

# The Quail Runner

For and By the Residents  
Of Quail Run



November — December 2010

Began Publishing 2003  
www.QuailRunHudson.com

Hudson, Massachusetts

## From the Board of Governors

This is an overview of the Open Meeting on November 17. The main topic was the budget. The biggest budget expense is for water and sewer. This exceeded our budget projections from last year since the Town of Hudson raised the rates by almost 24% over the past 2 years. This was an unexpected hike. Almost 17% of your monthly condo fee will go for water and sewer. In addition to this expense is the cost of the electricity to run the pumps.

The very high water rates caused the Board to look for other ways of keeping the lawns green. Although we would like to try watering every third day, the restrictions by the Town of Hudson allowing watering on alternate days according to odd/even addresses makes this difficult. We can't go into heavy watering every fourth day as the top layer of grass and dirt is very thin and, with our rock and clay base, prolonged irrigation would cause erosion. We are investigating the cost of getting water from drilling our own wells or purchasing some from the wells at Intel.

The expenses for snow removal and rubbish collection have been steady. We are continuing with our new contractor, Waverly, for our landscaping. This was a very good switch as the lawns do appear better. The problems with the irrigation system in the past have been corrected; however continuing maintenance will be needed.

Money is being put into the reserve account as required by law. Money is also going into working capital, some of which will be used for painting expense. We will start to paint (Continued on page 3)

## Annual Holiday Party

Saturday, December 11, 7:00 at the Community Center. Admission is \$4.00, paid at the door. The deadline to sign up is Monday, December 6.



There will be Finger Foods, Desserts, Door Prizes and Holiday Music. Coffee, tea and punch will be provided or BYOB

Please bring a donation for **Toys for Tots**. The Social Committee will deliver them to the Hudson Fire Department for distribution within the local area.



A sign up sheet is posted in the Community Center or contact Sally Mauro 978-568-0821, [Srednims@aol.com](mailto:Srednims@aol.com) or Barbara Baker 978-562-2460, [bakerb2939@gmail.com](mailto:bakerb2939@gmail.com).



**December 18  
Saturday Morning  
Coffee 10:00.**

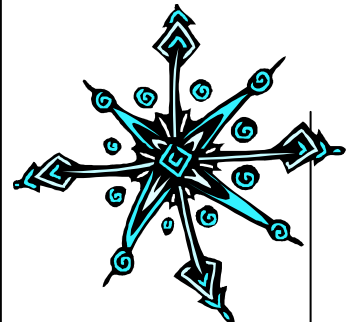
**Our new neighbors from West Ridge are invited** so please take time out of your busy schedules to stop in and say hello.

Once again, we are collecting items for the Hudson Food Pantry.



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### The Quail Runner Staff

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 4/9 Autumn **Marilyn Hoffman**  
 5/7 Autumn **Terri Kilshaw**  
 6/11 Autumn **Carole Perla**  
 1/3 Strawberry **Sally Mauro**  
 2/4 Strawberry **Barbara Champine**  
 5 Strawberry **Lee Rouse**  
 6/8 Strawberry **Toby Allen**  
 7/12 Strawberry **Barbara Paradiso**  
 1/4 Rotherham **Kevin Fitzgerald**  
 6 Rotherham **Harry Morgan**

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**Technology Corner**—George Champine  
**What's Up** — Beverly Beylouné,  
**Area News**—Barbara Champine  
**Healthy Living**—Peggy Rittenhouse  
**QR Real Estate News**—Hugo Guidotti  
**Senior Money Sense**—Howie Pearlman

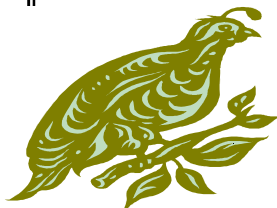
**Communications:**

**Phone, email address list:**  
 Barbara Picarello.

**Website:** [QuailRunHudson.com](http://QuailRunHudson.com)

**Published first week of February, April, June, August, October, December;**

**Deadlines on the 23rd of the previous month.**



### Vacation Delivery

To Receive *Quail Runner* while away, give your reporter or the editor an extra long envelope with two first class stamps and your vacation address. The editor has some free extra large envelopes. Or you can get issues emailed to you, or view the current issue on [QuailRun Hudson.com](http://QuailRun Hudson.com).

A special thanks to **Linda Borrelli** for the use of her beautiful centerpieces of Pilgrim and Native Americans that set the theme for the Octoberfest.



### The Editor's Desk

MJ Ebens, editor



**Peggy Rittenhouse's** article on bedbugs is timely — these pests are coming back in full force having adapted to the DDT that we threw around so freely years ago. Lice have also made a come back as our schools are finding out. Do you remember having your head checked by the teacher for them? I do.

