



The Quail Runner

For and By the Residents
Of Quail Run



January - February 2017

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

February 2, 2017



*If he sees his shadow, six
more weeks of Winter. If
he does not, Spring is
right around the corner.*

REMINDER: POLAR BEAR DINNER - BYOB



Saturday, February 11th, 6:00 P.M. at the Community Center.
\$30 per person, must be **PREPAID** by **SATURDAY FEBRUARY 4th**,
and given to **Barbara Edelstein**, 1E Rotherham Way or to
Barbara Baker, 4D Autumn Drive.

The menu will consist of:

- Salad
- Choice of Baked Haddock, Stuffed Chicken or Sirloin Tips
- Dessert and Coffee



Please fill out the form below with your name and choice of menu selection. Cut at the dotted line above, enter names, check your meal choice, and submit this form with your check for \$30 dollars per person, to one of the people listed above, prior to February 6th. Checks should be made out to Barbara Edelstein.

Name: _____

___ Baked Haddock ___ Stuffed Chicken ___ Sirloin Tips

Name: _____

___ Baked Haddock ___ Stuffed Chicken ___ Sirloin Tips

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The Quail Runner Staff

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 5 Strawberry Lee Rouse
 6/8 Strawberry Clare Moschella
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 1/4 Rotherham Kevin Fitzgerald
 6 Rotherham Harry Morgan

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What's Up - Beverly Beylouné
Healthy Living - Peggy Rittenhouse

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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

Kareen Shaw, editor



An updated **Phonebook/Directory** has been sent out to all Quail Run Residents via email. If you would like to receive a hard copy of either list (by Name or by Street Address), please contact me at kareenshaw@comcast.net by Wednesday, February 8th. There is a fee of \$2.00 per copy for each list. Thanks to **Pete Recklet** for updating the lists.

Watch for a "**Technology Corner Questionnaire**" email coming to you in February from **Pete Recklet** and **Carole Perla**. Please take a few minutes to answer the questionnaire and return it to either **Carole** or **Pete**. Your input is very important to us.

Reminder - the key for the Community Center has been changed. The pass code for the key-pad remains the same number.

Communications Committee Clarification

Quail Run email is sent out by a Communications Committee volunteer, **Ted Baker**. It is not his responsibility to generate the messages. If you have a message, such as obituary announcement that you would like sent to the community, send it to **Ted**, manxman3@comcast.net.

Other messages to the community will be evaluated as to appropriateness by the Communications Committee and will be forwarded at their discretion.

The Committee is always looking for volunteers to help with the work. Please contact **MJ Ebens**, RMJebens@verizon.net.

Our Board of Governors

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Also appears on page 2 in the *Quail Run Directory*.

HEALTHY LIVING

by Peggy Rittenhouse

Is flossing really necessary?



I admit it up front—I hate to floss my teeth! Now that I've got that off my chest, I'll tell you I have used one of those little interdental brushes for years in place of flossing. I've often wondered if that is as good as flossing. Apparently there have been no studies in which volunteers were randomly assigned to two groups—one to floss daily and one to refrain from flossing—where the groups were followed over time to see whether those who flossed had lower rates of cavities and gum disease. BUT multiple experts and organizations including the U.S. Surgeon General, the CDC, and the American Dental Association (ADA), continue to recommend using dental floss—or another device—to clean between teeth at least once a day. Health experts also advise brushing for two minutes twice a day—another practice with no controlled studies to support its recommendation. But there is science behind brushing and flossing. Research has demonstrated that food particles attract bacteria that form plaque, which results in tooth decay and disease. Both activities—brushing to remove particles and bacteria from the surfaces of your teeth and gum line and using floss or another device to clean spaces between teeth—help to remove plaque. So if you don't like to floss, you might want to look into using interdental brushes or invest in a device to stream water or air between your teeth. The ADA says they are reasonable alternatives to dental floss. The reason I like those little interdental brushes is because 1) I can use those brushes while I'm reading a book or watching TV because it only requires one hand to use and 2) they come in 3 different sizes so you can find out which size is correct for the spaces between your teeth. So it's something I find easy to do regularly.



