



Hampton High Road

Take the high road, it is often the one less traveled

September 2015

The Hampton High Road is an unaffiliated, non-political publication. Our mission statement is "To pay tribute to the past, cherish the present, and celebrate the diversity of our community." We are dedicated to publishing material that will inform while promoting goodwill, tolerance, and Hampton's sense of community.

This e-mail publication is delivered monthly to all e-mail addresses in our data base. **To be added to our data base, please send us your e-mail address at hamptonhighroad@gmail.com. E-mail addresses will be kept confidential.**

If you have any news that you would like to share with the community, please submit it to our e-mail address. Ideas include birth, wedding, engagement announcements, obituaries, recipes, DIY and craft projects, old Hampton photos, special collections you may have, or things you want to "swap". Submissions will be included at the discretion of the Editorial Board and may be edited for space considerations.

Editorial Board: Anne Bladen, Jill Barton, Ben and Trudy Brockett, Joan Marquis, Violet Marquis.

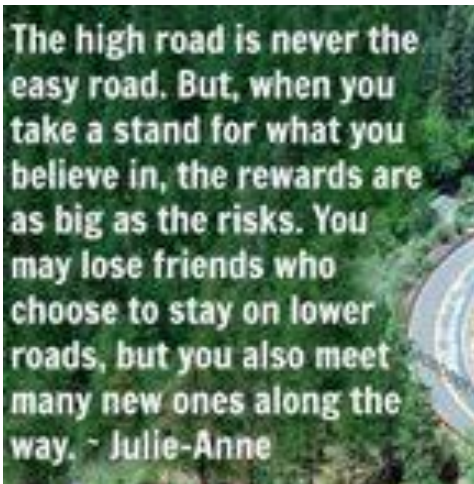
Clark's Corner and Beyond: Back in the day with Barbara O'Connor



Mike and Barbara O'Connor

My grandparents were born in Ireland and they came over, and my grandmother pretended she couldn't speak English, which she could to a limited degree, but she could understand everything. And so in those days they had peddlers and hobos. She lived up where Ed Navins farm is on Parish Hill. And so she would go to the door and put on the whole Irish deal. And my grandmother and her two sisters spoke Gaelic. They said many people gave it up or forgot it. But the three sisters spoke it and if there was stuff they didn't want you to know about, when they got on the telephone, they would go into Gaelic. It was rather amusing. I as a kid only knew some things, like kiss my butt and keep quiet. So when you were just gabbing and annoying her she would say 'keep talking' in Gaelic and wave her hand. She had a silly Irish poem that was fun to listen to and was very harmonious. It was about somebody's cat going into the

Quote of the Month



neighbor's yard and making a mess, and that wasn't good . But when the neighbor's cat came into her yard and did a similar thing, oh, it was terrible! And it was very fun to listen to.

My grandmother's sister, Mary, and her husband, John, met in New Haven. When they came over from Ireland they got jobs in the New Haven area. But there was a woman that introduced them, her name was Jo Fenton. She eventually moved out of the New Haven area into the Willimantic area and she was a matchmaker. So the man would want a wife, and he would pay her something to find him a wife. So she found Mary O'Sullivan for John Navins. My grandmother and her sister had the last name O'Sullivan, but when they came here, they dropped the 'O'. Mary and John lived on Parish Hill (241 Parish Hill Road, Chaplin) and the farm was about 400 acres, I think. Ed Navins was the youngest and he was the one that turned the property over to build Parish Hill.



Julia and Patrick Navins circa 1902

And because of the relationship of Mary and John, my grandmother, Julia, met her husband (John's brother), Patrick Navins. Well, Fenton when they got married, Fenton went to the church and made quite a scene. She had asked before for a fee and they said "No, we didn't find each other because of you, we found each other because of our relatives." But she made quite a scene so they gave her something – not all of what she wanted but something.

My grandparents lived up where NECHEAR is now (354 Hartford Turnpike.) That's where they started up, up there. And

then that property was actually owned by my grandfather's brother, Tim, who was actually an operator, an engineer on the railroad. He wanted no part of farming and he had extra money so he bought the farm and my grandfather farmed it.



Julia and Patrick's farm house

There was the barn that used to be out behind the house. When they were putting through ATT, the lines, that was a whole big process and there were gangs that would come through, and my grandmother loved to cook, and she would feed them at noon time and some of them stayed in the loft in that barn. On cots or something. So she gave them bed and board.



Barn at the farm

Then my grandfather died at an early age. He had a heart attack which is very prevalent in the Navins. My grandmother tried running the farm but then had to sell it and

moved to where Pat Navins lives now (447 Hartford Turnpike.) But that, too, was a farm but was much smaller and she could manage it. My grandmother ran a small boardinghouse there. She had three boarders. She had Mary McGinty, the schoolteacher, she had Herman Morse, who was the pastor of the Congregational Church. Herman he thought it was a waste of their (the Church's) time for him to live at the parsonage. He thought that they should rent the parsonage, which they did. Plus he didn't know how to cook so he boarded with my grandmother. And that was slightly scandalous because there was the Stone's, who also ran a boardinghouse. But he thought that he would have a little bit more quiet life with my grandmother than being right on Main Street, and Stone's also had tourists in and out of that place. Then there was an older gentleman who boarded there whose last name was also Morse, and whose first name I don't remember. He helped my grandmother around the place and, um, was a great fisher and hunter. He would supply her with venison and trout and bass. Then when her son, Paul, who is Pat's father, married Margaret, they lived a few years on their own in Willimantic. He loved and missed the farm and the country and they thought it would make it easier for my grandmother, that she could give up the boarders, so they moved in with my grandmother. And McGinty had passed on from there anyway, and I think Herman Morse had, too. The older Mr. Morse was there and he had to go elsewhere.

And then there was a group that built the Goodwin at that time. Goodwin took part of that farm and treed it – it had been more open. And they used to grow cash crops there that they would sell. Particularly potatoes that they would sell to the workers at the thread mill and other places and because there was the station right there, Clark's Corner. It was moved down to the railroad museum, it was actually at Clark's Corner, which is not Chaplin. That's how they got around and that's how my mother and Pat's father and everyone else in that area got to school- they took the train.

There wasn't a standard stop, the way it was told to me, but if you follow Cedar Swamp Road out it does cross the tracks. They would pick them up at the regular station by Bisson's, but for the kids, they would make a special stop at the end there. Then they would pick them up at Clark's Corner. And, um, that was how they got back and forth.

But the train was the way that they got their produce. The Navins on Parish Hill worked cooperatively with my grandparents and, um, they would send the things into Willimantic. And the Navins had an apple orchard which my folks did not. My grandmother could churn butter and so Mary, her sister, couldn't, and neither could Mrs. Scott, so my grandmother churned the butter for all of them and that was another cash crop. My mom talked about the potatoes. They loved potatoes but they were so important to them for sale that they ate rice. Until the day she died, my mother hated rice. When she and my uncle were digging potatoes, which was all done by hand - they would use a thing called a potato fork and it has curved tines - they would dig into a few on purpose because you couldn't sell those and they could eat those. The ones that weren't perfect they kept for themselves. There was a barter system with the people that worked at American Thread and then there was the Ribbon Company and the Velvet Company that they would swap farm goods with for thread and for cloth and for other things. Then there was the Silk Mills, the Cheney Silk Mills up in Mansfield, and they would trade as well. There was a whole barter system.

My grandmother had a half brother; his last name was O'Day, Jerry, and they used to call him 'Jerry the Blue Bag' because he had a denim bag that he slung over his shoulder and he used to trade things. He used to barter and trade all the time in Willimantic. That's how he made his livelihood. He wasn't quite a peddler but very similar to that. And there was a house where the telephone company has a substation by the courthouse in Willimantic, where the town building is. And there was a very large rooming house there where you got room and

board and sometimes you shared a room with someone.

My mother was Julia Navins (named after her mother, Julia). My father was William Ambrose Fitzgerald. He went by the name of Ambrose. They named him after his Uncle Bill but they didn't want to call him William or Bill and they couldn't decide on what name so they said, 'We'll go by the Saints calendar and whatever Saint's Day it is,' (thinking it would be a man) 'we'll call him that.' And, um, it came on December 8 and they couldn't call him Mary (because that is one of the Marion feast days) so they moved off of it and the closest Saint Day name was Ambrose. So that was how he got to be Ambrose and he never used William. And I have seen some of his railroad stuff and he always signed 'W. Ambrose'.



Fitzgerald Family: Back – Jim, Jim's wife Susan, Sadie, Edward. Front – Anna, Dick, Frances, Ambrose.

My father never talked about his family. He had a brother, Frances, that died mysteriously. Some say it was a suicide, some say it was an accident. He died with the car running in the garage and that whole thing was so hard, my father was the one who found him. So he never wanted to get into it, stuff about the family. His mother passed away before I was born. She had rheumatic heart. And she hadn't been well for many, many years, so the whole family life was a difficult life.

