



The Quail Runner

Quail Run Condominium Trust

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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 14.

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FROM THE DESK OF YOUR PROPERTY MANAGER

Spring, ah, I remember that in 2003, we had a spring to speak of. Rich DeFilippo has been working on getting the pool ready for the Memorial Day opening, but with the temperatures of this May, the water might be a tad bit cool for swimming.

Bartlett Tree Experts just finished the spring planting of shrubs and bushes. Most of the planting replaced the dead bushes that died due to the severe winter of 2003 – 2004. The Landscaping committee was very involved with this project and several members of the committee spent three days working with Bartlett personnel providing overall guidance to project. Many thanks to Bobbie Seidman and Marie Kelleher.

We are still working on some drainage issues and walkways, and if it stops raining, the painter will be back to finish up the painting left over from last year. As I said, Rich has been working on the pool as a priority and also working with ELDCO on landscaping issues.

I thought that I would take this opportunity to explain how work gets done at Quail Run. The Board of Trustees provides an overview of the work that needs to be done at Quail Run. The work is then completed by an outside contractor

such as ELDCO or Bartlett Tree or by Rich DeFilippo, Quail Run's Maintenance Supervisor. The priority list is drawn up with input by the Board, your property manager, Nancy Cahill and Rich. Rich's work orders are written by Nancy Cahill. Nancy receives emails, telephone calls and letters requesting work to be done around the property. There is also a drop box at the mail kiosk where unit owners can put requests for Rich.

I would like to ask that you not

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Spring at Last!



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interrupt Rich while he is working. If he is in the middle of a project and has to stop to write down a request, he will have trouble finishing projects. Unless it is an emergency, please call Nancy or use the other methods of requesting work described above. Rich's list is never finished, so you may have to wait for a few days until he has the time to do the next item on his list. The process of requesting work has been established over the years to make things more efficient and cost effective. Please remember, there are 94 homes at Quail Run and every request can't be a first priority.

I am still optimistic that there will be a summer and I hope that it will be an enjoyable one for all.

Jim

MEET OUR NEW TRUSTEE

At their April, 2005 meeting, the Trustees appointed J. Joseph ("Joe") Fitzsimmons of 1 Vine Brook Way to fill the vacancy left by the resignation of Trustee Carol Bergeron. Joe and his wife Florence were among the first to take up residence in our newest, 17-unit cluster.



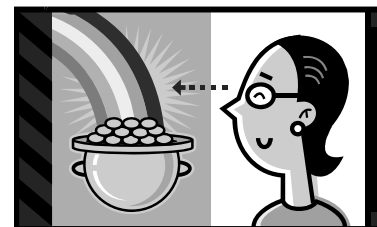
Joe brings to the Board extensive engineering knowledge and experience. He has bachelor's and master's degrees in mechanical engineering and management from Northeastern University. He served as a 1st Lieutenant in the U.S. Army Corp of Engineers and received a commendation for his performance and leadership as a company commander. He was employed for five year at Monsanto Company as an engineer, a production superintendent, and

engineering supervisor, responsible for maintenance of all utilities and support services within a large chemical plant. He worked for Polaroid Corporation for more than 30 years in engineering supervision, rising to positions of responsibility for all Waltham facilities, then for major facilities projects within the United States and overseas, and finally for operations of the Cambridge, MA facility, including all maintenance, safety, environmental, fire protection and support services.

He is a Registered Professional Engineer in Massachusetts. He taught at Northeastern University for 25 years as Senior Lecturer in Management. He is a Director and Member of the Corporation for the Arlington Boys' and Girls' Club and a Member of the Corporation of the Choate/Symmes Hospital.

Joe and Florence came to Quail Run after living in Arlington for 47 years. They have four children and 9 grandchildren, all of whom live in eastern Massachusetts. They have traveled extensively including France, Italy, and especially the Caribbean. They have cruised to Bermuda a half dozen times and vacationed in Aruba over 50 times (most recently this past March). Joe made numerous trips to China for business, and was one of the first Americans to travel there as that country was beginning to open up 25 years ago. One of the photographs he took on one of his China trips (remember, he worked for Polaroid) won first prize in the company's photo contest.

As we welcome Joe to the Board of Trustees, we want to express to Carol Bergeron our deep appreciation for all her hard work, innovation, and organizational skills. Her growing business was requiring more and more of her time, and she felt she could no longer give her duties as a Trustee the attention they deserved. We wish her luck and success with her venture.





