



# The Quail Runner

For and By the Residents  
of The Villages of Quail Run



March - April 2020

Began Publishing 2003  
www.QuailRunHudson.com

Hudson, Massachusetts

## UPCOMING EVENTS



### PIZZA NIGHT

Date: Saturday, April 18th



### PANCAKE BREAKFAST WITH FRIENDS

Date: Saturday, May 16th

Where: The Community Center

Time: 9:30 - 10:30 AM

Cost: \$8:00 per person

A sign up sheet will be posted at the  
Community Center in mid April.  
Dead line for sign up is May 12th,  
or call Marlie Stott, 978-567-5912



**The event listed above is subject to cancellation due to current concerns regarding the COVID - 19 virus and health concerns for our residents.**

## Contents

- Astrology - 5
- Birthdays - 5
- Book Club - 6
- BOG - 2, 8
- Communications - 2
- Condo Care - 6
- Curtain Call - 4
- Editor's Desk - 2
- Healthy Living - 3
- Hudson Food Pantry - 1
- Intel - 11
- Interesting Places - 9
- Juliets - 7
- Mahjong - 5
- New Residents - 4
- Poker Players - 6
- QR Bowlers - 7
- QR Library News - 7
- Quail Runner Staff - 2
- QR Real Estate - 2
- QR Website - 12
- Romeo's - 3
- Stitch & Knit - 4
- Social Commit. - 1, 6, 7
- Technology Corner - 11
- Tradesmen
- Recommendation - 5
- Vacation Delivery - 2

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

## QUAIL RUN COMMUNITY Annual Meeting

The May Annual Meeting and election of new Board members has been postponed until the current COVID - 19 restrictions are lifted. Please reference the Board of Governors article on page 8.



## PLEASE HELP OUT IF YOU CAN DONATE

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

### The Quail Runner Staff

**Editor:** Kareen Shaw  
**Assistant Editor:** Barbara Langley  
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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 & Peter Recklet  
**What’s Up -** Beverly Beylouné  
**Healthy Living -** Peggy Rittenhouse

**Communications Chair:** Kareen Shaw  
**Quail Run Email Communications:** Yossi Elaz  
**Quail Run Telephone & Address Directories:** Peter Recklet and Cathy Bernhardt  
**Quail Run Email List:** Carole Perla  
**Quail Run Website:** Mark Reid

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

**Newsletter Deadline** the 23rd of previous month.

You can view all the back issues that have been published of the *Quail Runner Newsletter* on: [www.QuailRunHudson.com](http://www.QuailRunHudson.com)

### Vacation Delivery

Give your Circle Reporter or the Editor a long envelope with two first class stamps, and print your name and vacation address on the envelope. Or you can view all published issues online at: [www.QuailRunHudson.com](http://www.QuailRunHudson.com)

### Editor’s Desk

Kareen Shaw, editor



After fourteen years, Peter Recklet will be turning over responsibility for the maintenance and production of the Quail Run Telephone Directory and Residents by Address Directory to Cathy Bernhardt on July 1<sup>st</sup>. Cathy will be updating all resident data and Quail Run committee membership lists over the next few months in preparation for the updated Quail Run documents that are scheduled to be published in July.

2020 Census Con Games: The 2020 Census started this month and yes, the con games have begun. Con artists might contact you by email, by phone, or you might receive a text message with a link to a phony website. Their goal is to get your private information. Census workers never ask for your Social Security number, credit card or bank account numbers. They will never threaten you with a fine or jail time if you do not give them this information.

If you suspect fraud, call 800-923-8282 to talk with a Census Bureau representative, or contact the police. The information above is from the March 2020 AARP Bulletin.