The latest phone directory reminds me that Quail Run owes a big *Thank You* to **Bob and Nancy Reid**. They undertook putting one together when they first moved here for their own use. Then so many Quail Runners wanted a copy that the directory eventually became what it is now. They managed it for a number of years before passing it on to the Communications Committee. And *Thanks* to the Committee, especially **Pete Recklett** and **Barbara Picarello** for their work on the directory.

If you haven't checked out the Hudson High school plays, you're missing a good bet. I saw both *Comedy of Errors* and *Little Shop of Horrors* and was quite impressed by how good the performances were. I'm sure they weren't that good when I was in school!

**Bob Freedman's** offer to do a CPR course for Quail Run could be literally a life saver for one of us.

Two Quail Runners made the local news recently. **Joe Aiello's** war record is certainly impressive and getting a medal from the French government is amazing. Nice to know his service is well remembered. **Hugo Guidotti** has had quite a varied career and is still quite active both here in Quail Run and in the town of Hudson.

Inviting **West Ridge** to join with us a the next **Coffee Morning** could be a plus for both our communities. Be sure to come and get acquainted.

Good to see **George Champine** out and about before his next (and last?) round of treatments. What would the computer folks at QR do without him!!

**mj**

### Phone and Email Updates

No Updates this month  
 Check your new directory!

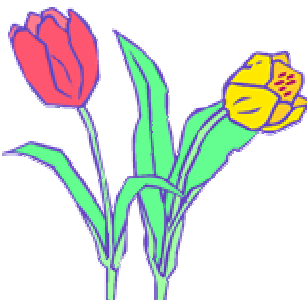
### Building & Grounds Committee

The B&G met Oct 25, 2010 and reports the following:

1. The deck painting inspections went well with only a few minor concerns as reported to the BOG. No further requests from BOG.
2. Waverly has improved the lawn and irrigation situation considerably and the grass is looking much better. Grass was treated with a crabgrass killer and most has died off and grass is moving into those areas. Lawns were fertilized on 10/27/10 and Waverly worker says they will fertilize again in spring after they apply pre-emergence crab grass killer.
3. The irrigation system was closed and water blown out. B&G will watch for sprinkler start up in spring to insure all sprinkler heads are functioning properly.
4. Aggressive snow raking will continue this winter as it seems to have worked well last winter.
5. The B&G is looking into possibly lighting our QR signs at the entrances.
6. Also checking into what kind of problems may be incurred by over mulching our trees.
7. The BOG is collecting info about the gutter situation and will advise us later.
8. I am sure you noticed the ugly sticks are back in place for winter plowing.
9. November brought leaf raking and gutter cleaning time

We have found the management company (Alpine) has been responding very quickly in the last couple of months and urge owners with problems to report them by e-mail ([cbb@alpinemanagement.com](mailto:cbb@alpinemanagement.com)) and if possible include a picture of your problem. This seems to work the best as the problem is then well documented.

Members are: **Hugo Guidotti, Chairman, Harry Morgan, Kevin Fitzgerald, Roger Gagne, Allen Boemer, Frank Monte, Ken Hart, Bill McEvoy, Harold Edelstein, Ken Spears, Ron Chiasson, Peter Stott, Bruce Eckman, Les Mal-ecki, Carole Perla**



### ROMEO'S

The next ROMEOS (Retired Old Men Eating Out) will take place on December 7

Check out Italian Cuisine and Fine Dining at Giuseppe with the rest of the ROMEOS on If you plan to attend contact **Hugo Guidotti**, 978-562-6501



### Transitions

**Condolences** to the many friends of **Priscilla M. (Rose) Cellucci**, 83, 1-H Autumn Dr. who died Oct. 20. She was the wife of the late Argeo "Junior" R. Cellucci and mother of Argeo Paul Cellucci, former Governor of Mass., and his wife Janet of Hudson. She was born and raised in Hudson and a graduate of Hudson H.S.

**Anna Mula**, 7-C Autumn, died 14 November at the age of 79. Anna was the wife of Angelo. The Mulas were among some of the early arrivals at Quail Run and took part in many of the activities until their health deteriorated. They were formerly from Waltham where he was known as Angelo "the Barber".

**Condolences** to **Frank Monte** on the death of his sister Rose Lombardo, age 83, of Newport Beach, CA.

**Condolences** to **Barbara Picarello** on the death of her sister-in-law Ellie Hakim.

### From the Board of Governors, from page 1

the siding and trim on the buildings in the spring but how many will be done each year will be determined after we receive bids back from several contractors. They have been requested.

