



The Quail Runner

For and By the Residents
of The Villages of Quail Run



November - December 2019

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

UPCOMING EVENTS

Annual Holiday Party

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



Appetizers and desserts will be provided by the Social Committee. If you wish to participate in the optional gift exchange please bring a NEW wrapped \$10.00 gift.

Please sign up on the sheet at the Community Center **on or before December 2nd**, contact person, **Marlie Stott**, 978-567-5912.

We will be collecting for the food pantry that evening and for the month of December.

Chili/Meatball Sub Night

Date: Saturday, February 8th
Where: The Community Center
Time: 6:00 PM
Cost: \$5.00 per person, BYOB



A sign up sheet will be posted at the Community Center in mid January, contact person, **Sally Mauro**, 978-568-0821.

Save the Date: Polar Bear Dinner

Date: Saturday, March 21st
Where: The Community Center

Details will be provided in the January - February *Quail Runner*. This is a PRE-PAID event. Contact person, **Bonnie DeRusha**, 508-481-6315.

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**ANNUAL
BUDGET
MEETING**

**DECEMBER 12th
7:00 PM**

**THE
COMMUNITY CENTER**

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

The Quail Runner Staff

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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

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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



*A big "Thank You" to all the residents of Quail Run for your support and articles that you submitted to the **Quail Runner** Newsletter throughout this past year. From all the Quail Runner proof readers and staff members, we wish you all*



Real Estate Transactions at Quail Run
Sold: November 2019, 3B Strawberry,
PRICE \$375,000, A style.



- Submitted by **Barbara Kansky**



‘Twas the night before Christmas and all through the house, not a creature was stirring, not even a mouse. ‘cause I ate him!

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

Our Board of Governors

- Mike McCormack** Mocrown@verizon.net 978-562-1266
- Bill McPhail** aruba109@verizon.net 978-310-7000
- Pat Ritter-Waltrup** ritterwaltrup@gmail.com 978-562-5227
- Klaus Schneller** kssmet@verizon.net 978-562-1779
- Diane Bemis** dianegbemis@yahoo.com 978-310-7676

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

BOG Monthly Meetings are open to all Quail Run Residents, please check for dates and times on the Community Calendar

HEALTHY LIVING

by Peggy Rittenhouse

Don't give up on grains



So many people are doing “low carb” these days in an effort to control their waistline. But according to a recent article in the *Harvard Women's Health Watch* (October, 2019) they may be doing their body a disservice. Whole grains have some unique properties that make them a valuable addition to the diet. Whole grains contain a number of nutrients, such as iron, B vitamins, copper, zinc, and magnesium. According to the article, studies have linked diets rich in whole grains to a lower risk of colon cancer. The main benefit of whole cereal grains such as wheat, oats and barley is in the fiber. Whole grains also lower cholesterol and reduce chronic inflammation which has been linked to cancer and heart disease, and may also help to control blood pressure. Whole grains may improve blood sugar levels and lower risk of ever developing diabetes.



If you're looking to trim some carbs from your diet, the best ones to skip are refined or processed grains. Whole grains differ from refined grains because they still contain all three parts of the original grain—the bran, the germ, and the endosperm. The bran is the outer layer of the grain, the germ is the core of the grain and the endosperm is the inside layer. When grains are milled, they are stripped of both the bran and the germ. This process makes the texture more appealing and extends the shelf life of the grains, but it also takes away many of the healthy components, including vitamins E and B, antioxidants, cancer fighting plant chemicals known as phytochemicals and healthy fats.

I have personally been grinding my own whole grain wheat to make bread for years. I used to even sell a mixing machine that helped to make bread.

Cooking grains may seem intimidating, but it's not that difficult. Whole grains do take longer to cook than refined grains. You could invest in a rice cooker. You just have to put in the right amount of water and the cooker stops cooking on its own when the grains are done. Another option would be the Instant Pot, a very popular pressure cooker that you can set and leave to cook.

There are many banks. We're the orange one.



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(Healthy Living continued)

Here are some good whole grain options to try: **Quinoa**, a gluten-free protein rich seed and is easy to cook and a great substitute for rice; **wheat berries** which can be cooked and used for cereal or ground and used in bread making; **barley**; **steel-cut oats** are made from whole oats that are chopped into small pieces. They are less processed than rolled or quick-cooking oats; **brown or wild rice** has better nutrition than white rice. There are also several ancient grains such as amaranth, kamut, teff, farro and freekeh which are popular in some circles but which I know little about.