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ROMEO's

Retired Old Men Eating Out (and having fun!)

Pete Recklet is checking out the options for the next lunch. He will send out an email with the details.

Please contact **Pete** at 978-562-2721 or precklet@live.com if you plan to attend.

The group is open to all men at Quail Run.



In Memory

Condolences to the Demeo family on the passing of Ann T. Demeo. Ann lived at 4E Strawberry Lane, and she passed away on Friday, December 16, 2016. She is the sister of Mary and John McGrath who reside at 6G Strawberry Lane. Her husband, Dr. Julian Demeo, Jr. passed away last November.

In Memory: Jennie Frame of 6E Rotherham Way, wife of Bob Frame, passed away on December 9th. Services were held on December 13th at the Tighe-Hamilton Funeral Home for family and friends. Jennie and Bob have been residents of Quail Run since 2005.

The Quail Run community collects for the
Hudson Food Pantry.
Items can be dropped off at the Community Center.

**HAPPY VALENTINES
FEBRUARY 14th**



DAY,

Condo Care

Wireless Door Bell Chime Extender - Did you ever miss a visitor ringing your door bell because you were in the basement or watching TV with the volume up. There is an inexpensive solution for this problem. The CHIME EXTENDER comes with two components, a transmitter and receiver. The transmitter simply sits on top of your door chime in the front hall, the receiver plugs into any outlet where you want the chime to ring. When your door bell rings the transmitter sends a signal and the chime in the receiver will sound. Complete wireless installation. The transmitter requires four AA batteries. The CHIME EXTENDER can be purchased at ACE or Home Depot for \$30 to \$40. I have owned one for over 10 years and it works great.

Old Household Batteries - Just a reminder, when discarding household batteries, put a piece of tape over the positive end to prevent contact with metal or other discarded batteries. If contact happens, this may cause heat or a possible fire. For more information regarding discarding alkaline batteries, go to the website: mass.gov/recycle/batteries. The articles above on the Chimes and Batteries were submitted by **George Shaw**.



Winter Snow Storms - Please consider leaving your front porch and outdoor garage lights on at night during snow storms to enable the snow plow contractors and the people shoveling better visibility of our front porches, walkways and for safe plowing of our streets.



St. Patrick's Day, March 17th

Residential * Commercial * Auto



978-562-2332

78 Cherry Street Hudson, MA 01749

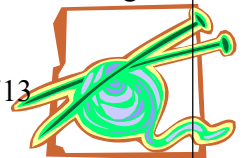
Monday - Friday 8:00 - 5:00 Saturday (9:00 - 1:00)

www.countryglass.com

Stitch & Knit

Wanted new or rusty knitters!

The Stitch & Knit group is trying something new. We are meeting at the Community Center on the 4th Tuesday afternoon each month from 2:00-4:00. Come join us. We have people ready and willing to help with your project.



Contact **Marie Kapsalis**, 978-568-0713 for additional information.

Free / Tradespeople / Services

Arthur & Sons Shoe Repair, 107 Main Street, Marlborough. (Very friendly and helpful) **Barbara Champine**.


FREE: New HP ink cartridges, black and color, number 564. Call **Barbara Champine**, 978-567-5982.

SERVICES: \$35 Tune up for Windows PCs and Laptops

- Repair of Registry errors.
- Hard disk cleanup to improve efficiency.
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- Assessment of antivirus and spyware protections, user accounts and passwords, browser settings and plug-ins with recommendations for improving security and privacy.

Assisted Windows 10 upgrades, transfer of files and user profiles to new PCs and laptops or other services - \$25/hr.

Contact **Pete Recklet** at 978-562-2721 or precklet@Live.com.



