



The Quail Runner

For and By the Residents
of The Villages of Quail Run



September - October 2018

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

UPCOMING EVENTS

Date: Saturday, October 13th
Where: The Community Center
Time: 6:00 PM
Cost: \$8.00 per person - This is a pre-paid event.
Main Course: Chicken Dinner



Contacts:
Theresa Bosio - 978-568-1416 - 1G Strawberry Lane
Phyllis Novick - 978-263-0659 - 6E Strawberry Lane
Carol Suslowicz - 978-212-5141 - 6E Autumn Drive

If you are willing to be a Hostess/Host for this event, please indicate this when you sign up at the Community Center, or you may call one of the contact people above. See page 7 for more information on how a Progressive Dinner works.

October 6th is the ABSOLUTE DEADLINE for sign up, and PAYMENT MUST BE RECEIVED by one of the listed contacts by this date if you plan to attend.

Pot Luck Dinner



Date: Saturday, November 10th
Where: The Community Center
Time: 6:00 PM

THIS IS OUR ANNUAL "TOYS FOR TOTS" COLLECTION EVENT

More information on this event will be sent out to all residents and a sign up sheet will be posted at the Community Center in mid-October.

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It is time



Symphony Pro Musica Concert Tickets



Group rate tickets for Quail Run Residents. See page 6 for details.

Annual Colonial Faire and Muster

Saturday, September 29th
10:00 - 4:00 PM
Longfellow's Wayside Inn
Sudbury, MA.
(Rain or Shine)



**Board of
Governors (BOG)**
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The Quail Runner Staff

Editor: Kareen Shaw
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 2/4/9 Autumn MJ Ebens
 5/7 Autumn Claire Kilcommins
 6/11 Autumn Jane Pugsley
 1/3 Strawberry Sally Mauro
 2/4 Strawberry Barbara Champine
 5 Strawberry Lee Rouse
 6/8 Strawberry Clare Moschella
 7/12 Strawberry Joyce Blank
 1/4 Rotherham Kevin Fitzgerald
 6 Rotherham Harry Morgan

Columnists:

Technology Corner - Carole Perla & Pete Recklet
What’s Up - Beverly Beylouné
Healthy Living - Peggy Rittenhouse

Communications Chair: MJ Ebens
Quail Run Email Communications: “Ted” Baker
Telephone Directory: Pete Recklet
Email List: Carole Perla

Website: www.QuailRunHudson.com

Published first week of February, April, June, August, October, December.

Deadline the 23rd of previous month.

Copies of the *Quail Runner* can be emailed to a friend, relative, or yourself. Contact the editor if interested.

Back issues of the *Quail Runner* are available from the editor.

Vacation Delivery

Give your reporter or the editor a long envelope with two first class stamps and your vacation address. Or you can get issues emailed to you, or view the current issue on:

www.QuailRunHudson.com.

Editor’s Desk

Kareen Shaw, editor



We have a new Advertising Manager for our *Quail Runner* Newsletter.



Lelah Willoughby of 2A Autumn Drive has stepped up to take over in October, as the Advertising Manager from **Barbara Morgan** who wished to retire from this position. Many, many thanks to Barbara for holding this position for three years, and a warm welcome to Lelah for offering her support for the *Quail Runner*.

*** A Great Big Thank You ***



Diane and John Grube take their little dog for a walk and training early in the morning.

The weeds bothered Diane she saw when walking along Reed Road, so little by little she started pulling them and now Reed Road is clear of weeds between Autumn Drive and Rotherham Way, as well as at the Autumn Drive and Rotherham Way entrances.



Diane and John, your time and dedication to the Quail Run Community was noticed and is greatly appreciated by the Board of Governors and residents!

