



The Quail Runner

For and By the Residents
Of Quail Run



March — April 2012

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

BACK BY POPULAR DEMAND

NEWPORT PLAYHOUSE WEDNESDAY JUNE 13TH

So many people at Quail Run have requested that I run this trip again. It is such fun and great value with door to door service!

Includes :-

The Playhouse's famous "Abbondanza" buffet lunch (ample choices, desserts, coffee)

Hilarious comedy play in adjacent theatre... "LOVE, SEX AND THE I.R.S."

Cabaret.....with funny skits and songs.

Our private comfortable bus from Quail Run. Departs clubhouse 9 am returns 6pm approx.

All taxes and tips. (separate bar bills) **Price \$72.00 p.p.**
(open to friends or family members)

The Newport Playhouse is soooo popular it sells out months in advance.



The trip must be booked and paid for by Sunday April 15th

**FOR BOOKINGS / QUESTIONS CALL
TERRI KILSHAW 978 562 0578**

Pizza and A Movie

Coming Soon To Your Local Community Center!

Come for Pizza, dessert and coffee, followed by the 1966 movie *The Russians Are Coming! The Russians are coming!* This comedy stars Carl Reiner, Eva Marie Saint and Alan Arkin, and a Russian Sub that runs aground off New England. Not realizing that there is no hostile intent, the local villagers go into a tizzy.

This movie is sure to keep you laughing, and even if you've seen it before, it's worth watching again!

When: Saturday April 28 Time: Pizza at 6 PM, Movie at 7 PM Price \$5.00

Sign up by April 25th at the Clubhouse, or by calling Paula Bradbard @ 978-562-7249, or Barbara Baker @ 978-562-2460.

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Mix And Mingle At Our Chocolate Bonanza!!

Date: Saturday 19 May, 7PM

Cost: \$3.00

For details see
Social Committee page 9

BOG News page 6

The Quail Runner Staff

Editor: MJ (Mary Jean) Ebens
Assistant Editor: Terri Kilshaw
Advertising Manager: Ruth Fay
Proof Reader: Bob Freedman

Reporters:

- 1/3 Autumn **Peggy Kunz**
- 4/9 Autumn **Marilyn Hoffman**
- 5/7 Autumn **Terri Kilshaw**
- 6/11 Autumn **Mary Lewis**
- 1/3 Strawberry **Sally Mauro**
- 2/4 Strawberry **Barbara Champagne**
- 5 Strawberry **Lee Rouse**
- 6/8 Strawberry **Toby Allen**
- 7/12 Strawberry **Barbara Paradiso**
- 1/4 Rotherham **Kevin Fitzgerald**
- 6 Rotherham **Harry Morgan**

Columnists:

- Technology Corner**—George Champagne
- What’s Up** — Beverly Beylouné,
- Area News**—Barbara Champagne
- Healthy Living**—Peggy Rittenhouse
- QR Real Estate News**—Hugo Guidotti
- Senior Money Sense**—Howie Pearlman

Communications: Phone, email address list:
Barbara Picarello.

Website: QuailRunHudson.com

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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 or from the editor.

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



As you may have heard, **George Champagne**, our Technology columnist, had a reoccurrence of his leukemia and is back on a renewed treatment regime. He and **Barbara** are hoping that a bone marrow transplant will work. As usual he has his laptop with him and responds quickly to emails. We all wish him success in beating down this disease again.

The **town will hold a forum on April 30 at 7 p.m.** at Town Hall to inform residents on the progress of the Rte. 85, Houghton Street bridge and Washington Street bridge projects. Walking through that area is quite interesting and allows a lot of speculation as to how well or not the upgrade will work. The thought of another rotary fills me with amazement! (Page 5)

Check out the **Newport Playhouse** event that **Terri Kilshaw** has put together. Her hard work has put together another fun event. (Page 1)

Be sure to read carefully the BOG report , particularly the part on making sure your new front door lock is keyed to the **Master Key**. Something I had not thought about. (Page 6)

The **Pizza and Movie Night** should be fun. Rich relates to the scene in which the elderly wife gets gagged and tied and hung on a peg in the kitchen by the Russian seamen. Her elderly husband comes down and proceeds to eat his breakfast without ever looking around!

The much missed **Games Night** is starting again. Come join the fun. There are always a variety of games to choose from and players to join in them.

The Hudson Clean Up in conjunction with Earth Days (page 9) is scheduled for later this month. According to **Barbara Baker**, lots of Quail Runners are signing up, but she can always use more.