### Real Estate Transactions at Quail Run

Sold: 6F Strawberry - \$367,500, B style  
Sold: 5H Strawberry - \$358,000, A style  
For Sale: 3E Autumn - \$380,000, A style



- Submitted by **Barbara Kansky**

### Our Board of Governors

**Mike McCormack** [Mocrown@verizon.net](mailto:Mocrown@verizon.net) 978-562-1266  
**Bill McPhail** [aruba109@verizon.net](mailto:aruba109@verizon.net) 978-310-7000  
**Pat Ritter-Waltrup** [ritterwaltrup@gmail.com](mailto:ritterwaltrup@gmail.com) 978-562-5227  
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**Diane Bemis** [dianegbemis@yahoo.com](mailto: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



## Sugar - Sweetened Beverages & Health

I have been a participant in the Nurses Health Study (NHS) for many years. In the latest edition of *NHS News* an article entitled "Sugar-Sweetened Beverages and Health" caught my attention. According to the article, carbonated and non-carbonated soft drinks, fruit drinks and sports drinks are the largest source of added sugar in the diet. A typical 12 oz. serving of soda contains 140-150 calories and approximately 35-37 grams of sugar which is about 7-9 teaspoons.

Research from the Nurses' Health Studies has provided strong and consistent scientific evidence linking intake of sugar-sweetened beverages (SSB) with long-term weight gain and risk of type 2 diabetes, coronary heart disease and other cardio metabolic conditions and a higher risk of premature death. It was found that women who consumed at least one SSB per day had an 83% higher risk of diabetes compared to infrequent consumers. Half of this increase in diabetes could be attributed to weight gain. Among NHS women, some followed for 24 years, those who consumed two or more SSBs per day had a 35% higher risk of Coronary Heart Disease compared to infrequent users.

The article strongly recommends limiting intake of SSBs and to drink healthy alternatives such as water, coffee and tea, unsweetened, of course.



## Passover Begins April 8th

### Springtime Jokes

1. When do monkeys fall from the sky?
2. Can February March?
3. What did the big flower say to the little flower?
4. Why is the letter "A" like a flower?
5. What is a spring chick after it is five months old?
6. How do you know when bees are happy?
7. What do you get when you cross a four leaf clover with poison ivy?
8. Why did the little bird go to the hospital?



Answers on page 8

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



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### Need a laugh?

Grandparenting: Eating the last three cookies because you have four grandchildren at your front door.

When I get a headache, I take 2 aspirin and keep away from the children just like it says on the bottle.

A man is suing Smart Water for not making him smart, and I'd like to formally announce my lawsuit against Thin Mints.

I told my wife to embrace her mistakes - she hugged me.

### 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

### ROMEO's

#### Retired Old Men Eating Out

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

Please contact Peter at 978-562-2721 or [precklet@live.com](mailto: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.



April 22nd



**Chili/ Meatball Sub/ Game Night Pictures**



February 8th

**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



**Federal Tax Day**  
July 15th, **Massachusetts**  
**State Tax Day TBA**

**New Resident Information**

**David and Betty Moore**, 5H Strawberry Lane, 781-344-7393, dandemoore@verizon.net. They moved here to be closer to family.

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



**HAPPY BIRTHDAY!** Every other month or so, for the last two years, neighbors from 1, 2, and 3 Autumn Drive get together at local restaurants to celebrate birthdays. It has been a great way to socialize and stay in touch!

- Submitted by **Shirley O'Connell**



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**Quail Run Birthdays**

**April**

- Gary Hegan - 3
- Barbara Champine - 7
- Kathy Middleton - 11
- Sharon Berthiaume - 12
- David Moore -18
- Cheryl Presley Baker -19
- Charlie Bosio - 20
- Marsha Strauss - 21
- Pam Thompkins - 21
- Sue Fox - 21
- Helena Cabral - 23
- Leonard Novick -27



**May**

- Arnold (Arnie) Johnson - 4
- Janice Hornberg - 7
- Roger Montgomery - 9
- Sue O'Keefe - 22
- Patricia Ruest - 23
- Kevin Wentzell - 26
- Marc Karloff - 26
- Kareen Shaw - 27
- Mary Hennessey - 27
- MJ Ebens - 28
- Marie T. Mangan - 31

To include a birthday,  
contact your Circle  
Reporter or the Editor



**May 5th**

**Tradesmen Recommendation**

We just had our condo walls painted and are very happy with the experience. The results were excellent and the painter, Paul Aasrud, was a pleasure to work with, aasrudpainting@yahoo.com, 508-561-4544.

