

The Quail Runner

For and By the Residents
Of Quail Run



July — August 2009

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

Seventh Annual Ice Cream Social

Saturday, 15 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 with a donation of non-perishable food items for the Hudson Food Panty or \$2.00 without a donation Adults Only.

If you drive to the Community Center, please bring a chair — we need a few more for this event.

RSVP by August 10 to:

Barbara Baker	bakerb2939@gmail.com	978-562-2460,
Kent Callahan	quail4d@gmail.com	978-562-2460
MJ Ebens	RmjEbens@verizon.net	978-562-7880
Rich Ebens	RichEbens@verizon.net	978-562-7880

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DAMN YANKEES

Based on the book, *The Year the Yankees Lost the Pennant*, this comic musical is about love and baseball and includes such songs as *Heart* and *Whatever Lola Wants*.

The performances by the *Rivers Edge Players* (who performed *Alice in Wonderland*) are in Hudson High School on **August 14 and 15 at 7.30pm**.

Residents of Quail Run have been offered a great reduced price of \$10 per person for a group of 10 or more. If you would like to join us for a fun, local evening on Friday August 14th, call Terri Kilshaw at 978 562 0578 *before August 7th*.

Let's support local theater!

BOG Notices Page 10

Balloon Fest

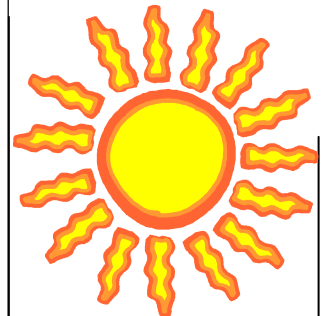
Saturday 8 August
Hudson Elks Pavilion on Park St.

Balloon Lift-off at 6:00 am.



**Balloon
Glow at
Dusk**

Details on page 6



The Quail Runner Staff

Editor: MJ (Mary Jean) Ebens
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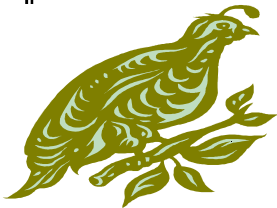
- 1/3 Autumn **Peggy Kunz,**
- 4/9 Autumn **Marilyn Hoffman,**
- 5/7 Autumn **Terri Kilshaw**
- 6/11 Autumn **Carole Perla,**
- 1/3 Strawberry **Sally Mauro**
- 2/4 Strawberry **Barbara Champine**
- 5 Strawberry **Lee Rouse**
- 6/8 Strawberry **Toby Allen**
- 7/12 Strawberry **Barbara Paradiso**
- 1/4 Rotherham **Kevin Fitzgerald**
- 6 Rotherham **Harry Morgan**

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Vacation Delivery

To Receive *Quail Runner* while away, give your reporter or the editor an extra long envelope with two first class stamps and your vacation address. The editor has some free extra large envelopes. Or you can get issues emailed to you.

Or you may view the current issue on **QuailRun Hudson.com.**

Congratulations to Keith and Dolly Gordon, 8B Strawberry, who celebrated their 52nd wedding anniversary on July 20th.



The Editor's Desk

MJ Ebens, editor



Rich and I are back from a wonderful river cruise vacation on the Danube in Eastern Europe. We flew into Bucharest, continued on to Belgrade and ended up in Budapest that is rightly called the Paris of the east. Our last night there the ship sailed up and down the river front so that we could take in the city that is spectacularly lighted at night.

I was pleased to see the cut through to Intel's parking lot was trimmed back by some thoughtful person. The walk from the Club House parking lot, around Intel to Reed Road, past the child care and up Autumn is about 1 – 1.5 miles depending on the route through Intel. The view from the top of the hill at the front on Intel is quite spectacular!

Dog waste has generated a number of emails to me. You may be surprised to find that it is other dog owners who complain the most bitterly. See page 7.

With all the talk about testing Senior Drivers, you might want to test yourself on a few simple driving facts. See page 8.

Welcome to **Bob and Charlotte Sullivan** on 6-E Autumn and **Aileen Wilson** on 1-D Rotherham.

Kevin Fitzgerald has supplied us with some fun puns from his endless supply!

mj

Transitions

Condolences to Joe Aiello, of 6-E Strawberry, on the death of his younger brother Louis.

Phone Book Updates & Changes

Aileen Wilson, 1D Rotherham Way, 978-568-0374
aileen70@aol.com

Bruce and Audrey Ackman, 7A Strawberry.

