



The Quail Runner

For and By the Residents
of The Villages of Quail Run



July-August 2018

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

UPCOMING EVENTS

Ice Cream Social

Date: Saturday, August 18th
Where: The Community Center
Time: 7:00 PM
Cost: \$2.00 per person

We all scream for ice cream!



Contact **Barbara Langley** at 978-212-5006 or sign up at the Community Center on or before August 11th.

Buffet Breakfast

Date: Saturday, September 15th
Where: The Community Center
Time: 9:15 - meet and greet your neighbors
9:30 - serving breakfast
Cost: \$5.00 per person



Meet
for
Breakfast



Contact **Marlie Stott** at 978-567-5912 or sign up at the Community Center on or before September 12th. The sign up sheet will be posted in mid-August for this event.



Enjoy the
AUGUST weather!



Enjoy the Summer flowers
while they are in bloom!

**Board of
Governors (BOG)**
Page 2, 8, 9

The Quail Runner Staff

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What’s Up - Beverly Beyloune
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



We have a new advertiser for our *Quail Runner* Newsletter. It is **The Eye Care Center** in the Hudson Shopping Plaza. Please stop in and say hello to the owner, **Scott Staruk**, when you are in the area and you may want to set up an appointment to have that eye check-up that you have been putting off for months. See Scott’s ad on page 9.



Thank You !

Just a note of thanks to everyone for visiting me, for sending well wishes, for cooking special dishes, for chauffeuring me around and for just being there while I was hospitalized and now recuperating at my home.
Again, thank you! - **Susan Rosen**



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

Our Board of Governors

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

Mike McCormack Mocrown@verizon.net
978-562-1266

Bill McPhail aruba109@verizon.net 781-646-4449

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

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

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

HEALTHY LIVING

by Peggy Rittenhouse

Naturally Fermented Foods



Maybe you've noticed a new food trend lately, the growth in the popularity and availability of naturally fermented foods. This is live cultured foods naturally fermented the way our ancestors have done it for centuries. For them, it was a method of preservation. It was also a secret to good health and it's making a serious comeback. Cultures around the world have made their own naturally fermented dairy products, vegetables, fruits—such foods as sauerkraut, sourdough bread and kimchi. These naturally fermented foods contain probiotics—friendly bacteria that colonize our digestive tract, keeping our bacterial flora balanced. The digestive tract is teeming with some 100 trillion bacteria and other microorganisms, says Dr. David Ludwig a professor of nutrition at the Harvard School of Public Health.

Research today is revealing the importance of a diverse and healthy intestinal microbiome (the microbial community in the gut) because it plays a role in fine-tuning the immune system and wards off damaging inflammation inside the body. Because of our reliance on pasteurized foods, we've eliminated most sources of these important probiotics that we used to consume on a regular basis. A growing body of research shows that a diet that includes a regular intake of fermented foods can bring benefits. Adding fermented foods to the diet is relatively easy. You can find naturally fermented foods at natural-food stores and many supermarkets. And fermentation is also easy and safe to do at home by following some simple instructions. Live cultures are found not only in yogurt and a yogurt-like drink called kefir, but also in Korean pickled vegetables (called kimchi), sauerkraut, and some pickles. To ensure the fermented foods you choose do contain probiotics, look for the words "naturally fermented", "live food", "contains live cultures" on the label, and when you open the jar look for telltale bubbles in the liquid, which signal that live organisms are inside the jar.

Yogurt might be the easiest fermented food for Americans to add to their diets, because they're already familiar with it. Start slowly and work your way up gradually to what feels right for your body. Maybe 1/4 to 1/2 cup daily or several times a week will work well for most people. I do have a recipe for pickled vegetables so if you are interested in the recipe just give me a call and I will give it to you. My number is 508-873-1184.

Come visit us at:
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Hudson



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ROMEO's

Retired Old Men Eating Out

Pete Recklet is checking out the options for the next lunch. He will send 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.

