



The Quail Runner

Quail Run Condominium Trust

Volume 2, No. 3,
September, 2004

The Quail Runner, our condominium's newsletter, is published four times a year in March, June, September, and December to bring you information Unit Owners need to know. The Trustees would appreciate your comments and suggestions about how to improve The Quail Runner. Please send in your ideas and material for publication. See contact information on Page 12.

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CONDO LIVING IS SPECIAL

Condo living is indeed special. Most of us chose this style of ownership for the convenience of not having to worry about the nuts and bolts of maintaining our own, individual piece of property – mowing the lawn, trimming the bushes, planting the bulbs, raking the leaves, cleaning the gutters, shoveling the driveway and the walk, painting the outside, taking the trash to the dump, etc., etc. We chose to live specifically here in Quail Run for its quiet beauty, its isolated ambience, as well as for its convenient location. We are surrounded by woods and streams, we have created fields of flowers and grasses for our enjoyment, we are treated to sights of wildlife, all within ten minutes of shopping malls, medical facilities and major highways.

There are trade-offs to which we agree in exchange for these benefits – living in close proximity to neighbors, not individually owning anything outside the paint on the walls of our unit, and binding ourselves to living by rules and regulations set forth for the benefit of us all. We tacitly agree to be part of a communal venture to preserve the uniformity and ambience that makes Quail Run the place it is. We as individuals must take into account how the things we do will affect our neighbors before we do them. We

should refrain from making excessive noise, from allowing our pets to foul our common space, from hanging banners from our decks, from permitting unsightly items or accumulations to exist where others can see them, and from ignoring the speed limits and parking regulations, all of which detract from the value of our property. In short we should behave as a community, a cooperative community.

Behaving as a community includes realizing how everything gets done for our association and how it is paid for. Occasionally the claim is heard that “whatever I choose to do inside my unit is my business and no one else’s.” This argument has been put forth by Unit Owners who do not wish to abide by the Trust’s recommendation to replace water heaters every ten years or more frequently. But the reality is that a major leak from a water heater can cause as much damage as a fire and can affect neighboring units. Any damage costing more than \$5,000 to repair triggers a claim on our association’s master insurance policy, which in turn drives up the premiums we pay for the insurance – and that comes out of everyone’s pocket. A few Unit Owners have prevented removal of overgrown shrubs that threatened the integrity of the exterior of their and their neighbors’ units. A few Unit Owners strenuously objected merely to trim-

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ming of bushes adjacent to their units so workers could apply the new vinyl siding. The association has received demands for repairs, modifications, or replacements that benefit very few Unit Owners, who then threaten to sue unless the association complies. The cost of such projects is paid by the association – but WE are the association. Our monthly condo fees pay for everything WE do. Whether WE pay for it out our condo fees, special assessments, or our own individual pockets, WE still pay for it. Anything WE as individuals do or request affects all of US. That's the reality of condo living.

The vast majority of Quail Run Unit Owners understand what condo living is all about, but some of us are still learning. That is the reason why your Board of Trustees, via notices posted at the mail station, by means of letters to all or individual Unit Owners, and through reminders published in *The Quail Runner*, find it necessary to call to our attention that we live in a condominium community, the essence of which should be — indeed *must* be — a spirit of cooperation.

-JS-

From the Desk of the Senior Property Manager

As the fall approaches, (what happened to the summer?), we are still involved in several projects.



The siding project is still slated to finish this year. Due to a lack of replacement windows, the siding crew pulled out of Quail Run for two weeks, but they are scheduled back by the 20th of September.

Painting of porches, windows, utility boxes and doors is underway. One thing has become apparent when we are opening windows that were painted shut. Some people have not opened their windows in years! I would recommend that at least once a year, owners should open and close their windows. "Exercising" the

windows prevents windows from getting stuck from lack of use.

The developer of Vine Brook Way, Tom Devaney, was in the hospital, but he is now home, and Kevin is back to finish up some of the "punch list" items both inside of the units as well as in the common areas.