QUAIL RUN LANDSCAPING 2005

Even with all the cold and rainy spring weather, your Landscaping Committee has been busy at Quail Run. Our second meeting of the 2005 season took place on March 2nd in the meeting room at the new Vine Brook Way Circle garage. We started planning the program for this year, the second of a five-year program, keeping in mind the budget set forth by the Board of Trustees. The committee has ten volunteer members representing all of the clusters except Saw Mill Brook Way. We would like to ask any unit owner at Saw Mill Brook Way who has an interest in joining us, to please contact the Chairman, Arthur Downing at (781) 933-6241 so that we can have all clusters represented. We are flexible regarding meeting times.

The main thrust of the March 2nd meeting was to meet with Greg Carbone of Bartlett Tree Service to determine which overgrown shrubs must be removed or pruned, including schedule and cost, and what replacement shrubs must be added. We also requested Greg to investigate additional owner requests, give an estimate for improvements to the main entrance to Quail Run, and an estimate for landscaping to the signpost to Vine Brook Way. Greg drew up a cost analysis that I presented to the Board at their April meeting. The board approved the expenditure of \$17,000 for 2005.

This year's program will focus on the center areas of all clusters. Additionally, we agreed that spraying of the trees will continue, but that further work on root collaring would be put on hold.

The committee also conducted a walk through the entire Quail Run area this past month to determine what additional work has to be budgeted for and to report back to the Board of Trustees.

Much thanks to all committee members for their participation, and particularly to Eleanor Merz for taking the minutes of the meetings (it is difficult to take the minutes and participate in the meeting at the same time).

Arthur Downing, Chairman

SHRUBS REPLACED BY LOCATION, VARIETY, AND NUMBER MAY 2005

Location	Shrub (number)
Johnson's Grant (9 replacements)	
Unit #3	holly (1), viburnum (1)
" 6	laurel (1), viburnum (1)
" 5	yew (1)
" 8	rhodi (1)
" 11	rhodi (1), azalea (1)
Transformer box	dogwood tree (1)
Sawmill Brook Way (15 replacements)	
Unit #1	andromeda (1)
" 4	holly (1)
" 5	rhodi (1)
" 6	laurel (1), viburnum (1), yew (1)
" 8	rhodi (1)
" 9	holly (1)
" 10	holly (1), rhodi (1)
" 13	boxwood (1)
" 15	azalea (1), laurel (1)
" 17	holly (1), boxwood (1)
Kendall's Mill (13 replacements)	
Unit #4	boxwood (1), andromeda (1)
" 5	laurel (1), azalea (1), viburnum (1)
" 15	rhodi (2), holly (1), viburnum (1)
" 16	rhodi (1), yew (1), holly (1)
" 17	andromeda (1)
Michael's Green (7 replacements)	
Unit #2	azalea (2)
" 3	laurel (1), viburnum (1), azalea (2)
" 9	rhodi (1)
Douglass Green (23 replacements)	
Unit #1	rhodi (1)
" 4	andromeda (1), boxwood (1)
" 5	azalea (1), andromeda (1)
" 6	holly (2), rhodi (1)
" 7	laurel (1), rhodi (1)
" 8	andromeda (1), azalea (1)
" 9	viburnum (1), yew (1)
" 10	deutzia (1)

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Unit #11	viburnum (1), boxwood (1), yew (1), andromeda (1)
12	boxwood (1)
" 13	rhodi (1)
" 14	andromeda (1), holly (1)

Vine Brook Way (1 replacement)

Rear of Unit #1 amelanchier tree (1)

Total number of replacements – 68

Total by Plant Name

Name of Plant	Number
Amalanchier Tree	1
Andromeda	8
Azalea	9
Boxwood	6
Deutzia	1
Dogwood Tree	1
Holly	10
Laurel	6
Rhodi	13
Viburnum	8
Yew	5
Total	68

Summary of Work Done June 17 – 19 ,2005

Visible stumps were ground down in all foundation beds. Sixty-eight shrubs and trees were sited and planted at designated clusters.

The Bartlett Tree Company crew was exceptionally accommodating when it came to requests for changes and additions made by some of the Unit Owners. Watering instructions were handed out to all Unit Owners with newly planted shrubs in their foundation beds.

We still have a few serviceberry bushes at Johnson’s Grant, Kendall’s Mill and Sawmill Brook, which should be removed at some future date. Also, on the next landscaping program we should try to address the problem of overgrown shrubs at various locations. Some could be pruned severely. Others will have to be removed when there are funds for replacements.

Everyone worked very hard to accomplish

this task, and my thanks go to Bobbie Seidman and Pinky Samoiloff from the Landscape Committee, who also worked with the Bartlett Tree Company crew. Now all we need are some sunny days to start the growing season.

Marie Kelleher, Member, Landscape Committee

WILDLIFE ABOUNDS!

Spring, such as it has been, has arrived, and with it sightings of our animal neighbors have been bountiful.

Jane Norberg reported a red fox behind Douglass Green.