I was born in Willimantic in the hospital. My nickname was 'Oscar.' Because they didn't think I would live. My mother had a tumor in her uterus growing faster than me. And they

didn't think I would live and they didn't want my mother to get too attached and then have a miscarriage. And so they called me Oscar. Dr. Ottenheimer was a renowned surgeon out at Yale, and he taught interns. They came to Windham Hospital at the time to learn surgery. Uh, he removed the tumor and I was born and here I am. But she had to have a C-section that was back in 1939. And they said that it was written up in medical journals at the time, it was quite a thing for that time. And I believe my mother was four months pregnant at the time.

I have a brother Jim and he is out in Idaho now –he retired to Idaho, he taught at Colorado North State for many years. He taught Anatomy and Physiology. His PhD is in zoology.

I knew Hampton very well as a child. My dad worked on the railroad and we used to come out and visit both sets of grandparents but during the war, gas was rationed and the railroad was seen as a strategic workplace, as the defense industry, so they were given more gas. So he would walk to work – we lived on Valley Street in Willimantic, across from O. L. Willards, and he would walk to under the footbridge - that's where he would get the train. That way he would save the gas so we could come out to Hampton twice a month.

And we were sworn, Jim and I, to secrecy during that time. Because everything was rationed and my grandmother would have butter. Everybody had a little patch called a 'victory garden' in their yard and you grew vegetables, but my grandmother had a huge garden. We could talk about the vegetables because everyone grew them, but the butter we could not talk about. Honey we could not talk about because sugar was rationed. But some of that we would share very quietly with our two neighbors, who could not talk about it either. But I remember that so well. And it was amazing that we saved rubber bands and those were turned in to someone. We also saved string but that we kept for ourselves because we didn't have rubber bands! And tin foil - I remember we didn't get much gum, but what

gum we did get, we peeled the paper off the tin foil and saved the tin foil. And you made a ball about the size of a baseball, and I remember turning that into the nuns at the school. But I've learned since then that a lot of the things we saved wasn't really used, it was all mental conditioning to get everyone behind the war effort, to make a national effort to be behind the war and let everyone think you were helping the soldiers. And my Uncle Dick, who was the youngest of my father's brothers, was a soldier, and I remember sending him chocolate. Chocolate was very, very rationed. We got a little bit of chocolate and we would send it to him, but we did keep a small piece and my mother and her best friend, who lived next door, decided it would go further in pudding. So they made chocolate pudding and, uh, if we got a quarter of a cup I think we were lucky. But that was the only chocolate we had during the war.

I can remember what a shock it was to move from Willimantic to Hampton, although I knew Hampton very well. I was seven when we moved to Hampton, I was in second grade. I had gone to St. Josephs School in Willimantic - that had running water and flush toilets. And I came to Hampton. I went to Bell School which did not have flush toilets and running water. I knew my cousins, Paul and Kathleen Fitzgerald and Bobby but they were ten years older. And the water was in a crock that we got from a well. The school teacher was Lois Woodward, whom I had met because her best friend was Mary McGinty who boarded with my grandmother. There was no running water, so Clark's Corner school would go to my grandmother's house to get water, but then when Margaret came she didn't want people, not even kids, in and out of the house so then they went across the street to where Mike (Chapel - 436 Hartford Turnpike) has the house now. It used to be the Clark's Corner Store.

I think of the list that my grandchildren have to take back to school now - paper, pencils - all of that was supplied in our day, we didn't have to go and buy all that. And we had what they called arithmetic paper and it was

half or a third the size of regular paper, it was yellow, and it wasn't very nice quality. But they also gave us little cups that weren't really cups, they were more like envelopes to drink the water out of - little paper folded things. And if those should run out in May or June, then you took the arithmetic paper and folded that in half, and there was some hocus pocus that you made your own little cup by folding it over this way, that way, the other way and then you had a little cup. In fourth grade, we moved to the elementary school. I went from Bell school, to Clark's Corners, and that was under my mother who had gone back to teaching at that time. She was the substitute teacher in St. Joseph's School in Willimantic and then she was the sub for a while at Hampton and Chaplin. Then she took a position in Hampton school. And that was terrible for me! I had to be better than perfect because she didn't want any scandal. And my brother, too. We had to get good grades and earn them ourselves and behave well.

But those one room schools, one whole corner was taken up by a huge wood stove and the teachers had to go ahead to school in the winter and start the stove. And it was a large wood stove and it had a huge metal jacket around it. If you sat too close to that, you were too hot and if you were away from it, you were too cold. And the boys came in one door and the girls came in another. And in between was the wood room and that took up a fair amount of space. On each side, the boys' entrance and the girls' entrance, the doors opened into a hallway and then you went into the classroom. In the hall there were pegs on the walls to hang your coat, and you left your boots and what have you. The classroom was not all that large and then in Clark's Corner, there was a one step up dais, if you want, that the teacher's desk was on. It was supposed to be up that one step so she could look down on the pupils.

In the girls hallway was a little shelf, I don't think it was a cabinet, where the water was. It would stay colder if it was out where the coats were, if it didn't freeze. I can remember one little girl who was a cut up, and

she was put out there and it was so cold that she peed, and it froze. It was an ice puddle. That's cold.

In fourth grade we went to the new school half way through the year. We moved after the Christmas break to the new school. I remember that very well because my mother had to be involved in setting up the room and um doing all of that so she didn't get much of a Christmas break that year; none of the teachers did. And I went to pay taxes not long ago, and went we went from Clark's Corner to there I thought how big that room was, how airy. It still is light and airy but it is certainly not big!

There are pictures there of the original entrance to Goodwin – a wall on each side of the driveway. The entrance was where the chauffeur would drive the Goodwins in and let them off at their house, and then go across the road, which was dirt then, and park under the barn building there in one of the garage bays. It was a private entrance for them – only the Goodwins used it.



Private entrance to Goodwin home

Goodwin had a number of maids and a chauffeur of course. The maids were usually Irish because it was still cheap even in the '40's to bring over Irish maids. Some Sundays we would give them rides to church. Mr. Goodwin would pay my father a few dollars. It used to be at one point that the chauffeur would take them but then it got to be that his wife would want to go somewhere, and occasionally she would go to church up at the Congregational Church and that interfered, so they would pay my dad. They would call ahead and say 'We will

be out, can you pick up the girls?' so we would pick up the girls.

Edmund stocking had his apartment over the garage; it was quite a nice apartment. Then Mr. Goodwin gave him land and he built that nice house across Route 6. I remember going there as a child, I was probably twelve, to watch a night blooming cereus. My father was bored out of his wig. We all sat in this little room and watched this flower slowly open. My father said to my mother after, "well, we're not gonna do that one again."

I remember Bob McDermitt had an old Stanley Steamer. When Route 6 went up the hill, which is now Old Route 6, buses would often get stuck in the snow coming up the hill by Catherine Wade's house (334 Old Route 6 East). Bob would go down there, all bundled up, with his Stanley Steamer and take a few people at a time up the hill. They would find a place for them to stay, sometimes overnight, with anyone who had room. Then when the bus was empty, Bob would pull that bus up the hill with his Stanley Steamer, up to his garage. When the roads were safe to pass, everyone would get back on the bus, and off they'd go.

Then my mother moved on from the school when I was in the ninth grade, I think. I know I was in high school. And Lois retired, I don't know if she had one or more children, but it was at the point where it made sense for her to stay at home. My mother was in the middle, and then there was another teacher who was moving out of the district, and Catherine Ameer (Wade) taught music, and she moved to Windham. So they all left at the same time. And actually, it was sort of under a cloud. They had asked for a raise and the school board didn't want to grant them a raise, and they were, um, way underpaid compared to other towns in the district. And they belonged to the CEA (Connecticut Education Association) and the town was blackballed. The CEA said that the town underpaid and that any teacher going there should be aware of that. And so they had trouble getting someone to teach, but I think they started out with younger teachers who

had just started teaching. They did staff the schools but it took them awhile.

I married Cliff Chapel in 1960 at Our Lady of Lourdes Church. He passed away in 1983. We were married in St. Mary's Church in Norwich because a very good friend of Mike's was the pastor there, but we had our reception in the church hall in Hampton. Before the church hall was there, a shed stood there that was the carriage house for the church. People put their horses there when they went to church. We had lived first in North Stonington because Cliff worked at Electric Boat, and then we bought a home in Norwich.

My mother died in 1967. When my mom died, we moved up here to take care of my grandmother and my dad. So we came back to live at the house at 436 Hartford Turnpike, the old Clark's Corner Store.



Clark's Corner Store

I learned bookkeeping from an excellent person at Lehigh. First, I worked as a lab assistant at Pfizer. Then I worked part-time at Lehigh. I was a cashier but I also did bookkeeping. Carolyn Sloane, who was a graduate of Katie Gibbs taught me bookkeeping. Then I was laid off from there, uh, because the oil business moved back to Norwich so they no longer had a Willimantic office. So I applied to Windham Hospital, and unemployment said, 'oh you'll never get hired' but son of a gun I did get hired. Well they were hiring a weekend cashier and you had to work for the credit department too - that if people's bills weren't paid totally by insurances, you had to set up a payment plan. So I did that two extra days during the week. The job was posted 16 hours, but I worked 32 off the bat. And I could have my choice of whichever day I

wanted off during the week. I took Wednesday - that was great with six kids - the laundry didn't get ahead of me, I had a huge garden and that didn't get ahead of me. Eventually it evolved to no weekend cashier, that was handled during the week. You could pretty much tell who would be discharged on the weekend, so you would go see them on Friday.