The Trust is going to replace all of the patio privacy fences in Saw Mill Brook Way, Johnson's Grant, Kendall's Mill, Michael's Green and Douglass Green beginning in October. If you have anything attached to the fences such as a trellis, you need to remove them. A separate letter will be sent to unit owners with more complete instructions.

We have contracted with Greenwood & Sons to correct several of the drainage problems throughout the property. We are going to work on other areas next year as the budget permits. Please contact APT if you notice any unsafe condition during the winter.

I hope that you noticed the newly painted cluster signs. Many thanks to Marie and Peter Kelleher and others who recommended the new color scheme.

In closing, if you are going away for a protracted trip, please shut off the water supply. Please leave the temperature set to at least 55.

I hope that you enjoy the coming holiday season.

Jim Boyle



New Unit Owners
Mary and Robert Howe
11 Vine Brook Way
Welcome!
To Our Community



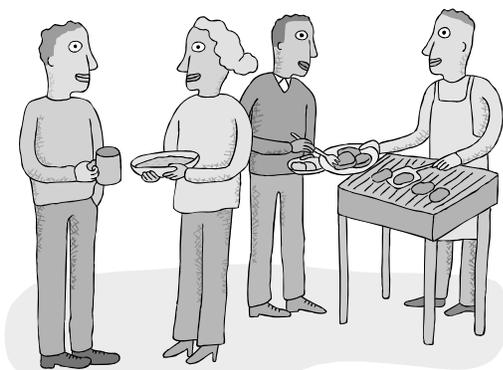
MANY HEROES AT POOLSIDE SOCIAL

The poolside social scheduled for Friday, the 13th of August had already been postponed once because of the weather forecast that the remains of Hurricane Bonnie would bring heavy rain by the scheduled 6:30 start time. But Bonnie changed her mind and her direction and skirted the Woburn area to the west, leaving us under cloudy skies – but dry.

The following Friday, the 20th, was forecast was for sun and clouds with the possibility of an afternoon or evening thundershower. All that day, it was mostly sunny over Quail Run, and many residents and their guests were at the pool enjoying the warmth of the air and the cool of the water. Towering cumulus clouds could be seen off to the north, and in the distance thunder could be heard rumbling ominously. Nonetheless all appeared favorable for the evening's weather.

Jim Boyle was setting up for the cookout, unfolding chairs and tables and laying out bags of buns and chips, jars of condiments, pickles and salsa, and bottles of soft drinks. No way we're going to cancel again, he said, looking up at the mostly sunny sky. A little rain or even a brief shower won't dampen a get-together of hardy New Englanders, we all agreed.

At 6:15, Jim unwrapped the hot dogs, hamburgers, and cheese slices and lit the grill. Promptly at 6:25 people started to come, bringing macaroni salads (with and without shrimp), fruit salad, chili, quiche, cake, fudge brownies,



chocolate chip cookies, chocolate trifle, and wine. Promptly at 6:30, another guest arrived – Mother Nature, but this time in a guise that made her as welcome as a skunk at a soirée. It's just a brief shower, we all hoped, but Mother had other ideas. Within minutes it was raining hard, then coming down in torrents. Lightning flashes followed very closely by peals of thunder told us that the storm was right over us. All thirty-five in attendance huddled under the pool house overhang, except for one – Jim Boyle – who heroically and stoically stood in drenching rain at the grill cooking. He was offered assistance from several people who tried to protect him with golf umbrellas, but with lightning in the vicinity, he ordered them to stop being human lightning rods and get back under cover. Mother teased us with a glimpse of a little sun and a patch of blue through the trees to the west, but that's all it was – a tease

Acknowledging that this was no brief shower, everyone who came showed their spirit and heroism by laughing, eating, and having a good time. After all, Mother Nature had done her worst, and we were enjoying our social event anyway. We didn't mind that the humidity and wind-driven spray had taken the crisp out of all the potato and corn chips. It could have been

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worse, we all were saying.

