



The Quail Runner

For and By the Residents
of The Villages of Quail Run



May - June 2021

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

UPCOMING SOCIAL COMMITTEE EVENT

Ice Cream Social

Date: Saturday, August 14th
Where: The Community Center
Time: 7:00 PM
Cost: \$3.00 per person

A sign up sheet will be posted in the
Community Center in July, along with
contact information.



Looking Forward to the return of Live Performances!

Symphony Pro Musica

Stay tuned for the Fall Schedule, and
as soon as it is released, we will place
an article in the *Quail Runner News-
letter* with more information, dates
and times of the Fall season
performances.

May 31st



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The Quail Run
Community
Center will be
re-opening. Read all
about the Quail Run
activities that will soon
be available at the
Community Center,
details are in this
newsletter!

Based on Governor Baker's announcement on Monday, May 17th, regarding the
COVID-19 restrictions, the Board voted to lift the restrictions on the use of the
Community Center as follows:

* Beginning May 29th the Community Center library may be used. The Board sug-
gests that if the individual accessing the Community Center is not vaccinated that a
mask be worn.

* Effective June 15th the Community Center will be open for all activities.
This is subject to change regarding what the Governor has to say in the next few
weeks.

Come in **WE'RE**
OPEN

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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 of the *Quail Runner Newsletter* on:

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

Editor’s Desk
Kareen Shaw, editor



Poppies are the flowers used as a symbol around the world to remember those who died in military service. They are often presented on graves in the form of wreaths since its circular shape represents eternity, continuity and the circle of life. However, the poppies are also worn on veterans’ lapels and often placed individually at a gravesite to represent honoring and respecting those who sacrificed their lives in military conflict. A salute to all of those who have served.

Real Estate Transactions at Quail Run

For Sale:
2 D Rotherham Way, A Style, active listing, \$399,900

3 D Strawberry Lane, A Style, under contract, \$409,900

6 G Strawberry Lane, A Style, under contract , \$409,900



Our Board of Governors

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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 website.

HEALTHY LIVING

by Peggy Rittenhouse

Aids for Relieving Stress



We've all been experiencing a very difficult stressful year. Have you found anything to do that helps you cope with this stress?

One thing that has helped me this past year is listening to and practicing music. I remember one night when I had been experiencing anxiety and wasn't able to get to sleep. All of a sudden the words of a hymn came to my mind and I could clearly remember the words and it was a big calming experience. The next day, I went to the internet and downloaded the music and words to the hymn and then I began practicing the music on my piano. This led to more songs, both secular and spiritual that I was able to download on my computer and then print. Quite a few of the hymns were free and others I paid a small fee in order to print the music.



Listening to music or playing an instrument engages multiple parts of your brain - and can help your mood and memory. Music has the ability to soothe, energize and even to improve your memory. And tapping into its power is as simple as turning on your radio. Whether your choice is classical, jazz, rock 'n' roll, country, popular, music has unique effects on the brain according to Dr. Andrew Budson, a lecturer at Harvard Medical School. And he goes on to say that you can reap the benefits whether you are playing a musical instrument or just kicking back and listening to some tunes.

Another benefit of music is its mood-altering abilities. Music can be happy or sad, energetic or calming or multiple things at once. You can have happy music that is calming but you can also find music that's energetic, or sad music that's low-energy and depressing.

Research shows that the music you choose can alter

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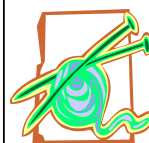
(continued)

your mood. Listening to music that is pleasant can make you feel happy. Dr. Budson recommends putting on a piece of music that you know and love that reminds you of good times.

So I have downloaded 3 notebooks full of music that has been comforting to me and then I try to practice the music on the piano for a short time several times a week.



Here's hoping that you, too, have found something to engage your mind and make you able to cope with the negative effects of this pandemic



Stitch & Knit

The Stitch & Knit Group meets at the Community Center the 4th Tuesday of every month from 2:00 - 4:00 PM.

New members are welcome!

Contact **Marie Kapsalis** at 978-568-0713 for more information.

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 if you plan to attend. The group is open to all men at Quail Run.



