

The Quail Runner

For and By the Residents
Of Quail Run



May — June 2007

Began Publishing 2003

Hudson, Massachusetts



Club House Is Open!!

Candidates night and the Election mark the opening of the Club House.

The Board of Governors are:

- President—Barbara Morgan
- Vice President—Vincent Picarello
- Treasurer—Bob Reid
- Clerk—Dianne Potter
- Member at Large—Rich Ebens

For more on the election and the board members see page 10

The ROMEOs

The Retired Old Men Eating Out will meet on June 14 at 12 noon at the Marlboro *Super Buffet*, 271 Boston Post Road. It is just beyond Home Depot. For reservations, contact Bob Reid, 978-562-6282 or Bob Nancy10@msn.com



On July 12, noon we'll be going to the Train Stop, Rt. 62, Berlin

Contact Rich Ebens, [RMJEbens@ version .net](mailto:RMJEbens@version.net) or 978-562-7880 to attend. Open to all men at Quail Run. Call for a ride.

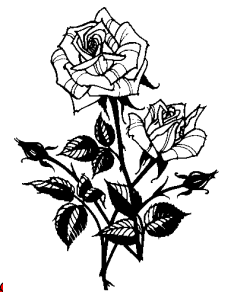
Juliet's

JUNE LUCHEON, TUESDAY JUNE 26TH 12.30PM GIUSEPPE'S GRILL; Solomon Pond Road, Northboro Please book no later than one week ahead with Theresa Bosio 978 562 1416 or Nancy Reid 978 562 6282

JULY LUCHEON; Hosted by Joyce DiPaolo and Betty Chiasson;

WEDNESDAY JULY 25TH; NICHOLAS RESTAURANT

Remember to wear your name tags! Details on page 4



Save the Dates

Ice Cream Social — August 18

Our first in the Club House — No Rain Date Needed!!!

NEWPORT PLAYHOUSE SUNDAY, OCTOBER 28TH See page 9

The Quail Runner Contacts

Editor: MJ (Mary Jean) Ebens, 4C Autumn Dr., 978-562-7880, RmjEbens@verizon.net,

Assistant Editor & Pampered Pets: Terri Kilshaw 5F Autumn, 978-562-0578, terri2919@verizon.net

Reporters:

- ⇒ 1/3 Autumn **Peggy Kunz**, 3D, 978-562-0747,
- ⇒ 4/9 Autumn **Marilyn Hoffman**, 4B, 978-562-1242, Mhoffman529@msn.com
- ⇒ 5/7 Autumn **Terri Kilshaw** (see above)
- ⇒ 6/11 Autumn **Joyce DiPaolo**, 11-C, 978-562-4116
- ⇒ 1/3 Strawberry **Sally Mauro**, 1-D, 978-568-0821, srednims@aol.com
- ⇒ 2/4 Strawberry **Barbara Champine**, 2-A, 978-567-5982, bjchampine@comcast.net
- ⇒ 5 Strawberry **Lee Rouse**, 5-E Strawberry, 978-562-6674, RLRouse45@aol.com
- ⇒ 6/8 Strawberry **Toby Allen**, 8-A, 978-562-7437 puella_tobia@hotmail.com
- ⇒ 7/12 Strawberry **Barbara Paradiso**, 7-G, 978-562-1595, RhuBarb292@msn.com
- ⇒ 1-4 Rotherham **Kevin Fitzgerald**, 1-B, 978-562-3230, JK Fitzgerald@msn.com
- ⇒ 6 Rotherham **Harry Morgan**, 6-D, 978-568-1929, H.HWMorgan@comcast.net

Columnists:

- ⇒ Technology Corner—**George Champine**, 2A Strawberry, 978-567-5982, George.Champine@computer.org
- ⇒ Food & Fork—**Elaine McGoldrick**, 9C Autumn, 978-562-6364, McG317@aol.com
- ⇒ What's Up & Email Database Manager—**Beverly Beyloun**, 3D Strawberry, SagerBev@Verizon.net, 978-568-3632
- ⇒ Area News—**Barbara Champine** (see above)
- ⇒ Healthy Living—**Peggy Rittenhouse**, 3-H Autumn; moRittenhouse@verizon.net, 978-562-4288
- ⇒ Book Reviews—**Lois Boemer**, 4-E Rotherham, allen@boemer.biz, 978562-5217

Communications:

- ⇒ **Phone and address list Bob and Nancy Reid**, 5D Autumn, 978-562-6282 BobNancy10@msn.com

Contact the editor for **back issues or extra copies**

Next Deadline: 19 July—For first week August Copying Courtesy of Sue Macdonald / RE/MAX First Choice.