Because of these expenses, our condo fees will be going up, but it will be held to about 4.75% which comes to a little over \$14.00 additional per month for each owner. The exact amount is determined by the beneficial interest you have in the property and will be effective as of January, 2011 and you will be getting notice of the exact amount about the time you read this.

**To The Gardeners At Quail Run** who did such a great job making their front gardens so colorful and especially to those who went beyond their area to make most of the traffic circles look so lovely. We all send great big "thank you." **Kent Callahan**

## Curtain Call

Toby Allen



Six members attended *Crossing Delancey* put on by The Concord Players. It was a very good comedy.

The **December play is Tartuffe**, a French comedy by Molière, put on by the High School Drama Club. This play is open to ALL. Dates are December 16 & 18 at 7 PM and a 2 PM matinee on Sunday, December 19. The place is in the Hudson High School Intel Mini Theatre. There are no reservations. Purchase tickets at the door. Plan to arrive about 40 minutes early.

We have 21 members in our club and 3 interested in joining. You do not have to come to every meeting; but, if you do not come, you miss the chance to vote on what we pick. If you do not attend you still receive an email with all the information about the next play.

Please email me ( [puella\\_tobia@hotmail.com](mailto:puella_tobia@hotmail.com) ) -- underscore between puella & tobia -- if you would like to be on our mailing list. We have a good time. Or contact me, Toby Allen, 978-562-7437.

**[Editor's note:** The Hudson High School drama group does an outstanding job on their productions. The scenery and costumes are first rate and offer a bargain price for well acted plays just a short drive from Quail Run at 69 Brigham St, Hudson. And we have no relatives in the plays!]

## Mark Your Calendar

**December 11, 3:30.** *Rivers Edge Holiday Concert* with Band, Chorale and Pro Musica Youth Chorus This is a very popular concert with a sing along. Hudson High School

**December 16, 17 & 18,** *Tartuffe*, Hudson High, Intel Mini Theatre

**January 20 – 22,** *Improv Show*, Hudson High, Intel Mini Theatre

**January 29,** *Lyrical Legends*, Symphony Pro-musica, Hudson High

**February 13,** *Heritage Chorale Pops Concert*, Nevins Hall, 150 Concord Street (Rt. 126), Framingham

**March 10 – 12 & 20,** *South Pacific*, Hudson High

Area Events of Note



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04/11



## Quail Run Real Estate News

Hugo Guidotti

**Tony and Linda Palmer** of 3B Autumn Drive have decided to stay on at QR. They were unable to find a home nearer to Boston that has as many fine amenities as QR. **Sue (McDonald) and Don Princiotta** of 4A Autumn are in process of moving but no word yet on the final closing price. **Al and Ruth Durand** are quite seriously considering the purchase of **Priscilla Cellucci's** home at 1H Autumn that Al sold to the Cellucci family back in 2002.

It appears the real estate market has not begun any kind of recovery in the last few months and the experts all seem to agree that there is nothing on the horizon that indicates a change in the next couple of years. Adding more fuel to the fire locally is that in 2010 there has been an increase in foreclosures in the area. Hudson had 28 foreclosures and Marlborough had 42, both increases of nearly 50% over the previous year. I doubt if the foreclosure numbers have much effect on over 55 buyers as these folks who need to sell and downsize to a condo usually have plenty of equity in their homes and usually can dodge the foreclosure bullet. But I think the foreclosure situation certainly does have an effect on the mindset of people that causes them to adopt a “wait and see” attitude which may be just the opposite of what they should be doing.

A recent discussion with **Bill Mullin of Westridge** tells me they now have 11 families living there and 2 more units under agreement. They still have a number of different models and the starting price is \$339,000 up to \$549,000 which of course is not competition for Quail runners who may plan to sell. **Crane Meadow in Marlboro** has 2 homes for sale for \$339,000 and \$369,000 and one recent sale at \$325,000. The **Villages in Marlboro** has none for sale and 2 recent sales at \$269,000 and \$270,000.

## Senior Money Sense

by Howie Pearlman

### What should you do with your Required Minimum Distributions?

Many of you have been making contributions to your IRAs and 401(K) for many years and have accumulated sizable nest eggs. Many IRA owners have comfortable incomes and don't need the distributions, and would rather pass these accounts to your children and grandchildren. So what should you do?

If you fail to take a Required Minimum Distribution after age 70 ½ you must pay the tax on the failed distribution and a 50% excise tax. Because you must take the distributions, why not put them to good use. There are a number of attractive uses for the unwanted distributions and now is a good time to make plans.

