



The Quail Runner

For and By the Residents
Of Quail Run



January — February 2012

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

BOG News

Reflections on the Roofs

The nightmare for most of us began about this time a year ago. We had an incredible amount of cold weather and the snow just kept on piling up. It seemed as if it would never melt. The

weather finally warmed up, and the snow did melt. Then the water didn't go down the drains as we found out to our horror, it came inside and it just kept on coming. By the time things wound down, we had water damage to 97 out of the 150 units here.

(Continued p. 6)

Contents

- Aiello Award—10
- Area Highlights— 9
- Astrology— 7
- Birthdays— 7
- BOG—1, 6
- Condo Care—6
- Curtain Call—4
- Editor's Desk— 2
- Emergency Con.—10
- Health Ins Claims—8
- Healthy Living—11
- Juliets— 11
- Phone & Email — 2
- Polar Bears—1
- Real Estate—4
- Recipe—11
- Recycle Cell phones—11
- Romeo— 3
- Quail Runner Staff— 2
- Senior Money Sense—5
- Social Committee— 1, 9
- Technology Corner— 12
- Tradespeople—8
- Transitions — 3
- Vacation Delivery—2
- Visitors—4
- Weight & Nutrition—7
- Welcome—3



Annual Polar Bear Dinner

February 25, at the Community Center

Catering by Classic Occasions Caterers of Hudson

Time: 6:00-6:30 Meet 'n Greet, Crackers and Dip
Dinner 6:30

Menu selections: Sirloin Tips w/peppers & onions
Chicken Tarragon
Seafood in Puff Pastry

Tossed salad, rolls and butter, potato, vegetable, dessert,
coffee/tea with all choices. BYOB

\$28.00 per person, tax and tip included.

Sign Up With Your Payment By Wednesday, February 15th. Make Checks Payable
To **Barbara Baker**.

Complete the form below with your selection(s), and drop it off along with your pay-
ment to either **Barbara Baker**, 4D Autumn, or **Sally Mauro**, 1D Strawberry.
Containers will be on the front porch.

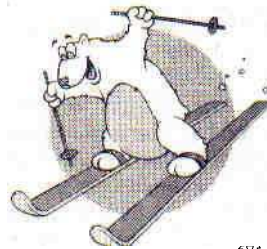
Name 1. _____ Telephone# _____

Chicken Tarragon ___ Sirloin Tips _____ Seafood in Puff Pastry _____

Name 2. _____

Chicken Tarragon ___ Sirloin Tips _____ Seafood in Puff Pastry _____

Total amount of check. _____ Please inform us of any dietary restrictions.



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 5/7 Autumn **Terri Kilshaw**
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 2/4 Strawberry **Barbara Champine**
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 6/8 Strawberry **Toby Allen**
 7/12 Strawberry **Barbara Paradiso**
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Deadline on the 23rd of previous month.

Copies of the *Quail Runner* can be emailed to a friend, relative, or yourself. Contact the editor if interested

Back issues of the *Quail Runner* are available at the Community Center.

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.

Editor's Desk

MJ Ebens, editor



Our annual Polar Bear dinner is coming up. Our chance to show the *snow birds* that there is still fun to be had at Quail Run!

The Communications Committee has entered three nominations, this newsletter, the Phone and Address Directory, and our website in an annual event to recognize our volunteers for their hard work and commitment to our community. The affair is sponsored by the **New England chapter of Community Associations Institute**. In putting together the three nominations, I was struck by how much goes on at Quail Run and how many of our residents volunteer lots of time and effort to make our community the pleasant place it is.

As you may have heard, George Champine, our Technology columnist, had a reoccurrence of his leukemia and is back at Mass General until at least the end of January. As usual he has his laptop with him and responds quickly to emails. We all wish him success in beating down this disease again.



Another Scam

Recently a person in Florida received a phone call from someone claiming to be from Microsoft, saying that they had received a number of error messages from her machine. The caller asked for permission to take control of her computer to run some diagnostics on it. She foolishly agreed.

The caller took control of her machine using the Remote Desktop software which is part of the operating system (requires approval by the person at the remote system) and spent a little time scanning software. He then charged her \$120. Of course this was a complete scam and she was lucky to escape after spending only \$120.