Condo Care

Leaky toilets..... it has been brought to my attention that quite a few of our residents are experiencing leaking toilets, and in at least one residence, the upstairs toilet leaked and caused damage to the bathroom on the second floor and damaged the ceiling downstairs. This is not what you want to experience, and this can become a costly job to fix if the leak is not discovered, even within a short period of time. How often do you use your additional bathroom(s), other than your master bathroom? The lack of use could result in leaks in the pipe joints, or could be due to gaskets and seals that could dry out or become ineffective. I would suggest you run the water in all sinks, showers and flush all the toilets in your home periodically and check for any leaks.



- Submitted by **George Shaw**

(HEALTHY LIVING con't)

Also there are recipes available online including how to make naturally fermented sauerkraut. I've tried a little kombucha (fermented drink and tea) at Whole Foods Market, but I must admit it is something you'd have to get used to.

CURTAIN CALL

The current season of Curtain Call has ended. Meetings will start again in August for the coming season. Meetings will be held on the FIRST Tuesday of the month (changing from the second Tuesday) for those who would like to join me and help select the performances we will attend as a group. Thanks to all those who have been helping in the past. The first meeting will be on August 7, 2018.



Details about future performances will be sent to those on the Curtain Call Mailing list. Please contact me if you would like to be added to that list - **Lorraine Cochran**, (lorrainecochran@comcast.net), 978-568-0165.

The Mechanic and the Cardiologist

A Lexus mechanic was removing a cylinder head from the motor of a LS460 when he spotted a well known cardiologist in his shop. The cardiologist was there waiting for the service manager to come and take a look at his car when the mechanic shouted across the garage, "Hey Doc, want to take a look at this?"

The cardiologist, a bit surprised, walked over to where the mechanic was working. The mechanic straightened up, wiped his hands on a rag and asked, "So Doc, look at this engine. I opened its heart, took the valves out, repaired or replaced anything damaged, and then put everything back in, and when I finished, it worked just like new. So how is it that I make \$48,000 a year and you make \$1.7M, when you and I are basically doing the same work?"

The cardiologist paused, leaned over, and then whispered to the mechanic....."Try doing it with the engine running!"

- Submitted by **George Shaw**



Residential * Commercial * Auto



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Stitch & Knit

Wanted - new or rusty knitters!

The Stitch & Knit group meets at the Community Center on the 4th Tuesday of the 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.

If My Body Were A Car...

If my body were a car, this is the time I would be thinking about trading it in for a newer model.

I've got bumps and dents and scratches in my finish and my paint job is getting a little dull, but that's not the worst of it.

My headlights are out of focus and it's especially hard to see things up close.

My traction is not as graceful as it once was.

I slip and slide and skid and bump into things even in the best of weather.

My whitewalls are stained with varicose veins.

It takes me hours to reach my maximum speed.

My fuel rate burns inefficiently.

But here's the worst of it --

Almost every time I sneeze, cough or sputter.....either my radiator leaks or my exhaust backfires!

- Submitted by **George Shaw**

Astrology - What's Up
by Beverly Beylouné



VIRGO August 23 - September 22

The emphasis in your life this year, is on your personal ties – the person you might be dating, or married to, your children, your friends, and your desire for a more exciting future. This might normally be a lighthearted time of the year, but with major planets conflicting with new and full moons, it might feel anything but easy and casual during the summer. We are now in eclipse season, and those are considered very powerful – they are new and full moons on steroids! Eclipses bring sudden changes, but the benefits of eclipses can't be denied, for they sweep out cobwebs, shake you out of feelings of complacency or routine, and get you moving in a new direction. It's time to decide about the future of your close relationship if you are dating, or if you are married you may need to decide how you can add sparks to your relationship. The full moon that recently occurred brought these matters into focus. It came arm-in-arm with somber Saturn, so you were thinking deeply about what you wanted for your life in the future. Uranus was well aspected; however, so sudden solutions will be possible too. You'll find family and friends will provide emotional comfort when you need it most in 2018.