One example is to buy life insurance. Life Insurance benefits are income tax free and will have no impact on the beneficiary's income tax bracket. It can be used to pay for the grandchildren's college education or your spouse can enjoy the tax free benefits of life insurance to replace your pension benefits allowing you to take higher benefits while you are still living.

Another great use of unneeded RMDs is to purchase Long Term Care insurance. It is estimated that over 80% of Americans age 65 have no form of Long Term Care Coverage and approximately 60% of retired Americans will at some point need some form of home health care or nursing home services. Nursing home cost can be as high \$10,000 per month in the Boston area and Medicaid won't kick in until most of your life savings is gone.

Using your RMDs to fund this coverage can protect the rest of your savings and income from going to the nursing home and protect the healthy spouse at home.

There are many other good uses of unneeded IRA distributions. If you already are over 70 ½ you can put those distributions to good use right now. If you are under 70 ½ it's a good idea to make plans for your distributions today.

In the next issue will feature the **STRECH IRA**.

**Hudson Historical Society** has a new website, [www.hudsonhistoricalsociety.org](http://www.hudsonhistoricalsociety.org), includes vintage photographs of Hudson.

## AGES FINANCIAL SERVICES

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03/11

## Quail Run Birthdays

### December

Jane Freedman, 2  
Richard Ebens, 6  
Theresa Bosio, 19  
Renee Kossuth, 21  
Ken Spears, Marilyn  
Hoffman, 29  
George McGoldrick, 31

### January

Lois Boemer, 2  
Nina Schlikin, 6  
Barbara Langley, 10  
Helen Marckini, 13  
Barbara Kansky, 17  
Peggy Rittenhouse, 20  
Terry Milot, 20  
Shirley O'Connell, 27  
Deborah McCormack, 30  
Karen Hart, 31



To include a birthday, contact your reporter or the editor

## Intel's Top Clean Energy Buyer

Intel Corporation, for the third year in a row, is the biggest buyer of renewable power by volume, the EPA said in a statement on 1 November. The company is buying clean and low-carbon energy equal to 51 percent of total consumption, up from 46 percent a year earlier.

Intel, the world's biggest chip maker, is purchasing more than 1.43 billion kilowatt-hours of green power. Kohl Department stores ranks second, with 1.37 billion kilowatt-hours, or 100 percent of the Menomonee Falls, Wisc.-based company's energy use. Whole Foods Market Inc., with 817 million kilowatt-hours, was the third-biggest buyer.

BLOOMBERGNEWS as reported in the Boston Globe, 11/2/10

# Condo Care

Interested in adding a **grab bar to one of your bathrooms?** There is no *good* way to install one, however, you can attach one with suction cups. Try the one from Roth at [myhomeforlife.com/Roth\\_Portable\\_Suction\\_Grab\\_Bar\\_p/6008.htm](http://myhomeforlife.com/Roth_Portable_Suction_Grab_Bar_p/6008.htm) The suction cups work very well. The instructions recommend giving the bar a good test pull each time before showering. Mine did come loose once during a test, but it is easy to reattach.

Recommended by Ebens, Monte, McKay

## December Reminders

- Storm Door Reminder – Don't lock the storm door while you're away. In an emergency if the association has to gain entry to your unit, they may have to break the door to get in.
- This is a good time of year to change the batteries in your thermostat and smoke detectors

## WINTER PRECAUTIONS

- Turn OFF the water to your outside front and rear spigots; otherwise the pipes can freeze and burst.
- If you are away make sure your heat is left no lower than 64 ° F to prevent pipes from freezing and bursting. Insurance will NOT cover a loss if adequate heat is not provided at all times.
- If you live in an "A" style unit, we recommend you turn your fireplace on occasionally to warm up any non-insulated pipes that may be located in the open space behind the fireplace.



**No longer used Christmas decorations** are welcome at Project Home Again – pass them on to the **Bradbarbs** at 1-B Strawberry

## Hugo (continued from right)

He retired from teaching in 1985. Hugo and Sally Guidotti have been married for 54 years. They are the parents of 5 children. "My wife and I still get invited to class reunions," he said. "We recently got invited to the Class of 1960 reunion. It's fun to talk to the people from those classes who were my students."

Taken from *MetroWest* 10/31/2010 by Rick Smith

## Great Lengths HAIR SALON



Appointment \_\_\_\_\_

176 Maple Street, Marlborough, MA 01752  
(508) 481-8086

9/11

Our own **Hugo Guidotti**, 5-A Autumn, was featured in a recent article in *MetroWest* newspaper. Here are some of the highlights from the article.

