



The Quail Runner

For and By the Residents
Of Quail Run



September—October 2012

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

Board Of Governors (BOG) News

New Property Management Company coming 1 November 2012

When the first Board at Quail Run took over supervision of this property from the developer and it's management company, they knew that property management was best handled by professionals and after checking out many companies, they chose Alpine Management to take this job.

Since then, the relationship that Quail Run had with Alpine has changed and the Board has looked for ways to address this. As any community evolves and companies and the people who work at them change, what once seemed to be a perfect match may not continue.

Your Board initially tried a change in property managers. It became apparent that this was not adequate. Because of this, we identified as many property management companies in the Greater Boston area as we could. That list was narrowed down concentrating on those that service this area, and interviews were conducted with the management of many of them, looking for one to improve on how this property is handled with respect to company responsiveness, cost, maintenance, communication, and oversight; comparing all of these qualities with our existing situation.

The Board spent many hours evaluating all the variables and has decided to bring in a new property manager and a new company. Continued →

FALL FEST

Saturday, October 20 at the Community Center beginning at 7:00.

The cost is \$4.00 per person.

The evening will include appetizers, seasonal desserts, coffee, tea and cider or bring your own beverage.

Several games will be played and one requires quarters so bring along a pocket full.



Sign up at the Community Center or call Barbara Paradiso at 978-562-1595.

Deadline Wednesday, October 17.

Kathleen MacDonald
new Property Manager



During this transition time, you will be getting mail from them concerning this change with **new addresses, names, and phone numbers to use starting on November 1.** (Continued on page

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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



Well folks, I've slipped over the edge — the ultimate in Senior Moments — I wore my slippers to church a couple of Sundays ago – at least they weren't the pink fluffy ones with ears!

While I'm on the topic of aging — we had another incident here at QR with someone falling and unable to get up. In this case the poor soul was on the floor for over 12 hours before the neighbors checked. If you're by yourself, you might want to think about getting an **Emergency Alert Button** of some sort. Perhaps those of us who already have one might send in a recommendation to go in our *Tradesmen Recommended* column. Another suggestion might be to always have your cellphone with you — even in the house.

Once again I'm thankful for our dedicated columnists who write for our newsletter. **George Champine** has been with us since the beginning and **Barbara** for almost as long. All the columnist are so faithful about providing interesting, helpful and lively material. Be sure to add your thanks when you see them.

A big **"Thank You"** to the residents who have taken on the watering of our new greenery. Rumor has it that we/ the association would have had to pay \$500 each time the landscaper brought in the water truck plus the labor. See page 8 for more on this.

Isn't it nice to live some place that has so many community spirited residents?



Welcome New Residents

David & Leila Mercer, 6C Rotherham

Phone: 978-562-2564

e-mail: (Leila) ljm0403@msn.com

(Dave) davidsm53@msn.com

John & Patricia Smith, 1G Rotherham

Phone: 978-212-5022

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.



HEALTHY LIVING

by Peggy Rittenhouse

Probiotics

There's quite a bit of buzz lately about probiotics. Probiotics means "for life". So is it important to include probiotics in a healthy diet? According to Katherine Zeratsky, R.D., L.D. you don't necessarily need probiotics, a type of "good" bacteria, to be healthy, but these microorganisms may help with digestion and offer protection from harmful bacteria. A growing body of evidence suggests that you can treat and even prevent some illnesses with foods and supplements containing certain kinds of live bacteria. People in Northern Europe consume a lot of these beneficial microorganisms because of their tradition of eating foods fermented with bacteria, such as yogurt.

Clinical studies have established that probiotic therapy can help treat several gastrointestinal ills, as well as treat and prevent vaginal and urinary infections in women. The best case for probiotic therapy has been in the treatment of diarrhea, especially in children. Probiotic therapy may also help people with Crohn's disease and irritable bowel syndrome. Another promising place for the use of probiotics is in urogenital health which may be helpful for such common female problems as bacterial vaginosis, yeast infection, and urinary tract infection.

