



The Quail Runner

For and By the Residents
Of Quail Run



January — February 2013

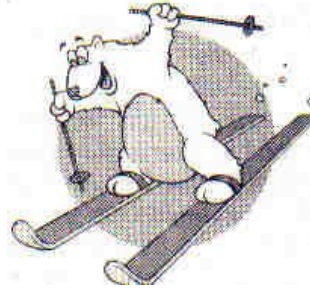
Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

10th Annual Polar Bear Dinner

The Polar Bear/Valentine Dinner will be held at the Clubhouse on Saturday 16 February catered by The Buffet Way.

Dinner choices are: Roast Pork Loin with home-made gravy; Baked Stuffed Haddock; or Chicken Piccata (chicken breast sautéed with garlic, lemon juice, shallots, white wine and capers). All entrees will include Butternut Squash, Oven Roast Potatoes, and Apple Crisp with Ice Cream for dessert.



Doors open at 6:00 to meet and mingle and enjoy some crackers and dip. Dinner will be served at 6:30. BYOB

The cost is \$28.00 per person, payable in advance. The absolute deadline for signup is Sunday Feb 10th.

Door prizes will be awarded.

To sign up, please fill out the attached form and return it with a check made out to **Barbara Baker**. The check and form can be left at Barbara's, 4D Autumn, or at **Sally Mauro's**, 1D Strawberry, in the containers on the front porch.

Name.....

Meal Choice: Pork..... Haddock..... Chicken.....

Name.....

Meal Choice: Pork..... Haddock..... Chicken.....

Amount of check attached (Made out to Barbara Baker)

Contents

- Area Highlights— 9
- Astrology— 7
- Beatitudes—5
- Birthdays— 7
- Book Club - 6, 10
- Condo Care—6
- Curtain Call—4
- Curtain Call Prod. —8
- Editor's Desk— 2
- Football—10
- Healthy Living—3
- Hearing—6
- Heritage Choral—8
- Julie Andrews—11
- Juliets— 11
- Knit—6
- Medication—7
- Poker—4
- Real Estate—4
- Recipe—11
- Recycle—9
- Romeo— 3
- Quail Runner Staff— 2
- Senior Money Sense—5
- 7 & 12 Strawberry—6
- Social Committee— 9
- Technology Corner— 12
- Transitions—3
- Vacation Delivery—2
- Weight & Nutrition—5
- Welcome—2



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 Champine**
 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 Champine
What's Up — Beverly Beylouné,
Area News—Barbara Champine
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

Published first week of February, April, June, August, October, December



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



There have been some big changes here at Quail Run lately. Most of you know about **George Champine's** health problems, so while he is recovering, the community is taking some of his tasks off his shoulders. And they are big shoulders!

The email database will be handled by **Barbara Picarello**. **Bob Freedman and Barbara Baker** will update the online calendar, and a guest columnist, **Carole Perla**, will take on the "Technology Corner". **Mark Reid**, Bob and Nancy's son, is over-seeing the website and his help has been invaluable.

Mine and the community's heart-felt thanks to all who stepped up to the challenge.

One of my friends to whom I email the Runner reported back on a recent column. "Thank you again for the Quail Run News, I enjoyed reading it so much especially some of the articles on care-giving and senior scams. There is so much going on out there with people taking advantage of seniors.

"I had two friends taken; one woman lost her home and the other had to pay off \$4,000 that they thought was a gift to them!!"

Just before we left on our trip, I got a call from someone wanting to talk to "Mary". The phone connection was bad and the caller barely spoke English. I got a second call right away explaining that the person who called was the secretary of the Director who was now talking to me about money to give me! Too easy to see that this was a scam. They aren't all that obvious!

MJ

Welcome New Residents

Carol & Jim Suslowicz, 6-E Autumn, 978-212-5141
 Email: csuslowicz@bowesre.com (Carol's)
Lennysus@comcast.net (Jim's)

FYI - Jim's given name is Leonard but he uses Jim.

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

I'm sure we've all heard that this is a bad flu year. I hear it from medical personnel who say they are getting many calls and seeing a lot of patients with the flu. So it may be helpful to review some things about the flu. The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. So what are the signs and symptoms of the flu? People who have the flu often feel some or all of these signs and symptoms: fever or feeling feverish, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue, and a few may have vomiting and diarrhea, though this is more common in children than adults.