Eye Glass Donations

The Stow, Ma. Lions Club collects old eye glasses. The glasses are sent to foreign countries for people who have no way to access eye glasses.

A donation box has been placed in the Community Center next to the large black bookcases for residents who wish to donate their old eye glasses.

Thank You!

- Submitted by **Arnie Johnson**

Merry Christmas



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.



CURTAIN CALL

Meetings are held on the FIRST Tuesday of the month, please join us 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.



Stitch & Knit

The Stitch & Knit Group meets at the Community Center the 4th Tuesday of every month from **1:00 - 4:00 PM**.

Please note the new time. Contact **Marie Kapsalis** at 978-568-0713 for more information.



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

New Resident Information

Isabel Jewett, 6C Strawberry Ln., 508-826-9112, ijewett@comcast.net. Isabel said that Quail Run is a lovely community, in a good location and likes the size of her condo!

Joanne Frank, 3B Strawberry Ln., 914-830-4182, jofursf@gmail.com. She has two dogs, Petey and Mystic and has family in the Westboro and Acton area.

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



Laws Worth Knowing...

Law of Gravity -

Any tool, nut, bolt, screw, when dropped, will roll to the least accessible place!

Law of Probability -

The probability of being watched is directly proportional to the stupidity of your act.

Law of Result -

When you try to prove that a machine won't work, IT WILL!

Law of Biomechanics -

The severity of the itch is inversely proportional to the reach.

Law of Logical Argument -

Anything is possible IF you don't know what you are talking about.

Law of Commercial Marketing Strategy -

As soon as you find a product that you really like, they will stop making it OR the store will stop selling it!

- Submitted by **George Shaw**

Snow Storm Reminder



Please leave your outside carriage garage and porch lights on during snow storms to

assist the people who will be plowing the roads, driveways, and shoveling snow from your front porch area. Thank you.

Happy Hanukkah



Transitions

Al Durand, of Autumn Drive is now at the Reservoir Center on Bolton Street, Marlboro. Nancy Lee Salhum, Ruth and Al's daughter, has relocated to Quail Run to live with her mother.

Condolences to the Anderson family. Marion Anderson, who previously lived on Strawberry Lane, passed away on November 15th. If you would like to contact Paul, Marion's husband, he currently resides at 43 Ledgewood Drive, Unit 340, Milford, New Hampshire, zip code of 03055.



15 BONAZZOLI AVENUE, HUDSON, MA 01749
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Quail Run Birthdays

December

- Barbara Carvalho -6
- Richard Ebens -6
- Barry Brown -7
- Susan Clarke-Roser -9
- Jan Painter -10
- Susan Lalli -14
- Theresa Bosio -19
- Renee Kossuth -21
- Diane Bemis -21
- Linda Driscoll -21
- Libby Brown -22
- Mike Bleecker -23
- Jean Meola -28
- Ken Spears -29
- Marilyn Hoffman -29



January

- Fred Hennessey -2
- Barbara Langley -10
- Barbara Kansky -17
- Peggy Rittenhouse -20
- Shirley O'Connell -27
- Linda Palmer -30
- Bob Bemis -31
- Karen Hart -31

To include a birthday, contact your reporter or the editor

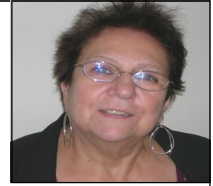


Winter Quiz

1. What is the first thing elves learn in school?
2. How do snowmen travel around?
3. How do you make a gingerbread man's bed?
4. What kind of money do elves use?
5. What do snowmen wear on their heads?
6. What is a snowman's favorite food?