- Submitted by **Lelah Willoughby**

**Players meet at the  
Community  
Center**

**Wednesday and Friday  
at 1:30 - 4:00PM**



**Astrology - What's Up**

by Beverly Beylouné



**Taurus - April 20 - May 20**

There is a strong emphasis on earth planets in March/April that will make the world a happy place..... filling your chart with travel, international relationships, publishing, broadcasting, plus legal and academic matters, so one or more of these glittering areas will continue to be on your mind. These are your most fortunate areas now, so choose one and find ways to make this trend work for you. You'll see other influences that are sure to bring out your charisma and make you more appealing than ever. Lucky you, on top of all this you'll have two heavenly bodies both in water signs that blend beautifully with your chart adding a glamorous tone.

Other influences indicate that you are due for a romantic episode that could leave you breathless. If you are dating seriously you might hear a confession of love, or if you are single you might well meet someone new, or if you are with someone you can renew your feelings. Enjoy the year!

**Gemini - May 21 - June 20**

Since late December, money has been a consistent theme in the background of your life, and this Summer continues that trend. I have been trying to determine why money has been such a consuming interest, for this is not typical of your personality. As a Gemini, you are not known to be a materialistic sign - you prefer a world of concepts and ideas, communication, and originality, and that is where you are likely to direct your energy. I have come up with several reasons why you might be spending much time thinking about financial matters. You might be working to raise money for a new business and seek venture capital, sponsors and/or advertisers, or you may need a business loan and line of credit from your bank. You may be in the market for a mortgage or to refinance your present mortgage to secure a more attractive rate. You may be doing your current taxes or filing several years of back taxes. You might be applying for student loans or a scholarship, or setting up a plan to repay your student loans. You could have received an inheritance and are deciding how best to invest the money, or if you need to go through probate you may be awaiting the decision of the court about the will's validity.



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*Easter*  
*April 12th*



**Social Committee Announcement**

In June the Social Committee will be starting our new season of activities and events.

The Social Committee is responsible for planning and setting up monthly activities and/or events such as breakfasts, dinners, coffee hours, Juliets and various other events.

We are also responsible for private rentals at the Community Center, welcoming of new residents and purchasing supplies for the Community Center.


We meet once a month, usually the first Wednesday of each month, to plan and organize the various events.

If you are interested in hearing more about our committee or if you would like to become a member, please give me a call at 978-567-5912.

**Marlie Stott, Chairperson**



**Cover That Cough and Sneeze Please!!**



**James J. Morais, GRI-CRS**  
**Realtor Emeritus**

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


Office 978. 568. 8746  
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MLS Email village-re@verizon.net

# Condo Care

\* *Location of your dishwasher emergency shut off switch:* did you know, near your kitchen counter sink area, on the backsplash, there is an emergency on/off wall switch for your dishwasher? In a B unit, it is next to the garbage disposal switch.

\* *Water turn off knobs:* under your sinks and toilets, there are shut off valves for the water There are also shutoff valves in your basement ceiling for your kitchen and bathroom water pipes. If you have a to call a plumber, and **depending on the type of plumbing issue you need them to fix**, you may not have to have a plumber shut off all the water to all adjoining units when they need to repair one of your pipes. If there is a major water issue contact The Dartmouth Group, Anna Kowalski, Portfolio Assistant for Quail Run, 781-533-7208.




\* *Dryer vent cleaning* should be done periodically to prevent fires and to optimize dryer efficiency.