The flu is different from a cold and usually comes on suddenly. Flu viruses are spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Or you may get the flu by touching a surface or object that has flu virus on it and then touching your own mouth,

eyes, or nose. According to the Centers for Disease Control and Prevention (CDC) most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick.

Most people who get influenza will recover in a few days, but some people will develop complications, such as pneumonia, as a result of the flu. Some people are at higher risk of developing serious flu-related complications if they get sick. This includes people 65 years and older, people of any age with certain chronic medical conditions such as asthma, diabetes, or heart disease, pregnant women, and young children.

The CDC urges you to take the following actions to protect yourself and others from influenza: 1. Take time to get a flu vaccine. It is not too late even now, 2. Take everyday preventive actions to stop the spread of germs, i.e. try to avoid close contact with sick people, cover your nose and mouth with a tissue when you cough or sneeze and throw the tissue in the trash after you use it, wash your hands often with soap and water, avoid touching your eyes, nose and mouth 3. Take flu antiviral drugs if your doctor prescribes them. They are prescription medicines that can make illness milder and shorten the time you are sick and may also prevent serious flu complications.

Let's hope all of us can avoid this miserable disease this year.

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.



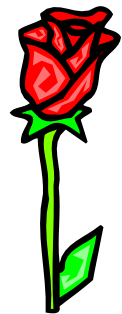
Hugo Guidotti is chair. Contact him at 978-562-6501 for more information.



You know you belong at Quail Run when young women start holding the door for you!

Transitions

Condolences to **Pat Ritter Waltrup** on the death of her husband, John F. Waltrup Jr., 70, 5-C Strawberry. He died Jan. 29 at Kindred Care in Natick. He and Pat were married thirty years. He will be buried in Dulaney Valley in Timonium, MD. John had a long struggle. Pat is currently serving on the Board of Governors here at Quail Run.



Quail Run Real Estate News

by Hugo Guidotti

I was certainly surprised as I am sure most of you were when I received my latest tax bill that increased by a total of about 16%. When a number of people asked me about it I figured I should make a visit to the town hall Assessor's office and check this out with my friend Jim Keane, the chief appraiser for the town.

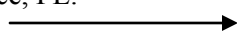
In attempting to explain your tax bill one must first understand that the August and November bills were "estimated bills" for the first half of fiscal year 2013. Hudson's fiscal year runs from July 1 thru June 30. Since the 2013 budget is not yet set for 2013 those first two bills are estimated bills. Around the first of the year the selectmen take the town budget (cost to run the town) and divide that into the total assessed value (about \$2,000,000,000) as established by the assessors to find the new tax rate, which for 2013 is \$16.38 up by 5.6% from last year. This is then adjusted to compensate for the August and November shortfall when they had to use the fiscal 2012 rate of \$15.51

But then we got the double whammy when you see your assessed value increased by about 5% which means your bill increased by around 16% because of the short fall in the first two quarters.

The State gives the assessors a formula to use in order to calculate the assessed value of each home. They summarize the units sold in QR in 2011 and average those and apply the state provided index to get an average assessed value. Then adjustments are made to individual homes depending on amenities such as whether you have a 2 car garage, a finished or walk out basement and that results in your final assessed value and ultimately provides you with a tax bill. Looking at the bright side QR had 3 sales in 2011 which gave an average sale price of \$289.10, a bit of an increase over the previous year.

Again, looking at the glass as half full you will appreciate that the Sullivan home at 6E recently sold and best news of all is that I now have an accepted offer on the McGoldrick home at 9C Autumn. I will still be doing open houses looking for back up buyers.

The last open house at 9C on Jan 6 brought 4 parties to visit and the offer that was ultimately accepted. George and Elaine are really pleased that they can now start planning their new home in Venice, FL.



Prudential

Hugo Guidotti, SRES®
REALTOR®

Prime Properties

433 Main Street
Hudson, MA 01749
Cell 978 857-9712 Bus 978 562-5500
Fax 978 562-5101 hugoshomes@495realtygroup.com



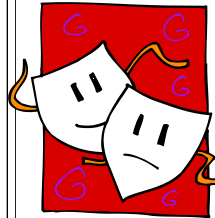
An independently owned and operated member of Prudential Real Estate Affiliates, Inc.

