



The Quail Runner

For and By the Residents
Of Quail Run



November—December 2013

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts



HOLIDAY PARTY

Saturday, 14 December at 6:30 PM is the Annual Quail Run Holiday Party. There will be appetizers and desserts, (supplied by our fabulous Quail Run Cooks), and we will hold a *Yankee Swap*.

If you would like to participate in the *Yankee Swap*, and we hope you all will, please bring a wrapped \$10.00 gift. The idea of a *Yankee Swap* is, each person draws a number. #1 chooses a gift first, and unwraps it. #2 then selects a gift, unwraps it, and if he/she would rather have #1's gift, they swap. And so on. #1 is the last person to have the choice to swap a gift. It can be a lot of good-natured fun!



Everyone is invited to join us to light the Menorah and the Christmas Tree.



Sign up by Wednesday, Dec. 11. Add your name to the sign up sheet at the clubhouse, or call Barbara Baker, 978-562-2460, or Sally Mauro, 978-568-0821. **The charge is \$5.00, payable at the door.** BYOB.

Please bring a donation to the Hudson Food Pantry, or an unwrapped toy to be donated to Toys for Tots.



November Board of Governors (BOG) News

The Annual Budget Meeting will be held on December 5, 2013 at 7:00 P.M. at the Community Center. Our new Property Manager, Fran Hall will be present for everyone to meet. Hope to see you there.

After an inordinate number of faux pas, Allied Waste/Republic Service is now our trash and recycle vendor. Remember, all items must be in the bins. For weeks when there is a holiday on a Monday or Tuesday our trash collection will be on Wednesday.

The fence along the retainer wall behind 3 and 5 Autumn has been replaced with vinyl. It looks very nice and will hopefully hold up better than the wood split rail fence.

A contract has been signed for SPS to repair the Community Center. They have indicated that they will try to have completed before Thanksgiving.

A contract has also been signed with ARR-MAX to repair several mailbox kiosk platforms and replace the paths to the mailboxes with concrete; fix the drainage issue behind 6A Strawberry; and to install two parking spots between 7 Strawberry and

(Continued on page 10)

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The Quail Runner Staff

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 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**

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Technology Corner— Carole Perla
 & Pete Recklet

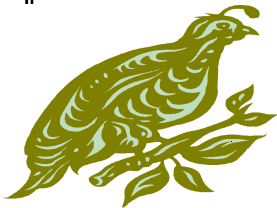
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Healthy Living—Peggy Rittenhouse
QR Real Estate News—Hugo Guidotti
QR Cook Book—Claire Kilcommins

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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

www.QuailRunHudson.com.

Editor's Desk

MJ Ebens, editor

We have a new columnist starting with this edition: **Claire Kilcommins** is collecting recipes from our fabulous Quail Run cooks. The first one is on page 3. The Social Committee wanted to publish a hard cover cookbook, but the cost is prohibitive. We'll try to publish a new recipe with each edition of the *Quail Runner*, page 3. Do you have a recipe that always gets raves? Then pass it on to Claire, 5E Autumn or okck@verizon. Net.

An understandably proud **Harold Edelstein** shared a paper his son published on *Genetic Variations*, page 11. While it's a bit hard to understand, the idea is a hopeful one for all of us—one more step forward in understanding how our bodies work.

We can again thank **Kevin Fitzgerald** for providing us with puns. To quote Oscar Levant, "A pun is the lowest form of humor...when you don't think of it first." How many of us at Quail Run remember Oscar and his wry sense of humor?

Turkeys, turkeys, turkeys! We have certainly been invaded. Let's hope they move along soon. To think, not too long ago they had been wiped out in this area!

MJ



Our Board of Governors

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This listing also appears on page 2 in the *Quail Run Directory*.