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Quail Run Birthdays

February

- Terry Hanlon 1
- Ron Ruest 2
- Alison J. Towle 2
- Susan Ciampi 3
- Mary Ellen Moynihan 3
- Evelyn Spears 5
- Kenneth Ward 5
- Mary Mitchell 8
- Lori Robak 8
- Barbara Baker 9
- Gerry Hegarty 9
- Bob Reid 11
- Barbara Morgan 17
- Michael Baker 22
- Carole Perla 23
- Elaine Recklet 27



To include a birthday, contact your reporter or the editor

March

- Bob Frame 1
- Sherry Schneller 3
- Peter Recklet 4
- Beverley Duncan 6
- Janice Owen 6
- Barbara Chisholm 6
- Sue Rosen 9
- Clare Moschella 14
- Kevin Fitzgerald 29

Astrology - What's Up by Beverly Beylouné



PISCES February 19 - March 20

The confetti has settled, music has stopped, and everyone is getting ready for business as usual – except you. You seem to have worked extra hard in December, so the universe is planning a special year, filled with fun, friends, and lots of fresh starts. This is your time to run with the banner, for you have the stage, and everyone is being attentive to all you have to say. You've been dealing with Saturn's vigorous boot camp training for awhile and it was hard. I'm sure there may have been days you said to yourself, gee, I volunteered for this!! This is akin to becoming a Navy SEAL! These periods are never easy, as Saturn demands much and gives very few rewards while you are under his tutelage. But Saturn has finished his work with you and you can sit back now and reap the rewards and they will be very generous – have faith that all your hard work will be worthwhile. Enjoy your New Year!!

ARIES March 21 - April 19

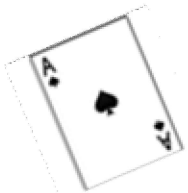
After the hustle and bustle of December, you'll appreciate the slow and gentle start that the new year will offer you. Like tiny white snowflakes falling on a freshly fallen snow, the silence of your environment may be beautiful, as well as soothing and rejuvenating. You may slip into the New Year easily, hardly noticing that something has changed – the year. It may occur to you when asked to date a check, but aside from that, you seem very relaxed and enjoying the low-key environment. You can ease into your schedule at your own pace, without anyone demanding too much from you. Experts say the more you can imagine yourself in a future situation, in a setting that holds a near-cinematic scene, down to the tiniest details, the more likely you will be able to make that dream a reality.... detail is the key to seeing your future dreams become a reality. Open your mind this year to a new way of thinking and to others' concepts and opinions.

Interesting Places to Visit

GALLERY OF AFRICAN ART, by **Barbara Champine**

The Gallery of African Art is a spectacular collection of more than 500 works of art from Africa's west coast. The Gallery serves as both a traditional exhibit of art and an interactive educational center. They celebrate the music and art of Africa, the historical birthplace of civilization. The Gallery is home to an artistically powerful private collection of art, artifacts and musical instruments representative of various regions and the tribes, and traditions of the African continent. Found here are tribal masks, figures, sculpture and artifacts crafted in stone, wood, clay and bronze spanning 32 tribes. This is a collection of Gordon Lankton, the Clinton industrialist who also founded the Museum of Russian Icons. The Gallery is free with a donation jar available. The Gallery can be entered at the back corner on the right of the Sunrise Boutique. The Boutique is itself a wonder with products from around the world for sale. The Boutique and Gallery are at 62 High Street, Clinton. It is immediately to the right of the Strand Theater. Hours are Mon-Fri 10:00 to 5:30 with hours on Thursday until 8:00 and Saturday from 9:00 to 5:30. On Thursdays there is Gallery programming from 4:00 to 7:00 in conjunction with Crocodile River Music.

Tell our advertisers you saw their ad in the *Quail Runner*



POKER PLAYERS WANTED

First and Third Monday of each month, 4:00-6:00 P.M., at the Community Center. Contact **Lenny Suslowicz** at 978-212-5141



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Food For Thought

WHAT IF THERE WERE NO HYPOTHETICAL QUESTIONS?

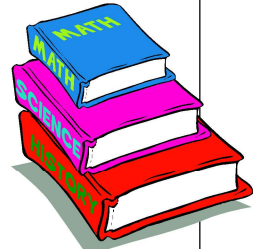
Book Club

Meetings are at the Community Center, from 7:00-9:00 P.M., generally the last Wednesday of each month.

2017

February - Still Life with Breadcrumbs by **Anna Quindlen**

March - A Fall of Marigolds by **Susan Meissner**



For more information, contact **Carole Perla**, 978-568-9979.