And we had to put things in the safe - patients' valuables - that was another job. I remember one gentleman who worked for the government - he was a G-Man. He wouldn't say which branch of the government he worked for, he just had a badge that said 'U.S. Government.' And, um, he would only disclose his name and date of birth and he wrote out a check for his bill - wouldn't disclose his insurance. And he had a gun. The only gun we ever put in the safe. And people asked me if I questioned him when he left and I said 'No!' He was a very official, very cold man. We had envelopes that we put the valuables in and you wrote on the outside what you put in it and the person signed it and a witness. You never said 'gold' ring or 'silver' ring, you said gold or silver 'colored.' The gun was black.

When I lived in Hampton, I belonged to Our Lady of Lourdes church. And when the Kennans had Boy Scouts, and Mike and Mark went, I would go to meetings and give them a hand.

And I married Mike O'Connor in 1996. I have six children - Mike, who is Hampton's Second Selectman, Mark lives in Windham and he and his domestic partner are raising her two little granddaughters, and Kevin got married late in life and lives in Willimantic and he has three step children. Julie is a management person for Camp Horizons. Her title right now I think is quality control but she managed one of their large group homes for years and they found that there was discrepancy between the group homes, so she wrote general policy and was the coordinator for all of their group homes. Holly is a nurse and works at Douglas Manor. And half a day a week, she goes into Horizons group homes and oversees the medications and makes sure everything

matches up. And then John is married to my husband, Mike's, middle daughter who is a school teacher and they live in New Britain. She is a music teacher. And they have two children who go to Montessori school in Simsbury. John is by trade a mason and, um, he picks up some jobs still, working part-time, but because he takes the kids back and forth to school, that cut into a lot of that.

I love gardening . And reading. I am a prolific reader. This time of year, maybe not so much, but I can read 3 to 4 novels a week. I read mysteries, espionage, drama. Mike has Parkinson's now, and I had a heart attack in the spring of 2011, so we are going to find a duplex with John and Suzanne. We are looking at the Farmington or Avon area, because their kids go to school in Simsbury. ~

THEN & NOW



Railroad Bridge at Parker Road



**Manny & Tanner–
A Dog's View of Life**

Until one has loved an animal, a part of one's soul remains unawakened.

~Anatole France

New Town Truck

The Town of Hampton recently purchased a new town truck.



Photo Contest

Thanks to a great idea by Hampton resident Deb Moshier, the Hampton High Road is sponsoring a photo contest. Send us your photos that depict a Hampton Road. We will display them all in the December issue of the High Road. The winners will be chosen based on the votes of our readers.

So start taking pictures and send them us – either by email, or to 129 Bigelow Road, Hampton, 06247 (Please include your name and contact information.) . Can't wait to see your entries!

HAMPTON HAPPENINGS

Hampton Congregational Church

263 Main Street, Hampton, CT
860-455-967

www.hamptonucc.org

Please consider joining us for any of these educational, spiritual, and social events. All are welcome. For more information or to arrange for a ride to any of these events, please contact Pastor Jinny.



Sun. Oct. 4, 10:00 a.m. - World Communion Sunday - a distinctive opportunity to experience Holy Communion in the context of the global community of faith. On this day, we remember that we are part of the whole body of believers. We celebrate our oneness in Christ, the Prince of Peace, in the midst of the world we are called to serve – a world ever more in need of peacemaking.



Sun. Oct. 4, 3:00 p.m. - Blessing of the Animals Service – Bring your pets (or a photo of them) for a blessing. We will also collect an offering of blankets & food for local animal shelters.



Sun. Oct. 11, 4:00 p.m. - 18th Annual Utey Memorial Tracker Organ Concert, featuring Daniel Ficarri of Scarsdale, NY, and the Julliard School. Refreshments following. A free-will offering will be collected.



Sat. Oct. 24, 5:00 – 7:00 p.m. - Fall Harvest Dinner Fundraiser - Meal includes Roast Pork or Vegetarian Stuffed Squash with rosemary roasted potatoes, maple glazed carrots, green salad, drinks, and delicious home-made under 5 free. For Tickets or Info: 860.455.9677.

Parish Hill Middle School

Fundraising Events for April 2016 8th Grade Trip to Washington, DC

Last year, 8th graders took a class trip to Washington, DC. Parent Kathy Freed said, “I had the opportunity to attend this trip with last year’s 8th grade class and saw firsthand how beneficial in so many ways that this trip was to our student’s and I am dedicated to helping the future students of Parish Hill have this opportunity.”

You can help make this trip happen by supporting the following fundraising events.



October 12th
8:30am-11:00am

We will be collecting bottles and cans at the PHHS Student lot. Your bottle and can donations will help send these well deserving students to our Nation’s Capital.



Saturday September 19th

The PHMS 7th and 8th grade classes will be hosting a Car Wash at both **Tractor’s to Trimmers** (on Route 6 across from Zlotnicks) and also at **Advanced Auto Parts** (on Route 6 in North Windham.) Please email kathyf@aplaceformom.com to get your tickets in advance or get your ticket the day of the wash, either way you will be helping to inspire our future leaders.

Friday October 16th

The PHMS 7th and 8th Grade will be hosting a Spaghetti Dinner with a Silent Auction and Basket Raffles, which we are collecting donations for. More details to follow. Presale tickets will be available. Please save the date.

Friday November 27, 2015

PHMS 7th and 8th grade class will be Giftwrapping at the EastBrook Mall. Stop by with your purchases or come on down with your gifts and the PHMS students will do your wrapping for you.

If you are unable to attend the fundraisers, but would like send a donation to help the students reach their goals, you can do so by making your check payable to Parish Hill Middle School and reference Washington DC Donation in the memo and send to PHMHS, 304 Parish Hill Rd, Chaplin, CT 06235.

Hampton-Chaplin Ambulance Corps

The Hampton-Chaplin Ambulance Corps responded to 27 calls for service during the month of August.

During this year's Brooklyn Fair, members of the Hampton-Chaplin Ambulance Corps and Hampton Fire Company collected parking fees at one of the parking lots as a fundraiser. Mortlake Fire Department generously offered this great opportunity to our departments. Our organizations staffed all hours for all four days of the fair! HCAC and HFC will split the proceeds from this activity.



Bob Marquis and Al Ameer taking a break from parking cars.

The Hampton-Chaplin Ambulance also sends prayers out for our members Jake Berard and Rich Schenk, and former member, Matt Quinn, who are out west battling wild fires. Godspeed.

Check us out and 'like' Hampton-Chaplin Ambulance on Facebook!



PFLAG Hampton

The new Hampton chapter of PFLAG will be holding a kick-off event **on Tuesday, September 15 at 6:30 pm** at the Hampton Community Center, 178 Main Street. Regular meetings will then be held on the Third Tuesday of each month at the Hampton Community Center, at 6:30 pm.

What *is* PFLAG? At our monthly meetings, PFLAG offers support for parents, families, and friends of people who are Lesbian, Gay, Bisexual, or Transgender (LGBT), as well as LGBT people. We offer information, resources, and support, meeting people wherever they are. Everyone is invited to join us at the kick-off event – there will be a short film, snacks, and membership information. Come and find out what PFLAG is all about! Show your support for the LGBT members of our community and everywhere.

Check out our Facebook page – PFLAG Hampton. We can also be reached at pflaghampton@gmail.com.

Hampton Community Activities and Recreation Commission

Cell Phones Off! Family- Oriented Performances at the Community Center!

A recent community survey revealed that there is great interest in more family-oriented performances for Hampton residents. So in coming months there will be three special events at the Community Center, focused on different age groups, children and their families. Each event will also have a special hands-on component, either at the schools or associated

with the performance, where children and families can work one-on-one with performers.

We expect the initiative to catalyze interest and enthusiasm for the performing arts and to encourage parents, grandparents, and other caregivers to attend with the youngsters in their families and neighborhood. The performances will provide alternatives to electronic entertainment that takes up so much of our time.

Admission to all performances is free, and refreshments will be served. While performances are designed to entertain specific age groups, everyone 1 -100 is welcome at any performance.

For more information, contact Eleni Yanouzas
860-455-0138

Johny3@earthlink.net

Crabgrass Puppet Theatre

The Pirate, The Princess and The Pea

Oct 4, 2:30 PM



Following the performance, children will have the opportunity to spend time with the puppets and the puppeteers. Crabgrass principals are graduates of the UConn puppetry program and live now in Vermont. For all ages.

Flock Theatre

Shakespeare's Macbeth

Nov 6, 7:00 PM

Earlier in the day, there will be a workshop for students at Parish Hill Middle/High School, where Flock actors will work with students to further investigate this

famous play and the challenges of bringing its story to life on the stage.

For families and students ages 12-18.

Maria Sangiolo

April, 2016

Maria Sangiolo, folk singer and song writer, with a program showing a fun way to learn about agriculture, eating well, and playing outside when statistics show kids are spending too much time in front of computers and video screens. Before the performance Ms. Sangiolo will be at Hampton Elementary School working with small groups.