Joel Seidman reported a huge tom behind the mail kiosk and a smaller one in Saw Mill Brook. Walt Howe photographed the Saw Mill Brook bird and put it on our web site (www.quailruncondo.org) under News & Notices. Take a look!

Arline Petrino reported three deer (a doe and two fauns, she thinks) in the clearing created when the sewer holding tank across the road from the mail kiosk was excavated.

Many residents have commented that the rabbit population seems to be smaller than last year. Perhaps the coyotes that we saw last year have had an impact.

Birds have been especially plentiful. Just go outside any morning and listen to all the different bird calls you can hear!

Two residents reported seeing what was most probably a fisher, a member of the weasel family. The fisher, also known as the "pekan cat", "fisher-cat", or "black cat", is a large, dark, long-haired member of the weasel family. Adult males weigh from 7 to 12 pounds and may be 40 inches long, including their 13 to 15 inch tail. Adult females are smaller, weighing from 4 to 5.5 pounds. Extremely large male fisher may approach 20 pounds, but that is very unusual. They have short legs, small ears, and a long well-furred tail. Their color varies from dark brown to nearly black. Fisher fur is long and luxuriant. The males often have a "grizzled" appearance due to

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the many tri-colored hairs along their neck and shoulders. Fishers have large feet with five sharp toes. This makes them well adapted for walking on snow, climbing trees, and killing their prey.

Fishers live in a band of forested habitat extending across North America. They do not occur on any other continent. In the east, they are found from Virginia north to Quebec and the Maritime Provinces of Canada.



QUAIL RUN DIRECTORY ON WEB SITE

The Quail Run Directory of Unit Owners and residents is now available on line at our web site, www.quailruncondo.org. Half of us have chosen to have their names, addresses, phone numbers and e-mail addresses placed in the directory. Those individuals have been sent the user name and password to use in order to access the list.

If you are not on the list and want to be (or if you are on the list and want to update or remove your information), go to the web site, follow the links to the directory and choose the Updates link.

Your Trustees and the Communications Committee encourage the participation of all Unit Owners who have Internet access.

WORK REQUEST PROCEDURE

Unit Owners who wish to have maintenance work done by the Trust should contact our management company, American Properties Team (APT), and put in

their requests. Call Nancy Cahill at 781-935-4200, Ext. 270 and give her the details. (If she is away from her desk, please leave a message.) Nancy will log the request and then pass it on to the proper person for evaluation and action. The log serves several purposes. First of all, it is a record of the request having been made; second, the log is reviewed each month by the Board of Trustees to assure that action is being taken on requested work; and third, the types of requests and repairs are categorized and collated to see if we can discern patterns which might allow us to anticipate and ward off future difficulties.

You may also go to our web site at www.quailruncondo.org and fill out the Maintenance Request. Placing the request on the web site notifies APT and generates a copy for the Trustees.

Written requests can be placed in the box for that purpose at the mail kiosk. Our Maintenance Supervisor Rich DeFilippo checks the box daily.

Please do not call the Trustees or our Senior Property Manager directly with work requests – they are not the ones who can act on your requests.



More sure signs of spring are the swans and cygnets in the lagoon at Horn Pond.

***HENNY PENNY, THE SKY IS FALLING!!!***

The night of March 8th was an exciting one at 13 Michael's Green. I struggled home on icy roads with very lousy visibility. The Southeast Expressway from Quincy was filled with cowboys who thought their SUV's could handle anything, even dangerous road conditions.

I was thrilled to make it up the hill, especially thankful that I had purchased two new tires the week before this storm. In my heart of hearts I hoped that if I purchased new tires the snow storms would finally cease. To no avail, my purchase did nothing to prevent the snow from falling, yet AGAIN. Only this time, it wasn't just snow, it was howling wind that reached 60 mph. I was alone that night as my husband was on a business trip in St. Louis and would be returning the following night.

I sat in my kitchen glad to be safe and warm eating dinner, when suddenly I heard an incredible loud thud that literally shook me and got me up off of my feet. I ran to the living room and peered out the window. I saw some branches from a nearby pine tree on the porch and convinced myself that the thunderous sound I heard was a result of these branches hitting the glass porch doors with great force. Given that the windows were intact in all rooms I rationalized that all was just fine, and that my initial response of fearing the worst was overstated.

I spoke to my husband soon after this event and explained that I had heard a very loud thud, but that luckily nothing was broken, snow was not coming in through the windows and that all was just fine.

Later on that evening I went downstairs to the basement to use the treadmill (an historic event in its own right). I glanced out the window, only because the wind was still so strong and I wanted to see just how much snow was accumulating outside. I was actually quite concerned with the strong possibility that the flame on our gas burner would blow out, as it had done so in the past when the winds were very strong so my looking out the window was for several good reasons.