That's when the power went off, leaving us in the dim of a cloudy, late evening. Even then, spirits were high. It makes it more romantic, some one said. We were all in the same boat (almost literally). It was raining too hard to attempt going home, and besides, without power, what would we do at home? Here we are, sheltered, with good food and drinks available, and most importantly among good friends. Jim Boyle was able to take a break, wring out his shirt (literally!), and join in the conversations. As the rain started to abate about 7:30, several more residents arrived, in time to share some dessert and discussion. Someone said she had called NSTAR and was told the power would be back on by 10:00 p.m.

Darkness was setting in and the mosquitoes were coming out. It was time to clean up. With the aid of a few flashlights, Jim and a few helpers handed out the leftovers, bagged the trash, and folded and stacked the chairs and tables. As we all headed for our cars and homes, Jim, who is always thinking ahead, ran back to the pool house one more time – to turn off the light switch so that the lights would not burn all night when the power came back on.

Yes, we were all heroes and winners, but Jim was the best.

Oh, yes. The power did come back on – at 3:00 a.m.

-JS-

WILDLIFE SIGHTINGS

This summer we have been sharing our neighborhood at Kendall's Mill with a magnificent blue jay. He flies noisily from tree to tree outside our front doors, and he has a tremendous wing span! During the recent construction, two of my neighbors found unexpected guests at their doorsteps, when robins built nests above their porch lights. Best of all, a pair of cardinals, male and female, were residing in the trees across from the mailboxes this summer, and I would frequently stop the car and watch them. A week or so ago an exquisite red cardinal hopped on our sidewalk and then flew into the wooded area. I

have been watching for its return!

This was a big year for chipmunks at Quail Run! They would scamper down walks, into garages, and on and off porches. One day I had some repairmen in the house and had to keep the door open. Needless to say, I had to sit on the porch and guard against chipmunks coming in for a cup of coffee!

I have been thrilled to see the number of rabbits on the property this year. They are all brown, with the most beautiful eyes. I saw two playing and chasing each other the other day, and just this morning, before daylight, I saw one hopping around as I left for work. Another morning, all traffic was stopped on Russell Street as a family of geese crossed the road.

And did anyone see the giant turtle this year? It was around last year, but I must have missed it if it visited recently.

It's fun to share our surroundings with these beautiful creatures.

[Thanks to Linda Champa]

QUAIL SIGHTINGS AT LAST!

It had to happen sooner or later. After three years of looking for quail at Quail Run, this observer finally saw a family of four quail walking



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across the roadway in front of his unit in Douglass Green last month. The same family (presumably) was observed over the next several days walking and flying in the vicinity of the central green. The sighting was not a fluke, because another reliable observer (a former Trustee) saw another (or perhaps the same) family in and around Johnson's Grant about the same time.

Anyone else who has seen quail (see photo) or who has heard their distinctive "bob-WHITE" call, please notify Joel Seidman.

Edwardian Tea Room
7 Winchester Terrace
Winchester, MA
781-721-6509

You don't have to go very far to enjoy a delightful treat of high tea or brunch at this restaurant's new location. It is located at 7 Winchester Terrace off Thompson St. in Winchester Center. The service is impeccable and the food is delicious. Reservations are recommended.

[The following is taken from their web site: www.edwardiantearoom.com.]

The Edwardian Tea Room, located in historic Winchester Center, is a unique, gracious and truly engaging facility capturing the feel, grandeur and spirit of an authentic English tea room.

Based on a historic paradigm, Edwardian Tea Room exhibits furnishings, artwork, architectural elements, fabric patterns and tea selections inspired by the first decade of the Twentieth Century, most commonly referred to in English history as the Edwardian Age.

While the décor is undeniably striking, Edwardian Tea Room's great success lies in its unrivaled tea selection and imaginative gourmet fare.

The owner, Mr. Anthony Apicella, an avid tea enthusiast, devoted 36 months alone to tea industry research. As a result, he provides his customers with over 100 exceptional teas harvested on respected tea estates in Argentina, Brazil, China, India, Kenya, South Africa, Southern Crimea and Sri Lanka.

Inspired breakfast and lunch offerings including French toast with maple butter and baby spinach leaf salad served with goat cheese, walnuts and Modena vinaigrette compliment one's tea of choice nicely.