Phone and Email Updates

Ron Chiasson ron-chase1@comcast.net

Betty Chiasson liz-chase1@comcast.net



HEALTHY LIVING

by Peggy Rittenhouse

Gout

Gout is sometimes referred to as the “disease of kings” because it long has been associated with the kind of overindulgence in food and wine only the rich and powerful formerly could afford. But in fact, anyone can be affected and the risk factors are varied. Middle-aged men are the typical gout patients, but women start to catch up after menopause. The most common symptom of gout is a nighttime attack of swelling tenderness, redness, and sharp pain in the big toe. The attacks can last a few days or many weeks before the pain goes away. Gout occurs when too much uric acid (a normal waste product) accumulates in the body, and needle-like crystals deposit in the joints. (Maybe you’ve seen the advertisement on TV advertising a drug for gout which shows the build-up of uric acid crystals in the toe.)

Your chances of getting gout are higher if you are overweight, drink too much alcohol or eat too much meat and fish that are high in chemicals called purines. Some medicines, such as diuretics (water pills) can also bring on gout. Gout is a kind of arthritis.

The prevalence of gout has risen during the past two decades. Along with the increase in gout has been the increase in new gout medications. There is some debate over whether the new more expensive drugs are really any better than some of the older cheaper ones. There are two types of treatment for gout: medications to control the attacks of joint pain such as NSAIDS (non-steroidal anti-inflammatory drugs like Naprosyn), colchicine and corticosteroids, and medications used after attacks have resolved that can lower the level of uric acid in the body over time so the attacks occur less frequently or not at all.

Paying attention to what you eat may help manage the painful symptoms of gout. The Mayo Clinic suggests the following lifestyle changes in the diet: limit meat, poultry and fish, especially organ meats; eat more plant-based proteins such as beans and legumes; limit or avoid alcohol, especially beer; drink plenty of fluids, particularly water (helps remove uric acid from the body);

(Continued right)



ROMEO’S

Our next lunches are:

Wednesday, February 22 at the Horseshoe Pub, Hudson at 12 noon

Wednesday, March 21, 12 noon at the Piccadilly Pub, Marlborough.

The group is open to all men living here at Quail Run. For reservations contact Frank Monte (978-562-0823) or FJMonte30@yahoo.com

Retired Old Men Eating Out
(and having fun!)



Welcome New Residents

Be sure to let Barbara Morgan, 978-568-1929, h.morgan@comcast.net, know if you have new neighbors. She’s our “Welcome to the Neighborhood” representative.



Transitions

Condolences to **Helen Marckini** on the death of her brother John Arnott of Virginia.

Condolences also to **Ginny Bosio** on the death of her husband **Julio**. Those of us who had a chance to meet him will miss him.

Condolences to **Lois and Allan Boemer** on the death of their oldest daughter Susan Sullivan. She died of complications from asthma. Our thoughts are with the Boemers and their family.

Congratulations to **Lee and Sherrie Jacobs**, the proud grandparents of Micah David Potischman, born on January 18th. Parents are Lauren and Ariel Potisch-Oman. Micah weighed a healthy 7 pounds 10 ounces.

Gout (Continued from left)

choose low-fat or fat-free dairy products; choose complex carbohydrates, such as whole grains and fruits and vegetables and fewer refined carbohydrates, such as white bread, cakes and candy; limit or avoid sugar because it is linked to overweight and obesity.

Quail Run Real Estate News

by Hugo Guidotti

There has been a major change in my office affiliation. 495 Realty Group, my previous company was recently bought by Prudential Prime Properties. This provides all my listings with a nation wide franchise with a much broader and virtually world wide exposure on the internet. We now provide total listing information on the dozen or more major search engines from Google to Trulia and Craig's List. We are still in the same location at 433 Main St. and considered a *local office* with much broader exposure for all your properties listed with us.

You may have noticed the many Open House signs on Sunday. We had 5 open houses but they were only fairly well attended. The 5 homes on the market range from \$289,900 to \$309,900 and all present great opportunities. There have been no sales at QR since July but we are hoping the *spring market* kicks in soon!