Be sure to check out the **Burial Rip Offs** (page 5). Making sure that your funeral takes place as you want it is difficult and requires you to make sure that you first have let your family know your desires.



HEALTHY LIVING

by Peggy Rittenhouse

Pets and Your Health



I don't usually read the "O" magazine, but I bought a copy this month and as I was perusing the magazine, I came across an article by Dr. Oz, the physician that is often featured in the "O" magazine, entitled "The Pet Prescription". It seems that there has been some research showing that pets can actually improve our physical well-being. A Mayo Clinic physician even prescribes pets for some of his cancer patients. According to the article by Dr. Oz, here is how your health may benefit from having an animal companion: There seems to be a reduced risk of allergies, asthma, and eczema. This may be because

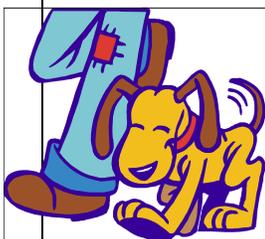


exposure to a pet during infancy may mean that the person becomes desensitized to the allergens (pet dander and saliva). So according to the article, pre-natal pet exposure lowers allergic antibody production in the umbilical cord. Interesting!

Petting an animal (or even looking in an aquarium) results in a drop in blood pressure. It seems that pet ownership blunted the blood pressure response to mental stress.

Researchers found that heart attack survivors who had a dog had a lower chance of dying within a year compared with others who didn't have a dog. Another study found that people who owned a cat at some point in their lives were 37% less likely to die of a heart attack than those who didn't.

A 2011 study reported that dog owners were 34% more likely to complete the recommended minimum 150 minutes of exercise per week compared to those who didn't have a dog. Even adolescents who have a family dog increase their level of activity, which may be a factor in obesity control. That makes sense.



Studies have revealed that Alzheimer's patients have fewer anxious outbursts if an animal is present and even caregivers feel less burdened especially if the animal is a cat. Even pet fish seem to help the
(continued at right)

ROMEO'S

Retired Old Men Eating Out (and having fun!)



The ROMEO 'S will meet for lunch Wednesday, 18 April at 12 noon at the **FISH** Restaurant, located on the corner of Rt. 20 and Rt. 85 in Marlboro. (Formerly Coral Seafood).

If you plan to attend notify Rich Ebens at 978-562-7880 or Richebens@verizon.net by Monday, 16 April.

This group is open to all men at Quail Run; it's a good opportunity to get acquainted and a chance for conversation.

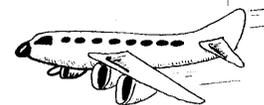
It is important that you give notice that you plan to attend. At our last gathering there was a last minute rush to provide enough seating.

Transitions

Recuperating – Barbara Edelstein has had a successful hip replacement operation

Condolences to Alice Gagne's on the death of her brother Wilfred Aubut who passed away on Feb. 6 in Fall River, MA and to Nancy Reid on the death of her father, John Gumm.

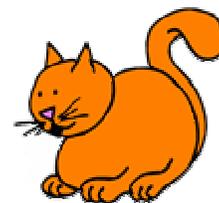
Good-by to Mildred Chomko (1st resident on Rotherham Way) is moving to be near her children in California and to Helen and Kalil Alkasab also moving to California to be nearer family. (McKenzie will be flying with them on his own ticket!) and to Audrey and Bruce Eckman on their way to Brockton.



Pets and Your Health (Continued from left)

patient acquire adequate nutrition and reduce the frequency of pacing behavior.

But, of course, not everyone can bring home a furry friend, nor do they all want to. In my past I have had many different dogs (especially golden retrievers) and almost always a kitty. I do like animals and they have always been a part of my life, but they sure do tie you down especially if you've got an adventurous husband like I do.



Quail Run Real Estate News

by Hugo Guidotti

The chart below shows all the homes at QR currently on the market along with those under deposit (UAG). The three UAG units were sold by me in the last 3 weeks, have not closed yet, but sold within 4 % of the asking price. There is not as much demand for A's as for the B&C homes with 2 bedrooms on the first floor.

I have several buyers looking for a unit with a 2 car garage and a walkout basement, but alas, none available. A recent open house on Sunday was not very well attended despite the great weather and the signs placed all around the area. However I did get very positive feed back about QR from the visitors who did come.

I did a bit of a market comparison with Westridge in Hudson and the Assabet Regency (Toll Bros. on Fitchburg St. in Marlborough) and found the Toll complex has had a great deal of action. Westridge is slightly busier than QR. I attribute that activity to the NEW CONSTRUCTION, WOW factor.



