



# The Quail Runner

For and By the Residents  
of The Villages of Quail Run



September - October 2020

Began Publishing 2003  
www.QuailRunHudson.com

Hudson, Massachusetts



**It's time to  
get your annual  
flu shot**

Unless your doctor directs otherwise, anyone under age 65 will receive the regular-strength vaccine, and anyone 65 or over will receive the high-dose or "enhanced" vaccine (which is 4-times the dose of vaccine, to jump-start your immune system).

Note that there are 2 types of vaccine: trivalent (covers 3 strains of flu) and quadrivalent (covers 4 strains of flu).

Not all pharmacies have all types, so if you have a preference be sure to ask. Most insurance plans and Medicare cover the full cost of the shot.



**\*\* CRITICAL \*\***

### Master Keys



If you have replaced your door locks, please make sure they are re-keyed to the master key.

If emergency access is required to enter a unit due to a fire, water leak, etc., force will be used (e.g., break the latch on a kitchen window or break the door lock, etc.) and repairs are at the unit owner's expense. The master key is used for emergencies only.

Please call Warner Eldredge, at Eldredge Locksmith, Hudson, Ma. at 978-562-7546 to have your front door re-keyed.

Thank You!

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### Social Activities Cancelled

The Social Committee has cancelled all activities due to the current concerns regarding the COVID-19 virus and health concerns for our residents. For all other community activities, please check with the contact person listed in this Newsletter.

**Board of Governors  
articles on page  
2, 8, 9**

## The Quail Runner Staff

**Editor:** Kareen Shaw  
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**Assistant Distribution Manager:** Joyce Blank  
**Advertising Manager:** Lelah Willoughby  
**Proof Readers:** Pat Ritter-Waltrup, Jan Painter, Barbara Langley, Bev Minot

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1/3 Autumn Shirley O'Connell  
 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 Beylounne  
**Healthy Living** - Peggy Rittenhouse

**Communications Chair:** Kareen Shaw  
**Quail Run Email Communications:** Yossi Elaz  
**Quail Run Telephone & Address Directories:** 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



Have you noticed? Someone has been picking up trash along the Quail Run side of Reed Road, who is this mystery person that has volunteered to give *their* time to make *our* Quail Run entrances and ground area look so great? Also all the weeds and crabgrass growing on the sidewalk between both Quail Run entrances are cleaned. THANK YOU VERY MUCH!!

October 12th



The Quail Run Community collects for the Hudson Food Pantry. Items and/or checks can be dropped off at **Barbara Baker's** home at 4D Autumn Drive. There is also a collection box for items at the Community Center.

## Real Estate Transactions at Quail Run

Sold: 7A Strawberry Lane - C style



## Our Board of Governors

**Mike McCormack** [Mocrown@verizon.net](mailto:Mocrown@verizon.net), 978-562-1266  
**Dave Bernhardt** [dbernhardt@twotonedog.com](mailto:dbernhardt@twotonedog.com), 978-568-1671  
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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 unit owners, please check for dates and times on the Quail Run Community Calendar on our website page.*

# HEALTHY LIVING

by Peggy Rittenhouse

## New American Cancer Society Guidelines



Changes to the American Cancer Society (ACS) Guidelines include recommendations for getting more physical activity, eating less (or no) processed and red meat, and avoiding alcohol or drinking less. It says:

1. Get to and stay at a healthy body weight throughout life. If you're overweight or obese, losing even a few pounds can lower your risk for some types of cancer.
2. Adults should get 150-300 minutes of moderate intensive physical activity per week, or 75-150 minutes of vigorous intensive physical activity or a combination.
3. Children and teens should get at least 1 hour of moderate or vigorous intensive activity each day.
4. Spend less time sitting or lying down. This includes time looking at your phone, tablet, computer, or TV.
5. Eat a colorful variety of vegetables and fruits, and plenty of whole grains and brown rice.
6. Avoid or limit eating red meats such as beef, pork, and lamb and processed meats such as bacon, sausage, deli meats, and hot dogs.
7. Avoid or limit sugar sweetened beverages, highly processed foods, and refined grain products.
8. It is best not to drink alcohol. But if you do,



women should have no more than 1 drink per day and men should have no more than 2. A drink is 12 ounces of regular beer, 5 ounces of wine or 1.5 ounces of 80-proof distilled spirits.