Quail Run Birthdays

June

- David Bernhardt - 2
- Rosemary Hanlon -2
- Dan O'Keefe -3
- Bernie Strauss -3
- Ray Samra -4
- Jodi Shulman -4
- Harold "Ted" Baker -5
- George Shaw -5
- Bonnie DeRusha -7
- Susan Bohall -7
- Mary Lewis -7
- Marlynn Stott -8
- Lee Rouse -8
- James Donato -9
- Bev Minot -12
- Christopher Garrity -19
- Sherry Lupien - 24
- Lelah Willoughby -23
- Bill Dome -24
- Carole Mahoney -25
- Tom Haley -27
- Brenda Ferri -27
- Dottie Baxter -29
- Trudy Durand -30



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

July

- John Smith -1
- Jim Bucceri -4
- Barbara Edelstein - 8
- Ginny Fullam -12
- Phyllis Novick -12
- JoAnn Woodland -17
- Adele Fontana -24
- Dot Haley -25
- Ginnie Samra -27
- Ruth Durand -29

CURTAIN CALL



An announcement for the next meeting will be posted in the July/August *Quail Runner* issue. Meetings are usually held on the FIRST Tuesday of the month, when members of the group meet together and select local theater performances to attend.

Please contact me if you would like to be added to the Quail Run Curtain Call Mailing list. **Lorraine Cochran**, (lorrainecochran@comcast.net), 978-568-0165.

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

New Resident Information

Please contact **Barbara Langley** at 508-397-6906 if someone new moves to Quail Run.



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**

The Quail Run Community collects for the Hudson Food Pantry

Items and/or checks can be dropped off at **Barbara Baker's** home at 4 D Autumn Drive. Please do not drop items off at the Community Center, it is currently **CLOSED** due to COVID-19 restrictions, the center will reopen on June 15th. Laundry detergent, shampoo, toothpaste, hand/shower soap and any other personal items are needed at this time.

Thank you so much for your continuing generosity.
- **Barbara Baker**

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Telephone Area Code History



When 'The Bell System' engineering staff designed direct - to station long distance dialing, and standardized on the 3-3-4 number system (3 digit Area Code, 3 Digit Exchange, and the 4 Digit Subscriber Number), all of the telephone switching systems were electro-mechanical - relays which selected the circuits, not computers. So, foremost on their minds was reducing wear-and-tear on the relays. That meant keeping the Area Code switching simple.

So, it was important for the lowest number Area Codes to be assigned to areas with the highest incoming call traffic. Numbers 0 and 1 were reserved for the center-digit in the Area Code – they never (used to) appear in the middle of Exchanges, as this was the method for the relays to determine whether you'd started dialing with an Area Code or an Exchange. So, the highest incoming call volume went to Washington D.C., which received the lowest Area Code, 202, Manhattan with 212, LA with 213, Chicago with 312, etc.... and Boston was assigned 413.

What? How did Boston (eastern Mass.) get 617, a higher number, not the original 413 that ended up assigned to western Massachusetts? It was a typesetting error! Yes, Boston was supposed to get 413, but when the official list of Area Codes was published by "Ma Bell" the two codes in MA. were accidently swapped! After much distress, it was decided that it was better to leave them as published rather than introducing confusion!

- Submitted by **Dave Bernhardt**



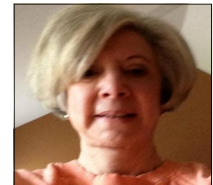
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Email Etiquette, Sending Replies in Email, Tips to Remember!
 - by Carole Perla



If you are unclear about the descriptions below, do a google search for any one of these topics to find more examples of when to **use/or not use** the following:

CC = (carbon copy), don't hit **reply all** or **CC** everyone even if you think the joke is funny, just send it to your friend - use only **Reply**. Have you checked that you're only communicating to the person you need to communicate to? It can be annoying to be copied into every email or to see every response in a chain if it is not relevant to your recipient.

BCC = (blind carbon copy), this is a way of sending emails to multiple people without them knowing who else is getting the email. Any email addresses in the **BCC** field will be invisible to everyone else on the email list. It is similar to **CC** but only the sender can see the list of people he/she is sending it to.

Use the following link to see how to create a **BCC** for either Outlook for Windows or Outlook for MAC.
<https://support.microsoft.com/en-us/office/show-hide-and-view-the-bcc-blind-carbon-copy-field-04304e27-63a2-4276-8884-5077fba0e229>.

FORWARD = Open the email message you want to forward.

Click Forward.

Type in the email address of the person or people to whom you are forwarding the email.

