



The Quail Runner

For and By the Residents
Of Quail Run



May—June 2013

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

BODACIOUS Bar-B-Que & Carnival

by Firefly's

Saturday June 22

Games at Noon

Food at 1PM

Cost \$ 13 pp payable upon reservation

Leland Bradbard 978-562-7249

Claire Kilcommins 978-562-3336

Barbara Paradise 978-562-1595

Deadline for reservations June 15

(More information on page 10)



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Board of Governors (BOG) News

President — **“Pat” Ritter-Waltrup**
 Vice President — **“Bill” McPhail**
 Treasurer — **Angela Donato**
 Clerk — **Les Malecki**
 Member at Large — **Tim Lilley**

The Board would like to thank retiring Board members Bob Reid, Allen Boemer and Vince Picarello. Their contributions to the Board have been instrumental in making this community a great place to live.

Due to the infiltration of snow in the roof vents, Noblin has retrofitted all but 7 units of “A” and “C” style units that had these particular vents. Noblin has removed the stains on all but a few unit ceilings that will need paint.

(Continued on page 6)

Newport Playhouse reminder.

THE BLOCK OF SEATS AND THE BUS HAVE BEEN BOOKED FOR June 26th.

Departure from clubhouse 9am. Call me if you would like to join the trip!! Terri 978 562 0578



Ice Cream Social

11th annual ice cream social is coming on Saturday, 10 August, 7 pm. Save the Date!



The Quail Runner Staff

Editor: MJ (Mary Jean) Ebens
Assistant Editor: Terri Kilshaw
Advertising Manager: Ruth Fay
Proof Reader: Pat Ritter-Waltrup

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— Carole Perla
 & Pete Recklet

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.

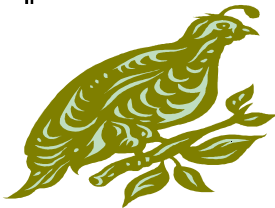
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Copies of the *Quail Runner* can be emailed to a friend, relative, or yourself. Contact the editor if interested

Back issues of the *Quail Runner* are available from the editor.



Vacation Delivery

Give your reporter or the editor a long envelope with two first class stamps and your vacation address. Or you can get issues emailed to you, or view the current issue on **QuailRunHudson.com.**

Editor’s Desk

MJ Ebens, editor

We will soon be loosing another member of the *Quail Runner* team. **Terri Kilshaw** will be moving soon. Fortunately, she hopes to stay in Hudson, But this means that in addition to the loss of a good neighbor, I’ll need another proof reader as well as an Assistant Editor to fill in for me when I can’t make the staff meetings and to send out reminder emails, among other things. Thanks to **Pat Ritter-Waltrup** for being the first to volunteer as proof-reader. Several others also volunteered, unfortunately I didn’t make a list — if you’re still interested, let me know.



We just wound up another fun yard sale. What a great excuse to wander around and meet your neighbors! Thanks to **Jeff and Pam Nesbit** putting in the time and effort to organize the event.

A new Board is taking over the reins here at Quail Run. We are, as always, very grateful to these people who step up to serve here. While our management team, The Dartmouth Group, locates vendors for the Board’s approval and carry out the day to day running of the community. They do it with the supervision of the Board who’s prime interest is the best for our community. If you have any talent in this direction, consider running for election next time.

Don’t miss out on the Bodacious BBQ and Carnival — last year’s was lots of fun and the food was delicious. **Lee Bradbard’s** games are not too challenging and offer a chance for some friendly competition. And, of course, be sure to reserve 10 August for the Ice Cream Social

MJ

Welcome New Residents

Joyce Goodwin-Kent & Charles (Chuck) A. Kent II
2-F Strawberry, 978-567-5984, nanabananagoodwin@gmail.com and their dog, Molly

Be sure to let **Barbara Edelstein**, 978-567-5909, bedelst@yahoo.com or **Barbara Langley**, 978-212-5006, bjlang39@yahoo.com, know if you have new neighbors. They are our “Welcome to the Neighborhood” representative.



HEALTHY LIVING

by Peggy Rittenhouse

Osteoporosis, Part II

DOES DRINKING MILK HELP TO PREVENT OSTEOPOROSIS?



