th

Regularly scheduled Monday/Tuesday/Thursday Story Time and craft returns January 5th at 10:30am.

### Senior Yoga Class

Senior Yoga takes place every Monday at 3:00pm 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.

### Chair Yoga Class

Join us on Monday mornings from 10:30am-11:00am (NEW) and Friday mornings from 11:00am to 12:00pm for Chair Yoga in the Sammon Room. There is no charge for this class.

### Back for another Session!! Meditation Class

12:30-1:30pm Mondays 11/3-2/23 - Ages 18+  
Class is limited to 20 people.

If you've ever wondered about meditation and how people can achieve stillness, now is the time to take this introductory class. We will learn breathing techniques and other practices to keep us in the present moment. This assists with anxiety, blood pressure and stress.

The class is led by Laureen Violante, CMT, CYT. She is a certified meditation teacher and has taught yoga and breathing techniques since 1995.

No prior experience is required. Registration is suggested.

### Upstate University Hospital's Mammography Van to return to the New Hartford Public Library on January 15th

Upstate University Hospital's Mammography Van will return to the New Hartford Public Library at 2 Library Lane in New Hartford, on Thursday, January 15th, 2026. The screenings will be available between 10 a.m. and 4 p.m. Appointments are recommended for women who want to get a mammogram, to ensure they will be seen that day.

To schedule an appointment for a mammogram with the van, women should call 315-464-2588. Appointments can also be requested online at: [www.upstate.edu/noexcuses](http://www.upstate.edu/noexcuses).

To be eligible for a mammogram on the van, women should be 40 years and older; not have had a mammogram in the past 12 months; and not be experiencing breast problems.

The mobile mammography program was started

through New York State's "Get Screened, No Excuses" Breast Cancer Initiative, and continues with the support of Upstate University Hospital. The program's aim is to get rid of obstacles to breast cancer screening for women in New York. The average rate for screening mammography in New York is 81 percent.

The mammography van is equipped with a state-of-the-art 3D digital mammogram system, private exam room, dressing rooms and a waiting room.

Breast cancer is one of the most common cancers in women, affecting one in 8 women. It's also one of the most treatable cancers when detected early. Mammograms—x-rays of the breasts—are the most effective screening procedure for the early signs of breast cancer. For information, contact: Wendy Hunt at 315-492-3353.

### Dave Dellecese Visits the NHPL!

Writer and Author Dave Dellecese (The Little Lamp; Lucy and the Ghost Take the Stage; Lacey & Lily; Look Out! Here Comes the Mope!) will join the New Hartford Public Library for a special children's storytime on January 15, 2026 at 11:30 a.m. where he will read from some of his books.

An area native, former journalist and news anchor, Dave has written children's books, graphic novels, comics, and sometimes even stories for grown-ups.

He will also have copies of his books on hand to purchase for anyone interested.

For more on Dave, visit [davedellecese.com](http://davedellecese.com).

### Lego Club: From Book to Block

Back by popular demand...Lego Club!

Each month a passage from a book is read aloud from a pre-selected book. Using their imagination, children are asked to build what they see when visualizing that scene. This club meets on the 1st Saturday of the month at 10:30am. (Geared for 7-12yrs)

### Preschool Playdate

Designed for Preschool age children and under. Join us in the Children's Area for some little library users fun! There are plenty of toys, puzzles, educational tablets and of course friends to play with.

Stop in Monday, Tuesday, or Thursday at 10am before Story Time to partake.

### Read with Therapy Dogs!

Bring your little ones to read with Jimi and Radar, 2 Therapy Dogs registered with Love on a Leash. Our two furry friends will be here on January 22nd at 11:30 in our Children's Area. Hope to see you there!

### Community Cane Class

Free Personal Safety Program for Seniors. The New Hartford Public Library is sponsoring a three-week Community Cane Class teaching personal safety for seniors using a walking cane. The program is free with pre-registration and all materials are provided, and is taught by Headmaster Eric Stalloch of the American Martial Arts Institute in New Hartford. Mr. Stalloch has been instructing cane self-defense classes and seminars for more than 26 years. Persons of all mobility levels are welcome. The class is participatory with a light warm-up, blocks, strikes, self-defense techniques, and katas (a traditional martial arts exercise). The goal of the class is for seniors to learn how to better protect themselves and improve balance and mobility in a group class. While geared for seniors ages 50 and older, all adults ages 25 and older are welcome. Whether you use a cane daily for mobility or are simply interested in how to defend yourself, this class is for you. Please call 315-733-1535 to register.

Week 1: Sat, Jan 24 11am-12noon

Week 2: Sat, Jan 31 11am-12noon

Week 3: Mon, Feb. 2 6:30pm-7:30pm

### NEW FOR 2026 Board Books and Babies

Join us on the third Friday of the month at 10:30 for Board Books and Babies!

Our new baby story time program is aimed at ages 0-18months. This is a great way to get your baby introduced into the library setting and meet other

caregivers along the way. Feel free to bring your tummy time mats or cozy floor blanket for added comfort. Books, songs, lap bounces and new friends await!

### Community Rooms

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

### Teen Volunteer Opportunities

- Lego Club Setup/Cleanup Crew: (1.5 hours available) Every first Saturday of the month.
- Volunteer Time 10:15am – 11:45am (1.5 hours)
- Lego Club Start time 10:30am-11:30am.
- Needs to Sign-Up in advance.
- Book to Brick : Passage Finder: (2 hours available)
- Perfect for avid readers and book lovers.
- Volunteer Time: On your time/schedule. (Max 1 hour awarded)
- No sign-up required. Must check the booklist before starting. No duplicates.
- \*\*Additional Hour Option: Sign up to read your passage for Lego Club and build your interpretation. Photo submit your build to us.
- First Saturday of the month. 10:30am-11:30am. (+1 hour awarded)
- Children’s Area Cleaners/Book Straighteners Team: (1 hour per day)
- Volunteer Time: On your time/schedule. (Max 1 hour awarded per day).
- No sign-up required. Must call before showing up.
- Story Time Craft Prepper (1 hour)
- Volunteer Time: On your time/schedule. (Max 1 hour awarded per day).
- Sign-up required. Space limited. Ask for Cheryl.

### “Basketball is for Everyone” Initiative

Thanks to Red & Blue Girls Hoops and their Basketball is for Everyone initiative, our library now has basketballs and pickleball racquets with balls available for checkout! Red & Blue, founded by New Hartford Girls’ Basketball alumna Elizabeth Cavic, is all about building skills, teamwork, and community for young athletes. Their generosity helps ensure every child has access to the joy of active play both on and off the court. Stop by the library and borrow some equipment today, because play belongs to everyone!

### 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
- >**Mystery Book Club:** They meet on the second Saturday of the month at 11am. For more information, please contact the library.
  - January 10th: The Spy Coast Tess Gerritsen
  - February 14th: The Late Show Michael Connelly
  - March 20th: The Thursday Murder Club Richard Osman
  - >**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/>

### NHPL Silent Book Club

Are you feeling a bit of cabin fever? Want to get out and chat about books with fellow readers? The Silent

Book Club is for you! Join us on January 9th at 1:30 in the Corasanti Room for our first meeting. This book club is designed for those that wish to be among readers but would love to read their own book of choice while still being able to hear about what others are reading. This is a great way to find new books and authors that you may not have read yet. Bring your current read, read solo for a bit and then if you feel up to it, share your book. This is a very informal book group....just show up and chat if you'd like or read among fellow readers. The choice is yours!

### 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 10:30am. Interested guests and new members are welcome to attend.

### Toy Drive

We are helping collect new unwrapped toys on behalf of the Connected Community Schools Community Elves Initiative. If you are interested in making a toy donation you can find the donation bin at the New Hartford Public Library. Collection has started and will be going throughout the holiday season. Thank you in advance!

### 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:
- NEW! Utica Children’s Museum
  - The Wild Center
  - Fort Rickey Children's Discovery Zoo
  - Adirondack Experience
  - Munson (formerly Munson Williams Proctor Art Institute)
  - Utica Zoo
  - Empire Pass
- 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.

### Inclement Weather Policy

With winter weather fast approaching, we would like to remind you of our Inclement Weather Policy: If New Hartford Central School District cancels school due to inclement weather prior to the start of school, the Library will close as well. Should the district close mid way through the day, it is up to the discretion of the Director or the Director’s designee to close early. We thank you in advance for your understanding in keeping our community and staff safe.

### Friends of the New Hartford Public Library 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.

### Bill Bonsted Indoor Miniature Golf Tournament

March 28, 2026. Come and enjoy the Bill Bonsted Indoor Miniature Golf Tournament. No rain, no snow, no alligators. Alligators?????? Time: 2pm-4pm. 9 holes. Play around the book shelves and be sure to observe what the library offers. WANTED: Hole designers to create obstacles (all ages, groups, etc.). Easy to do. Just over this, around that, through those and in the hole. Use any materials and your imagination. Interested? Leave information at the circulation desk. It is a lot of laughs. Putters and balls included. No carts allowed on the course! There will be a trophy and prizes.

### Support the New Hartford Public Library

Thanks to your generosity, fundraisers like The Bill Bonsted Indoor Miniature Golf Tournament, The Annette Barber Used Book Room, the Joshua Turner Fund, Hannaford Bloomin' 4 Good Program, and donations and membership, we were able to purchase new toys and furniture for the children's area, update computer hardware, sponsor performers for the children's summer reading program, park passes and raise our nation's flag with the addition of a new flagpole and flag. Thank you for your continued support.

### Understanding Legal Documents Presentation

Legal Documents Everyone Should Have: A Practical Guide to Protecting Yourself and Your Loved Ones. This 90-minute program held at the New Hartford Public Library, is designed to help community members understand the essential legal documents that safeguard their wishes, assets, and families. The presentation will cover:

- The purpose and importance of a Will
- Power of Attorney
- Health Care Proxies and Living Wills
- How to keep documents updated
- Common myths and mistakes
- What happens if someone doesn’t have these documents in place

The goal is to empower attendees with clear, practical information so they feel confident taking their next steps in planning ahead. This presentation is provided by Estate Planning Law Center. It will be held on January 25th 1:00-2:30 Please call 315-733-1535 to register.

FRIENDS MEMBERSHIP FORM

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Life Membership \$100

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

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### Remembering William "Bill" Grace – Grace Furniture

Bill Grace, the longtime owner of Grace Furniture, passed away peacefully with his family by his side & the support of Hospice and Palliative Care in early December. To our family and to so many in this community, he was far more than a business owner — he was a steady presence, a mentor, and a man who believed deeply in taking care of others.

My grandfather dedicated much of his life to Grace Furniture, building it not just as a store, but as a

place rooted in integrity, hard work, and genuine relationships. He took pride in knowing his customers, supporting his employees, and standing behind every piece that carried the Grace name. For him, business was always personal.

Family was at the center of everything he did. He was a devoted husband, father, grandfather, and great-grandfather who showed his love through action, consistency, and quiet strength. He believed in showing up — whether for family dinners, sporting events, milestones, or moments when support was needed most.



Bill and Cassie on her wedding day

Beyond his family and business, Bill Grace was deeply committed to local charities and causes, giving back to the community that supported him for so many years. His generosity was thoughtful and sincere, never seeking recognition.

His legacy lives on through the values he instilled, the business he built, homes he has decorated and the many lives he touched. As his granddaughter, I am deeply grateful for everything he taught me — about furniture, about family, and about the character of a good and honest person. His lessons and love will remain with me always. Thank you.

— Cassie Grace Miles



# The Olde Wicker Mill

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"I'm sleeping through the night...I haven't done that in 10 years."

