



The Quail Runner

For and By the Residents
Of Quail Run



January—February 2011

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

BOG News

At this point in time, with the amount of snow we have had dumped on us so far this year, it is interesting to recall what was happening at Quail Run last year at this time. Although the weather was very cold, the snowfall was minimal, and SPS was very actively going about working on the trim at ground level and at the roof edges. They did not have to dig their way to the lower edges of the siding to replace it. If we tried to do that this winter, the snow piled up around the buildings would

cause incredible delays in their work. At present, with the amounts of snow on the ground, some of it has to be moved away from the sides of the roadway so that there is a place to push the next round of snow out of the way while it melts, and keep the streets open.

Our insurance company has made an inspection of Quail Run as part of their on-going risk assessment program and have noted several issues that must be addressed. They made the observation that there is no fire detection system at

(Continued on page 11)

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Annual Polar Bear & Valentine Dinner

By popular demand, the Social Committee is again holding the Polar Bear Dinner in Quail Run's Community Center. Catering by *Classic Occasions Caterers* of Hudson.

Date: February 12

Time: 6:00 PM - Cheese and Crackers BYOB

Dinner will be served at 6:30

Cost is \$30.00 per person which includes tax and gratuities.

Sign Up Deadline: Sunday, February 6. Make Out Checks Barbara Baker

Please complete this signup sheet with your meal selection and drop it off along with your payment in the Boxes on the front porch either

Barbara Baker at 4-D Autumn or **Ginny Fullam** at 2-C Strawberry.

Name(s) _____ Phone _____ # Guests _____

Check Amount _____

Selection: Chicken Piccata _____
Sirloin Tips with Peppers , Onions _____
Haddock w/ Lemon Butter _____

Meals include tossed salad, rolls & butter, potato, vegetable, dessert, coffee/tea.



The Quail Runner Staff

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 4/9 Autumn **Marilyn Hoffman**
 5/7 Autumn **Terri Kilshaw**
 6/11 Autumn **Mary Lewis**
 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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Published first week of February, April, June, August, October, December;

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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 view the current issue on [QuailRun Hudson.com](http://QuailRunHudson.com).

Truths for Mature Humans

- Nothing sucks more than that moment in an argument when you realize you're wrong
- You take back all those times you didn't want to nap when you were a child

The Editor's Desk

MJ Ebens, editor



With this issue, we welcome a new reporter to our staff. **Mary Lewis**, 6-A Autumn, replacing **Carole Perla**. We appreciate the work that Carole and the rest of the staff does and look forward to Mary's involvement.

The **Book Club's** 5th anniversary reminds me that **Quail Run's Tenth Anniversary comes up in 2012!** Hard to believe that some of our residents have been here that long. As noted on the front page header, the *Quail Runner* has been publishing since 2003.

Lately it seems as though we've all moved to Frostbite Falls, Montana along with Rocky and his friends. I found out the unlandscaped area on Rotherham is our "snow farm"! I still like winter though and the changes and challenges it brings to us. However, it is nice to be retired and just stay home when the weather dictates!

Kevin Fitzgerald is keeping me well supplied with *fillers*!

Many thanks to **Bob Freedman** for conducting a session on the newest changes in CPR. We all appreciated his expertise.

mj

New Year's Celebration

at 7 / 12 Strawberry

Once again the residents at the end of Strawberry rang in the New Year with their annual get together. **Barbara Langley** and **Jeannine Bensette** hosted the event. The group enjoyed great food and much fun.



Phone and Email Updates

George Lewis 508 - 277 - 1999
Mary Lewis 508 - 481 - 2824
Paula Bradbard pbradbard@gmail.com
Barbara Paradiso nbarbie7G@gmail.com

Truths for Mature Humans

- Even under ideal conditions people have trouble locating car keys, cell phones, etc. — but everyone can hit the snooze button, 3 feet away, eyes closed, first time!

Domestic Violence Services

Do you feel unsafe or threatened in your relationship?

Is someone you know in an unsafe or threatened in a relationship? There is help at the agencies listed below:

- **REACH** 24-Hour Hotline: 800-899-4000
- **VOICES AGAINST VIOLENCE**
800-593-1125 or 508-626-8686
- **MA STATEWIDE HOTLINE SAFELINK**
877-785-2020
- **NATIONAL DOMESTIC VIOLENCE HOTLINE** 800-799-SAFE (7233)

You Can Make a Difference

Quail Run Book Club 5th Anniversary

A celebration was held on January 26 to mark the occasion. The group was founded by **Ginny Curll** and **Marcella Monte** and has grown to over twenty members. The first meeting was held on February 22, 2006, and the group continued to meet in members' homes until the Community Center opened in the summer of 2007.