REPLY ALL = **Think carefully before using this feature! Do not use Reply All!** It is very annoying to see a list of multiple emails when they have nothing to do with the sender. If you get a joke you think is funny click on **Reply**, type in your friend or friends email address. Do not use **Reply All**, this will send the email back to all of those multiple users who you don't know.

REPLY = Use Reply when you only want to send your message to a single person in an email thread -- either the original sender of the email or the last person to reply in the thread.

May Board of Governors (BOG) News



We are turning the corner on all COVID-19 restrictions. Hopefully, folks have been fully vaccinated. Based on Governor Baker's announcement on Monday, May 17th regarding the COVID-19 restrictions, the Board voted to lift the restrictions on the use of the Community Center as follows:

- Beginning May 29th, the Community Center library may be used. The Board suggests that if any individual accessing the Community Center is not vaccinated that a mask be worn.
- Effective June 15th the Community Center will be open for all activities.

This is subject to change based on what the Governor has to say in the next few weeks.

Due to the current COVID-19 restrictions, the May Annual Meeting will not be held. Two Board positions were up for election. A letter was mailed to all unit owners asking for nominations. The two incumbents, Patricia Ritter-Waltrup and Diane Bemis, both submitted nomination forms. No other nominations forms were received. As a result, the three remaining Board members voted to appoint Patricia and Diane to serve for two more years. The Board also voted to reassign two roles. Diane Bemis will become the Vice President and David Bernhardt will become the Member at-large.

After "peeling the onion", the Board voted to not have our roads chip sealed. After further investigation, the initial cost went up significantly. The quote did not include chip sealing the road and parking area at the Community Center or the satellite parking areas. All manhole covers and all catch basins would need to be raised by ARR-MAX (the cost of this is undetermined). In looking at reference sites, the road surfaces looked like very nice gravel roads. Gravel roads are difficult for walkers and are an issue with snow plowing. ARR-MAX indicated that what we have been doing to date in maintaining our roads should continue.... repair areas where there is significant deterioration and continue to crack seal. This will still give us another eight years, give or take. So as before, the goal is to continue the path we have been on (e.g., repair roads as needed, etc.) and to accumulate enough in the reserve account to cover the cost needed to replace the roads. In the near term that means our roads will continue to look like a "patch work quilt".

We have decided to delay turning on the lawn irrigation system. We are monitoring the Town of Hudson's water restrictions closely. Currently they are at level three, but without significant rain they may easily become a level four, which would prohibit our use of the irrigation system. The initial turn-on of the irrigation system costs the Association approximately \$5,000. We do not want to spend that amount of money and then have to shut it down in three weeks or so like last year. We are being conservative and will closely monitor the water ban requirements. Currently our grass looks good. Let us hope for rain.

The Fall Building and Grounds Committee findings identified multiple units with cracked or missing dryer vent and unit patio doors without address stickers. Bill McPhail is in the process of addressing all identified items. Thanks Bill!

At the request of the Town of Hudson Fire Department, signs are being obtained to identify all host units with building water shutoffs. Once the signs are received they will be installed. There are also several gas meter stickers missing, and they will be replaced with permanent signs.

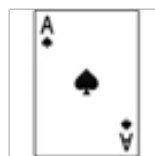
The testing of the fire sprinkler system and fire alarm system is being scheduled for early Fall. This will require access to *everyone's* basement. This is a requirement of the Town of Hudson Fire Department.

Please do not drive beyond the property posted speed limits!

Hope everyone is enjoying the warmer weather.

POKER PLAYERS WANTED

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



Book Club

We welcome new members! The group meets the last Wednesday of each month. Please call Phyllis with any questions regarding the time and location for the next meeting.

Phyllis Novick at 978-621-3993 or phyllisnovick8@gmail.com



Interesting Stuff....