Overall, however, it seems, to this admittedly somewhat biased QR resident, that our community has much to offer to over 55 buyers.

I am in the process of upgrading and renewing my web site at Activeadulthoodliving.com. Right now it is a work in progress and I welcome any thoughts or suggestions. Check it out!

By all reports the market has gained some momentum, particularly in the first time buyer sector. This bodes well for the *waiting to sell* over 55 buyers because it may get their homes sold and make them become active buyers in the active adult communities.



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04/12

Intel PC/TV & Electronics Recycling April 20 & 21

At the Hudson shopping plaza at the intersection of Route 85/Washington Street and Technology Drive (Stop & Shop plaza).

The event is open to the entire community. A minimum donation of \$10 is requested from individuals. Donations will benefit the United Way of Tri-County, and Intel volunteers will be on hand to assist with unloading recyclable electronics from the vehicles.

Collection runs on Friday, 20 April from 12:00pm-6:00pm and on Saturday 21 from 8:00am-2pm. There is no residency requirement to bringing TVs, PCs or other home electronics for recycling.

Items NOT accepted for recycling include large home appliances (stoves, refrigerators, etc.), air conditioners, and electronic devices that contain liquid or gas.

For information contact Nicole Tarantelli at 978-553-2158.



Status	Address	Description	DOM*	List Pric
UAG Hugo	8 Strawberry Ln U:B	A unit, walk out bsmt	190	\$279,900
PCG Hugo	9 Autumn Dr U:C	A unit, ceramic kitchen	189	\$285,900
ACT Hugo	3 Rotherham Way U:B	A unit w loft	8	\$289,900
ACT	3 Strawberry Lane U:B	A unit	234	\$299,900
ACT Hugo	2 Strawberry Ln U:F	B unit with granite	13	\$309,900
ACT	6 Rotherham Way U:C	B unit, oak floors	10	\$309,900
UAG Hugo	7 Autumn Dr U:C	B unit, oak floors	56	\$309,900
ACT	3 Autumn Dr U:B	A unit,	73	\$309,900
UAG Hugo	7A Strawberry Ln U:A	C unit, Cherry floors	51	\$312,000
NEW	6F Rotherham Way U:6F	B unit	0	\$314,900

* Days On Market

Senior Money Sense

by Howie Pearlman

A Grave Error

In 1973, 49 year old Evie Robinson of McComb, Mississippi, bought a pre-paid full-burial policy from the Hartman Funeral Home. But by the time she passed away in 2008, at age 84, the policy had gone missing. Unaware it existed, Robinson's family paid Hartman \$8,128 to lay their mother to rest. They later found the policy among her possessions. Evie's daughter, Johnnie Denman, presented the document to the funeral home and asked for a refund. Too late, they said. So Denman contacted "On Your Side".

Modern life insurance and burial policies generally don't have expiration dates on payouts. Some older policies may have "redemption clauses" requiring a claim within a certain period (Robinson's read 30 days), but such restrictions are rarely binding.

Hartman funeral director Gene Sharkey didn't return my phone messages, so I called Arthur W. "Bubba" Lang, past president of the state association of funeral directors. He persuaded Sharkey to refund \$4,370 in service fees but couldn't budge him on the hard costs (like the casket). I then contacted the underwriter of the policy, Madison National Life in Wisconsin, which agreed to cover the full remaining fee of \$3,758.

Buried in Bills?



"Consumer surveys show that most people don't shop around for a funeral — they pick the funeral home closest to them, or the one their family has always used," says Josh Slocum of the Funeral Consumers Alliance. Instead, do your homework:

Watch out for homes that push unnecessary extras like embalming (which is not typically required in most states) or "sealed" caskets, which do nothing to preserve a body.

(From AARP, The Magazine, by Ron Burley)

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07/12

Hudson Road Work

The project to fix the backups and bottlenecks on Rte. 85, traffic is getting underway.

The \$8.5 million project, which started in 1999, will begin with the demolition of the Bonazzoli building. The building was purchased by eminent domain to make room for the roadwork.

At the start of construction, Community and Economic Development Assistant Kerin Shea expects only slight traffic effects on drivers, as work on Rte. 85 is not permitted before 9 a.m. or after 3:30 p.m. "Traffic should flow with minor interruption," Shea said.



During the second phase of the state project, which includes resurfacing between Brigham Street and the area near the Washington Street bridge, one traffic lane will likely be closed. Drivers can use side streets to avoid the construction.