Welcome New Residents

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



HEALTHY LIVING

by Peggy Rittenhouse

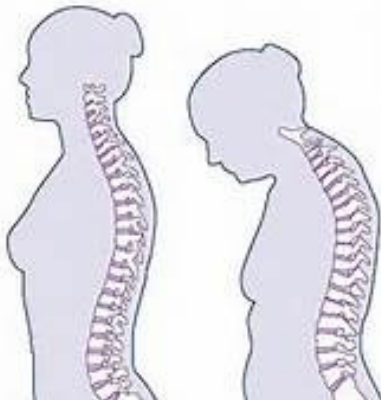
Calcium from Plant Food

We hear so much about calcium and milk products, but what about plant sources of calcium. It's a topic us older folks should be interested in. The RDA (Recommended Daily Allowance) for calcium is 1,000 mg daily for women ages 19-50 and men 19-70. Women over 50 and men over 70 should aim for 1,200 mg of calcium daily. According to Dr. Neil Barnard from the Physician's Committee for Responsible Medicine, calcium from plant foods is highly absorbable. Take Brussels sprouts--their absorption efficiency is twice that of milk. Spinach has a lot of calcium but it is poorly absorbed, same for Swiss chard and beet greens. Dr. Barnard's top 10 calcium sources are:

- Fortified orange juice (1 cup) 349 mg. per serving
- Fortified soymilk (1 cup) 299 mg.
- Collards (1 cup, cooked) 268 mg
- Firm tofu (with calcium sulfate, 1/1 cup) 253 mg.
- Turnip greens (1 cup, cooked) 197 mg.
- Mustard greens (1 cup, cooked) 165 mg.
- Soybeans (1/2 cup, cooked) 130 mg.
- Kale (1 cup, cooked) 94 mg.
- White beans (1/2 cup, cooked) 81 mg.
- Cabbage (1 cup, cooked) 72 mg.

You'll find calcium in greens and beans, as well as in many fortified products. Dr. Barnard says, a tablespoon of sesame seeds on your salad or greens will add another 88 mg. of calcium. But there is no need to always look for the highest-calcium foods. Rather, include a variety of green leafy vegetables and beans in your dietary routine—it all adds up.

Osteoporosis in the vertebrae



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, and **Reply to him in email — not the Quail Run Website.**



Curtain Call

The next play is "Deathtrap" put on by Theater 111 in Acton. Sunday, January 26 at 2:00 PM. The price is \$17.00. Tickets are not available at this time. I will send out a notice when they are available.

If you'd like to join the group and get theater notices, contact me, Toby Allen, 978.562.7437. The group generally frequents matinees in the local area.



Toby Allen

Quail Run Recipe Book

Hosted by Claire Kilcommins

Marlynn Stott's Pot Roast

- 1 bottom round roast
- 1 envelope dry ranch dressing (Hidden Valley)
- 1 envelope dry brown gravy mix (Good Seasons)
- 1 envelope dry Italian dressing (Good Seasons)
- 1/2 cup water

Combine dry mixes. Sprinkle over beef. Add water. Cook in crock pot on low 8 hours.



Quail Run Real Estate News

by Hugo Guidotti

As reported in my last column, real estate activity here at QR has slowed considerably from the fast pace of this past spring and early summer. There are now 2 units for sale, one at 1A Autumn (C unit) is available for \$328,900 and one at 6F Rotherham (B unit) for \$330,000.

I will be listing the home of our late Tim Lilley at 8E Strawberry (B unit) as soon as the attorney finishes with settling the Estate of the Lilley family.

The only recent unit to go under agreement, 2G Strawberry (A unit) was on the market for \$289,900. This was the home of the late and much esteemed Lynn Fishman and I have been most pleased to help the family by selling that unit to a great couple from Acton, MA. It is expected to close on Dec. 30, 2013.

Interest rates continue to bounce around but now are in the range of 4-4.5%. But this is not extremely significant for QR buyers and sellers as many of our buyers can pay cash or have very large down payments.



I look for activity to increase after the first of the year, when, believe it or not, the "Spring Market" begins.



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08/14

WANTED MENS TIES

Jane Freedman is looking for men's ties for a project she is doing. If you would like to clean out your closet in preparation for upcoming holiday gifts, or just want to get rid of them because you don't wear them any longer, Jane would be happy to take them off your hands. If you have relatives who want to get rid of some/all of their ties, please let them know that they can go to a great cause.