The guideline is based on current science that shows that how you eat, rather than specific foods or nutrients, is important in reducing the risk of cancer and boosting overall health.

So, how do you measure up? I've looked over this list and realize I need to improve in some of these areas. I think I'll get up and go for a walk for a start.

October 31st



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



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## History of a Dog on a Bun

So, everyone has heard Nathan's touting their hot dog's Coney Island origins, but did you know that Nathan's is not the original Coney Island hot dog?



The original is rightly claimed by a German emigrant, Charles Feltman, a baker who sold pies from a cart on Coney Island, and brought his frankfurter recipe to America. People on the boardwalk found eating franks on a plate awkward, so he baked a bun to put his frankfurters into to avoid the plate, and the "hot dog" was born.

It happens that Nathan Handwerker once worked at Feltman's, and then went off to develop his own recipe and business in 1916. Later, when hard times fell on Coney Island, Feltman's closed in 1959. But in 2015, the Quinn brothers brought the original Feltman's product back to life.

If you want to try "Feltman's Original Hot Dog", you can find them at Hannaford's Supermarket in Marlboro.

- Submitted by **Dave Bernhardt**



## Eye Glass Donations

The Stow, Ma. Lions Club collects old eye glasses. If you would like to donate, please contact me. Thank you!

- Submitted by **Arnie Johnson**

## ROMEO's

### Retired Old Men Eating Out

**Peter Recklet** is the contact person for Romeo's. Lunches have been cancelled due to COVID-19. Please contact Peter at 978-562-2721 or [precklet@live.com](mailto:precklet@live.com) if you have any questions.

The group is open to all men at Quail Run.





### CURTAIN CALL

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 is not currently meeting due to COVID-19 concerns.



Contact person is **Marie Kapsalis**, 978-568-0713.



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

### *New Resident Information*

Please welcome Kevin McNamara, 7 A Strawberry Lane, 978-833-2311, KMC5674@outlook.com and Diane McNamara, 978-808-9624, DMCNAMA-RA3@yahoo.com.

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



*With COVID19 on the minds of everyone ... paranoia has reached an absurd stage. I sneezed in front of my laptop and the anti-virus started a scan on its own!*

### *Ponyhenge?*



Located at 39 Old Sudbury Road in Lincoln, about half a mile south of MA Rt. 117, on the right side of the road is a fanciful collection of old rocking horses and an eclectic selection of children's

horse toys, all out in the pasture in retirement (like us?).



They seem to be having a good time! Note that by the Fall, the grass has grown up so they get a little obscured – they don't eat as much as they used to. They're known to move around occasionally, though the herd hasn't



grown much lately. Located on private land, they don't mind respectful visitors. It is a short ride to Lincoln and the grandkids would love the field of ponies. Some of the ponies are also observing the wearing of masks during this time with the

COVID-19 virus.

For more wonderful pictures and information, go to:

<https://roadtrippers.com/magazine/ponyhenge-lincoln-massachusetts/>

- Submitted by **Dave Bernhardt**



P: 978.562.5309  
P: 877.7CHAVES  
F: 978.562.1026

15 Bonazzoli Avenue  
Hudson, MA 01749  
www.chaveshvac.com

### Quail Run Birthdays

#### October

- 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
- Mary T. Brown -21
- Judy Johnson -21
- Nancy Dome -20
- Harold Edelstein -26
- Harry Morgan -30



#### November

- Nicole Baker -1
- Bob Rittenhouse -1
- Rosemary Fitzgerald -4
- Jim Carvalho -6
- Susan Bleeker -6
- Vincent Picarello -16
- Tamara Boriakoff -18
- Patricia Smith -19
- Fred Thompkins -21
- Beverly Beylounne -23
- Donna Milot -25
- Ellen Ferri -26
- Betty Moore -30

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

*I am not adding a year to my age,  
I did not use it in 2020!*

**CANCELLED**  
Contact person is  
**Claire Kilcommins, MAHJONG**  
978-562-3336.

Residential \* Commercial \* Auto  
**Country GLASS CO., INC.** 978-562-2332  
78 Cherry Street Hudson, MA 01749  
Monday - Friday 8:00 - 5:00 Saturday (9:00 - 1:00)  
[www.countryglass.com](http://www.countryglass.com)

### Astrology - What's Up

by Beverly Beylounne



**Beverly Beylounne** has made the decision to retire from writing her Astrology Column for the *Quail Runner Newsletter*.

