



The Quail Runner

For and By the Residents
Of Quail Run



July — August 2013

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

ICE CREAM SOCIAL!!

When: August 10 Where: Community Center
Time: 6:30 PM – 9:30 Cost: \$2.00 per person

Ice cream, (including no sugar added), toppings, (including MJ's yummy hot fudge sauce and Barbara's special peanut butter sauce), strawberries, whipped cream, and nuts.

All you can eat!! We hope to see you all there!

Adults Only.

RSVP by August 7 to Either:

Barbara Baker bakerb2939@gmail.com

MJ Ebens rmjebens@verizon.net

Rich Ebens richebens@verizon.net

Or Sign Up at the Community Center

A donation for the Hudson Food Pantry, would be greatly appreciated.



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Board of Governors (BOG) News

The deck painting and repair project is nearly finished. All rotted wood was replaced. Some decks had extensive wood rot, while other decks did not. The rot was random and reflected no particular pattern of older decks versus newer decks, or even decks sitting side by side. Due to the significant cost of the wood rot repairs, no cosmetic repairs were made.

By now I'm sure you are aware that Hudson's water rates increased significantly to just above 30% as two town wells were temporarily closed and Hudson is purchasing water from Marlborough. The Board had voted to continue with the normal irrigation schedule. However, we became aware on July 23rd that Hudson implemented a no outside watering ban until September 30, 2013. Therefore, ValleyCrest has been requested to turn off our irrigation system. Please adhere to this restriction. *However, we may do hand watering.*



We are changing trash companies. The Refuse Disposal contract was ending so we obtained bids from three companies, one of which was Refuse Disposal. Due to a significant price difference, effective August 23 Allied Waste will be picking up our trash and recyclables. Our trash bin will be replaced with an Allied Waste trash bin with the same dimensions. Our recycle tubs will be replaced with a 35 gallon bin. Both bins need to be stored in the garage.

(Continued on page 10)



The Quail Runner Staff

Editor: MJ (Mary Jean) Ebens
Assistant Editor: Barbara Langley
Advertising Manager: Ruth Fay
Proof Reader: Pat Ritter-Waltrup, Jan Painter
 1/3 Autumn **Peggy Kunz**
 4/9 Autumn **Marilyn Hoffman**
 5/7 Autumn **Claire Kilcommins**
 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.

Website: QuailRunHudson.com

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Deadline 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 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

Good news! **Barbara Langley** has volunteered to be my Assistant Editor and **Jan Painter** — a new arrival — has agreed to help with proof reading. We've got a good team to look for those pesky typos! Look for their pictures on page 5. **Claire Kilcommins and Pat Ritter-Waltrup** are also recent additions to the staff.

There have been a lot of changes to the staff this past year, but a number of the staff have been doing their job for 8 to 10 years. I think we're doing as good as ever.

If you have a suggestion for a column or a feature, let either your reporter or me know and we'll consider it.

MJ ...



Welcome New Residents

Rick & Ruth Carwile—3B Strawberry
Mr/Mrs Charles Kent—2F strawberry
Bernie & Marsha Strauss—5F Autumn

Details in next issue

Joan H. Ferri & Robyn Halliday, 5A Strawberry, 978-562-4507, info25@aol.com

Margaret Derderian & Harry Barsamian – 978-562-5869; Hbarsiam@yahoo.com, 5-G Strawberry; moved here from Michigan to be close to family

Janice(Jan) Painter, 12E Strawberry Ln, doesn't have landline yet, cell# 603-801-5320 janpainter568@gmail.com. Moved here from NH, but lived in Hudson a long time ago. She has family in Quail Run.

Sue & Dan O'Keefe, 9A Autumn Dr. 978-562- 9797 cell 978-875-2191, danok3@aol.com & swok22@aol.com. The O'Keefes are longtime Hudson residents.

Terry & Rosemary Hanlon, 9C Autumn Dr., 781-891-6269, cell 617-281-7166; thanlon@gmail.com, rosemary.hanlon@csjboston.org They have a dog "Ernie" and are originally from Waltham.

Lori Robak, 4E Rotherham is from from Hopkinton and has a cat named Rex. cell# 617-899-5166, lorirobak@gmail.com,

Let **Barbara Langley or Barbara Edelstein** know when someone new moves into your neighborhood.