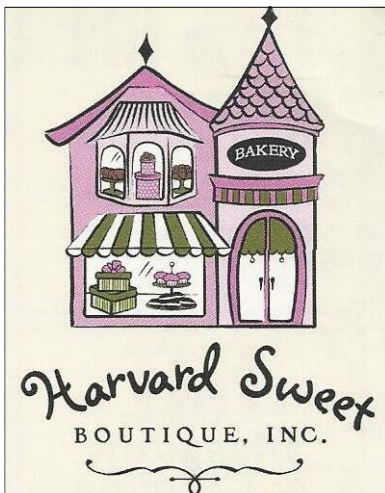
You can contact Jane at 978-212-5112 or email her at janepfreedman@gmail.com. She will be delighted to come and take them off your hands.



Recommended Trade People

A full service Bakery across from the Horseshoe Pub.
25 South St., Hudson
Open Tu—Sa 9-5

Recommended by Ebens



Precision Overhead Garage Door Service; 15 Bonazzoli Ave. Unit 3; Hudson; 1- 887-491-0424

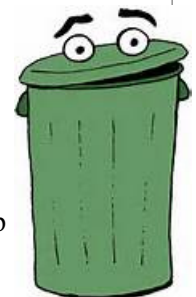
Quick, professional service. Marie Kapsalis recommends them.

Trash Explanation and Reminder

Please be aware that the trucks have a split body, with trash on one side and recycling on the other. Although you may think that the trash and recycling are being put together they are, in fact, not.

Please remember not to put anything on top of your containers. All items must be put inside the containers in order for them to be emptied.

Dartmouth Group



Board of Governors Meeting Minutes

You can read these on our website.
www.QuailRunHudson.com

For the password, contact the chair of the Communications Committee, MJ Ebens, 978-562-7880.

Quail Run Photos



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

07/14

Turkeys, Turkey, Turkeys!!!

Clearly our development has been misnamed! As many as six of these feathered visitors have been spotted all over, including some at Intel. **Terri Kilshaw**, former resident, now living in the western part of the town has a picture of 16 birds in her back yard.

According to *Peterson Field Guides on Eastern Birds* turkeys eat berries, acorns, nuts, seeds, and insects and the contents of our bird feeders. Their habitat is woods, mountain forests, and wooded swamps.

You may remember we had a visit from them this spring when the hen and tom and their poults (babies) visited us. (See below.)

Don't make the mistake of challenging these birds, they have powerful claws and strong wings. The toms have spurs on the back of their legs — all of which can do a lot of damage.

Condo Care

George Shaw contacted AIRTEK located in Hudson, who agreed to clean our dryer vents for an agreed on price of \$75.00 per unit. This cost has to be paid by the unit owners. They will need access to your unit to perform this service.

This company also specializes in cleaning heating air duct. If you want that performed they will also discount that.

The contact person, the owner, is Neil Maloney, 978-567-1072. Their website is WWW.AIRTEK.com

Water turn-off valves – the next time a plumber visits your house, ask him to check the water valves under the various sinks and toilets. These can freeze up over time and when there is an emergency such as the toilet flooding, the valve won't work

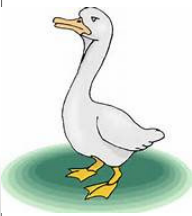
Garbage Disposal: To clean it, run ice cubes or baking soda and vinegar to scour away any gunky buildup.

Smoke Detector: A better way to do your annual test is to hold a blown-out match or two under the unit.

Utility bills: Keep an eye on them to make sure there are no major changes from one month to the next; if there are, you've probably got a maintenance issue somewhere in the house. For example if your electric bill suddenly jumps, one of your appliances (e.g. refrigerator) may have a problem.

For Sale/Trade/Free/Wanted

Free: kitchen table 47" X 29" and 4 chairs, blonde wood ; contact **Linda Palmer** 987.568.9141



Sale: Queen-size 100% white **goose down comforter** with cotton cover. Includes blue duvet cover and breathable storage bag. Used very little. Stop by and check it out if you know someone who might like it for a Christmas or Hanukah present. \$75 value for \$50 or best offer. **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.



Westborough.

