



The Quail Runner

For and By the Residents
Of Quail Run



May—June 2014

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

May Board of Governors (BOG) News

We held our Annual meeting on May 15, 2014 to elect the new Board of Governors, review the accomplishment for the past year, and review our year-to-date financial status. Unfortunately we did not have a quorum. So, the three incumbent Board members were not officially approved to continue to serve on the Board. We were given two options. First the Board can nominate the three incumbents to be on the Board for one year or we can hold a special Board election. If the Board decides to appoint the three incumbents for one year and not hold a special election, all Board members will be up for reelection next year. At this time, the three incumbents are continuing to serve and we are checking on the cost associated with a special Board election. This will be resolved at the June Board meeting.

In the meantime, roles have changed slightly. Klaus Schneller is the new Clerk and Les Malecki will assume the role of Member-at-Large. The roles of the other Board members remain the same (i.e., Patricia Ritter-Waltrup, President; Bill McPhail, Vice-President; and Angela Donato, Treasurer).

The Board met to review the updated reserve study. Last year a total of \$51,332 came out of the reserve account for the deck repairs and replacement of the gutters. This year an additional \$5,500 has been allocated to the reserve account. No other changes are being made at this time as it would increase our condominium fees.

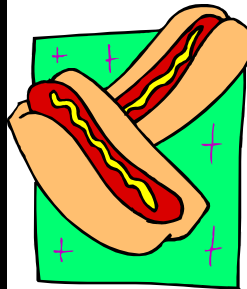
To our surprise, the first fire hydrant at the Autumn entrance may not be removed. It is a buster pump. It's unknown why it was covered up for several years.

SPS repaired the deck identified in last fall's Building and Grounds Committee report and walk through with the Board.

(Continued on page 4)

PICNIC AND GAMES

Saturday, 21 June, we will hold our Annual Games Day at the Clubhouse; Noon – 3:00.



A picnic lunch will be served – Hot Dogs, Sandwiches, Salads, Lemonade, coffee, and Watermelon for dessert. (BYOB)

The games consist of Ring Toss, Penny Pitch, Golf Putt, Wheel of Fortune and a few more! Prizes awarded for the “high rollers”.



Eat first, then play games, or play games first and then eat. Join us for an afternoon of fun!

\$5.00 per person, payable at the door. Sign up at the Clubhouse, or contact Sally Mauro, 978-568-0821, srednims@aol.com, or Barbara Edelstein, 978-567-5909 bedelst@yahoo.com

Sign Up Deadline Wednesday, 18 June.

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The Quail Runner Staff

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 6/11 Autumn Mary Lewis
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 2/4 Strawberry Barbara Champine
 5 Strawberry Lee Rouse
 6/8 Strawberry Toby Allen
 7/12 Strawberry Barbara Paradiso
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 6 Rotherham Harry Morgan

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What's Up — Beverly Beylouné

Area News—Barbara Champine

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're losing another of our *Quail Runner* staff member.

Marilyn and Stephen Hoffman are moving to Chicago to be closer to their triplet

grandchildren. Marilyn has been the reporter for 2/4/9 Autumn since the newsletter started. Stephen has agreed to demonstrate how to turn our fireplace pilot lights on / off. See page 7.

While on the subject of "fires" be sure to read the article on **Smoke Alarms**, page 9, particularly if you wear a hearing aid.

Pat McKay and Nancy O'Brien are splitting the duties for 2/4/9 Autumn.



MJ

Our Board of Governors

Angela Donato bondona@comcast.net 978-562-3875

Les Malecki lmalecki@comcast.net 978-212-5697

Bill McPhail aruba1009@verizon.net 781-646-4449

Pat Ritter Waltrup ritterwaltrup@gmail.com 978-562-5227

Klaus Schneller kssmet@verizon.net 978-562-1779

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

Welcome New Residents

David & Cathy Bernhardt, 11C Autumn, 978-568-1671, Cathy - cbernhardt@twotonedog.com
David - dbernhardt@twotonedog.com

Janis Galligan, 6F Rotherham, 508-574-0921, j.galligan@neu.edu. Janis comes with her two cats, Felix and Cleo(patra)

Mary Ellen Moynihan, 8E Strawberry, 978-518-0355, mem+x66@gmail.com. Like many of us, Mary Ellen wanted to downsize and she has always wanted a condo. She finds Quail Run a good fit.