In addition to daily breakfast, lunch and dinner service 9 a.m. – 8 p.m. Wednesday - Sunday, Edwardian Tea Room proudly offers High Tea all day on Saturdays and Sundays. Due to its unprecedented success, reservations are strongly encouraged for the American version of a refined British classic. Catering and functions (both on-site and off) are available. In addition bulk teas in the form of tea satchels or loose tea in decorative tins may be purchased.

RESTAURANT REVIEWS

The Catch
34 Church Street
Winchester, MA
781-729-1040

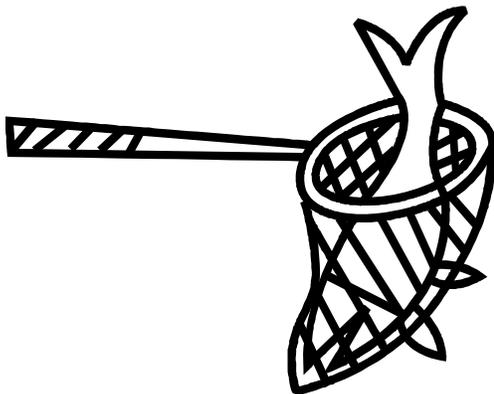
Open 5:30 – 10:00, Tuesday - Saturday

Recently we celebrated a friend's birthday at The Catch on Church Street in Winchester. I would highly recommend it! The Catch is owned and operated by a young chef (Chris), formerly a chef at Boston restaurants, and his lovely wife (Megan). The restaurant is not large, and reservations are recommended. Fresh seafood is the main fare, and we found it to be cooked perfectly and pre-

sented beautifully. The menu changes frequently depending on the fresh fish available. The service was very good,

and there was no problem when we lingered over dessert and coffee. The price is comparatively high for the suburbs, more in keeping with Boston's better restaurants, but it's a great place to celebrate that special occasion!

[Thanks to Linda Champa]



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[Some reviews , also from their web site:]

"Tea is poured at two-person tables scattered about. Along with the liquid comfort comes a three-tiered tray with tasty blueberry and raisin scones (served with clotted cream of course), finger sandwiches of cream cheese, watercress, cucumbers and cheese, and tiny pastries."



-Improper

Bostonian, 2003

"Tradition is the main attraction at the Edwardian Tea Room where the English theme goes from the fabric patterns on the chairs to the artwork. Since the tea room opens at 9 a.m. The menu is broad enough to include breakfast all day, plus soups and entrees."

-Boston Herald, 2003

"Teetotalers can settle in for a quiet morning (or afternoon) of sipping, while sampling from a small menu of cakes, scones and sandwiches - for homesick Londoners - high tea is served on Sundays."

-Zagats, Americas Most Prestigious Restaurant Guide, 2003

[Thanks to Marie Kelleher]

**.....WOBURN COUNCIL ON AGING.....
SENIOR TAXI DISCOUNT PROGRAM
INFORMATION**

The Woburn Council on Aging offers a discount transportation program - the Taxi Discount Program - for Senior Citizens who are residents of the City of Woburn. The WCOA contracts with Checker Cab of Woburn to provide discounted fares to members of the program. In addition, the WCOA subsidizes all rides within the City of Woburn, and many trips outside of the city for medical reasons. Members may purchase up



to twenty vouchers for subsidized rides per month. Additional vouchers may be obtained with a note from the member's doctor stating a medical necessity, or at the discounted (unsubsidized) rate.

Woburn residents ages 60 and older that earn less than \$30,000 per year (\$35,000 for a couple) are eligible for the program. Qualified Senior Citizens may register by providing the name, address, telephone number and birth date of the senior, at the Transportation Office at the Woburn Senior Center, 144 School St., Woburn, MA 01801, which is open Tuesday, Wednesday, and Thursday from 9:00 a.m. until noon. Members receive a Discount Taxi ID Card after paying a \$4.00 yearly fee. Checker Cab provides discounted rides seven days a week, from 5:00 a.m. until midnight, but there are limitations during morning and evening peak traffic hours.