"My anxiety is gone! My wife said I haven't hollered at her in weeks."

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*The Grapevine* 

**Happy New Year!!**

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## A Tail of Triumph

### *Adored Canada Lynx Kit Makes Full Recovery After Injury*



Canada Lynx kit of the Utica Zoo, Hadley, has officially made a full recovery after several months of ongoing veterinary care due to a critical injury, making his story a true tail of triumph. The verifiable event causing Hadley's injury was not captured, but it soon became consensus that an awfully curious and rather brave kitten was pushing the limits of his little limbs while learning to climb and jump in his exhibit.

On August 30th of 2025 and at just 15-weeks old, it was soon found out that Hadley was experiencing a broken femur. Hadley was transported alongside his dedicated keeper and veterinary staff to Guardian Veterinary Specialists in Brewster, New York, for orthopedic surgery with board-certified orthopedic surgeons. After a successful operation and several weeks in quarantine to rest and rehabilitate, Hadley passed his 7-week radiograph recheck with flying colors.

By November, Hadley was reintroduced back to his exhibit and happily greeted by his immediate family. This in turn dropped a substantial weight off the shoulders of his caretakers and veterinary staff, since Hadley facing rejection from the family group upon his return was always an unfortunate factor to consider. Upon

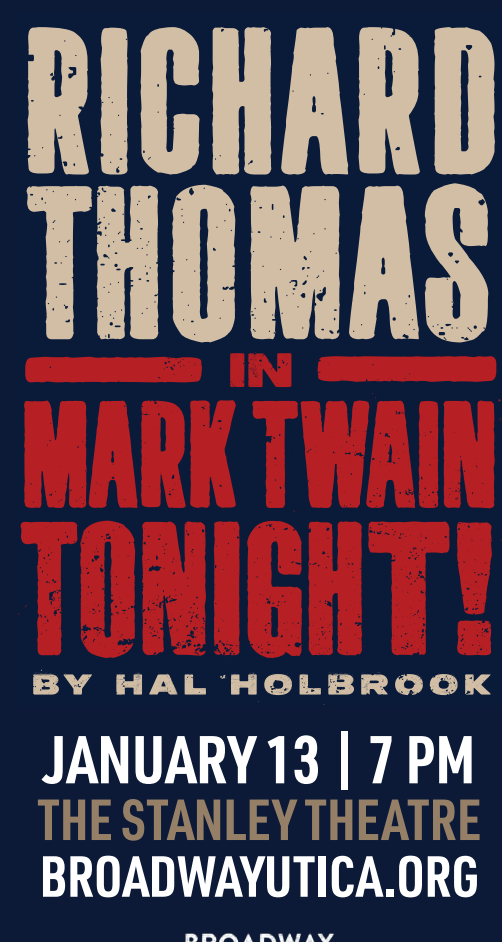
the rejoice of Hadley and his family group, as well as a stellar radiograph report, he was ready to continue his rehabilitation and improve his mobility on exhibit this time.

Hadley's treatment plan was designed with the expertise of his veterinary staff at the Utica Zoo and his orthopedic surgeon, accompanied with recommendations from the SSP (Species Survival Plan). To avoid the very probable possibility of Hadley breaking his femur again or generating any new injuries, he was gradually offered more ground to walk and height to climb over time. The careful considerations and decisions made by Hadley's veterinary staff are the primary reason for his smooth recovery and overall success.

Today, Hadley has free roam of the entire Canada Lynx exhibit, where he can join his family group as they jump, run, and play all day! Hadley's successful recovery feels like a huge win for the entire Utica Zoo team and surrounding community, warming hearts just in time for colder weather.

Even during these cold winter months, the Canada Lynx family is on exhibit since they thrive this time of year. Their large paws allow them to move freely along snow, since they perform similarly to a snowshoe would, whereas their thick, insulating fur keeps them warm. The Canada Lynx exhibit is located along the North Trek Nature Trail at the Utica Zoo, where it is open to the public 363 days a year.

The Utica Zoo is accredited by the Association of Zoos and Aquariums and is the Best of Mohawk Valley Community Choice Award Winner for 2025. It is a regional destination that inspires and promotes the appreciation of wildlife through education, conservation, and recreation. Situated in the heart of Central New York, the zoo features a diverse collection of animals from around the world and offers various educational programs and events for visitors of all ages. It is home to approximately 200 exotic and domestic animals, welcoming nearly 100,000 visitors annually and is open daily from 10 am to 4:30 pm 363 days a year, with only the exception of Thanksgiving and Christmas Day. For more information on this, and all things Utica Zoo, visit [UticaZoo.org](https://UticaZoo.org) or follow them on Facebook, Instagram, and LinkedIn!



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Exercising

submitted by Jim LaFountain, All American Fitness Center

At one of my recent fitness presentations, I was asked the question, “What’s the most important reason you exercise on a regular basis?” She was stunned when I answered “The obvious reasons are to maintain my ideal weight and improve muscle tone and heart health, but equally important is to maintain or improve my brain health.” During exercise, beta endorphins are released into the blood stream that simply make you feel good. In the past, this was referred to as a “runners high.” This “feel good” response usually lasts about four hours. I used this to my advantage in undergraduate and post graduate test taking. I’d show up an hour before the exam and briskly walk for four miles, including a few minute cooldown. I believe it caused me to think more clearly and retrieve the material I had studied better.

The level of beta endorphin production is based on our perceived exertion. In other words, if it feels difficult, you will produce a higher level of beta endorphins. That’s especially good news for out of shape beginners. One of my newest clients had a body fat percentage above 42% and she had been completely sedentary for three decades. I limited her first session to a 3-minute stationary bicycle ride. She experienced an exercise induced “high” equivalent to one of my most fit clients, after running three miles. Obviously, there are also several physiological factors that produce beta endorphins, but perception seems to be the most dominant factor.

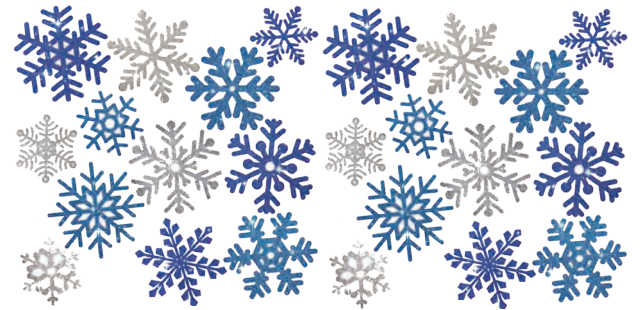
**Recent studies claim:**

\*Combining cardio and strength training is the most effective way to protect brain health and improve memory after 60.

\*Researchers also believe this powerful combination works because cardiovascular exercise increases blood flow and neuroplasticity, (having a brain that adapts to experience) while resistance training boosts brain supporting hormones like BDNF (Brain-Derived Neurotrophic Factor). A protein essential for survival, growth and maintenance of neurons in the brain and spinal cord. It plays a crucial role in learning, memory and synaptic plasticity (the ability of synapses to strengthen or weaken over time). BDNF is implicated in various functions, including mood regulation. Low levels are associated with depression, Alzheimer’s and Parkinson’s disease.

This new research is particularly exciting for me because the most popular workout at the All-American Fitness Center is called Interval Resistance Training (IRT). It combines cardio with resistance work. It includes a 3-minute intense cardio bout, followed by pairs of resistance movements. This sequence happens 4-5 times within a 30-minute workout. It stimulates the production of high levels of beta endorphins, improves your cardiovascular system’s function, improves muscular strength and improves joint integrity. One warning: due to the higher than normal intensity, your body will only tolerate no more than two IRT’s a week with 48-72 hours in between sessions.

Dr. Kenneth Cooper’s best selling book ‘Aerobics’ sparked the cardio craze. Since the 1960s, cardio has been the focus of most exercise enthusiasts. I have always weight trained in preparation for the seasonal sport I was about to play. I love bicycling and actually raced and qualified for nationals in the 1980s. At about that time, I began doing IRT and continue doing this cardio/resistance workout, two times a week now. It’s a fast paced 30-minute bout that seems to fly by. I suggest you give it a try.



**MVILR Winter Classes Begin January 19**

The Mohawk Valley Institute for Learning in Retirement’s winter semester will be held from January 19 to February 15 on the MVCC Rome Campus. There is a wide variety of 4-week classes to choose from, including the areas of science, history, literature, wellness and music. Some of the new offerings this semester are “Language & Culture: How the Words You Use Reflect …..”, “Alternative Healing Modalities” and “Exploring PhET: Simulated Physics Labs.” For information about membership and registration, view the current catalog at mvcc.edu/mvilr or contact by email at mvilr@mvcc.edu.

MVILR is a lifelong learning program that offers diverse, equitable, and inclusive educational opportunities to meet the needs and interests of the area’s senior population.

**9th Annual CNY Wing Wars**

The Joseph Michael Chubbuck Foundation will host the 9th Annual CNY Wing Wars from noon to 3pm Saturday, January 31, 2026, at Harts Hill Inn, 135 Clinton Street Whitesboro.

Participants include Tony’s of New Hartford, Pizza Boys, Hot Off The Brick, Fratello’s Pizzeria, Piggy Pats, Knuckleheads, Pizzeria Italia, Ray Brothers BBQ, Utica BBQ, Utica Maennerchor, 3 Bastards Brewing, and Maggolino’s Pizzeria.

After tasting ALL the wings, the attendees will vote for “Best Wing” and “Most Unique Wing” alongside the celebrity judges panel of Oneida County Sheriff Maciol, Senator Griffo, Assemblywoman Buttenschon, WKTV Jason Powles, Empire Plate’s Bill Vinci, and WIBX Bill Keeler.

Admission is \$35 per ticket which includes (1) slice of pizza, (1) wing from each vendor, and (1) free beer or soda. Tickets are LIMITED TO 250 and are being sold online at [www.thejmcf.org](http://www.thejmcf.org) OR call 315-339-5993 from 9am to 5pm weekdays. Tickets will be sold at the door unless they sell out beforehand.

Thank you to: PJ Green Printing, Townsquare Media WIBX (Bill Keeler show), and McCraith Beverage.