Harold "Ted" & Nicole Baker, 2G Strawberry, 978-310-7953, manxman3@comcast.net

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



Drug-Take-Back-Program

Have you ever wondered how to properly dispose of expired prescriptions and other medications?

Flushing them down the toilet? Recent studies show that scientists can now detect concentrations of pharmaceuticals in our rivers and streams particularly downstream from waste water treatment plants: Minute amounts of some pharmaceuticals have even been found in pristine watersheds that scientists attribute to possible contamination from septic systems. So, flushing is not the way to go. Fortunately there is an easy alternative. Hudson Police has a "Drug-Take-Back Programs". The Marlborough Police station also participates in this program. See below the items they do / do not accept.

APPROVED ITEMS:

- Prescription & Over-the-Counter Medications**
- Vitamins**
- Medication Samples**
- Veterinary Medications**
- Narcotics**

Pills Yes



NON-APPROVED ITEMS:

- Needles (any type)**
- IV Bags**
- Personal Care Products**
- Hydrogen Peroxide**
- Inhalers**
- Thermometers & Other Mercury Items which can be disposed of during the Hazardest Waste Collections.**

Needles, No

Safety Suggestion:

If you don't have an emergency button to press, consider carrying your cellphone with you at all times — and set it on the toilet seat when you're in the tub.

ROMEO's

Retired Old Men Eating Out (and having fun!)



Look for more on this in your email. This group is open to all men at Quail Run; it's a good opportunity to get acquainted and a chance for conversation.

Be sure to confirm with the host so that there won't be a last minute rush to provide enough seating.

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

The City Of Marlborough and Town of Hudson MA.

Household Hazardous Waste Collection Day



Saturday June 21, 2014

9 AM -1 PM

400- 402 Hudson St.

Marlborough,MA.

For More information please call 508-481-1933

Quail Run Real Estate News

by Hugo Guidotti

Since the last report on 3/23 only one sale has been recorded and that is Sharon Evans home at 6F Rotherham, a B unit, which sold for \$310,000. It closed on April 25, 2014 after 310 days on the market and was originally listed for \$330,000.

Not much to report in the way of other activity as there are only 2 homes available and they are both "short sales" for which I have buyers who have submitted offers. I have listed John Ogden's home at 1A Rotherham Way for \$339,900 which we purposely listed on the high side because of the short sale issue. John and Janice both have very serious health issues and were forced to sell and have moved to a very nice apartment complex in Leominster and seem to have settled in reasonably well.

The other short sale is unit 7F Strawberry which is owned by Linda Bertelli and is listed at \$282,800. Linda has moved and the house is vacant so we hope all her neighbors will keep an eye on it.

Since some may not understand the term "short sale" here is a brief explanation of the name and how it works. If an owner is "underwater" meaning he owes more than the property could sell for, the bank holding the mortgage will sometimes make an arrangement with the owner so the bank will take whatever they can get by a sale of the property. So if a home sells for \$20,000 less than what is owed to the bank, the bank ends up \$20,000 "short" of what is owed and may forgive the owner of that debt. In some cases the IRS views this \$20,000 as if it were a gift to the owner who may then be liable for taxes on the \$20,000.

One other caveat I would like to mention is that all the things described in my column are items of "public knowledge" so I am not telling secrets regarding information provided here.



Board of Governors Meeting Minutes

Available on our website.: www.QuailRunHudson.com
For the password, contact the chair of the Communications Committee, MJ Ebens, 978-562-7880.



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08/14

BOG News (Continued from page 1)

They also replaced/ repaired a piece of siding on 11A Autumn and 5D Strawberry.

We are working with Weston Nurseries for the replacement of trees, pruning of trees, and to remove a buildup of soil around all other trees. The soil buildup is a result of years of mulch being put down yearly and the previous year's mulch not being removed thus decaying into soil. It's choking our trees. There are 20 trees to be placed. The balance of the trees will have the excess soil removed and mulch replaced. There are trees on "The Tree List" labeled as "declining" that Weston Nurseries believes should be okay once the excess soil is removed. These trees will be closely monitored and as needed replaced. Funds will be set aside for this purpose. Some trees are being replaced because of pruning by unit owners resulting in dead or miss-shaped trees. **Going forward, if a unit owner prunes a tree and makes it miss-shaped or dead, they will be billed for the replacement of the tree. Trees are the property of the Association and not individual unit owners.**

The Board has walked around to look at the health of our arborvitae. As you may recall 50 arborvitae were replaced by ValleyCrest one plus years ago. They are under warranty until fall. A list of arborvitae in stress or thought to be dying has been prepared. We have asked Weston Nurseries to check the arborvitae to help us to determine which arborvitae need to have mulch removed because it may be choking them, needles removed between branches, etc. and which are really dead. We need to closely monitor so that any arborvitae under warranty is appropriately replaced.