I went to the Town hall to discuss the big increase in our Real Estate taxes and received a very plausible explanation from Jim Keane, the town's tax man

since 1973. You probably noticed our assessed values increased by almost \$20,000 and our tax rate jumped to \$15.51 from \$14.16. giving us all a tax increase of over \$600. The town is directed by the state to use 2010 real estate sales in QR and must use the state's figure of 93% of these sales to establish the new assessed values. This caused us all to have a big jump in our assessment of almost \$20,000. Couple with the towns increased expenses giving a higher rate of \$15.51 and there is nothing we can do about that. You may complete an abatement form and try to get your assessment reduced. I personally will not bother as they could not possibly reduce one assessed value without doing all QR homes and that is really virtually impossible.

Finally, I have heard of only 2 owners who are able to receive some reimbursement for their roof repair from their home owners insurance. **I would urge others that may be receiving some compensation to report that to the BOG because it may help others to convince their insurers to review their actions.**



Prudential

Hugo Guidotti, SRES®
REALTOR®

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Photo taken by Wayside Inn Grist Mill

Visitors from 'Down-Under'

The arrival of my niece, Natalie and her sons Cameron (15) and Brendan (12) from Australia

certainly gave me a December to remember!

They had left temperatures of 90-100F, summer in Queensland and the long school *holidays*, expecting to *enjoy* the snows of winter in New Englandand hardly a flake! But they made the most of their time sightseeing in Concord, Boston and New York and even had a ski lesson in New Hampshire.

For me it was a joy to have family in the house for the Christmas season. They ate all food put before them (which was a lot)....and I put on 5lbs!! After 4 weeks here they went to San Francisco and Disneyland, where they rode the rollercoaster 25 times, before returning home to Brisbane on the east coast of Australia, north of Sydney.

They will certainly have some tales to tell about their travels, and the lack of snow in Massachusetts! And we'll all have wonderful memories to treasure.

Terri Kilshaw

Senior Money Sense

by Howie Pearlman

Tax Breaks for Care Giving Expenses Help Sandwich Generation

If you've arranged for a caregiver to provide care for an aging, ailing relative, you might be overlooking tax breaks that could help cut costs. "It's definitely missed a lot," says Steve Dickey, co-owner of a Visiting Angels franchise in Fredericksburg, Va. and a former H&R Block executive, noting that he puts out an annual reminder to client families not to overlook a possible tax deduction for care giving costs. Whether families contract with a caregiver service provider like Visiting Angels or hire an independent caregiver, the basic rules for snagging a deduction are the same. Here's how it works.

Caregiver expenses can be deductible as medical expenses. That's where the confusion starts. You might think care giving is always a nondeductible personal expense, not a deductible medical expense, says Saul Brenner, a CPA with Berdon in New York City. But if a son hires a caregiver to take care of mom's needs—reminding her when to take her meds, cooking a healthy meal, helping her bathe—then you may have the ability to get the deduction.

"There are pitfalls," Brenner warns. (The biggest caveat: To the extent you have medical or long-term care insurance that covers these expenses; you can't double dip and get a deduction too.) Then there's an A and a B you have to meet. The person being cared for has to be considered chronically ill—that could be a diagnosis of dementia—and a licensed health care practitioner has to prescribe a plan of care. "You can't just do it on your own, and argue that Aunt Jane needed to be watched," Brenner says. "You've got to bring the relative to a physician and say, 'We need you to prescribe a plan of care for our relative.'"

And there's the medical expense deduction threshold. Medical expenses are deductible only to folks who itemize, and then only to the extent that the expenses exceed 7.5% of your adjusted gross income. As folks age and their out-of-pocket medical expenses go up, they are more likely to meet this threshold. What counts as care giving expenses is pretty expansive: wages, employment taxes, meals, even utilities and rent for a larger apartment needed to house a live-in care giver.

(Continued right)



07/12

Tax Breaks for Care Giving (From left)

If needed for a current condition, renovations to make your home accessible can also count towards the expenses deduction. So the dollars can really add up.