When Bev first moved to Quail Run she was asked what she enjoyed doing and did she have any hobbies. Bev replied that she really enjoyed astrology and then offered to write up an article for the very first *Quail Runner Newsletter*, which at that time was one page long. This was way back in October 2003. She has been writing the "Astrology - What's Up" column for seventeen years!!



By the time the January-February 2004 *Quail Runner* was published (all of 2 pages), Bev was also involved with an article titled "Getting to Know Your Neighbors". Bev, as well as some of the other residents, wrote up a little background information about each of the new residents that moved into the different circle areas, hence the start of the "Circle Reporters" that we still have today.

Bev is hoping that someone in the community is willing to volunteer to take over the Astrology Column from her and continue writing the column.



If you are interested, please contact the Editor of the *Quail Runner Newsletter*, **Kareen Shaw**, 978-562-2340.



**Store Hours:**  
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**A FEW HAUNTED PLACES IN MASSACHUSETTS**



Halloween will be quite different this year so I thought you might like to discover a few haunted places in our state. Massachusetts is one of the most haunted in all of the United states.

In Gardner you will find the PIERCE MANSION. This mansion is so haunted, visitors are required to sign a waiver before entering the home. It has a history of tragedy and death that spans over 130 years. Built in the late 1880s by Sylvester Pierce, a wealthy local businessman, the mansion is reportedly haunted by numerous members of the Pierce family, many of whom died in the home from illness or accident. The ghosts here are known to get physical, with some guests reporting being pushed down stairs or compelled to open windows against their will.



In Scituate you will find the MORDICAI LINCOLN MILL. This abandoned and locked mill has a horrifying past and a spooky present. After the drowning of a young girl in the adjacent pond, numerous people have reported seeing the figure of a child standing in the window, sometimes scratching at the glass panes, There have also been documented reports of screaming and cries for help coming from the mill and nearby pond.

Then we have the FREETOWN FALL RIVER STATE FOREST, also called "The Cursed Forest of Massachusetts." This place is truly creepy. The list of things going on here is dizzying: blood sacrifices, UFOs, ghosts, black helicopters, mysterious orbs of light, strange disappearances, giant snakes, and poltergeist activity. This forest is often regarded as the most haunted forest in the country and with good reason, as it is known for an incredible number of strange sightings and bizarre happenings.

In Leicester you will find the SPIDER GATE CEMETERY, also known as the Quaker Cemetery and "The Eighth Gate to Hell." This burial ground has been around since 1740 and gets its name from the odd designs on its gates. Local legends assert that the cemetery may be a gate to another dimension.



Many interesting stories are attached to it, a satanic altar, an area where no grass will grow, a young boy who hung himself, white stuff that oozes from the ground and many more tales.

And finally, there is SALEM, allegedly one of Massachusetts' most haunted towns. It is known for endless infamous creepy events. Here we find Gallows Hill, Burial Point, The Witch House, and the ROPES MANSION. This mansion may be the most haunted house in town. Nathaniel Ropes was a Loyalist Judge who lived in the mansion in the 18<sup>th</sup> century. While he died of smallpox during a time where angry mobs were chasing him, his wife died in a fire five years later. It's said that both spirits have never truly left. This is Allison's house from the movie Hocus Pocus. There are so many more creepy places all around us. Believe all these tales or not.

- Submitted by **Barbara Champine**

**Book Club**

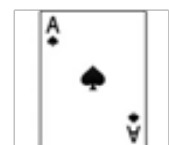

Meetings are generally the last Wednesday of each month. Book selections will be done at the monthly meetings.



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

**POKER PLAYERS WANTED**


Games are cancelled due to COVID-19. Contact person is **Lenny Suslowicz**, 978-212-5141.

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

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

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

 MLS Email village-re@verizon.net

**JULIETS NEWS**

*The Juliets Luncheons are cancelled due to the current concerns regarding the COVID-19 virus.*



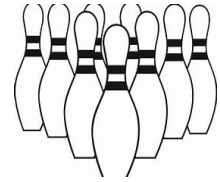
**Social Committee  
Plan Ahead Schedule**

*All activities are cancelled due to the current concerns regarding the COVID-19 virus.*



**QUAIL RUN BOWLERS -**

If you are interested in bowling on Wednesday mornings, we may have an opportunity for Quail Run residents. Please call **Carole Mahoney**, 508-746-8635, or **Donna Milot** 978-562-6603 for more information.