Robert and Charlotte Sullivan, 6E Autumn, 978-212-5483, robertdsullivan@comcast.net
Charlotteasullivan@comcast.net

Paul Schwab, 2E Rotherham, juniperbrook@aol.com
 Sheila Mahoney mathlady32@gmail.com



HEALTHY LIVING

by Peggy Rittenhouse

Oh, My Aching Back

Most of us have experienced low back pain at some time. It can be mild or severe, short-lived or

long-lived. Whenever it happens, everyday activities are more difficult.

Of course, there are many causes of low back pain such as can occur during lifting or bending or over activity such as snow shoveling or gardening. It can occur because our body and back are aging. Aging can cause degenerative changes in the spine. With age, the intervertebral disks begin to wear away and shrink or may even collapse completely. This “wear and tear” on the facet joints is referred to as osteoarthritis.

There are imaging tests available such as X-rays, MRI’s and CAT scans, but usually these are saved for longer lasting or severe pain. Most cases of low back pain are treated non-surgically with medication such as ibuprofen (like Advil), aspirin or Tylenol. Often physical therapy is recommended including massage therapy, also chiropractic or manipulation therapy. In former times, doctors sent their patients with low back pain to bed to rest on a hard mattress or even a board under their mattress but not so anymore.

We cannot avoid the normal wear and tear of our spines with aging, but there are things we can do to lessen the impact of low back problems such as:

Exercise: Walking or swimming. We find that walking on the local rail-trail to be an ideal form of regular exercise.

Proper lifting: It is important to lift with your legs and not your back. Do not bend over to pick up something, instead keep your back strait and bend at your knees; as you age this becomes harder and harder.

Maintain a healthy weight: Being overweight puts stress on your lower back. Losing weight is easier said than done, however.

Proper posture: Good posture is important for avoiding future problems. Remember when your mother said, “Sit up straight, don’t slump”?

A supportive mattress: It is important to have a mattress that provides support for your back and not one that sags.

Continued at right



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Renee Olson
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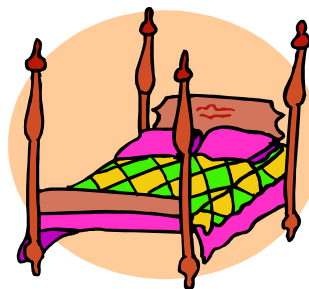
9/09

ROMEO’S

Contact Harold Edelstein, 978-567-5909, tsvihesh38@comcast.net or Hugo Guidotti, hugosally@aol.com, 978-562-6501 for details.



Oh, My Aching Back, continued from left



Yes, my lower back has been bothering me lately. We recently went on a 2 1/2 week trip by auto all the way to western Montana and we slept in different beds at different motels and at friends and relatives places along the way and

my back was much better, so I’ve come to the conclusion that part of my problem is my mattress, so lately I’ve been trying out mattresses at stores to find one that is right for me.

The Stonecroft Bible Study Genesis II will resume on September 14th at 1 PM at the home of Janice Owen, 1F Strawberry Lane. Please call Janice at 978-567-0767 or Marion Anderson at 978-562-4546 by August 8th if you wish to attend so we can order the correct number of study books. For more information about this or other bible studies, please call Janice.





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04/10

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
- Joe Aiello, 13
- Sally Mauro, 14
- Barbara Paradisco, 14
- Aileen Wilson, 14
- Sally Guidotti, 15
- Toffy Beyloune, 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

A pun is the lowest form of humor.... when you don't think of it first. - Oscar Levant Some samples — not from Oscar.

1. The roundest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
2. I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Alutian.
3. She was only a whisky maker, but he loved her still.

Curtain Call

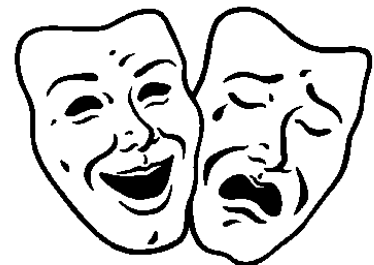
Toby Allen



Curtain Call held their last meeting for this season on June 10th. We celebrated a successful past season by having a Pot Luck Luncheon. There were many present and all enjoyed a wonderful selection of home cooking. **We resume our meetings on September 9th and meet every 2nd Wednesday until June. We meet in the Club House at 2 PM.** We have 24 members and are open for more. Please call me or e-mail puella_tobia@hotmail.com (underscore between puella & tobia) if you would like to join our group.

Plays past season: "Cemetery Club", "Forever Plaid", "Cabaret" and, on August 13th we (17) will be attending "La Cage aux Folles" put on by The Reagle Players.