Example: In a recent case, Estate of Baral, the U.S. Tax Court ruled that the \$50,000 a 92-year-old Queens, NY. woman, Lillian Baral, paid to two in-home caregivers in the last year of her life counted as qualifying medical deduction expenses. The caregivers helped the woman with bathing, dressing, trips to the doctor, taking medications and transferring her to a wheelchair. Her doctor had diagnosed her with dementia, requiring assistance and supervision 24 hours a day for medical reasons, as well as for her safety. Baral had an adjusted gross income of \$94,229 so she [technically her estate] was allowed a deduction of \$43,273, the amount paid for medical care that exceeds \$7,067 (7.5% of her AGI). Baral wasn't handling her own finances—she had given financial power of attorney to her brother who lived in Washington—but he was paying for her care with her savings.

What if mom's kids are paying for her care? If an adult child, say a son, paying for mom's care pays for more than one-half of her support (total living costs), he may be able to claim her as a dependent on his tax return. That in turn also means he can deduct medical expenses for mom, including care giving expenses, assuming the expenses are over the 7.5% floor of his adjusted gross income.

Another option: if his employer offers one, the son could open up a flexible savings account for dependent care (mom would have to be his dependent and live in his house for at least half the year). You can put in \$5,000 pretax salary each year to pay for eligible dependent care expenses incurred that year. Typically these accounts are used for expenses for paying someone to watch your kids while you work, but they can work for "sitting" services

(Continued page 6)

Condo Care

Calendar

January - February

- 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 below 64°
 - ⇒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: the fireplace will operate even in a power outage.

⇒In case of area wide loss of power and you need help or shelter, contact the **Emergency**

Operation Center, 978-562-3434

Water Stains: You may want to check your ceilings from time to time. Some units, including ours, have had water stains on ceilings recently. SPS and Noblin have been out to investigate but are not yet sure about the cause / source of the leak. **Bob Sullivan**

Tax Breaks for Care Giving (From page 5)

for mom too. If you're in the 40% combined federal and state income tax bracket, it's like saving \$2,000. There's also the federal dependent care tax credit, but for high-income earners, the FSA gives you a bigger break.

Tricky stuff, and there are even more options. Some savvy boomers are starting to save for expected out-of-pocket healthcare expenses in retirement by stashing money into pretax health savings accounts as a tax-savvy way to prefund a healthcare retirement nest egg. Others are buying long-term care insurance and taking advantage of the fact that long-term care insurance premiums can be tax deductible. Having dealt with end-of-life care issues with his late father, Brenner notes that it doesn't take long to spend a significant amount of money, so it pays to study up on the tax breaks now to plan for the future.

Ashlea Ebeling, Forbes staff, December 8, 2011

BOG

Reflections on the Roofs (continued from page 1)

The first workers broke up the ice dams which allowed most of the remaining water to run off. Then crews arrived to remove all the wet areas and do what they had to do to dry things out. Even before they were finished, another group came to restore and repair our interiors.

In the midst of this, the insurance company notified us that they would not renew our coverage. We obtained the coverage our By-laws said we must have, but

only as a higher risk. This coverage was almost twice as expensive as the previous policy. It had higher deductibles, and we also had to buy additional insurance to cover items that are normally included in the usual policies with no added cost.



That company only agreed to cover us until winter and said we would be dropped then at which time the only option left open to us was to get yet another policy with another carrier with even higher premiums which would have added at least \$500 per month to our condo fees.

We did not want a repeat of last winter's ice problem. Patching the roofs would only give us a few years of respite as we would still be needing new roofs in another few years, and our insurance coverage would have been costly in the meantime, a clear case of throwing good money after bad. The Board felt that the least expensive long term approach was to replace the roofs.

We had new specifications drawn up that went beyond the basic building code requirements, and also upgraded the gutter system which had been a problem for years. We fortunately found a contractor who could do the job of upgrading and replacing 150 roofs in about 90 days. We would have liked to have the luxury of more time, but we really had no other choice.

We explored ways to help with paying for this, and had meetings to explore our options. Someone found an endorsement on many HO-6 policies which we thought might help us, but the fine print in most contracts dashed our hopes as most claims were rejected. We're waiting for this year's snow to arrive and test our roofs. At least we're ready now.

1/12



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Quail Run Birthdays

February

- Bob Freedman, Pat Trask, 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
- Kevin Fitzgerald, 29



To include a birthday, contact your reporter or the editor

Curtain Call

The group meets monthly at the Community Center to decide on the next play to see.

