

The Quail Runner

For and By the Residents
Of Quail Run



July — August 2007

Began Publishing 2003

Hudson, Massachusetts

Fifth Annual Ice Cream Social

Saturday, 18 August — 6:30

At the Community Center

Join with your neighbors for this annual Quail Run fun event
Lots of ice cream and assorted toppings.

Cost is \$1.00 per person, adults only.

RSVP by August 16 to:

Barbara Baker	Barbara.Baker2@comcast.net	978-562-2460
Kent Callahan	Quail4D@comcast.net	978-562-2460
Rich & MJ Ebens	RmjEbens@verizon.net	978-562-7880

The ROMEOs

The Retired Old Men Eating Out will meet at noon
on **August 16 at the Horseshoe Pub,**
29 South Street, Hudson.

For reservations contact:

Joe Ciampi, e-mail:
sue2341@verizon.net / phone: 978-568-
1625 or

Harry Morgan, e-mail:
h.hwmorgan@comcast.net / phone:
978-568-1929

Open to all men at Quail Run.
Call for a ride.



Juliet's

August Luncheon — Thursday 16th 12.30

The Manor, West Boylston.

Price Is \$16 (Includes Tax And Tip)

Call Terri 562 0578 By 10 Aug.

September 24th 12.30

Stephen Anthony's

Rte 20 Sudbury

Call Terri Before Sep. 18th

Remember All Ladies Of Quail
Run Are Welcome At Juliets!

Details on page 4.



NEWPORT PLAYHOUSE SUNDAY, OCTOBER 28TH

Book by September 10 — Details page 9

“Remember Me”

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- ⇒ 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

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- Contact the editor for **back issues or extra copies**
Next Deadline: 22 Sept—For first week October
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Quail Runner published 6 times a year.

The Editor's Desk

MJ Ebens, editor



Things are progressing at Quail Run with the election of our Board of Directors (BOG), the Club House now open, and groups formed to deal with different aspects of life here. There is a good spirit among the people of Quail Run and we hope to build on that with the various groups and committees.

If you attended the Open House, you were probably struck, as I was, with how many people were there whom you didn't know! Check out our new website *in progress* for pictures from the Open House. (www.QuailRunHudson.com)

Another new group is forming under the leadership of **Hugo Guidotti** — contact him if you're interested in joining a **Poker Group**.

Romeo's is now under new management with **Joe Ciampi** and **Harry Morgan** taking over from **Rich Ebens**. Rich organized the group back in July 2004. The men get together once a month for lunch and conversation.

Club House Entry—Contact a BOG member if you didn't get the combination. mj

Transitions

Condolences to Jeannine Bensette on the death of her mother.
Recovering: Joyce DiPaolo from surgery.

Vacation Delivery

To Receive *Quail Runner* While Away, give your reporter or the editor an extra long envelope with two first class stamps with your vacation address. The editor also has some free extra large envelopes.

Quail Run Emergency Service & Vacation Info
Inside front cover of Quail Run Phone Book.



HEALTHY LIVING

by Peggy Rittenhouse

Did you know you could have type 2 diabetes and not even know it? Many people do not know they have type 2 diabetes until they develop complications such as heart trouble or blurry vision. According to the Centers for Disease Control and Prevention, the incidence of diabetes has jumped nearly 50 percent in the past 10 years. The symptoms of type 2 diabetes we should be alert for are increased thirst, increased hunger, fatigue, increased urination (particularly at night), weight loss, blurred vision, sores that do not heal (National Diabetes Information Clearinghouse). Some risk factors of type 2 diabetes are being older, family history of diabetes, being overweight/obese, inactivity, being American Indian, African American, Hispanic and Asian American and elevated levels of blood pressure and cholesterol.

Diabetes is a disease in which blood glucose levels are above normal. When that happens people with diabetes have trouble converting food to energy. Normally after we eat, our food is broken down into glucose which is used for energy by the cells. Our cells use the hormone insulin to help our cells use glucose, but with type 2 diabetes, the cells do not use insulin the way it was intended so the glucose in the blood increases while the cells are starved of energy. Eventually, this high blood glucose damages nerves and blood vessels leading to complications.