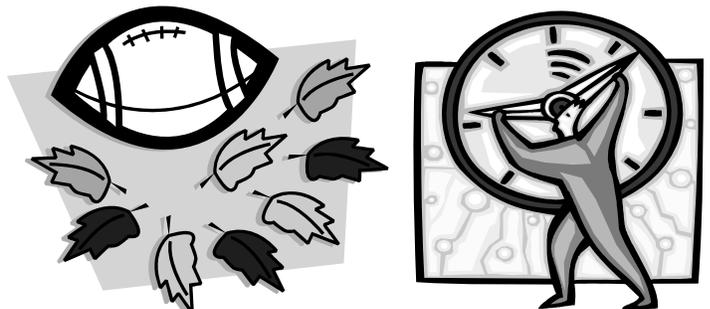
Vouchers, which taxi drivers will accept as payment for fares, may be obtained at the Transportation Office in person or by mail. Only the senior to whom vouchers are issued may use them.

Checker Cab also offers discount fares to many locations for those seniors who have a Discount Taxi ID Card. Only the person to whom it was issued may use the ID card.

For more information, call the Woburn Council on Aging, Transportation Office at (781) 932-4468.

[Thanks to Arlene Gold for this information.]

**ENJOY THE FALL!
REMEMBER TO "FALL BACK" - SET
YOUR CLOCKS BACK BEFORE YOU GO TO
BED ON SATURDAY, OCTOBER 30.
AND REMEMBER TO CHANGE THE BATTERIES
IN YOUR SMOKE AND CARBON
MONOXIDE DETECTORS AS WELL.**





THE SAGA OF THE SEWER

In 1985 and 1986 when the initial phases of Quail Run were under construction at Johnson's Grant and Saw Mill Brook Way, the City of Woburn Department of Public Works (DPW) and the Department of Environmental Quality Engineering (DEQE) Division of Water Pollution Control expressed concern that the city's sewer system might not be able to accept the effluent from the development during times of high storm runoff. The developer reached an agreement with the DPW and the DEQE, and Special Permit #34 was issued for the connection of the sanitary sewer from the development to the city system, but with a proviso. The permit required the installation of a 16,000 gallon pre-cast concrete sewage holding tank, large enough to hold five days worth of waste material, and a system of three huge, manually operated valves.

Normally the first valve would be open to the city sewer, and the second valve to the holding tank would be closed, so that waste would run directly to the city sewer system connection on Russell Street. During high runoff conditions, the first valve would be closed and the second opened, diverting sewage into the holding tank. In the unlikely event that the holding tank became completely filled, the third valve, a normally closed overflow drain, would be opened, allowing only the excess to drain into the city sewer.

A high runoff condition would be declared if the water in a manhole located at the north end of Horn Pond on Sturgis Street at the boat ramp rose above 80% of its maximal level. The developer was required to install the water level monitoring system in the manhole and a dedicated telephone line to an alarm company, who would notify the DPW, which would in turn notify our management company whenever the water level rose above 80%. The management company was then supposed to dispatch someone to close the first valve and open the second until the water level at the monitoring station fell below 80%. Our association has been paying for the phone line and the services of the alarm company ever since at a cost of \$250 a month.

In the last 18 years, this complex arrange-

ment has never been used. In fact, the monitoring device at Horn Pond failed sometime in 2000 and has not operated since, but the alarm company has continued to collect its monthly fee. Moreover, since 1986 the city's sewerage infrastructure has expanded greatly and gone are the fears that the system would become overloaded.

During this past June, several residents in Saw Mill Brook Way complained of slow flushing of their toilets, but the condition seemed to be intermittent. On July 1, the situation became a good deal messier and stickier. When the manhole covers in the sewer lines coming from Johnson's Grant and Saw Mill Brook Way were lifted, it became very obvious that there was a sewage backup. The valves were frozen from 18 years of non-use. A construction company was called on an emergency basis to excavate an 20-foot deep pit adjacent to valve number one to expose the sewer line,

and a hole was cut in the top of the pipe, revealing the cause of the blockage – rocks, which presumably had gotten into the sewer line with storm drainage, had become wedged against the valve, almost completely blocking it. A crowbar was used to dislodge



the rocks and reopen the line. Our management company called every Unit Owner to ask their cooperation in minimizing waste water effluent by not running dishwashers or washing machines for 24 hours until the pipe could be fixed.