A number of yarn and needlework shops in this area have closed, but there still is a very good one in

For information on the group, contact **Marie Kapsalis** 978-568-0713

Elder Law from the Senior Center

The Hudson Senior Center sponsors a lawyer who gives periodic talks on issues dealing with senior citizens and the law.

If you can't make the talks, you can find them repeated at this location:



<http://www.youtube.com/elderlawfrankandmary>

Hudson Historical Society's Museum

Is located on 43 Broad St. and is open on Tuesdays from 2—4 pm and on the first Saturday of the month . From 10—2:00.


The Society has an amazing collection of Hudson memorabilia that dates back to the beginnings of the town. The collection includes a number of photographs showing what the town looked like back when Wood Square was indeed square and visited by a number of trolley lines.



Reminder — Don't lock Storm Door

When you're away and in case of Emergency, the door will be forced if the Fire Department needs entry to the building — not just your unit.

1/14



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Quail Run Birthdays

December

- Jane Freedman, 2
- Joyce Goodwin-Kent, 4
- Rick Carwile, 4
- Richard Ebens, 6
- Jan Painter, 10
- Theresa Bosio, 19
- Renee Kossuth, 21
- Charles (Chuck) Kent, 29
- Ken Spears, 29
- Marilyn Hoffman, 29



To include a birthday, contact your reporter or the editor

January

- Nina Schlikin, 6
- Barbara Langley, 10
- Helen Marckini, 13
- Barbara Kansky, 17
- Peggy Rittenhouse, 20
- Terry Milot, 20
- Shirley O'Connell, 27
- Deborah McCormack, 30
- Karen Hart, 31

- The roundest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
- A rubber band pistol was confiscated in the algebra class because it was a weapon of math disruption.

Weight & Nutrition Support Group

We meet on Wednesdays at 9:30 at the Community Center. Each of us set our own reasonable goal and the group helps us stay focused.

No dues or fees. The group supports and helps 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

CAPRICORN - December 22 - January 19

The year 2013 has helped you to see life in a new light and has diversified your priorities. There has been more time for you to relax and rejuvenate than the previous year.

However, much tolerance ought to be exercised. A more serene atmosphere is in store for you now and through 2014. The planets promise much materialistic benefits this period. The doors of your love life will be wide open now. The planets will help you to get stabilized and there will be a total transformation in your love relationship.

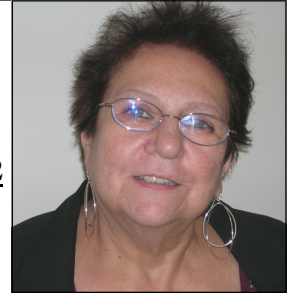
There is room for you to express yourself in a more sensible way to your partner. This is the right time to express your feelings and inner cravings to your other half. Do not hide anything from your partner. A tenderness can be expected in the relationship towards the end of the year and into 2014.

AQUARIUS - January 20 - February 18

The year of 2013 has been much more peaceful and serene than you had imagined. It has been a period of huge possibilities with vast growth opportunities for the future. Situations calling for much action on your side would be met now.

Make sure that your impulsive actions do not bounce back on you. There would be conducive relationships with those around you in all aspects of life. A much demanding period awaits you the rest of this year and going into 2014.

The future promises overall happiness and contentment in your love life. Beware not to be too excessive when it comes to showing your feelings to your partner. Be natural and show your true self. Friends might come in handy when you need their advice the most. Live in the present and build a strong foundation for the future.





“Lee” and Paula Bradbard —won the Halloween costume party first prize at their new home.



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3/14

Try your luck at the Cape Cod Puzzle below.

Can You Find These Words?