Contact Toby for more information and details on the next play the group will attend.

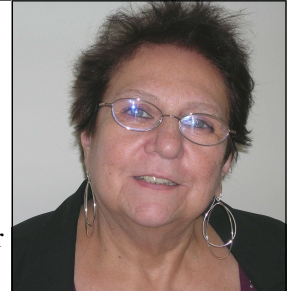
Toby Allen, 978-562-7437



Astrology — What's Up

By Beverly Beylouné

PISCES February 19 –
March 20



You'll find that your finances for 2012 improve dramatically for most of the year. You'll have that extra money to do just about anything you want. You may decide to travel more or go on an extended vacation. Staying at home and taking some special classes or workshops may be in the cards too. Your available cash may tempt you to make some big purchases. This is also the year to repair relationships. You are a happy free spirit in 2012 as tensions from the past all but disappear.



ARIES March 21 - April 19

Luck is in the air during 2012. Take advantage by entering some contests or games of chance. This is the year you should enjoy good fortune in everything you do. Even a creative hobby could bring you a good profit. This year the goals you seek seem to be crystal clear and within your reach. You'll find you have more than enough energy to attain them. Later this year you'll be spending more time with friends and relatives as the planets smile on your personal life ... you're feeling more relaxed and content.



Weight & Nutrition Support Group

Meets every Wednesday from 9:30 am to 10:30 am in the Community Center. There are no dues or fees involved. The group is there to support and help one another by exchanging ideas, recipes, and strategies.

Open to all ladies here at Quail Run. Contact **Marlynn Stott** or **Marcella Monte** – 978-562-0823
marcella-monte@comcast.net



Don't Miss

Persistence and additional information can overturn a health-claim rejection

Don't take an insurer's rejection as the final word on your medical claim. Appeals can have a surprising success rate if patients combine help from their doctors, some research, and persistence. Insurance companies often make the initial decision to deny a claim based on limited information. They rarely see a patient's file for that first decision, said Jennifer Jaff, executive director of Advocacy for Patients with Chronic Illness Inc., a non-profit.

"When you provide them with additional clinical information... it may turn out to be a very easy decision for them," she said.

Learn as much as you can about the reason for a rejection. Get the policy language and any information the insurer used to make its decision. Patients are entitled to this, so persist.

It's also important to know the insurer's appeal process. This should be laid out in the letter you receive telling you about the rejection. Understand the deadlines. I've never seen an insurance company grant an extension," Jaff said.

Write a detailed argument, with records backing up your claims. Enlist your doctor's help. If the insurer says it doesn't have to pay because your condition existed before your coverage began, a doctor may be able to argue otherwise.

The insurer may say the treatment isn't medically necessary. Your doctor can illustrate how all alternatives were exhausted before you started receiving the treatment in question.

Rely on more than a doctor's statement.

"Insurance companies do not assume everything a doctor says in a letter is 100 percent true and accurate," Jaff said. "What they really want to see are the medical records." (Continued right)



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5/12

Tradespeople Recommendations

Mitchell Motor for car repairs. Dick Mitchell is the owner. 70 Spectacle Hill Rd, Bolton 978-779-5445. We have done business with him for 20 years. Serves all makes of cars. His is honest, fair and independent repair shop. Goes the extra mile for his customers!!

Connie Nefzger

Demelo Plumbing, Heating, AC 31 Broad St., Hudson, 978-562-9950. Recommended by **Kevin Fitzgerald**

Health-claim Rejection (continued from left)

Asking for a compassionate allowance can be another strategy. Some policies will make exceptions to cover something if it could be lifesaving.

Keep your emotions out of the argument and give the insurer something new to consider. Avoid rehashing information the company already has.

"It's a business decision; it's not personal on the insurer's side," said Pat Jolley of the Patient Advocate Foundation, another nonprofit.

Know the insurer's appeal process. Some may offer a couple of rounds of internal reviews and provide a specialist to examine your claim. That means you can have an oncologist review your claim for cancer treatment.

Keep detailed notes of your contact with the insurer. Send appeals by certified mail in case the insurer says you missed a deadline.

Communicate in writing whenever possible. This keeps you from having multiple phone conversations with different insurance representatives who may provide different answers.