Now the problem was how to fix the system. To replace all three valves would cost about \$5,000 – each – plus installation costs, for a total of approximately \$20,000! However, since the system is no longer necessary, an alternative solution would be to leave the valves and the

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holding tank in place and simply bypass them with straight-through piece of pipe, which would cost about \$2,000. However, that would necessitate amending the original 1986 agreement with the DPW and DEQE, but the next snag occurred. Searches of the records on file with the city were unsuccessful in locating the documents. The DPW was willing to accept a letter from our engineer, Robert McGillicuddy of Engineering Technology, Inc., documenting all the facts and requesting the simpler solution. The DPW would approve the letter and pass it on to the DEQE, who would probably approve it with little delay.

As of the date of this writing, the amended permit has not been received, but the better news is that toilets are flushing normally again.

And, yes, we are seeking a refund of fees paid to the monitoring company over the past three-and-a-half years.

PAPER TOWELS STOP SEWER FLOW

Twice in the last month, there has been blockage of the sewer line from Vine Brook Way, causing an overflow from the manhole in the center of the circle at the foot of the hill and sending a river of sewage down the street to the storm drain at the foot of Michael's Green. Each time a maintenance person had to descend into the basin to manually clear the blockage. The first time the cause was a mass of paper toweling (not toilet tissue), which became hung up on some rocks probably left over from construction. The second time, there were no rocks – just a mass of paper toweling (not toilet tissue). The cost each time was \$500.

Toilet tissue is designed to shred and dissolve in water. Paper towels are designed not to shred and dissolve, but to hang together in water.

PLEASE, PLEASE, PLEASE
DO NOT DISPOSE OF PAPER TOWELS
IN YOUR TOILETS.

TRAFFIC, PARKING REDUX

Once again **your** Trustees request the cooperation of all Quail Run residents with the rules and regulations of **your** condominium association with regard to speed control and parking.

The speed limit on our roads is 20 miles per hour. At that speed, it will take a driver 72 seconds to travel the 0.4 miles from the entrance to the Vine Brook Way circle. At 30 miles per hour, it will take 24 seconds less. If you are going to Saw Mill Brook Way, you will save only 12 seconds by traveling at the faster speed. Is it really worth it to endanger and annoy your neighbors? **Please** respect the speed limit.

The condominium documents we all received when we bought our units and the Unit Owners Manual sent to you and available on our web site clearly state that each unit has rights to two and only two parking spaces – one in your garage, and the other in the driveway behind the first space. If you acquire more than two cars, or if you purchased a unit while owning more than two cars, then you have a problem. If your driveway is long enough or wide enough and the superfluous car small enough, you may park a third car in the driveway - another reason not to buy a Hummer. You can cut a deal with a neighbor who has only one car. You can also apply for the lottery for the extra spaces at the Vine Brook Way circle, which (if you win one) rent for \$50 a month. What you may not do is use the spaces reserved for guests and service people or park in the roadway.

Parking in roadways blocks ambulances (yes, we occasionally have need for ambulances attend to our residents), senior ride buses, garbage trucks, fire vehicles, etc. Our property - your property - has been damaged by trucks being forced to run over grass areas, breaking berms, crushing sprinklers heads, and destroying strips of lawn because of this inconsiderate practice of parking partially blocking the roadways. You may use a guest space or park in the roadway for a **brief** time for purposes of loading or unloading. Please do so quickly and move your car as soon as possible. The Trustees

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RESULTS OF *The Quail Runner* SURVEY