- * The State with the highest percentage of people who walk to work: Alaska.
- * The percentage of Africa that is wilderness: 28%.
- * The percentage of North America that is wilderness: 38%.
- * The cost of raising a medium-size dog to the age of eleven: \$16,400. (Still a LOT cheaper than raising a child! :-)
- * The average number of people airborne over the U.S. in any given hour: 61,000. (This is significantly less since COVID-19.)
- * The first novel ever written on a typewriter: Tom Sawyer.
- * The San Francisco cable cars are the only mobile National Monument.
- * Each king in a deck of playing cards represents a great king from history:

Spades - King David
Hearts - Charlemagne
Clubs - Alexander, The Great
Diamonds - Julius Caesar
- * Now, that is just weird!
$$111,111,111 \times 111,111,111 = 12,345,678,987, 654,321$$
- * If a statue in the park of a person on a horse has both front legs in the air, the person died in battle.
- * If the horse has one front leg in the air, the person died because of wounds received in battle.
- * If the horse has all four legs on the ground, the person died of natural causes.
- * If the statue is on the ground, it is because of political reasons!
- * What do bulletproof vests, fire escapes, windshield wipers and laser printers have in common?
A. All were invented by women.
- * If you were to spell out numbers, how far would you have to go until you would find the letter 'A'?
A. One Thousand.

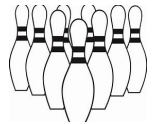
-Submitted by **Pat Ritter-Waltrup**



Old age is golden, or so I've heard it said,
But sometimes I wonder, as I crawl into bed,
With my ears in a drawer, my teeth in a cup,
My glasses on the table until I get up.
As sleep dims my vision, I say to myself:
Is there anything else I should lay on the shelf ?
The reason I know my youth is all spent?
Is my get-up-and-go has got up and went!
But, in spite of it all, I'm able to grin
And think of the places my getup has been!

QUAIL RUN BOWLERS -

If you are interested in bowling, we bowl at the Acton Bowling Lanes every Wednesday morning. Please call **Carole Mahoney**, 508-746-8635, or **Donna Milot** 978-562-6603 for more information.



QUAIL RUN LIBRARY -

The Community Center Library will be open as of May 29th.

*Players meet at the
Community
Center,
Wednesday and Friday
at 1:30 PM*



Contact person: Pat Trask, 978-212-5201



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Intel Please contact **Rachael Hamer** directly for any questions/concerns regarding **Intel** at 978-553-2158, Rachael.hamer@intel.com. You can also call the security line at 978-553-5858.

History Lesson

Abraham Lincoln was elected to Congress in 1846.
John F. Kennedy was elected to Congress in 1946.

Abraham Lincoln was elected President in 1860.
John F. Kennedy was elected President in 1960.

Both were particularly concerned with civil rights.
Both wives lost children while living in the White House.

Both Presidents were shot on a Friday.
Both Presidents were shot in the head.

Now it gets really weird.

Lincoln's secretary was named Kennedy.
Kennedy's secretary was named Lincoln.

Both were assassinated by Southerners.
Both were succeeded by Southerners named Johnson.

Andrew Johnson, who succeeded Lincoln, was born in 1808.
Lyndon Johnson, who succeeded Kennedy, was born in 1908.

John Wilkes Booth, who assassinated Lincoln, was born in 1839.
Lee Harvey Oswald, who assassinated Kennedy, was born in 1939.

Both assassins were known by their three names.
Both names are composed of fifteen letters.

Lincoln was shot at the theater named "Ford". Kennedy was shot in a car called "Lincoln", made by "Ford".

Lincoln was shot in a theater and his assassin ran and hid in a warehouse.
Kennedy was shot from a warehouse and his assassin ran and hid in a theater.

Booth and Oswald were assassinated before their trials.
And here's the kicker....

A week before Lincoln was shot, he was in Monroe, Maryland.
A week before Kennedy was shot, he was with Marilyn Monroe. Just a little bit of interesting history....

-Submitted by **Pat Ritter-Waltrup**



JULIETS NEWS

June 17, Thursday, 12:30 at Conrad's Restaurant, 120 Boston Post Road (Rt 20), Sudbury. Contacts: sign up by calling **Theresa Bosio** 978-568-1416 or **Marlie Stott** 978-567-5912.

The Following is from Avidia Bank

Shred Days are a great way to reduce the risk of identity theft and help the environment through recycling unwanted documents. To help make it easy for you, Avidia Bank is hosting a series of community shred days in 2021. E.L. Harvey & Sons, a professional document destruction company will be on site. Bring in your old mail, receipts, personal forms, credit card statements, and any other paperwork with your personal information and shred away. We want to help you protect your family's assets and privacy and keep you safe from identity theft, so the shredding is on us!