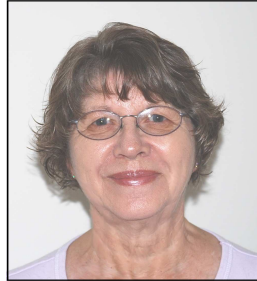
And be persistent. You may have to go through a few rounds of appeals and then take your case to an external review that involves a third party. The process varies by state and insurer.

Boston Globe (4/14/2011) Tom Murphy writes for the Associated Press.

Area Highlights

By Barbara Champine

deCORDOVA SCULPTURE PARK and MUSEUM



The deCordova Museum has been closed while they set up the 2012 deCordova Biennial which features 25 artists and collaborative and occupies almost the entirety of the museum and beyond, reaching into the park, Boston and nearby communities. This exhibit opened on January 22. This exhibit highlights artists from across New England

Since deCordova opened to the public in 1950, the museum has maintained and enlarged a permanent collection of modern and contemporary art. The permanent collection now comprises over 3,400 artworks in several media, photography, prints, painting, drawing, sculpture, multi-media and new media. Their permanent collection has a particular area of strength in photography with major holdings by such photographers as Harold Edgerton, Edward Steichen and Bradford Washburn.



Large-scale sculpture in the permanent collection is displayed as part of deCordova's outdoor Sculpture Park. The Sculpture Park is internationally recognized as a major venue for the exhibition and interpretation of Modern and Contemporary outdoor sculpture. The Sculpture Park occupies the entire deCordova campus, 35 acres of beautifully landscaped lawns, forests, fields, gardens and terraces on a rolling site

(Continued right)

Social Committee News

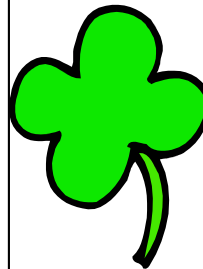
Pancake Breakfast

Saturday, March 17, 9:30 – 11:00
Quail Run Community Center
Cost: \$4.00 per person. Pay at the door.



Celebrate St. Patrick's Day with

Chef Lee Bradbard who will again whip up a batch of delicious pancakes, accompanied by sausages or bacon, and maple syrup! YUMMY!!



This breakfast has been a big hit in the past, so be sure to sign up to attend! A sign up sheet will be posted at the Center, or you can call **Barbara Baker** @ 978-562-2460, or **Peggy Sullivan** @ 978-567-6964.

deCORDOVA SCULPTURE PARK and MUSEUM (continued from left)

along the shore of Flint's Pond in Lincoln. At any given time, approximately 65 sculptures are on display, and the Sculpture Park is open 365 days per year from dawn to dusk.

There is a very nice café serving sandwiches, salads, seasonal soups, desserts provided by Wildflour Catering of Charlestown.

Cafe Hours are Tuesday-Friday 11 to 3 and Saturday and Sunday 11 to 4. Museum hours are Tuesday-Sunday 10am to 5pm.

DIRECTIONS: Lincoln, MA: Take route 2 east-bound. Take a right at route 126S. Take a left at Baker Bridge road which is ¾ mi. after the "Entering Lincoln" sign. At the end of the road take a right on Sandy Pond road. The museum will be on your left.

ADMISSION: To coincide with the new Strategic Plan, as of January 22, 2012 the cost of admission has been raised. Seniors are \$12, students \$10 and under 12 are free. However, all cyclists who pedal to deCordova receive free admission. WGBH membership has a \$2 discount and WBUR a \$3 discount. Also, current WGBH members have free admission the last Thursday of every month. The store and café are free.

Protocol for Emergency Contact of Residents at Quail Run

The purpose of this protocol is to insure that in every Emergency situation that requires assurance that all those residing here are informed of such existing situation on a timely basis. I, **Bruce Eckman**, would head up the Emergency Contact Sub-committee under the Communications Committee. As such, I offer the following.

1. E-mails to all who have a listed e-mail address.
2. Establish a group of volunteers that will access the phone directory so that they can contact residents not on the e-mail list and deliver (weather permitting) a letter indicating the emergency and actions to be taken by each resident where and when necessary.

What is important to note as we consider these options is that many residents with e-mail do not access it every day so we cannot and should not assume that e-mail is the optimal source of contact. The critical test is what method of contact is appropriate for the emergency at hand.