08/13

Curtain Call

Members will attend the February show by The Concord Players, "Musical Comedy Murders of 1940".

Price is \$20.00 - Time 2:00 PM.



It's too late to sign up for this production, but contact Toby Allen to become part of the group for future events. They generally attend matinees in the area and members are always glad to car pool.

POKER PLAYERS NEEDED

Since some of our players are "Sissies in the South" we need some players to fill out our "poker pals" group. We play the first and third Mondays from 4PM - 6PM but can be flexible to accommodate schedules. We play nickel and dime poker, dealers choice. If you have a really bad day you could lose \$3-\$5 but don't plan on winning enough to pay your condo fee! But guaranteed fun!!



Call Hugo at 978-857-9712 for more information.

Quail Run Real Estate News (Continued from left)

So I am now getting strong vibes that the real estate doldrums are on their way out and a new wave of activity will help push the economy forward. However, we no longer have a single condo available at QR and for any that feel a need to make a move I really believe right now is "Prime Time



Senior Money Sense

by Howie Pearlman

Give Yourself a Break, Right Now

Doctor appointments that must be scheduled; the constant care and attention your loved one needs, both physically and emotionally; the back and forth to grocery stores, drug stores, physical therapy sessions and, most of all, the need to know you are doing the "right thing" for loved one in need of your care. We all know the daily challenges we face as caregivers and that we seldom have time for ourselves.

But we need time –time to reflect, relax and rejuvenate for at least few hours each week. This "private time" gives us a renewed strength to carry on. It's important to take that time. You deserve it. AND, should not feel guilty about it.

There are ways to allow yourself time away. For an hour, a day or even a weekend to collect your thoughts and get back on track. It's okay to do that. Listen, you've got a very important role to play - if you do not care for yourself, who will step in to care for you AND your loved one. I want to share with you some of the things I've learned.

Take the time to read through my "guilt free" list and I know you'll be a better caregiver for it...

- Accept the help others offer. Suggest specific things they can do for you and your loved one. This is rule #1 for a reason. No one is a Super Hero. Don't feel like you're the only one that can take dad to the doctor or your wife to her physical therapist. REACH OUT and ask another family member -- or close family friend -- to assist you occasionally so you have time to yourself. Trust in their willingness to help. Many times they do not know how to reach out and help unless you are able to communicate your needs.
- Ask for and accept favors such as; a friend staying with your loved one while you are able to get out of the house for a while, a dinner being cooked for you and your loved one once a week, an offer to go to the supermarket or drugstore in your place. Respite can be achieved on a daily basis with the smallest of kindnesses.
- Know your limits! If you wear yourself out caring for your loved one, who will step in to care for the both of you? Remember, caring for yourself is not selfish, it's the greatest gift you can give your loved one.



Taken from *Caregiver.com*



15 BONAZZOLI AVENUE, HUDSON, MA 01749
877-7-CHAVES or 978-562-5309
www.chaveshvac.com

07/13

Weight & Nutrition Support Group

The Group meets Wednesdays, at the Community Center, 9:30 am — 10:30

No dues or fees. The group supports 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 marcellamon-te@comcast.net)

Beatitudes for Friends of the Aged

Blessed are they who understand
My faltering step and palsied hand.
Blessed are they who know that my ears today
Must strain to catch the things they say.
Blessed are they who seem to know
That my eyes are dim and my wits are slow.

Blessed are they who looked away
When coffee spilled at the table today.
Blessed are they with a cheery smile
Who stop to chat for a little while.
Blessed are they who *never* say
"You've told me that story twice today."

Blessed are they who know the ways
To bring back memories of yesterdays.
Blessed are they who know I'm at a loss
To find the strength to carry the cross
Blessed are they who ease the days
On my journey Home in loving ways.

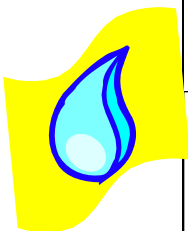
From **Jan Mudgett's** Mother's refrigerator

Condo Care

Your Water Heater May be at or Close to End of Life

I have heard that some of Quail Run residents have had their water heaters fail. Eight to 10 years is my experience for the life of these things. When they fail they start to leak and will cause a mess in your basement especially if you have a finished basement like me.