The Book Club reads a variety of books and discusses many issues in depth during its monthly meetings. Over the course of the last five years the members have read 57 books of which 45 were fiction and 12 non-fiction.

Two of the discussions were enhanced by the presence of guest speakers: **Jeffrey Cramer**, author of *I to Myself* – Journal of Henry Thoreau and cousin of member **Paula Bradbard**, spoke to the group. Jeffrey is curator of collections at the Thoreau Institute at Walden Woods. In Thoreau's books, he provides side notes on the biographical, historical and geographical contexts of Thoreau's life.

Rich Ebens, a member of the community and part Abenaki Indian, added to the background of the discussion of the book *Second Glance* by Jodi Picoult.

The Book Club's celebration included a sparkling wine toast, catered hot Hors d'oeuvres, dessert, coffee and tea followed by a lively discussion of *Homer and Langley* by E. L. Doctorow.

The club is looking forward to another 5 years of interesting reading and thoughtful discussion.

(Picture page 8)

ROMEO's

— will meet Wednesday 23 February; 12 noon in the Community Center. The meal will include: cheese tray, meatballs sub sandwiches, coleslaw and pie and ice cream for dessert, plus coffee.

Come share a meal and conversation with other men. Deadline is Sunday, 20 February, contact either Frank Monte (978-562-0823) or Rich Ebens (978-562-7880). Cost will be under \$10 per person. Open to all men at Quail Run.



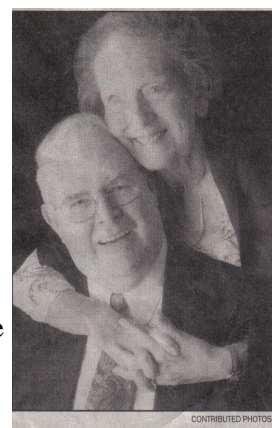
Transitions

60th Wedding Anniversary

Congratulations to Timothy and Virginia Lilley who celebrated their 60th wedding anniversary Nov. 4 while on a cruise through the Panama Canal. Though they were married Westborough, the couple moved frequently for the next 20 years while Timothy served in the US. Air Force. They spent time in France, London, England and in Big Spring, Texas.

Following retirement, the Lilleys lived in Natick until 2004 when they moved to Quail Run. They have three children and five grandchildren.

Condolences to Peggy Sullivan on the death of her brother, Edmond Daigneault, age 77 of Hudson, MA.



CONTRIBUTED PHOTOS

Curtain Call Productions

Our next production will be 21 May, *The Dear Departed* by Stanley Houghton. The story line concerns two sisters fighting over their inheritance.

We need 4 women (one of whom should be short!) and three men for this production.

Contact either MJ Ebens or Toby Allen if you'd like to be part of the fun. Rehearsals begin the first part of April.



Curtain Call

Toby Allen



The February play is ***Breaking Legs*** put on by The Concord Players; it is a comedy about an aspiring playwright who gets involved with some shady characters in order to finance his new play. The show captures the flavor of small time mobsters, Italian restaurants and theater. It's the gangster biz meets show biz.

Date & Time: Sunday, 20 February at 2 PM

Place: 51 Walden St., Concord

Price: \$18.00 (\$15.00 if we have 10 or more).

Please let me know **no later** than Thursday, 3 February if you are interested

Our next meeting will be Wednesday, 9 February 2 PM. Hope you will come.

Please email me puella_tobia@hotmail.com -- (underscore between puella & tobia) if you would like to be on our mailing list. We have a good time. Or contact me, Toby Allen, 978-562-7437.

Mark Your Calendar

Feb. 13, Heritage Chorale Pops Concert, Nevins Hall, 150 Concord Street (Rt. 126), Framingham

Feb. 25: A Celtic Celebration with the Kerry Boys, Hudson Town Hall, Main St., 7:30pm \$

Mar. 4, 5, 6: River's Edge Players presents Agatha Christies *The Hollow*, Hudson Town Hall, Main Street: **Mar. 4**, 7:30pm, **Mar. 5**, 7:30pm, and **Mar. 6**, 2pm \$

March 10, 12, 20, South Pacific Hudson High

March 13, Sounds of Stow Winter Concert, Hale Middle School, 55 Hartley Rd, Stow

March 26 Family Festival, Hudson High
April 30, May 1, ATS Class Play at Hudson High, Intel Mini Theatre

May 14, Heritage Chorale Spring Concert, St. Mark's School Performing Arts Center, 25 Marlborough Rd, Southborough,

May 15, 2:00 Competitive Plays, at Hudson High

May 15, Spanish Serenade, Hudson High

Area Events of Note



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Office: 978-562-5500 x15

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E-mail: hugoshomes@aol.com

04/11



Quail Run Real Estate News

Hugo Guidotti

Not that it affects us directly at QR but there were 31 foreclosures in Hudson this year which is much higher than ever. In the last quarter there were relatively fewer, probably because of the bank fiascos of improper processing. Addition, 2010 showed fewer home sales nation-wide than any year since 1977. That does affect us because the baby boomers, who need to sell before buying into an over 55 community, are kind of stymied.