The pro-milk faction believes that increased calcium intake—particularly in the form of the currently recommended 2 to 3 glasses of milk per day—will help prevent osteoporosis, the weakening of bones. Each year osteoporosis leads to more than 1.5 million fractures including 300,000 broken hips. On the other side are those who believe that consuming a lot of milk and other dairy products will have little effect on the rate of fractures but may contribute to problems such as heart disease or prostate cancer. Which view is right? The final answers aren't in, but here is a brief summary of what's currently known about calcium and its effects on the body.

The body needs calcium for numerous functions, including building and maintaining bones and teeth, blood clotting, transmission of nerve impulses, and regulation of the heart's rhythm. Most of the calcium in the human body is stored in the bones and teeth. The body gets the calcium it needs in two ways. One is by eating foods or supplements that contain calcium. Good sources include dairy products, dark leafy greens or dried beans. Calcium paired with vitamin D seems to be most beneficial for bone health. The other way the body gets calcium is by pulling it from bones. This happens when blood levels of calcium drop too low. Bone is living tissue that is always in flux—osteoblasts (bone cells) build bone, while other bone cells (osteoclasts) break down bone.

Milk is a primary source of calcium and vitamin D and therefore might be expected to decrease osteoporotic bone loss and fracture risk, yet research (studies from Harvard University) suggests that high consumption of milk does not appear to substantially reduce the risk of hip fracture. Evidence from clinical trials and case-control studies has been mixed, and several observational studies found no decrease in risk of bone fracture with higher consumption of milk and dairy foods. In countries such as India, Japan, and Peru where average daily calcium intake is low the incidence of bone fractures is quite low. Of course, these countries differ in other important bone-health factors as well—such as level of physical activity and amount of sunlight—which could account for their low fracture rates. In countries with the highest milk consumption—Sweden, Finland, Switzerland and the Netherlands the incidence of osteoporosis is much higher.

Postmenopausal women account for 80% of all cases of osteoporosis because estrogen



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.

Phonebook / Email Updates

Angela Donato —
bandona@comcast.net

Jane Freeman
janeffreedman@gmail.com



Milk (continued from left)

production declines rapidly at menopause. Preventing osteoporosis depends on 2 things: making the strongest, densest bones possible during the first 30 years of life and limiting the amount of bone loss in adulthood. The lifestyle factors that can help with the latter are: 1) getting regular exercise, especially weight-bearing and muscle strengthening exercise, 2) getting adequate vitamin D, whether through diet, exposure to sunshine or supplements, 3) consuming enough calcium to reduce the amount the body has to borrow from bone, 4) consuming adequate vitamin K, found in green, leafy vegetables, not getting too much vitamin A.*

Good for my bones! I walked over an hour on the Railtrail this morning plus I picked up 2 big bags of trash!

*According to the Harvard School of Public Health vitamin A has been found to direct the process of borrowing and re-depositing calcium in bone. Too much preformed vitamin A (also known as retinol) can promote fractures. Choose a multivitamin supplement that has all or the majority of its vitamin A in the form of beta-carotene, this does not increase fracture risk. Many multi vitamin manufacturers have already reduced the amount of preformed vitamin A in their products.

Preformed vitamin A is found in food from animal sources. I couldn't find out how much vitamin A is too much. I guess it's important to choose the beta-carotene which doesn't affect fracture risk.

Quail Run Real Estate News

by Hugo Guidotti

WOW! How things have changed in the real estate market in QR!

We closed on 2F Strawberry Lane on Thursday and the new owners, **Mr. & Mrs. Charles Kent** moved in on Friday. They are moving here from Gorham, ME and really seem happy to be here.

Next week we close on 4E Rotherham owned by **Allen and Lois Boemer** and they will be sorely missed especially because of Allen's many hours devoted to the improvement of conditions at QR. The new owner is **Lori Robak** and she will probably be moving here in the first of June.

9C Autumn Dr will close on the same day and the new owners will be **Mr. & Mrs. Terry Hanlon** and they will also be moving in soon. **George and Elaine McGoldrick** are now comfortably ensconced in Florida and will be moving into their new home soon.

Finally, we have 9A Autumn Dr which is under agreement and will close on June 14. The new owners will be **Dan & Susan O'Keefe**, long time residents and Hudson School Dept employees.