Now who could forget our evening of Stew and Stage - play, directed by MJ, "Mrs. MacWilliams an the Lightning" - food, provided by CC members.



We do have a lot of fun in Curtain Call.

Book Club

We met on and reviewed *The Space between Us* written by Thrity Umrigar. Lois Boemer lead the discussion; refreshments were provided by Janice Owen and Marcella Monte.

Meetings are at our Clubhouse on Wednesdays, from 7 to 9 PM and are generally scheduled for the last Wednesday of each month.

Contact Marcella Monte for more information; 978-562-0823 or marcellamonte@verizon.net



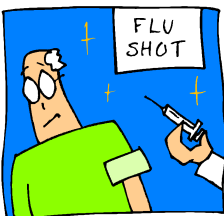
4. A small boy swallowed some coins and was taken to a hospital. When his grandmother telephoned to ask how he was, a nurse said, "No change yet."

Hudson News

Hudson Needs Medical Reserve Corp Volunteers

It's here! WHO finally declared H1N1 a flu pandemic, and has requested vaccine manufacturers to start the production of H1N1 vaccines. This has major implication to us locally. Large-scale vaccination clinics will most likely be the scenario across the nation.

Please let me know if you are available to volunteer in these H1N1 and our seasonal flu vaccination clinics. Our seasonal flu clinic, which will continue to be used as a drill for our EDS plan, will be held on 11/07/2009 at the High School. At this point, **we have 56 active registered MRC volunteers, but we need about 200 trained volunteers** to effectively run the 2 EDS clinics in Hudson. Keep talking to your neighbors and friends about joining us.



Sam Wong, PhD, Health Agent,
Board of Health, Town of Hudson,
(978) 562-2020,
www.townofhudson.org



Hudson Water Use Restrictions — The town's summertime water-use restrictions are in effect. The mandatory conservation rules, based in part on state Department of Environmental Protection guidelines, prohibit outdoor water use between 9 a.m. and 5 p.m. on Tuesday, Thursday, and Saturday for residents in odd-numbered houses, and on Wednesday, Friday, and Sunday for residents at even-numbered addresses.



Anthony Marques, director of public works for Hudson, said the restrictions are not the result of capacity problems within the town water system, but a way of preparing residents for state Water Management Act rules that go into effect for Hudson in 2010.

Hudson enacted similar restrictions last year, although in that case the summer rules were based on supply limitations, Marques said. The restrictions remain in place until Sept. 30. Property owners found in violation of the water-use rules could be fined up to \$100 per citation. For more information, contact the Department of Public Works at 978-562-9333. Boston Globe 6/28

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Stitch & Knit

The group meets the second and fourth Tuesdays at 7:00 each month at members homes. All knitters (or other types of hand-work) are welcome.

For more information **Barbara Baker**, 978-562-2460.

Orange Velvet Pie

From Joyce DiPaolo

- 2 Graham Cracker Pie Crusts
- 1 can Mandarin Oranges, well-drained
- 3 oz sugar free Orange Jell-O
- 8 oz fat free Cream Cheese, room temperature
- ¼ cup Orange Juice
- ¼ cup Sugar
- 8 oz. lite Cool Whip, defrosted

Mix Jell-O with 1 cup hot tap water. Mix Cream Cheese with Orange Juice and Sugar. Add to Jell-O mixture. Fold in Cool Whip. Pour into Crusts. Garnish with Mandarin Oranges.

Refrigerate at least 4 hours before serving.

Club House Burner Left On

The Game Nite group discovered that a burner on the stove was still on. Fortunately, the tea kettle on the burner still had some water in it.

Please be extra careful in checking before you leave the building.

Condo Care

- Is the inside of your dishwasher stained and “grungy” due to our Hudson water? Clean it by pouring in a half cup of Tang (yes, the fake Orange Juice stuff) and set the washer on “short wash” cycle. You won’t believe how the inside sparkles afterwards! Courtesy of the Ebens and the Globe’s Home Handyman
- Quail Run residents who want to purchase storm windows to be delivered this coming fall should contact Roger Gagne at: Rogergag@comcast.net or 508-653-0381

Refuse Disposal Services

Recycling Acceptable Items

- Aluminum cans
- Brown paper bags
- Cardboard (must be broken down)
- Catalogs, magazines and phone books
- Chipboard (cereal boxes, shoe boxes etc. must be broken down)
- Colored paper
- Envelopes
- Glass bottles and jars
- Newspaper and junk mail
- Plastic bottles and jugs
- Tin and steel cans
- White ledger paper