\* *During this difficult time with the COVID - 19 virus*, many people are using paper towels, wads of Kleenex and tons of disinfectant/sanitary wipes around their homes. Please **do not** throw any of these items down your toilet. **TRASH IT, DON'T FLUSH IT.** Save yourself from an emergency call to your plumber and a **large** repair bill if your pipes get clogged by these items.

- Submitted by **George Shaw**

**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.

**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**

April 16:

**CANCELLED**



**May 20**, Thursday, 12:30, at the **Agean Restaurant**, 257 Cochituate Rd., Framingham. Contacts: **Carole Mahoney** 508-746-8635 and **Kathy Middleton** 978-443-3846. Sign up with these ladies or on the list at the Community Center.

*The luncheon above is subject to cancellation due to the current concerns regarding the COVID-19 virus and health concerns for our residents.*



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**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. *This activity will resume when the COVID-19 restrictions are lifted.*

**Social Committee Plan Ahead Schedule**

April 4 -  
April 18 -  
April 20 -

**CANCELLED**

May 2 - Monthly Coffee Hour 9:30  
May 16 - Pancake Breakfast 9:30 - 10:30  
May 18 - Ladies Coffee Hour 9:30



*All activities are subject to change due to the current concerns regarding the COVID-19 virus and health concerns for our residents.*

**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 any 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.



**SOUP IS ON THE TABLE!!**

Another splendid monthly "Soup Night"... this time at 8E Strawberry Lane...two great soups along with breads, salads, and desserts!



Lots of laughs and great conversations.

- Submitted by **Clare Mochella**

### March Board of Governors (BOG) News



Hope everyone is being safe during these trying times and adhering to the restrictions currently in place!

Due to the mandated COVID-19 virus restrictions from the Governor of Massachusetts, the Board of Governors has decided to cancel the May Annual Meeting until further notice. This is for the safety of all unit owners and residents. The three Board positions up for election will be delayed until an Annual Meeting can be held. In the meantime, the three current Board members terms will be extended. Once the restrictions are lifted the Board will let all unit owners know when this very important meeting will be rescheduled and request nominations for the Board. Also, due to the restrictions please avoid all use of the Community Center for group activities.



Scott Forbes has again begun to retrofit our deck railings based on the weather. He started on the remaining decks on Strawberry Lane and will then move to Rotherham Way.

J&J&Son finished cleaning the swale behind 1 Autumn.

Hayes Pump performed the quarterly maintenance of the pump house pumps.

The Board approved a bid from Scott Forbes to replace shingles with a scalloped vinyl shingle when needing replacement. The product looks very close to the cedar shingles we have been using and will require no further maintenance. They will also not be prone to woodpeckers and other damage or require ongoing stain to preserve.



The Board approved a bid from Eagle Painting to paint items listed on the Building and Grounds Committee report plus all wood that has been replaced by Scott Forbes.

The Board approved a bid from Concord Heating & Air Conditioning, Inc. to maintain the heating and air conditioning system in the Community Center.

A bid is being obtained from J&J&Son to address the hillside between 11 Autumn Drive and 2 Strawberry Lane. This hillside has been split seeded twice and it did not work. So, the goal is to find an option to solve the issue once and for all. A bid is also being obtained to cut back all growth along the Intel tree line from 2 Strawberry Lane through 8 Strawberry Lane.

The list of items for Sal of ARR-MAX to address has been growing. Multiple places on our roads have been marked as needing repair. There appears to be an issue in the 7/12 Strawberry circle that needs attention as the road surface never dries out and the surface is deteriorating. The Board has also asked for Sal to advise us, and provide us with a proposal, on what we need to do with the lawn areas behind 2 Strawberry through 8 Strawberry as these backyard areas are swampy and, in many cases, have no grass. As this develops you will be advised.

The Board is investigating options to slow down the traffic on our roadways. This is an ongoing process. As details are finalized you will be advised.

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

During these trying times, please check on neighbors and help where possible and needed. We have a great supportive community and if we all pull together, we will come through this even stronger.



