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NEIGHBORS OF Andover

An exclusive magazine serving the residents of Andover Borough and Township

OCTOBER 2018



Meet the Williams Family...

Sweets Home Sweets

Content Coordinator's Corner

By Linda Prseto

Recently, I had seen a variety of articles about why living in the country is better for your health and well-being. Since we live here in Andover, we all already know this, of course, but I was guessing that most of what I read might have been written by some editor or writer in the city. So I was curious how accurate they might be. After several articles depicting ideas about the benefits of country living, I decided to see how they matched up to real life here in rural Andover:

1. The country makes you more mindful. Well, that is certainly true. Sometimes during this time of year, I stop in the middle of the road because I notice the natural beauty of the leaves changing their shades like a chameleon landscape. Usually the guy behind me eventually toots his horn, though, because I've been mindlessly appreciating nature while he's trying to get to work.

2. There is a greater sense of appreciation for our planet. I assume they mean that we appreciate the Earth more just living somewhere that constantly depicts its beauty. I can get with that. The other day I washed all the peanut butter jars I'd been avoiding to recycle them, even though that is honestly the worst job ever. Reduce, reuse, but peanut butter jars really ought to be self-cleaning.

3. The country moves at a slower pace. This is my personal favorite. When I visit a city (or honestly even another NJ county) I feel like I have to step in a quicker pace and speak faster or people kind of walk over you or walk away. Not that there aren't nice people elsewhere, but country people do seem to have the edge. I can't visit any store here without at least a five-minute conversation at checkout about the rising price of carrots or the crazy weather we're having. It's sort of oddly wonderful.

4. Adventures abound in the country. I guess this one depends on your definition of "adventure," but we certainly have a plethora of activities around us. Hiking and biking trails, lakes for fishing and swimming, farms to pick your own yummy food, and antiques galore. If



you're like me, excitement can come from simple interaction with our local wildlife. The other day I saw a groundhog nearly get run over and stopped to see if he was okay. He looked at me like, "Holy cow, did you see that?!" I saw him safely back to the woods and tossed him one of those expensive carrots.

5. Country friends are the best. This one seems a little bit of a stretch. City people do have lasting friendships, I'm sure. Look at the Sex and the City girls. But I think what they are going for here is the sense of community. If you're reading this, you know we appreciate the Andover community and strive to connect people with their neighbors, their vendors, and their pets, too. Sometimes while walking I recognize a Pet of the Month out and about and stop to say hi! Not to the humans, just the pet.

6. Country living is healthier living. Yes, yes, yes! I agree with that. Often we share with you activities at our local farms and share information from places like The Tree of Health so you can live your best life. Eating well is easier here because we have the option of farm fresh right around the corner. We don't have to make the trek to Whole Foods and spend \$18.00 on those raspberries from Oregon. No offense, Oregonians, we're sure your raspberries are nice, too.

7. People in the country are happier. Another one that might be hard to prove, but it sure is nice to bump into my neighbors while walking the dog and actually stop to chat. It's also nice to notice the flowers in bloom and the deer feeding their young all around us. There certainly is a degree of happiness that is derived from these simple pleasures. And simple is simply more noticeable here.

8. The country creates more active people. Last but not least, the country air sure does invite more movement. Sometimes, too, the wildlife participates. Like when I'm on a trail and I see a mama bear and her cubs, then I move pretty fast. And I found a snake, who I named Horace, living under my front stoop. I leave my house quite quickly now, getting in those extra steps. The country -- it's all about keeping us healthy and happy.



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