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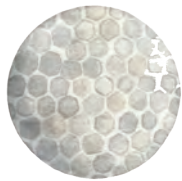


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**New Hartford Athletics - Home Games**

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Date	Start time	Sport	Level	Location	Opponent
1/2	12:00 PM	Ice Hockey (Girls)	Varsity (Combined)	New Hartford Nexus Center	Alexandria (Islanders), Clinton (Combined)
1/5	4:00 PM	Bowling (Boys)	Varsity	Vista Lanes	Utica Proctor
1/5	4:00 PM	Bowling (Girls)	Varsity	Vista Lanes	Utica Proctor
1/5	5:30 PM	Volleyball (Girls)	Junior Varsity	New Hartford HS Gym	Utica Proctor
1/5	6:30 PM	Ice Hockey (Girls)	Varsity (Combined)	New Hartford Nexus Center	Webster Schroeder, Clinton (Combined)
1/5	7:00 PM	Volleyball (Girls)	Varsity	New Hartford HS Gym	Utica Proctor
1/5	7:30 PM	Ice Hockey (Boys)	Varsity	New Hartford Rec Center	Clinton
1/6	4:00 PM	Basketball (Boys)	7th/8th (Blue)	Perry JH Gym	Whitesboro (Blue)
1/6	5:30 PM	Basketball (Girls)	7th/8th (Blue)	Perry JH Gym	Holland Patent
1/7	4:15 PM	Volleyball (Girls)	7th/8th	Perry JH Gym	Central Valley Academy (Blue)
1/8	4:00 PM	Basketball (Boys)	7th/8th (Blue)	Perry JH Gym	Central Valley Academy (Blue)
1/9	4:00 PM	Bowling (Girls)	Varsity	Vista Lanes	Rome Free Academy
1/9	4:00 PM	Bowling (Boys)	Varsity	Vista Lanes	Rome Free Academy
1/9	5:30 PM	Basketball (Girls)	Junior Varsity	New Hartford HS Gym	Rome Free Academy
1/9	7:00 PM	Basketball (Girls)	Varsity	New Hartford HS Gym	Rome Free Academy
1/9	7:00 PM	Ice Hockey (Boys)	Varsity	New Hartford Rec Center	Whitesboro
1/9	7:00 PM	Cheerleading (Girls)	Varsity (Winter)	New Hartford HS Gym	Rome Free Academy (Fall)
1/13	4:00 PM	Basketball (Boys)	7th/8th (Blue)	Perry JH Gym	Utica Proctor (DMS)
1/13	5:00 PM	Swimming/Diving (Boys)	Varsity	New Hartford HS Pool	Rome Free Academy
1/13	5:30 PM	Basketball (Girls)	Junior Varsity	New Hartford HS Gym	Central Valley Academy
1/13	6:30 PM	Ice Hockey (Girls)	Varsity (Combined)	New Hartford Nexus Center	Oswego, Clinton (Combined)
1/13	7:00 PM	Basketball (Girls)	Varsity	New Hartford HS Gym	Central Valley Academy
1/13	7:00 PM	Cheerleading (Girls)	Varsity (Winter)	New Hartford HS Gym	Central Valley Academy (Fall)
1/14	7:00 PM	Ice Hockey (Boys)	Varsity	New Hartford Rec Center	Cortland (Cortland/Homer)
1/15	5:30 PM	Basketball (Boys)	7th/8th (Red)	Perry JH Gym	Central Valley Academy (White)
1/16	4:00 PM	Bowling (Boys)	Varsity	Vista Lanes	Holland Patent
1/16	4:00 PM	Bowling (Girls)	Varsity	Vista Lanes	Holland Patent
1/16	5:30 PM	Basketball (Boys)	Junior Varsity	New Hartford HS Gym	Holland Patent
1/16	7:00 PM	Basketball (Boys)	Varsity	New Hartford HS Gym	Holland Patent
1/16	7:00 PM	Cheerleading (Girls)	Varsity (Winter)	New Hartford HS Gym	Holland Patent
1/17	12:00 PM	Basketball (Boys)	Junior Varsity	New Hartford HS Gym	Watertown
1/17	1:30 PM	Basketball (Boys)	Varsity	New Hartford HS Gym	Watertown
1/17	1:30 PM	Cheerleading (Girls)	Varsity (Winter)	New Hartford HS Gym	Watertown (Fall)
1/17	5:30 PM	Volleyball (Girls)	Varsity	New Hartford HS Gym	Holland Patent
1/19	2:00 PM	Ice Hockey (Girls)	Varsity (Combined)	New Hartford Nexus Center	Clinton (Combined), Canton

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## Fund Established to Support Long-Term Preservation Efforts at Forest Hill Cemetery

The Forest Hill Cemetery Preservation Foundation Fund was established at the Community Foundation of Herkimer and Oneida Counties to assist in administering and investing the organization’s charitable assets. Contributions will go towards maintaining, preserving and enhancing the cemetery for generations to come.

Forest Hill Cemetery has been in continuous operation since its incorporation in 1850 by the not-for-profit, non-sectarian Utica Cemetery Association. Spanning 166 acres, 119 of which are developed, the cemetery

provides a dignified and secure resting place within a serene, park-like setting that overlooks the City of Utica. Referred to as "Utica’s Outdoor Museum," Forest Hill Cemetery is known for its rich historical value, with many local, state and national leaders resting there.

The historic cemetery is in need of repairs and maintenance to address the effects of age and weather. Many of its structures and grounds require attention to ensure their preservation, including, but not limited to, the restoration of the Silas D. Childs Chapel, which is in need of repair on both the interior and exterior. These efforts will help protect the site’s historical integrity and maintain its role as a place of remembrance and cultural significance.

“We are proud to establish a fund with the Community Foundation to support the preservation of our historic structures, including the Silas D. Childs Chapel and our beautiful main arch,” said Frank Williams, president of the Forest Hill Cemetery Preservation Foundation, Inc. “With the support of the Community Foundation and our donors, we can ensure that Forest Hill Cemetery will remain one of the area’s most beautiful outdoor museums.”

To make a donation, visit [foundationhoc.org/fhc-pf](https://foundationhoc.org/fhc-pf) or send checks payable to the Forest Hill Cemetery Preservation Foundation Fund to the Community Foundation, 2608 Genesee Street, Utica, NY 13502.



Founded in 1952, the Community Foundation of Herkimer and Oneida Counties envisions a vibrant region with opportunity for all. In fulfillment of its “Engage. Invest. Lead” mission, the Community Foundation has transformed decades of donor generosity into \$150 million invested in social impact initiatives, collaborative leadership and grantmaking. Find out more at [foundationhoc.org](https://foundationhoc.org).





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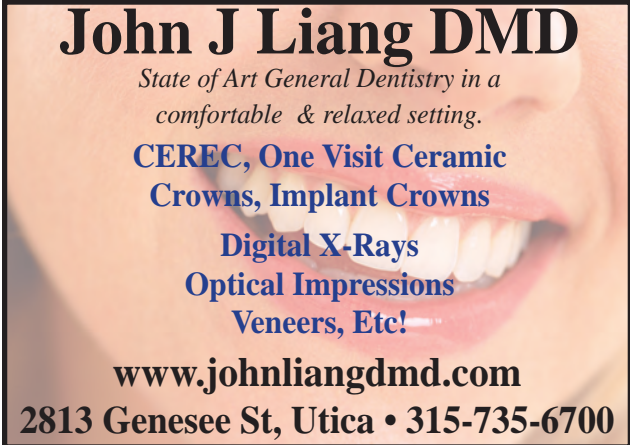


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# Stanley Theatre Series

**Danny Kaye**  
**1911 - 1987**



*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.

Born David Daniel Kaminsky in Brooklyn in 1911, Danny Kaye was the youngest of three sons of an immigrant Russian tailor. He attended Brooklyn public schools but was not known to have graduated from high school. His entertainment career that began in radio eventually encompassed stage, screen, radio, and television. Also, beyond his entertainment life, he was proud of his culinary expertise with a specialty in Chinese cuisine, having hosted Henry Kissinger, Gary Grant, Luciano Pavarotti and other notables at his home to partake of his cooking skills. But of course, it was his entertainment activity and diversity for which he is best known. In addition to his stage multiplicity - comedian, dancer, singer, and a whole lot of etceteras. Kaye appeared in 23 movies, mostly between the mid 1940s and 1950s including "White Christmas" with Bing Crosby, "Wonder Man", "The Kid from Brooklyn", "The Secret Life of Walter Mitty", etc. His diversity extended to aviation, having earned his pilot status, and he was an enthusiastic golfer. he once held partial ownership of the Seattle Mariners. His appearance at the Stanley Theater was in 1930, early in his entertainment career when the Stanley itself was in its infancy having opened in the fall of 1928. Kaye died on March 3, 1987 at the age of 76 from complications during heart surgery.



*by Victor J. Fariello Jr.*



## HAPPY NEW YEAR!

Another year is here and that means another year of Antique Talk in the Town Crier. Your interest and support of this column is what keeps it going. I thank you for your readership and your questions and comments.

If you have an idea for a subject for Antique Talk, just email or write to me at the address below. Let me know any topic that you would like to hear more about.

Wishing all of you and your families a very Happy New Year! May 2026 be one of your best years ever!

## Oneida County History Center Nutcracker Display

January 10th will be the last day to view the Not So Tiny Nutcracker Display at the Oneida County History Center at 1608 Genesee St. in Utica. The display consists of 600 nutcrackers mostly from the well-known collection of Joanne Gerace, former owner of Tiny's Grill in Utica where they were displayed for many years. You can visit the Center's website at [oneidacountyhistory.org](http://oneidacountyhistory.org).

## Support Your Historical Society

It's a great time to renew or start your membership in this great community asset. The rates for 2026: \$20 Individual; \$25-Family; \$50-Contribute; and \$100-Corporate. You can also now pay for your membership online at the society's website [newhartfordhistory.com](http://newhartfordhistory.com) or you can mail your check payable to 'NH Historical Society' to PO Box 238, New Hartford, NY 13413. All donations are tax deductible. Your support is appreciated.



*This display at the Oneida County History Center continues until January 10th.*

## Consider Joining the Questers

The Questers is an organization with members who are interested in history, preservation and antiques. The J. Schoolcraft Sherman Chapter #1519 meets monthly except July & August at the New Hartford Library. We usually have a presenter at each meeting and Show & Tell where members bring an item to share with the group. New members are always welcome! Email me at [vjfariello@gmail.com](mailto:vjfariello@gmail.com) for more information.

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





**When the Mohawk Valley Water Authority (MVWA) was established in 1996, Patrick Becher was the director of budget and management for the City of Syracuse and seeking the next chapter in his career. That chapter turned into a three-decade journey with MVWA, leading a team that would develop, operate, maintain, and improve the Mohawk Valley water distribution system, supporting economic development and providing residents with cost-effective, reliable, and high-quality drinking water for life.**

**Capital Improvements for a Secure Future**

Another major area of focus was capital improvement. Becher brought on a senior engineer to manage the overall program, including several initiatives to modernize the authority's operations and ensure its long-term ability to meet the area's growing water security and water supply needs. Since its inception, the MVWA increased the pace of repair and replacement for its 700-mile pipe system. In his first five years, Becher oversaw the replacement of more than 10 times the linear feet of water main that had been replaced in the previous 20 years.

"One third of the pipe system is more than 120 years old, one third is between 75 and 120 years old, and the final third is less than 75 years old," said Becher. "We've expedited the process of replacing outdated infrastructure, which is critical in ensuring a safe and reliable water supply for our future."

Over the past three decades, MVWA also updated and expanded its service vehicle fleet, added six new water tanks to the system, and integrated the Oneida County Airport system into its network.

"The evolution of the Mohawk Valley Water Authority under Pat's leadership has been truly remarkable," said Elis DeLia, chairman of the MVWA board of directors. "Pat and his team have demonstrated how a public utility can succeed and grow while providing a critical resource for everyone who lives and works in our region. Pat has not only been a tremendous asset to the Authority, but to our entire area through his tireless commitment to serving on community boards with countywide significance."

"Pat and his team have demonstrated how a public utility can succeed and grow while providing a critical resource for everyone who lives and works in our region."

—Elis J. DeLia, Esq.  
Chairman of the MVWA  
Board of Directors

**Supporting Regional Growth**

As part of its water supply stewardship and regionwide commitment, the MVWA actively collaborates with economic development groups and related entities, including Empire State Development, local industrial development authorities (IDAs), and Mohawk Valley Economic Development Growth Enterprises Corporation (EDGE). Becher has served on the EDGE board of directors for more than 20 years and is currently the treasurer.

"Pat and the Mohawk Valley Water Authority team have been invaluable partners as we work to attract new businesses and talent to the region," said Shawna Papale, Mohawk Valley EDGE president. "A reliable water supply is critical for semiconductor facilities and many other desirable growth industries. In many cases, companies can even save money on water by locating in our region."