10 Warning Signs of Alzheimer’s disease

1. Memory loss. Forgetting recently learned information is one of the most common early signs of dementia. A person begins to forget more often and is unable to recall the information later. What’s normal? Forgetting names or appointments occasionally.
2. Difficulty performing familiar tasks. People with dementia often find it hard to plan or complete everyday tasks. Individuals may lose track of the steps involved in preparing a meal, placing a telephone call or playing a game. What’s normal? Occasionally forgetting why you came into a room or what you planned to say.
3. Problems with language. People with Alzheimer’s disease often forget simple words or substitute unusual words, making their speech or writing hard to understand. They may be unable to find the toothbrush, for example, and instead ask for “that thing for my mouth.” What’s normal? Sometimes having trouble finding the right word.
4. Disorientation to time and place. People with Alzheimer’s disease can become lost in their own neighborhood, forget where they are, how they got there, not know how to get back home. What’s normal? Forgetting the day of the week or where you were going.
5. Poor or decreased judgment. They may dress inappropriately, wearing several layers on a warm day or little clothing in the cold. They may show poor judgment, like giving away large sums of money to telemarketers. What’s normal? Making a questionable or debatable decision from time to time.
6. Problems with abstract thinking. They may have unusual difficulty performing complex mental tasks, like forgetting what numbers are for and how they should be used. What’s normal? Finding it challenging to balance a checkbook.
7. Misplacing things. They may put things in unusual places: an iron in the freezer or a wristwatch in the



sugar bowl.
What’s normal? Misplacing keys or wallet temporarily.

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.

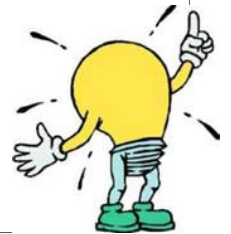
Phonebook / Email Updates

You should have recently received a copy of the 2013 *Quail Run Directory*. Extra copies of the directory are available through Barbara Picarello for \$1.00 each.



Make it Easier for Others to See You.

When you drive with your lights on during the day, other drivers can see you at a distance of about 4,700 feet, compared to about 2,500 feet with no lights on.



Alzheimer’s Warning Signs (Continued)

8. Changes in mood or behavior. May show rapid mood swings - from calm to tears to anger - for no apparent reason. What’s normal? Occasionally feeling sad or moody.
9. Changes in personality. The personalities can change dramatically. They may become extremely confused, suspicious, fearful or dependent on a family member. What’s normal? People’s personalities do change somewhat with age.
10. Loss of initiative. Becoming very passive, sitting in front of the TV for hours, sleeping more than usual or not wanting to do usual activities. What’s normal? Sometimes feeling weary of work or social obligations.

For more information, the Alzheimer’s Association is available 24/7 at Helpline www.alz.org/MA

Quail Run Real Estate News

by Hugo Guidotti

Wow!! What a spring for real estate at QR. In the last 6 months there have been 6 condo sales and 2 others are under agreement with the average price increasing to \$302,808 which is up about \$10,000 from the previous 6 month period. This appears to be a good, solid and sustainable increase in price and activity and not likely to be prone to another “bubble burst” as we saw in the 2006-2007 era. Several of my listings actually went under agreement in 2or 3 days from the actual listing date.

It appears the reason for the increase in activity is that many seniors who came to my Open Houses last fall and winter were finally able to sell their single family homes and knew they wanted to come to Quail Run as home owners and so here they are.

The future may be a bit uncertain as interest rates have gone up a full point to over 4.5%. This could be a 2 edged sword as some buyers may now be priced out of financing capability but on the other hand some buyers will make a move fearing rates will go still higher.

Please welcome the new folks when you see them. (See the list of new comers on page 2 under *Welcome New Residents*)

I still have several serious buyers now waiting for new listings so if you are thinking of selling this may be a good time to check with me and ask for a free Market Analysis. One person suggested he would wait for a while until prices increase some more so he would have more cash to buy a home out of state. I pointed out to him that while he is waiting, the price of homes he might want are going to be rising also, so waiting did not make much sense for him or anyone else in his situation.