Weight & Nutrition Support Group

At our most recent meeting, a decision was made to take a "winter" break. The meetings will resume on Wednesday, April 5th at 9:30 at the Community Center. The group is open to all ladies at Quail Run and we welcome new members with different ideas and suggestions on healthy eating as well as watching their weight. Please consider dropping in. There are no fees and no sharing of actual weight.

At the end of December, the group donated \$20.00 to the Hudson Food Pantry as part of their "Fat Dollars for the Food Pantry" program. The idea of the program is that each time someone in the group gained a pound, she would put a dollar into the Food Pantry envelope. This was a great way to lose weight and help others in need!

Feel free to contact me if you have any questions.

Sally Mauro, srednims@aol.com, 978-568-0821.



JULIETS NEWS

Quail Run women are invited
to Lunch

February 21, Tuesday, 12:30 at
Kennedy's Pub, Rt .85, Marlboro,
separate checks and choice of menu,
seating will be downstairs.

Contacts: **Barbara Nolan**, 978-567-0711, **Diane Bemis**, 978-310-7676



March 15, Wednesday, 12:30 at **Bolton Street Tavern**, Bolton St., Marlboro, separate checks and choice of menu.

Contacts: **Kareen Shaw**, 978-562-2340, **Sally Mauro**, 978-568-0821

Sign up with these ladies or on the list at the Community Center.

LOCAL EVENTS COMING SOON

Hudson High School's Drama Society Theatre Group

conducts plays in the auditorium and in their Intel Mini Theatre. These plays are open to the public.

Do Not Go Gentle, Intel Mini Theatre
March 2 & 3, 2017 at 7:00 P.M.

Pippin, Hudson High School Auditorium
March 10th and 11th at 7:00 P.M.
March 11th and 12th, at 2:00 P.M.

Symphony Pro Musica

Brahms - Double Concerto for Violin and Cello
Shostakovich - Symphony No. 7 "Leningrad"

March 18th at 7:30 P.M., at Hudson High School
Admission is \$25 for General, \$20 for Seniors, Students are free (12th grade and under).

You may purchase tickets at
www.SymphonyProMusica.org.

Heritage Chorale Pops Concert 2017 - "Musical Gems"

Music Man (medley)

One Day More (from Les Misérables)

Under the Sea (from The Little Mermaid)

Coffee in a Cardboard Cup (from And the World Goes' Round musical)

When the Saints Go Marching In (Dixieland)

February 12th, at 4:00 P.M., at Temple Shir Tikva, 141 Boston Post Road, Wayland, MA.

Buy tickets at the door until seats are sold out.

\$25 General Admission (18-64), \$20 Senior (65+)

\$20 College Student (show ID at door)

\$10 Child (6-17). Pay in advance, save \$5.00 per ticket.

Tickets available on the Chorale website -

<http://heritagechorale.org/wp2/> - Submitted by **Elaine Recklet**

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Curtain Call

The Concord Players, Concord,
Feb 19th, 2:00 P.M., \$20



Blithe Spirit is a comic play by Noël Coward. The play concerns the socialite and novelist Charles Condomine, who invites the eccentric medium and clairvoyant, Madame Arcati, to his house to conduct a séance, hoping to gather material for his next book. The scheme backfires when he is haunted by the ghost of his annoying and temperamental first wife, Elvira, after the séance. If you are interested in seeing the **Blithe Spirit**, please let me know by **February 5th**.

ACME Theater, Maynard, March 26th, 3:00 P.M., \$17
EXTREMITES

Marjorie is home alone when Raul enters through her unlocked door and attacks her. The tables turn when Marjorie is able to subdue Raul and keep him tied up in her fireplace. When Terry and Patricia, Marjorie's roommates, come home to this shocking display, a discussion begins: how should they handle the situation?

Do they call the police or take matters into their own hands?