Due to our open planting policy, which we approve of whole heartily, unit owners have planted bushes that grow too large for the small flower beds.

(Continued on page 5)

BOG News (continued from page 4)

Currently we have implemented a pruning process for bushes that are growing over the top of porch railings. Any bush found to be growing higher than the top of the porch railing will be pruned or removed.

ARR-MAX is scheduled to be on site “imminently”. They will be removing the mailbox pea stone paths, which if wet from rain or snow are slippery, and putting down cement paths with a more gradual slop to mailboxes plus replacing mailbox pads that are deteriorating. They will also be repairing two road catch basins.

At the request of unit owners and follow-up, the Board received an initial quote on the installation of lighting of the Quail Run signs. The quote was quite high. As a result a door-to-door poll was conducted to determine unit owner interest. Based on the unit owners at home at the time of the poll, 27 unit owners indicated that they would like to light the entrances, five abstained, and 62 indicated they felt we should not be spending our money in this fashion. At the candidate’s night on May 8, a unit owner suggested we check into solar lighting. This was a very good suggestion. The Board is currently reviewing options.



The Board is in the process of moving forward with the following:

- Line painting for the satellite parking and road crack sealing.
- Walking around to determine lawn areas in need of repair. This is especially true of areas where salt/sand barrels were placed this past winter.
- Looking to determine if the downspout extensions damaged by last year’s mowing were replaced last fall.
- The overgrown plants behind 1 Autumn to determine what is needed and obtain a quote for the work.
- Quote for cleaning gutters once the oak catkin has fallen.
- Quotes for painting the metal basement windows.

07/15

Quail Run Committees

It’s the time of year when our volunteer committees are reorganizing and looking for new members. Please think about which one you’d like to join. The committees offer a great way to get acquainted with your neighbors, add to life at Quail Run, and have some FUN.



The **Social Committee** would like to add 2 or 3 more members — they particularly would like some **men** to help with some of the more physical parts of their events. Contact **Barbara Baker** for more info.

The **Building and Grounds Committee** would like additional members to help keep up with surveying the needs of our community. **Jean Mercury** is chair.

The **Communications Committee** can use help in getting information out to our community. Chair **MJ Ebens**

Lack of Master Key Access

Many folks have purchased previously owned units at Quail Run and had their locks changed. Not a bad idea. **But, the master key no longer works.**

The new keys can be modified to work with the master key. This is especially critical in cases where access to a unit is required for emergencies. Such as gas leaks, water damage and fires.

Emergency entrance to your unit is covered in the Master Deed you signed during purchase.

Warner Eldredge, an approved Hudson locksmith, has the codes to re-key your locks. \$50 for a house call and \$12 per lock. You have 2 locks on your front door. Quick and efficient and cheaper than replacing a front door.



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. **George Shaw** has offered to help if you can't reach it.

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.

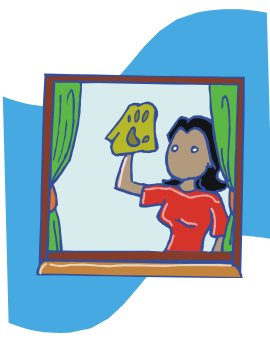
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Garbage Disposal: To clean it, run ice cubes or baking soda and vinegar to scour away any gunky buildup.

Window Washing at Quail Run —

Our windows do tilt out. Push the bottom pane up a few inches and then release the latches at either side of the top of that pane and pull forward.

To do the top pane, pull it down a few inches and then release the latches at the top. **Be careful with the top pane — it is very heavy!** You may want to rest it on the back of a chair or something similar.



For Sale — Free — Wanted

\$30 Tune up for Windows PCs and Laptops (XP, 7 and 8)

- Repair of Registry errors.
- Hard disk clean up to improve efficiency.
- Identification of applications and services slowing the startup process.
- Installation of missing program updates and patches.
- Assessment of antivirus and spyware protections, user accounts and passwords, browser settings and plug-ins with recommendations for improving security and privacy.