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 hugohomes@495realtygroup.com



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08/14

News from Quail Run Circles

7-12 Strawberry — Once again we must say “good bye” to a wonderful neighbor, **Barbara Clarke** has moved to St. Patrick's Manor in Framingham. We had a get-together to wish her good luck. The party was hosted by **Jeanine Bensette** and **Barbara Langley**.

Residents of 1-3 Strawberry are quite proud of the



plantings in the circle. Stop by to admire them in “living color”.



Clarification: the flags put out at the entrances to Quail Run on special occasions are placed by **Barbara Baker**, following a tradition started by **Kent**. Let's give the credit to her for honoring our Country.



Senior Money Sense

by Howie Pearlman

Annuities can be a key part for a plan to have a steady retirement income

You may not think of pensions and Social Security benefits as “immediate lifetime annuities.” But that’s what they are, paying a set monthly amount for life. (With Social Security, it’s adjusted for inflation.)

In addition, you can buy lifetime income annuities from insurance companies. In return for a lump sum premium, each pays a monthly income until you and/or your spouse dies. You can also purchase a lifetime payment that starts smaller but goes up by a percentage each year to counteract inflation.

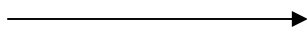
These payments, with your Social Security benefit, if you calculate what you’ll need to cover your basic needs, will provide all of the money that you will need. The peace of mind this brings is the most important and often unheralded benefit of lifetime income annuities.

You may well achieve a greater rate of return investing your money elsewhere, particularly with interest rates so low (annuity payouts are based on age, sex, and prevailing rates when you buy). But an annuity may provide a bigger return if you live a long life and collect for many years.

The point: An immediate annuity is not so much an investment as insurance against outliving your money. Independent studies have found that including an immediate annuity in a retirement portfolio boosts income because the steady annuity payouts lessen the need to sell other investments for living expenses during a down market. What counts most is that if things really turn sour, as it did in 2008, one’s annuity payment is always there.

Income annuities, of course, are not the only way to generate income in retirement. You may use a combination of approaches. A few to consider:

- Variable and fixed indexed annuities with guaranteed lifetime income withdrawals. Unlike an immediate annuity, you retain access to your principal. There is a guaranteed amount you can withdraw each year, if you purchase a rider. If the account runs out of money with these withdrawals, the insurance company keeps paying you with its own money.



07/13

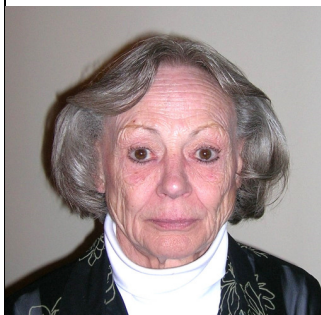
Additions to the Quail Runner Staff



Barbara Langley
Assistant Editor



Claire Kilcommens
Reporter



Pat Ritter-Waltrup



Jan Painter
Proof Readers

Money Sense (Continued)

- Living off the portfolio income, such as withdrawing interest or dividends only. That is virtually impossible with today’s low rates unless you are a multimillionaire.
- Systematic withdrawals: Withdrawing enough for living expenses from your portfolio each year. You risk having to sell investments when prices are low and running out of money.

Condo Care



Run the various / seldom used features of you unit occasionally, i.e. ceiling fans, vent fans, showers, faucets—indoors and out, and the oven cleaner to be sure they haven't *frozen or rusted*. This is particularly true in the showers where the diverter/hot-cold-balance valve will freeze and not respond on the hot water side. The valve should be used once or twice a week by running the hot water for a minute or two.

For Sale/Trade/Free/Wanted

For Sale:

- Toilet safety rail \$12
 - Zojirushi breadmaker \$20
 - Vornado Hepa air purifier and filters \$20
- Linda Palmer 978-568-9141 or palms2@comcast.net
- 6 Plate glass shelves 6" wide with wrought iron brackets. Suitable for use as shelving in bathroom or in front of windows. \$3.00 for each set of brackets and shelf.
- Ebens, 978-562-7880

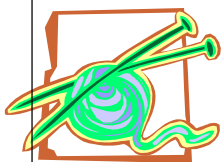
Trades People Recommended



Lupien Electric, Paul S. Lupien, licensed electrician, 508-277-1245 Does excellent work. Recommended by numerous Quail Runners including the Ebens & Jacobs and, of course, his mother, Sherry.