Some good news for us at QR shows the last 2 sales here in the reservation were up considerably.

Sue MacDonald's home at 4A Autumn sold for \$389,900 but that was an extremely upscale home with 3 finished floors, 3 full baths and much of the furnishings were included. I met the new folks who were here only for a couple of weeks and then left for Florida until May. The new people are **Pat and Ralph Trask** and seem like delightful people. **Priscilla Cellucci's** home at 1 H Autumn was purchased by **Al & Ruth Durand** who also left for Florida until May. Al was involved in sales here at QR for some time and I know they will become active residents. That home sold for \$310,000 with no commission. A recent bank appraisal was done for a 2 car A unit for \$325,000. Our prices are moving in the right direction! Our values here at QR seem to have bottomed out and heading upward!

Only one home is on the market at QR and belongs to **Bob & Dottie Gardner** at 12D Strawberry. The A unit home was completely and beautifully re-designed and remodeled. The kitchen appears much larger but still has a breakfast area of sorts. The home is listed for \$369,900.

I hope you noticed the great reduction in our electric rates. We now have the lowest in the entire

Senior Money Sense

by Howie Pearlman

Four good reasons to Retire your 401(K) when you retire

1. Most 401(k) s and other company plans have limited investment options. They may offer 50 different mutual funds and other investments options, but most of the options are subject to market fluctuations. If we learned anything in 2008 and early 2009, it's that what the market gives can be taken away with little to no warning. Many of these accounts lost as much as 40 percent in 2008 alone. Those who chose to play it safe and moved their 401(k) money into bond funds or funds invested in CDs and other short-term investments were rewarded with little or no growth while inflation and management fees ate away at their principal. IRAs have almost unlimited investment options including annuities that guarantee the principal and offer a competitive rate of return.

2. Plan guidelines can restrict the owner's access to their money. The plan document is essentially the 401(k) rulebook. If it's not in the book, you can't do it! With savings down and unemployment up, you never know when you may need access to your retirement accounts. IRAs offer greater flexibility, allowing the owners to make their own rules if they are willing to pay the tax on the distributions.

3. Direct rollovers avoid the 20 percent mandatory withholding. It's critical that the funds are moved as a trustee-to-trustee transfer. If a check is written to the 401(k) owner, you can count on the custodian withholding 20 percent for the IRS. I have worked with several advisors who have encountered this problem, and they are still battling with the IRS to get the 20 percent withholding back where it belongs.

4. 401(k)'s have limited distribution flexibility for the children and grandchildren who are likely to inherit when both the owner and spouse are gone. In 2002 when the multi-generational/"STRETCH" IRA was born, the children and grandchildren were given new valuable distribution options. They now have the right to spread the inherited over their individual life expectancies, according to Appendix C, Table 1 of IRS Publication 590. This means they are no longer forced into rapid distribution, causing rapid taxation. The 401(k) plan administrators didn't get on board with this valuable income planning tool and are, in many cases, forcing these non-spousal beneficiaries to take full taxable distribution in just five years. Under the "Worker, Retiree and Employer Recovery Act" of 2008 (HR 7327), all employer plans will be required to allow non-spousal beneficiaries to do direct rollovers to properly titled inherited IRAs beginning Jan. 1, 2010. IRAs allow these beneficiaries to take control and choose between cashing out and receiving a lifetime of income. By David F. Royer 11.22.2010 Senior Market Advisor



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03/11

Quail Run Birthdays

February

Bob Freedman, 1
Ron Ruest, 2
Susan Ciampi, Joanne Doherty, 3
Evelyn Spears, Kenneth Ward, 5
Jean Mercury, 6
Charlotte Sullivan, 7
Mary Mitchell, 8
Barbara Baker, Gerry Hegarty, 9
Bob Reid, Howie Pearlman, 11
Ken Curewitz, 13
Barbara Morgan, 17
Carole Perla, 23
Claire Davis, 24
Wally Howard, 26
Elaine Recklet, 27



March

Bob Frame, 1
Sherry Schneller, 3
Peter Recklet, 4
Ben Iannotta, Janice Owen, Barbara Chisholm, 6
Sue Rosen, 9
Terry Troyer, 17
Kevin Fitzgerald, 29

To include a birthday, contact your reporter or the editor

Senior Center

VA Benefits 101 Seminar - Did you serve in the military during wartime? Are you the widow of someone who did?