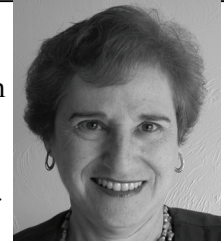
Anyone 45 years of age or older should have a test for diabetes. The most common test is fasting blood glucose. A fasting blood sugar level of 126 mg/dL or higher would indicate diabetes. The good news is that there are ways to reduce the risk of type 2 diabetes which includes regular exercise such as walking, reducing fat and calorie intake and making wise food choices most of the time and losing weight if overweight.

Why do archeologists make good husbands?

They get more and more interested the older you get!

The Helping Hand

by Marilyn Hoffman



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

Sister Breast Cancer Study -- Is

recruiting 50,000 sisters. Alike in many ways, sisters share half their genes and many early and later life experiences. While the average risk of developing breast cancer for a woman whose sister had breast cancer is not large, it is about double that for a random woman from the same population. Some of this increase in risk could be genetic, some may be environmental, and some may be due to the combined effects of environment and genes. So a large group of sisters is ideal to study if we want to understand how genes and the environment sometimes work together to cause breast cancer.

We Are Almost There, But... We have one more year to reach our goal of 50,000 women. You can help by telling everyone you know about the study. It is especially important to encourage under-represented women, including those over 65, African Americans, Latinas, and Asian women to join the study.

One of our most successful methods for recruiting sisters for the study is friends telling friends and sisters telling sisters. Please call 1-877-4SISTER or email info@sisterstudy.org to find out more.

[A personal note from the editor: I am taking part in this study as my sister has breast cancer. Please consider joining. I would be happy to explain the simple process. mj]



Condo Care

Energy Myths from Portland, Oregon, General Electric utility company:

Myth: Leaving a light on uses less energy than turning it off and on several times.

Truth: Leaving an incandescent light on uses more energy than turning it on and off. But a compact fluorescent light should be left on if it will be used again within 15 minutes. Switching CFLs on and off frequently shortens their lives.

Condo Question: Have you found a good way to cool the inside of your garage, if you don't have a window? Peggy Rittenhouse would like to know, as would the rest of us! She has to keep the outer door shut tight since her cat's commode is in the garage.

Tradesman Recommendation:

Hudson Pest—978-562-2553; the Ebens have used them both here and in their previous home. He is Shirley O'Connell's son-in-law too.

Send in your ideas, questions, and suggestions to the editor or your reporter.

Quail Run Birthdays

August

- Keith Gordon, 1
- Dick Rouse, 3
- Peggy Kunz, 4
- Frank Monte, 9
- Ginny Bosio, 17
- Michael McCormack, 24
- Lee Bradbard, 25

September

- Terri Kilshaw, 3
- Maria Morrison, 8
- Marcella Monte, 12
- Sally Mauro, Barbara Paradisco, 14
- Toffy Beylouné, 17
- Stephen Hoffman, 20
- Kathy Palmaccio, 23
- Paula Bradbard, 24

To include a birthday, contact your reporter or the editor at 978-562-7880 or RmjEbens@Verizon.net



JULIETS

Many, many thanks to Nancy and Theresa who organized our June lunch and to Joyce and Betty for running the lunch in July. Great job everyone!!



“TO THE MANOR BORN”
(That's the title of a BBC sitcom about upper class society!)

THE LUNCHEON FOR AUGUST WILL BE ON THURSDAY 16TH AT 12.30 AT THE MANOR, WEST BOYLSTON.

MENU Salad, choice of 5 entrees, raspberry sorbet, coffee, tea or soft drink,

- Entrees 1) Stuffed pepper served with mashed potatoes
 - 2) Baked haddock with mashed potatoes or French fries
 - 3) Penne pasta and meatballs marinara with garlic bread
 - 4) Open face turkey sandwich with gravy and potatoes
 - 5) Pot roast and mashed potatoes
- (Selection can be given to your server)

Take a lovely, leafy 20 minute drive (15 miles) to this elegant restaurant. Rte 290, turn off at Rte140 then 5 miles to West Boylston St (Rte 12) Left on Rte 12 (Honey Farms on your left corner) and the restaurant is almost immediately on your right. We have the private Franklin room reserved for us.