Recycling Non-Acceptable Items

- Aluminum Foil
- Auto glass or ceramics
- Batteries
- Film canisters
- Light bulbs
- Painted wood
- Paper towels or tissues
- Plastic grocery bags (Please return to your supermarket)
- Plastic wrap or plastic pots from plants
- Porcelain
- Styrofoam
- Treated wood
- Pill Bottles
- Latex Gloves

Refuse Disposal Services, Inc. • Phone: (508) 877-1710
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9/10

Great Lengths HAIR SALON



Appointment _____

176 Maple Street, Marlborough, MA 01752
 (508) 481-8086

Cinema Night Resumes September 4

Cinema Night will restart on September 4 at 7:30 PM in the Clubhouse. The movie selection for that night will be announced about a month before that date and will also be entered on the Quail Run web calendar.



Balloon Fest

Saturday 8 August
 Hudson Elks Pavilion on Park St.



Balloon Lift-off at 6:00 am.

Coffee, donuts & bagels on sale at 5:30 am
2:00—9:00 pm

Food, music, games, craft items, happy wagon rides, face painting, Blinky the Clown,

Animal World starting at 2:00—5:30

Balloon Glow at Dusk

Music provided by McMurphys 2:00—5:30; Country Kickers 5:30—6:00; Bruce Marshall Group 6:00—9:00

Morning admission: Adults \$2 / Children over 2 yrs \$1
 Afternoon Admission: Adults \$4.00 / Children \$2.00
 Adults who attend the morning lift-off will get a \$1.00 coupon for afternoon admission.

Free parking at the Elks and Hudson High School

Sponsored by Hudson Elks and Friends of the Library.

Comments from Residents

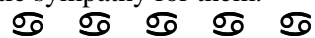
Toby Allen has noticed broken glass in the street in many places after the recycle truck picks up. Other people have mentioned it also. We are concerned about dogs, children, if their shoes are off, cutting their feet; also, the possibility of a car getting a flat tire. My circle has swept it up and I have seen others do so also. Be aware of this, the glass not always in the same place.



The outdoor trash barrel at the Club House is NOT an acceptable place to dispose of dog leavings. Since the barrel is outside it gets even hotter than those in our garages and the smell is extremely offensive. The hosts of the Coffee Hour noticed the foul odor. What will it smell like at the end of the week??!!



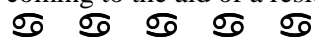
More on dog waste This is quite a hot topic around Quail Run (no pun intended on the previous paragraph). Dog owners are getting quite irate over the few residents who refuse to pick up after their dogs. The dog waste is being picked up by other owners who do not appreciate the blot on all dog owners reputations. At some point the miscreants will be identified and there will be very little sympathy for them.



Debby & Mike McCormack remind us of the following regulations at Quail Run. We've seen these before, but a review is always good.

1) The speed limit is 20 MPH, but it seems that there are some folks, especially on the straight downhill Rotherham Way, that very much exceed that limit. Please remind your guests that some of us can't move as quickly as we used to get out of your way. None of us want to see speed bumps.

2) Parking on the street. The Hudson Fire Department has requested in the past that we not park on the street for any great length of time during the day, and no parking at all over night. This applies not just for the circles but for all roads in Quail Run. It would be awful to impede the progress of an emergency vehicle, especially when it is coming to the aid of a resident.



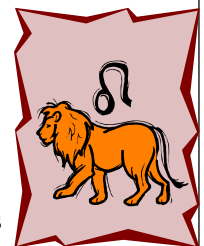
ICE is the acronym for your cell phone. It stands for In Case of Emergency. More and more emergency responders are checking accident victims cell phone for the number to call in an emergency. Just enter ICE into your speed dial along with the number of the person you want called.

Astrology — What's Up

By Beverly Beyloun

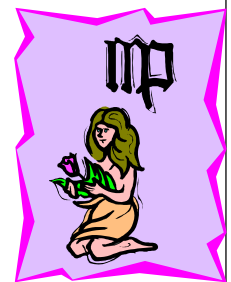
LEO July 23 – August 22

During August and September you will be able to recharge yourself, so to speak, for the coming year. You will become more concerned with personal matters. This period is self centered in a positive sense in that it is born not of selfishness, but a real need to look at yourself and find out what you need for further progress. You have a great need to express yourself now, and it is a valid need. No purpose will be served by denying these needs in favor of what you perceive as 'duty'. This year is a good time to start a health and/or nutrition regimen. You probably have already started thinking about the foods you eat and how healthy they may be for you. Basically your life is changing. Restrictions you either placed upon yourself or allowed others to do so will be lifted. This is the beginning of a new era in your life!