\$50 Setup new Windows 7 or 8 computers and laptops

Contact **Pete Recklet** at 978-562-2721 or precklet@comcast.net

Yard Sale Organizer Needed

Pam and Jeff Nesbit, who headed up past yard sales, don't have the time to set up one this year. However, they do have signs that whoever wants to head up the Yard Sale can use, one for each entrance.



FREE

- HP Deskjet 1000 printer (little used) and new black and color cartridges.
- HP Office Jet G55 printer, scanner, copier (works well but is older model) and new black cartridge.
- Case of Mobile 1 oil, 10W-30 (6 one QT bottles) case unopened.


Call: **Barbara Champine** 978-567-5982

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1/15



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Quail Run Birthdays

June

- Rosemary Hanlon, 2
- David Bernhardt, 2
- Dan O'Keefe, Bernie Strauss, 3
- Ray Samra, 4
- Harold "Ted" Baker, 5
- 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

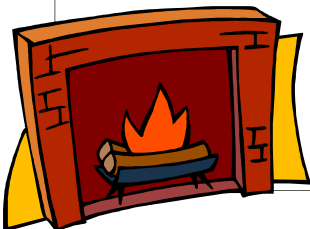
- John Smith, 1
- Margaret Derderian, 6
- Barbara Edelstein, 8
- Connie Nefzger, 11
- Ginny Fullam, 12
- Sharon Evans, 19
- Ginny Fernandes, 21
- Dot Haley, 25
- Ruth Carwile, 26
- Ginnie Samra, 27
- Peter Stott, Ruth Durand, 29
- Marion Anderson, 30

To include a birthday, contact your reporter or the editor

Fireplace Pilot Lighting?

Would you like to learn how to turn the pilot light in your fireplace off in the summer and back on in the fall?

Stephen Hoffman has volunteered to demonstrate this at the Ebens, 4-C Autumn Dr., 978-562-7880, on Thursday, 26 June. Call the Ebens for reservations.

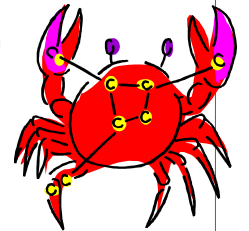
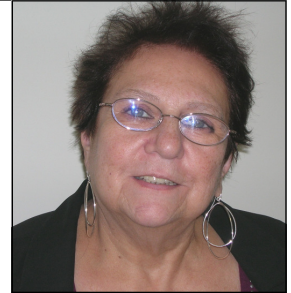


Astrology — What's Up

By Beverly Beylouné

CANCER-June 22, July 22

March was a hard month for many, for we had two eclipses. You are a cardinal sign, and planets transiting were banging each other, giving many of us a hard time. Even if you didn't find yourself in the middle of this, others around you were tense. This spring/summer will be strongly about love and fun as well as social get-togethers. Planets have caused you to focus strongly on home, property, and family matters since December. Now you will have an opportunity to enjoy some social activity. You will begin by attending an outstanding gathering, such as a friend's wedding, birthday party, or baby shower and find that it will continue for the rest of this year. The stars will fill your home with happiness and bring you peace of mind. Enjoy 2014!



LEO July 23 - August 22

As you entered the new year you notice change swirling around you. The end of June will provide a lovely change - fun! You will enjoy the camaraderie of many who hold you dear, and this might include certain family members too. Surely at this moment you will feel loved and appreciated. You may be at an event such as a birthday or engagement party, or other celebration or you may need to travel a short distance to get to this event. Considering how many serious subjects have been on your mind lately, getting to a new setting and being with family and friends will give you a breath of fresh air and help you relax. Even if you had to travel for a social gathering you may get a second chance to travel to some place far away ..grab your passport!



Stitch & Knit

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



For information, contact
Marie Kapsalis 978-568-0713

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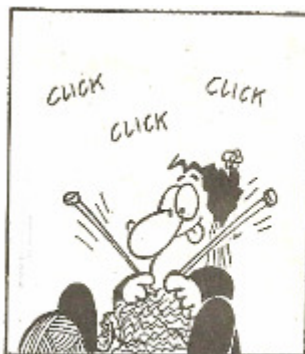


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3/15

Ginny Bosio — Our knitting terror!