PRICE IS \$16 (includes tax and tip)\

CALL TERRI 562 0578 BY 10TH AUG., MON.

SEPTEMBER 24TH 12.30

STEPHEN ANTHONY'S, RTE 20 SUDBURY
(on the right just before the Wayside Inn turnoff)

Choose from the breakfast or lunch menu and pay individual bill.

CALL TERRI 978 562 0578 BEFORE SEP. 18TH

REMEMBER ALL LADIES OF QUAIL RUN ARE WELCOME AT JULIETS!

BOOK CLUB

August's selection is **Mr. Emerson's Wife** written by **Amy Belding Brown**.

Thanks to Ginny Curl, Amy Belding Brown will attend our meeting on August 29 at the Community Center at 7pm.

Book Review by Lois Boemer
Water for Elephants. By Sara Gruen.
 (Algonquin Books of Chapel Hill paperback.)

If you are looking for one book to read this summer this bestseller is it. What a train ride! And, I mean that literally. The novel is told alternately through the remembrances of ninety or ninety-three year old Jacob (he can't remember which) who is in a nursing home, and the fascinating and very scary world of the train circus in the 1920s and '30s. Authentic black and white photos open the door to chapters. Jacob not only takes us back in time, he takes us over the top.

The author's meticulous research results in a riveting and unforgettable story about circus life during the Great Depression. We go on quite a ride as we meet Queenie, a "yappy dog"; her small master, Walter-Kinko; the equestrian horses under Jacob's care; the roustabouts who are ever present, spreading straw, cleaning up, setting up and breaking down, receiving a pittance for their efforts. Then there is Rosie, the elephant, who showed faithfulness to those who treated her well, and fierceness to those who did not. Along the way there are secrets, cruelty, murders and a burning love, along with the train rides, sleazy side shows and big top.

Jacob jumped on the train when he was twenty-three and jumped off a number of years later, running for his life along with the beautiful Marlena, the evil animal trainer August's wife whom he has fallen in love with.

As the circus story evolves, Jacob, in his old age, is having revelations about his body, his family and his inner self. How he resolves the three is a pleasant surprise. And Rosie, the elephant? You have to discover for yourself how she turns out.



The New Alphabet For Senior Citizens

A is for Apple, and B is for Boat,
 That used to be right. But now it
 won't float!
 Age before Beauty is what we
 once said,
 But let's be a bit more realistic
 instead.

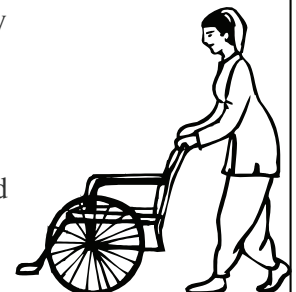


Now A's for arthritis;
 B's the bad back,
 C is the chest pains, perhaps car-d-iac?
 D is for dental decay and decline,
 E is for eyesight, can't read that top line!
 F is for fissures and fluid retention,
 G is for gas which I'd rather not mention.
 H is high blood pressure—I'd rather it low;
 I for incisions with scars you can show.
 J is for joints, out of socket, won't mend,
 K is for knees that crack when they bend.
 L for libido, what happened to sex?
 M is for memory, I forget! what comes next
 N is neuralgia, in nerves way down low;
 O is for osteo, the bones that don't grow!
 P for prescription's, I have quite a few, just
 give me a pill and I'll be good as new!

Q is for queasy, is it fatal or flu?
 R for reflux, one meal turns to two.
 S for sleepless nights, counting my fears,
 T for Tinnitus; there's bells in my ears!
 U is for urinary; big troubles with flow;
 V is for vertigo, that's "dizzy," you know.
 W is for worry, NOW what's going 'round?
 X is for X ray, and what might be found.
 Y is another year I'm left here behind,
 Z is for zest that I still have— in my mind.

I've survived all the symptoms, my
 body's deployed,
 And I've kept twenty-six 'doctors'
 fully employed!!!