VIRGO August 23 – September 22

You are ending one cycle and beginning another. This is a time of reflection. A time when you take stock of your life and what you've accomplished, what your goals were, etc. You are just completing a 14 year cycle and now your attention is turned inward. Now is the time to decide what it is you really want or need in life. What have you learned about yourself over the last several years? 2009 is a time of introspection, the more you get in touch with yourself, the more successful you will be in the future. Transits now are related to similar transits approximately 5 or 10 years ago. You'll find that the activities you began at either of those times should be running very smoothly now. You are in a position to achieve many goals that you set for your self during the last 10 years!



5. I wondered why the baseball kept getting bigger. Then it hit me.

6. A sign on the lawn at a drug rehab center said: 'Keep off the Grass.'

7. A chicken crossing the road is poultry in motion.



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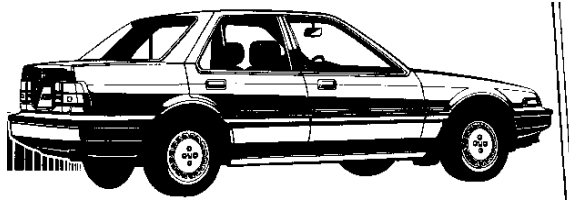
Equal Housing Lender

3/10

Test Your Driving Knowledge

1) By law, when are you supposed to put on your turning signal?

- A) 100 feet before turning.
- B) 500 feet before taking an exit ramp on a highway.
- C) The car in front of me didn't, so why bother?
- D) The law doesn't dictate a set distance.
- E) A and B.



2) What's the recommendation when using a factory-issued spare tire?

- A) It's just like any other tire, so don't drive any differently.
- B) You shouldn't drive more than 100 miles on one.
- C) You should never drive off-road on it.
- D) Try not to go faster than 60 miles per hour.

3) You're in a fender-bender, but no one is hurt. Under what conditions do you have to report the accident to the police?

- A) You report it only if you and the other driver can't reach a settlement.
- B) By law you must report it if \$750 of damage has been caused.
- C) By law you must report if \$ 1,000 or more in damage has been caused.
- D) If it's not your fault and your car isn't damaged, you never have to report it.

(Continued at right)

Test Your Driving (continued)

4) State law deems you are tailgating if you are not:

- A) At least three car lengths behind the next car.
- B) Trailing by a car length's distance for every 10 miles per hour of speed.
- C) Trailing by at least 20 feet on local roads; 50 feet on highways.
- D) State laws don't specify a specific distance for tailgating.

5) Is it dangerous to be on your cellphone while pumping gas?

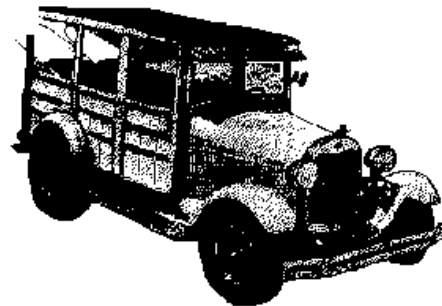
- A) Yes. State fire officials say that static electricity from a phone can spark a fire.
- B) No. The "spark" warning is unproven, so state fire officials say you should be perfectly safe.

6) Your car battery is dead because you left the lights on overnight. Have you harmed the battery?

- A) Your battery might be 10 percent less effective.
- B) Your battery might be more susceptible to leaks.
- C) You've caused no long-term damage.
- D) As long as your battery is less than 3 years old you should be fine.

7) You come to an intersection where the traffic lights are all powered off. What does the law say you're supposed to do?

- A) Stop, of course.
- B) Stop and honk your horn before proceeding.
- C) You merely need to slow down before crossing.
- D) Stop, then yell a warning like, "Ready or not, here I come!"



ANSWER KEY: 1) D, though A and B are good recommendations; 2) D; 3) C; 4) D, but B is a good recommendation; 5) B; 6) A; 7) C.

Area Highlights

By Barbara Champine

SLEEPY HOLLOW AND MOUNT AUBURN

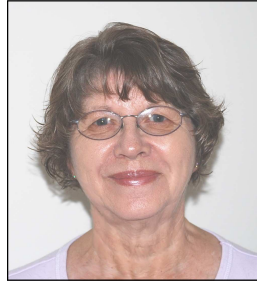
Are you looking for a lovely place to take a walk? Would you like to visit a bit of history for free? Consider a visit to Sleepy Hollow or Mount Auburn. These are both lovely historic cemeteries.