Identifying what constitutes a need to contact residents is important and the answer I believe is simple. If there is a situation where a resident can be compromised then the protocol should be set in motion.

The volunteers would be expected to make the phone calls or physically visit specific units when an emergency arises.

Volunteers can be limited to a group of six and should be selected by availability. Six individuals would be assigned a call / contact list by street. Two volunteers for Autumn, Rotherham and Strawberry. This will insure that if a volunteer is away the backup volunteer will assume responsibility.

The Emergency Contact Sub-committee can be charged with sending out a community wide e-mail to the residents when an emergency arises thus facilitating one of the identified means of contact. If e-mail is unavailable due to power loss or the phones are down due to the same reason than visiting the units may become the contact vehicle of choice weather and other conditions permitting.



Bruce Eckman



HUDSON, MA

- ▶ AUTO
- ▶ HOME
- ▶ BUSINESS

978-562-2332

9 Bonazzoli Ave., Unit 6, Hudson, MA

Website: www.countryglass.com

3/11

French Award to Joe Aiello

Ambassade de France aux Etats-Unis

Washington, December 30, 2011

Dear Mr. Aiello,

I am pleased to inform you that by decree of President Sarkozy on December 7, 2011, you have been appointed a “Chevalier” of the Legion of Honor.

This award testifies to President Sarkozy’s high esteem for your merits and accomplishments. In particular, it is a sign of France’s infinite gratitude and appreciation for your personal and precious contribution to the United States’ decisive role in the liberation of our country during World War II.

The Legion of Honor was created by Napoleon in 1802 to acknowledge services rendered to France by persons of exceptional merit. The French people will never forget your courage and your devotion to the great cause of freedom.

It is a true pleasure for me to convey to you our sincere and warm congratulations.

Once again, my heartfelt congratulations.

Sincerely, Francois Delattre
L’ Ambassadeur

The award was presented at the Hudson Senior Center on 31 January.

JULIETS NEWS

All Quail Run women are invited to Lunch

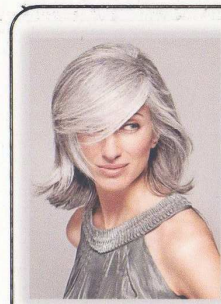
Wednesday, 15 February at 12:30
at **Piccadilly Pub** in Marlboro.

Separate checks, order from menu

Contacts: **Marcella Monte**, 978-562-0823 or **Ginny Curll**, 978-562-9998.

Lee Rouse and **Paula Bradbard** are working on the March lunch. Keep an eye out for the announcement.

Sign up for either event at the Community Center.



Great Lengths

Hair & Nails
Specializing in all phases of hair & nail care for men and women

508-481-8086
176 Maple Street, Marlborough

Recycle Wireless Phones, Smartphones, Batteries & Accessories

When it comes to electronic waste (e-waste), do you know how to reduce waste and safeguard human health and our natural environment?

According to the U.S. Environmental Protection Agency (EPA), of the 2.25 million tons of TVs, cell phones and computer products that can be recycled, only 18 percent was collected for recycling and 82 percent was disposed of, primarily in landfills.

Donate Your Phone!

While wireless phones comprise just a portion of that e-waste, AT&T and its customers can play an important role in addressing this issue. That is why AT&T has introduced a national recycling program to make recycling easy and accessible for everyone. Through the AT&T

Reuse & Recycle program, consumers are invited to bring unwanted wireless phones, smartphones, accessories and batteries (regardless of the manufacturer or carrier) to AT&T company-owned retail stores for recycling.

To find your closest AT&T retail store. **Go to att.com/recycle**



Provincetown Kale Soup

- 1 large Onion, chopped
- 1 clove Garlic, minced
- 2 Tbs Olive Oil
- 1 (or 2) 1-lb can Tomatoes, chopped, with juice (depending on how you like your soup)
- 3 Potatoes, cubed
- 1 lb Linguica (sausage) or Chorizo, or Kielbasa sliced
- 1/2 lb Kale, washed and chopped (Cabbage or Collard Greens may be substituted)
- 1 (or 2) can Shell or Roman Beans
- Beef Broth or Water

In large pot, sauté Onions and Garlic with Meat until Onions are softened and yellow. Add Potatoes and cook for about 10 minutes in enough Water or Beef Broth to cover. Add Kale and simmer until Kale is tender (about 10 minutes). Add remaining ingredients. Heat thoroughly.