There is a device, THE WATCHDOG WATER ALARM, available at Lowe's that will not stop the failure but at least give you a warning when it happens. The device sounds an alarm when water touches it (the sound is similar to a smoke alarm).



It is small, about the size of the palm of your hand, and requires a 9 Volt battery which will last up to 5 years. Just place it on the floor next to your water heater, that's it. The cost is about \$12.00. Available in the plumbing department near the water heaters.

Use it next to your dishwasher, clothes washer, or any place you want to be sure stays dry. **George Shaw**

Calendar Reminders:

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

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

- All outside faucets turned off
- Thermostat temperature not set below 60°
- All windows and sliders closed tightly and locked

For "A" units, run the fireplace occasionally to warm the outside wall behind the fireplace that also contains a pipe for the sprinkler system. Note that the fireplace will operate even in a power outage.

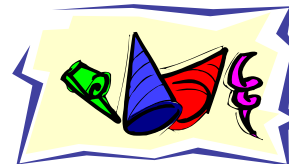
In case of area wide loss of power and you need help, contact the Emergency Operation Center, 978-562-3434

For Sale/Trade/Free/Wanted

Free: Tony Little Gazelle Exercise Machine in excellent condition. Contact Barbara Paradiso.

7 & 12 Strawberry

Once again **Jeannine Bensette and Barbara Langley** hosted our annual New Year's Day get together. It's a fun time to catch up on what is happening in our circle. And, as usual, good food, drinks and conversation.



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.

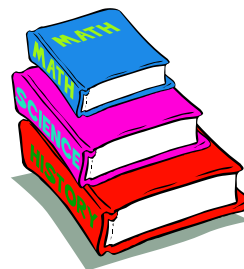


For more information **Barbara Baker**, 978-562-2460.

Book Club

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

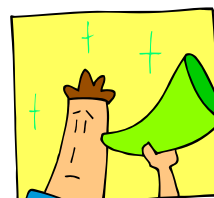
Contact **Marcella Monte** for more information; 978-562-0823 or marcellamonte@comcast.net




See picture on page 10.

Hearing Loss & Dementia

The lack of auditory stimulation also appears to affect brain function. A Johns Hopkins study of adults with *untreated* hearing loss found that "for each 10 decibel loss in hearing, the risk of dementia rose about 20 percent." The researchers attributed the increased risk to social isolation and to demands placed on the brain to devote energy to hear at the expense of other brain functions. The loss can be reversed after getting hearing aids.



1/13



OWNER
RON CHIASSON
ELECTRICIAN

COMMERCIAL
RESIDENTIAL
INDUSTRIAL

Free Estimates
Call Today
978-562-5510

Fully Licensed and Insured
Lic. # E29975
Email: Ron_Chase@msn.com
Emergency Service 978-618-4648

Astrology — What's Up

By Beverly Beylouné

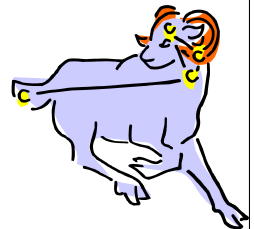
PISCES February 19 – March 20

Your income improves dramatically in 2013 and your personal cash flow looks especially healthy through most of this year. Along with spurring you to take more vacation time the stars urge you to go the distance when it comes to learning more. Join a class or read a book on whatever subjects interest you. This year your candor will get you what you want and ‘fence mending stars’ help you heal a relationship by this Fall. Demanding what you deserve reawakens your personal life! Taking a long deferred dream out of your mental storage will find you chasing your goals with gusto and feeling like a teenager again!!!



ARIES March 21 - April 19

Goodbye hectic holidays and Hello relaxation!! Now is the time for some laid back dinners with loved ones as you all begin to decompress. Be prepared for a once distant relative who'll make a sudden return into your life. Money matters improve by summer when you may get a financial assist from a surprising source...possibly a delayed check or settlement. This year you'll make new friends both in your community and in less familiar surroundings as you step outside your box and travel more. Enter a few contests, buy lottery tickets etc, because your lucky stars will put on a dazzling light show for you by Spring. Basically your irresistible charm and amazing luck attract good friends and good fortune in 2013!