Quail Runner published 6 times a year.

The Editor's Desk

MJ Ebens, editor



Welcome to two new staff members: **Lee Rouse** who will take over for **Diane Potter** now that Diane is on the Board of Governors and **Lois Boemer** who will do book reviews. Nice to have you both on board.

With all the concern about the coyotes and foxes spotted at Quail Run, you might like to borrow my **DVD on Coyotes** (and Wolves). One of my wildlife magazines showed a picture of a coyote riding the NYC subway, so I guess we shouldn't be too surprised to find them here!

The **Amazingly Simple Home Remedies** in this issue are courtesy of **Kevin Fitzgerald**. Have fun trying them out!

mj

Transitions

Meffie Shay, 2-E Strawberry died 21 May. Contributions may be made to First United Methodist Church Building Fund, 34 Felton St., Hudson or D.A.V., 750 North Bedford St., East Bridgewater, MA 02333

Ginny Maenpaa, 8-D Strawberry, died on May 5. Many of you will know her as "Katie's Mom", Quail Run's big dog. Donations maybe made to Yankee Golden Retriever Rescue, Inc., P.O. Box 808, Hudson.

Keith Gordon, recovering from a car accident.

Condolences to **Carol Marquedant**, 1-C Strawberry, whose mother recently died.

Quail Run Emergency Service & Vacation Info

Inside front cover of
Quail Run Phone Book.



HEALTHY LIVING

by Peggy Rittenhouse

The typical American eats foods that are highly refined such as white bread and rolls, sugary breakfast cereals, white pasta, white rice, cookies, cakes and pastries. These bad carbohydrates give you plenty of calories but they also make the blood sugar spike and cause the bad cholesterol to increase.

These conditions can be greatly reduced by eating more fiber rich foods. You will remember that fiber is only found in the plant kingdom—fruits, vegetables, grains and legumes—and that fiber can be divided into soluble and insoluble fiber, each with health benefits. Both of these fibers are undigested in the GI tract and are not absorbed into the blood stream, but excreted from our bodies.

Soluble fiber dissolves in water and forms a gel-like substance which inhibits absorption of cholesterol in the intestines, thus reducing blood cholesterol and reducing the risk of cardiovascular disease. Soluble fiber also slows glucose absorption and helps to regulate blood sugar for people with diabetes. According to Jenkins et al. (2006) in a study reported in the *American Journal of Clinical Nutrition* and conducted in Canada, soluble fiber can lower blood cholesterol the same amount as 1st generation statin drugs and with no bad side effects. This might be an option for people who have had bad side effects from these drugs.

For good sources of soluble fiber, look at the labels of cereal products such as All Bran w/psyllium, 1/3 c. equals 3 grams (g) of soluble fiber; 1 c. of Fiber One flakes, 3 g; 1 c. cooked oatmeal 1.8 g. Other good sources are cooked pinto beans, 1/2 c. 2.2 g; 1 small baked potato with skin, 2.2 grams; 1/2 c. green peas, cooked, 2.0 g; 1 small apple, 2.3 g. Of the 21 g of total fiber recommended for women over age 50 (30 g for men), at least 1/2 of the amount should probably be soluble fiber. So how about an old fashioned bowl of oatmeal or All Bran w/psyllium for breakfast with whole fruit, a salad or soup with added beans for lunch, and a baked potato and green peas or broccoli for supper.

If you are interested in obtaining a list of soluble fiber-rich foods compiled by a nutritionist and registered dietician, please give me a call at 978-562-4288.

Stitch & Knit

Left-over and extra yarn sitting around? Make a simple *Gift of Love* T-shirt to go to needy children world-wide. The shirts go to children suffering from malnutrition who don't have enough energy to keep warm even in hot climates. The sponsoring organizations are Oxfam and Guideposts.

These easy two-piece shirts are fast to knit and can be of any colors or combinations of yarn including acrylic.

The directions include sizes 2 to 10. The pattern is very clever because once a child puts on the sweater, it just molds itself to the child's shape. You can work on this project on your own or with the group.



For more information and the pattern contact **Barbara Baker**, 978-562-2460.

If you would like to join our evening group for fellowship and light refreshments while you knit, call her for the location of the next meeting. The afternoon group will start up again this fall.