Serve with a *hearty* bread.



Don't Rinse Raw Rice

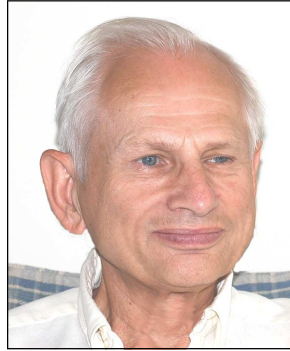
Rinsing rice removes much of the nutrient. Note that packages of rice do not contain instructions to rinse the raw rice. Other products such as dried beans do recommend this.





Technology Corner

By George Champagne



New Best Buy Recycle Policy

In the past, Best Buy would accept electronic items for recycling, but with several restrictions: Only one item per person per day; Hard drives must be removed from computers; a charge of \$10 for monitors or TV sets.

The new policy, which I discovered by accident, eliminates most of these restrictions, except that hard drives must still be removed from computers. They will now accept multiple items per person per day, and they will accept monitors and TV sets at no cost. This is a welcomed change.

100 Watt Incandescent light gets Additional Life

Previously, the federal government had passed a law to phase out all incandescent light bulbs. The manufacture of the 100-watt bulb after the first of this year was forbidden, and when existing inventories were used up that would be the end. The replacement of choice was the 23-watt Compact Fluorescent Light (CFL) that has the same light output. Other wattages were to be phased out later on a schedule. Now, however, Congress in its infinite wisdom has delayed the phase out of the 100-watt bulb until October 1, 2012. Those of us who have looked at the numbers like the fact the CFL saves \$100 in electricity cost over the life of the bulb aren't impressed. CFLs are available at low cost from Hudson Power and Light. Many manufacturers have ignored Congress and terminated manufacture of 100-watt incandescent bulbs anyway because they see the writing on the wall. One note of caution: CFLs contain a small amount of mercury, so they should not be placed in the trash. Instead they should be recycled.

New RMV Service The Massachusetts Registry of Motor Vehicles is offering a new and useful service, especially for senior citizens. You can sign up for automatic notification when you need to renew your driver license by going to <https://secure.rmv.state.ma.us/RMVReminder/intro.as>

px and applying.

Smarter TVs TVs keep getting bigger and smarter. TVs up to 80 inches are now available. The light source that used to be provided by fluorescent back lights is now provided by LEDs, which give a much better tonal range, color, and show dynamics like sports better. TV is moving to the internet, just like everything else.

Many of the TV shows are available on demand from the Comcast Xfinity web site at

http://xfinity.comcast.net/?amcid=SEG_RDVR_110923 the day after they are aired. Therefore if you miss an episode of your favorite show you can get it from the internet. Other sites with large numbers of TV shows are www.lulu.com and www.amazon.com. All of these can be viewed without any additional equipment and many are free.

Movies from the internet are readily available also, but until now have required an additional box such as the Roku for \$60 at www.roku.com or an internet-enabled DVD player. These boxes require an internet connection, either with Ethernet to your router (if convenient), or by a wireless connection if not. With such a box you can subscribe to services such as Netflix and watch thousands of movies for \$8 per month, but don't expect to see any recent releases. Other movie providers include LuLu Plus, Amazon Instant Video, and Disney. No PC is required as the services stream the video directly to your TV set. Color and sharpness are generally excellent. Now, new TVs come with a built-in internet connection that eliminates the need for an additional box.

Since June 12, 2009, full-power television stations have broadcast in digital format. For those people using analog TV sets, the cable companies provided a converter box. However, there was a loss of quality because the analog signals could not accommodate the high quality digital signals. Comcast provided a maximum of two converter boxes at no cost. Now, new TV sets accept the digital signals directly without a converter. With digital technology each analog TV channel can be split into several digital channels. Thus, channel 7 now might show up as 7-1, 7-2, 7-3, etc, greatly expanding the number of channels available. The image quality is much better with the new TVs and no converter.