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
- Mary Mitchell, 8
- Barbara Baker, Gerry Hegarty, 9
- Bob Reid, Howie Pearlman, 11
- Ken Curewitz, 13
- Barbara Morgan, 17
- Carole Perla, 23
- 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

Getting Medications While Abroad

The Ebens, on their recent trip to Croatia managed to run out of two of their medications. The thought of trying to contact our doctor here and getting a prescription faxed to a local pharmacy was daunting.

Then one of our fellow travelers said that he had the same problem on a trip to England. He went to the local pharmacy and explained the problem. The pharmacist not only provided the medication but it was cheaper than back here!

Sure enough, we got the meds without any hassle. Clearly the best thing to do is to take your drugs with you, but if you need some, it's not too hard to get replacements.

Aging: Eventually you reach a point when you stop lying about your age and start bragging about it!



Heritage Chorale Pops Concert

The Gift of Song

Sunday, February 10, 4:00 PM

Popular songs from musical theatre, spirituals, patriotic music, and sing-alongs

Nevins Hall, Memorial Building
150 Concord Street (Rt. 126)
Framingham, MA

The Heritage Chorale's 2013 Pops Concert features a tantalizing cornucopia of America's favorite music. Popular songs from musical theatre (including "My Favorite Things" and "Give My Regards to Broadway"), energetic spirituals and jazz-influenced gospel tunes, and stirring patriotic numbers ("The Battle Hymn of the Republic" and "America the Beautiful") are just a few of the delights this concert presents.

We'll also celebrate America's multicultural richness with selections as diverse as "Guantanamera," "Hava Nagila," and "All Through The Night." Our audience will be invited to "sing along with the Heritage Chorale" on some of our favorite selections.

Conducted by John Finney and accompanied by our amazing pianist Darryl Hollister, this concert offers an enjoyable afternoon of popular song, complete with table seating and refreshments. Framingham's impressive and acoustically resonant Nevins Hall provides the perfect setting for this memorable event!

Tickets:

Table Seating \$25 - contact Elaine Recklet
Balcony seats \$20 will be available at the door

All tickets include light refreshments

Elaine Recklet,
4F Rotherham Way
978 - 562-2721, erecklet@comcast.net



More from "Lee" and his bad jokes!

A famous Viking returned home from a voyage and found his name missing from the town register. His wife insisted on complaining to the local civic official, who apologized profusely saying,

"I must have taken Leif off my census."

Are you Avid?

A special package of bank services and travel opportunities designed to give you more financial freedom and value than ever before.



3/13

Variety Show Coming — May 4

Plan to take part in Quail Run's first Variety Show!

So far we have several acts lined up, but could use a few more 3—10 minute skits. If you'd like to take part but not sure what you could do, we have some skits that need players.

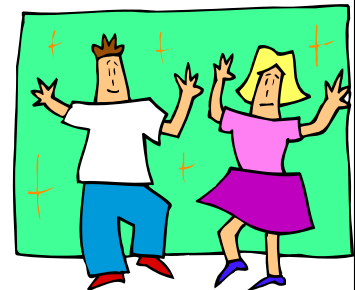
So far the evening looks like this:

- Dance Routine
- Senior Moments
- Rosa' Eulogy, a 5 minute play
- Visit to the Nursing Home
- Sing A-Long

Do you have an excerpt from a favorite book, would like to recite a poem, joke routine, or a humorous story?

The evening will include refreshments by the Social Committee.

Contact Curtain Call Productions: MJ Ebens or Toby Allen.



Punography from "Lee" Bradbard

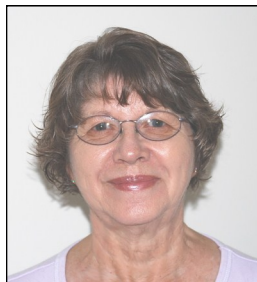
- A soldier who survived mustard gas and pepper spray is now a seasoned veteran.
- How does Moses make his tea? Hebrews it .
- I'm reading a book about anti-gravity. I can't put it down.
- Why were the Indians here first? They had reservations.