Submitted by Kevin Fitzgerald



Pampered Pet

A Cat's Life

When you first found me I heard you say, "Little kitty have you lost your way?"

My eyes said yes and I guess I knew just exactly what you would do. You reached for me as I tried to discover, should I take a chance or run for cover?

But tired and hungry and sadly alone, I was desperately in need of a friendly home. Your hands spoke of kindness and safety too and asked that I put my trust in you. You carried me in and before peeking from afar, gave me milk and tuna named 'Star'. You hoped I'd stay, and that I did, but behind the sofa I usually hid.

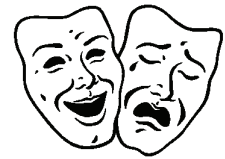
The days passed on but not my despair until we shared your favorite chair. How happy we were when I saw fit to finally with you enjoy a sit. You stroked my head and combed my fur and I gave thanks with a new found purr. From that day there was no doubt we both knew what it was all about.

Love and joy with trust were there and year after year the best of care. I hope you know how much I cared for you and the life we daily shared. No more of you could I expect or ask but sadly for you there's one more task. Because the day will come when we must part, a time I know will break your heart. If I could I'd help you decide, but your love for me will be your guide.

Don't let me linger when my time has come and there's nothing there that can be done. Let me go to my final rest knowing as always you've done your best. Go with fond memories from when I first heard you say 'Little Kitty have you lost your way?' (Ted Gagne DVM) PLEASE LET ME HAVE A PICTURE OF YOUR PET FOR THIS COLUMN THANKS!! TERRI- 5 AUTUMN DR.



Time Out



The theater group will meet on August 8th at the Club House to plan a fall outing.

In the meantime the group will attend **42nd Street** in Maynard on August 11. As of press time, there is one ticket left for this big, bold musical set in 1933, about big dreams and an even bigger desire to achieve them. Musical numbers such as *Dames*, *We're in the Money*, *Lullaby of Broadway*, *Shuffle Off to Buffalo and Forty – Second Street*, will have you dancing right along with the cast.

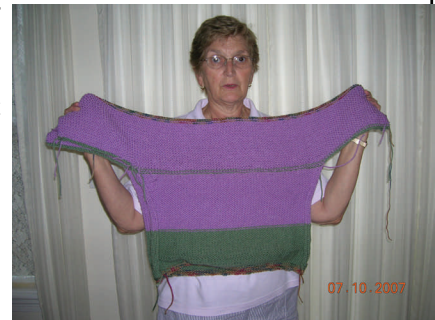
Contact **Toby Allen**, for more information. Phone 978 562-7437. E-mail puella_tobia@hotmail.com. Underscore between puella & tobia.



Stitch & Knit

So far the knitting ladies have made 4 of the simple *Gift of Love* T-shirt to go to needy children world-wide. Below is **Helen Marckini** holding an almost finished shirt. These 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.

For more information on the group and/or a copy of the pattern contact **Barbara Baker**, 978-562-2460.



Change of Phone Number:

Joseph & Maggy Khatcherian

9-B Autumn Dr.

978-568-0619

Food & Fork

by Elaine McGoldrick

Sweet / Sour Broccoli Salad

4 cups fresh, uncooked Broccoli Florets

Cup Sunflower Seeds

Cup Raisins Cup Mayonnaise

2 tbsp Sugar 2 tbsp White Vinegar

Onion to taste (optional)



Combine Broccoli Florets, Sunflower Seeds, Raisins, and Onion in a bowl.

In a separate bowl combine Mayonnaise, Sugar, and White Vinegar. Pour over Broccoli mixture and toss to coat. Cover and refrigerate for at least 2 hours.

Broccoli - Noodle Side Dish

6 cups (8 ounces) Wide Noodles

Garlic to taste

4 cups / 1# Broccoli Florets

½ # fresh Mushrooms, thinly sliced

Salt and Pepper

Cook Noodles. Meanwhile in a small skillet, sauté Garlic in Olive Oil until tender. Add Broccoli and sauté for 4 minutes. Add Mushrooms, sauté for 3 minutes. Drain Noodles and add to Broccoli mixture. Add Salt and Pepper to taste.