The Trustees and the editor of *The Quail Runner* wish to express our gratitude to the 47 Unit Owners who took the time and trouble to fill out and return the survey about our newsletter. Thirty-seven respondents added their personal comments as well. The Board of Trustees and our Senior Property Manager reviewed and discussed the opinions expressed, and we have made some changes as a result. Starting this month, abbreviated minutes of the Board of Trustees meetings will be mailed to Unit Owners each month. You will receive the minutes for the July, August, and September, 2004 meetings shortly (if you have not already received them). *The Quail Runner* will be published every three months, and of course it will be shorter without the minutes. *The Quail Runner* will, beginning with this issue, use the more modern Arial font with 12-point type to improve ease of reading, and the use of different type faces will be kept to a minimum. Graphics are favored by the vast majority of respondents, and we will continue to use them. After discussion, the Trustees decided not to include financial summaries, but the minutes will contain an overview.

Three issues of *The Quail Runner* have been published (December 2003, March 2004, June 2004).

How many have you received? 1 (2) 2 (4) 3 (41)

How many of these have you read? 1 (2) 2 (4) 3 (41)

How much of them did you read? All (39) Most (7) Some (1) A Little

How thoroughly did you read them? In Depth (41½) Skimmed (4½) Flipped Through (1)

The first issue used this style of type (named Arial). The other issues used this style (called Times New Roman), which is used by most newspapers. Which do you find more pleasing or easier to read? Arial (18) Times New Roman (12) Don't Know (2) Don't Care (11) No Resp* (4)
*No Response

What do you think of the size of the type?

Right Size (38) Should Be Slightly Bigger (8) SHOULD BE MUCH BIGGER (0) No Resp (1)

Do you think the use of more than one type style in each issue would be more pleasing to your eye?

Yes (11) No (12) Don't Know (8) Don't Care (15) No Resp (1)

What is your opinion of the content?

Fascinating! (3) Worth Reading (41) So-So (1) Could Be Better (1) Echh! (1)

What is your opinion of the graphics?

Add Enjoyment (23) Cute (9) Too Cute (1) Unneeded (3) A Waste (1*) No Resp (8)
OK (1) Fine! (1) **"Foolish!"

Do you read the Minutes of the Board of Trustees meetings?

Every Word (36½) Skim Them (10½) Can't Be Bothered (0)

Do you think the Minutes should be published in *The Quail Runner* or mailed separately?

Publish in *The Quail Runner* (24) Mail Separately (16) Don't Know (2) Don't Care (2)
Publish **and** Mail Separately (1) Hand Deliver (1) No Resp (1)

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Would you like to see financial summaries published in *The Quail Runner*?

Sure (31) No Way (6) Don't Know (7) No Skin Off My Nose No Resp (2)
Only if an Abnormal Variance (1)

How often should it be published (currently every three months)? Every...

Month (3½) 2 Months (7½) 3 Months (29) 4 Months (5) 6 Months (1) Year (1)

The Quail Runner is... Too Long (6) Too Short (0) Just Right (34) No Resp (7)

Would you like to see cluster-specific articles or columns in each issue?

Why Not? (23) No Way! (3) No Opinion (18) No Resp (3)

If you answered "Why Not?" to Question 15, would you be willing to gather material and write articles or columns for your cluster? Sure! (1) I'd Consider It (4) Are You Kidding? (11)
No Resp (7)

The cost of publishing and mailing a typical issue is \$300. Is it worth doing it?

It's a Bargain! (7) I Can Live With That (30) Waste of \$\$ (2) No Resp (8)

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have decided that residents parking in visitor spaces or in the roadway for more than 30 minutes will be given due warning, and then fines will be assessed on repeat offenders.

Should you have a long-term guest, you may also have a problem. Your Trustees have also decided that anyone living in a unit for more than two weeks will be considered a resident and not a guest, and such an individual will no longer be allowed to park in a guest space. Even if the need is just for a few months, as with a college student home for the summer, affected Unit Owners should apply for the use of one of the Vine Brook Way circle spaces.