Quail Run Birthdays

August

- Faith Marcello - 9
- Jeanne Malecki - 13
- Nancy Sweeney - 16
- Ginny Bosio - 17
- Owen Kilcommins - 22
- Cathy Bernhardt - 25
- Jayne Donato - 25
- Janet Bucceri - 28
- Joan Ferri - 28



September

- Klaus Schneller - 11
- Lenny Suslowicz - 11
- Marcella Monte - 12
- Sally Mauro - 14
- Sally Guidotti - 15
- Carol Suslowicz - 19
- Stephen Hoffman - 20
- Kathy Palmacchio - 23
- John DeRusha - 24

To include a birthday, contact your reporter or the editor



LIBRA September 23 - October 22

This year transits ask you to focus on your personal life. This past Spring you started to think deeply about your living quarters. With Saturn there, a place this teacher-taskmaster planet entered on December 23, 2017, to stay until December 2020, your space might be starting to feel a bit too tight. Finding a new space might seem like an extreme measure, and one that you might feel overwhelmed to even think about right now. There are a variety of topics that may have come up aside from moving – talks may center on the idea of investing in a vacation home for example, or the idea of renovating your kitchen or bath. All kinds of lifestyle changes involve spending money. The good news for you in 2018 is that you are likely to find a lucrative pipeline to cash very soon. If you are sitting there reading this, I can hear you say, “Actually this has not been the best year for money. I need more!” Jupiter has been retrograde since March 8, 2018 but has turned direct the beginning of July. You will feel the sunny effects of Jupiter, the planet of good fortune, growth, and financial expansion, all summer and into 2019. Don't loan money to anyone during this year unless you realize you most likely will never be repaid. You may run into two friends from the past and enjoy catching up.

Services Recommended

I would highly recommend Precision Auto Repair, 15B Coolidge Street, Hudson, 978-568-8181. Louie has over 30 years of repair experience and is a certified Master Auto Mechanic. Can do all makes and models. Does not do State Inspections. He took care of a problem with one of my vehicles that the dealership did not figure out. Give him a call.

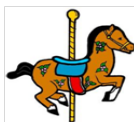
- Submitted by **Mike McCormack**

**“FREE FUN FRIDAYS”
AUGUST SCHEDULE**

Free Fun Fridays has drawn more than 900,000 visitors to venues throughout the Commonwealth. The program has grown to include participating venues in every corner of the state, helping them to open their doors for free to the community.

August 3rd

Franklin Park Zoo, Boston
Cape Cod Museum of Art, Dennis
The Children’s Museum of Fall River
Davis Museum at Wellesley College
Paragon Carousel, Hull



August 10th

Boston Harbor Islands National and State Park
The Institute of Contemporary Art, Boston
Cahoon Museum of American Art, Cotuit
Nichols House Museum, Boston
Museum of the National Center of Afro-American Artists, Boston
Fuller Craft Museum, Brockton
The Greenway Carousel, Boston
Freedom Trail Foundation, Boston

August 17th

JFK Presidential Library and Museum, Boston
Plimoth Plantation, Plymouth
Commonwealth Museum, Boston
Lynn Museum, Lynn
New England Historic Genealogical Society, Boston
Fort Devens Museum, Devens
Fruitlands Museum, Harvard
Old State House, Boston
Museum of the First Corps of Cadets, Boston



New Resident Information

Please let **Barbara Langley**, 978-212-5006, know if someone new moves in to Quail Run.