Milestones

84th Birthday Party The neighbors of 6 Rotherham gathered for a pot luck dinner party on Saturday night, July 14 to celebrate the 84th birthday of Flo Rodrigues of 6C. Flo, the senior member of the group, was also the first to move into the 6 Rotherham units in September of 2005. A true Massachusetts native, she was born in East Boston, grew up in Medford and after marrying, moved to Somerville, Bedford, and for the past 25 years, before moving to Quail Run, in Wareham. She had three children and is the proud grandmother of fifteen and great-grandmother of seven.

The party group included Joe & Susan Ciampi, Abe & Ginny Fernandes, Bob & Jennie Frame, Sharon Evans, Peter & Marlyn Stott and was hosted by Harry & Barbara Morgan.

Astrology—What's Up

by Beverly Bey-

loune



VIRGO Aug.23 – Sept 22

Planetary influences this year seem to be focusing on your social life.

The result...to increase your contacts through and within your immediate surroundings. You will not have to go far from your everyday world to find experiences that expand your perception of the world and increase your level of consciousness. Expect to do some traveling too. More than you normally would. Your relationship with relatives will be very good and you may even receive some kind of financial benefit from one of them! During 2007-2008 your home life may change tremendously – this could involve extensive redecorating or even a move. As a general rule, your communication with others is better than usual now..your plans for the future will be larger and more expansive.

LIBRA Sept 23 – Oct 22

This year is the time when you will seek inner peace and security. Planetary influences this year will help you improve some of the areas in your life – your home, personal life, your family, your past and your innermost sense of self. You may purchase real estate or redecorate or otherwise improve your present home, thereby increasing its value. This is the year when you can make your home, family and personal life more secure than ever and guarantee that it will always be a source of support and comfort. This year you may also start a health and nutrition regimen as well as an exercise program. We'll see a new you by next year!

Quail Run has a Web Site

The site is under construction, but ready for some preliminary viewing. Would you please check it out and let George Champine know what you think.

You'll have to enter your email address to get access the first time.

Contact George at
george.champine@computer.org

The site address is: www.QuailRunHudson.com



Area Highlights

By Barbara Champine

FRUITLANDS

Between 1914 and 1945 the four museums known today as Fruitlands were established on 210 acres in the town of Harvard.

FARMHOUSE: This is the 1843 *Fruitlands* experiment led by Bronson Alcott. His family and a small group of believers began a utopian community. Hear about their difficult and humorous efforts to live a perfect life, living off “the fruits of the land”.

INDIAN GALLERY: This gallery began with the discovery of arrowheads on the property and contains artifacts from many Indian groups. It is made from a recycled one-room schoolhouse and an old New England barn.

SHAKER GALLERY: The 1796 office building for the Harvard Shaker community became the first Shaker Museum in the world. Listen to songs composed by local Shakers as you explore rooms filled with Shaker artifacts and passages that show you what it meant to be a Shaker.

PICTURE GALLERY: This Gallery has changing exhibits of New England art and culture.

In addition there are 3.2 miles of well marked woodland trails. Pick up a Trail pack at the Wayside that offers activities and resources for your hike. Fruitlands has a **full service restaurant with lunch served weekdays from 11 to 3 and brunch on Sundays from 10 to 2.**

The shaded picnic area is open to ticket holders. There is a Museum Store with related gifts, books, games and toys. The restaurant and store are available without buying tickets. We sometimes stop at Fruitlands just to get a beverage and one of their delicious desserts, and sit on the terrace to take in the gorgeous view.

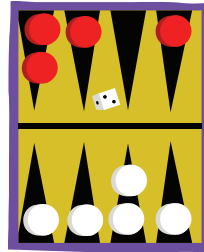
Open the end of May through October, weekdays: 11-4, Weekends and holidays: 11-5.

Adults \$10. Seniors / students \$8, Children 5-17 \$5, under 5 free. Use of grounds and trails only \$5.

DIRECTIONS: 102 Prospect Hill Road, Harvard, MA 01415. (978) 456-3924. Take 495 N. to Rt. 2 W. Exit 38A. Go south on Rt. 111. Take first right onto Old Shirley Road which becomes Prospect Hill Road., Go up large hill and museum in on the right.