I thought that when I looked out the window

that things didn't look quite right. I opened the basement door, (our basement is at ground level) and there in front of the door, to my horror was a tree "branch" that was utterly enormous! Huge would be an understatement. The branch was probably 50 ft long and about 3 ft wide. If I needed to run out the back door, I would have had to take a very circuitous route because no way could I have just walked out the door without coming into direct contact with this tree.

As I stared at the tree that came within inches of the deck, I know that my mouth must have hung open in astonishment. I stood and quite literally said a prayer knowing that I was incredibly lucky, for the second time that night, to be safe with all intact.

I immediately called my husband and this time could barely get the words out describing what I saw out the back window. I know he thought I was just exaggerating, but the fright in my voice must have made it clear to him that this was very real. We thanked our lucky stars that the tree did not fall onto the deck or the roof or through the windows and all we had was just a few lone branches from the tree on our deck.

The next morning I looked out the window and immediately went downstairs to look at this tree that decided to make an unexpected visit the night before and just kept shaking my head. I could not believe the enormity of the tree. I rode on the main road to view the tree from a different angle and could literally not believe the size of the tree nor begin to appreciate the force of nature that could do such damage without injuring anyone.

This morning I looked out the window and saw that the tree branch and the tree did not exist. Clearly they were both removed yesterday and I was not aware of it. The wonder of the fallen tree is now just a stump, but you can be sure that I will never forget the night of March 8th and how very fortunate I was.

Thanks to Nancy Lefkowitz]

Fast forward to March 30th, one of the very few sunny and warm days we had during the spring-that-never-was this year. The deep cover of snow from the winter-that-wouldn't-end

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had finally melted, allowing workers to remove the debris left over from the storm three weeks earlier. A crew of five lumberjacks arrived that morning and set to work dismembering and disposing of the 50-foot-tall, 30-year-old white pine tree that had startled and horrified Nancy and nearly de-decked her unit. They were well equipped. They had with them two monster trucks, one with a ninety-foot "cherry picker," and the other with a telescoping crane arm. A third, a normal-sized dump truck was hauling a trailer on which sat a 200-horsepower diesel-powered chipper, with huge rotating teeth capable of ingesting and chewing up trees up to 30 inches in diameter.

They worked as a beautifully orchestrated team; one man aloft in the basket of the cherry picker to de-limb the trunk, while those below gathered large boughs together with steel cables which they attached to the hook dangling



white was eating the stern of the boat. The roar of the diesel increased and its tone deepened and slowed. I watched with amazement and fascination as the teeth took hold of the trunk, drawing it in, as the chipper

chewed it up and spit the chips into the bed of the truck. The larger, lower section of the trunk was hauled to the edge of the road, to be picked up later by a flat bed.

Finally, the big machines were shut down, and in the sudden silence the workers moved in to sweep up the small debris, in a rather mundane, quiet coda, accompanied only by the scratch of their rakes.

As an aside, this same crew earlier that day had performed the same ballet routine on three damaged oak trees behind Vine Brook Way units.

[Joel Seidman]



from the crane. The crane operator delicately swung each bundle over to the chipper, where the men fed them into the roaring chipper. The chipper reduced them to chips in seconds.

After all the limbs were gone, the trunk was cut into two pieces, each about 25 feet long. A loop of cable was slung around the more slender upper portion and hooked to the crane, and the log was lifted and deposited on the lip of the chipper. The workers maneuvered it into the machine's gaping maw. It reminded me of the scene from the movie *Jaws*, where the great





TAKE A WALK – 2 THE SIDE STREETS FROM RUSSELL STREET (WEST)

There are a number of side streets along Russell Street, on both sides and in both directions. Walking them can provide quiet and pleasant extensions to simple walks along the sidewalk.

The four walks suggested below are all west of Quail Run (between Quail Run and Lowell Street). Additional side street walks in this area and more between Quail Run and the Four Corners will be included in “Take a Walk – 3” and “Take a Walk – 4”.

The first thing that one notices when entering a side street from Russell is the quiet. Getting away from the noise of traffic may be reason enough to do at least some of your walking on the side streets. Most of these side streets are short, and many of them end with cul-de-sacs. These are middle class residential neighborhoods.

Old Russell Street

The short little street that crosses Quail Run Road at the first stop sign is Old Russell Street. It apparently is a remnant of an older road that was replaced by a more modern Russell St. It is familiar to us not only because we need to stop before we cross it, but also for the barking of dogs and the quacking of ducks at the Woburn Animal Hospital!

This little road, going in both directions, can be used as a nice beginning to any walk along Russell Street.