In the United States, most probiotics are sold as dietary supplements, which do not undergo the testing and approval process that drugs do and there's no guarantee that the types of bacteria listed on a label are effective for the condition you're taking them for.



As always, let your primary care provider know what you're doing.

Some of the best probiotic foods are yogurt (**live-cultured**), kefir, sauerkraut, miso soup, pickles, tempeh and kimchi.



ROMEO's

Retired Old Men Eating Out (and having fun!)

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 so there won't be a last minute rush to provide enough seating.

Hugo Guidotti is taking on chairing the group. We all wish the group success.

Owen Kilcomins, 978-567-0711, is the contact person for the next lunch.

Contact Hugo, 978-562-6501, for more information on the group.



Transitions

Condolences to Pat on the death of her husband, **David P. McKay**, 85, 2-A Autumn, formerly of Shrewsbury, MA. He died on September 4, 2012, from complications of Alzheimer's disease.

David taught in the Humanities Department at Worcester Polytechnic Institute in Worcester, MA, for 37 years and retired as a Professor Emeritus in 1993. His courses for undergraduates ranged from 19th-century English literature to music theory and composition. Very active as a composer, David's published works most often featured solo voices and the choir, and have been widely performed. The biography of American colonial composer William Billings which he coauthored remains a standard reference work. David served as an organist and choir director for several different area churches for 45 years.

Condolences to Charlie & Mary Millet on the death of their son Richard, 65, who died from cancer.

Birthday Celebration held at 7-12 Strawberry for Ginny Samra's special birthday given by husband Ray. Which birthday? The attendees aren't saying!

Church Ladies With Typewriters:

"Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands."

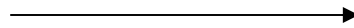
Quail Run Real Estate News

by Hugo Guidotti

Post Labor day activity has increased a bit but not as substantially as some media articles would like us to believe but there are some good signs in the marketplace that sellers and buyers can be encouraged by:

1. Interest rates are still at an all time low and it appears the Federal Reserve plans to keep them that way in an attempt to strengthen the economy. We see rates around 3.6% for a thirty year fixed mortgage. If you are thinking of a refinance the time has never been better and the banks are loosening the requirements just a tad.
2. The foreclosure market is drying up and will slide to a normal minimal in a year or two and this will reduce competition for home sellers.
3. My newest listing tool shows more "hits" on the web site in the past few weeks.

The attached MLS page shows active adult condo activity in QR that I am sure you are all interested in. 6C Strawberry is listed at an alarming price of \$229,900 but keep in mind that it is a "short sale" that requires bank approval to be sold and allow the owner to get out from under the debt AND the unit needs a great deal of work so it is not really competitive with other QR sellers. Mildred Chomko's 3B Rotherham was listed at an extremely low \$240,000. Surprisingly, it took over 3 weeks but is now under agreement as Mildred prepares to move near family. I am sure we will all miss this elegant lady. Good Luck Mildred!! The Sullivans at



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08/13

Curtain Call

Toby Allen



October's play is "Hell Cab" at the Acme Theater in Maynard. This is a serio-comic Christmas themed play. It takes place days before Christmas and within a city taxicab. Theater Location: 61 Summer St., Sunday, 25 November; 3:00 PM. Price - \$16.00

Thanks to all who took part in our play, *The Income Tax*. Pictures on page 10.

Real Estate News Continued

6E Autumn recently listed their home with their friend Cathy Foran for \$309,900 and rumor has it they will be moving to Westridge. The remaining 3 for sale at 3B Autumn, 9C Autumn and 3B Strawberry remain on the market unchanged in price.