(With apologies to
Broom-Hilda and Russell
Meyers)



Pizza Nite Salad

- 2 cups frozen, chopped Kale
- 1 cup frozen, chopped Broccoli (may need to be chopped a bit more)
- 1 cup frozen Peas
- 1 cup frozen, chopped Pepper (may need to be chopped a bit more)
- 1 cup frozen Edamines, shelled
- 1 cans any type of Beans, drained
- 1 cup any kind of chopped Nuts
- 1 cup dried Cranberries or Raisins (or a mixture of the two)
- 3 – 4 Carrots, shredded or chopped in food processor
- 1 medium Onion, chopped in food processor
- 1 cup sliced Celery (To wash bunch, open the stem end slightly and run water down length and inside bunch. Drain upside down. To slice, hold the root end of a bunch in one hand and slice off as much needed from the stem end)

Optional additional add ins

- ½ cup Parsley 1 cup frozen Corn kernels
- 1 Tablespoon Garlic
- 1 Tablespoon Chives
- ½ cup Ripe Olives, coarsely chopped
- 2 Tablespoons Flax Meal (not seeds)

Place in a large container. Do not heat the frozen veggies, but let them thaw out on their own.

Make several hours ahead and leave on counter to thaw

The salad will easily keep for 3 – 4 days.



As requested by the Pizza / Movie Nite crowd.
Editor's recipe



Area Highlights

SOME GREAT RESOURCES FOR SENIORS

SENIOR CHARLIECARD:

T fares and passes are reduced for seniors 65+ and persons with disabilities. Buses are 80 cents, the MBTA subway service is \$1.05 and commuter rail or boat service is 50 percent off the regular full fare.



The Senior CharlieCard is available at the CharlieCard store located in Downtown Crossing Station underground concourse in Boston. The store is open Monday through Friday, 8am to 5:30pm. Call 617-222-3200 if you need more information. Bring

identification.

If you want a CharlieCard but do not want to drive into Boston you can park at Alewife station, parking fee \$7, (almost always parking space on the upper deck) get a one way ticket and take the Red Line to Downtown Crossing. When you get your new card they will ask if you would like to put some \$\$\$ on the card and then you can return to your car for only \$1.

LIFETIME U.S. NATIONAL PARK PASS: One of the best senior travel bargains anywhere is the \$10 lifetime national park pass that admits seniors free of charge to most U.S. national parks, forests, refuges, monuments and recreation areas. The pass is available for U.S. citizens or permanent residents who are at least 62 years old.

Anyone traveling in a car with you is also admitted free regardless of age. In parks where a per person entrance fee is charged you may bring up to three adults, who need not be seniors. This is an especially good deal if you are also traveling with grandchildren, because children under 16 get free admission. The lifetime Senior pass also gives seniors a 50 percent discount on federal fees charged for camping, swimming, boat launching, parking and tours.

The Senior Pass to national parks cannot be purchased by mail or online. It must be purchased in person at a federal area where entrance fees are charged or at

(Continued right)

Area Highlights (continued from left)

regional offices of the National Park service, the U.S. Forest Service or Fish and Wildlife Service. Proof of age, such as a valid driver's license, is required. So if you do not already have a pass, plan to purchase one the next time you go to a national park that carries the pass. For more information call 1-888-ASK-USGS. Note: Check with the site to make sure they have passes available.

MASSACHUSETTS STATE PARK SENIOR PASS:

The MassParks Senior Citizen Pass is available to Massachusetts seniors age 62 or older. The pass grants free parking at Massachusetts state parks (including Wachusett Mountain summit) whether the pass holder is driving the vehicle or is a passenger in the vehicle. The pass is not valid at campgrounds.

Get a free MassParks Senior Citizen Pass in person or by mail. Either: Visit any state park that charges a parking fee, show proof of age and residency, and receive your pass; or Send a copy of your Mass driver's license or other proof of age and Mass residency to: DCR MassParks, 251 Causeway Street, Boston, MA 02114, Attn: Senior Citizen Pass Coordinator.

MassPark Senior Citizen Passes are lifetime passes and are free of charge. You do not need a pass if your vehicle has a handicapped plate or placard, or a disabled veterans plate from any state.

Check Your Smoke Alarm

The typical smoke alarm produces a high-pitched tone, which is the pitch where most people with hearing loss have the greatest loss of hearing. According to the Fire Protection Research Foundation, the typical smoke alarm fails to wake up almost half of those with hearing loss.