The work is scheduled for completion in 2013. State officials opted for a rotary at the intersection of Broad and Washington streets to improve traffic and reduce car crashes. "We will move more cars through without a full stop," Shea said. "It is designed for a slower pace so there will be less accidents."



Two lanes of traffic will move in each direction from the new rotary to Brigham Street, and turning lanes will be built at the R.K. Center, 99 Restaurant and Interstate 290 connector, Shea said.

(continued on page 8)

Condo Care

Calendar

Run the various seldom used features of your unit occasionally, i.e. ceiling fans, vent fans, showers, faucets – indoors and out, and oven cleaner, to be sure they haven't "frozen or rusted". **Reminder** for residents who do not use their shower stalls very often. The diverter/hot-cold balance valve will freeze in the unit and not respond to the hot water side if NOT USED often. The valve should be used once or twice a week by running it on hot water for a minute or so.

Did you remember to change the batteries in your smoke detectors (also in the fall) when you changed from / to Day Light Savings Time

Harry Morgan reminds us to *Beware the Little Green Discs* when working in your Garden.



Watch for the little green discs which remain as part of the residual debris left from the roof project, especially those with nails in them. They are generally found in the garden areas and lawn in front of our

units as well as around the deck areas. If a nail is still in the disc, they have a habit of resting point up. The nail is about an inch long and will do significant damage if stepped on and also damaging to tires.

MARK YOUR CALENDAR

The Pro Musica Youth Chorus SPRING SING is on Saturday, May 12, 3:30pm at the Hudson Town Hall. \$8 seniors and students



How will we celebrate??

Quail Run's Tenth Anniversary is this summer!

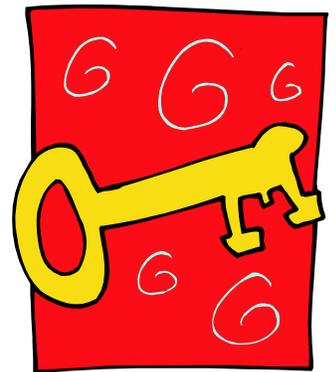
From the BOG

We have been fortunate in having had such a mild winter. With the apparent early arrival of the warmer weather, ValleyCrest will be working on the spring cleanup earlier than usual. Some long delayed projects are being started such as clearing up of a lot of the underbrush near the Rotherham Way entrance. **We are planning to enclose the area around the utility panels.** Estimates are being gotten for painting the siding and trim on all the buildings. The actual work may not be started until fall as the rains of spring and the heat of summer makes work more difficult at that time.

As the roof project neared its completion this past winter, we needed to provide access for SPS to ensure that bathroom vents were connected to the new roof vents. We found that some owners have had their front door locks changed, or 'rekeyed', so that the master key no longer provides access in an emergency.

We understand why, if you purchased a unit at Quail Run, you would feel more secure knowing the locks were changed since there is no way of knowing how many people may have had access to the unit prior to your ownership. We want you to know that if you did have your lock changed, you can still have it keyed to the master if you would like. This way you would know of everyone who has a key, including those you have given one to, such as a grown child, neighbor, or close friend. Others who might have access through the master key, such as the Hudson Fire Department, a member of the Board, or George Shaw are either insured or bonded.

If you choose not to have your key rekeyed to the master, then in the event of an emergency if urgent access is required, the front door of your unit may be broken into to provide access. Remember, you do have things in your unit such as drain lines, water lines, and fire sprinkler pipes that might affect your neighbors and require emergency attention in your absence. If you are interested in getting your front door lock rekeyed so that in an emergency, the door would not have to be broken down, please contact Alpine, to put you in touch with a locksmith who can do this for you.



1/12



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Quail Run Birthdays

April

- Barbara Champine, 7
- Joe Fallon, 11
- Lois Rawson, Sharon Berthiaume, 12
- Jennie Frame, 14
- Robert Sullivan, 17
- Craig Evans, 19
- Charlie Bosio, 20
- Helena Cabral, 23
- Tony Nefzger, 24
- Edward Berthiaume, 26

May

- Janice Hornberg, 7
- Roger Montgomery, 9
- George Champine, May 16
- Patricia Ruest, Jo Fierro, 23
- Jack Doherty, 24
- MJ Ebens, 28
- Marie T. Mangan, 31



To include a birthday, contact your reporter or the editor

Astrology — What's Up

By Beverly Beylouné

TAURUS April 20 - May 20

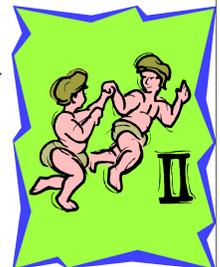
You'll enjoy good fortune in everything from travel to contests to raffles during the first half of this



year. The second half of the year stimulates matters of the heart as cupid saves his best arrow for you. Family matters are blessed all year as the lines of communication are opened. Any self doubts you have will disappear as you become clearer as to what you want out of life. You can get excited about the end of the year as transits help boost your finances. The end of December will bring a bonus or reward. A great year ahead!