Hugo graduated from Hudson High in 1951 and got countless thrills from sports, especially the sport of baseball. The 77-year-old Guidotti even got to meet a future president of the United States - in part - because of baseball.

Guidotti went on to play baseball at Yale University where he was a first base-man and a captain. Following graduation, he went to the alumni game, fully intending to man his usual position. "I was told that I would be playing right field because George H.W. Bush would be playing first base," said Guidotti. In 1988 when the elder Bush was running for president, Paul Cellucci, former governor, who was also a Hudson resident, introduced the candidate to Guidotti.

"I told George that we had a lot of things in common," said Guidotti. "We were both first basemen, both left handed, we had both been captains and we even shared the same birthday. He said to me 'That's all marvelous, Hugo, but you're still not going to be my vice president.'"

Later Guidotti got a call from the superintendent of schools in Hudson offering him a job teaching math and science in his home town. Thus began a 30-year teaching and coaching career at his alma mater.

"I really enjoyed my 30 years teaching and coaching," he said. "I didn't make a lot of money, but I felt like I should have been paying them. It was very rewarding. I got paid in ways a CEO of a company doesn't get paid."

Guidotti majored in psychology and minored in chemistry at Yale. He played football and started as a freshman. "I broke my leg in the Columbia game that year," said Guidotti, who also participated in intramural boxing while at the school. "My baseball coach at Yale thought I had a future in that sport and suggested I give up football." It turned out to be the right decision. The Eli won the Ivy League title in baseball his senior year and Guidotti signed with the Philadelphia A's out of college. (Continued at left)

1/11



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**TERRI AND TOBY'S GREAT ADVENTURE**

Last July Toby and I set off for the 'not so frozen' north. Three days on a ship from Vancouver and then cross-country through the Canadian Yukon province and America's state of Alaska.

From Skagway, a lovely little coastal town from the gold rush era, we traveled inland and upward through the White Pass on a delightful cog railway enjoying amazing scenery and learning of the history and horrors of the gold rush. We then traveled by bus via Whitehorse to Dawson City at the confluence of the Yukon and Klondike rivers. I so enjoyed my cold and wet raft trip down the Klondike with an amazing Australian guide. I saw lots of Golden Eagles.

We lost a couple of days of our trip due to an 'act of God' .....a caved in road. Then at Fairbanks we boarded the domed train, McKinley Explorer, to our chalet on the edge of Denali National Park. There Toby took a jeep ride and I took a helicopter trip over incredible colored mountains to Mount McKinley, (Denali...The Great One)...with a pilot from Germany! This remains my most amazing and precious memory. We also went on the bus trip into the park and people on the bus estimated that we spied a total of 63 species of wildlife! My old eyes were unable to see the grizzlies up on the hills but I did see caribou (Rudolph), moose, wolf, Dall sheep, porcupine and snow bunnies up close.

We proceeded by train, past Wasila (didn't see Sarah), to Anchorage for our flight home,(via Atlanta!). It was quite a grueling and challenging trip but the memories of the moun-



tains, wildlife and expert commentaries of history and nature will remain with us forever. Our Great Adventure!! Terri Kilshaw

Right -Toby Alen Left -Terri

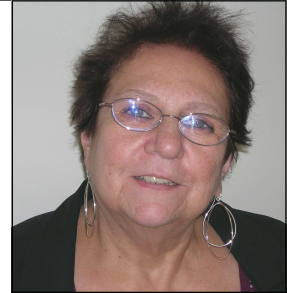
**Astrology —  
What's Up**

By Beverly Beyloun

**CAPRICORN**

December 21 – January 19

This year you have Venus in your love zone infusing your relationship with a higher level of fireworks. Get ready for a loving overload and possibly a dream trip.



You may face a challenge in your personal life but your family will be your rock, giving you all the support to overcome any obstacle! If you'd like to lose weight transits give you a blast past any diet obstacle to help you to slip into your skinny jeans. If you are working



you may find yourself with more responsibilities...you may have a brainstorm that will result in a position of influence.

You may find yourself wanting to adopt a furry friend...a new addition to join your family.

**AQUARIUS** January 20 – February 18

Your bonds deepen with a transit of Venus. This will be a magical time. You'll be inspired to get active, thanks to transits in your fitness zone...join an exercise club. You have a lot of psychic abilities... trust your intuition...go with your gut feelings. Money matters improve as celestial forces ensure you'll enjoy a greater prosperity as lucky Jupiter boosts your bank account.