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.



Annual Colonial Faire and Muster

Date: Saturday, September 28, 2013
(*Rain or Shine*)

Time: 10:00am to 4:00pm

Place: Longfellow's Wayside Inn (in the field opposite the Inn); 72 Wayside Inn Road; Sudbury; 978-443-1776

Admission: Adults - \$2; Children 12 and under – Free (*Admission fee includes a chance to win one of 2 \$50 gift cards to the Wayside Inn*)


This annual faire, run by the Sudbury volunteer re-enactment group has living history demonstrations, children's games and activities, fife and drum muster, crafts, a variety of food vendors and a colonial parade at noon! The Sudbury Ancient Fyfe and Drum Companie will perform traditional colonial music throughout the day, including dramatic refrains that accompanied Revolutionary War Revolutionary War soldiers on their way to battle.

Cool Summer Cooking

Plug in your Crock Pot out on the deck or front porch when you want to use it and not heat up the kitchen. Just be careful about who might stop by to inspect it!



1/13



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Quail Run Birthdays

August

Peggy Kunz 4
Frank Monte 9
Jeanne Malecki 13
Ginny Bosio 17
Janice Ogden 21
Nancy McMahon 23
Owen Kilcommins 22
Michael McCormack 24
Lee Bradbard, Jayne Donato 25
Joan Ferri 28



September

Terri Kilshaw 3
Maria Morrison 8
Klaus Schneller 11
Marcella Monte 12
Joe Aiello 13
Sally Mauro, Barbara Paradiso, Aileen Wilson 14
Sally Guidotti 15
Stephen Hoffman 20
Kathy Palmaccio 23
Paula Bradbard 24

To include a birthday, contact your reporter or the editor

Weight & Nutrition Support Group

Our next meeting will be on Wednesday, September 4 ... same time, same place. Each of us could set a reasonable goal from now until September to help us stay focused.

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

Astrology — What's Up

By Beverly Beylouné

VIRGO August 23 - September 22

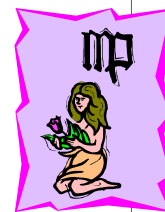
The eclipse patterns stir up endings and new beginnings in relation to siblings, travel and legal issues. Siblings or close relatives could become a source of strain, and you'll have to create firm boundaries. In fact, boundaries in all realms of communication will serve you to avoid overload. Your life is about to become very busy and filled with more people than you know what to do with. At the end of the day, you're still a 'hermit' at heart and need plenty of alone time, so be sure to carve that out regardless of how social your world becomes.

Jupiter continues to bring the potential for great promise and recognition to your career and/or social zone this year. Prepare to push all of your projects most strongly during the first half of the year while you have the support of Jupiter. The second half of the year will be better spent socializing and creating community. You'll be more interested in meeting new people than promoting your work. Get ready to meet amazing and passionate folks who will remain in your life for years to come.

LIBRA September 23 - October 22

During the summer Jupiter continues to transit your solar ninth house. Under this influence, you may have opportunities to travel, study, go abroad, expand your horizons, and meet people who are of diverse backgrounds. You might become more intellectually curious now, and academic pursuits are likely to benefit you and run smoothly during this cycle. Business dealings, particularly long-distance ones and those involving publicity and promotion, are likely to be profitable now. Legal matters might also work in your favor, or long-standing legal problems might now be ironed out. Some of you will be seeking legal advice and find it especially helpful now.

A more faithful attitude towards life in general is likely now...you tend to feel that everything will work out in the end. Authors might get published now, receive good reviews, or they could significantly expand their audience. Travel is quite possible now, whether it's business or personal. Educational and travel opportunities expand your horizons. Teaching *and* learning are favoured now.



From the Hudson Senior Center --
Marie's 2013 Trips

- 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.
- October 22 to 24: Gettysburg, Philadelphia & the Amish Country; also a theater trip to see hit play NOAH. The seniors who have seen this play rave about it. Price: \$399 double occupancy.
- November 13: A colorful Broadway Style Tribute Review of Mother & Daughter Liza & Judy at the Venus De Milo. Price \$79.