GEMINI May 21 – June 21

Get ready to book a plane ticket..maybe to some exotic locale. There will be some very positive changes that may take you on an exciting journey. The full moon eclipse in May sees you reinventing yourself ..a new you will emerge. Your love life will crackle with fireworks while other transits help heal a rift and bring you closer to loved ones. During the next month or two you may need to use stern words as you stand your ground on a domestic issue..but afterwards you will be respected for your candor. A year of Changes!



Curtain Call

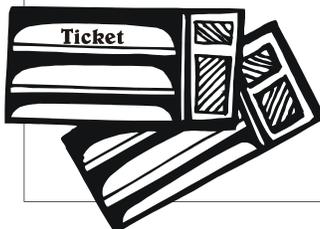
Little Women by the Concord Players is the group's next outing on Sunday, 20 May, 2:00PM. Price is \$19.00 in a check made out to Toby Allen no **Later than May 6**.



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

Contact Toby, 978-562-7437, for more information and details on the next play the group will attend.

Toby Allen,



Short Play Festival

Hudson Arts Alliance is putting on a selection of short plays in the Town Hall on April 27, 28, 29. One of them is 'FOG', a 15 minute poignant tale of a 'senior lady' played by our own **Terri Kilshaw**.

This will be shown, along with 4 other short plays, on Friday 27 at 7.30 and Sunday 29 at 2pm. Come and support one of our own at this fun event.

Call Arts alliance 978-562-1646 for tickets or more info.



Clothes and Shoe Recycling:

Have you noticed that bins for recycling clothes and shoes have multiplied around town? Clothing is one of the most reusable and recyclable products there is and clothing and shoe recycling has become a good revenue source for some charitable organizations.



It is estimated that 50% of collected textiles are reusable old clothes that get reused by charities (second hand shops, overseas missions) or by people in disaster regions. The other 50% are turned into recycled goods for example cleaning cloths, reused textiles, filling and insulating materials or pieces of cardboard. Recycling

textiles, like cotton for example saves an amazing amount of natural resources. It is estimated that 5,000 gallons of water are used to produce enough cotton to make a single cotton shirt, not to mention the pesticides and fuel to get that shirt to the end stage.

Shoe recycling also involves some nuts and bolts issues. One company's web site outlines: "containers are sent overseas to be recycled in other countries by skilled workers. First, the workers go through the items piece by piece and sort the good shoes from the worn out ones. The workers sort wearable shoes according to size, gender and other specifications and then sell them by weight. Workers sort unwearable shoes and send them to buyers who break down the shoes into the original materials. The base material forms the foundations for new shoes and other products." Just like all the things that go into the recycling bins, it is amazing to think what happens once the item leaves your hand.

Hudson Road Work (from page 5)

Turning lanes and traffic signals will also be set up at Park and Brigham streets, and a traffic light will be placed at Giasson Street.

Town forum on April 30 at 7 p.m. at Town Hall to inform residents on the progress of the Rte. 85, Houghton Street bridge and Washington Street bridge projects.



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5/12

For Sale/Trade/Free/Wanted

Sale— Treadmill Excellent condition. Low mileage! Paid \$400 Sell for \$200 or best offer. Terri 978-562-0578

Free – 5 gal plastic jug, safe for water —**long pole** w/ hook to switch rotary fan from winter to summer

Sale – 12 – 42 cup Westbend coffee pot, \$45 new, sale price \$20

- **Hav-a-Hart trap**, unused, \$35 when new; sale price \$15. contact **Ebens** on above items

Free – Vinyl Vertical Blinds (Gray) with mounting hardware. Fits slider for a walkout basement (70 inch finished opening).

Free – Shade for skylight with mounting hardware. Originally installed in a 'B' unit. Contact Peter E. Recklet on the above two.



Trades People Recommendations



Good Good Sheep Store moving to new digs across from Hannefords — in Basha's previous building. She expects to be open the first week in April with **much** more space and yarn!

Massachusetts Gas Fireplace Repair

774-245-2414 MassachusettsFireplaceRepair.com recommended by several in Quail Run



Frank Budrewicz 978-562-9372, **Ace Painting**, did work for a number of our community.