Time Out

This is our new theater group whose purpose is to notify those interested in local plays and make arrangements to attend. Car pool or meet at theater if you wish. There will be occasional meetings to discuss future plays.

Ten people attended our first play on May 20th at the Acme Theater in Maynard. This is a small theater and every seat was excellent. The play (Catholic School Girls) was witty with some moments of seriousness. The acting was very good. We all enjoyed the play and look forward to more. I am planning on having a group meeting here - 8A Strawberry on June 12 - Tues. 7PM. - to discuss future plans.

Please contact me, **Toby Allen**, if your plan to come. Phone 978 562-7437. E-mail puella_tobia@hotmail.com. Underscore between puella & tobia.

Condo Care

Time to empty the built-in vacuum. It probably needs it once or twice a year.

Time to switch your overhead fans to the summer setting with the button down.

Check your dryer's lint filter. Even if you clean it after every load (recommended), it may still not be clean. Remove the filter and run some hot water on it. If the water does not run through, you have a build up of gunk left from the dryer sheets. Clean with soap and an old toothbrush. This is generally just a problem for gas dryers, but some of our electric dryers here at Quail Run have had a problem.

Tradesman Recommendation:

Garber Travel has just moved to Marlborough. They would love to help you plan your next vacation and may even have a *friends and family discount* if it's with one of their Preferred Tour companies or Cruise lines: call Dianne or Nancy at 508-263-1501 and tell them you live at Quail Run. (Spears)

Quail Run Birthdays

June

- Sandra Mocanu, 2
- Ray Samra, 4
- Vinny Graceffa, 5
- Marlynn Stott, Lee Rouse, 8
- Toby Allen, 9
- Nancy Reid, 18
- Sherry Lupien, 24



July

- Paul Davis, 4
 - Barbara Edelstein, 8
 - Connie Nefzger, 11
 - Elaine McGoldrick, Ginny Fullam, 12
 - Sharon Evans, 19
 - Julio Bosio, 20
 - Ginny Fernandes, 21
 - Joyce DiPaolo, 27
 - Ginnie Samra, 27
 - Peter Stott, 29
- To include a birthday, contact your reporter or the editor at 978-562-7880 or RmjEbens@Verizon.net

JULIETS

We had a delightful lunch in APRIL at Scupper Jacks organized by Peggy Kunz and Shirley Latham. Thanks!



JULIETS JUNE LUCHEON;
TUESDAY JUNE 26TH 12.30PM ;
GIUSEPPE'S GRILL; Solomon Pond
Road, Northboro (Take 290 to exit
25A. ½ mile on right)

Choose from menu or have the buffet which is \$9.99 plus tax and tip. Please book no later than one week ahead with Theresa Bosio 978 562 1416 or Nancy Reid 978 562 6282

Remember to wear your name tags!

JULY LUCHEON; WEDNESDAY JULY 25TH
NICHOLAS RESTAURANT; Rte 135 Natick
Hosted by Joyce DiPaolo and Betty Chiasson

MENU; Greek Lemon Soup or Nicholas House Salad.
Choice of three entrees:-

- 1) Mousakka (a Greek specialty of tender ground beef and eggplant layered with béchamel and finished with a light red sauce. Delicious!)
- 2) Baked Lamb (bone-in, seasoned and slow roasted topped with light red sauce).
- 3) Broiled Haddock with seasoned breadcrumbs.

All entrees served with Greek roast potatoes and sautéed green beans. Dessert is vanilla ice-cream . Coffee or Tea. The 3 course meal is \$13.95 plus tax and tip. More details and driving directions when you call Joyce 978 562 4116 or Betty 978 562 7087

PLEASE BOOK AND GIVE YOUR CHOICE OF ENTRÉE BEFORE JULY 18TH.

THERE WILL BE NO FURTHER ANNOUNCEMENT OF THESE LUNCHESES.

ALL LADIES OF QUAIL RUN ARE WELCOME!!!!



Newspapers On-line At The Hudson Library

The library offers 90 full-text newspapers online including *Boston Globe*, *Boston Herald*, *Hudson Sun*, *Metrowest Daily News*, *Worcester Telegram & Gazette*, and many more regional newspapers. To access this database at the library go to the web site, click into Resources, and then click into Online Databases. Scroll down and click into the Newsbank (Metrowest) link, put in your library card in and press, go. Click into Massachusetts Newspapers and make your selection.

BOOK CLUB

The group usually meets the last Wednesday of the month.

For further information on the club, call Ginny Curll – 978-562-9998 or Marcella Monte – 978-562-0823.