At the Club House

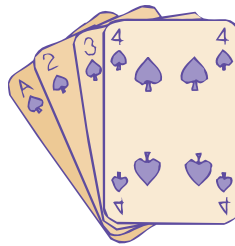
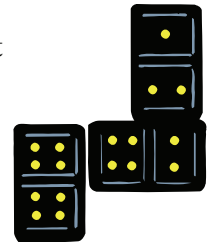
A variety of activities are scheduled at the Club House. Check them out — open to all



Game Nite — first and third Tuesdays of each month from 7—9:00 when the group breaks for 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 Pic-

tionary. Bring a game of your choice and find others who would like to play.

Bridge and Dominos — People interested in bridge and dominos meet together Thursdays 7:00 to 9:00 PM . Bridge organizer: Theresa Bosio 978-568-1416 Dominos: Nancy Reid 978-562-6282



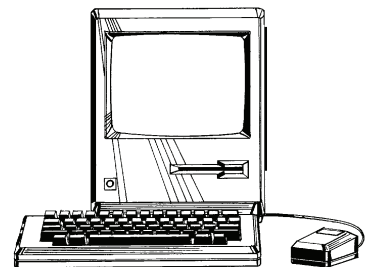
Poker — This group is just getting organized. It is deciding what kinds of poker they will play, when they will meet, stakes, and other details. If there is enough interest there will be a meeting to get organized. All Quail Run people are invited. I think we can have some

fun without it getting too costly. Contact Hugo Guidotti, 5A Autumn Dr, by phone or e-mail if interested. 978-562-6501 hugosally@aol.com .



Free Computer

George Champine has another computer to give free to someone, preferably someone who does not have one. It is not terribly fast, but everything works and it has the latest XP software. If you are interested or know of someone who could be, please contact George at e-mail: george.champine@computer.org



A Trip Aboard The Schooner American Eagle

Twenty passengers boarded the schooner Sunday night at Rockland, ME. I went to my very small cabin and unpacked. Afterwards the Captain, crew and passengers met top deck. The Captain explained the itinerary, mealtime and how we could participate in sailing this schooner. There is no set itinerary; except for a stop at Cabbage Island for a real Down East Clambake and a sail into Boothbay Harbor for Windjammer Days.



Food was passed up each day from the galley via chain line promptly at 8 AM, 12 Noon and 6PM. Morning coffee was brought up each day at 7 AM. No coffee before 7! How dreadful!! All meals were home cooked on a wood burning stove. The food was plentiful and delicious.

We sailed all day and each evening we dropped anchor in a different bay. I was up at 5am to watch the illustrious sunrise, listen to the gulls and watch the lobster boats head to check their traps. Other passengers soon were top deck. Friendly conversation over morning coffee was followed by a good hearty breakfast. After breakfast it was time to get underway. We heaved, heaved, and heaved the sails up the mast. That task completed, we go about the silent business of moving by the wind and watching for whales, puffins, and what ever else might go by.

Evening arrives and the sails are lowered and we pitch in to furl the sails. Before supper we row ashore and explore a small island. After dinner we watch the sunset and listen to the loons in the harbor. At night John, our Captain, reads to us, by lantern, a story about the sea, and we are ready for bed.

I look forward to doing this adventure again. Toby Allen

STILL SOME SEATS LEFT!

FRIENDS AND FAMILY WELCOME

DROP OFF CHECK (made out to Terri Kilshaw) AND BOOKING FORM AT 5F AUTUMN

NEWPORT PLAYHOUSE SUNDAY, OCTOBER 28TH

The Newport Playhouse and Cabaret Restaurant in Rhode Island is a small, family run dinner theatre. After the incredible buffet lunch, you walk through the lobby to the comfortable, intimate theatre. There you will enjoy the hilarious comedy, ‘REMEMBER ME?’ (note change in title...!!) 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, play, cabaret and tips.