- | | | | | | | |
|----------|------|---------|------------|--------|----------|-----------|
| ANCHOR | CLAM | EEL | LIGHTHOUSE | QUAHOG | SEASHELL | STARFISH |
| BOW | CRAB | GULL | LOBSTER | SALT | SKATE | STEAMSHIP |
| CAPE COD | DECK | HYANNIS | NANTUCKET | SAND | SNAILS | STERN |
| CAPTAIN | DUNE | KELP | OCEAN | SEAL | SQUID | WAKE |

| | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | P | T | L | O | B | S | T | E | R | S | T | E | R | N | T |
| E | L | H | L | O | S | T | A | R | F | I | S | H | P | E | E |
| A | S | Y | W | A | K | E | A | G | Z | S | A | L | M | T | K |
| S | N | A | I | L | S | A | W | N | J | E | E | L | A | A | C |
| H | U | N | N | Q | J | M | D | E | C | K | T | U | L | K | U |
| E | E | N | U | D | G | S | Q | U | A | H | O | G | C | S | T |
| L | L | I | G | H | T | H | O | U | S | E | O | C | E | A | N |
| L | D | S | E | A | L | I | X | A | R | B | A | R | C | M | A |
| K | A | D | O | C | E | P | A | C | C | A | P | T | A | I | N |

Area Highlights

Danforth Art is a small museum located in Framingham. They have dramatic plans to increase the funding, hire new staff, and move into a new home by 2016. The museum was founded in 1975 to focus on American art and offers an art school for children and adults.



The museum is currently housed in a former school in downtown Framingham and has purchased the Jonathan Maynard Building, a historic property on the village green. This museum, started by locals 38 years ago, has gradually built up a collection of more than 3500 pieces. They have works by James McNeill Whistler, Albert Bierstadt, and Richard Yarde among other New England Artists.

On a visit you will have an entertaining and educational experience in the visual arts. There are 7 galleries including a children's interactive gallery.

Danforth Art educates the public through its collection of American art, changing exhibits of contemporary artists and a collection of Native American artifacts. This small museum is well worth a visit now as it will be several years before they are settled in their new home.

The museum is open Wednesday 12-5, Thursday 12-8:30, Friday and Saturday 10-5 and Sunday 12-5. Seniors: \$9 with \$1 off for MTA (Mass Teachers), AAA, and WGBH. 'GBH membership also has buy one admission, get one free. There is free parking.



www.clipartof.com · 443141

Directions: Route 9 east to the Framingham/Edgell Road exit. At the end of the ramp, turn right at the light onto Main Street. The road becomes Union Ave. after you pass the Minuteman statue on your left. Proceed on Union Ave. about one mile. Make a left onto Lexington Street and an immediate right into the museum parking lot. For your GPS the address is 123 Union Avenue.

For another suggestion see right: →

Social Committee News

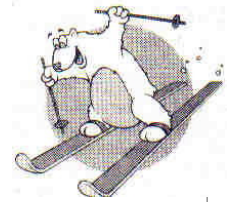
Come and celebrate 2014 at the clubhouse on **Saturday, 11 January, from 9:30 – 11:00**. Start the New Year by enjoying coffee, goodies and conversation with your friends and neighbors at the Clubhouse.



Charge \$1.00. Please bring an item for the food pantry.

SAVE THE DATE!!

Our Valentine Polar Bear Dinner will be held on Saturday, 15 February. Details to follow.



Technology Corner (From page 12)

via handheld wireless devices such as mobile phones, pagers, two-way radios, smartphones and communicators.

Web browser: Commonly referred to as a browser is a software application for retrieving, presenting and traversing information resources on the World Wide Web. Examples are Internet Explorer, Safari, Chrome, Netscape, and Opera.

Wi-Fi (Wireless Fidelity): also known as 802.11b, 802.11g, 802.11n, creates a wireless network allowing multiple users to share the same Internet connection in small areas like homes and some offices.

THE MUSEUM OF RUSSIAN ICONS at

203 Union Street in Clinton is currently having an exhibit through January called *Crossing the Threshold: Traditional Folk Art from the Russian Home*.

This is an exhibit of authentic examples of woodcarving, embroidery, basketry, metalwork, pottery, and toy making created by renowned Russian artisans and craftsmen. The admission is \$5 for seniors and is open Tuesday through Friday 11 to 3 and Saturday 9 to 3.

You can also take a complimentary audio tour of the Icons during your visit.



BOG News (Continued from page 1)

6 Rotherham.

The Board contracted with Noblin to prepare a revised reserve study. Which we expect to receive imminently. It is critical that appropriate funds be put into our reserve account for major repairs/maintenance and to avoid unanticipated special assessments. Therefore, the Board believes that the revised study will assist us in making sure we are fiscally responsible.