**QUAIL RUN LIBRARY -**



Thank you for using our baskets for returns. Any questions, please call **Alison Towle** or Carole Mahoney.

**Condo Care**

*The reason for having a blue stick in Center Circle Gardens and the Unit Owner/Resident Front Flower Gardens...*

Please reference the Rules and Regulations, Section 22:

" A blue stake is to be installed in all planting beds to indicate to the landscape company that the planting bed is being maintained by a unit owner/resident. For planting beds marked with a blue stake the unit owner/resident is responsible for the maintenance of the plantings. Shrubs and bushes in the front of all units will be pruned annually by the landscape company without regard to the blue stake to make sure they are properly maintained (i.e., no growth over the bottom of a kitchen window or top of the front porch). When planting, please be careful not to rupture irrigation lines, sprinkler heads and/or gas lines."

If you would like a blue stake for the front of your Condo unit or for your Center Circle area, they are available at no cost to you. Contact **George Shaw** at 978-562-2340.

\*\*\*\*\*

Handy for the kitchen: "The *g* Grip Jar Opener". This under the counter jar opener is one of the best items we have in our kitchen. It will open any size lid easily, made of durable plastic with carbon steel teeth. You can order from Amazon or directly from the company: [thegripjaropener.com](http://thegripjaropener.com), price listed for \$12.95.



- Submitted by **George Shaw**

**Recycling Event  
Reminder**

The Marlborough Chamber of Commerce and the Marlborough Rotary Club are sponsoring a community recycling event Saturday, October 24<sup>th</sup>, from 10:00 AM to 2:00 PM, at the Navin Skating Rink parking lot, 451 Bolton Street, Marlborough.

There is a charge of \$40.00 per car load/pickup truck load. They will recycle your unwanted electronics, some appliances, vehicle batteries, yard and lawn equipment, and much more. There is an extra charge for TV's, computer monitors, audio speakers, etc. Please refer to the following websites to see a full list of acceptable/non-acceptable items, and additional charges for certain items:

<https://www.marlbroughchamber.org/event/community-recycling-09-26-2020/>

<http://www.marlbroughrotary.org/>

- Submitted by **Dave Bernhardt**

**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).

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

### September Board of Governors (BOG) News



Time for apple picking, mums, crisp nights, and cool days. Do hope everyone is still practicing safe guidelines by social distancing and wearing face masks. The Community Center continues to remain closed. Hope everyone exercises their right to vote in the November election.

The Board wants to thank **Bill McPhail** for his nine years of service as a Board member. His contributions to the Board and the community at large have been outstanding. The Board also welcomes our new Board member **David Bernhardt**. Hope everyone will give both men thanks for their service to the community.

The Building and Grounds Committee will be performing the extremely important annual inspection of the property starting the last week of September. The Board thanks all Committee volunteers for taking the time to walk and inspect our community. They will be on front/back lawns, front porches, decks, and under decks of walkout units. Do not be alarmed when you see them. The inspection results are turned over to the Board so they may be compiled. Identified issues will be addressed by the Board and remediation action taken as appropriate (e.g., make repairs where needed).

The Board was recently made aware that some unit owners do not know that the condominium fees, budget amendments, and voting rights (e.g., election of Board members) are based on the beneficial interest of the unit style and number of garages. It was established by the developer in the Master Deed. Following is the beneficial interest by unit style and number of garages:

A style– 1 garage	0.660%
A style – 2 garages	0.678%
B style – 1 garage	0.671%
B style – 2 garages	0.689%
C style – 2 garages	0.682%

Note: no new budget amendments are planned for the foreseeable future.

**All residents need to read and understand the Rules and Regulations.** Due to the number of violations addressed during the past two months, a copy of the Rules and Regulations was emailed to all unit owners/residents with email addresses on September 17<sup>th</sup>. They may also be found on the Quail Run web site.

If situations/circumstances occur that differ with the document, they must be formally documented by the unit owner and brought before the entire Board for a waiver vote.

Due to the lack of irrigation and rain no repairs were made to lawns due to last Winter’s snow removal damage and damage to lawns behind 1/3 Autumn caused by heavy equipment. Fall is a good time of year for putting down grass seed, but without water, it will not germinate. This needs to wait until Spring.