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



Avidia Bank is here to help you open doors and take full advantage of life's opportunities.

Come share your dreams with us. The door is always open.



3/14

Scam Alert

Residents in Quail Run and even in Natick have received notice over the phone that "someone" has bought and paid for an Emergency Alert device for them. Even the shipping is paid for.

Don't fall for this -- it is a scam and somewhere along the line they will want money.

Home Safety Screening

This Home Safety Assessment Tool can help you identify unsafe areas in your home that can cause falls. Please circle the best response to each of the questions below. You may want to share the results of this survey and any recent history you have with falling with your doctor.

Circle the best response to each of the questions below:

1 As I move from room to room in my house, I slip or stumble from clutter of electrical cords, low furniture, or other things in my path.

Never=0 Rarely=1 Once a week=2 More than once a week=3

2 As I move from room to room in my house, there are sturdy things I can grab to steady myself if I feel unsteady.

Everywhere=0 Most places=1 Sometimes=2 Few things to steady me=3

3 I have good light when I walk in my house, (include night time trips to the toilet).

Always=0 Almost always=1 Sometimes=2 Often dark=3

4 While inside my home, I walk in shoes, not barefoot or in slippers.

Often=0 Usually=1 Sometimes=2 Mostly barefoot=3

5 I slip or have difficulty getting on and off the toilet.

Never=0 Rarely=1 Sometimes=2 Often=3

6 I slip or have difficulty getting in and out of the bath or shower.

Never=0 Rarely=1 Sometimes=2 Often=3

7 I slip or have difficulty with steps or stairs in my house.

Never=0 Rarely=1 Sometimes=2 Often=3

8 I stand on my toes to get things out of reach in my kitchen or closets.

Never=0 Rarely=1 Sometimes=2 Often=3

9 In the places I walk outside, there are uneven surfaces, cracked sidewalks, slippery steps, or other problems that make me trip or stumble.

Never=0 Rarely=1 Sometimes=2 Often=3

10 If I were to fall, hurt myself, and were unable to get up, I would be able to get help quickly.

Always=0 Usually=1 Sometimes=2 No - Usually Alone=3

Note answers with a 2 or a 3 next to it. These are the areas you have identified as the most likely places to cause a fall. Focus on making these areas safer to help decrease your chances of falling at home.

Area Highlights

By Barbara Champine
GROPIUS HOUSE,
LINCOLN MA

Walter Gropius was founder of the German design school known as the Bauhaus (bauen/to build and haus/house). He was one of the most influential architects of the 20th century and a leading proponent of modern architecture. He was 35 years old when he was appointed director of the Academy of Fine Arts in Weimar, Germany. By 1933 the political situation was rapidly changing with the rise of the Nazi party. Gropius, out of favor in Germany, was in London in 1934 when the dean of Harvard's Graduate School of Design visited and offered Gropius a teaching position. He and his wife Ise arrived in Massachusetts in 1937 with little more than furniture made in their own workshops, books, and files.

The Gropius House in Lincoln is a National Historic Landmark. It is now owned by Historic New England. The house was the family residence. Philanthropist Helen Storrow gave Gropius, the former Bauhaus director, four acres of her estate and \$20,000 to build his home. He chose the area because it was near Concord Academy which his daughter, Ati, attended.

This house was his first architectural commission in the United States. He designed it in 1937, when he came to teach at Harvard and it was built in 1938. The house is quite modest. It caused a sensation when built. In keeping with the Bauhaus philosophy, every aspect of the house and its surrounding landscape was planned for maximum efficiency and simplicity. Gropius carefully sited the house to compliment its New England habitat on a rise within an orchard of 90 apple trees. The house is a mix of wood, brick, and fieldstone with a post and beam wooden frame. It is sheathed with white painted tongue and groove vertical siding. Striking as it is, the house was built with economy in mind, and total construction costs were \$18,000.

All family possessions are still in place, including a remarkable collection of furniture. Artwork includes personal gifts by Josef Albers, Joan Miro, and Henry Moore.

Open: Wed-Sun, June 1-Oct 15, Sat and Sun, Oct 16-



Social Committee News

The next buffet breakfast is Saturday, 21 September from 9:30 to 11 am. Cost is \$5.00 per person.