Lorraine Cochran, lorrainecochran@comcast.net
978-568-0165

Social Committee Plan Ahead Schedule

February 11 - Polar Bear Dinner at 6:00

February 20 - Ladies Coffee Hour 10:00

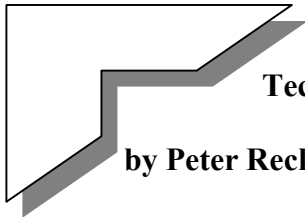
February 25 - Coffee Hour 9:30



March 11 - Coffee Hour 9:30

March 20 - Ladies Coffee Hour 10:00

March 25 - Coffee Hour 9:30



**Technology
Corner
by Peter Recklet**



Security Terms You Need To
Know To Protect Yourself
Online

Protecting yourself from online threats is a challenge. To safeguard your online privacy and protect yourself from cyberattacks, you need to understand some cybersecurity terms. An attempt by an outside source to target, steal from, spy on, damage or destroy a computer network is a **cyberattack**. No home network is too small, or company too large, to fall victim. **Cybersecurity** is the act of protecting networks from cyberattacks. Whether it's locking down your personal devices at home, or hiring a staff of IT professionals to secure a business network, the challenge is to be one step ahead of the game.

Some Common Cybersecurity Terms

1. Adware

Adware is an annoying form of malware that bombards you with pop-up ads when you go online, or use certain programs on your device. Some forms of adware go beyond annoying pop-ups and collect marketing data based on your online behavior or redirect you to websites you weren't looking for. In most cases, you'll know if your device has been infected because it begins to display these ads, or exhibit odd behavior.

2. DDoS attack

DDoS stands for "distributed denial of service," which is another way of saying "crashing a system." It works when a targeted website or server is flooded by an overwhelming number of requests from millions of connected machines (**botnets**) to bring it down. While DDoS attacks sound like something from a Sci-Fi movie, they're happening. Unsecured routers, printers, IP web cameras, DVRs, cable boxes, connected "smart" appliances such as Wi-Fi light bulbs and smart locks can all be hijacked and included in cyberattacks without the owner knowing about it. The first step to preventing your devices from being hacked is securing your router.

3. Dark Web

The Dark Web is an encrypted network that makes up a portion of the hidden "Deep Web" originally intended to allow people to browse the web without being tracked by their internet service provider, web services

or even governments.

Access to this hidden area of the web requires a specially encrypted software called Tor, aka "The Onion Router". Use of the Dark Web itself isn't illegal, however, it has become home to criminal activities including the sale of drugs and stolen personal identity information.

4. Data breach

A data breach occurs when hackers steal confidential information stored in a database. Yahoo, Target, Wendy's, LinkedIn, Home Depot and other big-name companies have all fallen victim. While large companies are the prime targets for this type of attack, individuals are always the real victims. Once the hackers have customers' email addresses, phone numbers, dates of birth, and even Social Security numbers they sell the information on the Dark Web to be used by other criminals for future scams.

5. Drive-by download

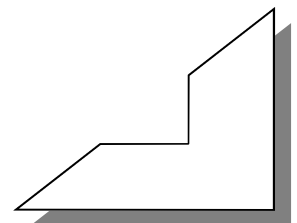
Drive-by downloads are the way most malware is installed. This happens when cybercrooks hide malicious software in ads, emails, pop-up windows or links to websites. This is what makes the internet a risky place if you aren't constantly installing software updates, and protecting yourself with anti-virus software.

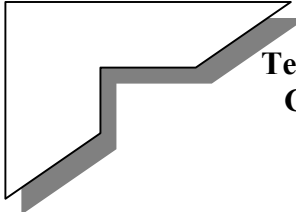
6. Exploits and Patches

An **exploit** is a gap or vulnerability that has been discovered in a software program or operating system. If a vulnerability isn't found and patched in time and hackers find these gaps, they can create access points to web-connected devices or entire networks and design malware and Trojan horses to exploit them. To patch their software and eliminate vulnerabilities, software companies hire their own "hackers," or create incentive programs for anyone who can identify a vulnerability before real hackers find it.

Vulnerabilities that have been discovered by hackers and are used to initiate various cyberattacks are called "**Zero-day exploits**". If you hear this term in a security alert, you should pay close attention. Quickly patching the software program is critical. Each time a zero-day exploit is found, it means the software developers have been outsmarted by hackers who are trying to cause as much damage or gather as many pieces of data as possible before they're shut down.