#### Answers to Springtime Jokes from page 3

1. *During Ape-ril.*
2. *No, but April May.*
3. *You are really growing, bud!*
4. *A bee comes after it.*
5. *Six months old.*
6. *They hum when they work.*
7. *A rash of good luck.*
8. *It needed tweet - ment.*





**Interesting Places to Visit**

**ABANDONED PLACES IN MASSACHUSETTS**

In this, our 400<sup>th</sup> year since the Pilgrims landed in our state, there have been many places abandoned that you may want to visit. Some of these ruins allow you to drive or hike right up. A few have interior areas that are off limits to the public so please obey all trespassing laws. Here are 8 of the most interesting of these abandoned spots.

CLINTON has an abandoned spooky railroad tunnel. Built in the 1800s, over 4,000 bodies had to be unearthed and moved to construct this tunnel and the neighboring Wachusett Dam. Since then, all manner of ghostly phenomenon have been reported. The railroad tunnel is completely open for public exploration. Boylston Street



BELCHERTOWN State School for the Feeble Minded was built in 1922. By the 1970s it was notorious for inhumane and unsanitary conditions. The school has been closed for about 40 years, but many of the old buildings remain standing. 6 Berkshire Ave.



FRANKLIN PARK ZOO Bear Cages are in Boston. This abandoned zoo was seen in the film Mystic River. Set away from the main area of Franklin Park Zoo, this strange enclosure was built in 1912 and served to house several large bears. This intricately carved enclosure is now abandoned and slowly being taken over by nature. The area is open for public exploration. Playstead Rd.

HULL has Fort Revere. This is a great place to combine some beach fun and a bit of ruin exploration into one day. This decommissioned fort was in use from the Revolutionary War until World War II and was taken out of active service in 1947. The public is welcome to explore its abandoned halls and stone rooms. Fort Revere

WALTHAM has the Metropolitan State Hospital and Metfern Cemetery. This spooky-looking state hospital opened in 1930 and bears the macabre nickname, the Hospital of the Seven Teeth.

(continued)

(ABANDONED PLACES continued)

In 1978, Melvin Wilson killed fellow patient Anne Marie Davee and buried her remains in three different locations around the hospital grounds. However, he kept seven of her teeth for trophies. Today, most of the buildings have been demolished but a quick trip down the Western Greenway will lead you to the hospital's old burial ground. Waltham

BECKET Historic Quarry Land Trust is hiding a park unlike any other in the world. This nature preserve is filled with the abandoned ruins of 200-year-old mining equipment, vehicles and buildings. The ruins are left from when the area was an active quarry. Visitors can climb and investigate all of the abandoned sites. 12 Brooker Hill Rd.



GLOUCESTER has Dogtown. This is perhaps my favorite of the sites ever since I read The Last Days of Dogtown by Anita Diamont about this village peopled by widows, orphans, spinsters, scoundrels, etc. (an excellent novel). This is a bona fide Massachusetts ghost town. Its history includes everything from rumors of witchcraft to packs of roving dogs, and peculiar boulders bearing inspirational messages. It is fun to explore the foundations and find the boulders. Dogtown Commons

RUTLAND - A farm and prison camp is in the woods of a state park. Built in 1903 to house minor offenders. Instead of being confined to a cell, the prisoners were



expected to cultivate the land and tend chickens. In 1907 a tuberculosis hospital was added. It was abandoned in 1934 but the ruins are still standing and open to the public. Rutland

- Submitted by **Barbara Champine**



**Just Thinking . . .**

I THOUGHT GETTING OLDER WOULD TAKE LONGER. . . DIDN'T YOU?!

A WISE MAN ONCE SAID . . . NOTHING. HOW WISE!

RESPECT YOUR ELDERS; THEY GRADUATED FROM SCHOOL WITHOUT THE INTERNET.

I'VE DECIDED I'M NOT OLD; I'M 25 'PLUS SHIPPING AND HANDLING'.