In May, the Quail Run Book Club participated with the Hudson Public Library's *One Book One Hudson* - town wide reading event with the following book:

Book Review

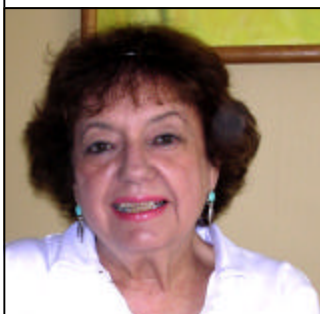
The Prize Winner of Defiance, Ohio How My Mother Raised 10 Kids on 25 Words or Less. By Terry Ryan (Simon & Schuster Paperbacks)

The selected memoir centers around Evelyn Ryan, who kept her family together, fed and housed them, by writing rhymes and entering contests in spite of a top-sy-turvy life with an alcoholic and abusive husband.

Her daughter, Terry Ryan, who recently died of brain cancer at age 60, deftly describes her mother's uncanny ability to enter thousands of contests and win, many in just the "nick of time." She often looks at her mother through her brothers and sisters, describing their scrubbing labels off cans, or scrambling to the soda machines to grab tossed off Dr. Pepper caps where riddles were hidden. Terry Ryan never slips into self-pity or shows any embarrassment, nor does she criticize her mother. She simply sees her as a resilient woman who did what she had to do to keep her family going.

She had the same ingenuity talking her way into the hearts of the college administrators, when her children were ready to move on.

On August 1st at 7 p.m. Betsy and Bruce Ryan will discuss their experiences at the Hudson Public Library. Phone 978-568-9644, or stop by for a *One Book One Hudson* "flier on more book discussions and events coming up in June, July and August.



by Lois Boemer

QR Furniture Committee Report

The Committee has received excellent suggestions from many of the unit owners regarding the different activities that are planned and the various needs of the groups that will use the Community Center. The Committee has gone on many comparison shopping trips looking for furniture that will meet the needs of our residents. The majority of the furniture has been ordered and should arrive in approximately 6-8 weeks. Miscellaneous items for the kitchen, library and the large community room have been purchased. The Furniture Committee was allocated a budget of \$20,000 to furnish the Community Center and they look forward to the day when everyone is able to plan and schedule activities or just sit and relax in the new Center.

Many thanks go to the following who volunteered to serve on the Committee: Kareen Shaw- Chairperson, Sally Mauro, Sherry Lupien, Barbara Morgan, Sherrie Jacobs, Lee Rouse and Rosemary Fitzgerald.

What's New at Quail Run?

Tim & Virginia Lilley spent 10 days in Norcross, GA They attended their grandson's (Alexander Trentini) wedding. All had a good time. In June the family will gather, once again, to cruise to Bermuda. **Toby Allen** will be sailing along the coast of Maine on a 95 foot Schooner and working alone with the crew. Big lobster feast is planned - all you can eat!. **Beverly Vachon** is happy with her new surroundings at the assisted living Shrewsbury Crossing. She is making new friends; but, she does miss her friends from here and sends her Hellos . If you would like to send her a card the address is -- Shrewsbury Crossing - 30 Main St. -- Shrewsbury, Ma 01545. I know she would love to hear from you. For all who knew **Ginney Maenpaa's** dog (big Katie) , she is now living with Ginneys daughter in Amesbury. She runs free in the open fields there.

Milestones

Stephen and Marilyn Hoffman, 4-B Autumn, are the very proud grandparents of triplets (2 girls and a boy) — born to their daughter in Chicago.

Amazingly Simple Home Remedy

Avoid cutting yourself slicing vegetables by getting someone else to hold while you chop.

Pampered Pet

Mosey (Moses) is almost 15 years old. He was born on the streets of Hartford CT and was found late in a very cold October when his siblings had all died in



the cold. He was pretty tiny but someone working in the bank near where he was found him and rescued him. She called her sister-in-law who couldn't resist the poor little kitty so she took him home, had him checked out and then brought him to work with her one day. She put him in my lap and said "You

need to take him home - just for tonight". I didn't think I needed a kitty but he won me over and he has owned me ever since.

He was named Moses because God protected Moses in the desert and he protected him on the streets of Hartford. His many friends call him Mosey.

He was born with defective eyes and had surgery to correct problem and prevent blindness.

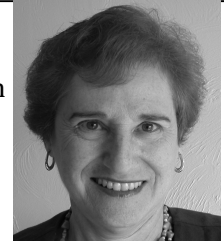
He has moved 3 times, has spent lots of time boating several years ago and on more than one occasion decided to check out another boat to see if he liked it better than his (he didn't).