(Continued on page 9)





Technology Corner (continued)

Most hackers are not geniuses. They rely on toolkits called "**exploit kits**" that can be purchased on the Dark Web. These packs are designed to make it possible for individuals with basic skills to cause a lot of damage.

A **patch** is a software update designed to fix bugs and repair vulnerabilities that have been discovered by the software developer. Tech companies like Microsoft, Apple and Google regularly issue system updates for their operating systems. Security patches however are typically a response to a zero-day exploit that have already been utilized by hackers and will be issued immediately.

7. Malware

Spyware, adware, ransomware, etc., are unique types of malware that are designed to damage or gain access to devices or systems without the users' knowledge. Cybercrooks are creative in the ways they fool you into downloading this malicious code onto your computer. **Spyware** is a form of malware that allows unauthorized access to your device and permits someone to spy on you remotely. Spyware is one of the main reasons people have started to cover their webcams with tape or stickers to prevent someone from watching through your webcam.

A **Trojan horse**, is a malicious program that tricks people into installing it. Trojans are designed to be stealthy, deceptive and hard to detect. They can masquerade as anything - office software, documents, games, videos, music files – and are usually spread through peer-to-peer file sharing sites, unauthorized app stores, malicious websites, or attachments spread via email and social media. Once installed, Trojans can implement activities like spying, data theft and even total control of a computer.

A **virus** is often mistakenly used as a catch-all term for all malicious software. A virus is a specific type of malware designed to spread itself via replication and by infecting other computers. This computer virus can slow your machine down to a crawl, send emails on your behalf without your consent and even bring down entire networks. Viruses are spread via email and text attachments, social media links and Trojan software.

8. Pharming

When cybercrooks design fake websites or pages to look exactly like their legitimate counterparts, all with the intention of tricking people into entering private login information they are "pharming". Imagine logging into your bank account only to later realize that the site you logged into doesn't belong to your bank at all. Think of all the information you've handed over: your username, password, email address, and even your bank account number.

9. Ransomware

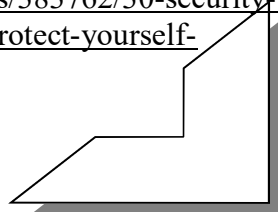
Ransomware is malicious software that encrypts all data found on your computer until a sum of money is paid. These attacks have become a favorite of scammers because of the ease and anonymity. The ransom must usually be paid with bitcoins or gift cards, which makes this a nearly untraceable crime. While these scammers promise to decrypt your files once the ransom has been paid, there's no guarantee that they will do so. Some ransomware attacks immediately delete the victims' data, never intending to decrypt the files when payment was made.

10. Social engineering

Social engineering describes the process of manipulating someone into giving up their confidential information. The social engineer is basically a con artist looking to trick you into giving them your banking or credit card information or credentials into websites. If the scammer is targeting a business, they will often pretend to be a co-worker with an urgent problem, asking for help to access corporate resources. Social engineering attacks include baiting, phishing, spear phishing and scareware, just to name a few.

Phishing is an attempt, typically made through an email, to obtain your private information by imitating someone else. The scam artists behind phishing schemes go to great lengths to create an email that appears to be from someone you trust. Sometimes they pose as people you know, such as the CEO of the company you work for. Sometimes they pose as legitimate companies like Amazon.

This information was adapted from an article by Kelli Uhrich. For the full article go to <http://www.komando.com/tips/383762/30-security-terms-you-need-to-know-to-protect-yourself-online>.



January Board of Governors (BOG) News

Welcome to 2017. Thanks to everyone that braved the weather to attend the Annual Budget Meeting in December. A copy of the PowerPoint presentation was emailed to all residents with email addresses.

The deck staining/repair project was finished. However, decks still have sections that were replaced with pressure treated wood that cannot be painted until spring. The process will coincide with power washing of the front porches and staining the porch ceilings.

The very tall pine tree on Rotherham that was in risk of falling has been removed. A piece of the trunk still needs to be put over the hill behind the fence line. Very glad it is down since the total bottom is rotted. The trunk will be removed in the spring.