Answers on page 9

Astrology - What's Up
by Beverly Beylouné



CAPRICORN December 22 -

January 19 Many Capricorns found October challenging. If this didn't apply to you, it means that the new moon that appeared October 27 tested the condition of a certain friendship and found nothing amiss. The universe continually challenges and tests us, for at the core, the universe moves toward creating strength and eliminating weakness. If it finds a weak link, you will be given the evidence so that you can improve a situation or relationship or at the very least be aware of what's been going on. Starting November, your sun will be perfectly oriented toward Saturn and Neptune. This will be an ideal time to plan something important even a first date. For quite awhile the sun will be warming your 11th house of hopes and wishes, an area of your chart that rules your friendships. You've heard how some people say they were transformed by love? Transits in your chart could become that for you. This part of the horoscope focuses a lot on first love, but if you are married or in a long-term established relationship, this lovely transit can bring a happy episode to you and your partner. You might take an extended weekend away for example, starting Friday night, returning Wednesday, and you'll be so glad that you did. You can now get off the merry-go-round of life and spend quality time together.

AQUARIUS JANUARY 20 - FEBRUARY 18

Mars is still energizing your ninth house of distant travel, a place Mars moved into recently and will continue to tour for awhile. This suggests you will be heading to the airport and traveling to a distant city soon. Even if you traveled in October, you still might do so in November or after the holidays. This same portion of your chart might additionally find you focused on one of the following areas: academia, a legal matter, immigration or green card, visa or passport, or concentrating on writing, editing, or being the subject of a media story. If you haven't been involved in any of these areas and haven't traveled in October or November then you will have another shot at one of these topics in the next few months. Sometimes you have to move forward, even with the possibility that you will make a mistake here or there, and have to adjust as you go along. Life is a little bit like walking along a new path in the dark, and although you can't see anything at first, your eyes will adjust to the darkness, and you'll find you can start to see. Some people can easily make decisions in the face of ambiguity and some can't, but I feel you can because you are ruled by the planet of genius, Uranus.



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TRUSTEES OF RESERVATIONS WINTERLIGHTS

Trustees' Winterlights returns and is better than ever. Join them for magical experiences at three of their beautiful garden properties, Naumkeag in Stockbridge, The Stevens-Coolidge Place in North Andover, and new this year the Eleanor Cabot Bradley Estate in Canton, as they sparkle with thousands of shimmering and artfully designed holiday lights. Bring the family for scavenger hunts, crafts, seasonal characters and refreshments, and more.



Winterlights runs multiple evenings each week starting before Thanksgiving and running through the end of December.

GET YOUR TICKETS BEFORE THEY SELL OUT at the trusties.org/winterlights.
Members \$12, Non-members \$17, Under 12 FREE.

Naumkeag, Stockbridge, **Thursday-Sunday**, Nov 30-Dec 29, 5-8 PM.
Plus **Monday** Dec 23, and **Monday and Tuesday**, Dec 30 and 31, 5-8 PM.

The Stevens-Coolidge Place, North Andover, **Thursday-Sunday**, Nov 30-Dec 29, 5-8 PM.

Eleanor Cabot Estate, Canton, **Friday-Sunday**, Nov 30-Dec 29, 5-8 PM.

-Submitted by **Barbara Champine**

In Colorado, near the "Indian Hills Community Center", the following billboards were posted in the area that were written by some very creative people, enjoy!

- * Dogs can't operate MRI scanners, but Catscan.
- * I'm friends with 25 letters of the alphabet. I don't know "Y".
- * Turning vegan would be a big missed steak.
- * Crushing pop top cans is soda pressing.
- * Well to be frank, I'd have to change my name.
- * Big shout out to my fingers, I can always count on them.
- * Electricians have to strip to make ends meet.
- * Irony is the opposite of Wrinkly.
- * For chemists, alcohol is not a problem, it's a solution.
- * Despite the high cost of living, it remains quite popular.
- * Our mountains aren't just funny, they're hill areas.
- * My mood ring is missing and I don't know how to feel about that.

- 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.



Book selections will be done at the monthly meetings.

The contact person is **Phyllis Novick**, 978-263-0659.



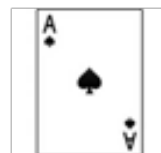
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Realtor Emeritus

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

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



Email village-re@verizon.net



POKER PLAYERS WANTED

Every Monday of each month,
4:00-6:00 PM, at the
Community Center.

Contact **Lenny Suslowicz** at
978-212-5141

JULIETS NEWS



December 5, Thursday, 12:30, at the **Chateau Restaurant**, 95 Turnpike Road, Westboro, separate checks and choice of menu. Contacts: **Alice Gagne** 508-653-0381 and **Theresa Bosio**, 978-568-1416.