So as you can see the market here has really turned around. There is now only one home available and that won't be for long as I have a buyer who has submitted an offer on that home.

And the best news for QR owners is the prices are moving steadily upward. If you have any thoughts of selling now might be a good time to ask me to do a free market analysis on your home. You may be surprised at the price your home would now fetch.



Home Alone?

Help, I've fallen and can't get up!

Keep your cell phone in your pocket if you'd rather not have an emergency call button around your neck.



Prudential

Hugo Guidotti, SRES®
REALTOR®

Prime Properties

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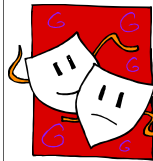


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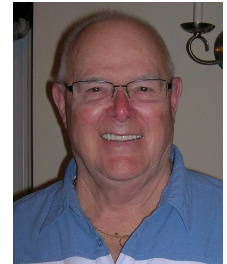
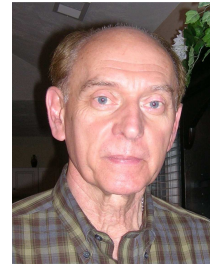
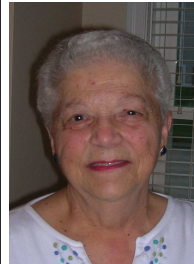
08/14

Curtain Call

Our next meeting is Wed. June 12 at noon, in the Community Center. This will be a pot luck lunch to end our season. Let Toby know if you plan to go.

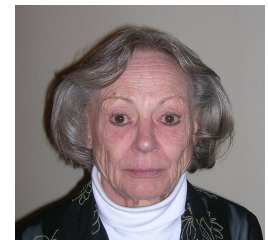


The Curtain Call treasury is picking up part of the cost.



Angela Donato Les Malecki Tim Lilley

Newest members to the Board of Governors



Bill McPhail

Pat Ritter-Waltrup

Continuing Members of the Board

Senior Money Sense

by Howie Pearlman

What to do when your spouse dies: A checklist for the first year

All marriages end – either in a divorce, or someday when “death do us part.” When the inevitable and sad time comes, a widowed spouse may feel in a rush to do everything – settle the bank accounts, file the will, make a plan. But, in fact, the surviving spouse is often best served taking things slowly and carefully.

Here’s a timeline of things to do within the first year:

Immediately

As the shock and emotions settle in, remember that there’s not too much you need to do immediately. You simply must:

- Locate – but not necessarily go through – key documents: your marriage license, birth certificates for yourself and any minor children, a will, bank records, insurance policies and military records
- Notify friends and family
- Stack and store incoming mail – but don’t go through it
- Make funeral arrangements, if desired
- Call you and your spouse's health insurance (or Medicare) to find out about coverage for you and your minor children
- If there is a will, within ten days of the death, file (or lodge) the will within the County District Court where the deceased lived.

Within the first month

- Get state certified copies of the death certificate:
- Inform Social Security (if relevant) and/or any organization distributing defined benefits (such as the VA or an employer offering a pension) of your spouses death
- Apply for life insurance, VA, Social Security, pension or other relevant benefits
- Pay essential bills such as your mortgage or rent and insurances, but defer any large expenses: and
- Plan a six month budget.



15 BONAZZOLI AVENUE, HUDSON, MA 01749
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 www.chaveshvac.com

07/13

A checklist for the first year (Continued from left)

Within six months

- Identify and catalog your assets
- Work with an accountant, financial planner or lawyer to complete a financial plan
- If there is a trust, work with an attorney to begin administering the trust.
- Consider reducing your living expenses but, if possible, delay any move for a year
- Consider joining a support group or obtaining grief counseling for yourself and your children
- Work with an accountant/lawyer to understand – and file – your spouse’s tax returns
- Work with your attorney to understand if any assets should be disclaimed.

Within nine months

- Ensure any federal and inheritance tax returns are filed: and file any disclaimers.
- Make sure your own estate planning is complete and get life insurance if necessary.



Allen Boemer Bob Reid Vincent Picarello
Out Going member of the Board of Governors

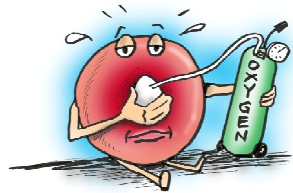
Thank you for your service to the community!