Area Highlights

By Barbara Champine

Frederick Law Olmsted National Historic Site

Frederick Law Olmsted is recognized as the founder of American Landscape architecture and the nation's foremost park maker. Olmsted moved his home to suburban Boston in 1883 and established the world's first full-scale professional office for the practice of landscape design. During the next century, his sons and successors perpetuated Olmsted's design ideal, philosophy, and influence.

Olmsted was famous for co-designing many well-known urban parks including Central Park in New York City, the oldest state park at Niagara Falls, Mount Royal in Montreal, and the Emerald Necklace in Boston. He also designed, and you can visit, the Vanderbilt Biltmore Estate in Ashville, North

Carolina. George and I have enjoyed all of these.

This Historic Site offers guided tours of the Olmsted design office and grounds on M-W-F at 9, 11 and 2 and on Sundays at 11, 1, and 3 by advanced reservation and are free. To reserve please call 617-566-1689 x 221 or ask to

be connected to a ranger. Visitor hours are expanding as the site enters the final phase of the preservation construction project. The Olmsted house will remain closed until final construction, including installation of new interactive exhibits, is completed this fall/early winter. The Olmsted grounds are open for self-guided tours 365 days a year from dawn to dusk.

The site is located at 99 Warren Street, Brookline, MA. From I-95/Rt.128 follow Rt. 9 for approximately 5 miles, through a major intersection with Lee Street and continue on 9, passing the Brookline Reservoir on the right side. At the next intersection, turn right from 9 (Boylston St.) onto Warren Street and follow 1/8 mile to intersection of Warren and Dudley. Olmsted NHS is on the right-hand corner.

NOTE: Due to construction, all parking is on Dudley St. (Continued at right)



Social Committee News Mix And Mingle At Our Chocolate Bonanza!!

Date: Saturday 19 May Time: 7PM
Cost: \$3.00

Come, mingle with your neighbors while you indulge your sweet tooth and sample an array of chocolate delicacies sure to please every chocolate lover! (Remember, dark chocolate has healthy benefits.) We will provide some other options for those who do not like or cannot eat chocolate.

A sign up sheet will be posted at the Clubhouse, or you may contact **Barbara Morgan @ 978-568-1929. The deadline for sign up is Wednesday, May 16th.**



Hudson / Quail Run Clean up

Volunteers needed to celebrate Earth Day(s) with the rest of Hudson by picking up trash on Saturday 21 April, starting at 9:00 AM. Contact **Barbara Baker, bakerb2939@gmail.com 978-562-2460** to volunteer.

We will be cleaning up Reed Road, part of Marlboro Street, Technology Drive down to the gas station, Forestvale St by the cemetery out to Broad St.

We need between 16-20 people to do a good job in a minimum amount of time. (2-3 hours)

The bags of trash we generate will be picked up from the end of Autumn Dr. on Saturday or Sunday.



Olmsted National Historic Site (continued from left) Cars should park on the side of Dudley that runs alongside Olmsted NHS. We enjoyed touring the design office and grounds before renovation and are hoping to visit again soon. I have a copy of a very good biography of Olmsted, "A Clearing in the Distance" by Witold Rybczynski. I would be willing to lend this to anyone interested.

When It's Not Alzheimer's

Don't jump to the dark side just yet. Trouble remembering is most often attributable to a range of less serious – and reversible – causes. If you are concerned about your recall, ask your M.D. if it could be...

...Depression -- Considered a major cause of memory loss in middle age, the fog of this mental illness often makes people too unfocused and inattentive to file and recall passing events in and out of memory.

...Menopause -- Declining estrogen levels during and around menopause are associated with some decrease in recollection.

...Hypertension -- Untreated, this disease can chip away at your memory by cutting down on blood flow to the brain.

...Diabetes -- Poorly controlled glucose levels in patients with diabetes have been shown to impair recollection in the short and long term.

...Sleep Deprivation --

Being tired makes it more difficult to pay attention and visually process information, which are key to the creation and filing of memories in the brain. What's more, individuals with sleep apnea—a disorder in which a blocked airway repeatedly halts a sleepers breathing—show tissue loss in brain regions that help store memories.



...Thyroid Dysfunction -- Both hypothyroidism and hyperthyroidism disrupt a number of key steps in the retrieval process.

...A Vitamin Deficiency Vitamin B12 is crucial to brain health because it helps preserve myelin, the fatty sheath that protects brain cells or neurons. Left untreated, a B12 deficiency can cause permanent neuronal damage, including troubles remembering.