"It's clearly a team effort of agencies and organizations from across the region to talk to these international companies about locating facilities in the Mohawk Valley," said Becher. "The companies know their water needs, and they want to know what resources are available at the site, if improvements will be necessary, and how much it will all cost. All of us work very closely in promoting the region as a great place for business."

Not content to simply ensure a reliable water supply and support regional stability and investment, Becher continued to innovate for the MVWA throughout his time as executive director. He is especially proud of building out MVWA's full-service, in-house certified laboratory, which performs chemical and microbiological analyses, including lead, copper, and bacteria.



**Leader in Water Quality Science**

MVWA continues to significantly expand the lab's capabilities, saving time and money compared to contracting with other facilities and sending out samples. The lab is also growing as a revenue center, with other water utilities now using its testing services.

"Building up the lab's capabilities to its current state is certainly one of the cornerstones of Pat's legacy," said Phil Tangorra, MVWA's long-time director of water quality who will succeed Becher as the organization's second executive director in January 2026. "His stewardship has been focused on providing our water users with the best possible service and preparing to meet the region's future needs in a regulatory environment that continues to become more challenging and costly."



**Vision for the Future**

As he prepares to pass the leadership torch, Becher still has a few notable goals in mind for the MVWA. He would like to see the system expand east to Frankfort, Ilion, and Herkimer, for example, allowing these municipalities to take advantage of the efficiencies afforded by a regional system, as well as avoiding major investments in treatment facilities. He'd also like to see creation of community programs to help local residents with their lead replacement efforts. Becher is confident that MVWA's forward-thinking board and capable team will continue to expand the organization and augment its capabilities while prioritizing community and regional needs.

"Our goal has always been to support the entire region by providing reliable access to potable water and to supply residential and commercial water usage demands," said Becher. "Collectively, we've accomplished a great deal over the past three decades, and I know the MVWA will accomplish so much more in the future."

"Collectively, we've accomplished a great deal over the past three decades, and I know the MVWA will accomplish so much more in the future."

—Patrick Becher



"I was excited by the community's effort to create a unique water authority, one governed by a board of local municipal representatives, and having a vision for how MVWA could improve quality of life and be a catalyst for regional growth."

—Patrick Becher



While the regional water supply system was previously managed by the City of Utica Water Board, a group of forward-thinking government and community leaders created the MVWA as a public authority to ensure water source protection and future sustainability. This included long-term operations and maintenance, regular capital improvements to keep pace with a growing user base, and continuous technology investments to ensure consistently high water quality.

At the time of MVWA's establishment, Becher had been with the City of Syracuse for more than 10 years. On the opportunity to join the MVWA in 1997, Becher reflected:

"I was excited by the community's effort to create a unique water authority, one governed by a board of local municipal representatives, and having a vision for how MVWA could improve quality of life and be a catalyst for regional growth."

Nearly thirty years later, Becher is retiring as MVWA's first and only executive director to date after building a strong legacy of progressive water supply stewardship and thoughtful water supply user advocacy. At this transitional moment, he is taking the time to reflect on the successes and challenges during his tenure with MVWA, as well as the future of the authority as it continues to adapt to the region's evolving water needs.

**Charting a New Course**

Surface water sources gather in the streams and creeks of the Adirondack Mountain watershed, draining into the West Canada Creek and flowing to the New York State-owned Hinckley Reservoir. MVWA relies on this reservoir to provide water to approximately 130,000 residents and businesses in the greater Utica area, including portions of Oneida and Herkimer Counties.

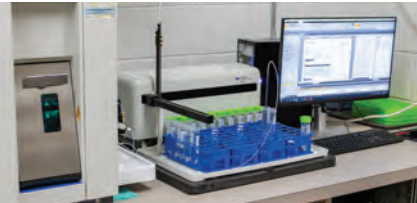
Given this significant responsibility, we have been fortunate through the years to have the guidance of an actively engaged board," said Becher. Together, they began to chart a course that would allow the MVWA to grow into the organization it is today. Becher brought in talented new people to help run the nascent public authority, including a chief financial officer (CFO) and human resources, administration, and customer service personnel. Pat and his leadership team particularly focused on MVWA's people, implementing comprehensive safety training and building a customer-centered culture.



**Focus on Technology and Fiscal Strength**

Becher also saw the opportunity to leverage technology to improve MVWA operations. He pushed for the development of dedicated MVWA information technology systems, including phones and computer networks, as well as the implementation of a new geographic information system (GIS) and data capture and workflow management systems. The MVWA also modernized its 40,000-meter reading and data processing system, including daily usage readings via radio modems, resulting in much more rapid issue identification and remediation.

With the new CFO, Becher worked to implement additional fiscal management practices and authority sustainability planning. Over time, the authority has improved its bond ratings six times to achieve AA and A1 statuses, and it refinanced its water treatment plant to increase fiscal efficiency.



## Trinity Christian Preschool

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Sitrin's Hydro Aerobics class combines stretching with cardiovascular exercise while you move to the sound of energetic workout music.

## Stay Warm and Fit Year-Round at Sitrin

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

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

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

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

"Sitrin's Wellness Center provides an inviting, fun atmosphere great for socializing,

while also getting fit," said Marcia Danella, Wellness Center member at Sitrin.

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

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

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



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# MUNSON COMMUNITY ARTS

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Heather Smith, *Good Girl with a Pearl Earring*, Gouache on paper, 2024

## SPRING CLASSES ADULTS

### DRAWING

#### MINI-COURSE FIGURE DRAWING

Yulia Levkovich | All Levels | 18+  
**Wednesdays, 6–9 p.m.**  
Jan. 28–March 4  
Cost: \$147, Member: \$133  
*High school art students may enroll with guardian permission.*

#### SPECIALTY WORKSHOP COLOR PENCIL CRYSTALS WITH RETRO SORRENTO

Maria Vallese | All Levels | 16+  
**Saturday, Feb. 28, 2–5 p.m.**  
Cost: \$58, Member: \$53

#### MINI-COURSE FIGURE DRAWING

Chad Smith | All Levels | 18+  
**Wednesdays, 6–9 p.m.**  
March 11–April 22 (no class March 18)  
Cost: \$147, Member: \$133

### JEWELRY + METALS

**INTRO TO JEWELRY MAKING**  
Luke Towne | Beginners | 16+  
**OPTION 1: Afternoons: Mondays, 1–4 p.m.**  
Jan. 26–April 20 (no class Feb. 16)  
**OPTION 2: Evenings: Mondays, 6–9 p.m.**  
Jan. 26–April 20 (no class Feb. 16)  
Cost: \$399, Member: \$360

**INTERMEDIATE/ADVANCED  
JEWELRY OPEN STUDIO**  
Luke Towne | Intermediate | 18+  
**Tuesdays, 1–4 p.m.**  
Jan. 27–April 14  
Cost: \$399, Member: \$360

**WORKSHOP  
BEZEL-SET PENDANT**  
Shannon Stockbridge | All Levels | 18+  
**Thursdays, 6–9 p.m.**  
Jan. 29–Feb. 12  
Cost: \$166, Member: \$150

**MINI-COURSE  
CUSTOM CHAIN MAKING**  
Luke Towne | All Levels | 16+  
**Thursdays, 6–9 p.m.**  
March 12–April 16  
Cost: \$205, Member: \$185

### PAINTING

**BEGINNING WATERCOLOR PAINTING**  
Annette Gurdo | Beginners | 18+  
**Mondays, 6:30–8:30 p.m.**  
Jan. 26–April 20 (no class Feb. 16)  
Cost: \$273, Member: \$246

**INTERMEDIATE PAINTING**  
Joe Murphy | Intermediate | 18+  
**Mondays, 6–9 p.m.**  
Jan. 26–April 20 (no class Feb. 16)  
Cost: \$315, Member: \$284

**OIL PAINTING PORTRAITURE**  
Yulia Levkovich | All Levels | 18+  
**Tuesdays, 6–9 p.m.**  
Jan. 27–April 14  
Cost: \$315, Member: \$284

### FASHION + SEWING

**SEWING STUDIO**  
Niki English | Intermediate | 18+  
**Wednesdays, 6–9 p.m.**  
Jan. 28–April 15  
Cost: \$289, Member: \$261

**MINI-COURSE  
SIT & KNIT FOR INTERMEDIATE**  
Rebecca Robbins | Intermediate | 16+  
**Thursdays, 6–9 p.m.**  
March 12–April 16  
Cost: \$90, Member: \$81

**WORKSHOP  
NUNO FELTED SHAWL**  
Mallory Zondag | All Levels | 16+  
**Saturday, March 14, 11 a.m.–4 p.m.**  
Cost: \$147, Member: \$133, Materials Fee: \$20

**WORKSHOP  
WET FELTED BOWLS AND  
BASKETS**  
Mallory Zondag | All Levels | 16+  
**Saturday, April 11, noon–3 p.m.**  
Cost: \$95, Member: \$86, Materials Fee: \$15

### WOODWORKING

**MINI-COURSE  
THE ART OF CREATING USEFUL  
WOODWORK**  
Joe Koronowski | Beginners | 18+ NEW  
**Thursdays, 5:30–8:30 p.m.**  
March 12–April 16  
Cost: \$270, Member: \$243, Materials Fee: \$75

**VISIBLE STUDIO  
MUNSON MUSEUM MASTER COPIES**  
Yulia Levkovich | Intermediate | 18+  
**Wednesdays, 10 a.m.–1 p.m.**  
Jan. 28–April 15  
Cost: \$315, Member: \$284

**PAINTING AND DRAWING OPEN STUDIO**  
All Levels | 18+  
**Fridays, 8:30 a.m.–1 p.m.**  
Jan. 30–April 17  
Cost: \$100, Member: FREE

**PAINTING FOR BEGINNERS**  
Chad Smith | Beginners | 18+  
**Thursdays, 1–4 p.m.**  
Jan. 29–April 23 (no class March 19)  
Cost: \$273, Member: \$246

### POTTERY + CERAMICS

**BEGINNING POTTERY**  
Ron Miller | Beginners | 18+  
**Mornings: Mondays, 9 a.m.–noon**  
Jan. 26–April 20 (no class March 16)  
Cost: \$399, Member: \$360, Materials Fee: \$75

**MINI-COURSE  
SALT FIRED CERAMICS**  
Veronica Byun | Intermediate | 18+  
**OPTION 1: Wednesdays, 6–9 p.m.**  
Jan. 28–March 4  
**OPTION 2: Wednesdays, 6–9 p.m.**  
March 11–April 22 (no class March 18)  
Cost: \$315, Member: \$284, Materials Fee: \$40

**CERAMICS OPEN STUDIO**  
*Students enrolled in an adult ceramics class may take advantage of open studio hours on Saturdays or Sundays from 8 a.m.–noon or 1–5 p.m.*

### PHOTOGRAPHY

**MINI-COURSE  
INTRO TO DIGITAL PHOTOGRAPHY**  
Quincey Spagnoletti | Beginners | 18+  
**Thursdays, 6–9 p.m.**  
March 12–April 16  
Cost: \$247, Member: \$223  
Quincey Spagnoletti is a photographer whose work explores identity and womanhood through installation and performance. Drawing inspiration from her own upbringing, she weaves together human representation and archival imagery from her childhood, creating layered narratives.