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

About Pets & People



I have a pet, a kitty who I call "Kitty". Real original, don't you think? I really like to hear him purr. It makes me feel warm and comfortable. I was looking in the Centers for Disease Control and Prevention (CDC) website and found some interesting health benefits of having a pet. Studies have shown that the bond between people and their pets can increase fitness, lower stress, and bring happiness to their owners. Some of the health benefits of having a pet include:

- * Decreased blood pressure
- * Decreased cholesterol levels
- * Decreased triglyceride levels
- * Decreased feelings of loneliness
- * Increased opportunities for exercise and out door activities
- * Increased opportunities for socialization

Although pets come with many benefits, there's something else you should know: pets sometimes carry harmful germs that can make people sick. The diseases people get from animals are called zoonotic diseases. It is hard to know which animals could be carrying zoonotic diseases, especially since animals carrying these germs can often look healthy and normal. Here are some tips that can help you and your pets stay healthy:

- * Take your pet to its veterinarian regularly so it stays in good health.
- * Practice good hygiene around your pets so they don't pass germs to you.
- * Learn about diseases different types of animals can spread - just in case.

The website is: (<http://www.cdc.gov/healthypets/diseases/index.html>)



Cranberry Fact:
Americans eat more than 400 million pounds of cranberries every year, 20% of which are eaten during Thanksgiving week.

October 31



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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

Let there be Light at Quail Run!

The following information is the approximate cost of leaving your outside porch light on at night throughout the year.

If a bulb is operated for an average of eight hours a day, then over the course of a year it will use approximately 175 kilowatts (8 X 365 X 60) of electricity. At an average cost of 12 cents per kilowatt-hour, the 60-watt incandescent bulb will cost approximately \$21.00 per year to operate. If you use a LED or CFL bulb instead, the cost per year would be dramatically reduced.

- Submitted by **George Shaw**

Transitions

Condolences: Kenneth Mudgett age 88, husband of Jan Mudgett, passed away on August 7, 2018 at Life Care Center in Acton.

Donna Peyre-Ferry Osoff, 63, wife of Jeffrey Osoff, passed away in July after a brief period of declining health.

Barbara Chisholm age 99, mother of Barbara Chisholm, passed away in August at her home in Kittery, Maine.

Moving: Jan Mudgett moved in August to Robbins Brook, at 10 Devon Drive, Acton, MA 01720.

Joyce and Charles Kent also moved to Robbins Brook in Acton at the end of September.

CURTAIN CALL

Meetings are held on the FIRST Tuesday of the month for those who would like to join me and help select the performances we will attend as a group.

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 the list - **Lorraine Cochran**, (lorrainecochran@comcast.net), 978-568-0165.



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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 PM. Come join us. We have people ready and willing to help with your project.

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



QUAIL RUN WALKING GROUP

I am looking to start a walking group at Quail Run. I really do not like to walk alone and I am assuming that there are people at Quail Run who would prefer to walk with some other people rather than alone. If you are interested, please email me at cperla@me.com or call me at 978-568-9979.

- Submitted by **Carole Perla**

Tradesperson Recommendation

I had a significant power issue and needed it fixed quickly. I was advised to contact Chiasson Electric. Initially Ron indicated they were very busy and did not know if he could help immediately. But he called me back and was on site in less than an hour.

Many thanks to Chiasson Electric for resolving my issue so quickly.

- Submitted by **Patricia Ritter-Waltrup**



Fall Reminders...

- Switch the overhead fans to the Winter setting with the button in the up position.

- Replace the two AA batteries that run the LuxPro PSP511 thermostat. If the batteries die, the thermostat defaults to about 40 degrees and will continue to turn the furnace off and on. You have 30 seconds to swap out the batteries before your program is lost.

- Check your smoke detectors - push the button (maybe with a broom handle) and make sure they are still functioning.

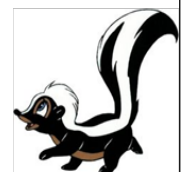
- Replace the 9 volt batteries in your smoke detectors and carbon monoxide detectors once per year.

- If you have installed the combination smoke/carbon monoxide detectors, check and replace the override batteries.

- Replace the battery in the outdoor garage door opener key pad (if you have one installed).