Condo Care

- This is a good time to empty the built-in vacuum. It probably needs it once or twice a year
- Time to switch your overhead fans to the summer setting with the button down.
- Now is also a good time to clean the outside dryer vent. Don't do it while the dryer is running! But do turn the dryer on afterward to blow out any loose dust. **George Shaw** has offered to help if you can't reach it once he's recovered from recent surgery.

If **Oxygen** is in use in your home – you should turn off the pilot light/flame in your fireplace. This is a fairly simple operation and the pilot light can easily be turned back on when needed.



For Sale/Trade/Free/Wanted

For Sale: • TV 19 ins. No remote. Works well. Not flat \$20 Great for dorm.

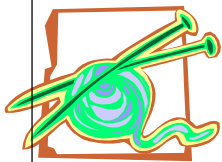
- Futon w/ mattress. Hardly used. \$40 Great for visitors.
- Curtains. Quite new. 86 ins sage green. For sliding glass door. \$ 20
- Comforter full/queen Laura Ashley blue & yellow. \$20
- Small chest of 6 drawers. Wood. \$10
- Recliner. Beige upholstery. \$30
- Beside table with 2 drawers \$15

CALL TERRI 978 562 0578, for all of the above

For Sale: EarthBox. Great for growing tomatoes on your deck. \$10. **Call Rich Ebens 978-562-7880**

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.

The Dartmouth Group / BOG

(Continued from page 1)

In the process of retrofitting these vents, a small number of roof leaks were discovered that will be repaired by SPS. In addition, some damage was discovered due to leakage from the hose attached to bathroom vents. These vent repairs and subsequent ceiling damages are not the responsibility of Noblin or the Association, rather the unit owner's responsibility.

Marlborough Seamless Gutter has finished recaulking leaking gutters. Front doors that were not painted or painted while the door was closed are in the process of being painted by a member of The Dartmouth Group using funds withheld from Skouras, the painting contractor. Retouching the white trim is also being addressed by the Board. The sinking catch basins at 3H-I Strawberry and 1A, 2B and 4D Rotherham will be fixed by ARR Max in the near-term.

Members of the Buildings and Grounds committee and Patricia Ritter-Waltrup met with Jim Harshbarger, MA Certified Arborist from SavATree. Jim suggested that our trees may be failing because 1) trees may have been planted improperly; 2) soil is very dense caused by heavy equipment during the construction phase of Quail Run; 3) soil may be clay and should have had a bed of gravel/crushed stone placed in the planting hole for drainage; 4) too much mulch especially around the base of the tree trunks; 5) dirt mounded around the tree trunk bases; and 6) too much water. Jim also indicated that newly planted trees should not be fertilized for one year after planting. Given all the possibilities, there was no clear answer as to why only some of our trees are declining.

Therefore, the Board contracted with ValleyCrest to perform a soil sample on 20 declining/dead/missing trees. Soil sample results have not been received. ValleyCrest also indicated that they would remove the dead tree at the Autumn Dr. entrance for no additional cost.

The Board has contracted with SPS to paint and repair all decks. Work will begin on Monday June 3rd. Additional notifications and instructions will be sent via The Dartmouth Group's broadcast message service and notification left at unit owner's doors indicating when work is scheduled for their building.

SenEarthCo is The Dartmouth Group's website. Go to www.TheDartmouthGroup.com or www3.senearthco.com. Each unit owner has been issued unique and secure access to the site. The website includes association documents, policies and procedures, unit account information, ability for unit owners to submit a maintenance request, and quick notification via broadcast messages.

1/13



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Quail Run Birthdays

June

- Ray Samra, 4
- Mary Lewis, 7
- Marlynn Stott, Lee Rouse, 8
- James Donato, 9
- Hugo Guidotti, 12
- Nancy Reid, 18
- Sherry Lupien, 24
- Tom Haley, 27
- Kay Aiello, 28

July

- John Smith, 1
- Barbara Edelstein, 8
- Connie Nefzger, 11
- Ginny Fullam, 12
- Sharon Evans, 19
- Ginny Fernandes, 21
- Dot Haley, 25
- Joyce DiPaolo, Ginnie Samra, 27
- Peter Stott, Ruth Durand, 29
- Marion Anderson, 30



To include a birthday, contact your reporter or the editor

Truths For Mature Humans

- I totally take back all those times I didn't want to nap when I was younger.
- I have a hard time deciphering the fine line between boredom and hunger.
- How many times is it appropriate to say "What?" before you just nod and smile because you still didn't hear or understand a word they said?
- Sometimes I'll look down at my watch 3 consecutive times and still not know what time it is.