Please be considerate of our own property - **your** own property - and your neighbors. The Trustees have no desire to impose fines, but

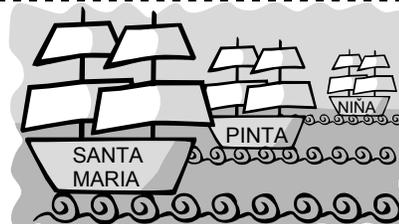
fines will be imposed, after due notice, against those who continue to flout our - **your** - rules and regulations.

\$10 NEW WINDOW REBATE

Keyspan is offering rebate of \$10 for each new Energy Star window you install.

- You must be a Keyspan customer.
- The windows have to be installed between May 1, 2004 and April 30, 2005, and the application must be received by May 31, 2005.
- The windows must carry the Energy Star label.
- The windows must have a U-factor of .35 or less.
- You must include a copy of the NFRC label from each window.
- You must include a dated proof of purchase.
- The work is subject to inspection for verification.

There is an application form available from Keyspan by calling 800-292-2032.



Columbus Day—October 11, 2004





MICROPIGMENTATION

The art of Micropigmentation, also known as Permanent Cosmetics, is quite new to Massachusetts, although it has been popular across the country for over twenty years. In the last five years the demand for Permanent Cosmetics has seen incredible growth. The process has been medically developed and specifically designed for both cosmetic and medical applications.

Micropigmentation is a method of implanting medical grade organic pigments in the second layer of the skin, known as the dermis. The equipment used is specially calibrated for delicate facial tissue, and the cosmetic pigments create a soft, natural look. It is a safe, effective, and relatively painless way to enhance facial features, camouflage scars, and restore natural color to the areola after breast reconstruction.

The most popular cosmetic procedures include eye brow, eye line, and lip enhancements.



Eye brows are enhanced for those with sparse or undefined brows, and created for those whose brows have disappeared. Symmetry is improved. Invasive scars are camouflaged. Several colors are blended to complement hair and skin tone for a soft, natural result.



Eyes are defined by the precise placement of color at the base of the lash line. It creates the appearance of thick, full lashes and voluminous eyes.



Lips that have lost definition and color are shaped and lined, improving proportion, size, and contour. Lips with little color, or loss of color, are imbued with a natural tint. Scars and irregularities in the lips are camouflaged. Lip gloss will give a finished appearance. Lipstick may be used when a more dramatic look is desired.

Permanent Cosmetics look very natural if applied by a skilled practitioner with a gentle, yet firm touch. While there are no specific national regulations regarding the practice, it is highly recommended to seek a practitioner who has

earned national board certification from the American Academy of Micropigmentation. Permanent Cosmetics are becoming increasingly popular in the greater Boston area, however there are very few Board Certified practitioners. The AAM board certification process, to ensure proper training and education, is demanding. It requires travel to take examinations with written, practical, and oral components. In addition, a comprehensive portfolio demonstrating procedural skill and proper documentation is submitted to the national board for review and approval.

Susanne Downey, RN, a resident of Quail Run, has a Permanent Cosmetics practice in North Andover (978-687-9100), offering complimentary private consultations for persons interested in learning about micropigmentation. She is a Board Certified Diplomat and Active Fellow of the American Academy of Micropigmentation. More information can be found at www.naturalimpressions.com.

NOTICES

**Items, Services to Sell
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The Quail Runner needs to hear from you.

We ask that all Unit Owners try to contribute material for publication. We will accept almost anything – social notes, requests for participation in activities, items wanted to buy or to sell, essays, editorials, poetry, letters, wildlife sightings, tips for Unit Owners, restaurant reviews, photographs (we publish in black and white only), etc. Please send any of these to the editor by December 6th for inclusion in the next (December, 2004) issue of the *The Quail Runner*. Articles should be limited to 200 words. The Trustees reserve the right to accept, reject, or modify any submission. We cannot publish anonymous submissions. The editor can be contacted by e-mail or by mailing articles, questions or other submissions via US Postal Service

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The Quail Runner is published four times a year. Contact Joel Seidman at 781-937-0406 jseidman@massmed.org to submit material for publication.



Have a Hokey Halloween!!



www.quailruncondo.org