### KIDS AND TEEN CLASSES

Saturday morning art classes are available for kids ages 4 to 18.  
**OPTION 1:** Jan. 31–March 7 | **OPTION 2:** March 14–April 18

### REGISTER FOR A CLASS TODAY!

- ➔ [munson.art/community-arts](https://munson.art/community-arts)
- ➔ 315-797-8260
- ➔ [communityclasses@munson.art](mailto:communityclasses@munson.art)

# NEW HARTFORD PAST TIMES

January 2026

## NEW HARTFORD HISTORICAL SOCIETY

### 5 Years of Throwback Thursdays

On January 28th, 2021, the New Hartford Historical Society joined the growing number of groups and organizations that share nostalgia and memories with Facebook’s “Throwback Thursday” format. We thought it would be a good way to reach people and share our community’s rich history. And boy, were we right!

We’ve received tremendous feedback! We are pleased to bring snippets of our archives to this digital platform. We’d like to encourage everyone to take a peek at our weekly submissions. Not on Facebook? Why not peruse our website? We love being able to engage everyone on our community’s historic past.

We also love hearing from our followers as they share their thoughts and memories during our weekly Facebook posts. And we get even more excited when they add to our post with their own recollections and/or inquire about past New Hartford’s sights, businesses and places. The help inspiring our research is very much appreciated.

### Membership Drive

Like many groups and organizations, we’ve seen a drop in membership over the past several years. Sadly, the main reason for that drop is the passing of our oldest and longest members. And although we routinely post and include membership information in our material, it appears we may be just too subtle. If you are currently a member, we would like to say **Thank You** for your continued support! If you are not a member, would you please join us? We are the official caretakers of the vast and magnificent archives that hold the rich history of New Hartford. With the help and support of our members, those archives continue to grow.

### Eames Mansion Tour Tremendous Success

We would like to thank the owner’s and custodians of the Eames Mansion, Nick and Daniel, for their gracious support and the opening of their home for our program this past December. The Eames mansion is one of the oldest and most prominent homes in the Village. The afternoon program and tours were well received and the attendees had many nice things to say. The Historical Society is extremely appreciative for everyone that attended! Thank You!



### BECOME A MEMBER!

Please stop in to visit us and consider becoming a member. Membership fees are \$20 for Individual, \$25 for families, \$50 for Contributing and \$100 for Corporate members. The Historical Society is a non-profit, tax deductible organization.

### Planning a Class Reunion?

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

**Call 315-724-7258 to schedule your group.**



### Museum is Open To the Public

Currently by appointment.

### FREE ADMISSION

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



**Happy New Year!**

**Don’t forget to remit your dues. Thank You**



## New Hartford Historical Society ~ Membership Form ~

Please check one of the following:

- ☐ \$20<sup>00</sup> Individual
- ☐ \$25<sup>00</sup> Family
- ☐ \$50<sup>00</sup> Contributing
- ☐ \$100<sup>00</sup> Corporate
- ☐ Renewal
- ☐ New Member
- Name: \_\_\_\_\_
- Address: \_\_\_\_\_
- Phone: \_\_\_\_\_
- E-Mail: \_\_\_\_\_
- Please send check made payable to:
- New Hartford Historical Society
- P.O. Box 238, New Hartford, N.Y. 13413

**You can also pay dues and/or join online at [newhartfordhistory.com](http://newhartfordhistory.com)**



New Hartford Highway News

submitted by Highway Superintendent, Richard Sherman

As of December 17, 2025, and while preparing this article for January, 2026, we already have a significant amount of snow on the ground for this time of year. The Town received several storms totaling more than 18 inches of snowfall. As a result, the leaf pickup season has officially concluded.

With the holidays upon us, the Highway Department will be working both shifts to collect Christmas trees following the holiday season. Once collected, the trees will be mulched using our brush chipper. We ask residents to place trees at the curb in a timely manner after the holidays, so they can be picked up before becoming buried by snow.

Please remember that the no all-night parking ordinance is in effect. Leaving vehicles on the street makes it difficult for plow trucks to maneuver and properly clear roadways. Additionally, please do not push snow across roadways, as this creates hazardous conditions.

Several construction projects have been shut down for the winter and will resume in the spring as weather conditions improve. The FEMA project at the Athletic Park in Washington Mills is approximately 95% complete and will restart in the spring. The Chadwick's Project will also resume in the spring, with work including sidewalks, curbs, street lighting, tree plantings, and final paving. The Roman Road Detention Drainage Project has likewise been paused for the winter and will resume in the spring. The site has been left in a safe condition and will function as intended to hold and drain stormwater.








The Town of New Hartford Highway Department has updated the rear and front plow markers to green. The flashing green lights on the rear of plow trucks are intended to improve visibility and safety during winter operations, particularly during low-light conditions and heavy or blowing snow. The green front plow marker helps oncoming traffic see the nose of the plow. Please slow down and use caution when approaching snowplows. Plow trucks travel at 25 mph or less on Town and County roads within New Hartford.









Our Town and County roads consist of 10 plowing routes, each of which typically takes approximately three hours to complete. Due to a current shortage of personnel, it may take longer than usual to plow all roads during significant snow events.

The Town of New Hartford Highway Department is currently seeking to fill six full-time permanent positions for Maintenance Equipment Operators (MEO). Applicants must possess a valid Class A or Class B CDL. Applications can be submitted online at [www.townofnewhartfordny.gov/employment-opportunities](http://www.townofnewhartfordny.gov/employment-opportunities).

I hope you had a Happy Holiday season and wish you a Happy New Year. Your Highway Department is available for emergencies at any time, day or night. If you have any questions, please feel free to call me at 315-534-2998 or email me at [rsherman@townofnewhartfordny.gov](mailto:rsherman@townofnewhartfordny.gov).







**New Hartford Central School District  
Kindergarten Registration  
for the 2026-2027 school year**

\*\*\*To be eligible for kindergarten, a child must be 5 years old on or before December 1, 2026


In-person registration dates:









- **Bradley Elementary** 33 Oxford Road, New Hartford 13413
  - o January 20, 2026: 9:30 a.m. to 2:00 p.m.
- **Hughes Elementary** 340 Higby Road, New Hartford 13413
  - o January 22, 2026: 9:30 a.m. to 2:00 p.m.
- **Myles Elementary** 100 Clinton Road, New Hartford 13413
  - o January 27, 2026: 9:30 a.m. to 2:00 p.m.

Additional in-person registration opportunities will be announced at a later date for parents/guardians who are unable to attend in January.

Parents/guardians are encouraged to complete the New Hartford Registration packet and prepare the necessary documentation prior to attending the in-person dates. Please scan the QR Code to access and download the Registration Packet, or go to:  
<https://newhartfordcentralsdny.sites.thrillshare.com/page/student-registration>

If you have any questions, please contact the Office of Student Services at 315-624-1231 or email [jgifford@nhart.org](mailto:jgifford@nhart.org) or [mschultheis@nhart.org](mailto:mschultheis@nhart.org)







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you can drink alcohol at 21 years old, being 13 years old means you are now a genius in all matters of the world, and 1 year of our dog’s lives means 7 to us humans. Do you realize that although we think of the future we are all living in the past? Even as you read this article, you are now in the past. My words are time travelers. There are some interesting factoids about time to consider. Gravity is what is making our days longer. Back, a long time ago, 1 billion years to be exact, when George Burns was starting his stand-up routine, a day lasted only 18 hours and not 24 that we live in today. So, what about leap year? That has to do with the Gregorian Calander that was adopted in 1582 but was not perfect as we add one day a year every 4 years at the end of February to make our time straight. Just in case you are alive in the year 3236, we will need to add a day every year and not every four. We think of time as perfect but it as imperfect as Einstein’s theory of relativity. Not even that genius’s hair was perfect but a chaotic imperfection follicle maelstrom. And don’t get me started on time zones let alone daylight savings time. In the United States, time zones are the result of the railroads as we had cross country travel so our east to west time zones were put in place on November 18, 1883. Just for fun, I looked up how many time zones we have across the globe. It’s 17. I shall not write about the evil invention that is daylight savings time. Forget a dentist drill, beware the demonic hour clock springing ahead and falling back. I wear a watch and look at it all the time and we all live our lives around clocks. The most accurate clock is located in Boulder, Colorado. It measures time by the vibration of a single aluminum ion and will be on-time for 33 billion years. But, much like Zeno’s paradox, it will eventually, in time, become inaccurate. Time can be fun. My favorite movies on the topic are The

## What the History (WTH)!

### We Have all the Time in the World

Submitted by Dennis Webster

Humans are the only species on our spinning ball of mud who know about time, are obsessed with time, and chronicle everything in our lives to correspond with time recording moments of seconds, minutes, hours, days, weeks, and years. We set time to all aspects of our life to include you can vote at 18 years old,

Time Machine and Back to the Future. My favorite book on time is the Dragons of Eden by the illustrious Carl Sagan whose Cosmic Calendar shows how little time we have been upright talking carbon stalks since the big bang threw our solar system in alignment. As we close out 2025, we grieve the loss of father time, the sickly old man who walks bent over with a scythe and we begin 2026, with new joy as we embrace the delivery of Baby New Year in his/her sash and gum-less smile. Just don’t, dear reader, put time to your resolution because this will cause you to focus even more on time. We have all the time in the world, except when it comes to doing the things we dread most in our lives. This is why the word “procrastination” was invented. Dennis Webster is a New Hartford resident, and author of regional books on true crime, ghosts, local history, and asylums. He can be reached at denniswbstr@gmail.com



### Angels Among Us Food Pantry

Jan 10<sup>th</sup>, 24<sup>th</sup> • Feb 14<sup>th</sup>, 28<sup>th</sup> • Mar 14<sup>th</sup>, 28<sup>th</sup>  
Apr 11<sup>th</sup>, 25<sup>th</sup> • May 16<sup>th</sup>, 30<sup>th</sup> • Jun 13<sup>th</sup>, 27<sup>th</sup>  
July 11<sup>th</sup>, 25<sup>th</sup> • Aug 8<sup>th</sup>, 22<sup>nd</sup> • Sept 12<sup>th</sup>, 26<sup>th</sup>  
Oct 10<sup>th</sup>, 24<sup>th</sup> • Nov 7<sup>th</sup>, 21<sup>st</sup> • Dec 5<sup>th</sup>, 19<sup>th</sup>

#### 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!

#### Food Bank of CNY 2025 income guidelines

The Food Bank of Central New York provides eligibility guidelines for its programs, including The Emergency Food Assistance Program (TEFAP). The income limits for calendar year 2025 are:

Household size	Annual income
1	\$35,213
2	\$47,588
3	\$59,963
4	\$72,338
5	\$84,713
6	\$97,088
7	\$109,463
8	\$121,838
Each additional person	Add \$12,375

### New Hartford American Legion Post 1376 Fund Raiser For Post Building Maintenance



The New Hartford American Legion  
Saturday, January 24, 2026 • 6:00 to 9:00 PM  
Donation: \$5.00 • Open to the Public!

We are planning a Post 1376 Fund Raiser. This will benefit the Post Building Fund (for Post Building Maintenance). This event is scheduled for Saturday, January 24, 2026 from 6:00-9:00 PM, and will be held upstairs at the Legion. We will have Can Beer Specials available.



Tom Nitti & Ashley Bryant

Music will be provided by Tom Nitti & Ashley Bryant. Tom was a finalist on “The Voice” TV show and is from New Hartford.

Tom is a man with many backgrounds, yet he has always found his way back to music. Growing up, Tom was inspired by classic Motown artists such as Ray Charles, Stevie Wonder, and The Temptations. At 18, he taught himself to play guitar shortly before graduating high school in New Hartford and joining the military. A U. S. Army Veteran, Tom was originally stationed in Germany, Tom served his country and was deployed to Afghanistan where he sustained injuries and was later awarded the Purple Heart for his service.