Tues. Feb. 15, 11:30 Attorney Jason Port of Mirick O'Connell will explain how that service helps everyone in assisted living and many people who live in their own homes. Please call Senior Ctr 978-568-9638 to reserve your seat and complimentary boxed lunch provided by Mirick.

Condo Care

January - February Reminders

This is a good time to empty the built-in vacuum. It probably needs it once or twice a year.

Extreme Cold Reminders

Here are some things you might want to do and/or check:

- All outside faucets turned off
- Thermostat temperature not set too low
- All windows and sliders closed tightly and locked
- For "A" units, run the fireplace occasionally to warm the outside wall behind the fireplace that also contains a pipe for the sprinkler system. Note that the fireplace will operate even in a power outage.
- In case of area wide loss of power and you need help, contact the **Emergency Operation Center**, 978-562-3434

Non-Acceptable Recycling Items

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

You Live at Quail Run if...

- You have a set of encyclopedias, but have to explain what they are to your grandkids.
- Going through a doorway wipes out your memory. "Why did I come in here?"
- You know that a main frame has to do with hip replacement, not a computer system.
- Your wedding china pattern turns up in an antique shop at 10 times what you paid for it.
- You know that handrails on the stairs are more than just decoration.

(Send in your observations on life in QR to the editor.)

Great Lengths HAIR SALON



Appointment _____

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

9/11

Sale / Free / Wanted

For Sale: Beautiful mahogany dining room set!

Includes China Cabinet, with display case for your fine china, three drawers and two side access storage. Side Buffet (Server) with fitted glass top, with two full width drawers, dual door access and two side access storage areas. Table w/6 chairs and fitted glass top; All in very good condition, well maintained. Perfect for formal dining and entertaining.

\$1100 or BO. Contact: Mary Lewis 508-481-2824



Furnishing Options 66 Mechanic St., Marlborough, provides household goods like linens and furniture to needy families referred by qualified social agencies.

They have weekend and weekday hours. The phone number is 774-348-4922.



No longer used Christmas decorations are welcome at Project Home Again – pass them on to the **Bradbards** at 1-B Strawberry



Project Home Again Thanks Quail Run

I want to thank you once again for your continued generosity towards *Project Home Again*. It seems like not a week goes by when "Lee" and Paula tell me they have another van load of things from their neighbors! Your support enables us to help over one hundred families a week get the household items they need to live in comfort and dignity. I cannot think of any group that has been as continual supportive as your neighborhood. So a great big thanks for all you do for PHA.

Warmest Regards, **Nancy Kanell** Director

1/11



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Running Around the World

Tony Mangan ran over to visit his Aunt **Marie Mangan**, 7-C Strawberry, in Quail Run recently on his way from Lowell. He ran to Lowell from New Hampshire, from Maine, from Newfoundland, after running the Dublin Marathon on Oct. 25, then running to Ireland's westernmost point before catching a flight to Canada. The 53-year-old Irishman vows in his mission statement at theworldjog.com to cover every possible land kilometer by foot.

"So long as there's a road, I'll get there," he said over coffee at Marie's home recently. And while "every day is different, I'm not happy if I don't run a marathon" each day, says the ultra-runner who holds several world records, including one set in a 48-hour indoor race in the Czech Republic, where he ran roughly 125 miles each day.

For his run around the world, which will take him through South America, Australia, New Zealand, China, Russia and Europe, he averages about 30 miles most days and records details of his travels on his website's blog. He hopes visitors to theworldjog.com will make a donation to Aware, an Irish charity that aims "to take the stigma out of mental illness." As the Irish economy faltered, "there's been a huge amount of cutbacks (in donations to charity).... I just wanted to help a charity that needed a leg up."

While his aunt, who moved to Marlborough in 1974, is immensely proud of her nephew's achievements, she's not likely to follow in his footsteps. "It's a simple life for a simple woman," said Marie Mangan, who worked for Digital for 24 years.

Still, there might be some wanderlust in the family tree. Marie Mangan remembers "my mother and father brought us everywhere" in a 1950 van when she was growing up in Dublin. "We thought we were the nobs of the neighborhood" having a car, she said with a laugh.

She decided she wanted to come to America "ever since I saw my first American movie." American films were all in color, she recalled, while "English movies were gray." She gets back to Ireland on occasion, so it's possible she could be there to greet her nephew at his planned return in time to run the Dublin Marathon in 2013.