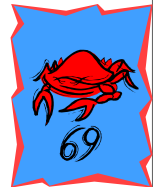
Astrology — What's Up

By Beverly Beylouné

Cancer June 22 – July 22

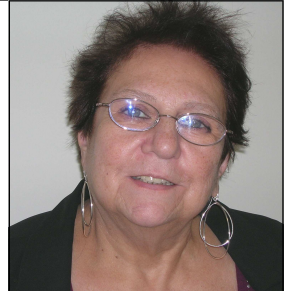
The planets have a lot in store for you this season. Cosmic energy has you helping some of your relatives in many different ways. They also will help you to re-invent your marriage as well as all close relationships....they will have you turn back the clock as you turn on the passion.

The planets will continue to sweeten your home life bringing you ever so close to family and especially your children! You will gain boundless energy the more you are around your children and grandchildren. It seems as if their energy rubs off on you and nudges you out of a rut. Don't be surprised when the planets send you unexpected opportunities to flex your creativity.



Leo July 23 – August 22

The planets are in match maker mode this summer...if you are already in a relationship they will improve the family harmony. The planets will help you to let go of a grudge and communicate better. With those closest to you leaning on you for support, your home may be a bit challenging. But once you've helped loved ones you'll gain a feeling of peace and turn your attention back to your life. When the planets begin to move from your sun sign conviction replaces confusion and you'll know what to do. You'll feel like a King or Queen on your home front. This summer you may find yourself on an adventure packed trip meeting plenty of interesting people.



Draft of latest Directory is posted at the Community Center

– check that your information is correct and add your cell phone, particularly to be used in case you're away and need to be contacted. (Ed. Note: the outgoing message on mine is "Unless this is an emergency or you are a family member -- Don't leave a message.")



Heritage Chorale Pops Concert

The Gift of Song

Sunday, June 9 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!



Table Seating \$25 - Balcony seats \$20 will be available at the door. All tickets include light refreshments

For Tickets: contact Elaine Recklet: 4F Rotherham,

978 - 562-2721, erecklet@comcast.net

In Memoriam

With all the sadness and trauma going on in the world at the moment, it is worth reflecting on the death of a very important person, which almost went unnoticed last week. **Larry LaPrise**, the man who wrote *The Hokey Pokey*, died peacefully at age 93.

The most traumatic part for his family was getting him into the coffin. They put his left leg in. And then the trouble started.



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3/14

From the Senior Center Marie's 2013 Trips

- June 20 we will again be going to FOXWOODS. Price \$24 and will include the bus driver's tip. Buy your tickets early as this trip goes fast.

- June 28 & 29 we are going to 911 Memorial in NY City and West Point Academy and included is a Dinner Theatre. Price \$299.



- July 7 we will goto Tanglewood & The Pops with Keith Lockhart and the legendary Vince Gill. Luncheon at the HuKeLau in Chicopee, MA. Price \$139.

- July 23 we will take *The Spirit of Boston* for a getaway to cruise to Boston Harbor. Dining & dancing & entertainment. Price \$79

- August 29 a Lobster bake & Lighthouse Lovers Harbor Cruise. You can have Lobster or Baked Haddock and all the fixings. Price \$89.95.

- September 24 a tribute to Tom Jones at the Twin River Casino. Dinner Theater Style Seating with a Buffet Luncheon. Price \$79.

- October 4 to 6 a trip to the Grand Summit Hotel to see the MOOSE. This Fall Foliage trip you will see Moose in Maine. Price \$449, double occupancy.

- October 16 is Luciano's at Lake Pearl to see Italy's Funniest Clean, comedian, Rocco Ponzini. Choice of chicken Parmesan or Baked Haddock. Price \$79.

If you are interested in any of these trips please come into the office for a flyer.