For families and students ages 3 – 11.

Yoga Series



Six Week Series

Wednesdays, 7:00---8:15 p.m.

September 23---October 21

Hampton Community Center

This class is appropriate for yoga practitioners of all levels. Instruction and modifications will be offered to allow students to practice based on their level of experience and desired level of intensity. Each class will incorporate breath work and postures to align, strengthen and promote flexibility in the body. We will close each class with a period of meditation. The class will be led by Linda Abt, Certified Yoga Teacher.

Details:

- The cost of the series is \$60. Checks should be made out to the Hampton Recreation Commission and can be brought to the first class or mailed to Town of Hampton, P.O. Box 143, Hampton, CT. 06247
- Walk-in students will be accepted if space allows at a charge of \$14 per class.
- Students should bring a yoga mat and a blanket or thick towel to each class.

Students are welcome to bring any other yoga props they may have to class.

- Wear comfortable clothes that allow freedom of movement. Eat lightly before class.
- A minimum of six series registrants will be required to hold the program.

Joshua's Trust

Walk/Talk

Saturday, September 26 10:00am

Join Scott Matthies and Gary Griffin for a walk/talk at the H.E. Preston Sanctuary in Hampton. They will discuss various methods used in an attempt to control invasive plants, such as Japanese Barberry, Bittersweet and Multiflora Rosa. The walk will go through a wooded area where a thick stand of Barberry has been removed and the methods used will be discussed. The walk will also pass along a field edge where repeated attempts have been made on the thriving Bittersweet and other invasives. Finally an area will be viewed that the State Department of Forestry and Horticulture used in their efforts to control invasives. Directions: the Sanctuary is 3 miles north from Hampton center, across from Kimball Hill Rd. Look for the Joshua's Trust sign at the entrance. For information, email Scott at scottmatties@charter.net.

James L. Goodwin Conservation Center

Senior Walk

Wednesday, September 16th

2:00pm-4:00pm

These are easy to moderate but still casual walks taken on forest trails. These walks are a great opportunity to get outside, learn something new and maybe even meet a few new friends. These walks are very popular, and not just for seniors! All are welcome. Hiking sticks are available to borrow.

Scavenger Hunt!

Saturday, September 19th

10:00am-12:00pm

Let's take a walk and go on a Scavenger Hunt! From objective things like "a feather" to more subjective things like "something bumpy" this Scavenger Hunt has something for everyone to find! But you'll have to look high and low to find everything, so bring your minds and your eyes for this I-Spy Hike! This program is for children of all ages. Different scavenger hunt lists will be given to children based on age, but we'll all take our walk together!

Long-Distance Guided Hike

Saturday, September 19th

1:00pm-4:00pm

Here's your chance to enjoy Goodwin State Forest in a new way with Elaine Koza's long-distance guided hikes! Enjoy the company of fellow hikers and get some great outdoor exercise. Expect a 5-7 mile hike. Guide Goodwin Docent Elaine Koza has completed all the New England 4000+ foot elevation hikes, and has hiked all the highest peaks in the 48 contiguous states. Elaine hikes with her Australian Sheppard, Shalee. Friendly dogs are welcome to join the hike.

Southbound Bird Migration

Friday, September 25th

8:00am-10:00am

Join Andy Rzeznikiewicz, Ct Audubon Society Land Manager as he guides you around Goodwin in search of migrating birds. Expect to find warblers, vireos, flycatchers, woodpeckers, hawks and more. Be sure to bring binoculars and wear drab clothing.

For more information or to register, please contact Emma Lorusso at: [860-455-9534](tel:860-455-9534) or emma.lorusso@ct.gov

Programs at the CONNECTICUT

AUDUBON SOCIETY

Grassland Bird Conservation Center

218 Day Road Pomfret Center, CT 06259

(860) 928-4948

ART EXHIBIT

Fifty Shades of Nature

Northeast Connecticut Art Guild

Exhibit and sale through September 28

The Northeast Connecticut Art Guild fall exhibit will feature the works of local artists in various

media. Free to the public, a portion of the proceeds benefit the Connecticut Audubon Society.

Wednesday Noon Walks

September 2 through 30, 12 p.m.

Join Connecticut Audubon Society volunteers for fresh air, exercise, good company and naturalist lessons along the way. Seniors and parents with babes in backpacks welcome. Free to CAS members; \$3 non-members.

Weekly Bird Walks

Tuesday Bird Walks

Tuesdays, September 1 through 29, 8 a.m.

Join Andy Rzeznikiewicz as he points out various bird species. Bring binoculars and wear drab colored clothing. We carpool to various locations around the sanctuary. Free to CAS members; \$5 non-members.

Sunday Bird Walks

Sunday, September 27, 8 a.m.

This is the prime time to find migrating fall warblers, vireos, and hawks. Come and see the confusing fall warblers. Many species have changed into their winter plumage. Most birds are found in large mixed flocks. When we find a flock it gets very exciting!

Cost: \$5 CAS members; \$10 non-members.

Fall Migration Bird Banding Sessions

Saturday, September 19, 9 a.m.

Saturday, September 26, 9 a.m.

Saturday, October 3, 9 a.m.

Watch Andy Rzeznikiewicz and fellow bird banders capture and band numerous birds. You will even get to release a bird or two. Each session should produce different bird species, as the migration progresses. Last fall we banded a Swainson's Thrush as well as many warbler species! Cost: \$5 CAS members; \$10 non-members.

Children's Programming

After School Nature Club

September Session: Grades K - 6

Thursdays, September 17, 24 & October 1

Do your kids need to blow off steam after school? Send them to the Center. After a quick snack, we will head out on the trails exploring the woods, meadows and streams. Their afternoon will be filled with fresh air, exercise

and fun. Wildlife lessons will be quietly inserted along the way. Fee per session: \$40 CAS members; \$50 non-members. More info & forms at www.ctaudubon.org/center-at-pomfret

Wildlife Tracking and Monitoring:

Training/Monitoring Hikes

Saturday, September 19, 8:30 a.m. – 3 p.m.

Woodstock

Saturday, December 5, 9 a.m. – 3 p.m. Bafflin Sanctuary in Pomfret

(Additional monitoring hikes TBA)

Our wildlife tracking volunteers monitor study sites in Willington, Canterbury, and Woodstock quarterly. In Willington and Woodstock, we now have over ten years of data showing regular presence of fisher, river otter, mink, red fox, coyote, as well as, the occasional black bear, moose and porcupine. These sites also provide perfect habitat for white tailed deer, raccoon, beavers, and a variety of rodents. You can begin or continue training to become a Citizen Science Wildlife Monitor by completing six training hikes that suit your schedule throughout the seasons. Training fee per hike: \$50 CAS members; \$60 non-members. Registration required. Contact Paula Coughlin, Citizen Science Coordinator, 860-928-4948; pcoughlin@ctaudubon.org

Programs at TRAIL WOOD

93 Kenyon Road, Hampton, CT 06247

Call (860) 928-4948



Eleventh Annual Trail Wood Under the Harvest Moon

Saturday, September 26, 5 p.m.

Show your support for Trail Wood. This is an evening of delectable food and great music. Put on your walking shoes, a warm sweater, and join the fun. Call the Center at 860-928-4948 to make a reservation or download an invitation from www.ctaudubon.org/center-at-pomfret/trail-wood. Cost: \$30 per person.



Learn to Play the Mountain Dulcimer

Hampton Community Center

Wednesday Evenings 6:30 – 8:00pm starting
October 7

Sept. 23, 6:30 PM - FREE exploratory class
8 classes.

Entire course \$80, due on October 7

Instructor: Melanie Johnston

The mountain dulcimer is an instrument that can be learned very quickly. Topics covered in this course will include strumming, fretting, and tuning your instrument, a little on the history of the dulcimer, chords for accompanying others, timing and rhythm as it applies to the dulcimer, and lots of tunes from a variety of genres. Come ready to have a lot of fun learning more about this delightful instrument.

No previous music experience required. If you do not yet have a dulcimer, one will be available for you to borrow.

The mountain dulcimer is often referred to as a true America instrument, originating in the Appalachian region of the United States. Differentiated from a hammered dulcimer, the mountain dulcimer is a lightweight, usually hourglass-shaped, three- or four-stringed instrument placed on your lap for playing. Jean Ritchie, Joni Mitchell, Cyndi Lauper, Sally Rogers and Atwater-Donnelly are a few folk musicians who play this versatile instrument.

If you have ever thought about learning an instrument but thought you had no musical ability, this instrument will prove you wrong. If you have previous music experience, this

class will build on that, but no previous music experience required. You will be amazed at how quickly you will be able to play some simple tunes.

If you do not yet have a dulcimer, we have one for you to borrow. Not sure what it's all about? **A special *FREE* introduction class will be given on Wednesday, Sept 23, at 6:30 PM.** Come hear the instrument, have your questions answered, receive advice on purchase, or changing strings if you have an old instrument etc.