ADDRESS	DOM	LIST PRICE	SALE PRICE
6C STRAWBERRY	65	\$229,900	-----
3B ROTHERHAM*	190	\$240,000	-----
9C AUTUMN *	380	\$275,500	-----
8B STRAWBERRY*	200	\$279,900	\$275,000
3B STRAWBERRY	425	\$299,900	-----
3B AUTUMN *	264	\$308,900	-----
6C ROTHERHAM	73	\$309,900	\$300,000
12 STRAWBERRY	401	\$309,900	\$302,000
7C AUTUMN *	56	\$309,900	\$300,000
6E AUTUMN	9	\$309,900	-----
7A STRAWBERRY *	65	\$312,000	\$306,000

Legend—DOM= days on market UAG- under agreement *- listed or sold by Hugo

Condominium Listing and Sales at Quail Run



Senior Money Sense

by Howie Pearlman

Alzheimer's: Altered Perceptions

Most of us are familiar with the phenomenon whereby the Alzheimer patients do not recognize their own reflection any more in a mirror. This is due to brain cells dying out, and they are not replaced – which causes the patient to actually NOT know who they are looking at!! Think of the brain as a computer system, which has ‘glitches’, caused by lack of blood flow to the brain – Different areas of memory are affected, even entire YEARS are completely erased. So, for the typical Alzheimer patient, the PAST becomes their PRESENT – while the PRESENT becomes the FUTURE.

This means that they are living in the PAST, where their brain cells are still alive, alert and functioning. It would be as if WE were transported suddenly 25 years ahead in our own lives, into our FUTURES – we would be just as lost, confused, terrified and irritated as THEY are!! They do not understand their futures, any more than we would. I remember showing my mother a mirror and her telling me that 'she looked like an old lady', she did not know who she was!! I showed her picture albums and she knew herself up to the age of 50 years old – All pictures after that point in time were completely foreign to her.

WE, the caregivers of the Alzheimer patient, should make the effort to function in the PATIENT's REALITY, which is THEIR PAST, wherever their brain is still alive, alert and functioning. It is easier for US to spend what time we are with them, listening to them share from the vast storehouse of information and experiences, whether it be 20 years ago or further. We can learn a lot from their recollections. The alternative is to argue and cajole them to live in OUR REALITY, which is to them, a FUTURE they do not understand. It takes so little for us to live in THEIR reality if only for a little while. My personal experience that my mother not recognizing ME was not the saddest part of her illness. Rather, it was when she no longer recognized HERSELF, the things that had brought her great joy in this life, the pleasures in living upon earth were gone, her personality disintegrating, bit by bit, piece by piece, until little else remained....

I do have one golden memory that stands out during those years of caring for my mother. After having a major stroke and being in a coma for a few days, my mother suddenly woke up. She found herself in the hospital bed in our home, and for some reason her mind had gone back to the time when she was hospitalized to give birth to ME!! I came into the room and she asked me who I was – I told her my name and she said, “My, I just named my own daughter that name!!” I looked into my own mother's eyes and she was



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07/13

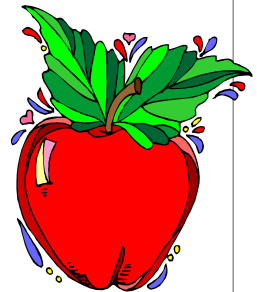
Weight & Nutrition Support Group

The Group resumed their regular meeting on Wednesdays, at the Community Clubhouse at 9:30 am.

The total weight loss for the group over the summer was 25.4 pounds.

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



Alzheimer's: Altered Perceptions from left

literally glowing with joy and pride!! I knew I had discovered a secret not many children will EVER have the opportunity to witness or grasp, that moment of birth when your own mother is totally in rapturous awe at the thought of YOU coming into their lives!! At that moment, looking into her glowing eyes, I knew what I had longed to know my entire life – that I was truly loved, wanted and desired. My mother loved me!! It was like having an entire glimpse into a past I could NEVER enter otherwise, and what I found was great joy and beauty!! I will never forget the glow of the love my mother carried for me on my birth.....