SLEEPY HOLLOW is in nearby Concord. This was one of the first cemeteries in the United States to be designed to have a sylvan character and has also been listed in the National Register of Historic Places. Two highly visited areas are Authors Ridge and the Melvin Memorial. Just stay on 62 from Hudson through Concord Center (Bedford Street) and use the second gate. There are parking spaces next to Authors Ridge. Sleepy Hollow was consecrated in 1855. Ralph Waldo Emerson was the orator at the dedication. To the left of the central entrance is "Mourning Victory" commonly know as the Melvin Memorial, created by Daniel Chester French who also designed the Minuteman Statue at Concord's North Bridge and the Lincoln Statue in Washington D.C.'s Lincoln Memorial.

To the right of the Melvin Memorial, up a short stretch of road lies a hollow, on the far side of which is Authors Ridge. Authors Ridge contains the graves of Henry Thoreau, Nathaniel Hawthorne, Ralph Waldo Emerson, and Louisa May and Bronson Alcott. Each is in a family plot and marked with modest stones. Hawthorne's marker only bears his last name. Sleepy Hollow is open daily, 7 to dusk.

MOUNT AUBURN has been designated a National Historic Landmark as one of the country's most significant cultural landscapes. It was founded in 1831 and was the first large-scale designed landscape open to the public in the United States. Its beauty, historical associations and horticultural collections are internationally renowned. There are more than 5000 trees and thousands of plants and flowers. Immense obelisks, massive mausoleums, and lavish sculptures are found here. Miles of pathways cross formal gardens and natural woodlands worthy of an arboretum with over 600 species of trees. Mount Auburn Cemetery quickly

(Continued at right)



3/10
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Area Hightlights continued.

became Boston's most popular tourist attraction after it opened, drawing crowds rivaling those of Niagara Falls. Even today about 200,000 people visit annually. It's success inspired the garden cemetery and public parks movement that swept the United States in the 19th century. There is a new visitor's center inside historic Story Chapel. The center's interpretive displays and a 9-minute introductory video highlights Mount Auburn's historical importance.

Audio tours for walking or driving are available from the center's reception desk. Generations of notable Bostonians have been laid to rest here: Henry Wadsworth Longfellow, Julia Ward Howe, Mary Baker Eddy, Isabella Stewart Gardner, Charles Bulfinch, James Russell Lowell, Oliver Wendell Holmes, Winslow Homer, Amy Lowell, Edwin Land and many others.

Mt Auburn is at 580 Mount Auburn Street, Cambridge. The cemetery is open daily 8-7 May to August and 8-5 the rest of the year. There are guided tours available at www.mountauburn.org.

Both of these cemeteries are very park like, great places to walk, beautiful, historic and free.

8. A rubber band pistol was confiscated from algebra class because it was a weapon of math disruption.

9. The butcher backed into the meat grinder and got a little behind in his work.

10. Now matter how much you push the envelope, it will still be stationary.

11. A dog gave birth to puppies near the road and was cited for littering.

BOG Notice

Unit Inspections for Water & Snow Damage

During the month of August, owners will be contacted by the Building & Grounds Committee to schedule an inspection of each unit. They will be noting existing staining and/or other damage from roof leaks and/or ice dams, if the owner is aware of the time of year when such damage first appeared.



This inspection is being conducted, at the request of the Board of Governors, to determine a base line of existing damage, so that if new occurrences are reported, there is some history for each unit. This inspection is **not** being conducted for the purpose of planning or

scheduling any roof work.

Wood Trim Replacement

The replacement of wood trim with PVC has been put out to bid. As soon as the bids are reviewed by the Board of Governors, and some decisions are made, owners will be updated on progress toward this project.

The scope of this project will not include the replacement of front entrance hand railings. The painting of these hand railings is in the process of being put out to bid, as a separate project from the wood trim replacement.

Trash Removal

If you have items other than the regular weekly trash and recycling that you would like to have removed, you must first call Janet at Refuse Disposal Service, 508-877-1710. They will tell you whether there will be an associated charge for removal. If you do not call them ahead of time, and there is a charge, you will be responsible for paying it.

If there will be a charge, it will be included on the monthly invoice sent to Alpine from Refuse Disposal Service, with your unit number and description of item(s) removed. Alpine will send you a notice, indicating the amount that will be posted to your account and owed with your next condominium payment. If you are set up for ACH, you must send in a separate check for this amount.