James J. Morais, GRI-CRS
Realtor Emeritus

Village Real Estate, Inc.
56 Main Street
Hudson, Massachusetts 01749

Office 978. 568. 8746
Facsimile 978. 568. 8748



Email village-re@verizon.net

August 24th

Harvard Museum of Science and Culture, Cambridge
Heritage Museum and Gardens, Sandwich
Cape Cod Children’s Museum, Mashpee
The Old Manse, Concord
Museum of African American History, Boston and Nantucket

August 31st

Old Sturbridge Village
EcoTarium, Worcester
Norman Rockwell Museum, Stockbridge
Cape Cod Museum of Natural History, Brewster
USS Constitution Museum, Boston
Cape Ann Museum, Gloucester
Provincetown Art Association and Museum



- Submitted by **Barbara Champine**

Just plain neat information, did you know.....

- The number of possible ways of playing the first four moves per side in a game of chess is 318,979,564, 000.
- The very first bomb dropped by the Allies on Berlin in World War II killed the only elephant in the Berlin Zoo.
- On average, 12 newborns will be given to the wrong parents daily!

-Submitted by **Kevin Fitzgerald**

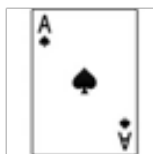
Book Club



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

Starting in August, there will no longer be a book list available for the Book Club. Future book selections will be done at the monthly meetings.
For more information, contact **Carole Perla**, 978-568-9979.

POKER PLAYERS WANTED



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

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

JULIETS NEWS

Quail Run women are invited to Lunch.



August 14th, Tuesday, 12:30, at the **Chill Restaurant Grill**, 416 Boston Post Road, Marlboro, separate checks, choice of menu. Contacts: **Nancy Reid** 978-562-6282 and **Sally Guidotti** 978-562-6501.

September 18th, Tuesday, 12:30, at **Allora Restaurant**, Marlboro, checks will be by tables of four. Contacts: **Marie Kapsalis** 978-568-0713 and **Lorraine Cochran** 978-568-0165.

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

LOCAL EVENTS

Look at the websites for Events coming soon.

Hudson High School's Drama Society Theatre Group Website - HSDramaSociety

Symphony Pro Musica Website - SymphonyProMusica.org

Heritage Chorale Concert Season Website - heritagechorale.org

Hudson Historical Society Website - Hudsonhistoricalsociety.org



September 3rd

Social Committee Plan Ahead Schedule

August 4 - Monthly Coffee Hour 9:30

August 18 - Ice Cream Social 7:00

August 20 - Ladies Coffee Hour 9:30

September 1 - Monthly Coffee Hour 9:30

September 15 - Buffet Breakfast, 9:15 meet and greet, and at 9:30 breakfast will be served

September 17 - Ladies Coffee Hour 9:30



Great Lengths

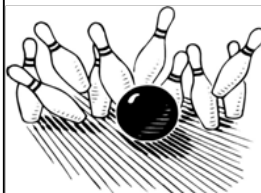
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Update: QUAIL RUN BOWLERS and LIBRARY NEWS

QUAIL RUN BOWLERS

"Most Fun I've had in a long time", "A great way to get to know your neighbors". We started with 8 brave souls and now we have 20. Every week the number is different. Everyone is welcomed, couples and singles. We don't have TEAMS...you play with different people every week...lots of laughs, cheering and gutter balls! No experience necessary. We meet every Thursday 10:00 -12:00 at Drome Bowling, Rt.27, Acton, \$12.50 for 3 strings, FREE shoes. Carpooling available. All have agreed to continue until mid-December. We will take the winter off and start again in April, 2019. We continue to have new people join us. Just call either **Carole Mahoney**, 508-746-8635 or **Alison Towle** at 978-568- 0806.



QUAIL RUN LIBRARY NEWS

The Library Team wants to Thank You for helping us make our Library 'USER FRIENDLY'. We sorted and gave away lots of books...then we added a fresh supply for your reading pleasure. We have alphabetized by Author, Mysteries, Non Fiction and Fiction. Thank you for using our RETURNS and DONATED baskets. We also have added PUZZLES for you.

Arnie Johnson has provided a box for donations of your used eye glasses.

Any questions or suggestions, please contact **Carole Mahoney** or **Alison Towle**.