So, in closing, think about how the Alzheimer patient has experienced a total altered reality – Their perceptions are altered forever – As the disease progresses, they lose more active brain cells and retreat further and further back into their memories, into the lives they once lived. This is not like a MEMORY to them now – It is an ACTUAL LIVING REALITY!! And once in a great while, we get the unique privilege of a glimpse inside their minds, their hearts, their very souls. What we find there is not chaos or turmoil – Instead we find great joy and love in great abundance – We find the beauty of the soul!!

By Dorothy Womac - Caregiver.com

Condo Care

October

- Switch overhead fans to the winter setting with the button up.
- Replace the two AA batteries that run the LuxPro P5P511 thermostat. If the batteries die, according to the LuxPro tech, the thermostat defaults to about 40° and will continue to turn the furnace off and on. You have 30 seconds to swap the batteries before your program is lost.
- Replace the 9V batteries in the smoke detectors once a year. They are at the 2 bedrooms, dining/living area, loft, and the often forgotten basement.
- Replace carbon monoxide detectors 9V batteries.
- Replace the battery in the outdoor garage door opener key pad.
- Check your smoke detector-- push the button, perhaps with a broom handle, and make sure they are still functioning.
- Turn-off outside water faucets

Don't wrap or cover your air conditioner over the winter – that could cause serious condensation problems



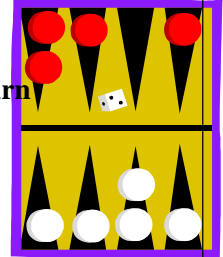
Niagara Falls Trip Joyce DiPaolo (left) & Terri Kilshaw and recently drove to Niagara Falls. They stayed on the Canadian side and had a wonderful time on the *Maid of the Mist* and dinner in the rotating Sky- lon Restaurant with a truly unbelievable view! They also visited the lovely town of Niagara-on-the-Lake with its flower-lined streets, surrounding vineyards, and quaint shops. (Terri enjoyed her scone with clotted cream!) The weather was beautiful – until the drive back in torrential rain with tornado warning! In all, quite an adventure for a couple of Seniors!

Games Night Is Back!!!

Games night is back in business; first and third Tuesday, 7:00 PM at the Community 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 A-F bring a refreshment to share on the first Tuesday, otherwise it's your turn on the third Tuesday.

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



Stitch & Knit

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



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

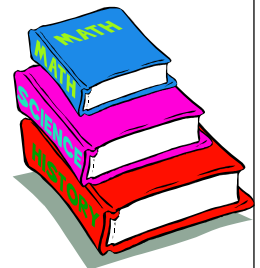
Trades People Un-Recommended

John J. Napolitano, 4A Strawberry reported a very unpleasant experience with Hogan Tire in Hudson. Contact him if you want the rest of the story.

Book Club

Meetings are at the Community Center on Wednesdays, from 7 to 9 PM; generally the last Wednesday of each month.

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



Simple Solution for a Smelly Car

Good old baking soda — after removing the source, if possible — simply sprinkle, or dump one or more boxes on the area. You may have to wait a week or more and/or repeat several times. Vacuum or sweep up the baking soda

1/13



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Quail Run Birthdays

October

- Al Durand 1
- Claire Kilcommins 4
- Barbara Picarello 5
- Vinnie O'Brien, Ginger Pearlman 6
- Ralph Trask 7
- Greg McMahan 8
- Jeannine Bensette 9
- Ken Hart 12
- Helen Montgomery 17
- Marjory Carpenter 19
- Ruth Fay, Nancy O'Brien 22
- Harold Edelstein 26
- Allen Boemer 28
- Harry Morgan 30



To include a birthday, contact your reporter or the editor

November

- Shirley Howard 3
- Rosemary Fitzgerald 4
- Regina Darcy 9
- Bob Rittenhouse 11
- Vincent Picarello 16
- Tamara Boriakoff 18
- Aida Fallon 20
- Beverly Beylouné 23
- Donna Milot 25

Church Ladies With Typewriters:

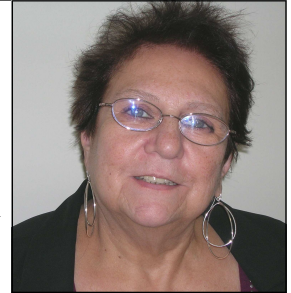
Irving Benson and Jessie Carter were married on September 24 in the church. So ends a friendship that began in their school days.

Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.

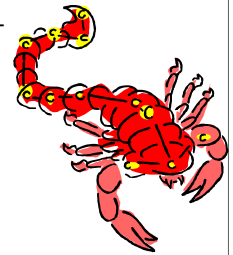
Astrology — What's Up

By Beverly Beylouné

Scorpio October 23 –
November 21



This is the time to revisit dreams you may have put on hold or shelved. You may be getting the official go ahead when you have a major realization! Expect this to boost your confidence and your bank account. With your creative streak on fire, your eyes will be open wide to new possibilities. Money matters improve, owing to your sharp instincts. Family matters require patience but you'll be able to handle all domestic demands.



You'll be humming a love song by Fall!



Sagittarius November 22 – December 21

Your ability to put differences aside and work with people of all personalities makes you well liked and a friend everyone can depend on. A family get together this Fall gives you the chance to mend fences and start fresh with a once distant relative.

You'll find that spending time outdoors whether it is summer or winter is just plan relaxing and will always improve your mood. The time you take for yourself melts stress. You love the fall and will love it even more this year as you enjoy more stability in your home life!

PSYCHIC FAIR

Where: Hudson Lodge of Elks 99 Park St., Hudson, Mass. 01749

When: Saturday, 10 November; 10:00 a.m. - 4:00

Registration 9:30 a.m. – 3:30 p.m.

Readings: \$15.00 - 15 minutes

Come join the fun...Psychics; Jewelry - Books - Crystals—Aura Photography

Free refreshments

Profit will benefit the many charities the Hudson Emblem Club contributes to annually

Heritage Chorale Fall Concert

John Finney, Conductor

Handel's Messiah

Sunday, November 18, 2012 4:00 p.m.

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

The Heritage Chorale is proud to open its 76th season with highlights from George Frideric Handel's great oratorio, *Messiah*. Virtuoso arias and magnificent choral movements are some of the elements which make Handel's *Messiah* one of the most powerfully moving works of the oratorio genre.

Our concert on November 18 will feature many of the most beloved choruses in Handel's *Messiah*, such as "For Unto Us a Child is Born," "Glory to God in the Highest," "All We Like Sheep Have Gone Astray," "Lift Up Your Heads, O Ye Gates," and "Hallelujah!" A quartet of accomplished soloists will be heard in some of Handel's most well-known arias, including "Every Valley Shall Be Exalted" and "Rejoice Greatly, O Daughter of Zion."

The Heritage Chorale will be joined by a professional chamber orchestra in this concert. Handel's orchestration for *Messiah* is truly masterful; predominantly scored for string orchestra, Handel uses oboes and bassoon to add richness and color to the orchestral sound for the choral movements. Trumpets are used to great effect in "Glory to God," where they play "softly, and from afar [offstage]" as well as in the magnificent "Hallelujah" chorus, where they are joined by thunderous timpani in a rousing, sonorous climax.

For more information or tickets contact: Elaine Recklet 4F Rotherham 978 -562-2721 erecklet@comcast.net



Church Ladies With Typewriters:

Remember in prayer the many who are sick of our community. Smile at someone who is hard to love. Say "Hell" to someone who doesn't care much about.

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3/13

Building & Grounds

Thanks to the BOG for installing the new shrubs that so nicely hide the ugly electric panels and it really looks great. You may notice that several new trees with real leaves have also been planted to replace some of the dead ones.

Also many thanks to the volunteers (recruited) who are watering the shrubs every other day.

The "WATER BRIGADE" **Kent Callahan, George McGoldrick, Joe Fallon, Mike Bologna, Jim Donato, Toby Allen, Roger Montgomery, Greg McMahan, Harry Morgan, Bob Freedman, and Howie Pearlman.**

Keep 'em green, folks.