PLEASE NOTE: Paper only - no binders (paper clips, staples and elastics are acceptable)

2021 Dates and Locations: please check the Avidia Bank website for more details.

- 5/29/21 - Clinton
 - 9/11/21 - Marlborough
 - 9/25/21 - Framingham
 - 10/02/21 - Leominster
 - 10/16/21 - Westborough
- Shred Day events are held on Saturdays 9:00 - 12:00.
- Submitted by **Dave Bernhardt**

WHO WANTS TO PLAY BRIDGE ON MONDAYS?

First game since COVID-19 restrictions have been lifted!



See you on June 21st at 1:30 in the Community Center

Contact person: Theresa Bosio, 978-568-1416

The Importance of Walking

Walking can add minutes to your life.
This enables you at 85 years old
to spend an additional 5 months alive in a nursing
home at \$4,500 per month.

My grandpa started walking
five miles a day when he was 60.
Now he's 97 years old
and we have no idea where the heck he is.

I like long walks,
especially when they are taken
by people who annoy me.

I have to walk early in the morning,
before my brain figures out what I'm doing...

I joined a health club last year,
spent about 250 bucks.
Haven't lost a pound.
Apparently you have to go there!

Every time I hear the dirty word
'exercise', I wash my mouth out with
chocolate.



I do have flabby thighs,
but fortunately my stomach covers them.

The advantage of exercising every day
is so when you die, they'll say,
"Well, he looks good, doesn't he?"

I know I got a lot of exercise
the last few years,.....
just getting over the hill.

We all get heavier as we get older,
because there's a lot more information in our heads.
That's my story and I'm sticking to it.

Every time I start thinking too much
about how I look,
I just find a pub with a Happy Hour
and by the time I leave,
I look just fine.



- Submitted by **George Shaw**

Kentucky Derby Party at 1-2-3 Autumn Drive!

The 147th run for the roses was a great excuse for the
residents of 1-2-3 Autumn Dr. to come together out-
side and have some fun. After a long wait, almost
three years in the planning, the party went off with-
out a hitch. There were large decorative hats, flow-
ered fascinators, derby hats, bow ties, summer suits,
and suspenders to mention some of the fun attire that
resulted in awards for Best Dressed Female, Best
Dressed Male, Best Overall and Most Creative. We
even had one gentleman dress up as a jockey and he
brought his own horse! (Arnie Johnson, of course!).

We served Kentucky Bourbon Balls, Mint Juleps,
Kentucky Derby Pies, Mint Julep fudge and of
course Kentucky Fried Chicken!!

When the bets were placed, door prizes ready, ballots
were cast, and a TV set up in the garage, all gathered
to view the race!! And they're off Going off at
12:1 Medina Spirit came in first and the three lucky
betterers were . . . Mike Bleecker, Mike Willoughby
and Barry Brown. What a fun way to welcome the
month of May!



Then came the door prizes and the best dressed
awards. In the photo are the winners of the costume
awards including Best Female – Judy Johnson. Best
Male – Mike Willoughby. Best Overall – Ruthie
Durand, and Most Creative – Arnie Johnson.
We just may have to make this an annual affair!

-Submitted by **Diane Bemis**

Condo Care

Thinking about replacing your oven?

Kitchen Ranges: Electric, Gas... Induction?

So, I grew up with a gas stove, and loved cooking on gas. My apartments all had electric ranges, which I loathed. We installed gas ranges into both of our houses.

Moving to Quail Run, we were back to electric (ugh), with the option to convert to gas (which was partially pre-plumbed in the basement). What to do?

Enter: Induction. Let's talk pros and cons.

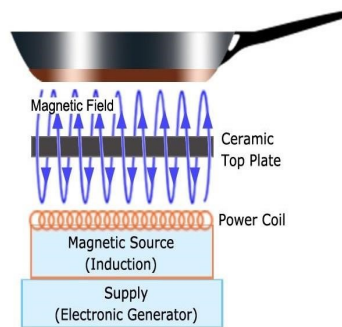
Electric: Horribly sluggish heat controls, and the burner stays blazing hot after you remove the skillet.

Gas: You get instant on-off, up-down control, so critical to a home chef. But, it leaves a very hot trivet when you remove the pan, and it's a dangerous open flame.