... Your Medication --

Memory loss is a side effect of several drugs, including some urinary incontinence drugs, over-the-counter sleep medications, certain antidepressants and some steroidal drugs prescribed for chronic arthritis.



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3/11

Heritage Chorale Spring Concert

Saturday, 5 May, 7:30 p.m.

St. Mark's School Performing Arts Center
25 Marlborough Road, Southborough, MA

Ticket prices:

\$20.00 - General Admission

\$15.00 - Seniors and Students

Children 6 to 12 FREE

The **Heritage Chorale's 75th Anniversary Season** concludes with a performance of Carl Orff's ever-popular *Carmina Burana*. Particularly appropriate for this anniversary season of the Heritage Chorale, *Carmina Burana* was premiered 75 years ago (on June 8, 1937), in the same year that our chorus was founded.

The source of Orff's texts for *Carmina Burana* was an impressive medieval manuscript, a collection of over 250 poems including love songs, drinking songs, clerical jests, and satirical moral poems. Orff became acquainted with the manuscript in 1934, and was immediately seized with the desire to bring it to life through music. Orff's musical setting is filled with powerful driving rhythms, which create an atmosphere of wild abandon and physical exuberance, matching the often-ribald character of the vivid and colorful medieval poetry.



Conducted by John Finney, *Carmina Burana* will be performed in the version accompanied by two pianists and six percussionists, and will also feature members of the Handel and Haydn Society Youth Chorus (Heather Tryon, conductor).

Contact **Elaine Recklet** for more information

erecklet@comcast.net 978 - 562-2721

JULIETS NEWS

All Quail Run women are invited to Lunch

Wednesday, 18 April, 12:30

Olive Garden

Order from menu, separate checks

Sign up at Community Center

or contact **Susan Ciampi**,

978-568-1625

or **Dean Mc Elroy**, 978-562-

5238



Dinos on Main Street in Marlboro, Wed, 30 May, 12:30.

Sign up for either event at the Community Center.

Poker Group

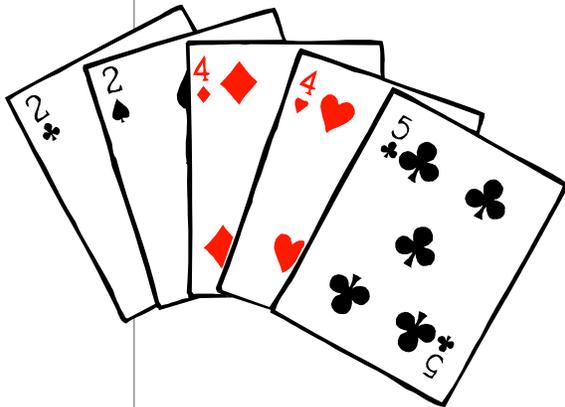
Our poker group is a bit depleted because of all the snowbirds trying to escape a New England winter. (what winter?) We are looking for a few new players and can expand to 2 or 3 tables when the *sissies* return.

We meet on the **first and third Monday of the month and play from 4PM -6 PM**. We play for nickels and dimes and it is rare for some one to lose 5 bucks. We

play Dealer's Choice and it usually includes 7 card stud, deuces wild, baseball, follow the Queen etc. One cannot win or lose a lot but we have a lot of fun and a million laughs!! And women are cordially invited if they don't win too

much!! **Sherry Lupien** is one of our most avid members but she wins too much!

Contact **Hugo Guidotti** for more information.



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Games Night Is Back!!!

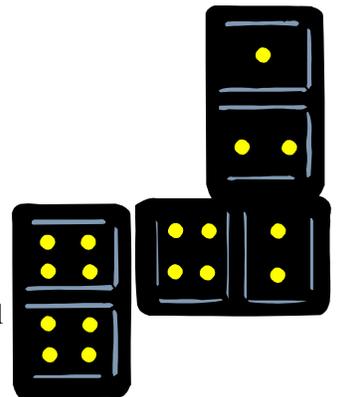
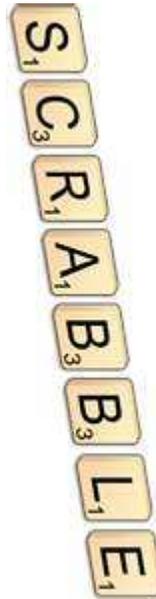
Games night will begin again on Tuesday, 17 April, 7:00 PM at the

Communi-ty Center. Come and enjoy an evening with your neighbors

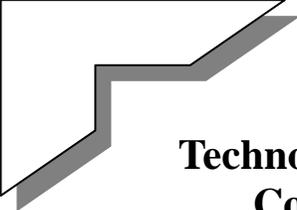
playing any of a variety of games, such as Dominoes, Rummicube, Mah Jong, or whatever strikes your fancy.