Ashley’s rise to prominence was marked by her appearance on “The Voice” season 25, where her captivating performances mesmerized audiences and showcased her raw talent.

Tom and Ashley met and fell in love during the blind auditions filmed in 2023. Tom proposed to Ashley before her season 25 blind audition was set to air.

They were married on August 16, 2025.

We are asking for a \$5.00 donation at the door. This event will be open to the public. Your Support is needed and will be Greatly Appreciated!

New Hartford American Legion

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NHFD News

November was another busy month for your New Hartford Volunteer Fire Department with 101 alarms as indicated by the monthly call report listed below by category:

- Fires = 1
- EMS = 45
- Hazardous = 8
- Service Type = 11
- Good Intent = 7
- False Alarms = 24
- Weather Related = 0
- Other = 0

Total alarms for the Month of November 2025 = 96.  
Of the 96 alarms, 78 were in the Town, 17 in the Village and 1 mutual aid.  
This brings the total number of calls year-to-date through November 30, 2025, to 1,086.

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.

NHFD Elected Officers for 2026

Thomas A. Bolanowski II was reelected Chief. Other line officers elected include: First Assistant Chief, James H. Monahan; Second Assistant Chief, Brian D. McCormick; and Third Assistant Chief, Kevin J. Monahan. First Captain, Michael J. Galligano, Jr; Second Captain, Matthew S. Bailey; and Third Captain W. Jamie Mathias.

First Lieutenant, Joshua C. Famolaro; Second Lieutenant, Jonathan E. Reese; Third Lieutenant, W. Brian Mathias; and Fourth Lieutenant, Sean M. Luley.

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

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

The department's 2026 Benevolent Association Officers were also elected. President, James P. Toomey Jr.; Vice President, Frank J. Basile Jr.; Financial Secretary Daniel J. Monahan; Recording Secretary, James F. Luley; and Michael J. Galligano, Sr., was elected Director for 2026- 2027 -2028.

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

The line officers combined with the benevolent association officers represents over 418 years of experience serving our community.

The above officers will begin their responsibilities on January 1, 2026, marking this the 125th year of the department.

Visit us on the web at: [www.nhfd.com](http://www.nhfd.com) all year long.

NHFD Sets Record for Fire Prevention Programs

Your NHFD recently released its Fire Prevention program results for 2025. A new record was established this year, not only with programs but with attendance, "stated Assistant Chief Richard Alexander and Fire Prevention Chairman.

The department presented over 21 educational programs that included nursery, pre-school, high school and community outreach events over eighteen days. As a result, 2,195 students and over 200 adults attended the various programs. Over 300 volunteer man hours were involved in presenting these programs.

"I am truly grateful to the men and women of the department who volunteered their time to present these educational fire prevention programs to our community. It is through educational programs such as these that make our community a safer place to live and work," stated Alexander.



HAPPY NEW YEAR

THE HOUSE of the Good Shepherd

Thank You!

Thank you for your support and the meaningful impact you made this year. Wishing you a happy, healthy, and bright New Year!



Sitrin CNA Scholarship Program

Interested in a Career in Health Care?

Sitrin is offering 10 academic scholarships for individuals interested in becoming Certified Nurse Assistants!

Upon successful completion of the program, students will be guaranteed employment at Sitrin.

These scholarships were made possible thanks to a generous contribution from The Bank of America Charitable Foundation.

For more information, email: [Info@Sitrin.com](mailto:Info@Sitrin.com)

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**TONS  
OF  
GAMES**



## GAMES

Watch on our big screen or play  
pool, darts, pac-man, etc

# BEERS, BITES & GAMES



Sue Romero is a teacher, writer and a musician with Craobh Dugan-O’Looney who is interested in Irish culture, specifically amazing Irish women.

### Nollaig na mBan Women’s Christmas

The Irish Cultural Center of the Mohawk Valley is proud to announce its first Women’s Christmas, Nollaig na mBan, Lunch and Learn event 11 AM Wednesday January 7, 2026.

Ladies, you’ve cooked, cleaned, baked, decorated, cleaned, shopped, wrapped, served meals, cleaned up afterward and gone to parties when you had a million other things you needed to get done. You’ve made the holidays as wonderful as possible for everyone around you.

Now... it’s your turn. Women’s Christmas is an Irish tradition where the women get their time to celebrate. The men stay home, mind the kids, take care of the meals – and the women join one another at the pub.

So come join us for all or any part of the day on Wednesday, January 7th. At 11:00 there will be a Lunch & Learn program, including a brief talk about the Women’s Christmas tradition in Ireland, followed by Sue Romero’s reprise of Amazing Irish Women. At 7:00, the monthly Craobh Dugan O’Looney session will get your toes tapping, maybe even some dancing! You can enjoy dinner in the pub before or during the music, and top off your day with a grand Irish Coffee! It’s a day to relax and enjoy yourself, so feel free to wear your sweats – or even your fuzzy slippers.

A \$20 registration fee will cover the program and lunch; meal tax and gratuity are included - makes an excellent stocking stuffer! Please register at this link, <https://bit.ly/4phL8fQ>, or leave a message at 315-733-4228 Ext 6. Five Points gift certificates are also available, stop in or call 315-733-4228 Ext 1 for details.

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.



### Learn to Weave a St. Brigid’s Cross

The H.A.R.P. Museum at the Irish Cultural Center of the Mohawk Valley will once again teach learners how to weave a St. Brigid’s cross on Wednesday, January 28, 2026 at 7:00 p.m. as we celebrate the Irish saint’s feast day. Materials from Ireland and instructions included.

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

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

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

You can attend this presentation at the H.A.R.P. Museum located on the second floor of the Irish Cultural Center of the Mohawk Valley, 623 Columbia St, Utica. All are welcome to attend this program and the museum is wheelchair accessible. The \$10 fee includes materials and instructions for you to weave a cross to take home with you. Children under 16 are \$5.

Materials are limited so please register in advance at this link, <https://bit.ly/49WOQqt>, or leave a message at 315-733-4228 ext.6.

## New Year’s Resolution Bingo

B	I	N	G	O
 READ 2 FICTION BOOKS	 READ 2 NONFICTION BOOKS	 TAKE A DOMESTIC TRIP	 HIT YOUR PERSONAL SAVINGS GOAL	 TAKE AN INTERNATIONAL TRIP (NOT TO EUROPE)
 MAKE 1 NEW FRIEND	 HAVE 3 OUTDOOR ADVENTURES	 TRY A NEW SOCIAL HOBBY (SOCIAL DANCING! BILLIARDS! ART GROUP!)	 LEARN SOMETHING NEW (MASTERCLASS! COURSERA! DUOLINGO)	 TRY 5 HEALTHY RECIPES
 GIVE UP ALCOHOL ONE WEEK PER MONTH	 JOIN A CLUB (BOOK, ROCK CLIMBING, PICKBALL)	 SEE A LIVE ART PERFORMANCE (THEATER! BALLET! CLASSICAL MUSIC CONCERT)	 TURN OFF YOUR PHONE 30 MINUTES BEFORE BED	 FIND A PEN PAL
 DRINK 8 CUPS OF WATER PER DAY	 WRITE A GRATITUDE LIST: 3 THINGS YOU'RE GRATEFUL FOR DAILY	 5 MINUTE MORNING OR EVENING MEDITATION	 FIND AN EXERCISE ROUTINE YOU ACTUALLY ENJOY	 CALL YOUR LONG DISTANCE FRIEND(S) ONCE A QUARTER
 GET OFF SOCIAL MEDIA ONE WEEK PER MONTH	 VISIT A SPECIAL EXHIBITION AT A MUSEUM	 TALK TO A STRANGER AT A COFFEE SHOP	 OPT FOR THRIFTED PURCHASES OVER BUYING NEW	 VOLUNTEER ONCE PER QUARTER

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## WATER DAMAGE FROZEN AND BURST PIPES, ICE DAMMING, TOILET OVERFLOW, SUMP PUMP FAILURE, FLOODED BASEMENTS

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

## 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 control 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:

**DISASTER SERVICES CHECKS ALL THE BOXES !!!**

Choose a Water Damage Restoration Company That Can Do The Following:

Can Offer A Full Line Of Services From Water Damage Mitigation To Mold Remediation So That The Home Owner Will Be Working With A Single Company.

Responsive – Emergency or Non-Emergency Services. Your Call Will Be Answered Immediately.

Has Reputable 5 Star Local References.

Is Fully insured For Water Mitigation And Mold Remediation Services.

Offers A Detailed Plan For Damage Repairs.

Knows How To Navigate The Insurance Claims Process With You.

Uses The Latest State-of-the-Art Equipment And Techniques.

Treats You, Your Home And Its Contents With Respect.

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

When your emergency arises, call us at 315-797-1128 day or night.

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SCAN ME



The advertisement features a grid of images showing various boat accessories. At the top left is a 'RE-UPHOLSTERED SEAT'. Below it is a 'COCKPIT COVER'. To the right of the seat is a 'BOW COVER'. Below the cockpit cover is an 'AFT CURTAIN'. To the right of the aft curtain is a 'CONVERTIBLE TOP'. Below the convertible top is a 'MOORING COVER'. To the right of the mooring cover is a 'SIDE WINDOWS'. At the bottom is the 'ADIRONDACK MARINE CANVAS &amp; UPHOLSTERY' logo, which includes a silhouette of a boat. Below the logo is the text 'Joe Lopata - Owner/Fabricator New Hartford | 315-520-9997'. To the right of the logo is a QR code and the text 'Like Us On Facebook'.



by Raymond J. Durso, Jr., President/CEO The Genesis Group  
Chairman, Chamber Alliance Mohawk Valley

The Genesis Group

As we prepare for a new year, I believe it's important to reflect on our lives and all that we have. Life can change in a minute, and we should appreciate each and every day. Let us remain hopeful for new opportunities. Remember, good things don't just happen, we must work (hard) for them. I encourage you to develop a plan of action, set goals and be ready to seize your moments of growth and success.

In 2026, the Genesis Group will celebrate its 26th year of service to the community. We continue to use adaptive leadership to meet new challenges and to create positive impact. Adaptive leadership helps individuals and organizations adapt and thrive in the face of challenge and prepare them to take on the process of change.

Genesis will continue to be a source for news & information, views and opinions, community projects



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and regional events. Our volunteers and partners will continue to "take action, achieve results and make a difference."

Combined with our rich history, a skilled workforce and the will of our citizens, the Mohawk Valley (region) has much to gain. As we look ahead, we do so remembering our past experiences, appreciating our blessings of today, and with hope for the future. Happy New Year!



26th Annual Legislative Forum Breakfast

sponsored by Genesis and Chamber Alliance, M.V.

January 30 ~ 7:30am at Hart's Hill Inn

Cost: \$25 per person

Participants Include:

- Congressman John Mannion
- State Senator Joseph Griffo
- Assemblywoman Marianne Buttenschon
- Assemblyman Brian Miller
- Assemblyman Robert Smullen
- Oneida County Executive Anthony Picente
- Rome Mayor Jeffrey Lanigan
- Utica Mayor Mike Galime

\*waiting to confirm a few others

For Reservations visit [www.TheGenesisGroup.org](http://www.TheGenesisGroup.org)



Genesis Seeks Community Support for Annual Fund Appeal

As a nonprofit organization dedicated to community growth, we rely on the generosity of individuals and businesses like you to help sustain our vital work. Together, with your support we can create stronger connections and lasting change in our community. To make a donation, visit our website: [www.TheGenesisGroup.org](http://www.TheGenesisGroup.org)

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- Before Care starts at 8 a.m. and After Care ends at 4 p.m.
- The school follows the local public school schedule, September - June

\* now accepting fall registration applications

January Days!

