

Author: Book timed to coincide with city's 225th

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as well.

Russell learned how much of Bristol's business and industry were spin offs of the original clock industry. "The clock industry was a big asset," said Russell of one of the pillars of the city's industrial base.

The 128-page book, which is a mix of photos and text, took "a lot of extreme research," said Russell. She said each and every business touched upon in the book probably could have been the subject of their own book.

As she got down to the nitty gritty of finding the stories for the book, Chris Bailey at the American Clock and Watch Museum was helpful in providing Russell with direction for her research. (Proceeds of the sale of the book will be donated to the museum) She spent also hours upon hours upon hours with head buried deep in the documents available in the Bristol Room at the Bristol Public Library.

Russell said the experience of writing three other books aided her immensely as this "Bristol Business and Industry" got rolling. Her previous efforts opened up a lot of doors for her. For instance, she was able to speak to Thomas Barnes of



MIKE CHAIKEN

Lynda Russell with her new book 'Bristol Business and Industry.'

the Barnes Group directly as she did her research. Her prior experience also taught her how to stay focused and what tasks she needed to do to finish the book.

"I'm seasoned," said Russell.

One of the things that surprised her during her research is how many fami-

ly businesses didn't start out that way.

For instance, she said Atlantic Precision Spring is now owned by Neil Fries and his family. But it was originally started by Henry Tracz, Lawrence Budnick, John Kozikowski and Benedict Tracy. Fries actually started off as an employee, worked his way

up, and then bought the company. He has since brought in his sons Brian and Michael to maintain the family lineage at Atlantic Precision.

Additionally, Russell learned Harvest Bakery is in its third generation as a family business with Payson Hurwitz, and his son Marty in charge. But the bakery's history goes back even back. But Russell said the names of the original founders of this Bristol institution have been lost in time.

Bristol's downtown has a central place in Russell's book. For instance, she learned about Tot and Toddler owned by the Rafaniellos. The store lost its location on North Main Street in 1963 during the downtown redevelopment, said Russell. But the Rafaniellos waited patiently, until 1969, for the new mall to open. And when it did, they opened up Carousel Gifts. Dorothy's, a clothing store, also was one of the first businesses eager to move into the mall. York Department Store was another local business that jumped at the chance to set up shop in the Bristol Center Mall.

Other businesses weren't happy about being uprooted, said Russell. Crown Oil was located downtown, she said. But they were one of the last businesses to finally give in and relocate.

The amount of information in the book surprised even employees of



COURTESY OF 'BRISTOL BUSINESS AND INDUSTRY'

A photograph from Lynda Russell's book 'Bristol Business and Industry' shows Michael's Jewelers at 165 Main St. When the building was torn down during urban redevelopment, Michael's moved to the Bristol Center Mall.

many of the companies she wrote about, said Russell. Some workers had no idea the history behind their employers," said Russell.

With the book available to the public at last, Russell has a full schedule of book signings coming up.

She will be at the Bristol Public Library on Sept. 18 at 1 p.m., the Bristol Mum Festival on Saturday, Sept. 25 at 10 a.m. and Sunday, Sept. 26 at 1 p.m. the American Clock and Watch Museum, 100 Maple St., on Saturday, Oct.

16 and Saturday Nov. 6 at Kathy's Hallmark, Bristol Commons, (9 Farmington Ave., Bristol).

"Bristol Business and Industry" is available for sale at the American Clock & Watch Museum, Bristol Historical Society on Summer Street in Bristol, Kathy's Hallmark in Bristol, Maple End Package Store in Bristol, Noble Scholar Book Store in Bristol, Walgreens-Bristol on Main Street location and The Window Shop in Plainville.

Courses: Advanced placement

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English Language and Composition, and Environmental Science.

AP courses are viewed as an excellent way to prepare a student for college. They can also give students a leg up in being accepted to college.

Kimberly Crone, director of administration and enrollment management at Eastern Connecticut State University, said taking AP courses doesn't guarantee acceptance into college. But, she said, AP courses on a student's high school transcript shows colleges what they want to see.

Crone said when colleges are evaluating students they look for students who have the academic ability to be successful in college. As part of the process, she said, colleges look for students who challenged themselves with

more rigorous courses in high school.

Students who took AP courses show that they are willing to challenge themselves, Crone said.

Crone added that national studies have shown that students who take AP courses have a higher retention and grade point aver-

age in college, and are more likely to graduate on time.

"Our hope as academics, as educators ... is that students in Connecticut will view AP courses as an opportunity to challenge themselves academically," said Crone.

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