Induction: All of the advantages of gas, none of the disadvantages of gas or electric. Induction magnetically "induces" heat into the pan itself without having to conduct heat through the cooking surface. Basically, picture a classic ceramic electric cooktop, but any residual heat on the cooktop surface came from the hot pan – not from the induction heating! And, unlike electric or gas cooktops, the hottest thing on the cooktop is the pan itself, so if oil or grease splashes onto the cooktop there is nothing to ignite a fire.

You may need to change your cookware to work with it – it must have enough iron in the bottom for a magnet to stick to. Sorry, you'll have to forego your Revere Ware copper pots. Virtually every cookware manufacturer makes induction-compatible cookware, and most will be marked with the "Induction" icon. But what about non-stick, stainless steel and aluminum? The manufacturer sandwiches a hidden layer of magnetic steel inside the stainless or aluminum, and away you go.

Six years ago we replaced our QR electric range with induction, and we love it. Some newer models have nice features, like "timed off" to automatically shut off the cooking after you set a timer. There are induction cook-tops (sans oven), too.



As with some newer electric ranges, some induction ranges may require 50 Amps of power, and you may need an electrician to rewire your range if your existing circuit is only 40 Amps.

- Submitted by **Dave Bernhardt**

Social Committee Plan Ahead Schedule



With the Community Center opening effective 6/15, we have planned some activities for the Summer:

- | | |
|---------------------|---|
| June 19, Saturday | Welcome Back Community Coffee Hour 9:30 |
| August 7, Saturday | Monthly Coffee Hour 9:30 |
| August 14, Saturday | Ice Cream Social 7:00 |
| August 23, Monday | Ladies Coffee Hour 9:30 |



June 20th

SAVE THE DATE! SAVE THE DATE!
Please come to our FREE Summer Solstice Celebration!

The residents of 1-2-3 Autumn Dr., would like to invite all Quail Run Residents to celebrate Summer Solstice! We are hosting a day-long outdoor purple party with lots of free and fun activities. We have all been through a very long dark Winter and are in need to reset and reconnect with our friends and neighbors. Please come and join us Sunday, June 27th from 10:00 to 5:00 PM in our circle at 1-2-3 Autumn Dr. and come to our outdoor movie night at 8:00 PM (movie yet to be selected.)

There will be an optional gift basket drawing (donated by several Quail Run neighbors) and a silent auction of items donated by neighbors and local businesses. All proceeds to be donated to the Alzheimer's Association for those who choose to participate.

- Submitted by **Diane Bemis**

From My Kitchen to Yours

Kitchen tools: Strawberry Hullers (and tomatoes?)

My mother always used a "fat tweezer style" strawberry huller, that you pinch between your thumb and forefinger to grip and twist out the leafy calyx of fresh strawberries. These days, with under-ripe berries that we frequently get in the grocery store, the "huller" also gets second duty stripping out as much of the "white part" as we can get.

And I always relied on one too, until my old "tweezer" huller was getting rusty and needed to go to that place that all deserving aged kitchen tools go. So, I went searching for a replacement. I tried the OXO Good-Grips Strawberry Huller, and was disappointed - the intent and method worked, but not well enough... Searching again, I found the "Shark Bite", and it's now a staple tool in our kitchen.



Various companies make the product in similar form: It's a short spoon with a round bowl with saw-toothed edges all around (like shark's teeth, whence the name). It is variously sold as a tomato stem corer or a strawberry huller, and the tool excels at both. Mine doesn't have a brand name on it, but closely resembles the "Joie Stainless Steel Strawberry Huller". It scoops out the calyx and white part of a strawberry with ease. And, if you like to cook with fresh tomatoes, it's awesome at fetching the woody stem out of the tomato.... And, if you need to remove the seeds from the tomato, you've never met a better tool for the task.

- Submitted by **Dave Bernhardt**

Tradesmen Recommendations

Solutions Painting- We were very happy with a local painter we hired. They worked hard, were very professional, and cleaned up every day before leaving. Highly recommend Solutions Painting in Marlboro, fully insured, free estimates, 508-308-9981.

Reflective Designer- We also had a problem with our "Douglas Hunter Blind". There is a very unique, wonderful store in Stow, with a great owner, Beverly Ferguson. Our blind was repaired and looks brand new when placed back on the window. The store also sells furniture, fabrics, as well as selling and repairing blinds. Call 978-897-7767.