January 22, Wednesday, 12:00, at the **Bolton Street Tavern**, Route 85, Marlboro, separate checks and choice of menu. Contacts: **Claire Kilcommins** 978-562-3336 and **Nicole Baker** 978-310-7853.

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



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Social Committee Plan Ahead Schedule



December 7 - Annual Holiday Party 7:00



January 4 - Coffee Hour 9:30
January 20 - Ladies Coffee Hour 9:30

February 1 - Monthly Coffee Hour 9:30
February 8 - Chili/Meatball Sub Night 6:00
February 17 - Ladies Coffee Hour 9:30

Winter Wonderland



“Do not respond to this email UNLESS...”

It’s that time of year again when Quail Run residents receive an email with this somewhat strange subject line. It’s not a scam or a phishing email. It merely indicates that an update to the Quail Run Residents Directory will be distributed shortly.

This email is intended to verify that messages sent to a resident’s last known email address are currently deliverable. When an email is “bounced” or cannot be delivered, the resident will be called to determine if the email address has been changed or if email service has been discontinued.

Residents receiving this email can add to or update their personal information (name or phone numbers) for the next Quail Run Resident’s Directory which will be distributed during the first week of January. Changes must be submitted to precklet@live.com before December 27th to be included in the January update.

The January update will be limited to the Directory By Name and the Residents By Address pages and will be distributed via email.

Currently there are 30 residents without email addresses, and 25 units are currently without access to email.

If you know of a neighbor without email access, please consider printing a copy of these pages for them.

Residents without access to email can also contact Pete Recklet at 978-562-2721 to request these pages.

- Submitted by **Pete Recklet**

QUAIL RUN BOWLERS -



We meet every Thursday, 10:00 AM to noon at the Drome Bowling, 267 Main St., Acton, where they have Candlepins (small balls). Couples and singles, \$12.50 per person cash, FREE-SHOES. We bowl 3 strings.

Carpooling is available. To sign up, please call **Carole Mahoney**, 508-746-8635, **Alison Towle** 978-568- 0806 or **Donna Milot** 978-562-6603.

QUAIL RUN LIBRARY -



New books every week! We have fiction, non-fiction and mysteries. This is a sharing library and you are welcome to take a book and pass it on to your friends. Thank you for using our baskets for returns and donations. Any questions, please call Alison Towle or Carole Mahoney.

November Board of Governors (BOG) News



Winter has certainly set in fast. If you believe the *Old Farmer's Almanac*, we are to have a record-breaking cold winter. Get out the long johns.

The Annual Budget Meeting is scheduled for 7:00 P M on December 12th at the Community Center. The Board looks forward to seeing everyone there.

The Board wants to thank all members of the Building and Grounds Committee for inspecting our property. The Board finds their input of great importance in helping keep our community well maintained.

Scott Forbes continues retrofitting our deck railings and will continue throughout the winter as weather permits.

Eagle Painting finished painting all siding, replaced wood, and rust areas around the base of the mailbox kiosks.

J&J&Son is scheduled to clean the gutters as needed now that the leaves have fallen. They completed the fall clean-up. Several additional gutter guards were installed and several gutters repaired. Lawns have been aerated and fertilized. The hillside by 5A Strawberry and area by the Rotherham Way entrance sign have been landscaped. The fence line behind Strawberry and Rotherham was cleaned. The broken irrigation line under the driveway at 2E Rotherham Way was repaired; however, a wire under the 2F Rotherham Way driveway is damaged and was not replaced. We did not want to dig up the driveway for replacement of a control cable. Instead a battery timer for the irrigation was installed. The clean-up behind 1 Autumn is also complete. An additional retaining wall was installed behind 1D/E/F Autumn Drive to prevent soil and lawn erosion.

Hayes Pump finally finished installing the number two pump in the pump house. We should again see a savings in our electric bills.

Two host unit irrigation ball valves have been repaired. An irrigation line leak in another host unit has been fixed.