Astrology — What's Up

By Beverly Beyloun

PISCES Feb. 19 – March 20

2011 will be a year of unexpected surprises. You will experience many changes; including changes with yourself...how you look...what you wear....even to the color or style of your hair. You may have the urge to completely change yourself and your surroundings. You may start making new friends and join different clubs/social activitiesa kind of out with the old - in with the ... new life! This year is also a time when you are feeling good about yourself. You have more confidence and a feeling of happiness. You may want to celebrate or socialize a lot more this year so be careful of some possible weight gains. Enjoy 2011!



ARIES March 21 – April 19

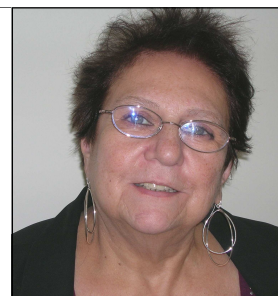
Your vacation forecast for 2011 looks lively. You may find yourself taking more short distance trips than usual. You will also find yourself feeling more energetic and wanting to do more socializing. 2011 will be big on adventure, ushering in a new era of fun and excitement. Nothing will hold you back now, as you break free of self doubt and go after your dreams...full speed ahead!

You will have the necessary concentration and self-discipline to handle and complete difficult tasks that you would have thought impossible before. Be careful of impulsive spending this year... you may have an urge to do so on and off during 2011.



I'm sure everyone has heard in the news about the "NEW" zodiac. Don't worry about it...I consider this an astronomy subject and would NEVER consider changing the original zodiac... You ARE the sign you were born in...but just for fun this is what they are saying: According to the **Minnesota Planetarium Society**
Capricorn: Jan. 20-Feb. 16. **Aquarius:** Feb. 16-March 11. **Pisces:** March 11-April 18. **Aries:** April 18-May 13. **Taurus:** May 13-June 21. **Gemini:** June 21-July 20. **Cancer:** July 20-Aug. 10. **Leo:** Aug. 10-Sept. 16. **Virgo:** Sept. 16-Oct. 30. **Libra:** Oct. 30-Nov. 23.

Scorpio: Nov. 23-29. **Ophiuchus:** Nov. 29-Dec. 17. (Yep, this one is new — and is considered a healer) **Sagittarius:** Dec. 17-Jan. 20. Read more: newseed.time.com/2011/01/13/horoscope-hang-up-earth-rotation-changes-zodiac-signs/#ixzz1BmfCVSro



HEALTHY LIVING

by Peggy Rittenhouse

Shingles

Recently, my niece who is in her 50's, came down with shingles. Shingles, known in the medical community as herpes zoster, usually hits people over the age of 50 and becomes increasingly more common with age and in those who are immunocompromised.

A specialist at the Centers for Disease Control and Prevention said there are about 1 million cases of shingles per year in the United States with about half of those cases under the age of 60. Shingles is triggered by the same virus (varicella-zoster) that causes chickenpox in children and can affect anyone who has had the disease.

The virus lies dormant in the body after chickenpox and can get reactivated years later. When shingles starts, there is pain, itching, or tingling on one side of the face or body along nerve fibers. After one to five days a rash appears, forming blisters which scab over and the rash clears within 10-15 days, but scabs can last much longer. The affected person can also have fever, headaches and chills.

Fortunately there is treatment for shingles--antiviral medications--which shorten the length and severity of the outbreak. **It must be given within 72 hours of when the rash first appears to be effective.** A complication can develop which is lingering pain over the area, known as post-herpetic neuralgia. Sometimes shingles can show up on a person's forehead, nose or eyelid and can infect the eye, too, which can be very serious.

A vaccine (Zostavax) has been available since 2006 to prevent shingles and the Center for Disease Control and Prevention recommends that **adults age 60 and older should get the shingles vaccine.** The vaccine isn't fail-safe; some people develop shingles despite vaccination.

Even when it fails to suppress the virus completely, the shingles vaccine may reduce the severity and duration. The cost of the shingles vaccine may not be covered by Medicare or insurance so check your insurance.

Because young children are now getting immunized to prevent chickenpox, it is expected that in the future the incidence of shingles will be greatly reduced.



Supporting our local residents
is just part of what makes us
your community bank.



3/11



Book Club's 5th Anniversary Celebration

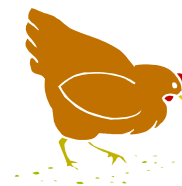
Marsala-Baked Chicken

from Sally Guidotti

- ¼ cup fine, dry bread crumbs
- ¼ cup grated Parmesan cheese
- 2 tablespoons minced fresh parsley
- ¼ teaspoon paprika
- 8 chicken thighs (about 2 ½ pounds), skinned
- Vegetable cooking spray
- 2 tablespoons reduced-calorie margarine
- 1/3 cup Marsala wine

Combine first 4 ingredients, stirring well; Dredge chicken in breadcrumb mixture. Arrange chicken in a shallow baking pan coated with cooking spray. Dot with margarine; Cover and bake at 350° for 30 minutes.