ValleyCrest deep fertilized our trees and arborvitae. They also extended the warranty on the replaced arborvitae for one more year. The fall cleanup is finished and all shrubs have been trimmed.

Marlborough Gutter will be on site shortly to clean the gutters. This was delayed since we still have trees with leaves and the mature oaks along the Intel property look like they still have leaves that will come down this fall.

A big thanks goes to the Building and Grounds Committee for all their work this fall and providing the Board with the results of their property walk through. As a result of their report the following lists were prepared/updated:

Items needing to be addressed by ValleyCrest. They have already repositioned all air conditioning units. For the second time this year, they will replace damaged down spout extensions.

Note: the Board is aware of the issue with tree growth through/over the fence behind Rotherham. We have received a proposal from ValleyCrest and will vote to approve at our delayed November Board Meeting.

The list of dead/missing/declining trees was updated. As mentioned in a previous Quail Runner, the Board chose to not replace trees until spring in order to prevent potential snow plow damage to very young trees.



Deck repair issues: First, the Board was very surprised by the list of items since we walked around with SPS during the deck repair/painting project on multiple occasions and thought we were diligent. When SPS is on site to repair the Community Center, the Board and SPS will walk through with the list of items from the Building and Grounds Committee and take appropriate action. It's imperative that the decks and their steps are safe. Please remember that due to the significant cost of

(Continued right)

3/14

(Continued from left)

replacing rotted wood, split wood that was not rotted was not replaced.

Items needing to be addressed by The Dartmouth Group's maintenance staff. This list includes such items as broken dryer vent flaps, exposed ground wires and irrigation lines, a dryer vent plugged with lint, missing wire baffles/guards in vent pipes, etc. The Dartmouth Group's maintenance staff started their repairs/fixes on November 18th.

The issue with rust on the trim around basement windows listed in the Building and Grounds Committee report will be brought up and discussed at our Board meeting since this most likely needs a proposal and Board approval to address.

We are still waiting for a meeting with the ValleyCrest arborist to discuss the results of the soil samples taken earlier in the year. The goal is to only plant trees that will survive in our soil. Since the Board voted to delay planting new trees until spring, we felt this could wait.

As of the date of this article, the Board has not met in November. As a result a couple of items are on the table that have not been voted on or approved (e.g., the new landscape contract).

Addendum to report:

The two parking places are installed and the needed drainage behind 6A Strawberry has been completed. But mailboxes are still delayed till spring.



- Time flies like an arrow. Fruit flies like bananas.
- A hole has been found in the nudist camp wall. The police are looking into it.
- Atheism is a non-prophet organization.
- A sign on the lawn at a drug rehab center said: "Keep off the Grass."

JULIETS NEWS

All Quail Run women are invited to Lunch —

December 12, Thursday, 12:30 at Marlborough Country Club. The address is 200 Concord Road and the directions are on their web site.

Separate checks; Limited Menu
Four choices:
Cobb Salad \$13
Chicken Parm Sandwich \$9.50
Pasta Primavera \$13
Salmon Burger \$11

Contacts: **Marlynn Stott 978.567.5912 Sally Mauro 978.568.0821 Sherry Lupien 978.562.5825**

January 14, Tuesday, 12:30 at the Horseshoe Pub, South St., Hudson

Separate Checks Choice of Menu
We will be seated upstairs

Contact: **Ginny Bosio 987.568.0301**



Platelet Genetic Variation by Race Has Implications for Personalized Medicine

Platelet expression of a protein that affects thrombin receptors is enhanced in blacks compared with whites, and potentially explains some race-related variation in platelet activation and by extension, thrombus-mediated ischemic risk, suggests a laboratory study published today in *Nature Medicine* (11-10-2013).

The findings underscore that “racial differences in clinical responses to antithrombotic drugs need to be taken into account, particularly in the case of drugs designed to inhibit thrombin activity,” write the authors, led by Dr. Leonard C. Edelstein (Thomas Jefferson University, Philadelphia, PA) (Son of **Barbara and Harold Edelstein**).