(Sometimes I think I'll ask "Lee" where he gets these, but then I wonder if I really want to know!)

Area Highlights

By Barbara Champine

NATIONAL HERITAGE MUSEUM



If you have not yet made a visit to this museum it may be time to do so. This museum in Lexington is truly an experience. The National Heritage Museum is supported by Scottish Rite Freemasons. There are permanent exhibits that tell the story of patriotism, adventure, invention and community—all aspects of how we have worked, played, struggled and achieved. The exhibitions change regularly so there is something new to see several times a year. The museum is open year round and has a gift shop and Tuesday thru Friday a café. There is free admission to the museum with a few exhibitions having a fee.

NTrack Model Train Show

This year (all you grandparents take note) the



Museum launches February school vacation week with model railroading fun. The NTrack trains are smaller in size than traditional model trains, but are just as much fun. Trains climb mountain passes, shunt freight cars, and use branch lines to pick up and set out cars at the many industries and stations along the way. You can call the museum for more information at 781-861-6559. There is a small admission for this exhibit of only \$7 per family. The hours for the Model Train Weekend are: 10am to 4:30pm on Saturday, Feb 16, 2013 and 12 noon to 4pm on Sunday, February 17, 2013.

Regular hours for the museum have changed and are now Wednesday through Saturday from 10am to 4:30pm. The museum is no longer open to the public on Sunday. Admission: Free

There is parking at the top of the hill beyond the museum entrance.

Directions: 33 Marrett Road (Route 2A) Lexington. The museum is approximately 3 miles from I95 on your left. Look for the brick wall and large iron gates.

Social Committee News

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



Pizza and a Movie coming up on **March 16**. Pizza at 6:00 and Movie to follow.

Recycling Acceptable Items

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

Recycling Non-Acceptable Items

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

Refuse Disposal Services, Inc. •
P.O. Box 3286 • Framingham,
MA 01705-3286 Phone: (508)
877-1710 • Fax: (508) 877-5020





John Ogden reports that until someone called to tell our grandson's parents (Mark & Diane) did they know their son's picture was on the front page of the local newspaper announcing his high school had won the Super Bowl in Div. 1 Central MA Region.

The picture was in *The Sentinel & Enterprise*. John says, "As we all know, emotions can run very strong, win or lose. We were all happy these tears came from winning. Keenan is a Jr. in H.S. & is the starting offensive Left Tackle for his →

Football, continued from left team. This is the 2nd year in a row, his High School won the Super Bowl and against the same school, St. Mary's Academy, Shrewsbury MA . That game was played at Gillette Stadium, Home of The New England Patriots. Keenan played Middle Linebacker in that game when he was still a Sophomore."



HUDSON, MA

- ▶ AUTO
- ▶ HOME
- ▶ BUSINESS

978-562-2332

9 Bonazzoli Ave., Unit 6, Hudson, MA

Website: www.countryglass.com 3/13

**TELL OUR ADVERTISERS YOU
SAW THEIR AD IN THE *QUAIL
RUNNER*.**



Quail Run Book Club 2013 with Jeffrey Cramer. Curator of Archives- Thoreau Institute

My Favorite Things

*Maalox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favorite things.*

*Cadillac's and cataracts, hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favorite things..*

*When the pipes leak, When the bones creak,
When the knees go bad,
I simply remember my favorite things,
And then I don't feel so bad.*

*Hot tea and crumpets and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heating pads and hot meals they
bring,
These are a few of my favorite things.*

*Back pains, confused brains, no need for sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short, shrunken frames,
When we remember our favorite things.*

*When the pipes leak, When the bones creak,
When the knees go bad,
I simply remember my favorite things,
And then I don't feel so bad.*

*When the joints ache, When the hips break,
When the eyes grow dim,*

*Then I remember the
great life I've had,
And then I don't feel so
bad.*

From the celebration of
actress Julie Andrews
69th birthday at Radio
City Music Hall




Great Lengths

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

2/13

508-481-8086
176 Maple Street, Marlborough

JULIETS NEWS

All Quail Run women are invited to Lunch

February Wed. 13, 12:30,
Dinos at 220 Main St. in
Marlboro center.
Order from Early Bird menu
which includes soup or salad
entree, dessert, coffee/tea,
tax, tip for \$14.25.
contacts:
Ginny Bosio 978-568-0301
Janice Owen 978-567-0767