Area Highlights

By Barbara Champine

Higgins Armory Museum Last Chance

This is your last chance to visit the Higgins Armory Museum in its historic original Art Deco steel and glass building. Don't miss seeing the collection in its original site. On January 2014 the Higgins museum will transfer to the Worcester Art Museum its unique collection of arms and armor, which is widely regarded as one of the three most significant arms and armor collections in the Americas. The transfer, which will allow the collection to remain on display in Worcester, will follow the closure of Higgins on December 31, 2013.

Until they close, the museum will remain in full operation in its existing home at 100 Barber Ave. in Worcester, with events and programs celebrating Higgins' legacy. The move will keep the collection in Worcester where it was assembled by Industrialist John Woodman Higgins in the 1920s and 1930s.

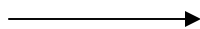
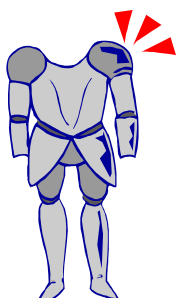
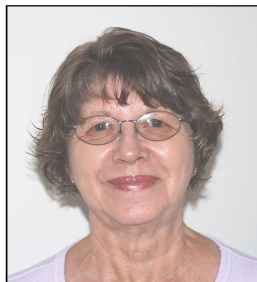
Until the museum closes you will have one last chance to attend many popular events such as Star Wars Day, Free Fun Friday, Haunted Higgins and so much more. The extremely popular Festival of Ale will be held in the fall, and more programming will be added to celebrate the last days of the arms and armor at their museum of origin. There is now an opportunity for visitors to relive the memories they have of Higgins or to introduce themselves, children and grandchildren to the museum before it relocates.

The building is listed on the National Register of Historical Places as one of the finest examples of early glass and steel architecture in the country. NOW is the time to visit.

The coming integration of the collection at the Worcester Art Museum is of historic dimension as it enriches their collection substantially.

The collection will open in its new location at a later date.

Hours: Tuesday through Saturday, 10:00 a.m. to 4:00 p.m. and Sunday, 12:00 p.m. to 4:00 p.m. It is closed Independence Day, Thanksgiving, Christmas Eve and Christmas Day.



Social Committee News

Our next Coffee Morning will be at the Community Center, **Saturday, 8 June from 9:30 -11:00.** Coffee, tea, pastries and conversation with your neighbors, all for \$1.00. Can't beat the price. Hope to see you there!



Please bring a donation for the Hudson Food Pantry.

2013 Quail Run Directory Addresses, Phone Numbers & Email

The Communications Committee is updating the Directory for distribution near the end of June.

Be sure we have your latest information, including your new email address and your cell phone number (if you want to be notified of an emergency at your unit when you're away from Quail Run).

A draft copy of the new directory is posted at the Community Center. Check off your name after you review the information.

You may also send the information to **Pete Recklet**, 978-562s-2721, precklet@comcast.com. Those new email addresses should also go to **Carole Perla**, cperla@me.com



Higgins Armory continued

Admission: Adults \$12, Seniors \$10, College Students \$9, Children \$8 and under 3 free. Tuesdays are Senior Days . If you are 60 or older the price is \$9 those days and you will get 10% discount in the museum store. Parking is free.

Directions: Take 290 West to Exit 19, I-190 North. Take I-190 North to Exit 1, Rt. 12 North. Follow Rt. 12 North for ¼ mile, Greendale Mall will be on the right. Stay in the right lane over the railroad bridge. Take the first right after bridge onto Barber Ave. (no street sign) and travel less than ¼ mile to the museum.

To check on upcoming special events call (508) 853-6015 or www.higgins.org

Bar-B-Que (from page 1)

YAHOO!! Get ready for Firefly's Bodacious Bar-B-Que. On Saturday, June 22 we will have Bar-B-Que and Carnival games. The games are at Noon and the Bodacious BAR-B-QUE is at 1:00 PM. Games will be available until 3:00 pm at which time the winner will be announced.

The menu will be Pulled Pork and Bar-B-Que Chicken in a make your own sandwich service. Plus we will have the famous Sweet Potato Pecan Pudding as well as Cucumber Salad and Roasted Vegetables. The highlight for the side dishes will be home made Baked Beans. Watermelon and Brownies for dessert. Wash it all down with Lemonade, Coffee, Tea, Water or BYOB.