HUDSON FOOD PANTRY

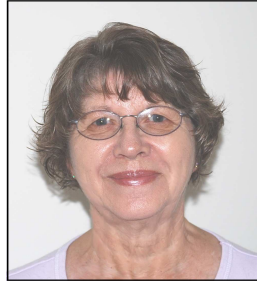
Occasionally, the Social Committee asks you to bring a donation for the Food Pantry, if you want, when you are attending a function at the Clubhouse. This is such a good cause, and there are many people in the Hudson area who are in need. Can you imagine not knowing where your next meal will come from? For many, this is a daily concern.

There is a container at the Clubhouse, and anytime you would like to make a donation of food or personal item (shampoo, deodorant, etc.), please leave it in the container and we will be sure that it gets to the Pantry.



Area Highlights

By Barbara Champine



FRUITLANDS MUSEUM

It's that wonderful fall foliage viewing time again in New England. There are few better places to do this than at Fruitlands. The sweeping views overlooking the Nashoba Valley make this one of the most sought after vistas in Massachusetts. Fruitlands is a cluster of small historic buildings in Harvard, on the former site of the utopian community inspired by Amos Bronson Alcott. The buildings were constructed in 1910 and added to the National Register of Historic Places in 1997.

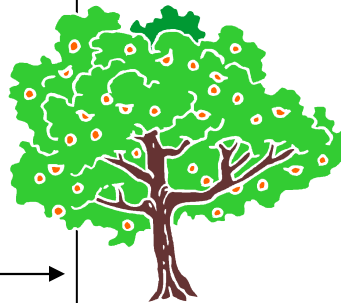
Fruitlands was established on 90 acres purchased by Charles Lane in May 1843. The community was based on self-sufficiency, using no hired labor and growing all the food they needed themselves. The community ultimately failed because of the difficulty in growing crops. The property was purchased in 1910 by Clara Endicott Sears, who opened the farmhouse to the public in 1914 as a museum.

Visitors can tour the Fruitlands Farmhouse, which has been restored to appear as it did during the 1840s, and includes exhibits about Transcendentalism and the Alcott family. The Museum also includes four small gallery buildings that feature Native American, Shaker and American art, including a house transplanted from the Harvard Shaker Village.

The Fruitlands Museum Café is managed by Gibbet Hill Grill and focuses on locally sourced ingredients from farms in Groton, Littleton and Concord. So stop in to view the fall foliage, maybe have a bite to eat, tour the museum, and visit the fine gift shop or hike the many trails. The café is open every day except Tuesday from 11:30 AM until 2:30 PM. Brunch on Sunday starts at 11 AM.

Our very own Quail Run resident **Ken Mudgett** and his brother grew up at Fruitlands. Ken's father took care of the farm and his mother managed the tea room. How great it must have been to grow up in a setting as beautiful as this.

Continued right →



Social Committee News coffee morning



Our first Coffee Morning of the season will be held at the Community Center on **Saturday October 6th** from **9:30 -11:00**. Come and join your neighbors for coffee, snacks and conversation.

Save the Date!

Our **Annual Pot Luck Supper** will be held on **Saturday, November 10th at 6:00 PM**.

More info will be forthcoming via Email.



2013 Calendars Wanted



Bev Minot, 8F Strawberry, is collecting calendars to go to **Veterans**. Drop them off on her front porch. They will go to a good use.

FRUITLANDS MUSEUM (continued from left)

REDUCED SITE FEES: Great news this fall. The last remaining dates this summer are now available at reduced prices up to 50% off. The Museum buildings are open Mon., Wed., Thurs. and Friday 10-4. Weekends and holidays 10-5 from April 15 through October 28, so be sure to visit this month. Museums are \$12 adults, \$10 seniors and students, and children 5-13 \$5. The trails and grounds only are Adults \$6 and children \$3.

Dogs are allowed on leash.