Instructor Melanie Johnston has been playing the Mountain Dulcimer since 2001. She is the founder of the Connecticut Mountain Dulcimer Gathering <http://ctmtdulcimer.com/> and the Northeast Dulcimer Orchestra. In addition to playing with the Northeast Dulcimer Orchestra, she and her husband Mack perform as a duo in venues around New England. Melanie recently completed year 1 of the Mountain Dulcimer Teaching certification program at Western Carolina University in N. Carolina. She looks forward to introducing more people to this lovely instrument.

Questions? Call Melanie at 860-455-9958. **Please register by October 1** - call Melanie or mail your check to Hampton Rec, Town Hall, Box 143, Hampton, CT 06247

Parish Hill Middle Schoolers Collect Cans and Bottles



Parish Hill Middle School students collect cans and bottles as part of an effort to raise funds for an 8th Grade trip to Washington, D.C.



My Kingdom for a Horse

A new program, *Horsing Around*, will air on CTV192 this fall. Produced at the Northeastern Community Access Studios in North Windham, the film series is narrated by Chaplin horsewoman, Ann Johnson. The program was developed by Chaplin residents, Myrna Riquier and Ann Johnson to bring some rare and beautiful breeds of horses to the TV screen in people's homes, and to help those looking to buy a horse make comparisons from among the vast choices available. The narrator skillfully conveys the great joy that is experienced by those who already own a horse.

Horsing Around was filmed in four states and edited at the CTV192 studios, Tuckie Road, North Windham. It consists of four episodes, each with a distinctive topic which will air in this order:

#1 *The Fantastic Friesian* looks at the rare, elegant and splendid black horses of the Netherlands.

#2 *The Gorgeous Gypsy* brings to the screen the spectacular and startlingly beautiful spotted horses of Ireland.

#3 *A Horse for Every Occasion* includes riding horses, show horses, miniature pet horses, race horses, work horses, young and old in many shapes, sizes and colors.

#4 *Happy Trails* follows an encampment gathering of horses and riders from all over New England.

Series Host, Ann Johnson of River Edge Farm in Chaplin guides viewers through each film, sharing her knowledge and joy of horses. Executive Director, Myrna Riquier, indicated

that Johnson, Producer for the series, "came to this project with an extensive background in all aspects of horsemanship, including rehabilitation. With her remarkable vast knowledge she was the perfect choice to host this series." See *Horsing Around* when it begins airing this fall on CTV192. Visit the website schedule at www.ctv192.com for show times.

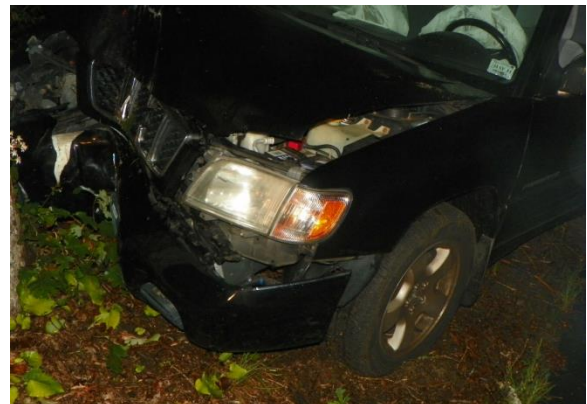
Northeastern Connecticut Community Access TV offers internship classes three times a year, free of charge to residents in the CTV192 viewing area. The training program teaches all aspects of film production, including film making, in-studio projects and assisting the production crew on location with film shoots. A training program is currently underway. Call the studio for more info: 860-456-8500

Bad Night for Driving

The night of September 9, 2015 saw two motor vehicle accidents with two hours in Hampton. Fortunately, neither of the drivers was seriously injured.



The first car left the roadway and went into Little River at the base of Hammond Hill.



The second struck a tree on East Old Route 6.



Good News in the Neighborhood

Birthdays

September 2 - Robert Marquis
 September 7 - Dave DeMontigny
 September 13 – Charlie Noel
 September 17 - Howard Ostby
 September 28 - Bill Hoffman
 Margaret Haraghey
 September 29 – Steve Dinsmore

Anniversaries

September 7 - John and Leslie Wertam
 September 9 - Eben and Susan Ostby
 September 28 - Steve and Brenda Dinsmore

Pomfret School Honor Roll

The following Hampton students were named to the High Honor Roll for the Spring, 2015 Term: Emily Buell, Nicholas Burdick-Chapel, Thomas Castle, and Poojan Patel.

Gregory Rice of Hampton was named to the Honor Roll for the Spring, 2015 term.

Dean’s List

Jasmine Brouillard of Hampton was named to the Dean’s List at Roger Williams University in Rhode Island for the Spring, 2015 term.

LAND TRANSFERS

\$230,000
 789 Brook Road
 B. Andrew J. Stewart
 S. Carrie Boron

\$165,000
 334 East Old Route 6
 B. Joseph A. Ameer
 S. Lois W. Burgess

\$194,000
 30 Kenyon Road
 B. Danny Postemski
 S. Island Beach Property

British-American Motorcycle Club

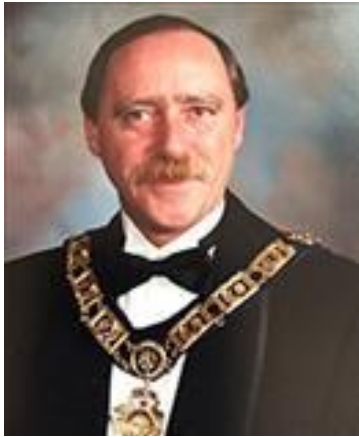
The British-American Motorcycle Club held its annual Pig Roast, hosted by Ron Gluck, on September 6, 2015.



Ron Gluck (right) with brother, Bill



In Memoriam



Richard G. Cinami- 62, of Central Village, died August 18, 2015 at home. He was born March 21, 1953 in Putnam, CT, son of the late Angelo and Marie (Baribeau) Cinami, Sr. He was married to Patricia Brunson, she died in 2015. Richard was a communicant of St. James Church in Danielson and also attended St. James School. He was a member of The Putnam Elks Club, The Danielson Knights of Columbus and Foresters Club in Sterling where he was Treasurer. He loved to go camping and golfing. He enjoyed playing basketball. Richard worked as the warehouse manager for BCS Systems in Thompson, CT. Richard leaves his son Ricky Cinami and his wife Julie of Hampton, CT, daughter Deanna Elliott and her husband Glenn of Woodstock, CT, brothers Angelo Cinami, Jr. and his wife Pamela of Moosup, CT and Michael Cinami and his wife Cynthia of Woodstock, CT, two grandchildren Hurley Cinami and Hudson Cinami, his sister Joan Selby and her husband Ricky of Vancouver, WA, his Aunt Rose Cinami, brother-in-law Richard Brunson, several nieces and nephews and also his doggie Sammy. He was predeceased by his wife Patricia Cinami and his sister Rose Cinami. A Memorial Mass was held at 11:00 AM Saturday, August 22, 2015 at St. James Church, 12 Franklin Street, Danielson, CT. In lieu of flowers donations may be made to the Deary Memorial Cancer Fund, PO Box 632 Putnam, CT 06260. Share a memory at www.gagnonandcostellofh.com.



Thea Marie Radtke - Andover, CT, April 2, 1958 – August 16, 2015 -passed away peacefully at home, Sunday, August 16, 2015.

Thea graduated from Lyman Memorial High School in 1976. In October of 1982, she joined the United States Marine Corp and served as a military police officer. Upon completing her enlistment she returned home and became a DMV CDL inspector and graduated from the Connecticut State Police Academy. She was loved by all who knew her and will be missed by all those whose heart she touched and helped.

Thea leaves behind her husband, Kevin Pearl; mother, Marie Radtke Fredrickson; daughter, Desiree Marie and her husband Kenneth Washburn of Ohio; brothers, Thomas Radtke, Eric Fredrickson and his wife Charlene; sister, Mia and Kirk Ginter; stepchildren, Lyssianne and Richard Drogen, Dan Williams and Pollyanna, Kevin Pearl Jr.; grandchildren, Electra, Naamah, Elizabeth, Andrew, Lillianna, Hailey, Karalynn; niece, Krystana; grandniece, Jayliana; nephew, Joshua and her longtime friend, Ann Marie St. Peter.

She was predeceased by her son, Christopher Bishop; father, Bernard Radtke and her grandparents, Mario and Agnes Petteruti.

Calling hours were on Saturday, August 22, 2015 from 5-7PM at Potter Funeral Home, 456 Jackson St. (Rte 195) in Willimantic, CT. In lieu of flowers, memorials can be made to Christopher Bishop Fund 210 Birch St.

Willimantic, CT 06226. For an online memorial guestbook please visit

www.potterfuneralhome.com.



Maurice Edward Pelletier, 83, of Willimantic, CT passed away unexpectedly at Windham Hospital, August 26, 2015. He was the very beloved and devoted husband of 63 years to Annette (Toussaint) Pelletier, who survives him. "Moe" was an exceptional son, husband, father, grandfather and "Peperere" who lovingly put his family's needs first, throughout his life. A kind, good hearted man with a wonderful sense of humor, who helped any and all that needed him. He has left us with a fine example to follow for generations yet to come. We are grateful to have been so blessed, to have had him in our lives. He will be greatly and forever loved and missed...