He loves traveling and has traveled a lot. He hates vets and they aren't thrilled to see him coming either. They usually put on the big mitts and call in reinforcements when they see him coming. He doesn't like dogs in his house as Greta the Dachshund will attest. She ended up at the Vet hospital with multiple wounds when she tried to visit without his permission.

He loves living in Quail Run and can often be seen looking out the front door or the slider. He is a "talker" – especially when someone visits. He does complain when I don't spend enough time at home and lets me know when he is low on food or water. I'm glad he lets me live here too. Janice Owen 1F Strawberry Lane.

The Helping Hand

by Marilyn Hoffman



Do you know 211

We all know that we should call 911 for fire and safety service, and 411 for directory services. But do you know about calling **211 for social services**? The 211 number is a new state-wide agency that provides a wide variety of social services or help in locating services for people in trouble and especially senior and poor citizens. The troubles might include: lost electric power, needing fuel for heat, needing food, a water heater repair, or counseling for a teenager. Presently the agency is staffed 8 A.M to 8 P.M. Monday through Friday. By the end of the year they hope to have 24/7 coverage. They have access to about 8,800 service agencies. They do not ask for a name or identity of the caller. Presently they are receiving about 700 calls per week, and try to answer most calls within 90 seconds. Another phone number of use to senior citizens is the Massachusetts Executive Office of Elder Affairs at 1-800-243-4636.

If somebody is having a problem, Contact one of the people below for help.

Aida Fallon	3-A Strawberry	568-0188
Sally Mauro	1-D Strawberry	568-0821
Ginny Fullam	2-C Strawberry	562-2787
Barbara Picarello	11-B Autumn	562-5338
Marilyn Hoffman	4-B Autumn	562-1242
Helen Pietchel	6-E Autumn	562-1875
Paula Bradbard	1-B Strawberry	562-7249
Elaine McGoldrick	9-C Autumn	562-6364
Theresa Bosio	1-G Strawberry	568-1416



Amazingly Simple Home Remedies

- When choking on an ice cube, simply pour a cup of boiling water down your throat. Presto! The blockage will instantly remove itself.
- If you have a bad cough, take a large dose of laxatives, then you will be afraid to cough!

Welcome to new arrivals

Bill and Dean McEvoy, 4-H Rotherham 978-562-5238

Food & Fork

by Elaine McGoldrick



Granola

- 2 cups Old Fashion Oatmeal
- 2 tbsp Olive Oil
- 2 tbsp Molasses

Warm Olive Oil and Molasses together; add Oatmeal; Place bowl in microwave for 35 seconds and stir; repeat for another 35 seconds and stir again.

Add dried dates, raisons, walnuts, almonds. * (*Peggy Rittenhouse, our Healthy Living columnist suggests other additions such as sunflower seeds, and replace molasses with honey or brown sugar)

Walnut-Cheese Spinach Salad

- 2 cups unsweetened raspberries
- 1/3 cup sugar
- 1/3 cup vegetable oil
- 2 tablespoons white wine vinegar or cider vinegar
- 1/4 teaspoon Worcestershire sauce, optional
- 1 package (6 ounces) fresh baby spinach
- 1 small red onion, thinly sliced and separated into rings
- 1/2 to 1 cup crumbled feta cheese
- 1/2 cup chopped walnuts

In a saucepan over medium heat, bring raspberries and sugar to a boil. Cook for 1 minute. Strain and discard pulp. In a blender, combine the raspberry juice, oil, vinegar and Worcestershire sauce (if desired); cover and process until smooth.

In a salad bowl, combine the spinach, onion, cheese and walnuts. Drizzle with desired amount of dressing; toss to coat. Refrigerate any remaining dressing.

Yield: 8 servings. ☺ ☺ ☺

ESTIMATE FOR SENIOR CENTER — The estimated cost of renovating and expanding the senior center is \$3.3 million, according to a draft study. The study, paid for with donations, calls for the partial demolition of the east side of the building, a complete renovation, and an addition of more than 7,000 square feet. The three-story center on Church Street is 8,400 square feet. The study also suggests doubling the number of parking spaces to 70. Copies of the study are available at Town Hall or online at townofhudson.org. The town has applied for a \$260,000 state grant to pay for design work and plans to seek a grant for construction. ☺ ☺ ☺

Astrology—What’s Up

by Beverly Beylouné



CANCER June 22 – July 22

There will be a focus on money most of this year. Be careful because there will be times when you will be tempted to follow a whim, spending more than you should. You may unexpectedly be caught off guard or make a decision without really thinking it through... You could regret it later! You are very intuitive – listen to your ‘gut’ feelings – they are usually right. This summer you may be concerned with making changes in your house. Changing colors or styles. You may even decide that you need some changes – new clothes, hairstyle etc. Have fun!