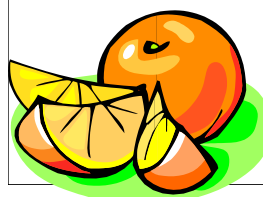
March Fugi Steakhouse at 200 Boston Post Rd
(Rt 20) in Marlboro; Wed. 20, 12:30
Order from menu, separate checks
contacts: Ginny Fullam 978-562-2787
Jan Mudgett 978-562-0598

**Sign up for either event at the Community Center.,
menus posted there too.**

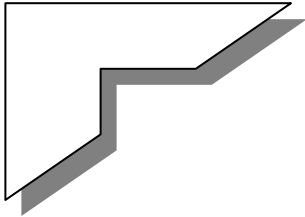
Toby Allen's Light & Fluff Dessert

by special request

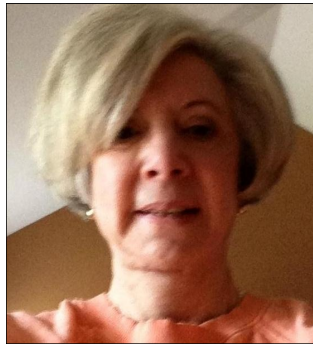
- 16oz small curd cottage cheese
- 8oz cool whip
- 1 can (regular size) crushed pineapple - drain it
- 3oz orange Jello mix (just the mix - no water)



May add small can drained man-
darin oranges
Mix all together, chill slightly
and done.



Technology Corner



Guest Columnist, Carole Perla

UPDATING THE OPERATING SYSTEM ON YOUR IPHONE OR IPAD

Do you have an iPhone or iPad? Do you know what operating system your IOS device is running? Do you know how to update your device to the most current operating system?

Depending on what model iPhone (4, 4GS, 5) or iPad (1, 2, 3) you have will depend on what changes will be updated on your device.

One of the icons on the home screen is called Settings. Tap on it. You will see a list of various items. The first one says About. Tap it. Look down to see the line item Version. This will tell you what IOS version your iPhone or iPad is running. The iPhone version should be 6.1 and the iPad version should be 6.1. If it isn't your device should to be updated.

Now go up to the top of the About screen and tap the arrow that says General.

If your device needs updating plug it in to the power cord so that it is charging. While in System tap on General and then tap Software Update. You can now update your device to the current operating system. It is free. Apple does not charge for updates to the IOS devices.

SECURING IPHONE OR IPAD

According the ABC World News on December 29, 2012, iPhone thefts are up in all areas of the country. Do you know how to protect your phone? Do you know that you can both lock as well as wipe all your information from the phone if it is stolen?

The first thing to do is turn on Find My Phone. Go into Settings and tap on iCloud. Then look for Find My Phone and make sure it is ON.

Apps for iPhone/iPad

Convert (free) by Ivan Karpan and Evgeniy LeBed - Currency and Inits Converter (**iPhone**). Converting foreign currency to U.S. dollars makes shopping and bargaining easier when one knows the value in dollars. The app has converted Egyptian, Moroccan, Montenegrin, Croatian, Kenyan and Tanzanian currency into dollars.

Flashlight (free) by John Haney Software (**iPhone**)
Use it when walking at Quail Run at night.

Solitaire (free) by MobilityWare (**iPhone and iPad**)
Use when bored.

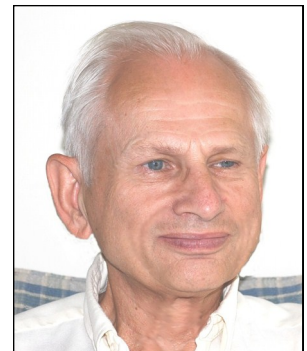
Got a question about an Apple device?

Email Carole — she may use your query in a future column along with providing the answer. cperla@me.com

Update On George

Barbara reports that after 43 days at Mass General Hospital, George has been transferred to Spaulding Rehabilitation Hospital in Cambridge.

Finally he is on the next step to hopefully get home once again.



George Champine