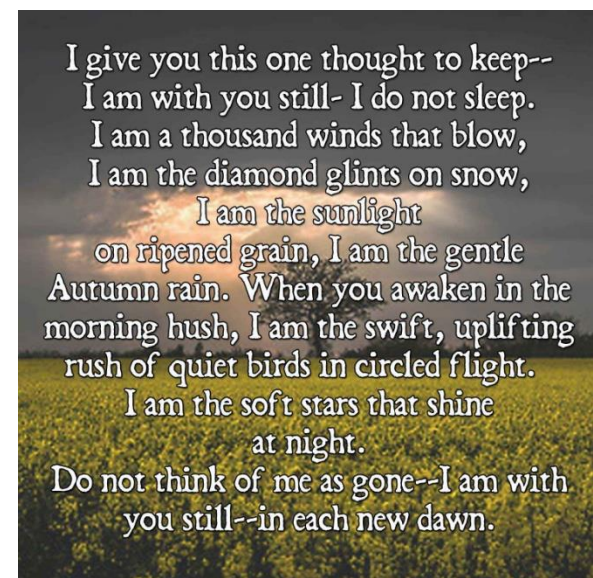
Maurice was born September 16, 1931, in Willimantic where he was raised, and attended St. Mary's School. He was a military veteran having served in the Navy from September 26, 1951 to September 10, 1953. He was a Communicant of St. Francis of Assisi in Lebanon. Maurice was an independent drywall contractor, and eventually retired from the University of Connecticut.

He was predeceased by parents, Joseph & Corinne (Ouellette) Pelletier of Willimantic, CT, mother and father-in-law, Joseph & Imelda Toussaint of North Windham, CT, and brother-in-law, Amance Desautels.

Along with his wife, Maurice is survived by his children: Bruce & (Linda) Couture of

Brooklyn, Kenneth & Linda (Quintana) Pelletier of Hampton, Lawrence & Carol (Tedder) Pelletier of Colorado Springs Colorado, and Ronald & Sandra (Guerraz) Pelletier of Lebanon. His grandchildren: Jeremy Couture & husband, Edward Hoebich of St. Petersburg, Florida, Jason & Jennifer Couture of Marlborough, Kyle & Jennifer Pelletier of Tolland, Michael & (Melissa Pelletier-) Rodriguez of Mansfield, and Brian & (Ashley) Key of Lebanon. His step-grandchildren: David & (Kristen) Balyeat, Brock & (Carly) Matthews and Frank & (Candace) Dravecky...all of Colorado. His great grandchildren: Ethan and Nadia Couture of Marlborough, Audrey and Andrew Pelletier of Tolland, Justin Key of Lebanon, and Hudson Balyeat, Kylie and Jordan Matthews and Harper Dravecky ...all of Colorado. He is also survived by his brother and sister-in-law, Roger & Yvette Vertefeuille and family, brother and sister-in-law, Robert & Lelia Toussaint and families. Doris Desautels, Carol Gosselin and family, Richard Desautels and family...all of Milford, CT.

Calling hours will be held Sunday, August 30, 2015 from 1:00 – 3:00 P.M. at Potter Funeral Home, 456 Jackson St. (Rte. 195), Willimantic, CT. Funeral Mass will be 10:00 A.M. Monday, August 31, 2015, at St. Francis of Assisi Church, West Town St., Lebanon, CT. Burial to follow at St. Joseph Cemetery.





Health and Safety Corner

By The Hampton-Chaplin Ambulance Corps

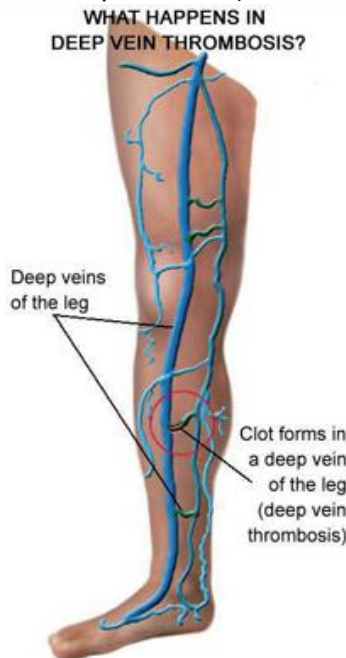
Deep Vein Thrombosis (DVT)

The Mayo Clinic

Deep vein thrombosis (DVT) occurs when a blood clot (thrombus) forms in one or more of the deep veins in your body, usually in your legs. Deep vein thrombosis can cause leg pain or swelling, but may occur without any symptoms.

Deep vein thrombosis can develop if you have certain medical conditions that affect how your blood clots. Deep vein thrombosis can also happen if you don't move for a long time, such as after surgery, following an accident, or when you are confined to a hospital or nursing home bed.

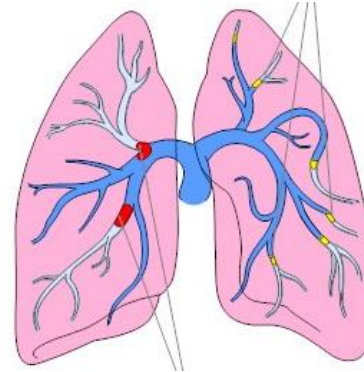
Deep vein thrombosis is a serious condition because blood clots in your veins can break loose, travel through your bloodstream and lodge in your lungs, blocking blood flow (pulmonary embolism).



Symptoms can include:

- Swelling in the affected leg. Rarely, there may be swelling in both legs.

- Pain in your leg. The pain often starts in your calf and can feel like cramping or a soreness.



Pulmonary embolism in lung artery

The warning signs of a pulmonary embolism include:

- Unexplained sudden onset of shortness of breath
- Chest pain or discomfort that worsens when you take a deep breath or when you cough
- Feeling lightheaded or dizzy, or fainting
- Rapid pulse
- Coughing up blood

Many factors can increase your risk of developing deep vein thrombosis (DVT), and the more you have, the greater your risk. Risk factors for DVT include:

- **Inheriting a blood-clotting disorder.** Some people inherit a disorder that makes their blood clot more easily. This inherited condition may not cause problems unless combined with one or more other risk factors.
- **Prolonged bed rest, such as during a long hospital stay, or paralysis.** When your legs remain still for long periods, your calf muscles don't contract to help blood circulate, which can increase the risk of blood clots.
- **Injury or surgery.** Injury to your veins or surgery can increase the risk of blood clots.
- **Pregnancy.** Pregnancy increases the pressure in the veins in your pelvis and legs. Women with an inherited clotting disorder are especially at risk. The risk of blood clots from pregnancy can continue for up to six weeks after you have your baby.

- **Birth control pills or hormone replacement therapy.** Birth control pills (oral contraceptives) and hormone replacement therapy both can increase your blood's ability to clot.
- **Being overweight or obese.** Being overweight increases the pressure in the veins in your pelvis and legs.
- **Smoking.** Smoking affects blood clotting and circulation, which can increase your risk of DVT.
- **Cancer.** Some forms of cancer increase the amount of substances in your blood that cause your blood to clot. Some forms of cancer treatment also increase the risk of blood clots.
- **Heart failure.** People with heart failure have a greater risk of DVT and pulmonary embolism. Because people with heart failure already have limited heart and lung function, the symptoms caused by even a small pulmonary embolism are more noticeable.
- **Inflammatory bowel disease.** Bowel diseases, such as Crohn's disease or ulcerative colitis, increase the risk of DVT.
- **A personal or family history of deep vein thrombosis or pulmonary embolism (PE).** If you or someone in your family has had DVT or PE before, you're more likely to develop DVT.
- **Age.** Being over age 60 increases your risk of DVT, though it can occur at any age.
- **Sitting for long periods of time, such as when driving or flying.** When your legs remain still for many hours, your calf muscles don't contract, which normally helps blood circulate. Blood clots can form in the calves of your legs if your calf muscles aren't moving for long periods.
- **Type AB Blood** – People with AB Blood Type have been shown to have an increased risk of blood clots.

If you have any concerns that you may have a Deep Vein Thrombosis (DVT) or Pulmonary Embolism (PE) contact your doctor immediately or call 911. ~



The Green Scene

"We have forgotten how to be good guests, how to walk lightly on the earth as its other Creatures do." - Barbara Ward, *Only One Earth*

Tips for Going Green in Autumn

- *Check the air pressure in your tires. Cooler temperatures lower tire pressure and that, in turn, lowers fuel efficiency. So check your tires and make sure that they are properly inflated.
- *Move furniture or any obstructions from vents, baseboard heaters, registers on the floor or radiators so that air moves freely. This is also a good time to vacuum these areas to remove any dust or debris. And here's a tip if you have a radiator ... place a reflecting panel behind it ... you can purchase one at a home center or make one yourself with a plywood panel and aluminum foil.
- *Remove window air conditioners for the winter. If they can't be removed, seal them with caulking or tape and cover them with an airtight, insulated jacket.
- *Clean the ducts and area behind the dryer. And don't forget, clean the filter after every use and every once in awhile, give it a good wash.
- *Electrical outlets, especially on outside walls, and light fixtures are prime places for cold air to leak into your home. Add foam gaskets behind covers and switch plates, and use safety plugs in unused outlets. Be sure to shut off the power at the fuse box or circuit panel before doing this.
- *Install foam covers over outside water spigots to prevent freezing.
- *If you have a ceiling fan, reverse the direction ... the fan should be run in a clockwise direction (stand under the fan and if you feel a breeze, reverse the direction so that air is being drawn upwards). This pushes the air up against the ceiling and down the walls, to gently re-circulate the warm air without creating a cooling "wind chill effect."