On the job front everything looks great...colleagues you choose to ally yourself with will lead to success in team projects resulting in a skyrocketing reputation. You may find your mailbox filled with bargain opportunities to get away from it all. Your luck is running high...take a trip or go to the casino!



**Who are the 6 gals from Quail Run that took a trip to Las Vegas? They stayed at the Aria, visited the new Crystal City Shopping, and wined & dined at the great hotels and saw the *Cirque De Sole* show. Gambling was fun at all the hotels, but no great jackpots. Everything else will stay in Las Vegas, **because they won't tell!****

## HEALTHY LIVING

by Peggy Rittenhouse

**Bed bugs** (also bedbugs) have been in the news lately due to their increasing presence in hotels, college dorms and homes.

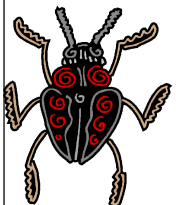


Bed bugs are small parasitic insects and prefer to feed on warm-blooded animals including humans. The name “bed bug” comes from the insect’s preferred habitat of houses and especially beds or other areas where people sleep. Adult bed bugs are reddish-brown, flattened, oval, and wingless. Adult bed bugs grow to 4-5 mm in length but newly hatched ones are lighter in color and become browner as they reach maturity. They shed their skins through a molting process throughout multiple stages of their lives.

Homes can become infested with bed bugs in a variety of ways, from:

- Bugs and eggs that “hitchhike” on pets, clothing or luggage
- Infested items (such as furniture or clothing) brought into the home
- Nearby dwellings or infested items, if there are easy routes
- Wild animals (such as bats or birds)
- People visiting from a source of infestation. Bed bugs, like roaches, are transferred by clothing, luggage, or there may be one on people from outside of the residence. Bed bugs are elusive and usually nocturnal, which makes them hard to spot. They often lodge unnoticed in dark crevices, and eggs can be nestled in fabric seams. Aside from bite symptoms, signs include fecal spots, blood smears on sheets, and molts.

A number of health effects may occur due to bed bugs including skin rashes, psychological effects and allergic symptoms. The first tell tale symptoms of bedbug bites are the multiple small, flat or raised welts on the skin that usually appear in a linear or clustered pattern. Bed bugs tendency to feed on the same location more than once. The welts can turn red and become itchy. The next sign that you may have bed bugs is that you will get bitten every night while you are sleeping. Any exposed areas of the body while we sleep are target



(continued on page 11)

Supporting our local residents is just part of what makes us your community bank.



3/11

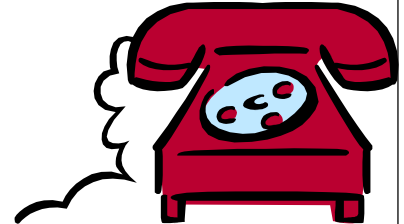
## Communications Committee

The new Directory Listing for Quail Run is out now.

The Quail Run email distribution policy is included in the new directory.

Contact Barbara Picarello,  
[ypicarello@verizon.net](mailto:ypicarello@verizon.net)

to have an email sent out on the Quail Run distribution.



## Game Nite

Because we are in the Hanukkah season, here is a game submitted by Lee Bradbard to get our little grey cells going.

What (is/are) “SUGANIOT”?

- |                              |                         |
|------------------------------|-------------------------|
| (a.) a Jelly Donut.          | (b.) a mid-east treat.  |
| (c.) eaten on Chanukah       | (d.) a Dreidle          |
| (e.) something for everyone. | (f.) None of the above! |
| (g.) All of the above!       | (h.) some of the above! |



Come To Game Night on Dec 7 to find out!!!!

Hosted by Paula and “Lee” Bradbard at the Community Center.

The first and third Tuesday evenings at 7:00 at the Community Center finds the group busily involved with a variety of games. Dominos, Scrabble and Rummikube are among the regular games played but players often bring in something new for some to try out.

**Bring your game** and join the group. They break at 9:00 to indulge in the treats brought by different residents. Last names from **A—F** bring something on the first of the month. **G - Z** does the third Tuesday.



# Area Highlights

By Barbara Champine

## Higgins Armory Museum

The Higgins Armory Museum in Worcester, housed in a steel Art Deco building, is the sole museum in the Western Hemisphere devoted to arms and armor. I have only seen one museum of armor that is more exciting and that is in the Tower Of London. A visit to the museum will spark the imagination of visitors of all ages with arms and armor ranging from ancient Greek Corinthian helmets to ornate suits of armor crafted at the height of the Renaissance. There are informative and entertaining demonstrations that you will enjoy, as will any grandchildren that accompany you.