LEO July 23 – August 21

You probably have been feeling very restless. You have a desire for change but change what ?? This is how the year starts out. You have a lot of restless energy. You may spend a lot of time trying to analyze your situation but can’t come to a conclusion as to what needs to be changed. After much serious thought you will come to the realization that your life is good ... and nothing needs to change! This will be a social year with new friends coming into your life.



Upcoming Events: JUNE 20:

Don’t miss the River’s Edge Community Band, River’s Edge Chorale and Pro Musica Youth Chorus at the Yesue Memorial Concert, Wood Park, Hudson at 6:30 pm. Free. Bring your lawn chairs.

Quail Run Email Alerts

Send your email address to:
SagerBev@Verizon.net

For special announcements, and emergency notices for and about Quail Run. So far 68 have signed up to be on this.

(You will not receive jokes and spam through this.)



Area Highlights

By Barbara Champine

TOWER HILL BOTANIC GARDEN

The Worcester County Horticultural Society owns and operates Tower Hill Botanic Garden in Boylston. A master plan is scheduled to be complete in 2040. Building the Orangerie, a large conservatory that houses temperate and subtropical plants, was a major milestone. There are already many distinctive gardens to visit.

The Orchard displays 238 trees of 119 pre-twentieth century heirloom apple varieties. Apple Tastings in the fall offer an opportunity to try some of these rare varieties. The Secret Garden has perennials chosen for their fragrance and delicate texture. The cottage garden provides an intimate garden experience adjacent to the 18th century farm house. There is a wildlife garden with a vernal pool, a human-sized “birdhouse” viewing station and eight bird feeders. The Wildlife Refuge Pond has 3 miles of woodland trails with benches for rest along the way.

There is a Systematic Garden that is a virtual encyclopedia of the plant kingdom and an Inner Park of woodland and mixed hardwood trees with Greco-Roman architectural features. Because the growing season is limited in New England, an 18th century style greenhouse, the Orangerie, provides a 4000 square foot home to outstanding plants for winter display.

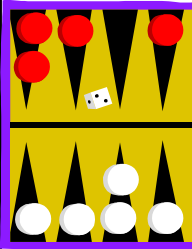
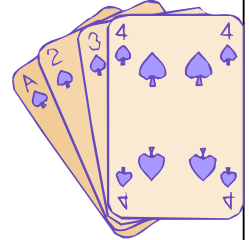
June 16-17 Fathers Day Weekend there is free admission for dads; June 24 is the annual city spaces country places garden tour; June 28-Aug. Wandering in a Chinese garden; July 7-8 lily show; July 21 daylily show.

Twigs Café offers light fare, wine, beer and a panoramic view of Mt. Wachusett and Wachusett Reservoir. The café is open from 11-3. Tower Hill is open year-round: Tuesday through Sunday and Holiday Mondays from 10am to 5pm and Wed ‘til 8pm (May through August only) Admission: Adults \$8, Seniors aged 65+ \$5 and Youth aged 6-18 \$5. Wheelchairs are available. Passes available at the Hudson Library

Take Rt. 290 west to Exit 24, Church Street, Northborough/Boylston. Follow to Boylston 3 miles. Entrance on right, dark red sign designates entrance at 11 French Drive, Boylston. Tel: (508) 869-6111 towerhillbg.org .

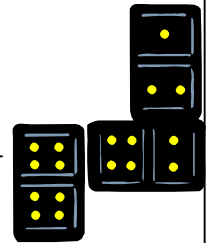
Game Nite Coming Soon

A regular Game Nite on the first and third Tuesdays of each month, open to all residents, will start as soon as the Community Center furnishings arrive.



Game Nite has been held in individual units for the last several years, but had to be limited due to the lack of space. Regular members have looked forward to inviting the rest of the community to join in and will host the first event by providing refreshments.

All types of games are welcome and can include, but not limited to, Dominoes, Parcheesi, Uno, Phase10, Tripoli, Clue, Trivial Pursuit, Scrabble. Rummikub, and Pictionary. Bring a game of your choice and find others who would like to play.