Kraft Power replaced the generator control panel. The original control panel was not functioning. We used an

“aftermarket” replacement as the generator manufacturer is no longer in business. We have been told that the generator and engine will last for another 20 years. However, we are waiting on a proposal to install protection to the wiring due to rodents building nests inside the unit and damaging the wiring. Once the proposal is received and weather permitting this will be done.

The roads were re-crack sealed. They now look like they are properly sealed.

ARR-MAX has completed all identified repairs listed in the previous *Quail Runner* Board article. They also repaired the drainage issues behind 12 D/E/F Strawberry Lane and 4 Autumn Drive, and repaired the driveway at 2E Rotherham Way.

The Board is still obtaining bids to have our catch basins cleaned next year. They have never been cleaned that we are aware of and need to have dirt/debris removed from the bottom of the basins.

The Board discussed the potential of installing security cameras on the property. Gina DeFrancesco of The Dartmouth Group touched base with our legal counsel. Since this is a private community, and per our condominium documents, no security cameras are permitted on the common areas.

Common Areas are the outside of the units, siding, roofing, porches, porch ceilings, columns, railings, over garage doors, decks, and deck railings. Doorbells are the unit owner responsibility because it serves that unit only. BUT, installing a security “ring” doorbell is changing the architectural structure of the building, although small, it is still changing the look of the outside. If as a unit owner you wish to install a security “ring” doorbell please fill out a modification form, provide a sketch of what is involved, and submit it to The Dartmouth Group or a Board member for review and approval or disapproval by the Board. The “ring” doorbell may not be audible. The unit owner will be responsible for the unit cost, installation cost and maintenance of the “ring”. Unit owners may install security cameras on the inside of their units if desired.

(BOG News continued on page 9)



November Board of Governors (BOG) News



Please don't drive beyond the property posted speed limits!



Hopefully everyone will have a happy and healthy holiday season.

Tradesmen Recommendation

McCabe Garage Door Service,
macabesgaragedoor.com, 2 Shawmut Ave.,
Hudson MA 01749, 978-648-4303.

Chris McCabe arrived at the appointment time and reviewed the problem I was experiencing, gave me an estimate, and asked if I wanted to make any necessary repairs before starting. As it turned out nothing major was required. His service was very informative, he told me how to properly maintain the door to avoid any major problems in the future. He responded to my call immediately and his pricing was very reasonable. I would highly recommend him even just for Winter maintenance needs.

Answers for the Winter Quiz from page 5

1. The elf-abet
2. By icicles
3. With a cookie sheet
4. Jingle bills
5. Ice caps
6. Burrrrrr-itos



-Submitted by **Kevin Fitzgerald**



| | | |
|------------------------------------|----------------|--|
| Dick DiBuono, Chairman | 3F Strawberry | rjdibuono@aol.com |
| Ken Ward | 2E Strawberry | bchiswells@comcast.net |
| Lee Jacobs | 5D Strawberry | heariamlj@aol.com |
| Susan Bohall | 8F Strawberry | susanm.bohall@gmail.com |
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| Ken Hart | 4D Rotherham | kenandkaren2@comcast.net |
| Mike McCormack, BOG Liaison | 1F Rotherham | mocrown@verizon.net |

Technology Corner

By Carole Perla

5 Essential Steps to Protect Your Computer (By Kim Komando | The Kim Komando Show)



This article appeared on multiple web sites, i.e.:
<https://www.usatoday.com/story/tech/columnist/2019/09/26/there-plenty-tools-safeguard-your-devices-hackers/2446368001/>

Your email address and your passwords might be for sale on the Dark Web. No big deal, you think? Hackers can use this information to take over your social media, shopping, financial, and other accounts.

Only you can safeguard your own device. You have plenty of tools at your disposal, but unless you use them, you will lose this battle. To help you protect yourself from viruses, phishing, malware, and ransomware, here are five tactics that will bolster your defenses and keep the invaders at bay.

1. Do the two-step

First, enable two-factor authentication (2FA for short). So many people don't do this on their favorite sites and apps. Frankly, it's just dumb not to take action with all the data breaches at this point. Once enabled, to logon to your accounts, you must enter your password as well as an additional verification, such as a one-time access code usually sent via text to your cell phone.

This helps in two ways: Your account now has an additional layer of security besides your password to protect your account. Secondly, if anyone tries to access your account without your permission, you'll know right away about their attempt.