January 2026 is packed with fun, quirky days like National Trivia Day (Jan 4), National Hat Day (Jan 15), National Popcorn Day (Jan 19), and National Puzzle Day (Jan 29), plus themed events like Veganuary and Dry January, offering plenty of ways to celebrate beyond New Year's Day (Jan 1) and MLK Jr. Day (Jan 19).

Fun & Quirky Days

Jan 2: National Science Fiction Day, World Introvert Day.

Jan 3: National Chocolate-Covered Cherry Day, Festival of Sleep Day, International Mind-Body Wellness Day.

Jan 4: National Trivia Day, World Hypnotism Day, National Spaghetti Day.

Jan 8: Elvis Presley's Birthday, National Bubble Bath Day, World Typing Day.

Jan 10: National Houseplant Appreciation Day, National Bittersweet Chocolate Day.

Jan 14: National Dress Up Your Pet Day, National Hot Pastrami Sandwich Day.

Jan 15: National Hat Day, National Bagel Day, National Strawberry Ice Cream Day.

Jan 19: National Popcorn Day, National Winnie The Pooh Day.

Jan 20: National Cheese Lovers Day, National Disc Jockey Day.

Jan 21: National Hugging Day, Squirrel Appreciation Day.

Jan 22: National Answer Your Cat's Questions Day, National Blonde Brownie Day.

Jan 24: National Peanut Butter Day, International Education Day.

Jan 25: National Opposite Day, National Irish Coffee Day.

Jan 26: Bubble Wrap Appreciation Day, National Green Juice Day.

Jan 28: International LEGO Day, National Blueberry Pancake Day, Data Privacy Day.

Jan 29: National Puzzle Day, National Corn Chip Day.

Jan 31: National Inspire Your Heart With Art Day, National Croissant Day, National Backward Day.

Themed Events & Campaigns

Dry January / Veganuary: Start the year with health goals.

National Hobby Month: Celebrate your passions.

Polar Bear Plunge Day: For the brave (Jan 1).

Key Observances

Jan 1: New Year's Day.

Jan 19: Martin Luther King Jr. Day (US Federal Holiday).

Jan 27: International Holocaust Remembrance Day.



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# WINTER BUCKET LIST

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Wear pyjamas all day      | <input type="checkbox"/> Learn about winter animals     | <input type="checkbox"/> Make a photo album        |
| <input type="checkbox"/> Make paper snowflakes     | <input type="checkbox"/> Make ice ornaments             | <input type="checkbox"/> Have a snowball fight     |
| <input type="checkbox"/> Knit a hat or scarf       | <input type="checkbox"/> Do a family photoshoot         | <input type="checkbox"/> Go bowling                |
| <input type="checkbox"/> Go for a scenic drive     | <input type="checkbox"/> Make fake snow                 | <input type="checkbox"/> Make a winter bird feeder |
| <input type="checkbox"/> Start a gratitude journal | <input type="checkbox"/> Camp out in the living room    | <input type="checkbox"/> Visit a museum            |
| <input type="checkbox"/> Sing karaoke              | <input type="checkbox"/> Read a winter story            | <input type="checkbox"/> Blow frozen bubbles       |
| <input type="checkbox"/> Take a snowshoe hike      | <input type="checkbox"/> Drop off homemade treats       | <input type="checkbox"/> Have hot soup             |
| <input type="checkbox"/> Have a family game night  | <input type="checkbox"/> Build a snowman                | <input type="checkbox"/> Visit a winter festival   |
| <input type="checkbox"/> Have an indoor picnic     | <input type="checkbox"/> Light scented candles          | <input type="checkbox"/> Bake a pie                |
| <input type="checkbox"/> Eat fondue                | <input type="checkbox"/> Spend the afternoon reading    | <input type="checkbox"/> Make a snow angel         |
| <input type="checkbox"/> Reorganize books or toys  | <input type="checkbox"/> Wear fuzzy socks               | <input type="checkbox"/> Learn a new skill         |
| <input type="checkbox"/> Pick out a new mug        | <input type="checkbox"/> Build an igloo or snow fort    | <input type="checkbox"/> Eat a cinnamon roll       |
| <input type="checkbox"/> Make real snow cones      | <input type="checkbox"/> Make peppermint bark           | <input type="checkbox"/> Decorate your windows     |
| <input type="checkbox"/> Do some creative writing  | <input type="checkbox"/> Start a new family tradition   | <input type="checkbox"/> Make some potpourri       |
| <input type="checkbox"/> Light a winter bonfire    | <input type="checkbox"/> Bake and decorate cookies      | <input type="checkbox"/> Make winter slime         |
| <input type="checkbox"/> Paint on ice              | <input type="checkbox"/> Shovel snow                    | <input type="checkbox"/> Go ice fishing            |
| <input type="checkbox"/> Craft a winter wreath     | <input type="checkbox"/> Go for a winter nature walk    | <input type="checkbox"/> Take a bubble bath        |
| <input type="checkbox"/> Drink hot apple cider     | <input type="checkbox"/> Build a gingerbread house      | <input type="checkbox"/> Make a sock puppet        |
| <input type="checkbox"/> Mail a letter to a friend | <input type="checkbox"/> Make hot chocolate bombs       | <input type="checkbox"/> Paint the snow            |
| <input type="checkbox"/> Play charades             | <input type="checkbox"/> Make pipe cleaner snowflakes   | <input type="checkbox"/> Take photos in the snow   |
| <input type="checkbox"/> Do a science experiment   | <input type="checkbox"/> Make a winter craft            | <input type="checkbox"/> Make a collage            |
| <input type="checkbox"/> Make a snow volcano       | <input type="checkbox"/> Have a holiday movie marathon  | <input type="checkbox"/> Collect pinecones         |
| <input type="checkbox"/> Do a puzzle               | <input type="checkbox"/> Make a snowflake garland       | <input type="checkbox"/> Play in the snow          |
| <input type="checkbox"/> Watch a hockey game       | <input type="checkbox"/> Do a random act of kindness    | <input type="checkbox"/> Go tubing or sledding     |
| <input type="checkbox"/> Have a spa day at home    | <input type="checkbox"/> Enjoy a candlelit evening      | <input type="checkbox"/> Drink hot cocoa           |
| <input type="checkbox"/> Play hide-and-seek        | <input type="checkbox"/> Make a winter sensory bin      | <input type="checkbox"/> Have a dance party        |
| <input type="checkbox"/> Make homemade chili       | <input type="checkbox"/> Build a blanket or pillow fort | <input type="checkbox"/> Volunteer                 |
| <input type="checkbox"/> Have a tea party          | <input type="checkbox"/> Visit an indoor water park     | <input type="checkbox"/> Donate food or toys       |
| <input type="checkbox"/> Bring the snow indoors    | <input type="checkbox"/> Eat pancakes for breakfast     | <input type="checkbox"/> Bake some bread           |
| <input type="checkbox"/> Go ice skating            | <input type="checkbox"/> Try a new podcast or audiobook | <input type="checkbox"/> Make DIY snow globes      |
| <input type="checkbox"/> Snuggle up by the fire    | <input type="checkbox"/> Grow some crystals             | <input type="checkbox"/> Try a new recipe          |
| <input type="checkbox"/> Wear a cozy sweater       | <input type="checkbox"/> Go skiing or snowboarding      | <input type="checkbox"/> Make snow ice cream       |
| <input type="checkbox"/> Make a winter playlist    | <input type="checkbox"/> Catch a snowflake              | <input type="checkbox"/> Go to the library         |
| <input type="checkbox"/> Help out a neighbor       | <input type="checkbox"/> Have a screen-free weekend     | <input type="checkbox"/> Give out candy canes      |

# Old School

BAR & GRILL

**SPORTS  
DRINKS  
FRIENDS  
FOOD**

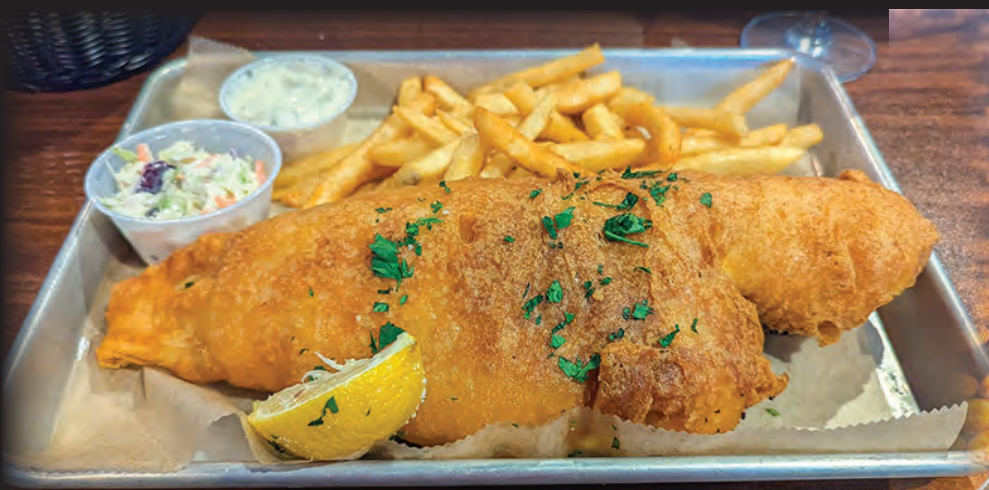
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Christopher J. Carbone

## Connecting the Dots: The Power of Aggregation

To have less stress and more confidence about the future, taking the time to review account statements is helpful. But it can be even more meaningful to have a single place where you can see the total picture of all of your assets and liabilities — and how it may fluctuate over time. Building a comprehensive account summary or net worth statement can make it easier to connect the dots. As more dots are connected, you get a more meaningful picture and see a clearer, more actionable path.

As individuals build wealth, it becomes more challenging to keep track of one's overall financial picture. There will likely be household cash accounts, investment accounts, retirement plans, real estate, loans, and a number of credit cards. Executives may have stock options and other equity-based benefits that vest over time, and deferred compensation plans. Business owners often have multiple entities related to their core business, along with real estate holdings connected to the business. You may have private investments as well.

So gathering financial information and documents from different sources can become a bit of a chore.

## How do successful people do this?

Don't get overly complicated. Build something that works for you. Remember that the goal is to see the big picture, not to focus on the microscopic details.

Let technology do some of the work for you. Many credit cards offer very useful spending summaries. And increasingly, financial institutions are offering account aggregation tools that make it easier to see all your accounts, even at various institutions, in one place. After you take a little bit of time to set this up, you don't need to wait for a monthly statement or quarterly review to get a broader view of your finances. In many cases, values are updated regularly, so you can get a current picture any time it's convenient for you to go online or check in on mobile.

Work with an experienced professional. An investment plan and net worth statement can form a “foundation built from facts” that may enable really good (if not always easy) conversations about spending, values, choices, and things to look forward to.

**If I feel pretty sure that I am doing okay, why do all this extra work?**

One reason is that having good metrics appears to be a hallmark of good performance. For example: successful business owner or executives can quickly tell you the key metrics that they watch to know how their business is doing. Athletes measure their training (and their rest) so that they will know whether they are progressing toward performance goals.

Another reason is, there is a payoff. We generally have more confidence when we know how we're doing. Uncertainty, on the other hand, is likely to increase anxiety and stress.

Building a net worth statement is not an end in itself. But developing this positive habit can lead to lifelong benefits by providing a starting point for meaningful conversations about what we want our money to accomplish.