The museum was constructed in 1930 by John Woodman Higgins to house his collection. The museum opened to the public in 1931 and is still in the same building today. Artifacts are arranged in a spectacular two-story Medieval Great Hall with more than 35 suits of armor and a stunning array of arms amidst tapestries, stained glass, and soaring ceilings.

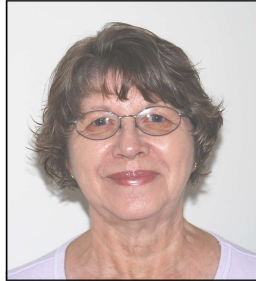
Through June 2011 there is an exhibit, "Beyond Belief: The Curious Collection of Professor Rufus Excalibur Bell" that explores the existence of mythical creatures at the roots of legends. So even if you have visited Higgins before, go again to see this exhibit.

There is a museum store that features Medieval and Renaissance themed gift items, a large selection of books for adults and children, beautifully designed jewelry in silver, pewter, and semi precious stones, unusual toys, games, stuffed dragons, replica swords, helmets, and shields. Along with cards, candles and stoneware, you are certain to find unique Christmas or Hanukkah gifts. The Museum Store is stocked with seasonal items, particularly for the winter holidays. There is no charge to visit the store only.

**Hours:** Tuesday through Saturday, 10am to 4pm. Sunday 12pm to 4pm. Closed on many holidays.

**Admission:** Adults 17+ \$10, Children 4-16 \$7, under age 3, free. Senior Citizens Discount days are Tuesdays. Any visitor 60 or over will be admitted for half price or \$5 and will also receive a 10% discount on

(Continued on page 10)



## Oktoberfest Halloween Party Pictures



### More Oktoberfest / Halloween Pictures



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#### Area Highlights continued from page 9)

purchases in the gift shop. You must mention this offer at the admission desk and in the gift shop.

**Directions:** 100 Barber Avenue, Worcester, MA 01606. Free parking. Take 290 West to Exit 19, I-190 North. Take I-190 North to Exit 1, Rt. 12 North. Follow Rt. 12 North for ¼ mile, Greendale Mall will be on the right. Stay in the right lane over the green railroad bridge. Take the first right after bridge onto Barber Ave (no street sign) and travel less than ¼ mile to the Museum, a tall glass and steel building with pennants on the roof.

**Note: The Plastics Museum** in Leominster has been closed due to funding problems. This was a great museum that I highlighted in a former column.

### Joe Aiello



### Receives France's highest military honor

World War II veteran Joe Aiello, 6-E Strawberry received the Croix de Guerre, France's highest military honor, dur-

ing Veterans Day ceremonies at Wood Square in Hudson. Joe served as combat medic in Europe.

Aiello, 88, as a technical sergeant and medic, had fought at Anzio and Monte Carlo, liberated St. Tropez in southern France, and battled at Colmar in France, the Ardennes in Belgium and the Rhineland in Germany.

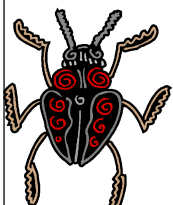
The Croix de Guerre is awarded to veterans of France and foreign nations who performed heroic deeds during combat.

State Rep. Kate Hogan, D-Stow, presented Aiello with the honor. American Legion Post 100 Commander Joe Jacobs then gave Aiello a Bronze Star for his meritorious service.

### Healthy Living (Continued from page 8)

spots for a bed bug to bite and suck on for blood--the face, neck, back, hands, arms and legs are the most common areas where bed bug bites occur. Even though bed bugs are really bothersome and considered a nuisance, bed bug bites are fairly harmless and not known to spread diseases. Topical steroid creams may help.

If you suspect bed bugs, inspect your house and contact a reputable pest control company for bed bug extermination, although there is more and more resistance to treatment. To get rid of them yourself, you need to clean your home thoroughly, wash all bedding and clothing in hot water and a hot drier, vacuum carpets and any cracks in the wood floors and encase the mattresses with bed bug proof covers.



## JULIETS NEWS

### All Quail Run women are invited

**December 15, Wednesday at 12:30** is at Arturo's Ristorante, 54 East Main Street in Westboro.

We'll get our choice of menu and one check per table. Contact Theresa Bosio 978-568-1416 or Nancy Reid 978-562-6282

**January 19, Wednesday at 11:30.** It will be at the Epicurean Room, Assabet Regional High School.

This month will also be choice of menu and separate checks. Contact Sally Mauro 978-568-0821 or Barbara Edelstein 978-567-5909

Sign up for either event at the Community Center.