Duren Avenue

After turning right onto Old Russell Street at the Quail Run Exit, crossing Russell Court (be careful here - there is fairly heavy turning traffic from three directions), and beginning a climb up the Russell Street sidewalk toward Lexington, you will come upon Duren Avenue. Duren, with sidewalks on both sides of the street, provides a nice little add-on to the basic Russell Street sidewalk walk. It consists of a short loop that takes about 10 minutes to circle back to Russell St. You will go downhill on the first half of the loop and then uphill on the second half. The

homes you will see along the way are modest and well kept. While walking Duren Avenue you may meet some friendly neighbors, perhaps while they are tending their lawns and flowers.

Kensington Avenue -- Hallmark Drive

The next two side streets, Kensington Avenue and Hallmark Drive, are connected. Kensington is quite short. Immediately after you turn into it, you will curve left, right, and then left again. Then Kensington ends at a T-intersection with Hallmark Drive. As you walk along short little Kensington, notice the first three houses on your right, #3, #5, and #7. They are older than most of the West Woburn houses near them and were built on a steep slope, requiring a bit of a climb to reach their front doors.

When you reach the Hallmark Drive T-intersection, you can either turn left to go back to Russell, or right to see the cul-de-sac and then turn around.

When you get to the Hallmark – Russell intersection, you may notice that it’s a bit scuffed up. That’s because it’s a major school bus stop. Around 3 p.m. you may get a chance to say hello to some of the parents waiting there and perhaps see a large group of children being disgorged by the bus.

Squanto Road to Lexington Street

Squanto Road is on the south side of Russell Street at #531, and you need to cross there to reach it. Squanto is the only side street between the Four Corners and Lowell Street that goes all the way through to Lexington Street. (This is because of the topography of the Shaker Glen Gorge, conservation land, and the right-of-way for a high power transmission line. More about this in a future “Take a Walk”.) To go straight through to Lexington Street, first take Squanto to the yellow and black signs indicating a turn to the left. After you turn left there you will be on Samoset Road (unfortunately not marked with a street name sign at this point). Take Samoset all the way to a yellow and black arrow sign indicating a turn to the right. After making that turn you can go all the way to Lex-

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ington Street, straight through on Samoset.

On Squanto and Samoset you will see a variety of interesting houses. Note the fine stone-wall in front of #15 Squanto. Perhaps the owner is a stonemason! On Samoset you will see a proliferation of granite mail box posts, and at #40 you will see a house guarded by a stone lion and two granite posts!

To return to Russell Street from Lexington Street and Samoset Road, retrace your steps. You could go back via Lexington and Lowell streets, but that is much longer, much noisier, and much less pleasant.

Take the side streets!

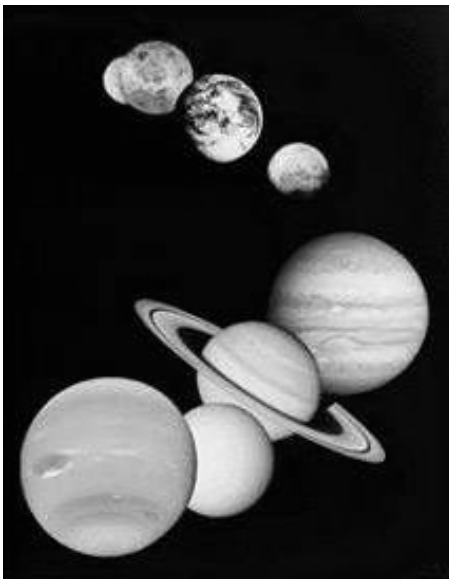
[Thanks to Hal Scheibert]

A WALKING TOUR OF THE SOLAR SYSTEM

Hal Scheibert writes about taking walks around Quail Run, but did you know that anyone who takes a walk around Horn Pond can take a tour of our solar system?

Walk down Arlington Road, which runs from Pleasant Street just west of Woburn Center along the eastern shore of Horn Pond to Lake Street.

There is a low stone wall in front of #73, the last house on the right, which ends where Lynch Park begins. At the end of the wall is an orange ball, about the size of a large cantaloupe, en-



closed in a green box frame. A plaque above the box explains that this ball represents the Sun in a model of the solar system that was put in place by the 4th Grade Class of the Clapp Elementary School, which is just down the street. The project was aided by retired Fire Chief Robert Perry and was dedicated on De-

cember 23, 2004.

Nine plaques, representing the nine planets, have been placed down Arlington Road a distance of 1019 yards to Memorial Park at the south end of Horn Pond at proportionate intervals, with a scale of 1 yard (or one pace) equals 3.6 million miles.

In this scale, with the Sun being about 8 inches in diameter, Earth would be the size of a peppercorn, Jupiter (the largest planet) would be the size of a chestnut, and Pluto (the smallest planet) would be the size of a pinhead! Standing on Pluto, the Sun cannot be seen, even with binoculars!

The first planet-plaque, representing Mercury, is 10 paces beyond the sun. Venus is 9 paces further. Earth another 7 paces, a total of 26 paces (93 million miles from the sun). Another 14 paces brings us Mars.