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

Scam Alert ... Medicare is Not Calling Anybody!!

A senior from Carlisle received a phone call from someone stating they were sending out new Medicare cards and asked for personal information which the senior provided. This senior became a victim of check fraud. **Please note: Medicare will never call you and ask for personal information.**

If you have any questions or concerns regarding Medicare, call 1.800.633.4223.

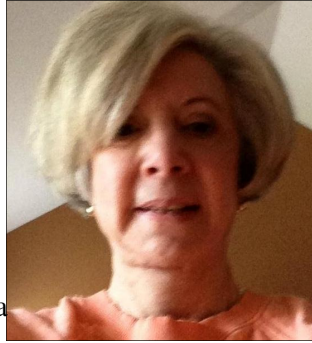
Doggie Do-Do Problem

Some of our residents don't seem to know that they must pick up the waste after their dogs. Please don't make someone complain to the Board of Governors about you.



TECHNOLOGY JARGON

By Carole Perla



Bluetooth: another form of wireless technology. It is a standard for exchanging data over short distances and replaces computer cables.

Bookmarks/Favorites: a link to a Web site addresses saved electronically in a browser (e.g. Internet Explorer, Chrome, Safari, Netscape) to help gain quick access to the Web page visited on a regular basis.

CD-RW, CD-R, DVD-R, DVD+R: refer to special disk drives that can record CD and DVD disks rather than merely playing them back. CD-RWs (RW is short for re-writable) are disks on which you can repeatedly record data or music. CD-Rs, which can be written on only once, but are cheaper. The drives that handle both of these disks are called CD-RW drives.

Cache: computer memory with very short access time used for storage of frequently or recently used instructions or data. Temporary storage of web documents.

Cookie: small piece of data sent from a website and stored in a user's web browser while a user is browsing a website. When the user browses the same website in the future, the data stored in the cookie can be retrieved by the website to notify the website of the user's previous activity.

Dongle: small device, the size of a USB Flashdrive, that plugs into a computer and serves as a security device so only authorized users can access an application.

Ethernet: a system for connecting a number of computer systems to form a local area network with protocols to control the passing of information.

Firewire: External connector, similar to a USB port, that provides access to a restricted site (e.g. Government database).

Flat monitors: a type of video display that is thin and flat, commonly used in laptops and televisions

JPEG (Joint Photographic Experts Group): standard algorithm for the compression of digital images; a digital image stored as a file.

LAN (Local Area Network): is a computer network that interconnects computers in a limited area such as a home, school, computer laboratory, or office building using network media.

NIC (Network Interface Controller also known as a network interface card, network adapter, LAN adapter and by similar terms): is a computer hardware component that connects a computer to a computer network.

PC Suite: a package of Windows-based PC applications.

RAM (Random Access Memory): computer memory that holds the data you are working on at any one moment. Every PC, tablet and smartphone has this feature.

ROM (Read Only Memory): computer memory that can permanently store data and applications within it.

Shared video memory: main memory is shared by the display functions. Sharing main memory with the display function reduces the amount of memory available to applications. Main memory is not as fast as the specialized video memory on stand-alone video cards. Traditionally, PCs used a special bank of memory for the video circuitry. Lately, however, cheaper PCs are stealing a portion of main memory for use with their video circuitry. This can impair performance by degrading the amount of main memory the computer can use.

Thunderbolt: a standard type of Intel connection that might be used to link external peripherals to a computer. Thunderbolt is considered a potential replacement for USB, FireWire, PCIe, SCSI, SATA, and other forms of linkage methods.

USB (Universal Service Bus): widely used hardware interface for attaching peripherals such as smartphones, flash drives, cameras, and printers to a computer.

USB 2.0: fast computer connection replacing regular USB (Universal Serial Bus) ports, sometimes called USB 1.1. Both types act as outlets on computers to which you can add multiple accessories, such as mice and external drives. USB 2.0 ports look the same as the originals, but are up to 40 times faster.

WAP (Wireless Application Protocol): a technical standard for accessing information over a mobile wireless network. A WAP browser is a web browser for mobile devices such as mobile phones that uses the protocol. It allows users to access information instantly

(Continued on page 9)