DIRECTIONS: For your GPS, 102 Prospect Hill Road, Harvard MA or take 495 to Route 2 West to Exit 38A. Head South on Route 110 and take your first right onto Old Shirley Road. Museum is about 2 miles on the right.

Board Of Governors News
New Property Management
Company coming 1 November 2012

The initial way this will affect us is that **YOU must remember to change the address where your November condo fees are sent before the due date.**

Please be sure to notify your bank of this change if you pay through their automated system. This change must be started by you. Neither Alpine or Dartmouth can do this for you. If you use a coupon, it will not be useable to pay your November fees.

We are very excited about this transfer and expect that this will significantly correct most of the problems that we have come across the past few years. They are actively working with us in the planning of the **2013 Annual Budget which will be presented to all at the annual budget meeting on November 29.** We will also be pleased to introduce Kathleen MacDonald as the new Property Manager at that meeting.

Until this transition on November 1, 2012, all Quail Run property matters should continue to be directed to Alpine and Matt Mendat.

Crew from *The Income Tax*
at Station WVQR, 01749 on your
AM dial





HUDSON, MA

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Communications Committee

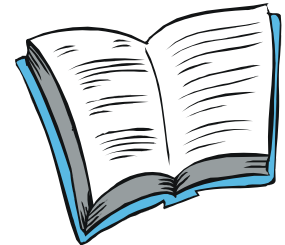
The current committee is continuing on for the next year. The group is: **MJ Ebens**, chair, editor *Quail Runner*; **George Champlain**, website; **Pete Recklett**, directory database, and **Barbara Picarello**, email.

Quail Run Address and Phone Directory

The committee will soon start work on the next **Directory** that will be available in November.

Check your entry in the current directory. Send any corrections or changes to **Pete Recklett**, [precklett @ com-cast.net](mailto:precklett@comcast.net)

There is no charge for the Directory; however, if you would like additional copies they are \$1.00 each. Contact **Barbara Picarello**, bpnon-na11@gmail.com



Cast from *The Income Tax*

Technology Column continued from page 12

Yet Another Scam—Another scam that is popular with prisoners calling from jail is the “#90” scam. The scammer calls a phone numbers and claims to be a telephone technician testing the phone lives. He asks the person called (victim) to key in #90 on the phone. This gives the scammer unlimited access to place to long distance calls on the victim’s account. Often the calls are to distance countries and can run up huge bills. If the number called is the victim’s cell phone, #90 gives unlimited access to the SIM card.

Incorrect — not a problem for residential users

More can be less (cost)—I used to have a low end consumer ink jet printer. It was cheap, as was the ink, but the cartridges did not last long when I was done a lot of printing. Then I acquired an office size ink jet printer. The cartridges cost twice as much, but held four times as much ink (42 ml vs. 8.5 ml). Now the cartridges last a long time even with heavy duty printing.

No computer needed for the next scam

Too much information—Often when a person has a car accident, they give out too much information in the confusion of the moment and trying to be helpful. The only information that you are required is to give your name, phone number, and insurance information. You should not under any circumstance give out your driver’s license number or your home address. Sometimes criminals will **deliberately cause an accident** to they can get information about the victim and steal the identity.

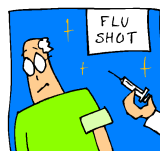
Annual Flu Shots

The town is planning on two public flu clinics, one at the High School and a second at the Senior Center.

The first clinic will be **October 6, Saturday at the High School.**

The second clinic will be **November 8, Thursday – Hudson Senior Center**

To register for a flu shot go to: www.MyLocalClinic.com.




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JULIETS NEWS

All Quail Run women are invited to Lunch

October 17, Wednesday will be at the Marlboro Country Club, 200 Concord Rd. Marlboro at 12:30. Separate checks, order from a menu.

Contacts:
Ruth Durand 978-562-3338
Sally Guidotti 978-562-6501



Signup at the CC with deadline. Also please note it is a special menu.