We incurred some leakage from a number of backflow preventers in late November/early December that required repair to the backflows in the basement of units. These were repaired and our irrigation lines were blown out for a second time.

Currently shingles damaged by woodpeckers are being replaced. There is a list of other shingles in need of repair that will be addressed in the spring.

The door handle lock to the Community Center broke. A new lock has been installed and the deadbolt plus the two back doors have been rekeyed to match the new lock.

The Board is reviewing the issue of speeding on our streets and our options. This is of significant concern by folks that walk, run, or walk dogs. It has been suggested that we install temporary speed bumps/humps; however, these damage the road surface. Permanent speed bumps/humps are an issue for snow removal and get destroyed. This is private property so we are unable to have Hudson Police monitor Quail Run speed traffic. We will continue to look at our options. **BUT, DO ADHERE TO THE SPEED LIMITS.**

There is concern on the part of the Board with residents not being respectful of our contractors and expressing anger/frustration to an individual doing a job. The Board could cite specific situations, however; **under no circumstances is this appropriate.** Contractors are on

site to perform a specific job. No concierge services are provided to any individual unit owner/resident. If there is an issue it needs to be referred to **Jen Bouley** at The Dartmouth Group, telephone number (781) 533-7208.

The Dartmouth Group's emergency number is not to be used unless there is a real emergency (i.e. a tree fell on a roof, the basement flooded; there is significant water infiltration, etc.)

Every call costs the Association \$15. **Before making a call, do make sure it's an actual emergency.**

Hope this winter brings enough cold weather for local pit fruit trees to bear. As you may be aware last winter resulted in no local peaches, plums, nectarines, etc. And our spring bulbs got confused. And let's hope we don't get too many significant snow events.



Welcome New Residents

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

Fred and Mary Hennessey, 4B Rotherham Way, 617-489-1713, fredmaryh@verizon.net. Both Fred and Mary wanted to move closer to their children and chose Quail Run as their new home.

Joel and Yvonne Harris, 1A Strawberry Lane, yvonneha@verizon.net. They are renting while rebuilding their home in Hudson, and they have a dog named Coco.



Village of Quail Run / Dartmouth Notices
After Hours & Emergency Calls
Reminder

In the event of a common area emergency, please call The Dartmouth Group at (781) 275-3133, identify yourself, your unit address and state the nature of the emergency, and someone will return your call. For police, fire and medical emergencies, please call 911 Emergency Service first.

The Phone Number: 781-275-3133 is the main office line for The Dartmouth Group Monday through Friday from 9:00 am to 5:00pm. After 5:00pm and on the weekends this number is forwarded to the After-Hours Emergency Service. This phone line is manned 24 hours a day. However, Residents should only use this number after 5:00pm for the following reasons:

Leaking in either units or common areas. *In the middle of severe weather when roof leaks most likely cannot be addressed, On-Call Personnel will provide detailed instructions to owners on how to mitigate damages.*

Any incident that involves Police/Fire/Emergency personnel accessing the buildings

An easy way to remember: Fire/Blood/Flood are considered Emergencies.

The Association is assessed a charge of \$15.00 per dispatched call made to the Emergency After-Hours Line. If on-call personnel are dispatched due to a **non-emergency** call made to this phone line the Unit Owner will be charged the \$15.00 fee.

If one needs to contact The Dartmouth Group after hours regarding a non-emergency common area issue, please phone and leave a message for **Jen Bouley** at 781-533-7208 or email

jbouley@thedartmouthgroup.com or reach out to the **Property Manager, Gina DeFrancesco** at 781-533-7248, email: gdefrancesco@thedartmouthgroup.com and they will appropriately and in a timely manner address the issue.