- Turn off outdoor water faucets, in the front and back yard.


- Do not wrap your air conditioner over the Winter, that could cause serious condensation problems and also make for a cozy home for small animals.



October 8

Meet and Greet Party

Neighbors at 1-3 Strawberry Lane held a pot luck luncheon in September. Most of the residents have lived in this circle for more than 14 years, and wanted to mingle with our new neighbors that have recently moved to the 1-3 Strawberry Lane over the past months. Lots of great food, fun, and of course jokes were shared by all!



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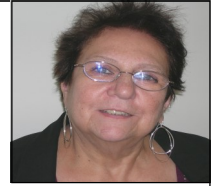
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Astrology - What's Up
by Beverly Beylouné



SCORPIO October 23 - November 21

You have such a sensational chart this year. Jupiter in Scorpio will work hard to help you see a dream materialize that you dearly want to accomplish and have been working toward for a long time. Pluto may cause you to travel a short distance or to work out an important financial deal that turns out to be extremely profitable. A festive event, friends, and a collaborator (who might be a person or an entire company that you work closely with in a joint venture or joint promise) will bring outstanding good fortune and happiness. The month of November will be a special time for you also, use this time to sign a contract, have a job interview, give a speech, or make a presentation. While everyone will enjoy November/December, you will enjoy it more. Jupiter is in Scorpio, favoring you, and Pluto your ruler, will take the goodness that Jupiter brings for you and multiply it! This time is dipped in pure gold! Friends, acquaintances, and casual contacts are about to play a much larger than usual role in your life this year. Mercury rules your eleventh house of friendship and is meeting with an unusual number of planets. There is some indication you may also receive a bonus or additional money as a result of what happens. 2018/2019 will be special for you.

Quail Run Birthdays

October

- Al Durand -1
- Claire Kilcommins -4
- Barbara Picarello -5
- Ralph Trask -7
- Jeannine Bensette -9
- Rosalie Green -11
- Ken Hart -12
- Marc Marcello -15
- Helen Montgomery -17
- Marjory Carpenter -19
- Judy Johnson -21
- Nancy Dome -20
- Harold Edelstein -26
- Harry Morgan -30



To include a birthday, contact your reporter or the editor

November

- Nicole Baker -1
- Bob Rittenhouse -1
- Rosemary Fitzgerald -4
- Susan Bleeker -6
- Vincent Picarello -16
- Tamara Boriakoff -18
- Patricia Smith -19
- Aida Fallon -20
- Fred Thompkins -21
- Beverly Beylouné -23
- Donna Milot -25
- Ellen Ferri -26



SAGITTARIUS November 22 - December 21

This new series of eclipses will help to restructure your finances from top to bottom by bringing you opportunities to generate new sources of income. Alternatively, you may be approved for an infusion of venture capital, a loan from your bank, or you may start to earn royalties, commissions, or yearly bonuses based on your performance. In a creative way, this may work out. You may get an offer for services you need for your next project at no cost or much below market rates. Along with the new moon this year, you will have the brilliant Sun and Mercury shining at the very top of your chart. Mercury rules Virgo and is bound up with your professional reputation and honors that will accrue to you now. This is the only new moon of the year in your professional tenth house of honors, awards, and achievement, so this is a very important moment in 2018 for you. Jupiter, giver of gifts and luck, and also the planet that rules Sagittarius, will send a shimmering beam to that new moon, suggesting that the opportunities that come up will happen through confidential meetings, and possibly through a quiet tip from a friend. An exciting 2018/2019.

Vote on Election Day, November 6



Intel's Loop Road Is Now Open

Pedestrians are allowed to walk around the Intel loop as they have in the past.

The landscaping is not complete and not open for anyone to currently walk on or use at this time.



Due to all the rain we continue to have, this has made the land very soft and Intel is working hard to ensure the grass grows in nicely and they hope to complete all the walking paths soon.

Intel will send update information to Quail Run residents as the final work is completed.