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

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# Central New York WING WARS



To Benefit Cancer Patients in Financial Need

**Saturday  
Jan. 31st  
Noon - 3 PM  
Hart's Hill Inn  
Whitesboro**

Join the JMCF for the 9th Annual  
CNY Wing Wars!

Celebrity judges are: Oneida County Sheriff  
Rob Maciol, Senator Griffo, Assemblywoman  
Buttenschoen, WKTV Jason Powles, Empire  
Plate's Bill Vinci, and WIBX Bill Keeler.

**\$35/ticket\*  
ON SALE  
NOW!**

Tickets on sale now at [www.thejmcf.org](http://www.thejmcf.org)  
under Events or by Phone (315) 339-5993,  
M-F, 9 AM - 5 PM!

\*includes (1) free  
beer/soda, (1) slice of pizza  
& a Dozen Wings (1 from  
each vendor in the war).  
Basket Raffle & Live Music  
by DJ

**Limited to 250 Tickets - Reservations Required!**



**FIRST UNITED METHODIST CHURCH**

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

**SAUQUOIT VALLEY UNITED METHODIST CHURCH**

2946 Mohawk Street, Sauquoit (Cor. Pinnacle & Mohawk)  
 Office: 315-737-7505  
 Worship Service - Sunday 10:30am  
 Open worship and communion - all are welcome!  
 Communion on First Sunday of the month.  
 Handicapped Accessible

**ST. JOHN THE EVANGELIST CHURCH**

66 Oxford Road - 315-732-8521 Rev. Matthew Rawson  
 Saturday: Vigil 5:30 p.m. Confessions Tues 6-7pm  
 Sunday Masses: 8am & 11am  
 Mon, Wed & Fri Masses: 6:45am  
 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.  
 Handicapped accessible.

**NEW HARTFORD PRESBYTERIAN CHURCH**

Rev. Hannah Ratliff, Pastor  
 45 Genesee Street, NH 315-732-1139  
 newhartfordpresbyterian.org • office@newhartfordpres.org  
 Morning worship is at 10:30 on Sunday. Services can be found on Facebook and YouTube.  
 Child care and activities for children 5 and under begin at 9 a.m.  
 Children's Sunday School (Sunday Club) precedes worship and starts at 9:30. An Adult Study Group meets periodically at that same time and also on Tuesday mornings at 11:30.  
 The current study will wrap up on Sunday, January 4 and Tuesday, January 6.  
 The choir rehearses Sunday mornings at 9:10.  
 A fellowship/coffee hour for everyone follows each Sunday morning worship service.  
 A quiet, meditative Taize service is held the first Wednesday evening of each month and in January will take place at 7 p.m. on the 7th.  
 Except as noted, regular Church Office hours are 8:30 a.m.-3 p.m. Monday through Thursday and 8:30-11:30 a.m. on Friday.

The January schedule:

1/1 — New Year's Day – NHPC closed  
 1/2 — Church Office closed  
 1/4 — 9 a.m. Child Care & Activities  
 1/4 — 9:10 a.m. Choir rehearsal  
 1/4 — 9:30 a.m. Soday Club & Adult Study Group  
 1/4 — 10:30 a.m. Worship  
 1/6 — 11:30 a.m. Adult Study Group  
 1/7 — 10 a.m. Sew 'n Sews  
 1/7 — 6 p.m. 4-H mtg  
 1/7 — 7 p.m. Taize Service  
 1/11 — 9 a.m. Child Care & Activities  
 1/11 — 9:10 a.m. Choir Rehearsal  
 1/11 — 9:30 a.m. Soday Club  
 1/11 — 10:30 a.m. Worship – Communion  
 1/12 — 6:30 p.m. NH Presbyterian Women's mtg  
 1/14 — Church Office closed  
 1/14 — 10 a.m. Sew 'n Sews  
 1/14 — 12 p.m. Members & Friend Lunch  
 1/15 — Church Office closed  
 1/16 — Church Office closed  
 1/18 — 9 a.m. Child Care & Activities  
 1/18 — 9:10 a.m. Choir Rehearsal  
 1/18 — 9:30 a.m. Soday Club  
 1/18 — 10:30 a.m. Worship  
 1/19 — Martin Luther King Jr. Day – NHPC closed  
 1/20 — 7 p.m. Session mtg  
 1/21 — 10 a.m. Sew 'n Sews  
 1/21 — 6 p.m. 4-H mtg  
 1/24 — 3 p.m. Hope House Meal prepared  
 1/26 — 12 p.m. Oneida County Senior Lunch  
 1/28 — 10 a.m. Sew 'n Sews

**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 Rev. Marie Duquette.  
 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  
 To register for an event or volunteer opportunity, or to schedule a personal or group retreat, please email info@stmargaretshouseny.org or call 315-724-2324. Office hours, Monday-Friday, 8am to 4pm

**Weekly Activities**

Worship Services Wednesdays at 11:45 AM (please note new time)

Zoom and In-Person Worship Services - All Welcome!

Please contact St. Margaret's for the information to join by Zoom

Wednesday Lunches at 12:30 PM

Please make a reservation by the Friday before - Suggested donation \$15

**Monthly Activities**

**Men's Group** | 1st & 3rd Wednesdays from 10:30-11:45 am  
 Meant to be a time of fellowship and exploration, Father Nick Smith will begin each week by asking "What is saving your life today?" Is it spiritual practice? Is it coffee? Is it some curious enigma? Let's find out and share our conclusions!

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

**Caregiving Support Group** | 3rd Mondays at 2 PM

Facilitated by the Rev. Deacon Barbara Groves, the group's focus will be to provide a place for folks who are caregivers to gain support for themselves, and exchange ideas to help care for loved ones at home.

**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 and Conversation with Rev. Deacon Jean** | 4th Wednesdays at 1:30 PM. Join The Reverend Deacon Jean Skinner for conversations about faith. Please consider bringing a few cans of food for our food pantry as a donation.

**Monthly Dinners:** Dine In at 5:30pm and Take Out at 6pm  
 Suggested Donation \$19; Please reserve your seat by the preceding Wednesday.

**January 20th:** Pot Roast with Glazed Carrots and Mashed Potatoes

**February 17th:** Spaghetti with Meatballs, Sausage, Garlic Bread

**March 24th:** Corned Beef & Cabbage

**April 21st:** Grilled London Broil with Potatoes

**Special Events**

**Book Club with Judy** - 3rd Thursdays from 10:30 to Noon  
 Please register one week prior to each session. Feel free to bring snacks to share!

**January 22nd:** How To Human by Carlos Whittaker

**February 19th:** Closer Than Your Next Breath by Susie Larson

**March 19th:** The Opposite Life by Alex Seeley

**April 16th:** A Jesus Shaped Life by Lisa Harper

**Ash Wednesday** | February 18th at 11:45 AM

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

**Psalms Come Alive with Father John** | Feb. 18th and Mar. 4th at 1:30 PM

Are psalms poems, prayers, or songs? Are they somber, outrageous, or puzzling? Speakers and those addressed change without warning. They're not like gospels, epistles, history, laws or prophets, yet there's nothing "hard" about them. Register for two sessions that make sense of psalms, and answer your questions. Wednesday, February 18th, and Wednesday, March 4th from 1:30 to 3:00 PM.

**Lenten Study** | February 23rd to March 23rd, Mondays at 2 PM. Join Rev. Deacon Barb Groves for this year's Lenten study, based on James Moore's book, Give Up Something Bad for Lent. We are invited to seek God's help to focus on eliminating one habit or attitude that is destructive. Imagine giving up envy, jealousy, self-pity, apathy, procrastination, gossip, resentment, or negative thinking. How much better would your life be? Please register by February 16th.  
 For more information or to register for any event please email info@stmargaretsny.org or call (315)724-2324.

**TRINITY LUTHERAN CHURCH**

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

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  
 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.

**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.

**ST. JOHN OF KRONSTADT RUSSIAN ORTHODOX MEMORIAL CHURCH**

1009 Conkling Ave, Utica, N.Y. 13501

Fr Archpriest Michael Taratuchin, Rector

(315) 723-7475 (frmichaelt@msn.com)

Fr. Priest Ephraim Willmarth, assistant priest

Find us on Facebook www.stjkutica.org

Vigil 5pm Saturdays (6pm for weekday services)

Divine Liturgy Sundays and Feastdays 9:30AM

Potluck lunch following Sunday Divine Liturgy.

Our Patronal Feast Day will take place on Saturday November 1st. The greeting of the Bishop will take place at 9:30 AM, followed by the Hierarchal Divine Liturgy (with the Procession of the Cross, weather permitting).

**UNITARIAN UNIVERSALIST CHURCH of UTICA**

10 Higby Road, Utica NY 13501

315-724-3179 www.uuutica.org

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 at UUUtica.

Services are at 10:30 AM on Sundays, in person and on Zoom.

Hospitality hour with coffee and snacks follows each service.

**January 4** – "Grieving and Loving this World in Community is a Joyful Act". Acknowledging the real climate change threats we face and the anxiety and grief this causes many, the UU Climate Action Team will discuss positive actions being taken to mitigate and adapt to climate change. Taking action brings joy and helps build resistance to despair and cynicism.

**January 11** – Rev. Jen DeWeerth – "Conscience and Courage" Jen DeWeerth is the Dean of the Rome Campus and Community Outreach at Mohawk Valley Community College. She has been an ordained minister in the United Church of Christ for more than 25 years. She is involved in grassroots political and social justice organizing in central New York and is a co-founder of Indivisible Mohawk Valley.

**January 18** – Martin Luther King Jr. Day service. On the day before the national MLK Day holiday we honor the Rev. Dr. Martin Luther King Jr. and reflect on his dream for a better America and a better world.

**January 25** – Mohawk Valley UU Cluster gathering in Little Falls. Unitarian Universalist Churches throughout the area come together for a combined service at St. Paul’s Universalist Church in Little Falls. There will not be a service at the Utica UU Church on January 25.



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

**TEMPLE BETH-EL**  
1607 Genesee Street, Utica  
Rabbi Gustavo Geier  
In person and on zoom [www.tbautica.org](http://www.tbautica.org)  
Fri night - 5:30pm • Sat morning - 9:30am

**THE JEWISH COMMUNITY CENTER**  
2310 Oneida Street, Utica - 315-733-2343  
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 - 315-724-8357  
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](http://www.zvijacob.org). All are Welcome.



# WINTER SOUP

The Warmest New Year Treat!

Try this super easy and healthy **VEGAN** recipe for a delicious **WINTER SOUP**!



## INGREDIENTS



3 Celery Stalks



3 Orange Carrots



5 Tablespoons of Olive Oil



1 White Onion



Pink Sea Salt



13 Cups of Filtered Water



3 Yukon Gold Potatoes



1 Red Bell Pepper

## INSTRUCTIONS

1. Start off by dicing 3 celery stalks, 3 orange carrots, and 1 large white onion.
2. Add 5 tablespoons of olive oil and 1 teaspoon pink sea salt.
3. On medium heat, sauté for 10 minutes until golden.
4. Then add 13 Cups of filtered water, 3 cubed & chopped yukon golden potatoes, 1 diced red bell pepper, 2 teaspoons pink sea salt.
5. Bring all ingredients to a boil, then lower heat and simmer for 30 minutes.
6. Let cool for 1.5 hours.

No matter where you live, this recipe should make you feel warm — inside and out!



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***Happy New Year***

***from the Steet and Ponte Families!***

**Thank you for a Great 2025!**

**STEET PONTE**

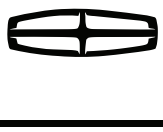
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