Intel Please contact **Rachael Hamer** directly if you have any questions/concerns throughout the **Intel** project at 978-553-2158 or at Rachael.hamer@intel.com.



July Board of Governors (BOG) News



Hope everyone is enjoying the summer even with so many days in the 90s.

The pump house is now completely repaired. In the next couple of years we will need to replace the number two pump due to age, but it is okay for now. We are so glad this is behind us. The non-working fire panel on the front of the building has been removed and new siding installed. A high voltage sign has been installed on the door. A sign was also placed on the generator indicating that it cycles up from time to time. These signs were installed due to a liability concern. Vandals were spotted trying to climb over the fence behind the pump house and our fence is now damaged. We are looking at options for preventing vandalism to the fence in the future.

The front lawns at 9 Autumn were dug up, tree roots were removed, irrigation lines were repaired, and gas lines repaired as needed. The lawn areas were loamed and reseeded. No trees will be planted in the front of these units as the areas are too small to properly support the root system of trees without impeding the irrigation and gas lines. The tree stump and roots on the side of 3A Strawberry were removed, and loam and seed was put down.

All tree pruning and/or removal of trees is finished. Several trees and arborvitae have been planted. The grass areas at several corner ("B") units have been enlarged by removing part of the flower beds. This was needed for proper grass mowing. Two of the new arborvitae died and Dave's Landscaping is going to replace them at no charge.

All identified shingle damage, rotted wood and deck repairs have been made. The replacement shingles are a much higher quality product. Shingles will be sealed by Eagle Painting to extend their life and avoid woodpecker damage. Deck repairs will be stained. As a side note most of the shingle damage is due to woodpeckers. The Board will continue to monitor these three issues going forward and take appropriate action as required.

Eagle Painting started the wood trim painting project on July 16th. They began on Rotherham and will proceed to Strawberry and finish on Autumn. They will be power washing all wood trim. They will need to put up ladders to paint high trim which means they may place them in

our flower beds. During this project any plant items growing against the wood trim will be pruned. Please remove all front porch furniture, hanging plants and flower pots from around the front porches and garages during the project. The pump house and fire kiosk will also be painted. DO NOT APPROACH THE STAFF REGARDING QUESTIONS/ISSUES WITH WHAT THEY ARE PAINTING OR WHY THEY ARE PAINTING. PLEASE REFER ALL QUESTIONS TO THE DARTMOUTH GROUP OR A MEMBER OF THE BOARD. Please make the painters welcome at VQR. I'm sure if it is a hot day the offer of water would be appreciated.

Shrubs and perennials have been pruned. More pruning may be required and will be addressed. The goal of this pruning was to cut everything away from the wood trim for access by the painters. All trellises placed by wood trim must be removed and plants cut down or removed. Know this may be hard for some unit owners but if they are growing against the wood trim it must be addressed. There are two issues with trellises. First if a trellis is against the wood trim it blocks the air flow and the wood rots. The Association has spent a ton of money over the last few years replacing rotted wood. The second issue is the painters need access to the wood trim.

The irrigation system is up and running with a few hiccups. An irrigation line was installed on the side of 2 Rotherham to provide water to the three maple trees planted last year.

ARR MAX was on site the week of July 16th to repair several catch basins, other minor repairs along the front of several units by garages and to identify why the road surface on the front of the circle at 6/11 Autumn is deteriorating with water on the surface after heavy rain. The catch basins required rebuilding from the interior. According to Sal of ARR MAX, they were initially installed properly, but over time deteriorated due to lack

(continued on page 9)



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

Neighbors from 1,2 and 3 Autumn Drive - enjoying a festive LUAU party!