For the person with hearing loss, more effective smoke alarms include the Lifetone Bedside Fire Alarm and Clock, the Loudenlow Smoke Detector, and the Silent Call, a smoke alarm system that transmits an alerting signal to a pillow vibrator (which wakes up about 80% of users).

Test your smoke alarm. Can you hear it without your hearing aids? Would you be alerted while asleep? Don't depend on a strobe light device. These alerted only about 25% of sleepers. Purchase a bed or pillow shaker alarm, or a device that produces the more effective low-pitched sound. Contact your hearing aid provider for more information.

Spanish Computer!

A Spanish language teacher was explaining to her class that in Spanish, unlike English, nouns are designated as either masculine or feminine.

"House" for instance, is feminine: "la casa."

"Pencil," however, is masculine: "el lapiz."

A student asked, "What gender is 'Computer'?"

Instead of giving the answer, the teacher divided the class into two groups, Male and Female, and asked them to decide for themselves whether "Computer" should be a masculine or a feminine noun.

Each group was asked to give four reasons for its recommendation.

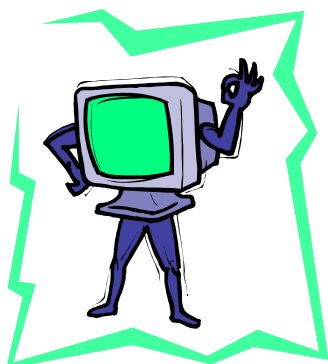
The men's group decided that "Computer" should definitely be of the feminine gender ("la computadora"), because:

1. No one but their creator understands their internal logic;
2. The native language they use to communicate with other computers is incomprehensible to everyone else;
3. Even the smallest mistakes are stored in long term memory for possible later retrieval; and
4. As soon as you make a commitment to one, you find yourself spending half your paycheck to buy accessories for it.



The women's group, however, concluded that computers should be masculine ("el computador"), because:

1. In order to do anything with them, you have to turn them on;
2. They have a lot of data but still can't think for themselves;
3. They are supposed to help you solve problems, but half the time they ARE the problem; and
4. As soon as you commit to one, you realize that if you had waited a little longer, you could have gotten a better model.



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3/14

Curtain Call



Our last meeting will be June 11 at 12:00 in the Community Center. This meeting will include a luncheon. Please call me or email if you plan on attending. Also, please bring a salad or dessert. Curtain Call will supply the sandwiches.

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. The last play of this season was *Spamalot*. The hilarious spoof of Camelot, King Arthur, and his knights.

Ridge Garden



Toby is not taking anymore plants for the Ridge. There is very little space left, and she cannot find a spot to dig a hole deep enough to plant due to the granite ledge that Quail Run sits on.

Medical Device Committee

The committee has compiled a list of medical devices available for loan from and to members of the Quail Run community. The committee consists of: Marcella Monte, 978-562-0823, 3C Strawberry; Chair; Pete Recklet, database manager, 4F Strawberry; Sheila Mahoney, 978-562-3148, 11D Autumn; Lenny (Jim) Suslowicz, 978-212-5141, 6E Autumn.

The medical devices available are listed at the Club House. If you have a device that you are willing to loan out, contact a member of the committee to have the item listed. The devices will be kept by the owner and returned to the owner when the need is over.

If you have a need for a device, contact a member of the committee.

JULIETS NEWS

All Quail Run women are invited to Lunch —

June 12 @ 12:30 at Stephen Anthony Restaurant on Route 20; separate checks and choice of menu. Contacts: Marlynn Stott 978-567-5912 and Nancy Reid 978-562-6282



The information for July is not yet available. Sally Guidotti 978-562-6501 and Ruth Durand 978-562-3338 are the contact people. They will have a sign-up sheet at the club house soon with the information listed. They will also send e mail reminders later. Contact these ladies to sign up or use the sign-up sheet at the Club House.

Weight & Nutrition Support Group

We meet on Wednesdays at 9:30 am 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. We occasionally have guest speakers who help focus us on better dietary options

Open to all ladies here at Quail Run. Contact Marlynn Stott or Marcella Monte – 978-562-0823

Quail Run Circle News

Now that spring is here, our girls at 7 & 12 Strawberry are back on the golf course. Ginny Samra, Joyce Blank and Jan Painter are showing their prowess on the course! Pat Trask is part of the Autumn Dr. contingent!