Then the big jumps come – Jupiter lies 95 paces farther. But wait!

It is another 112 paces to Saturn.

It is another 249 paces to Uranus.

It is another 281 paces to Neptune.

It is another 242 paces to Pluto.

All told 1019 paces (yards).

Check it out for yourselves!

[Joel Seidman]

NOTICES

**Items, Services to Sell
Items, Services Wanted
Contractors We Like
Restaurants You MUST Try
Looking for partners for bridge?
Mahjongg? Tennis?
Put out your call in
*The Quail Runner!***

**Do you have something that
would go in this space?**

Let us know!



QUAIL RUN HISTORICAL NOTE



On the morning of April 19, 1775, Robert Douglass was one of the two Woburn men to respond to the alarm signaling the British approach. Shortly before daybreak, Douglass and Sylvanus Wood set out along the Old South Road. Arriving in Lexington, they were mustered into the company serving under Captain Parker and marched to the Lexington Green to await the British. The historic battle of Lexington ensued, when the first shot of the Revolution was fired and ended with the dispersion of the American Minutemen. A total of 180 men from Woburn served during the opening days of the American Revolution, yet only two, Robert Douglass and Sylvanus Wood, were present for the battle which culminated in "the shot heard 'round the world." At Quail Run, Douglass Green derives its name from this Woburn patriot who was among the earliest to serve in the Revolutionary War.

[The following historical note is taken from the City of Woburn web site. You can find many more interesting tidbits about our city on Woburn's site, which you easily can reach by links from the Quail Run web site – www.quailruncondo.org.]

Battle Road Woodlands: West Woburn

"'Twas fair, windy and cold. A distressing day," is the way Reverend Marrett, Pastor of the Woburn Precinct church described that fateful day, April 19, 1775. Woburn heard the alarm bells early and sent 180 men to join in the opening conflict of the American Revolution – the battles of Lexington and Concord. The Woburn

militia companies reached the battle scene over Battle Road – a tree and stone wall lined path still existing in West Woburn. It was first laid out in 1644 as "Sawpit Lane" and led to Major William Johnson's sawpit. Over this dirt road went Sylvanus Wood who captured the first Redcoat. Ashael Porter and Daniel Thompson, the two Woburn men who were killed by the British that day, also used this route. The Battle Road Woodlands – a City Conservation Area – runs roughly parallel with Russell Street towards Lexington.

[The area can be reached by a marked trail that can be seen in the cul-de-sac off Brisco Street. Brisco Street is a short walk from Quail Run by going toward Four Corners on Russell Street one short block, turning left on Stevin Drive, taking the second right onto Revere Road, then the first right onto Brisco.]

QUAIL RUN IS SHAPING UP...

... in more ways than one. Last month the Boston Globe ran a two page article in their MetroWest section about PeopleFit, a new local health club at 275 Lexington Street, just off the Four Corners.

Two photographs of Marilyn Waehler of Michael's Green and the treadmill and Eileen Lynch of Douglass Green on the recumbent bike appeared in the Northwest News Section of the Boston Globe on May 12, 2005. Terri, one of the trainers, was shown giving Eileen instruction. Also spotted at the facility were Roberta Doyle of Michael's Green and Leslie Pano of Saw Mill Brook.

Eileen said that "it was hard getting started, but the owners – all of whom are physical therapists – make you feel safe and positive about your ability." The club caters to the "more mature" client and does a two-hour physical evaluation prior to recommending a program to follow. Marilyn stated, "The atmosphere is so non-threatening and supportive, and every day I go, I feel energized and renewed."

The club is owned and operated by the Agostinos and at least one of them is always on the floor offering encouragement and answering questions. *[Thanks to Eileen Lynch]*



RESTAURANT REVIEW: LEXX

For those of us who love good bagels in the New York style, the decision by the owners of Aesop's Bagels on Massachusetts Avenue in downtown Lexington to close was a deep disappointment. However, Lexx, which opened in the same location about six months ago, is a delightful addition to fine local restaurants. "Bagel" now appears only at the bottom of the Sunday Brunch menu. There is an ample range of selections on the Brunch, Lunch, and Dinner menus.

Their menu and their web site (www.lexx-restaurant.com) states' "The chef's passion is to serve deliciously flavored meals that are better for you and focus on the freshest seasonal ingredients. We use wholesome grain-fed beef, all natural pork, free-range chicken and line caught fish. Our menu changes with the seasons and offer daily specials." Indeed, the manager cautioned that the takeout menu and the menus published on their web site are examples of what the actual bill of fare might offer at any particular time.

As we walked in at 6:00 p.m. on a week day evening, there were many empty tables. When we left an hour-and-a-half later, most of the 75 seats were filled. The place has already developed a large local following.