Because the process is different for nearly every platform, we've put together a guide specifically on setting up 2FA on popular websites and apps.

2. Use the right Wi-Fi settings

An unsecured Wi-Fi network is one of the biggest security risks. If your network isn't adequately protected, anyone with basic security know-how could break in, rummaging freely through your personal data. The most widely used standard is Wi-Fi Protected Access 2 (or WPA2).

To set up your Wi-Fi security, visit the administrator's page for your router. This page is accessed by typing your router's IP address in the URL field of your browser. The most common ones are 192.168.1.1, 192.168.0.1, or 192.168.1.2.

Once you're in your router's menu, find a section under Wireless or Security that contains encryption settings. When you find it, you're usually greeted with several options, including WPA2.

If you see an option for something called WPA3, this form of wireless security is only available on newer routers. Choose this if you can, but if it's not available, stick with WPA2.

Whatever you do, never leave your encryption status set to Open. This means there's no password, leaving your network unprotected for anyone at any time.

3. Choose an effective password

Most of us have the wrong idea about passwords. We think they have to be convoluted messes, like F\$% Th5l2K!&. The theory that passwords should be nonsensical and hard to remember reigned for years. Over the years, cybersecurity experts have changed their tune.

Yes, you should still avoid guessable passwords like "p@ssword1" or "letmein." But a strong password also can be logical, fluid, and easy to remember.

There are password generators that create random, strong and unique passwords for all of your online accounts. The passwords include combinations of numbers, uppercase and lowercase letters and special characters. These combinations can be adjusted to fit different sites' unique password requirements.

RoboForm Password Manager organizes and encrypts your data, securing your online presence and making your experience less stressful. Say goodbye to writing down passwords.

4. Have a good defense

For Microsoft, use Windows Defender. It is an anti-malware application. This program thoroughly scans your computer for harmful software as well as getting updates from Microsoft's cybersecurity labs and partners. You also need a great firewall and security analyzer.

5. Keep on top of things

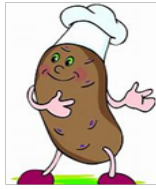
No matter what your operating system, you need to download the latest version. Not only does this provide the latest features, but these updates frequently include security patches for zero-day exploits.

Keep your eyes peeled for updates as they come in.



Did you know??

You can survive on a diet of potatoes and butter which provide all the necessary nutrients that the human body needs.



Human thigh bones are stronger than concrete.

Without your pinky finger, your hand would lose 50% of it's strength.



A banana is a happy fruit. Eating just one can help you relieve irritable emotion, anger or depression.

Elephants can smell water from three miles away.

Crocodiles have no lips and can hold their breath for an hour.

An octopus has copper based blood instead of iron based blood, this is why their blood is blue rather than red.



Humans are born with two fears, falling and loud noises. Every other fear is learned.

Dogs are capable of understanding up to 250 words and gestures. The average dog is as intelligent as a two year old child.

- Submitted by **George Shaw**

SENIORS NEVER GET ENOUGH EXERCISE

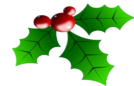
In His Wisdom God decreed that seniors become forgetful so they would have to search for their glasses, keys and other things thus doing more walking. And God looked down and saw that it was good.

Then God saw there was another need. In His Wisdom He made seniors lose coordination so they would drop things requiring them to bend, reach & stretch.

And God looked down and saw that it was good.

Then God considered the function of bladders and decided seniors would have additional calls of nature requiring more trips to the bathroom, thus providing more exercise. God looked down and saw that it was good.

So if you find as you age, you are getting up and down more, remember it is God's will. It is all in your best interest even though you mutter under your breath!



- Submitted by **Kevin Fitzgerald**



Symphony Pro Musica

Symphony Pro Musica will perform Gustav Mahler's Symphony No. 3. on Saturday February 1 at 7:30 PM at Hudson High School with a pre-concert talk at 6:45 PM and Sunday, February 2 at 3:30 PM with a

preconcert talk at 2:45 PM at St. Marks School in Southborough.

The orchestra will be joined by a large chorus.

Tickets at a special group rate are available for Quail Run residents and their guest for \$10 per ticket each, from **Phyllis Novick**, phyllisnovick8@gmail.com or call Phyllis at 978-263-0659.