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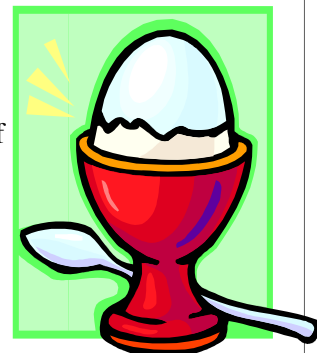
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7 HEALTHY BREAKFAST IDEAS

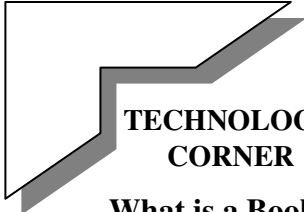
Now that you're convinced that eating breakfast is a good idea, you might be wondering what to eat.

Grabbing a fatty or sugary food, like a doughnut, isn't the best choice. The good news is that breakfast can be quick, easy and healthy all at the same time. Here are some ideas to get you started:

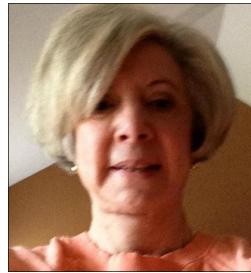
1. Whole grain waffle spread with peanut or almond butter, sprinkled with raisins for extra fiber
2. Whole wheat tortilla filled with a scrambled egg, a sprinkle of mozzarella cheese and a dollop of salsa
3. Greek yogurt parfait: Alternating layers of plain, low-fat Greek yogurt with fresh berries and low-fat granola or high-fiber cereal
4. Oatmeal (skip the sweetened instant variety) topped with your choice of nuts, seeds, coconut and/or dried fruit
5. Low-fat (1%) cottage cheese with an apple or pear and a sprinkling of sliced almonds
6. High-protein, low-carb smoothie: 8 ounces of unsweetened almond milk blended with a scoop of whey protein powder, half a banana and a tablespoon of peanut butter
7. Boiled egg with a slice of whole grain toast, a teaspoon of butter or trans fat-free spread and a piece of fresh fruit



Provided by Senior Center in conjunction with Sr. Health Fair



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What is a Bookmark?

A bookmark or favorite is a saved shortcut that directs your browser (Firefox, Chrome, Internet Explorer, Safari) to a specific webpage. It stores the title, URL (Universal Resource Locator), and favicon (Favorite Icon) of the corresponding page. Saving bookmarks allows you to easily access your favorite web pages.

All major web browsers allow you to create bookmarks, though each browser provides a slightly different way of managing them. For example, Chrome and Firefox display your bookmarks in an open window, while Safari displays them in a list in the sidebar of the browser window. Internet Explorer uses the name "Favorites" to refer to bookmarks, and like Safari, it displays all your favorites in a list within the browser window sidebar. In Internet Explorer some of you use the "star icon" to find your bookmarks.

To create a bookmark, simply visit the page you want to bookmark and select Add Bookmark or Bookmark this Page from the Bookmarks menu. In Internet Explorer, you can click the star icon to open the Favorites sidebar and click Add to Favorites to add the current page to your bookmarks. The website title will show up in your bookmarks list along with the website's favicon if available. As your collection of bookmarks grows, you can create folders to organize your bookmarks into different categories.

It is helpful to bookmark frequently visited websites and useful references since you don't have to remember the URLs. Additionally, you can just click the bookmarks instead of typing in the full web addresses. Some browsers even display your bookmarked pages in the auto-complete drop down menu as you type in the address bar. This allows you to visit bookmarked pages without even opening the bookmarks window or sidebar in your browser.

NOTE: A bookmark only stores the location of a webpage. It does not store the contents of the webpage itself.

Therefore, when you open a previously saved book-

mark, the page contents may have changed since the last time you visited that site.

How do I Create a Bookmark or Favorite?

Creating a Bookmark/Favorite in Internet Explorer, Firefox or Safari can be done several different ways. Below are different methods for creating a Favorite or Bookmark (Bookmark/Favorite).

Using your mouse right-click on a blank portion of the page and click Add to Bookmark/Favorite or move to the page you wish to add to your Bookmark/Favorite.

At the top of the browser window click on Book-
mark/Favorite. Click Add to Bookmark/Favorites.

Once one of the above steps has been completed an Add Favorite window will appear and allow you to add a favorite to your favorites list.

Sample from iPad