DEPARTURE 9.00am from 5F Autumn Drive RETURN 6.00 pm

Book by September 10

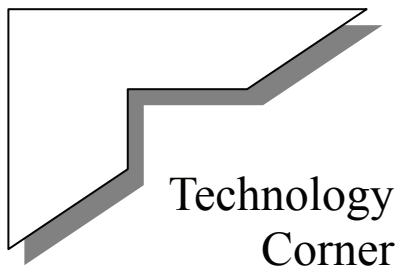


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NEWPORT PLAYHOUSE

NAME(S).....

Check enc. For \$.....



Technology Corner

By George Champine

Update on Over-the-air TV reception

In the last Technology Corner, I mentioned that the estimated cost of a converter for over-the-air digital TV programs was about \$200. Reader Bob Freedman has brought to my attention that because of newer technology, the estimated cost now is \$50 to \$70. There is also the possibility of a rebate from the federal government that would reduce the cost to \$10 to \$30.

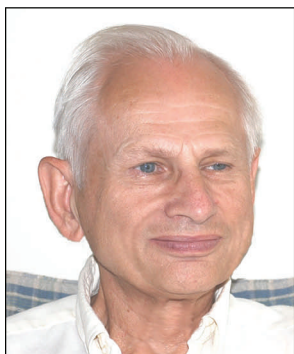
Internet Listing of TV Programs

Who doesn't get frustrated waiting for the cable TV program listing to scroll by at a snail's pace. For those of you who get cable TV from Comcast, there is a better way. Go to: <http://tvplanner.comcast.net>. It instantly shows three hours for 12 channels on each screen, and you can customize the screens to show the channels you like best on the first screen.

Advances in wireless technology

Wireless technology (WiFi) continues to make significant progress. Wireless is a natural companion to laptops, as the wireless capability lets you sit anywhere and use the laptop. For exactly this reason the laptop is becoming more popular because of the mobility. If you travel, you can take the wireless-enabled laptop with you and make use of the large number of wireless Internet access points supported at public libraries, Starbucks, McDonalds, Internet cafes, and elsewhere.

The wireless standard that has been most popular and most affordable is the 802.11B (also called "wireless B") technology. This has a data rate of about four million bits per second and a range of about 100 feet. Recently, the 802.11G (wireless G) has become available at a somewhat higher price. The data rate is about 20 million bits per second and the same 100 foot range. Within a few months we expect that the 802.11N (wireless N) standard will be finalized and standardized and products will be on the market. The price is higher yet, but the data rate will be about 75 million bits per second and it will have a range of 250 feet. The



standards are all compatible and interoperable.

To set up a wireless system at your residence, you need to purchase a wireless router. The leading vendor is Linksys, but there are many other excellent vendors such as Netgear and TrendNet. The router plugs into the cable or DSL modem. The PC must also have wireless capability, either built-in or with an add-in card.

Advances in laptop technology

Flash memory devices have been available for several years, initially as media chips for digital cameras, and now as USB memory devices. A one gigabyte USB flash memory device that cost \$70 one year ago now costs about \$10. This technology is now starting to be put into laptop computers. The result is a reduction in size, weight, power consumption, and boot times. There is a cost premium so far. As with all new computers, laptops use the new Vista operating system which is somewhat better than XP and has media center functions as standard. I suggest that you get the "Home Premium" version of Vista, not "Home Basic". If you buy the laptop from a local store such as Best Buy or Circuit City they may try to sell you many add-ons and extended maintenance. You probably do not need any of them and I suggest that you resist buying them.

Late this year, wireless USB connections should be available. That means printers and other USB devices can be placed up to 90 feet away.

Intermediate Computer Training Course Announcement

The next training course for Intermediate Computer Usage will begin on Tuesday, September 18 at the Hudson High School 69 Brigham Street in room T110. All classes are held Tuesdays 2:30 to 4:00 PM. The instructor is George Champine.

The intermediate course has been expanded with four new sessions. The new sessions are: 1) taking and editing home videos, 2) computers and genealogy, 3) an expanded presentation of digital photography, and 4) the computer as an entertainment center.

You can get the full class schedule by sending e-mail to george.champine@computer.org. Register with Marie at the Hudson Senior Center, phone 978-568-9638.