Pour wine over chicken. Cover and bake 15 minutes; uncover and bake 15 minutes. Yield: 8 servings (About 151 calories per serving). (Published by special request)



Area Highlights

By Barbara Champine

The Addison Gallery at Phillips Academy is a collection of American art and is one of the most comprehensive in the world, including nearly 17,000 objects spanning the 18th century to the present. In the summer of 2008 the Addison embarked on a two-year renovation and expansion project, which restored the museum's 1931 Charles Platt building and created a 13,770 square foot addition. All gallery spaces in the original building have been restored, including Addison's signature rotunda with its celebrated Paul Manship fountain. The Gallery reopened on Sept 7, 2010.

At the heart of the Sidney R. Knafel wing is the new Museum Learning Center, a multi-purpose space designed to foster learning by engaging with works of art from the museum's collection of objects. To celebrate the Addison's much anticipated reopening, the Addison's curatorial team has developed a comprehensive exhibition of historical and contemporary art objects chosen from the museum's extraordinary collection. Celebrated treasures, old favorites, less familiar works, and newly acquired pieces are grouped thematically to illustrate the great strengths of the Addison collection and to create engaging dialogues among works across media and time.

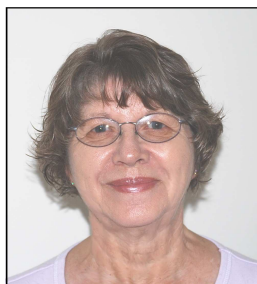
Inside, Outside, Upstairs, Downstairs: The Addison Anew Open through March 27, 2011: The reopening of the Addison Gallery is an exciting occasion to honor the historic architecture of this treasured museum, to highlight the extensive and illustrious collection and to reveal the elegant new facilities that will allow the museum's many services to its varied audiences---to deepen and grow.

Open through March 27, 2011: Artist's Project: Tristan Perich has created a multimedia installation to inaugurate the new Museum Learning Center.

Open through Feb. 27, 2011: The first museum retrospective devoted to Shelia Hicks, a pioneering artist known for successfully navigating the terrain between art, design and architecture in works composed of fiber and color.

HOURS: Tuesday through Saturday 10am—5pm. Sunday 1pm—5pm. Closed on Mondays, national holidays and the month of August. There is a gift shop. Open to the public, **free** of charge.

DIRECTIONS: Take Rt. 495 North, take exit 41A "Andover" and proceed south on Rt. 28 through the Town of Andover. Phillips Academy is approximately one mile south of the center of town. Turn left onto Chapel Avenue. The museum is the first building on the right. For your GPS enter 180 Main Street.



Social Committee

A **Pancake Breakfast** will be held on Saturday, March 12 at the Community Center from 9:30 am to 11:30 am. Pancakes will be prepared on site by our Head Chef, **Leland Bradbard**.

We will also serve bacon, sausage, juice, coffee cake and coffee/tea. The price is \$4.00 per person to be paid at the door.



A sign up sheet will be posted in the Community Center or you can call either **Peggy Sullivan** at 978-567-6964 or **Sally Mauro** 978-568-0821.

Chair Repair



Be Advised! The treacherous folding wooden bridge chairs at the Community Center have been repaired. Thanks to the work of "**Lee**" **Bradbard** and **Mike Bologna**, a locking device has been installed beneath the seat.

This device can be hooked and locked so that the seats do not lift up unexpectedly as we try to get up from the chairs. It takes a little doing to set the lock and to open it, but the chairs are now safe. For instructions call "**Lee**" **Bradbard** at 978-562-7249.

Heritage Chorale Pops Concert Sunday 13 Feb 4:00

This season's Pops Concert provides a veritable feast of entertainment for our audience, with a wide variety of songs about eating and drinking!

From "Food, Glorious Food" to "Tea for Two", our program explores the joys and merriment of eating and drinking through songs from Broadway musicals, movies, and even a cake recipe set to music from an opera by Offenbach!

Conducted by John Finney and accompanied by world-renowned pianist Darryl Hollister, this concert presents an enjoyable afternoon of light choral music with table seating and refreshments in Framingham's impressive and acoustically resonant Nevins Hall, 150 Concord St. Framingham.

Tickets: \$20.00 and include light refreshments. Contact Elaine Recklet, 4F Rotherham Way, 978-562-2721

Westridge



Jay and Mary Anne Gunther of 17 Dyson Circle and **Fred and Roseann Astrauskas** of West Ridge attended our Holiday Party last December. The Social Committee extended the invitation to our near

neighbors to help us all get acquainted.