To be included in the Game Nite notices, send your email address to: **SagerBev@Verizon.net** if you’re not already on the Quail Run distribution. No email address: check the bulletin board at the Club House.



COYOTE UPDATE (for those without e-mail)

Many of you are understandably concerned about the coyote that has been spotted at Quail Run. In the 5 years since I have lived here, apart from chipmunks, squirrels and a wonderful variety of bird life, deer, fox, fisher cats and coyote have strayed onto Quail Run, all part of this wonderful world and the ecosystem. They were here before us and I believe as long as they are not rabid (this one does not appear to be) none of us will come to harm. I advise anyone walking a small dog to look around them as they walk and pick up the dog and go home for a while if you spot a coyote. Cats of course should not roam further than your deck or porch.



Amazingly Simple Home Remedy

A mouse trap, placed on top of your alarm clock, will prevent you from going back to sleep after you hit the snooze button.

New Board of Directors



Barbara Morgan, President
6-D Rotherham



Vincent Picarello, Vice-President
11-B Autumn



Bob Reid, Treasurer
3-H Autumn



Diane Potter, Clerk
5-A Strawberry



Rich Ebens, At Large
4-C Autumn

Over 84% of Quail Run
voted in our election,
including both those
present and absentee
ballots!

Congratulations to our
new board.

A very large “Thank you” to the other candidates who offered their services. We had a well-qualified group to choose from and the choice wasn’t easy to make.



Toby Allen
8-A Strawberry



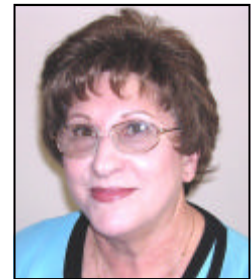
Allen Boemer
4-E Rotherham



Lynn Fishman
2-G Strawberry



Ray Samra
7-D Strawberry



Evelyn Spears
1-E Strawberry

Quail Runners Doing

TIPS FOR TRAVELING WITH MEDICATIONS

Managing your medications while on vacation as important as doing it day-to-day at home. Your doctor should be able to help you set up for any new routines should they become necessary, such as when you're changing time zones. On the other hand, there are several things you can do yourself..

Bring more than enough. You may lose or spill some, lengthen your trip or experience significant travel delays.

Pack your medication in your carry-on bag. Car trunks and baggage area of buses and airplanes are not temperature controlled. Some medications should not be exposed to extreme temperatures, so keep them with you. When flying, liquid, gel or aerosol prescription and nonprescription medications are allowed in carry-ons if they are in a one-quart, resealable, clear plastic bag. The name on the prescription must match the name on your airline ticket.

Obtain authorization letters. If you have a controlled substance, such as a prescription narcotic or a syringe for insulin, carry a letter of authorization from your doctor. Once at the airport, notify the screener of your condition and that you're carrying supplies.

Get organized. Keep prescription drugs in original, labeled containers or divvy them up in a pill container that has compartments for the days of the week. Do not combine drugs in one bottle — you may confuse them. Bring a prescription or letter from your physician that details your medication, your dosage and gives you permission to get more, just in case.

Make lists. Prepare a list of all your prescription and nonprescription drugs as well as the amount you take and how often, in case you need medical care while you are away from home.

No matter what medications you take, you don't want any mishaps to disrupt your vacation. So think ahead— and enjoy the trip.

Sources: University of Pittsburgh Medical Center; *Mayo Clinic Health Letter*, February 2007

NEWPORT PLAYHOUSE

In response to many requests we are running this trip again, as a lunch, on SUNDAY, OCTOBER 28TH

The Newport Playhouse and Cabaret Restaurant in Rhode Island is a small, family run dinner theatre. After the incredible buffet lunch, with more than ample selections to suit all tastes, you walk through the lobby to the comfortable, intimate theatre. There you will enjoy the hilarious comedy, 'NO HARD FEELINGS'. (George's wife walks out on him just as he is looking forward to their old age together. She finds love with a Greek waiter 20 years her junior! A charming and delightful comedy!) After the play you return to your table in the dining room to watch the fun-filled cabaret of songs and skits performed by the very talented actors and dining staff.

PRICE \$ 67 includes coach transport, full buffet (salad, entrée, dessert, coffee) play, cabaret and all tips.

DEPARTURE 9.00am from 5F Autumn Drive; RETURN 6.00 pm approx.