Board of Governors (BOG) News

(continued from page 8)

of reinforcement to the bricks. New cement was put in, left to cure and then repaired. A major issue was found with the drain pipe between 11C/11D Autumn, which is four feet under the lawn surface. It was broken 15 years ago when the gas company installed the gas line and they broke it with their excavator bucket and just left it when they back filled the hole!!! Thanks gas company. The only reason the pipe functioned for as long as it did was the fact that it was back filled with crushed rock and not dirt so water still got through for many years. Ultimately, the tree roots grew 15 feet into the ground totally blocking the drain pipe. The tree also sat on top of the gas line, the water line for the building, and the main gas shutoff valve which was buried more than a foot under the lawn surface. The gas company didn't even know the gas line shutoff valve was there. The repair required removing the tree between 11C/11D Autumn, roots were pulled out of the pipe by hand, and replaced by 181 inches of drainage pipe that was totally blocked. The gas line shutoff valve was moved to the top of the lawn and the lawn area has been loamed and seeded. Based on the location of the drain pipe, water line and gas line, a replacement tree can not be planted in that location. Also during this process it was interesting to find that the backfill black-top put down 15 years ago, before final grade, is at least three feet into the 11 Autumn side of the center circle grass area. Oh my! This does not help the issue of the water pushing through the paving in that area. The final step in resolving the water problem on the road surface is to install a small catch basin at the lowest point in the grass of the circle and running a 4" pipe down to the catch basin in front of the mailbox at

6 Autumn. This will involve opening up the road and trenching down to the catch basin. This will kill two birds with one stone as any clay under the road surface will be removed to promote water drainage and the deteriorated road surface will be replaced at the same time. A swale will be installed behind the 11 Autumn units that back up to 2 Strawberry. This work is scheduled for July 24th weather permitting.

A quote has been signed to finish the repair to the berm at the rear of 1D Autumn. There has been a large loss of soil on the hillside that this repair will stabilize/address. The Board has requested a revised quote for repairing the berm at the rear of 5D Autumn which is also suffering soil loss near the base of the stone retaining wall. The Board will track these two projects as they move forward.

We are obtaining quotes from vendors for repair of multiple significant gutter issues. We will keep on top of this.

The Board is in the process of obtaining appropriate signage for the gas and dryer vents. They are needed for non-walkout basements units by Massachusetts law. The signs will allow clearing of winter snow, if need be, from around the vents.



Do enjoy the rest of your summer.

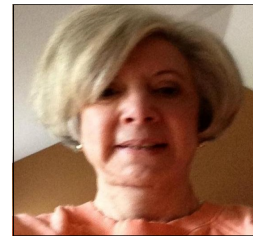
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- Submitted by
Carole Perla



Clean Your Phone

*Make sure your device is up to speed and safe,
by Peter Moore, AARP The Magazine, April/May 2018.*

It's a good idea to clean up your smartphone - both inside and out - a few times a year.

The battery loses its charge; the memory is full; apps are slow. If you're like most people, it's past time to refresh your smartphone.

In addition to being practical, making sure you know what apps and services are enabled on your smartphone is more important than ever, particularly in light of the ongoing Facebook/Cambridge Analytica situation. If you're a Facebook user, you can get tips on how to protect and manage your information on the social media web site.

Beyond Facebook, it's always a good idea to make sure your device is running as smoothly as it should be. Here's how, according to app creator Danny Anderson.

Back it up

Run a backup to the cloud on your phone, or connect it to your computer and follow the backup prompts. Do this first to avoid losing anything precious.

Delete apps

Get rid of any applications you have not been using. You can reinstall them later if a need arises.

Transfer photos

Use an online storage service — such as Google Photo or Amazon Photo (fees may apply) — to save your images automatically. Then delete them from your phone.

Turn off location services and app updates

Disable both automatic functions in the settings. Update apps only when you choose, and enable locations only when an app, such as navigation, requires it.

Kill old texts

Change the settings to auto-delete any messages older than a year.

Make history history

In the browser settings, clear your history and web cookies.

Give it a wipe down

A study in the journal *Germs* found that some phones had 17,000 bugs lurking on the outside. Once a week, clean your phone with a disinfecting wipe, advises University of Arizona microbiologist Charles Gerba.



Sea Shells
in the
Summer Time