Intel Please contact **Rachael Hamer** directly for any questions/concerns regarding **Intel** at 978-553-2158, Rachael.hamer@intel.com. Rachael will be on leave starting January 15th, 2020 and returning the middle of June 2020. During this time, please contact Jeff Supernor at 978-553-5991, jeff.supernor@intel.com or Erika Edgerly at 505-893-0437, Erika.edgerly@intel.com.

You can also call the security line at 978-553-5858.

Condo Care Many of the items below have been included in past Quail Run Notices from the Dartmouth Group, recommended tradesmen from our Quail Run residents, and in prior *Quail Runner* Newsletters (go to the Quail Run website: quailrunhudson.com, click on *Quail Runner*, and search for the monthly issue/page if you want to view more details).

Company/Contractors:

Dryer vent, heating/cooling duct cleaning, AIRTEK, Hudson, Ma. 978-567-1072: *Quail Runner*, Nov - Dec 2018/pg. 4.

Fireplace cleaning and repairs - Massachusetts Gas and Fireplace Repair, Hopkinton, Ma., contact Matthew McDonald, 508-603-1633 or 774-245-2414: *Quail Runner*, March - April 2017/pg. 4.

Garage Door issues - New England Overhead Door Inc., Hopedale, Ma., 508-473-0030, 800-696-7723.

- McCabe Garage Door Service, 978-648-4303: *Quail Runner*, November - December 2019/pg. 9.

Gas Meters - must be changed out every seven years, if you are overdue, PLEASE call Eversource Gas Company at 800-592-2000, to replace your meter at no charge to you: Dartmouth Group Notice and *Quail Runner*: May-June 2018/pg. 3.

Master Keys - used for emergencies only. Your front door must be able to be unlocked by the master key in case of emergencies. Call Warner Eldridge, at Eldridge Locksmith, Hudson, Ma. at 978-562-7546 to have your front door re-keyed: *Quail Runner*, Nov - Dec 2017/pg. 2.

Trash and Recycle Company (DBA Mr. Trashman), 508-278-6910. Refer to the inclusions and restrictions list in the *Quail Runner*: Nov - Dec 2017/pg.12. They will not pick-up Christmas trees as part of their normal Tuesday morning rubbish removal.

Windows - repair/replacement of screens, windows, shower doors, etc., Country Glass, 978-562-2332, Hudson, Ma.

Window Cleaning inside and outside, Rick Mitchell Window Cleaning, 978-430-4523, Hudson, Ma.

General Condo Care:

Ceiling Fan settings - Summer season, set fan to run counter clockwise; Winter season, set fan to run clockwise.

Hazardous Waste Disposal - New England Disposal, Sutton, Ma.: *Quail Runner*, May - June 2019/pg.6.

Lights - Dusk to Dawn LED's, outside garage and porch lights: *Quail Runner*, Sept. - Oct 2019/pg.6.

- Kitchen Recessed Light replacements: *Quail Runner*, March - April 2019/pg.6.

Refrigerator maintenance - Cleaning the coils under the refrigerator is important! This cleaning should be done at least once a year. If you have pets and/or abnormal dust, (which our units do because of the forced hot air heating), cleaning of the coils should be done twice a year.

Rodent (Ultra Sonic) Repellent Device: *Quail Runner*, July - Aug 2019/pg.6.

Smoke Alarms - If you have replaced your smoke alarm detectors with new Kidde smoke alarm and carbon monoxide detectors, there is a double A battery in each that needs to be replaced yearly. If your smoke alarm detectors are ten plus years old, they need to be replaced. Also, don't forget to change your **Thermostat** battery.

Furnace Humidifier - Aprilaire brand, set handle on the side of the humidifier unit to the "Winter" setting, or "Summer" setting depending on the season. **Furnace/AC Filter** - your furnace/AC filter should be changed at least every six months for optimal performance.

Water Detectors - place a water detection alarm near your water heater, dishwasher, washing machine, it will detect and sound an alarm if you have water leaking from your appliances onto the surrounding floor area: *Quail Runner*, May - June 2017/pg. 4.

Windows - seal out cold drafts around window seams, use MORTITE strips: *Quail Runner*, Nov-Dec 2016/pg.4.