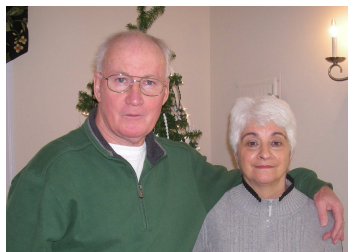
The Gunthers came here from Madison, CT. They moved into West Ridge last June to be closer to their daughter in Marlborough and their son in Swampscott. Both Jay and Mary Anne are retired (!) and are enjoying it. Jay is a biochemist who worked with Bristol-Myer Squibb and Mary Anne taught piano.

They like the friendliness of not only their community but also St. Michael's church, the Senior Center where they are part of the bridge group, and the library. They also enjoy getting to know their new neighbors and watching the construction going on at West Ridge. Quail Runners can all relate to that!

Mary Anne likes reading, water coloring, quilting, walking, tennis, Bible study (in Marlborough) and birding. Jay likes reading, bridge, and armchair birding. They are available to sub in a bridge group.

Fred and Roseann Astrauskas, 13 Dyson Circle, moved here from Weymouth, MA after living there for 37 years. They moved to Westridge about 3 months ago to be nearer their son and family in Sudbury.

They are both retired. Fred worked for the MBTA as a bus driver and Roseann worked for the Telephone Company. They like Hudson because it is handy to everything, close to their son and his family.



We are very happy at Westridge – and all our neighbors are great. We enjoy being with our friends and enjoy the company of our new neighbors and love being so close to our 3 granddaughters

We love to travel and are currently in Nevada.

E-Mail roseannastrauskas@yahoo.com



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3/11

Hudson News

Route 85 Widening

(Washington St.) — State transportation officials are expected to begin approaching owners of about 20 parcels of property along Route 85 as part of a plan to widen the heavily congested road, said Michelle Ciccolo, the town's director of community development. Officials need the land to complete the \$10.8 million widening of the road from the Marlborough city line to the Washington Street Bridge over the Assabet River.—John Dyer, *Boston Globe* 1/3/11



Fire Department Seeks CPA Funds

Only a single local group applied for funding from the town's Community Preservation Committee for the next fiscal year, said committee chairwoman Jennifer Burke. The Fire Department asked for \$86,000 for historic preservation work on the fire station in the town center, she said. Burke said she expects the committee to accept the proposal and recommend its approval by Town Meeting in May.

The committee will have almost \$777,000 in its fund for the next fiscal year, she said. Because many other projects in town have already received funding, Burke said, she expects the committee to bank the money so that officials can buy open space land at some point. Projects funded by the state Community Preservation Act, which in Hudson uses proceeds from a 1 percent surcharge on property taxes as well as state matching funds, must involve open space, recreation, affordable housing or historic preservation. — John Dyer *Boston Globe* 1/16/11

BOG News (Continued from page 1)

all in the garages, even though the rest of each house has fire and carbon monoxide detectors, as well as sprinklers. They recommend that all owners purchase and install their own CO and smoke (fire) detector in their garage. This can be as simple as an inexpensive battery operated unit and can be mounted on a wall, usually with self adhesive tape or screws. It does not need to be connected to the rest of the alarms and does not need professional installation.

They have also recommended that we should **test the fire sprinklers periodically**. This was done throughout all the buildings about four years ago. No problems were found, but continued monitoring is an obvious safety precaution. **This is scheduled for the spring.**

We are working on several plans with a view to **lowering the cost of our water bill**. We are replacing the rain sensors with a more reliable type this spring so that we will not be irrigating during or immediately after a heavy rain. A large part of the cost to us by the Town of Hudson goes toward sewer and waste water charges, even if the water is used only for irrigation and never enters the sewers. **We will be meeting with officials of the Town of Hudson to discuss several options.** We have also been in touch with the people at Intel regarding the possibility of tapping into their wells, however there are governmental restrictions that they must comply with, as well as the fact that their wells are not in a place that makes it practical for us to connect with them. They most likely will not be able to help us. **We have gotten one bid so far for drilling our own wells.** That is being explored with the thought that we could see a payback in a few years, even though the initial cost might be high.

The next open meeting of the Board is planned for March. If you have any suggestions before then, they can be sent in at any time and not have to wait for a meeting.



Don't Miss

JULIETS NEWS

All Quail Run women are invited to these lunches

February 15 at noon at the Horseshoe Pub.

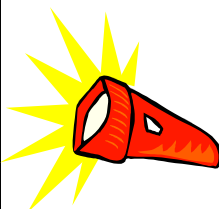
Separate checks and pick from menu.

Contacts Ginny Fullam 978-562-2787 and Helen Alkasab 978-212-5345

March 10 at noon at the Piccadilly Pub.