BEHIND EVERY ANGRY WOMAN STANDS A MAN WHO HAS ABSOLUTELY NO IDEA WHAT HE DID WRONG.

INSTEAD OF "SINGLE" AS A MARITAL STATUS, I PREFER "INDEPENDENTLY OWNED AND OPERATED".

PATIENCE: WHAT YOU HAVE WHEN THERE ARE TOO MANY WITNESSES.

VEGETARIAN: ANCIENT TRIBAL NAME FOR THE VILLAGE IDIOT WHO CAN'T HUNT, FISH, OR LIGHT FIRES!

IN MY DEFENSE: "I WAS LEFT UNSUPERVISED".

MY DECISION-MAKING SKILLS CLOSELY RESEMBLE THOSE OF A SQUIRREL WHEN CROSSING THE ROAD.

SOME THINGS ARE JUST BETTER LEFT UNSAID. AND I USUALLY REALIZE IT RIGHT AFTER I SAY THEM.

- Submitted by **Kevin Fitzgerald**

**Ideas to keep you active at home**

*Applications that you can load on your home computer and other devices*

Below is a just a very short list, please check out the large assortment of applications that are available to you free in the on-line Apple Store.

- 'Balance & Meditation' applications. - alleviate anxiety, stress, and to calm feelings

- Connect with family and friends - 'FaceTime' (video or audio calls), 'Marco Polo' (messaging app.)

- Exercise your body and mind applications:



'Peloton' - cardio, yoga, stretching classes

'WORDSCAPES' - a fun word find game

**CLEVER WORDS FOR CLEVER PEOPLE**

1. **ARBITRAITOR**  
*A cook that leaves Arbys to work at McDonalds*



2. **BERNADETTE**  
*The act of torching a mortgage*

3. **BURGLARIZE**  
*What a crook sees through*

4. **AVOIDABLE**  
*What a bullfighter tries to do*

5. **COUNTERFEITER**  
*Workers who put together kitchen cabinets*

6. **LEFT BANK**  
*What the bank robbers did when their bag was full of money.*



7. **HEROES**  
*What a man in a boat does*

8. **PARASITES**  
*What you see from the Eiffel Tower*

9. **PARADOX**  
*Two physicians*

10. **PHARMACIST**  
*A helper on a farm*

11. **RELIEF**  
*What trees do in the Spring*

12. **RUBBERNECK**  
*What you do to relax your wife*



13. **SELFISH**  
*What the owner of a seafood store does*

14. **SUDAFED**  
*Brought litigation against a government official*

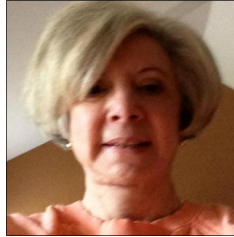
Submitted by **George Shaw**

**May 10th**



**Technology Corner**

by Carole Perla



**General iMessage tips and tricks - iOS 13**

(<https://www.pocket-lint.com/apps/news/apple/148855-apple-imessage-tips-and-tricks-on-iphone-ipad-mac-and-ipod>)

Messages is Apple's messaging app available for iPhone, iPad, iPod Touch and Mac, but it isn't just for SMS messages and iMessages, there are a multitude of features within the app. Messages can be used across multiple devices, syncing between them all when signed into the same Apple ID. Here are some of the best tips and tricks to help you get the most out of iMessages and its platform.

**How to edit your name and photo in iMessage**

Open the Messages app > Tap on the three dots in the circle in the top right of your display > Tap on 'Edit Name and Photo' > Select your preferences.

**How to delete a single message thread in iMessage**

Open the Messages app > Swipe right to left on the message thread you want to delete > Tap 'Delete' > Confirm delete.

**How to delete multiple message threads in iMessage**

Open the Messages app > Tap on the three dots in the circle in the top right corner > Select 'Manage Messages List' > Select the message threads you want to delete > Tap 'Delete' in the bottom right corner.