There will be a sign up sheet at the club house closer to the date and Marlynn Stott is the contact.



Transitions:

Condolences to **Barbara Cerasuolo**, 11A Autumn, on the death of her mother.

Moved: **Terri Kilshaw** to 45 Teresa Dr. here in Hudson. Her phone number and email are the same. Many of us will miss her and hope to see her at some of our Quail Run activities.

Driving News

- AAA has partnered with the state on the E-Z Pass. Members can open a new E-Z Pass account by visiting any participating office to fill out the application. There is no fee for the transponder, but members must establish a \$20 account balance using a credit card.
- Drivers can be fined \$100 for driving in a dedicated bicycle lane, even if there are no bicycles in sight.



May31 from 11:00 a.m. to 5:00 p.m.

Tours on the hour. Last tour at 4:00p.m. Closed most major holidays.

Admission: \$15 adults, \$12 seniors, \$8 students. Free for Historic New England members and Lincoln residents.

Location: 68 Baker Bridge Road, Lincoln, MA

Directions: Take 62 to Stow rt.

117. Go right on 117 and continue to 126 in Lincoln. Turn left on 126 and go to Baker Bridge Road, turn right. Gropius House is 1/2 mile on the right. Park in either upper or lower lots or the visitor center.

(Note: George and I really enjoyed this tour)



BOG News (Continued from page 1)

All items for disposal are to be in the bins except for rare instances (e.g., extra boxes due to new unit owner). Logistics of swapping out the bins/tubs and where the new bins are to be placed for pickup are still to be worked out. You will be advised as soon as this information is available. Items like tires, wobbly ladders, broken patio umbrellas, etc. will need to be disposed of by the unit owners. Hudson dump passes may be obtained at the Town Hall for no charge to senior citizens. The loss of the personal service we have enjoyed versus the cost savings was discussed at great length and this is the best fiduciary option.

ARR-MAX has repaired four catch basins, installed two dry wells, one behind 6B Strawberry and one in front of 8C/D Strawberry. Repairs to the back of 6A Strawberry are still needed.

The Board has authorized George Shaw to clean the dryer vents from the outside. George uses a long handle brush to remove any clogs and loosen lint at the ends of the vents. This does not negate the unit owner's responsibility for maintaining the dryer vent from the interior of their unit.

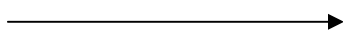
ValleyCrest is working with Marlborough Gutter to replace the gutter down spout extensions damaged by the ValleyCrest mowing staff. ValleyCrest has been authorized to remove the dead pine tree that faces Reed Rd.

Board members and ValleyCrest staff walked around to inspect the arborvitae planted last fall. Several arborvitae appear to be under stress. As a result, ValleyCrest will extend the warranty on identified arborvitae and will deep fertilize them.

ValleyCrest pruned the shrubs in the flower beds that do not have blue stakes. They will be pruning again in the late fall. We will let you know when this is scheduled so if you have a blue stake and want your shrubs pruned you may remove the stake and put back afterwards. For new unit owners, blue stakes are used to let the landscape staff know that the flower bed is being maintained by the unit owner.

There are a couple of unit owners that have fallen on the pea stone in front of the mailboxes and some mailbox pads are deteriorating. The Board is hoping to resolve this issue before winter.

Following last winter's snow infiltration into attics, the



3/14

Doors Left Open

With the advent of HOT weather, the French doors at the club house have been left unlocked. When using the club house for any event or meeting please be sure to check to make sure all doors, including both French doors, are locked before leaving.



Heritage Chorale Open Rehearsals and Auditions



Do you love to sing? Are you committed to excellence in choral sound? Consider joining the Heritage Chorale for the 2013 -

2014 Concert Season

Fall Open Rehearsals: September 3 and 10
Auditions: September 12, by appointment
Scott Hall - First Parish Church in Framingham; 24 Vernon Street, Framingham Center

For more information contact Elaine Recklet at 978-562-2721 or erecklet@comcast.com
Details also on the Chorale's website
www.heritagechorale.org

BOG (Continued from left)

roof vents on seven units still need to be retrofitted. This work will be scheduled once weather temperatures are below 85°. Once these vents have been retrofitted damaged ceilings and walls that cannot be cleaned with a bleach solution will be painted.