If your last name begins with the letter G-Z, please bring a refreshment to share.

Coffee and Tea will be served. We'll be looking for some new faces!



* **Gardening Reminder** *
* Put a **Blue Stake** in your gardening area to indicate that you prefer to take care of the spot yourself. The landscapers will still rake, edge, and mulch that area. *



Technology Corner

By George Champagne

Whether it's an iPad, Kindle, Nook, or a tablet based on Google's Android OS, mobile devices are swirling across the computing landscape. Mobile devices are taking over.

Any significant Microsoft rival to the iPad is tied to the launch of Windows 8. We probably won't see Win8 tablets until early 2013. About the time Microsoft gets a true iPad competitor out the door, Apple will be rolling out its fourth-generation iPad 4.

In the interest of full disclosure, I just bought an iPad 2. Tablets are becoming an important addition to our digital life. Let's look at current options.

From e-readers to personal-computer substitutes

There are tasks performed routinely on PCs that are, at least for now, nearly impossible to accomplish on a tablet, for example word processing and spread sheets. On the other hand, tablets are lighter and more mobile, and they typically have excellent battery life (eight hours or more). Tablets are great for many computing tasks we do every day — such as reading e-mail, searching the Web, checking Facebook, watching YouTube videos, watching Netflix movies in bed, and keeping grandchildren amused. With their relatively small size and light weight, they fit nicely between a full-sized notebook and our smartphones. You might consider a tablet instead of a netbook or second PC.

There are four basic tablet options, discussed below. They start as low as U.S. \$79 for a simple e-reader like a Kindle and go up to just over \$800 for the state-of-the-art tablet technology. They all include built-in Wi-Fi, so you can go to the Internet, download media and e-mail, and purchase apps without connecting them to a PC. Some also include 3G connectivity for times when Wi-Fi is unavailable.

Apple iPad: Whether you like Apple or not, the iPad is the standard by which all other tablets are measured — and is likely to remain so for some time to come. For example, Apple is selling five million iPads per month. It is expensive and big, compared to the other options in this review, but it offers just about everything you could want in a tablet. The iPad 2 runs from \$499 for a 16GB model with no 3G to \$829 for 64GB and 3G



connectivity.

The iPad 2 also goes well beyond computing tasks. Its 9.7-inch screen makes it an excellent Web-research and entertainment device. Use it to search Google Earth, catch up on the news, check the stock market and weather, and stream audio and video (via Hulu, Netflix, TiVo, and many more). Apple's world-leading app store has a larger collection of games and apps than any other tablet format.

The iPad's internal touch-screen keyboard is relatively easy to use, but if you're doing a fair amount of typing, you can attach a Bluetooth external keyboard.

Kindle: Amazon's Kindle readers range from a simple U.S. \$79 model with a six-inch, grayscale screen to a \$379.00 version with a 9.7-inch grayscale screen, built-in physical keyboard, and free 3G communications.

The Kindle Fire is smaller, lighter, and at \$199 roughly one-third the price of an analogous iPad. The Kindle Fire has a gorgeous screen; simple controls based on a bookshelf metaphor; and access to Amazon's huge library of books, other types of media, and an expanding library of games. Currently, the Kindle's application offerings are far fewer than what's offered for the iPad, but there are apps for Facebook, Twitter; Netflix, Hulu, and Pandora.

Although its seven-inch touch screen is significantly smaller than the iPad's, it's better-looking — making it ideal for reading books and playing videos. If you're willing to live with fewer features and capabilities, the Kindle is a bargain compared to the iPad — and it gives you a better screen for reading books.

Nook: People like the Nook for its simplicity. Models range from the basic \$99 e-reader with a six-inch, grayscale touch-screen to the \$249 tablet that comes with a seven-inch, color touch-screen.

The Nook's forte is as an e-reader and people like it better than the Kindle Fire when reading digital books and magazines. The scrolling works more naturally and more quickly, and in bright light the screen is a bit easier to read. The Nook also has a microSD card slot, a feature missing on the Kindle Fire. On the other hand, browsing around the Web is easier on the Kindle; the built-in Web browser simply works better.

Although the color Nook has tablet-like capabilities, it's best as a light, compact, inexpensive device for reading digital books and magazines.

Android: This group is the least polished and most confusing of all tablet categories. I do not recommend it at this time.