The cost is \$13 per person and is payable when you make your reservation. Make checks to Leland Bradbard, 978-562-7249, and deposited in a container on the front porch of 1 B Strawberry. Reservations may be made with "Lee", Claire Kilcommins, 978-562-3336, 5 E Autumn or Barbara Paradiso, 978-562-1595, 7E Strawberry. Drop boxes are available at each location. **Sign-up sheets are also posted at the Community Center. Be aware that the absolute deadline to make reservations is June 15.**

Carnival games are free and all are encouraged to play as many games as possible, since the winner will be based on most number of games won. Each guest will receive a 5x8 card when they enter and when they win, a sticker will be affixed to the card by the attendant. Please note, it is impossible to bribe the attendants for black market stickers! Games include: Ring Toss, Penny Pitch, Bean-bag toss, Golf Putting Green, Frisbee Toss and Wheel of Fortune. At the end of the time, stickers will be counted and the winner announced. By that time, your belly should be full and you should be exhausted.

So come be with your neighbors, smooze a little, relax a little, play a few games, eat a big meal and generally feel good!! Most games are ripe for a friendly challenge, most involve some skill and others are pure luck!!



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3/14

A TALE OF TRASH

Last week I accidentally discarded some very important documents in the recycling bin with the old newspapers and magazines. The documents were irreplaceable and I didn't realize what had happened until Saturday morning. I was devastated. I called the telephone number on the large trash barrel but 'Refuse Disposal Services Inc. was closed until Monday so I left a message explaining my predicament.

At 8.30am on Monday I got a call from **Janet Russeau**. She said the trash had only been unloaded that morning and she had sent her husband, Jeff, out to look. I gave her a full description of the papers, not holding out much hope. An hour later she called and said he had found them and was on his way to me. Sure enough in 20 minutes he was there at my door with the large white envelope and all the vital documents.....a little soiled and crushed, but safe in my keeping!

He said he had to search a mountain as big as our houses but knew where he had dumped that morning.

Refuse Disposal is entirely family operated. The younger people you see each week are Janet and Jeff's children and grandchildren! They always do such a wonderful and efficient job but now I also know they are wonderful human beings! Let's keep them!!!

Terri



Web Watch

The State Department is also cracking down on international scams, such as questionable Internet dating offers and those familiar e-mails from "**foreign princes**" who claim to want to wire money to you. Go to Travel.State.gov and look for "International Financial Scams."

JULIETS NEWS

All Quail Run women are invited to Lunch —

June 20, Thursday 12:30, Bolton Street Tavern (formerly Piccadilly Pub), separate checks. Contacts: Theresa Bosio 978-568-1416, Nancy Reid 978-562-6282.

July 25, Wednesday, 12:30, Horseshoe Pub, South St., Hudson, upstairs, separate checks. Contacts: Sue Ciampi 978-568-1625, Dean McEvoy 978-562-5238

Or sign up at the Community Center.



HUDSON FOOD PANTRY SUGGESTED DONATIONS:

- Tomato Soup, Chicken Noodle Soup
- Progresso Soup - any kind
- Canned Tuna
- Brownie Mix
- Peanut Butter
- Jelly - any flavor
- Canned Spaghetti Sauce
- Elbow Macaroni

- Spaghetti Macaroni & Cheese
- Canned Corn, Canned Green Beans
- Canned Baked Beans, Canned Kidney Beans
- Canned Fruit - any kind
- Instant Mashed Potatoes
- Rice Pilaf
- 1 lb. Bags of Rice

- Toothpaste
- Toilet Paper
- Bar Soap for Body



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2/14

Let Carole or Pete know what topics you'd like to see covered in the Tech Corner, both PC and Apple, other technology applications such as I-Pad and assorted Smart Phones.

cperla@me.com,
precklet@comcast.net

Email Reminder to Renew Driver's License

Massachusetts now offers driver's the opportunity to be reminded to renew their driver's license by email. The state no longer sends postal reminders to drivers but does offer email reminder service.



Go to <http://mass.gov/rmv> and fill in the blanks which include your current, valid driver's license number and your zip code. Your license expiration date must be at least 45 days later prior to requesting the email service.

The email reminder will go out 30 days prior to your expiration date.