- Submitted by **Barbara Champine**

Symphony Pro Musica Concerts

Phyllis Novick will be offering group rate tickets of \$10 per person to the Symphony Pro Musica concerts on Saturday, November 3, 7:30 PM at Hudson High School and Sunday, November 4, 3:30 PM at St. Marks School in Southborough. The program will included Balakirev's Overture On Three Russian Folk Songs, Beethoven's Piano Concerto No. 3, and Brahms' Symphony No. 4. There will be Pre-concert talks held 45 minutes prior to the concert's start, both Saturday and Sunday.



Phyllis will be offering these group rate tickets to Quail Run residents and their guests through out the year. Information about the concerts can be found at SymphonyProMusica.org.

For tickets call Phyllis Novick at 978-263-0659 or email phyllisnovick8@gmail.com.

New Resident Information

Ellen Ferri, 5A Strawberry Lane, and her dog, a 13 year old Maltese named Yoohoo. She can be reached at 410-919-7770, or at epferri@comcast.net.

Rosalie E. Green, 1D Rotherham Way, 978-310-7737, robo2332@yahoo.com.

Trudy and Philip Durand, 1A Strawberry Ln, 978-562-9155.

Joseph and Susan Lalli, 11F Autumn, they are downsizing from a home in Marlboro and can be reached at lalli14@veizon.net , or at 978-212-5352.

Janice Brailey, 11D Autumn, 561-901-0926, or at bsquared8195@aol.com.

Please contact **Barbara Langley** at 978-212-5006 if someone new moves in to Quail Run.



November 11



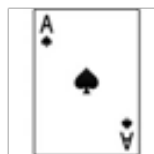
Book Club



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

Book selections will be done at the monthly meetings. **Carole Perla** will be retiring from hosting the Book Club in November. If you would like to join the Book Club or find out more about hosting the Book Club, please contact Carole at 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



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JULIETS NEWS

Quail Run women are invited to Lunch.



October 17th, Wednesday, 12:30, at Stephen Anthony's Restaurant, Route 20, Marlboro, separate checks, choice of menu. Contact: Marlie Stott, 978-567-5912.

November 6th, Tuesday, 12:30, at Oak Barrel Tavern, 528A Boston Post Road, separate checks, choice of menu. Contacts: Barbara Edelstein, 978-567-5909 and Marsha Strauss, 978-212-5753.

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

The Social Committee Progressive Dinner How it Works

For those of you who have never attended our Progressive Dinner, here is how it works.

We gather at the Community Center at 6:00 for appetizers and hostess/host house assignments. This is done by random drawing of names. About 6:45 we head to our assigned houses for the main course. After dinner we all go back to the Community Center for desserts. The menu for the evening has been chosen by the Social Committee and each hostess/host is given a copy of the menu along with a copy of the recipe for the main course about a week prior to the dinner. Two bottles of wine are given to each hostess/host who will also be reimbursed for all expenses for the meal. The Social Committee provides the appetizers and the desserts.



If you have any questions please call **Marlie Stott** at 978-567-5912.

Social Committee Plan Ahead Schedule

October 6 - Monthly Coffee Hour 9:30

October 13 - Progressive Dinner 6:00

October 22 - Ladies Coffee Hour 9:30

November 3 - Monthly Coffee Hour 9:30

November 10 - Pot Luck Dinner 6:00

November 19 - Ladies Coffee Hour 9:30



Great Lengths

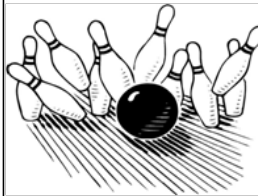
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QUAIL RUN BOWLERS and LIBRARY NEWS

QUAIL RUN BOWLERS — GOOD NEWS

More people have joined the FUN every week! No experience necessary. If you've NEVER bowled or its been many years, come join us. Everyone is welcome.



We set up the teams every week depending on who signs up. We meet every Thursday, 10:00 to 12:00 at the Drome Bowling, 267 Main St. Acton.