November 7, Wednesday, 12:30, Old Schoolhouse Pub, 17 School St., Hudson. More details with signup at October Juliets. Contacts **Joyce DiPaolo** 978-562-4116, **Betty Chiasson** 978-562-7087

Sign up for either event at the Community Center.

Labor Day Picnic

7-12 Strawberry had their first Labor Day Picnic in the backyard of Les and Jeanne Malecki. At times they had to run in and out of raindrops into the Malecki’s basement. After the sun came out they enjoyed delicious food and fun games. Thanks to Les, Jeanne, Barbara Langley, and Jeannine Bensette who always know how to have a fun party!





Technology Corner

By George Champine

Auto tech knowledge

moves **forward**—Carbon fiber is now being used in airplanes because it is stronger and lighter than steel. It has not been used in cars until now because of its cost. Next year BMW will begin selling its i3 electric city car, the first mass produced automobile with a carbon fiber chassis which cuts the weight in half. This allows them to achieve the same range for their plug-in electrics with a battery 25 percent smaller. Expect other auto manufacturers to follow soon after.

Who is telling the truth—The current political campaigns are characterized by a lack of substantive issues and lies and distortions from all directions. Fortunately there are some web sites that tell the truth. These include:

www.snopes.com

www.Politifact.com

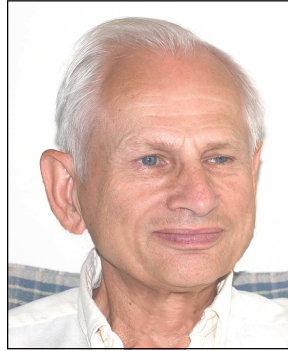
www.washingtonpost.com/blogs/

As always, you must do your own research to separate truth from fiction and non-truth, and these websites will help. Another good source of information is at www.wikipedia.com. I have found it to be both objective and comprehensive.

Cloud Storage—A **file hosting service, cloud storage service, online file storage provider, or cyberlocker** is an internet hosting service specifically designed to store user files. It allows users to upload files that could then be accessed over the internet from a different computer tablet, smart phone, or other networked device, by the same user or possibly by other users, after a password or other authentication is provided. The advantages are that it is backed up and managed by professionals, and available from anywhere.

Here are some good free cloud storage vendors.

Mozy at www.mozy.com The first 2 GB of data are free. After that the cost is \$6 per month for 50 GB or \$10 for 125 GB.



Carbonite at www.carbonite.com This is a popular cloud backup service that is very unobtrusive. It has no free option but instead has services that cost \$25, \$50, and \$120. Carbonite runs quietly in the background and backs up files that are new or changed. For an extra charge Carbonite will create a complete image of your C drive including all applications and data. You must provide an external USB drive for this service

YouSendIt at www.yousendit.com This service is made for large files. The first 50 MB are free. For \$10 per month you get 5 GB.

Zoho at www.zoho.com The first 1GB is free. After that it is \$6 per month for 5GB of storage.

Google Drive at drive.google.com The first 5GB is free.

Dropbox at www.dropbox.com The first 5GB is free. After that the cost is \$10 per month for 100 GB and \$50 for 500 GB.

CrashPlan at www.crashplan.com . This is one of the most interesting cloud storage system, and it received high marks for its flexibility and capability. For the free offering, you need access to another machine to store your files. It can be yours or a friends. A benefit of using a friend's machine is that there is little chance of both houses burning at the same time. Or you can use a server at CrashPlan for \$25 per year for 10 GB or \$50 per year for unlimited storage.

My favorite is Dropbox at www.dropbox.com .

If what you want to do is to store and play music or other audio files, consider the free service Google Play at: <http://play.google.com/about/> . You can store up to 20,000 songs at no cost.

Another popular cloud storage service is Flickr at www.flickr.com . This service is limited to sharing pictures but is much easier than sending 50 pictures to 25 people by email. This service is free for uploading up to 300 MB of photos per month and two videos per month if less than 150 MB. If you need more than that you can purchase the Pro version for \$25 per year which has no limits.

See page 11 for more from George.