**How to delete an individual message in a message thread on iMessage**

Open the Messages app > Open the message thread you want to delete an individual message from > Press and hold the individual message you want to delete > Tap 'More' at the bottom of your screen > Select any other messages you want to select to delete, if any > Tap on the bin icon in the bottom left corner of the app.

**How to send a new message in Apple Messages**

Open the Messages app > Tap on the square with the pencil in the top right corner > Start typing the contact's name > Tap on the contact from the list > Start typing your message in the message box above the keypad > Press the arrow to the right within the message box to send.

**How to send a group message on iMessage**

Open the Messages app > Tap on the square with the pencil in the top right corner > Start typing the contact's name > Tap on the contact from the list > Type another name and select the contact > Repeat until you have added all the contact names you want to be in the iMessage group. The maximum number, or iMessage group chat limit, is 32.

**How to send a Photo in iMessage**

Open the Messages app > Tap on the thread of the person you want to send the picture to or start a new message > Tap on the photo icon above the keyboard > Look for the picture you have taken that you want to send > Tap on the picture you want to send.

**Memorial Day  
May 25th**



**Did you know ...**

*There's enough concrete in the Hoover Dam to build a two lane highway from San Francisco to New York City.*



*The Library of Congress contains approximately 838 miles of bookshelves - long enough to stretch from Houston to Chicago.*

*The number of bourbon barrels in Kentucky outnumbers the state's population by more than two million.*



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

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

**HOW MANY DO YOU REMEMBER?  
Lost Words from our Childhood**

Mergatroyd! Do you remember that word? Would you believe the spell-checker did not recognize the word Mergatroyd? Heavens to Mergatroyd! Back in the olden days we had a lot of moxie. Gee whillikers! Holy Moley! Holy Toledo!

We were in like Flynn and living the life of Riley, and even a regular guy couldn't accuse us of being a knucklehead, or a nincompoop. Back in the olden days, life used to be swell, but when is the last time anything was swell? Swell has gone the way of beehives, pageboys and the D.A., of knickers, fedoras, poodle skirts, saddle shoes, and pedal pushers. Oh, my aching back! Kilroy was here, but he isn't anymore.



We discover that the words we grew up with, the words that seemed omnipresent have vanished with scarcely a notice from our tongues and our pens and our keyboards. Poof, go the words of our youth, the words we've left behind. We blink, and they're gone. Where have all those great phrases gone?

It turns out there are more of these lost words and expressions than Carter has liver pills. This can be disturbing stuff! (Carter's Little Liver Pills are gone too!)

We, of a certain age, have been blessed to live in changeable times. For a child each new word is like a shiny toy, a toy that has no age. We at the other end of the chronological arc have the advantage of remembering there are words that once did not exist and there were words that once strutted their hour upon the earthly stage and now are heard no more, except in our collective memory. It's one of the greatest advantages of aging!

See ya later, alligator! Okidoki! You'll notice they left out Monkey Business!!

WE ARE THE CHILDREN OF THE FABULOUS 30's, 40's, 50's & 60'S ...NO ONE WILL EVER HAVE THAT OPPORTUNITY AGAIN ...WE WERE GIVEN ONE OF OUR MOST PRECIOUS GIFTS: LIVING IN THE PEACEFUL AND COMFORTABLE TIMES, CREATED FOR US BY THE "GREATEST GENERATION!"

I mentioned all of the above to you, because as I turned to my grandson the other day and called him a young "whippersnapper", he turned to me and said "say what"?

- Submitted by **George Shaw**

**The Village of Quail Run Website  
quailrunhudson.com**

The website includes important information, please view the contents:

1. Quail Run Monthly Calendar of group activities, events, meetings, etc., held at the Community Center
2. Quail Runner Newsletters (2007 - present day)
3. General Governance Information
4. Condo Rules and Regulations
5. By-Laws
6. Email Distribution Policy
7. Quail Run Master Insurance Information
8. Resources
9. Contact information for the Board of Governors (BOG), Buildings and Grounds, Social Committee, etc.