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3/10

10 Warning Signs of Alzheimer's disease

1. Memory loss. Forgetting recently learned information is one of the most common early signs of dementia. A person begins to forget more often and is unable to recall the information later. What's normal? Forgetting names or appointments occasionally.

2. Difficulty performing familiar tasks. People with dementia often find it hard to plan or complete everyday tasks. Individuals may lose track of the steps involved in preparing a meal, placing a telephone call or playing a game. What's normal? Occasionally forgetting why you came into a room or what you planned to say.

3. Problems with language. People with Alzheimer's disease often forget simple words or substitute unusual words, making their speech or writing hard to understand. They may be unable to find the toothbrush, for example, and instead ask for "that thing for my mouth." What's normal? Sometimes having trouble finding the right word.

4. Disorientation to time and place. People with Alzheimer's disease can become lost in their own neighborhood, forget where they are, how they got there, not know how to get back home. What's normal? Forgetting the day of the week or where you were going.

5. Poor or decreased judgment. They may dress inappropriately, wearing several layers on a warm day or little clothing in the cold. They may show poor judgment, like giving away large sums of money to telemarketers. What's normal? Making a questionable or debatable decision from time to time.

(For more information, the Alzheimer's Association is available 24/7 at Helpline www.alz.org/MA)

Continued on page 11.

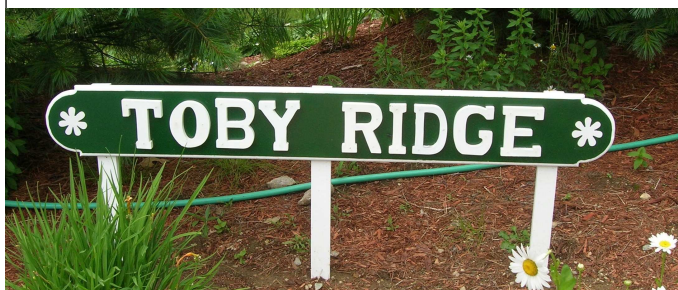
Quail Run Doings

July 4th Celebration Hosted by Sue and Joe Ciampi at 6A Rotherham Way

Sixteen friends from Rotherham Way got together for a chicken barbeque cookout. Lots of appetizers were enjoyed by all and a full course dinner followed.

We played some patriotic music during desert. A beautiful and delicious flag cake made by Elaine Recklet was served with ice cream.

We tried to solve all our problems here at Quail Run but were unsuccessful.



We have a new sign (builder unknown ??) on the hill in back of the Club House. I would like to THANK him. It does add something to the garden. I would also like to thank all the people who have labored hard and helped to make the hill look attractive. We also appreciate all of you who have contributed your plants.

By the way, if you have not seen the sign, it reads Toby Ridge. I am greatly honored to see my name; however, this garden is a COMMUNITY effort. THANKS TO ALL of YOU, Toby

Get-Together Recently about a dozen residents of circle 5 and 7 Autumn Drive reconnected at Terri's house for a chat, some appetizers and drinks. It was good to get together and we agreed we should do it more often!

Third Annual Block Party was hosted by Jeannine Bensette and Barbara Langley for the residents of 7-12 Strawberry. This year we had a special treat. Among Marie Mangan's family from Ireland was her brother Frank who entertained us on his musical keyboard with a sing-a-long.

Welcome home Barbara Paradiso. Hope you had a good vacation.



JULIETS NEWS

AUGUST - Wednesday, 12th - 12:30 at Guiseppe's Grille Northborough.

You can order from the menu. A sign up sheet is posted in the Club House. Contacts are Theresa Bosio 978-568-1416 or Nancy Reid 978-562-6282



September, Tuesday the 15th at 12:15 at Fuji's Japanese Steak House. Cooked at your table. Choose: Shrimp, Steak, Chicken, or Scallops with Fresh Vegi's, Fried Rice, Soup, and Salad. See the chef juggle utensils and eggs. Excellent food and price. Call Joyce DiPaolo and 978-562-4116 or Betty Chiasson at 978-562-7087. 200 Boston Post Rd. Marlboro. Go to Rt 20 in Marlboro center and head East

We have hostesses for the entire calendar year, but would like to remind the ladies that they need to start thinking about 2010 as we will be looking for new chairpersons.