Two pine trees beside the rear street side of 1 Autumn died. There were also two maple trees suffering with cancer that finally had very few leaves. Power was lost during a wind/rainstorm when tree branches damaged the power line breaker on the pole by the pump house causing 1 and 2 Rotherham and the pump house to lose power until The Town of Hudson could repair the generator. The Board had these trees removed. Then we found there were two more dead trees behind the first two dead pines on 1 Autumn. They have also been removed. The 1 Autumn area has been marked by Dig Safe since there is a gas line along the 1 Autumn side of the road. The next step was to have the stumps pulled and the area cleaned up. Replacement plants and mulching is now complete.

Sections of our roads were losing the bitumen which caused the fine stone in the asphalt to start breaking down. Multiple driveways had sunk significantly below the garage apron lip. Most of these have been repaired. Note: there are additional driveways that have sunk below the garage apron lip that will be addressed next year as required. The road surface around several catch basins on Rotherham were repaired. Drainage was installed at 4/6 Autumn to the central street drain.

The 7/12 Strawberry circle had a drainage issue which caused water to collect in the circle. A drainage basin was installed in the circle and piped to the nearest catch basin. Since the road was in bad shape in that area it was repaved as part of the drainage project.

The front of 2A Strawberry had an issue with termites. The grade of the landscape and the plantings caused moisture to build up next to the unit. The termite issue has been resolved. A dry well has been installed with overflow into the street storm drain to alleviate the moisture issue. There is also a drainage issue in the front of 6B Autumn. A cement drain was installed in the front of both units.

The drainage issue behind 8 Strawberry was repaired by putting the downspouts into a central pipe to remove the moisture and prevent erosion. Due to the moisture, 8 F Strawberry had significant carpenter ant damage which has been addressed.

*(BOG continued on page 9)*





(BOG continued)



While removing the asphalt in the front of the applicable driveways, irrigation lines were discovered near the surface and in two cases irrigation leaks were found. Irrigation pipe sleeves were installed as part of the repairs. The sleeves will be used to pull new irrigation lines in case of future irrigation line failures under these driveways. This will eliminate the need to dig up the driveways when an irrigation pipe leaks. Note: The original irrigation line installation under the driveways were not sleeved. Therefore, they are prone to leaking over time. Evidence of prior irrigation leaks under driveways can be found throughout the community.

Due to the heavy equipment used for the roads, driveways, and drainage repairs, we will be crack sealing our roads and driveways during the last week in September.

Our catch basins have been cleaned for the first time. Three were found to have the wrong style baffle preventing easy clean out and have been fixed. Over six feet of debris was found in the catch basins. We have been advised that the catch basins should be checked/cleaned every four to five years.

Eagle Painting should be on site the last week of September to take care of the list of items needing paint.

As driveways were repaired the front steps of the applicable units needed to be replaced by Scott Forbes. He has also repaired several other needed items.

J&J&Son Lawn Care pruned the flower bed shrubs and applied another round of fertilizer. As needed, multiple shrubs and plantings were removed. They will be installing gutter guards on the back of 1/2/4 Autumn. The Fall cleanup will happen sometime in October. At that time additional pruning and removal of plants, as needed, will take place. Also, the irrigation system will be shut down, backflow preventer tested, and the fire sprinkler system tested. Unit owners will be advised via email when these events are scheduled to occur.

Bill McPhail painted our fire hydrants on September 20th. Thanks Bill.



The Board continues to investigate options to slow down the traffic on our roadways. As details are finalized you will be advised.

**Please do not drive beyond the property posted speed limits!**



Hope everyone enjoys the Fall season and continues to follow all safety rules.

**Remember our Veterans  
November 11th**



### The Taj Mahal

After 5 weeks and 5923 pieces, our second Lego project, the Taj Mahal is completed.

The completed project is somewhat larger than our previous stadium project. This one measures 20"x20"x17".

When asked what our next project will be, our response is "we're 'lego'ed out and it's time to spend the money on something more practical like a new dishwasher".