The décor is startling – simple, open, elegant, warm, inviting. A long curved bar seats ten at high bar chairs, and a lounge area is comfortably furnished with space for another ten. The front room seats about 35 at tables for two, three, or four. The back room has four booths and tables for two or four, seating about 40. The bar and all the tables and chairs are polished mahogany, which adds to the warmth of the atmosphere. The hostess greeted us immediately and offered us a table in the back room, where she said it was quieter. Indeed, a family member of mine who had lunch at Lexx not too long ago, told me that the food was excellent but the front room was very noisy, probably from bouncing of sounds off the plate glass picture windows.

A server brought us ice water and a small

basket of delicious focaccia and dipping oil. Our waitress appeared promptly, introduced herself, and told us of the specials and answered questions about the menu. The wine list was not extensive, but there is a good selection of moderately priced vintages from the Americas, Europe, and Australia. What is extensive is the list of wines available by the glass.

Appetizers included such choices as coriander crusted rare tuna, mussels, chili glazed spare ribs, crab cakes, hot chicken wings, cheese fries, soup of the day, BBQ duck pizza, and grilled flatbread with hummus and baba ganoush; they ranged in price from \$4.75 to \$8.95. Salads (garden, spinach, and Caesar) were fresh, delicious, imaginative, generous for one and sufficient for two (\$5.95).

Entrees included a not overwhelming array of fish, chicken, meat, a pasta and a vegetarian dish, which were priced from \$13.50 to \$18.50. We chose grilled salmon and scampied shrimp. Both came as generous portion, perfectly done, and beautifully presented with accompaniments, and they were delicious. Service was prompt and friendly, but not overbearing or obtrusive.

The tab for two salads, two of the pricier entrees, and two glasses of wine, tax and 18% tip was \$76. For what we got, we thought that was good value. We can't wait to go back and sample the rest of the menu.

Lexx is at 1666 Massachusetts Avenue, Lexington, across from the post office. I would call ahead 781-671-2990 for reservations, even on week days. Lunch is served 11:30 to 2:30 Monday through Saturday; dinner is served 5:00 through 9:30 Monday through Thursday, 5:00 to 10:00 on Friday and Saturday, and 10:00 a.m. to 9:00 p.m. on Sunday. Sunday brunch is from 10:00 a.m. to 3:00 p.m.

[Joel Seidman]



Rights of Spring



IMPORTANT DOCUMENTS TO KEEP HANDY

You may not be selling now, but when the time comes, you will need to have several documents to give to your prospective buyer. Why not have them put away now and save the hassle of a last minute search?

1. Recorded condo docs
2. Master deed (description of land and buildings; what is held in individual ownership and what is common area; determination of percentage interest etc.)
3. Unit deed (unit ownership and percent interest in common areas; reference to parking, storage, deck usage ; floor plan).
4. Declaration of Trust (The Bylaws). This is the document that established the Condominium Association and its legal authority.
5. Homeowners' Handbook.
6. A copy of the current annual budget.

[Questions? Call Sally Elkind, 781-938-8698]

**ANOTHER IMPORTANT DOCUMENT:
THE HEALTH CARE PROXY
DO IT NOW!**

I hope I will not offend or upset too many of my neighbors by stating that most of us are the age at which serious medical problems are common and the inevitable process of "maturation" is carrying us to the place we all wind up. However too few of us have thought about (much less planned for) being in a medical situation where we would not be capable of directing our care.

Take a lesson from what happened in Florida. No matter how you view the recent case of Terry Schiavo, the brain-damaged woman, which was extensively featured in the media even as recently as this past week, one thing all of us, no matter our personal or political philosophy, can agree on: the real tragedy of the story was the protracted legal and legislative haggling over the end of her life. All the arguments and divisiveness could have been prevented had Mrs. Schiavo had an advanced directive – a living will, a durable power of attorney for medical

affairs, or a health care proxy – to speak for her when she could not.

These three instruments are not identical in their medical or legal effect, and it is important to understand the differences among them. The living will is a document in which you can outline *in general* the sorts of therapies you might or might not want under certain circumstances. There are three problems with the living will. First, no one, even people with extensive medical training such as doctors and nurses, can possibly imagine the manifold medical situations that might happen to them. Living wills frequently have language in them such as, "If there is no hope of my survival, I do not want any heroic or extraordinary treatments." Such statements are open to broad interpretation; there is no clear definition of what constitutes a hopeless situation and certainly no consensus of what heroic treatment is. In fact the notion of what extraordinary treatment is depends on the particular set of circumstances.