Alzheimer's Continued

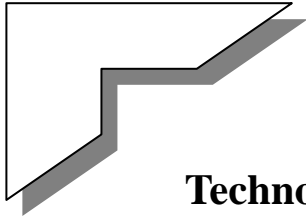
6. Problems with abstract thinking. They may have unusual difficulty performing complex mental tasks, like forgetting what numbers are for and how they should be used. What's normal? Finding it challenging to balance a checkbook.

7. Misplacing things. They may put things in unusual places: an iron in the freezer or a wristwatch in the sugar bowl. What's normal? Misplacing keys or wallet temporarily.

8. Changes in mood or behavior. May show rapid mood swings - from calm to tears to anger - for no apparent reason. What's normal? Occasionally feeling sad or moody.

9. Changes in personality. The personalities can change dramatically. They may become extremely confused, suspicious, fearful or dependent on a family member. What's normal? People's personalities do change somewhat with age.

10. Loss of initiative. Becoming very passive, sitting in front of the TV for hours, sleeping more than usual or not wanting to do usual activities. What's normal? Sometimes feeling weary of work or social obligations.



Technology Corner

By George Champine

Technology Corner
By: George Champine

Beware Internet Explorer 8

Microsoft continuously comes out with free upgrades and improved versions of products, and almost always they are better than the previous version. However, this is not the case of Internet Explorer 8. While Internet Explorer 8 has some nice new features such as opening multiple web pages at once, it has caused trouble. A number of people including me have experienced problems after installing this free upgrade, including applications that no longer work. For more on this problems see: <http://www.tinyurl.com/dj8vc7>.

It may be that Microsoft has fixed the problems with this upgrade, but if you plan to install it be sure to do a complete backup of your system first. In an uncharacteristic fit of generosity, Microsoft has offered to help correct the problems caused by Internet Explorer 8. See <http://support.microsoft.com/kb/949220>.

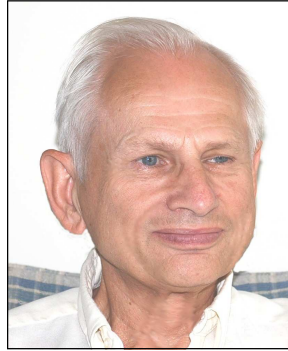
Private Label Brands

Some retail companies are turning to private brands to improve their competitiveness in this difficult economy. Private brands can be less expensive because they do not bear the high cost of nation-wide advertising that the big name brands incur. Best Buy now has the Dynex and Insignia private label brands for a variety of products. I have found them of high quality.

Television technology leaps ahead

Although TV has been around since 1939, the technology continues to move ahead. One of the latest innovations is switching to Light Emitting Diode (LED) backlighting rather than the traditional fluorescent lighting. The leaders in the new technology are Samsung and Sony, however only some models have been upgraded. Eventually, all manufacturers will switch.

The big advantage to LED-backlit TVs is improved contrast ratio. Samsung says its 81 series of displays can automatically adjust the backlight for specific parts of



the picture, depending upon the source content. This allows the display to achieve deeper blacks and crisper whites than can be achieved with the Cold Cathode Fluorescent Lamp technology (CCFL) traditionally used by LCD HDTVs.

In CCFL, the tubes light up the back of the display; those tubes can be all on, or all off, and they allow some degree of light leakage. But LED backlighting allows a greater degree of control, which enables Samsung to claim a dynamic contrast ratio of 100,000:1, a four times improvement over its CCFL displays.

One unit that has been upgraded is the Sony Bravia X450A. The LED backlighting technology boosts dynamic contrast to over 1,000,000:1. That said, only the 46 and 55 inchers in the series are LED powered.

For multimedia junkies, the X450A also features both USB 2.0 and Ethernet connectivity. These enable onboard MP3 and JPEG playback support from inexpensive thumbdrives or from a computer.

Television producers continue to push higher refresh rates, that is the number of times per second that the screen is painted with a new image. The standard for non-high definition has been 30 times per second since 1939. With the advent of high definition, the manufacturers went to 60 times per second. Now they are pushing 120 times per second or even 200 times per second at much higher cost. While it is true that for very fast moving images such as in sports the faster refresh rate could be helpful, I believe that 60 times per second is entirely adequate and the higher rates are not worth the cost.

Club House Address: 10 Strawberry Lane

12. A grenade thrown into a kitchen in France would result in linolzum blown apart.
13. Two silk worms had a race; ended up in a tie.
14. Time flies like an arrow. Fruit flies like a banana.
15. A hole has been found in the nudist camp wall. The police are looking into it.
16. Atheism is a non-prophet organization.

That's all for now folks!