- Submitted by **Peter and Elaine Recklet**





**EXERCISE YOUR RIGHT TO VOTE – EVERY VOTE COUNTS  
TUESDAY, NOVEMBER 3, 2020  
FEDERAL ELECTION**

**Major race is for the President of the United States**

**STATE ELECTION**

**Major Race is for Senator in Congress**

EDWARD J. MARKEY, 7 Townsend St., Malden, Democrat, KEVIN J. O'CONNOR, 55 Glen St., Dover, Republican

**2020 BALLOT QUESTIONS**

Motor Vehicle Mechanical Data and Ranked-Choice Voting

**YOU NOW HAVE THE OPPORTUNITY TO VOTE BY MAIL**

No worries about the weather, getting to the polls, exposure to the Covid-19 virus or waiting in long lines. Just fill out the form you recently received in the mail. Deadline for mail in application is October 28.

**ARE YOU A NEW RESIDENT OF QUAIL RUN?**  
Make sure you are eligible to vote in Hudson at your new address

**Changing Your Address**

You must update your voter registration every time you move. If you have moved, you may update your registration by filling out a new voter registration form. If you move after the deadline to register to vote in a state election or primary, you should wait to update your registration until after the date of the election or primary, **and** return to vote at your previous polling place in Massachusetts. State law allows you to vote from a previous address in a state election for up to six months after you have moved, as long as you have not registered elsewhere.

**Need answers to your questions?**

Please contact the Town Clerk's Office for any additional information or questions: 978-568-9617 or email [jwordell@townofhudson.org](mailto:jwordell@townofhudson.org), or go to this link for more information <https://www.sec.state.ma.us/ele/eleidx.htm>.

- Submitted by **Elaine Recklet**

**Recycling Amazon Plastic Packaging**

....Consolidated from information at Amazon and their links to recycling resources

The Villages at Quail Run weekly recycling collection cannot accept any plastic bags, including the bubble-lined Amazon bags.

However, you can hold and recycle your plastic-film bags yourself, at any location that recycles “plastic grocery bags”, including Walmart, Target, Lowes, and grocery stores (Market Basket, Shaws, etc.), in the recycling bin they provide. Here’s a list of what is and is not accepted:

**Acceptable:**

- Any plastic films marked #2 and #4
- Single-use plastic grocery bags
- Vegetable bags (clean only) from the market
- Bread bags
- Ziplock and clean sandwich bags
- Dry cleaning bags
- Plastic bags that clothing is packaged in by mail-order retailers
- Plastic shipping envelopes/bags (Amazon, Express Scripts, etc.)
- All-plastic bubble-lined mailing pouches
- Air-filled packing pillows (please deflate them)

**Not acceptable (must go into your trash):**

- Paper mailing envelopes with plastic bubble-liners
- Frozen food bags (they have unacceptable coatings on them)
- Styrofoam

- Submitted by **Dave Bernhardt**

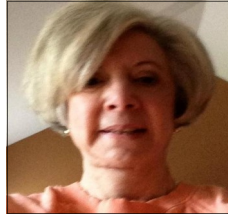
*Time to turn the clocks back 1 hour!*

**November 1st**



By Carole Perla

## Mobile Security Tips To Keep Your Device Safe



Please reference: <https://www.pandasecurity.com/mediacenter/pandasecurity/mobile-security-tips/>

To help you navigate your device in a secure way, please read the following seven mobile security tips to keep your device safe.

### 1) Keep Your Phone Locked

One potential threat is getting your device stolen, which could give the thief complete access to your personal information. To prevent this, be sure to have a lock on your screen. Whether this is a passcode, pattern, fingerprint or face recognition is up to you and your device's capabilities.

When enabling a lock screen you'll have the option to choose how long the phone can be idle before locking. Be sure to choose the shortest amount of time. This will protect you, by automatically enacting the lock screen even if you forget to lock it yourself. It will also save your battery because the screen will go dark after the set amount of time.

### 2) Set Secure Passwords

Setting strong passwords on your apps will make it harder for a hacker to guess them. It's also suggested to set a different password for each app. This way if one password is discovered, the hacker won't have access to all your information.

Not only are personal devices a concern, but professional devices are at risk as well. According to the [Verizon Mobile Security Index 2018 Report](#), only 39% of mobile device users in enterprises change all default passwords and only 38% use strong two-factor authentication on their mobile devices. Having weak passwords can put an entire organization at risk.

### 3) Keep Your Device's OS Up-To-Date

Mobile phone operating system updates are intended to improve your experience. This could entail performance to security. Although they happen frequently and users tend to click through quickly or ask the device to remind them in the future, it's important to stay up to date. These updates can protect both iOS and Android devices from new threats. To check if your phone's OS is up to date, go to "about phone" or "general" and click "system updates" or "software update."