Guest Parking Lots Friendly Reminder

The Dartmouth Group would like to remind folks of the parking rules. The current satellite parking rules included in the Rules and Regulations, Item 19 are as

follows:

All other common parking, driveways and related facilities shall be a part of the Common Elements and facilities of the condominium to be shared by all unit owners and their guests; however, all such facilities shall be subject to regulation by the Board of Governors and may include, without limitation, the adoption of reasonable rules and regulations which allow for:

- (a) Visitors to park near their host.
- (b) Unit owners to park their vehicles as long as they do not block a driveway, entrance or exit and do not interfere with snow removal during the winter months or rubbish pickup.
- (c) Control or limit the number and location of parking spaces which may be used by occupants of any unit. Only one unit owner/resident vehicle may be parked in the satellite parking area at any given time.
- (d) Provide for the efficient removal of snow or the making of repairs to the parking areas and other Common Elements and facilities.
- (e) Ensure that parking spaces are not being used by vehicles other than those owned by unit owners/residents or their guests.
- (f) No vehicle registered to a unit owner/resident, unit owner/resident guests or family members shall be parked overnight in one of the satellite's parking spaces for more than three consecutive days (**without Board approval**). All cars are subject to being towed at the owner expense.
- (g) Under no circumstances may any vehicle be parked on grassy areas.
- (h) Under no circumstances may any vehicle be parked behind the Community Center or on the street overnight (**without Board approval**).
- (i) No vehicle shall be parked in such a manner as to impede the free passage of ANY vehicle through the streets or driveways at any time. Garage doors are to be kept closed unless the garage is in use. They may be left open less than eighteen inches for ventilation depending on the weather.

Intel News



Dear Neighbor:

One of Intel’s goals is to be an asset to our communities, which includes ensuring activity on our campus results in minimal impact to our neighbors. It is our goal to continue and keep you informed about activity that will take place throughout the Fab 17 demolition project. Here is a brief overview on what was addressed at the neighborhood meeting that took place on January 11th, 2017 here at Intel.

- Intel will adhere to the Town of Hudson’s Noise Limits.
- Contractors will be provided a secure controlled parking and access area.
- Intel will remind all construction teams to adhere to posted speed limits.
- Truck traffic will continue to be routed on to Reed Road/Technology Drive and will be directed to exit directly out onto the 495/290 corridor. If high traffic volume occurs, police detail will be provided.
- Rachael Hamer, Intel’s Public Affairs Manager, will continue to send updates during construction and will inform neighbors of activity that may take place out side of general expectations.
- Ongoing update meetings will occur at key milestones and will take place until end of project.
- Rachael Hamer will serve as liaison between neighbors and Intel/construction representatives.
- Neighbor phone calls/emails will be acted upon immediately, with call back/response within two business days.

Please do not hesitate to contact me directly if you have any questions/concerns throughout this project at either 978-553-2158 or Rachael.hamer@intel.com.

*March 20th,
First Day of
Spring*



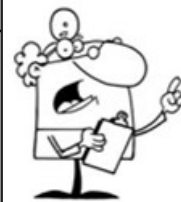
*Day Light
Savings Time,
March 12th*



The New Alphabet

A is for Apple, and B is for Boat,
That used to be right, But now it won't float!
Age before Beauty is what we once said,
But let's be a bit more realistic instead.

Now A's for arthritis,
B's the bad back,
C is the chest pains, perhaps car-d-iac?
D is for dental decay and decline,
E is for eyesight, can't read that top line!
F is for fissures and fluid retention,
G is for gas which I'd rather not mention.
H is high blood pressure--I'd rather it low,
I is for incisions with scars you can show,
J is for joints, out of socket, won't mend,
K is for knees that crack when they bend.
L is for libido, what happened to sex?
M is for memory, I forget! What comes next?
N is neuralgia, in nerves way down low,
O is for osteo, the bones that don't grow!
P is for prescription's, I have quite a few, just
give me a pill and I'll be good as new!
Q is for queasy, is it fatal or flu?
R is for reflux, one meal turns to two.
S is for sleepless nights, counting my fears,
T for Tinnitus; there's bells in my ears!
U is for urinary; big troubles with flow,
V is for vertigo, that's "dizzy," you know.
W is for worry, NOW what's going 'round?
X is for X ray, and what might be found.
Y is another year I'm left here behind,
Z is for zest that I still have-- in my mind!



I've survived all the symptoms, my
body's deployed,
And I've kept twenty-six “doctors”
fully employed!!!

- Submitted by **Kevin Fitzgerald**