Candlepins (small balls), couples and singles, \$12.50 per person cash, FREE SHOES. We bowl 3 strings. Carpooling is available.

To sign up call **Carole Mahoney**, 508-746-8635 or **Alison Towle** at 978-568- 0806.

QUAIL RUN LIBRARY NEWS

We're delighted so many people are enjoying our incredible selections. We have Mysteries, Non Fiction and Fiction organized to be USER FRIENDLY.

Thank you for helping us by returning your books to our Basket and for your Donated Books.

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

Arnie Johnson has provided in the Library area, a box for donations of your used eye glasses.



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.



September Board of Governors (BOG) News



It is now officially fall. Hope everyone enjoys the cooler weather.

First, it is expected that all residents have read and understand the Rules and Regulations. If you don't have a copy of the document, it can be found on the Quail Run web site under the Governance tab.

There was a recent violation of the rules regarding cats.

Now it appears there is a violation in the use of satellite parking. Two cars have been parked in the 4/6 Strawberry Lane satellite parking area for more than three days and don't appear to have been moved. Please reference item 19, F.

The Rules and Regulations also have provisions for disposal of dirt matter. Please reference item 8 of the Rules and Regulations. It includes dirt from window boxes and flowering pots. All non-plant matter is to also be removed from flower beds, no pieces of plastic/silk flowers lying on the ground. It is unsightly and not good for the flower bed perennials. This violation was observed at several units last fall. Unit owners were also told that they may not put plant material into their garbage due to a Massachusetts law for decomposable material. Options given to unit owners were to dispose of plant material in the landscape trucks while on site or take it to the Town of Hudson Transfer Station. As a senior citizen the sticker for the transfer station is free. **Failure to follow the Rules and Regulations will result in unit owner fines.**

Dynamic Fire will be on site October 15th to check the fire alarm system, test the backflow preventers and check the sprinkler systems. They will also be shutting down the irrigation system. Dave's Landscaping will also be on site to blow out the irrigation lines. The time for entry to host units will be coordinated by The Dartmouth Group. The following projects are complete:

- The fence behind the pump house has been repaired.
- The berm behind 1D/E Autumn is fixed.
- The berm behind 5D Autumn is cleaned up and fixed.

- Several catch basins have been repaired.
- Water drainage issues at 6/11 Autumn Drive are finished.
- The replacement of additional rotted wood has been addressed.
- The outside of 8B Strawberry was repaired. Water was infiltrating the unit during heavy rain.
- A new lock was installed at the Community Center, the old one stopped working.
- A new battery was installed in the AED at the Community Center.
- New backup batteries were installed in the annunciator panel at the fire kiosk.
- The fence line behind 7 Strawberry Lane and 2/4/6 Rotherham Way was cleaned.
- The Rotherham Way swale was cleaned.
- The two dead arborvitae at 7/12 Strawberry Lane have been replaced.

Eagle Painting has finished painting the white trim on Rotherham Way and Strawberry Lane. They are currently painting the white trim on Autumn Drive.

They have painted the pump house and will paint the fire kiosk.



They will also seal all new shingles and stain all new deck wood.

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**Board of Governors (BOG)
News**

(continued from page 8)



The last item on their list is to paint all front doors. This needs to be coordinated with the unit owner as the front door needs to be open to properly paint the door. Appropriate communication will be sent when this occurs.

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

Per Massachusetts law, the Commonwealth approved gas and dryer vent signage and they have been ordered. They are needed for non-walkout basement units. Once the new signs are received they will be installed. Signs have also been ordered to identify the location of the gas meters. The signs will let unit owners know where the vents and gas meters are located for snow removal as needed. **It is the unit owner's responsibility to clear the snow from the vents and gas meters.**

New address signage has been approved by the Board and will be installed in the near term. The signs will be larger than the current signs. Replacement of the entrance signs will be included in next year's budget.