I'm getting so old that all my friends in heaven will think that I didn't make it.



Technology Corner

What does Windows XP's 'end of life' mean for you? Some 75% of Quail Run residents use a computer.

While there are many iPad or Chrome Book users among us, there are a significant number who use laptops or PCs that are still running

the Windows XP operating system. Despite being around for more than ten years, XP is still the second most-popular operating system around the world. It was the most popular up until about this time last year when Windows 7 finally edged it out. The main reason is that XP is powerful, simple to use and, most significantly, it's what so many people are used to after all this time. Support for XP normally would have ended years ago, but Microsoft extended XP's 'end of life' date several times due to its immense popularity. But in this age of rapidly evolving technology, all good things come to an end and Microsoft has announced that Windows XP's end-of-life date is April 8, 2014.

What does that mean for those people still using XP? The good news is that your XP computer won't suddenly stop working. Any XP computer will still work just the way it did on April 7, 2014. Microsoft ended most support two years ago, meaning no new features or non-security updates have been added. Windows Vista's mainstream support has ended as well. "End of life" means that Microsoft won't provide any more security updates for XP. Going forward, this means any security flaws that hackers find won't be fixed.

If you decide to continue using Windows XP after April 2014, it's basically at your own risk. As always, having security software installed and regularly updated will somewhat mitigate the risk, but, as time goes on, using your computer to access your bank accounts or brokerage accounts or to make credit card purchases online will become increasingly dangerous.

If you decide to stick with Windows, that means upgrading to versions 7 or 8. Windows 7 is the closest in look and feel to XP. In fact, it's expected to replace XP as the operating system that people will be using for as long as they can. There are some differences, of course, but if you want to retain some of the look and feel of XP you'll want Windows 7. You're going to have to move quickly however, as very few new computers have it as an installed option and computer manufacturers will no longer be permitted to downgrade from Windows 8 next year.

You could upgrade Windows on your existing computer. However, if your computer is more than three years old, your current processor and graphics card may not be ade-



Pete Recklet

quate and you may need to buy a new one with more memory and greater processing speed. Even today's budget computers can outperform most computers manufactured before 2010. In the case of Windows 8, new computer hardware can take advantage of Windows 8's new speed and security features.

While Windows 8 has its good points, it's very different from previous versions of Windows and many users initially find it difficult to make the switch from XP. The biggest barrier appears to be the replacement of the XP desktop with a 'smartphone' style monitor screen featuring live tiles that launch the various programs and applications installed on the computer. Also gone is the 'Start' button that allowed access to the old-style menu of installed programs.

Microsoft says that Windows 8 is intended for use across a wide range of computing devices with touch screens like smartphones and tablets. For users still dependent on a computer with a standard monitor, mouse and keyboard, the learning process can be a bit more challenging. Microsoft has promised a Windows 8 update before the end of this year (Windows 8.1) which is rumored to bring back some familiar elements, like the Start button, and provide better integration with the keyboard and mouse. You may want to wait before making a final decision about replacing your computer.

Whatever your decision, don't worry too much about your old programs. They'll more than likely all be able to make the jump to a new version of Windows. One exception is if you are using a version of Microsoft Office 2003 or older. This version of the Office suite of programs will be out of support at the same time as XP and you'll need to either upgrade or find an alternative.

An inexpensive way to upgrade Office is with Microsoft's Office 365 which provides the complete Office Suite on a subscription basis. For less than \$100 per year you are permitted to install Office 365 on up to five devices and receive all updates and upgrades. This is less than the cost of purchasing Word, Excel and any other program in the Suite separately. See <http://office.microsoft.com/en-us/home-premium/> for more information. Another option is to download OpenOffice from <http://www.openoffice.org/>. This is a free suite of programs providing much of the same general functionality as Microsoft Office.

Other options? The market today is flooded with a variety of devices and programs from Apple, Google and Samsung; desktops, laptops, Ultra-books, tablets, etc. Apple has a computer for any home and budget. Google's new operating system is turning heads thanks to low prices. Tablets can cost less than a new computer and offer many of the same features. Could a tablet replace your desktop computer? Get out to stores like Best Buy or Staples and Microsoft and Samsung kiosks at the malls to see them all before you decide. Whatever new device you select, you will have to learn to use a new operating system.