Recipes



Did you Know...

Like all members of the gourd family (which includes pumpkin, melon, and cucumber), butternut squash is technically a fruit because it contains seeds. Low in fat, butternut squash delivers an ample dose of dietary fiber. It provides significant amounts of potassium, important for bone health, and vitamin B6, essential for the proper functioning of the nervous and immune systems. The folate content adds yet another boost to its heart-healthy reputation and helps guard against brain and spinal-cord-related birth defects such as spina bifida. Squash's tangerine hue signals an abundance of carotenoids, shown to protect against heart disease. It contains very high levels of beta-carotene (which your body automatically converts to vitamin A), a deterrent against breast cancer and age-related macular degeneration, and a supporter of healthy lung development in fetuses and newborns. What's more, with only a 1-cup serving, you get nearly half the recommended daily dose of antioxidant-rich vitamin C.

Roasted Butternut Squash

Ingredients

- 2 medium butternut squash, halved lengthwise and seeded
- 4 teaspoons butter
- 4 teaspoons brown sugar
- Salt and pepper

Place butternut squash halves on a large baking sheet flesh side up. Place 1 teaspoon butter in the middle of each squash. Sprinkle brown sugar over each squash. Season with salt and black pepper. Roast 25 minutes, until flesh is fork-tender. Reserve 2 halves for future meal.

Butternut Squash Soup

Ingredients

- 6 tablespoons chopped onion
- 4 tablespoons margarine

- 6 cups peeled and cubed butternut squash
- 3 cups water
- 4 cubes chicken bouillon
- 1/2 teaspoon dried marjoram
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon ground cayenne pepper
- 2 (8 ounce) packages cream cheese

In a large saucepan, saute onions in margarine until tender. Add squash, water, bouillon, marjoram, black pepper and cayenne pepper. Bring to boil; cook 20 minutes, or until squash is tender. Puree squash and cream cheese in a blender or food processor in batches until smooth. Return to saucepan, and heat through. Do not allow to boil. © 2015 Allrecipes.com

Butternut Squash Risotto

- 2 cups cubes butternut squash
- 2 tablespoons butter
- ½ cup onion, minced
- 1 cup Arborio rice
- 1/3 cup dry white wine
- 5 cups hot chicken stock
- ¼ cup grated parmesan cheese
- Salt and pepper to taste

1. Place squash cubes into a steamer basket in a saucepan. Add water, cover, and bring to a boil over medium-high heat. Allow to steam until the squash is tender (10 to 15 minutes), then drain, and mash in a bowl with a fork.
2. Melt butter in a saucepan over medium-high heat. Add onion; cook and stir for 2 minutes until the onion begins to soften, then stir in the rice. Continue cooking and stirring until the rice is glossy from the butter, and the onion begins to brown on the edges, about 5 minutes more.
3. Pour in the white wine; cook, stirring constantly, until it has evaporated. Stir in the mashed squash and 1/3 of the hot chicken stock; reduce heat to medium. Cook and stir until the chicken stock has been absorbed by the rice, 5 to 7 minutes. Add half of the remaining chicken stock, and continue stirring until it has been absorbed. Finally, pour in the remaining stock, and continue stirring until the risotto is creamy. Finish by stirring in the Parmesan cheese, and seasoning to taste with salt and pepper.

Crafts

Metallic Painted Leaf Crafts

There is an abundance of fallen leaves at this time of year. Rather than just raking them into piles, enhance their beauty and decorate!



Needed:

- Leaves of any shape or size
 - Metallic paint in the color of your choice
 - A brush, if you are not using spray paint
- Spray the leaves and let them dry
Turn them into any of the following creations, or design your own!



Glue to a wreath form, and hang with a strip of burlap.



Attach to string with glue or mini clothes pins and adorn a mantel or doorway. Or make individual strings and hang vertically.



Decorate a painted pumpkin....



Or decorate a branch full of leaves and display it in a vase. Use as a place card.



"DOWNED LINES" By James E. Buell — Edited By Timothy E. Parker

ACROSS

- 1 Barbershop dust
- 5 Ocasek's group (with "The")
- 9 Assessed
- 14 Diabolical
- 15 Over again
- 16 Use a ladder and then run off
- 17 Bulletin-board posting
- 18 Biblical sages
- 19 Field doc
- 20 Line for a stuck-up person?
- 23 A Rockefeller, sometimes
- 24 Heavy metal
- 25 Put one over
- 27 Overhaul
- 32 Be in accord
- 36 Miami's cagers
- 38 Comment made with a nod
- 39 Appearing run-down?
- 42 Church area
- 43 Genesis patriarch
- 44 Catches one's breath
- 45 Herb of "Tijuana Brass" fame
- 47 Construction-block manufacturer
- 49 Spooky waterway?
- 51 Jumpy
- 56 Stripped down?
- 61 Martini garnish
- 62 Got a touch of gray
- 63 Split personalities?
- 64 Richard J. of Chicago
- 65 Out of the wind
- 66 Lavabo, e.g.
- 67 Slumber rumble
- 68 The "Gallop Gourmet"
- 69 From whence you may get down

DOWN

- 1 Metronome speed
- 2 Tex or Schreiber
- 3 Stars may prefer them

- 4 Influence
- 5 Sporty Chevy
- 6 Collections of reminiscences
- 7 Noble defender of the downtrodden?
- 8 Make off with
- 9 All new from the ground up
- 10 Sir Guinness
- 11 Worker's list heading
- 12 Grand in scale
- 13 Where to find two black suits
- 21 Bow
- 22 Terra firma
- 26 "This can't be!"
- 28 Moral weakness
- 29 Interrogates
- 30 Shake hands for the first time
- 31 Writes

- 32 Role for Jodie
- 33 Hockey player's quest
- 34 Letters for an invitee
- 35 Fencing blade
- 37 Belly problem
- 40 Start for murals or squad
- 41 Subtle satire
- 46 Night flight
- 48 Needler
- 50 Chris of "Wicked Game" fame
- 52 Film buff Roger
- 53 Word with Chicks or cups
- 54 Screen great Garbo
- 55 Famed '50s flop
- 56 Says "yes" without saying "yes"
- 57 NASA's Shepard
- 58 Wt. unit
- 59 At all times
- 60 Deride

Edited By Timothy E. Parker

Universal Press Syndicate

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
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				49		50			51		52	53	54	55
56	57	58	59						60					
61						62					63			
64						65					66			
67						68					69			

Old West 1

Find and circle all of the words that are hidden in the grid.
The remaining 25 letters spell a George Eliot quotation.

L L I H T O O B E S R O H W O L P L A
J U D G E K A N S E L T T A R H A S G
O O D O P H H T R T L L E W C R I G H
K O G O C P I E A A R N I A R T R O F
R N S N I H I R R I H A O O T P T H U
S S A S I R O R E O R C C I E E D M N
E R T T R N A L M D E A N K L E I Y D
D O O A R P N E L G G G L C E K K O E
L A F U A E S A A I B U O A C R E B R
I H O H T T T T P U D A N T A A H W T
A P C R E L S A L D L A A T M B T O A
R A K A L E A L W S L S Y L P S Y C K
T R D S H I O W A S H O R E F A L T E
D G N O O L A S G W R E G D I D L G R
N E B A N K E R M A M U R R R D I R I
A L I V E S T O C K N A F I E L B A F
R E R E N I M D L O G G N V F E I Z L
B T S H O P K E E P E R L E E F S E E

BANKER	FARRIER	LAWMAN	SALOON
BARKEEP	FORT	LIVESTOCK	SHERIFF
BILLY THE KID	FURS	MINER	SHOPKEEPER
BOOT HILL	GOLD MINE	OUTLAW GANG	SITTING BULL
BRAND	GOLD PANNING	PISTOL	STAGECOACH
CAMPFIRE	GRAZE	PLOW HORSE	TELEGRAPH
CATTLE DRIVE	HIRED GUN	POSSE	TRACKER
CHAPARRAL	HOGS	RAILROAD	TRAIL
COAL	HOMESTEAD	RANCH	TRAIN
CORRAL	HOTEL	RATTLESNAKE	UNDERTAKER
COWBOY	JUDGE	RIFLE	WATER TANK
DOC HOLLIDAY	LARIAT	SADDLE	WELL

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Cryptoquotes

True Confessions

C OCY GD YKMKT OFTK WTEWQHEA WQCY
JQKY QK CNIYFJAKLVKD QGODKAH C AGCT.