SEATS ARE LIMITED TO THE FIRST 46 PEOPLE TO COMPLETE THE FOLLOWING RESERVATION FORM AND LEAVE IT WITH A CHECK FOR FULL PAYMENT (made out to Terri Kilshaw) IN THE COLLECTION JAR AT 5F AUTUMN DRIVE OR MAIL.

Closing date or cancellations by September 10th. Questions? Call Terri 562 0578

(Those who said 'put me down for next time' please call me again!)

NEWPORT PLAYHOUSE

NAME(S).....

Check enclosed, payable to Terri Kilshaw For \$.....

May—June 2007

The Quail Runner

Hudson, Massachusetts



Above, Non-voting Quail Run residents

Sally Mauro, reporter for 1/3 Strawberry Sorry to have omitted her picture for so long!

Below is Lee Rouse, taking over for Diane Potter reporter for 5 Strawberry.

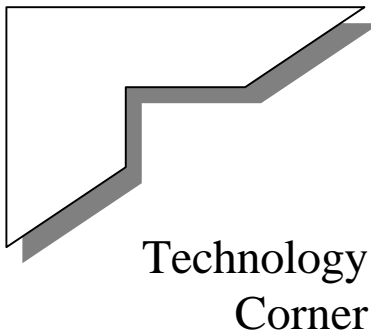
Quail Runners using the Community Center for Candidates Night



Election Night

← It takes more than rain to keep Quail Runners away →





By George Champine

Quail Run Web Page

I have created a temporary web page for Quail Run for some fun. This can be used until the Board of Governors creates a permanent one. The web site for all of the pictures is: <http://www.flickr.com/photos/quailrun>. I have set up three subsets of pictures that are shown as smaller picture sets in a column along the right side. The top set is a set of pictures of the Romeos lunch on May 17 at the Harvest Café. Click on the small picture of the Harvest Café and the set will open. I suggest that you then click on “Details”. You can also click on “Slideshow”. You can do the same for the set of Quail Run Scenery pictures and 2007 Candidates for the Board of Governors. In Slideshow mode, a large “I” will come up in the center of the picture. Click on the “I” and the captions will be shown.

If you have pictures that you would like to have on the web site, please send them to me by e-mail.

By the way, <http://www.flickr.com> is a very popular way to display your pictures on the web for friends and relatives rather than laboriously sending them out by e-mail. The web site is free and signing up is easy. You can make the pictures public for everyone to see, or make them private with a password required. Just follow the directions on the web page to sign up for an account. Once you have an account you can upload your pictures for all to see.

Goodbye Comcast Charges

Are you tired of paying high charges to Comcast for cable TV? Can you get along with fewer than 100 TV channels? Here is another alternative.

With our favored location in our “enclave on a hill”, we can get TV over the air with an ordinary indoor amplified antenna (about \$40). I tried it in my location and got the following channels with very good quality:

- Channel 07 WHDH NBC
- Channel 25 WFXT FOX

- Channel 27 WUNI Univision (Spanish only)
- Channel 38 WSBK IND
- Channel 44 WGBX PBS
- Channel 56 WLVI CW
- Channel 66 WUTF TFA (Spanish only)
- Channel 68 WBPX ION.

We can also get the following channels with good sound but some snow in the picture:

- Channel 02 WGBH PBS
- Channel 04 WBZ CBS
- Channel 62 WMFP SAH
- Channel 64 WNAC FOX

If anyone wants to try reception in your location, I would be glad to bring over my antenna and try it.

Be warned, however, that that analog TV broadcasts over the air will end on Feb. 17, 2009 when the FCC requires them to switch to all-digital. You can still receive these programs free through the antenna but on non high-definition (non-HDTV) sets you will require a digital converter to receive the signals at a cost of about \$200. The good news is that all newer HDTV sets already have a built-in digital receiver (called an ATSC tuner).

Sluggish Computer

Is your computer acting sluggish these days? There are many possible problems, but a common reason is that your anti-virus checker is running quietly in the background. You can check to see if this is happening by going to the Task Manager by typing control+alt+delete (as though you were going to shut down) and then clicking on the Applications tab at the top. If the anti-virus program is running you will see it there. If the problem is slow startup time, go to Start>Run, type msconfig, click on OK. When the window comes up, click on the “Startup” tab. You will see all of the programs that start when you turn on the computer. You can uncheck applications such as Word and Excel which do not need to start at power-up time. Do not uncheck the antivirus programs or any system program. When done, click on “Apply” and “OK”.

Amazingly Simple Home Remedy

Avoid arguments with the Mrs. about lifting the toilet seat by using the sink.