The Building and Grounds Committee members will be walking our property to identify items needing attention. They will be inspecting the front and back of all units between now and the early part of October. Results of their findings will be tabulated by the Board and addressed as appropriate. **Thanks to all unit owners on the Building and Grounds Committee for their time and effort for this very important inspection.** Their input is of great value to the Board.

Due to the on-going violations of the speed limit in the Community, the Board is considering other methods to slow down vehicles on the streets. **Please remember the speed limit is 20 mile per hour on all streets.**

Do enjoy the fall season with apples, mums, pumpkins, etc.



LOCAL EVENTS

Look at the websites for Events coming soon.

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

Symphony Pro Musica
Website - SymphonyProMusica.org

Heritage Chorale Concert Season Website - heritagechorale.org

Hudson Historical Society Website - Hudsonhistoricalsociety.org

Paraproisdokians ... what is that??

A paraproisdokian is a figure of speech in which the latter part of a sentence is unexpected and humorous:

- Where there is a will, I want to be in it.
- I find it ironic that the colors red, white, and blue stand for freedom, until they're flashing behind you.
- Artificial intelligence is no match for natural stupidity.
- I'm great at multi-tasking, I can waste time, be unproductive, and procrastinate all at once.
- Take my advice - I'm not using it.
- If tomatoes are technically a fruit, is ketchup a smoothie?
- Money is the root of all wealth.
- Change is inevitable, except from a vending machine.
- Submitted by **George Shaw**

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**Technology
Corner**
By Peter Recklet



**Is your story worth
writing?**

Most of us are fast approaching the age where we are thinking about the legacy we will leave our children and grandchildren.

For some this involves sitting down and creating a family tree with names, dates of birth, dates of death and family relationships (what's a second cousin twice removed anyway?).

For others it's writing a family narrative, going as far back as we can remember and often ending up with a narrative as cut and dried as an obituary.

My initial attempt to tell my story resulted in something that read more like a career resume. And what about those boxes of undated black and white photographs showing people and places we barely recognize or cannot remember.

What stories might they tell our children and grandchildren?

What is missing is the stories behind the bare bones of the family tree, the narrative and the photographs; the feelings and emotions associated with the people and events. If only there was a way to address these missing pieces.

Recently my wife and I received an unusual anniversary gift from our oldest daughter. It was a subscription to a website called StoryWorth. For the next 52 weeks, my daughter will use the site to submit a weekly question to each of us via the StoryWorth email system. We will reply with our answers which StoryWorth will publish in a hardbound book at the end of the 52 weeks.

These are some of the questions we've received so far:

- What was your first major trip?
- What was your Mom like when you were a child?
- What were your Grandparents like?
- What was your first boss like?
- Are you still friends with any of your friends from high school? How have they changed since then?
- How did you get your first job?

We also have the option of replacing any submitted question with one of the 400+ questions listed on the site. Questions such as:

- What was your relationship with your parents like as a teenager?
- Have you ever feared for your life?
- How did you meet your spouse? When did you know you wanted to marry them?
- Where were you when you found out that JFK had been assassinated? How did it affect you?
- Tell me about a great moment you had while playing sports.
- Have you ever been terribly unhappy? How did you get through that time in your life?

We can also include photographs with our responses. Inserting pictures of our grandparents added another aspect to our descriptions of what they were like as did inserting the picture of me standing on the running board of the 1936 Buick Roadster that took me on my first family trip in 1949.

Depending on how much control you want to have over your story, you can either ask a family member to select questions on the StoryWorth site or you can select the questions you want to address.

A subscription fee of less than \$80 entitles you to:

- One year of weekly story prompts for one storyteller.
- A hardcover printed book (black & white up to 480 pages).
- Write stories and upload photos by email, on the web, or in the StoryWorth app.
- Save and edit all your stories in your StoryWorth account.
- Download a copy of all your stories at any time.
- Order additional books for other family members at an additional cost.

Audio recording and transcription services are available at an additional cost.

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