Contacts Marcella Monte 978-562-0823 and Ginny Curll 978-562-9998. Separate checks and pick from menu.

Sign up for either event at the Community Center.

**Safety for Dog Owners and Other People**

Remember to either wear reflective clothing, or carry a flashlight when you are walking around after dark.

The two people were walking their dog wearing dark clothing and a driver almost hit them.

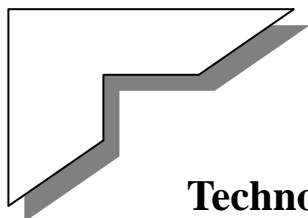
Lowes sells reflective, light-weight Safety Vests for \$9.97. Don't leave home without it – at night walking.



Dog owners are complaining that they have to pick up other owner's dog messes. That is pretty shabby behavior on the part of these neglectful owners. Remember, if you see someone leaving dog mess, you can notify the BOG and they **will** take action.

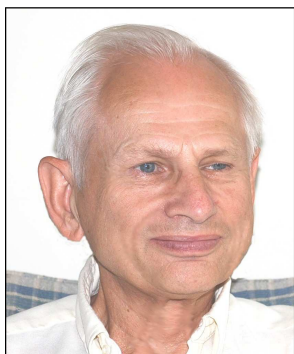
**Collecting Can Labels**

Toby Allen is collecting labels from Campbell, Pepperidge Farm, Franco American, V8, and Prego products. The UPC Code will benefit *The Hillside School For Boys* to supply scientific equipment. She would appreciate any labels you may give. Leave them in her bean pot on the porch (8A Strawberry), or in a marked envelope in the Community Center.



Technology Corner

By George Champagne



Laptop battery care and maintenance

Many people are moving from desktop computers to laptop computers. Laptop computers come with batteries. Heat is the enemy of the new lithium-ion (Li-ion) batteries. When your laptop runs on AC, it's good to remove the battery pack and store it in a cool place. Low temperatures forestall the inevitable and irreversible chemical changes that occur in Li-ion batteries.

In fact, if your laptop runs mostly off household AC power, you can greatly extend the life of its Li-ion battery this way: run the battery down to about 40% of maximum charge, remove it, and store it in a tightly wrapped plastic bag inside your refrigerator storage at about 40 degrees F. There is usually a small icon in the lower right corner of your screen showing amount of charge remaining when you put the mouse pointer over it.

If you can, avoid running Li-ion batteries all the way down. Early portable electronics used nickel-cadmium batteries, which benefit from full discharge cycles. Conversely, Li-ion batteries last longer when kept in a charge state between 40% and 100%. It's OK to run Li-ion batteries flat when you have to, but the ideal scenario for longest life is one full discharge cycle for about every 30 or so partial cycles.

It is not a good idea to buy a spare battery long before you need it. Even a well-maintained Li-ion battery will fail two or three years after manufacture. That's why it's not a great idea to buy a spare battery for your laptop unless and until you really need to use one.

The Future will be different

Here are some things that are going away.

The Post Office. Volume of mail drops every year and it loses more money every year.

The Check. Britain is already planning to phase out

checks by 2018

The newspaper. The younger generation does not read the newspapers.

The book and the magazine. Although people say they prefer the book or magazine, they change their minds after the first try of an e-Book.

The Land line telephone. Many or most young people have only a cell phone.

Broadcast television. Increasing numbers of people are watching TV over the Internet, using Netflix, Hulu, Amazon, or other Internet service.

The DVD and CD. People are downloading to a computer, television, iPod, or MP3 player rather than buying media.

The future will be different. Get ready for it.

Your Credit Score

Have you checked your [credit report](#) lately? If it's been a year or more, you can order your FREE annual credit report through [AnnualCreditReport.com](#) or by calling 1-877-322-8228. This is the only web site for credit reports recommended by the federal government. The Federal Trade Commission warns consumers to beware of advertising for "free credit reports" other than [AnnualCreditReport.com](#). Other products may use the word "free" in their advertising or websites, but often require consumers to spend money.

Each year, you're entitled to get a free credit report from each of the three credit reporting agencies: Equifax, Experian, and TransUnion. You can either space out your requests throughout the year, or request all three reports at once.

Bogus Doherty Email This bogus email arrived at Quail Run, supposedly from Joanne Doherty. This scam has been going around for quite a while. Don't fall for it:

How are you doing ? I'm stuck in London with my family, We got mugged at gun point last night, all cash, credit card and cell phone were stolen off us, Thank God we have our life and passport saved... We are having problem in settling the hotel bills i need you to loan me 1,450 Pounds to sort out the hotel bills and also take a cab to the airport, You can wire the money to me through western union all you need is