- Submitted by **Carol and Lenny Suslowicz**

**The UPS Store - Hudson
10 Technology Drive
Hudson, MA 01749
Email: Store5001@theupsstore.com**

Tel: 978-568-1786, Fax: 978-568-1788
M-F: 8:00 AM - 6:00 PM, Sat: 9:00 AM - 5:00 PM
Sun: Closed
Copies, Fax & Printing, Greeting Cards, Office Supplies, Scanning, Shredding, Stamps, Notary Services

Following the Science!

The world bodybuilding champion, Eugen Sandow, died at 58.
The best footballer in the world, Diego Maradona, died at 60.
And then...
Colonel Sanders, KFC inventor died at 90.
Inventor of Nutella died at 89.
How did doctors come to the conclusion that exercise prolongs life? The rabbit is always jumping, but it lives for only two years. The turtle that doesn't exercise at all, lives 400 years!

-Submitted by **George Shaw**

Punography

- *Velcro - what a rip-off!
- *A soldier who survived mustard gas and pepper spray is now a seasoned veteran.
- *Broken pencils are pointless.
- *I'm reading a book about anti-gravity, can't put it down.

-Submitted by **Kevin Fitzgerald**

Free

Craftsman Radial Saw, 9 inch, model # 113.29350, with bench and table. Saw works great, not using it anymore. Comes with User's Manual. Call **George Shaw**, 978-562-2340.

Sun Umbrella and stand, in good shape, we just do not use it.. Contact **MJ or Rich Ebens**, 4C Autumn Dr., 978-562-7880, or by email at RmjEbens@verizon.net.











Even the flower garden decorations were wearing masks last month! At last...it's over!

Colonial Waste - Mr. Trashman our Trash and Recycle Company

The trash totes and recycle bins need to be out at the end of your driveway/street side by 7:00 AM on Tuesday mornings. If there is a high wind warning in effect, DO NOT place your totes and bins out on Monday night, please wait until Tuesday morning.

Please read the following inclusions and restrictions in our Quail Run contract with Mr. Trashman:

<p>ALLOWABLE Items for Recycling</p> <p>Office Paper Envelopes - NO Tyvek (reinforced fiber) or padded envelopes Magazines and Catalogs Newspapers and Inserts Telephone Books Post-it Notes Junk Mail (unopened OK), Paperback Books File Folders White/ Pastel Packing Paper (No Tissue Paper) White Boxboard or Card Stock Soft Drink or Beer Cartons Cereal Boxes - remove insert paper. Paper Bags or Other Brown Bags, NO Plastic Bags Gray Paper Board, Boxboard, Egg Cartons Dark-colored accordion files Plastic Bottle Containers (#1 - #7) Plastic Lids and Tubs (#1 - #7) Plastic Water Bottles Plastic Coffee Containers Margarine & Yogurt Containers, Milk Cartons Juice Boxes (and similar cartons) Aluminum Cans Metal Cans Glass (no window glass or ceramics) Cardboard</p>	<p>UNACCEPTABLE Materials for Recycling</p> <p>Construction materials Household and industrial hazardous waste Electronic waste Batteries, Tires Asbestos Chemicals Oils and oily rags Medicines or medical waste Florescent tubes and light bulbs Liquid wastes such as paints, thinners, and removal of Freon Appliances Air conditioners Soft Cover Manuals Hard Cover Books TV or computer screens Hot water heaters Furnaces Christmas trees YARD WASTE</p>
<p>Mr. Trashman only observes six holidays a year:</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>New Year's Day Memorial Day Fourth of July</p> </div> <div style="text-align: center;"> <p>Labor Day Thanksgiving Christmas</p>  </div> </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;">     </div>	<p>Bulk items such as furniture, mattresses and other items too large to fit in the provided totes, will be picked up on the normal pickup day for an additional charge to the unit owner. Please contact Mr. Trashman at 508-278-6910 at least 24 hours in advance to request additional items for pickup.</p> <p>The J&J&Son Lawn Care Company has offered to pick up your flower bed clippings/weeds on Wednesdays. Only decomposable yard waste (NO PLASTIC FLOWER POTS OR CONTAINERS). Please have your yard waste placed in paper bags only, out at the end of your driveway by 2:00 PM on Wednesday afternoon.</p>
<p>Trash pickup day is currently scheduled for Tuesday. If a holiday falls on a Monday, trash pickup will be delayed by one day.</p>	<p style="text-align: center;"><i>Have a great July 4th!</i></p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>