A Raging Battle

YHBS DW SLU CUXBUS DW
CFXXUCC AM GAWU AC SD UHS
ZLHS EDF GAVU HMP GUS SLU
WDDP WATLS AS DFS AMCAPU.

Poor Man's Observation

G' O FZZFDKL WF OGAAGFYCGTKD,
XEW GW JFEAL XK LCYVKTFED
WF FHHKT OK WQK ZFDGWGFY.

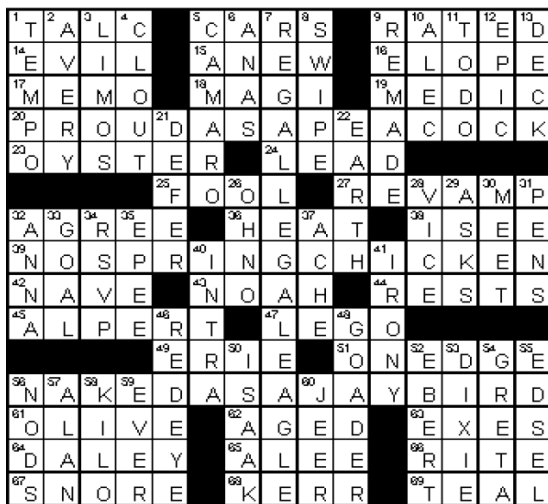
September Trivia

- Labor Day is the most well known holiday in September. It is observed every year on the first Monday in September.
- Native American Day is always celebrated on the 4th Friday of September.
- Grandparent's Day is observed in the United States on the first Sunday after Labor Day.
- President William McKinley was shot on September 6, 1901 while attending the Buffalo Pan-American Exposition in New York. He passed away eight days later on September 14, 1901.
- The United States was attacked by terrorists on September 11, 2001. Almost 3,000 people in New York, Pennsylvania and Washington DC died because of the attacks that took place on that day.
- Band-Aids were invented in the month of September.
- The famous leader singer of the classic rock band Queen, Freddie Mercury was born on September 5th, 1946 on the island of Zanzibar.
- The Great Fire of London occurred on September 2, 1666.
- On September 5th, 1961, President John F. Kennedy signed a hijacking bill, making air piracy a crime punishable by death or imprisonment.
- The very first comic strip was printed in an American newspaper on September 11th, 1875.
- In the northern hemisphere, the Autumn Equinox occurs and fall begins. This takes place on September 22nd or 23rd, depending on the year.

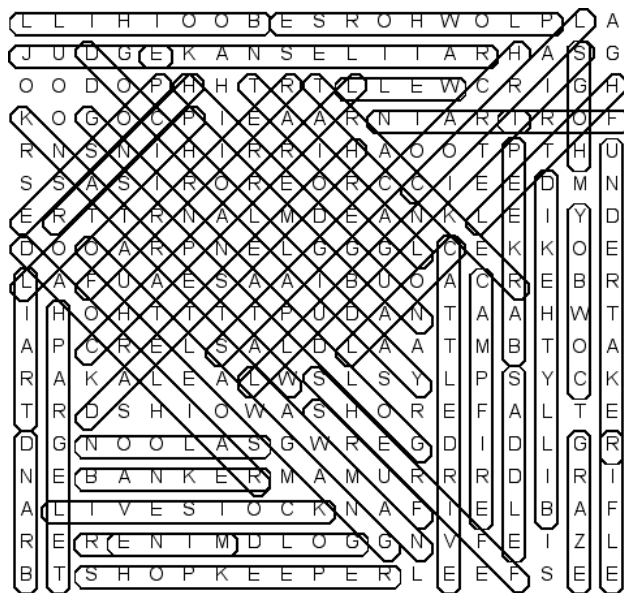
ANSWERS TO PUZZLES:

"DOWNED LINES"

By James E. Buell



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Hidden message: A GOOD HORSE MAKES SHORT MILES

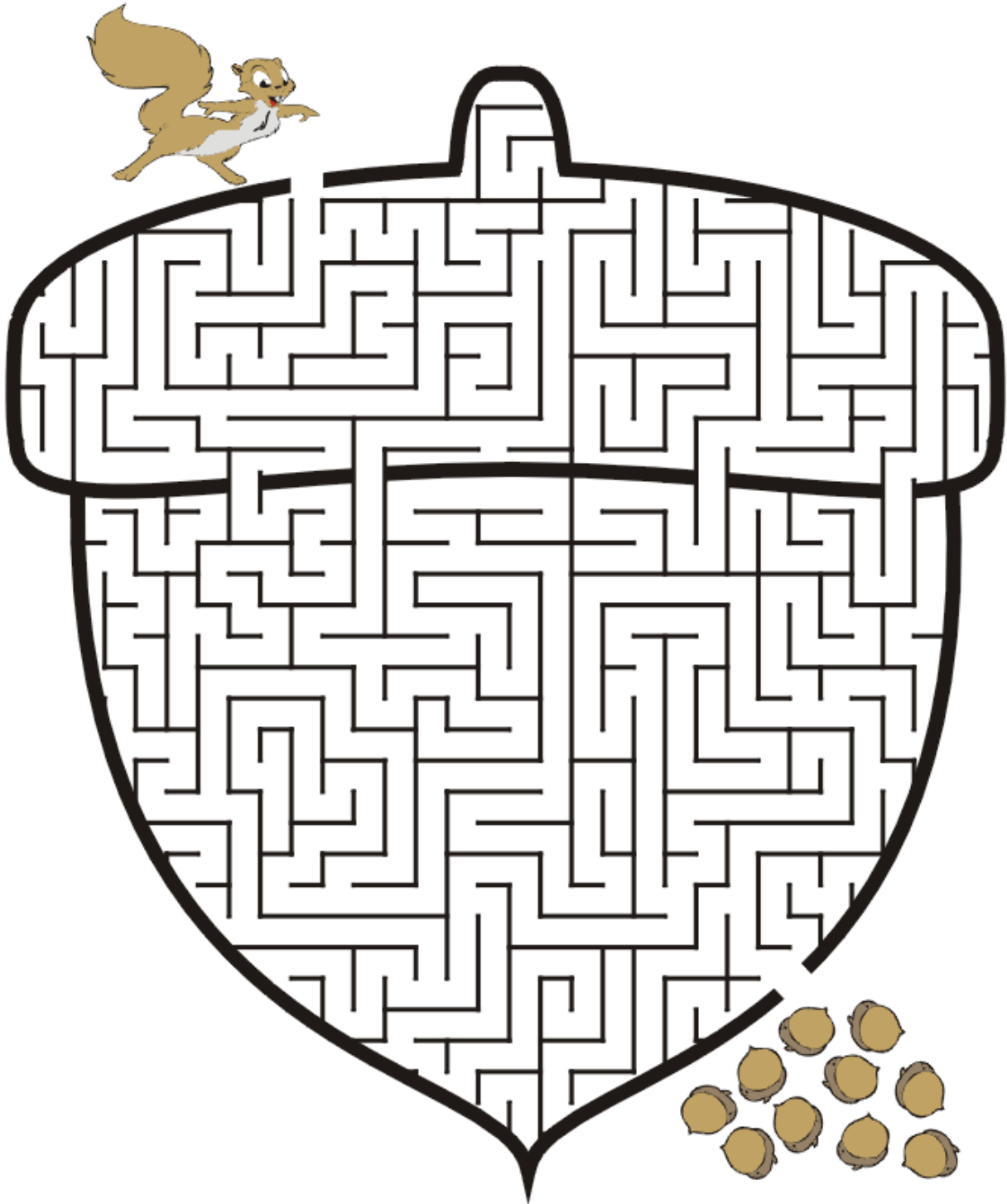
Cryptogram Answers

True Confessions: A man is never more truthful than when he acknowledges himself a liar.

A Raging Battle: Part of the secret of success of life is to eat what you like and let the food fight it out inside. Mark Twain

Poor Man's Observation: I am opposed to millionaires, but it would be dangerous to give me the Position.

Help the squirrel through the maze to find its acorns





Autumn Word Search



Y M V R A L N S E Z A Y N H Q
P J I C E O E N U I L V C A Y
X S O G S B I A P O S M H Y E
B R I A R H O O V C K A C R L
N O E R S A C T A E R L B I L
N S N N C U T R C V S L E D O
E W U F N L E I E O E A A E W
K S O R I C E S O P R B U E E
A Q O R R R T R I N A T T E G
R C B O B F E R R X U O I G N
R E W O L F N U S I T O F A A
N O V E M B E R X Y U F U I R
S E P T E M B E R S M Q L L O
N I K P M U P E H I N D S O N
E L P P A S C E N I C O R F Z

ACORN

BEAUTIFUL

CORNUCOPIA

FOOTBALL

LEAVES

OCTOBER

RAKE

SCENIC

SQUIRREL

YELLOW

APPLE

BONFIRE

CRISP

HARVEST

MIGRATION

ORANGE

RIPE

SEASON

SUNFLOWER

AUTUMN

BROWN

FOLIAGE

HAYRIDE

NOVEMBER

PUMPKIN

SCARECROW

SEPTEMBER

SUNSHINE

Dot to Dot



Color in the picture after you connect the dots!



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