### 4) Connect to Secure Wifi

The beauty of mobile devices is that we can access the internet anywhere and everywhere we go. One of the first things we do at a restaurant or friend's house is search for wifi. While free wifi can save us on data, it's important to be wary of unsecured networks.

To stay safe while using public wifi, be sure to connect to a virtual private network or VPN. Check out [Panda VPN for Android](#), which allows you to enjoy secure Wi-Fi connection even on public networks.

### 5) Beware of Downloads

When you are downloading apps, be sure to download them from the official app stores and check reviews. Cybercriminals create rogue mobile apps that mimic trusted brands in order to obtain users' confidential information. To avoid this trap, be sure to look at the number of reviews, last update and contact information of the organization.

### 6) Don't Jailbreak or Root Your Phone

Jailbreaking or rooting your phone is when you unlock your phone and remove the safeguard the manufacturers have put in place so you can access anything you want. It may be tempting to access app stores other than the official ones, but this puts you at high risk. The apps on these illegitimate stores have not been vetted and can easily hack into your phone and steal your information.

### 7) Encrypt Your Data

Your smartphone holds a lot of data. If it's lost or stolen, your emails, contacts, financial information and more can be at risk. To protect your mobile phone data, you can make sure the data is encrypted. Encrypted data is stored in an unreadable form so it can't be understood.

Most phones have encryption settings you can enable in the security menu. To check if your iOS device is encrypted, go to the settings menu and then click on "Touch ID & Passcode." It will prompt you to enter your lock screen code. Then scroll to the bottom of the page where it should say "Data Protection is enabled."

To encrypt an Android, you must first be sure your device is 80% charged, and unroot your phone before continuing. Once these things are done, go to "Security" and choose "Encrypt Phone." If you don't charge your device, unroot it or interrupt the encryption process, you may lose all your data. Encryption can take an hour or more.



**MEDICAL ADVICE**

I don't understand why prescription medicine is allowed to advertise on TV or why anyone would think of trying one of the medicines after listening to the laundry list of warnings of possible side effects. But this is definitely an exception!

Do you have feelings of inadequacy?

Do you suffer from shyness?

Do you wish you were a better conversationalist?

Do you sometimes wish you were more assertive?

Do you sometimes feel stressed?

If you answered yes to any of these questions, ask your doctor or pharmacist about Cabernet Sauvignon.

Cabernet Sauvignon is the safe, natural way to feel better and more confident. It can help ease you out of your shyness and let you tell the world that you're ready and willing to do just about anything.

You will notice the benefits of Cabernet Sauvignon almost immediately and, with a regimen of regular doses, you'll overcome obstacles that prevent you from living the life you want.

Shyness and awkwardness will be a thing of the past. You will discover talents you never knew you had.

Side Effects May Include:

Dizziness, nausea, vomiting, incarceration, loss of motor control, loss of clothing, loss of money, delusions of grandeur, table dancing, headache, dehydration, dry mouth, and a desire to sing Karaoke and play all-night Poker, Truth Or Dare, and Twister.

Warnings:

The consumption of Cabernet Sauvignon may make you think you are whispering when you are not.

The consumption of Cabernet Sauvignon may cause you to tell your friends over and over again that you love them.

The consumption of Cabernet Sauvignon may cause you to think you can sing.

The consumption of Cabernet Sauvignon may create the illusion that you are tougher, smarter, faster and better looking than most people.

Chardonnay, Sauvignon Blanc, Pinot Grigio, Scotch, Vodka or Bourbon and of course Beer may be substituted for Cabernet Sauvignon, with similar results.

Please feel free to share this important information.

**LIFE IS A CABERNET OLD CHUM**

- Submitted by **George Shaw**

**SAFETY FIRST — BEWARE!!**

There was an article in the local newspaper (Hudson Sun).

Teams of teens are targeting suburban driveways looking for unlocked cars. If they find one, they steal what they can from inside the car, and if they find car keys they often steal the car, too. There are no reports of them breaking into locked cars.



The warning from the local and state police is: **Lock your car!**



- Submitted by **Dave Bernhardt**

**Don't forget to Vote  
November 3rd**



**HAPPY THANKSGIVING  
NOVEMBER 26th**