The upshot is that in many – perhaps most – situations, the living will does not answer the question as to what you might have wanted in a *specific* situation, leaving loved ones and care givers guessing. Second, in the event of a conflict within your family or between the family and the doctors, there is no one designated to make an uncontested decision. Third, a living will carries no legal force in Massachusetts; family and medical personnel cannot be forced to follow it.

A durable power of attorney for health affairs (DPAHA) is an instrument in which you assign the power to make health related decisions to a third party. Unlike the ordinary power of attorney for non-medical affairs, which ceases to be effective if the person becomes incompetent, the DPAHA becomes effective only when the person becomes incompetent. This type of document suffers from the same faults as the living will (lack of help in specific situations, unenforceability), plus it also requires the services of a lawyer to draw it up and execute it.

The health care proxy is a document in which you *may* describe the sort of therapies you might or might not want if you wish, but the purpose of the instrument is for you to designate

(Continued on page 13)



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a person whom you would want to make medical decisions for you when and if you cannot. Presumably you would name as your proxy (also called your health care agent) someone whom you know well, who knows your values, and who would think and decide what you would, if you had not become incapacitated. The health care proxy form does not attempt to specify what you would want in every situation, but in the proxy you have named a decision-maker to whom doctors and others can look. And it is the only document recognized by the Commonwealth of Massachusetts, and it is therefore the only one that is legally enforceable.

You do not need a lawyer to make out a health care proxy form. The forms are free and widely available – from your doctor or hospital, from your lawyer, or you can download the form (which contains instruction for filling it out) from the web site of the Massachusetts Medical Society (www.massmed.org) and follow the link to Health Care Proxy Forms. There you can also access the web site of the Five Wishes document developed by Aging With Dignity, where you can view a copy of that form. The Five Wishes form amplifies the Massachusetts Health Care Proxy form by adding sections in which you can elucidate your values about both medical and spiritual care in certain scenarios. You may order the Five Wishes form for \$5.00 from Aging With Dignity by calling them at 888-5-WISHES (888-594-7437) or writing them at P.O. Box 1661, Tallahassee, FL 32302-1661.

The most important step in the process of designating a health care proxy is to talk to that person at length about your preferences and philosophy, about what you might or might not want if you were brain damaged, in a coma, or in a persistent vegetative state. Would you want to be resuscitated should you be terminally ill and have a cardiac arrest? How do feel about medically provided nutrition and hydration? Give a copy of the form to your agent, and be sure to send a copy of the proxy form to your personal physician. Better still, talk to your doctor about your wishes. Last, tell others in your family about your choice of a health care agent.

Will doing all this absolutely prevent your being in a Terry Schiavo-like dilemma? No, because no one can anticipate all the health care scenarios that can occur, but the chances of that happening would be dramatically reduced.

DO IT NOW!

[Comments? Questions about this article or about advanced directives? Call Joel Seidman, M.D., 781-027-0406]

PHOTOGRAPHY CONTEST

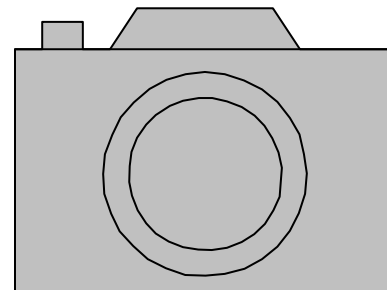
The Quail Runner announces our first Photography Contest. Residents are encouraged to submit their photographs for consideration for publication in our newsletter.

Photos can be of any subject, but keep in mind that we can publish only in black and white. Many professional and famous photographers consider the black and white format to be more challenging and esthetically more pleasing than color. (The Museum of Fine Arts will be having an exhibit this summer of photographs of Ansel Adams, whose black and white shots taken in our western national parks are legendary.)

While we can accept color or black and white prints or slides, the digital medium is preferred. Digital photographs can be submitted by e-mail to jseidman@massmed.org, or delivered on CD or DVD. Hand deliver of prints, slides, and discs to 11 Douglass Green is recommended.

All materials will be returned to submitters, so please label all submissions. Photographs will be judged by members of the Communications Committee, whose decisions are final.

Let's hear from all you shutterbugs!





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 August 27th for inclusion in the next (September, 2005) issue of the *The Quail Runner*. Articles should be limited to 500 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.

Volunteer Opportunities

Volunteers are needed to write for The Quail Runner. Please call Joel Seidman 781-937-0406 for more information.

Are you interested in helping out on a Social Committee? Share your ideas and skills. Call Trustee Joel Alpert at 781-932-9216.



www.quailruncondo.org

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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.

TENNIS ANYONE?

Nancy and Dick Clarke, living at 14 Douglass Green, would like to hear from other Quail Run residents interested in men's, ladies' or mixed tennis doubles. We both have time flexibility and could be available to play weekdays or evenings. We can be reached at 781-935-3827 or e-mail at ra.clarke@comcast.net.