JULIETS NEWS

All Quail Run women are invited to Lunch —

Thursday, 22 August 12:30
Guisepe's Grille, 35 Solomon Pond Rd., Northborough.

Contacts: Carol Suslowicz 978-212-5141 & Barbara Langley 978-212-5006
List will be posted at community center after 7/24.



Wednesday, 11 September 12:30 at Charter Oak Country Club, 15 Brent Drive in Hudson.

The cost is \$25.00 per person and will include entrée, drink, fruit cup desert, and tip.

Contacts: Claire Kilcommins 978 562 3336 and Pat Trask 978 212 5201

Directions from Quail Run: left onto Marlboro St, right on Forest Ave.; right onto Main St. after 1.5 miles turn right onto Brent Drive

Why Did I Come In Here?

Ever walk into a room with some purpose in mind, only to completely forget what that purpose was? Turns out, doors themselves are to blame for these strange memory lapses.

Psychologists at the University of Notre Dame have discovered that passing through a doorway triggers what's known as an event boundary in the mind, separating one set of thoughts and memories from the next.

Your brain files away the thoughts you had in the previous room and prepares a blank slate for the new locale.”



It's not aging, it's the door!

Thank goodness for University studies!

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



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2/14



If Oxygen is in use in your home – turn off the pilot light/flame in your fireplace.

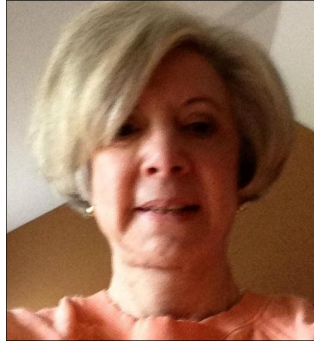
This is a fairly simple operation and the pilot light can easily be turned back on when needed.



**Technology
Corner**

**Should I Buy a New
Computer or iPad?**

Is your computer slowing down? Do you think you need to buy a new computer? Can an iPad replace your computer?



Carole Perla

Make a list of the things you do on your computer. Do you surf the web, send and receive email, use Facebook or Twitter, use a word processor or spreadsheet program, or play games? An iPad can handle all of these tasks. You can also edit photos on the iPad. Unlike most computers the iPad has both touch screen and voice-recognition.

On the other hand, if you need lots of storage space for photos or do more complex tasks like video or audio editing, use macros in spreadsheets or plan on writing a book, then you need a computer.

Applications for the iPad are less expensive than those for a Windows PC. Updating the operating system for the iPad is free unlike for the a PC using a Windows operating system.

The iPad comes with a variety of pre-installed applications. A sample of the pre-installed applications are Safari (a web browser), Mail, Calendar, Camera, and iTunes.

The App Store sells Pages and Numbers for \$9.99 each and iPhoto for \$4.99. Pages is a word processing program, Numbers is a spreadsheet program and iPhoto is a picture editing program. Pages and Numbers are compatible with Microsoft Word and Excel.

iOS Apps

The Transit App (Free) - The Transit App works in 37 US cities, including Boston, New York, San Francisco and many others. It has been developed specifically for public transportation. Type in your destination, and The Transit App gets you a list of options from your location right away. If your city supports it, The Transit App also shows you real time locations of busses, trains, and subways.

Dropbox (Free) - Dropbox is a free cloud storage ser-

vice that lets you bring your photos, docs, and videos anywhere and share them easily. Dropbox lets you access and sync files across all your devices. Dropbox offers 2GB of free storage.

Merriam Webster Dictionary (Free)

iPhone App - America's most useful and respected dictionary. In addition to all the definitions from Merriam-Webster's Collegiate Dictionary, the app offers voice search, synonyms, antonyms, example sentences, Word of the Day, and more.

iPad App - An enhanced version of the iPhone app, designed especially for the iPad. iPad-only features include a scrolling index that lets you browse the entire dictionary.

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**



Mom Turkey and babies visit Quail Run. This great picture was taken in Ben Dew's backyard. Father Tom is hiding in the background.