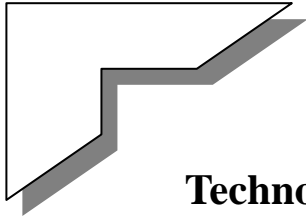
## CPR Course

**Peggy Rittenhouse and MJ Ebens** are making arrangements to set up a short course on the new CPR method. Our own **Dr. Bob Freedman** will direct it at the Community Center.

The course will **not** lead to first aid certification since it is essentially a much abbreviated course focused on just CPR. In addition to video training, those participating will be working with manikins. This will mean that you will have to be on your knees for some time and also have to be in good health yourself. The one session class will run about 90 to 120 minutes. **There is no charge.**

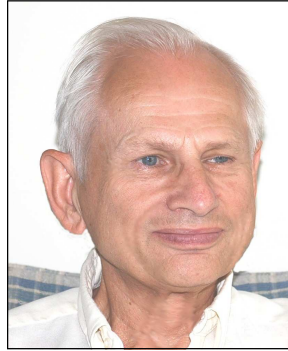
Although the Fire and Police departments are very prompt responding to emergencies here, a delay of even a few minutes can lead to an unpleasant outcome. Statistics have shown that the survival rate after a person has had a cardiac arrest go down by 10% per minute, so a delay of even 5 minutes means the chance of success drops by 50%. Since Quail Run is so large, a centrally located defibrillator is impractical since the delay of getting it and bringing to the place where it would be needed would probably equal the response time of the fire or police. Additionally, the person responsible would also have to have been trained in its use.

**Class limited to 12. Date/time TBD** If there is enough interest, we may be able to repeat the course. **Sign-up sheet at the Community Center** or contact MJ Ebens at 978-562-7880.



## Technology Corner

By George Champagne



### Computer myths or not?

There are many myths floating around computers. Here we take a look at some to see if they are true. The “myth” is shown in bold.

**Windows 7 is faster than Vista.** Well, sort of true. Recent tests show Windows 7 is 5-10 percent faster than Vista.

**High priced cables give better performance than the “el cheapos”.** Not true in the digital world. A recent test showed that a \$150 HDMI cable from Monster had the same performance as a \$3.05 cable from the internet for distances of less than 24 feet.

**Microsoft Internet Explorer is less secure than other browsers.** Not true. Internet Explorer is one of the safest.

**You should regularly defragment your hard drive.** No longer true. In the old days of tiny disks it helped, but with today’s gigantic disks there is no need. Both Vista and Windows 7 automatically defragment once a week in the background.

**You should occasionally completely drain a laptop battery.** No longer true. This was true of the old nickel-metal hydrid (NiMH) batteries. The newer Lithium batteries have life shortened by complete draining.



### Vampire electronics

Vampire electronics are devices that consume electric power even when turned off. They do this to have faster startup when turned on. The bad news is that that they consume about ten percent of the power in residential homes. If you are going to be away for an extended period you might consider unplugging them. We who live in Hudson are fortunate in that half of the power distributed by Hudson Power and light is generated with no CO2 emission at all. Nevertheless, vampire power can get expensive.

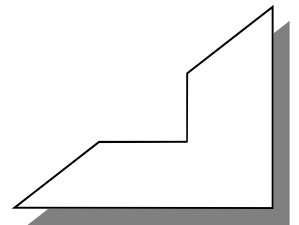
### Bigger print on web pages

Some of us have less than perfect vision. We can use the “zoom” feature to make web pages larger on screen. To activate the zoom feature, click on the down arrow next to the “Page” pull down menu and click on “Zoom”. However, if we print the web page, the print is still small. To get larger print with Microsoft Internet Explorer, click the down arrow by the print icon, select “Page Setup”, uncheck the “Shrink to fit Page” box, and click OK. Then click the down arrow by the print icon again and select Print Preview. There is a box at the top that holds the scaling factor, set at 100%. You might want to change that to 200% or even larger. You may also want to change from portrait mode to landscape mode to make sure everything gets printed.

### Calling the Help Desk

Eventually we all end up calling the Help Desk. This is usually a painful and time-consuming process. However there are some things you can do to prepare for the contact. At the beginning of the call, be sure to get a name and call-back number so if you are cut off you do not have to start over again. Also, have a short and concise description of the problem.

(George is doing better and is home, but his treatment continues. He’s not allowed to have visitors for now.)



### To upload a picture of a Quail Run social activity from Flickr.

1. Go to [www.flickr.com](http://www.flickr.com)
2. In the search field type socialevents (one word)
3. This will take you to a screen with random pictures. To the right of the new search field, click on “tags only”. This will take you to Quail Run social events.
4. Click on the picture of interest. Above the picture you will see a place to click for “actions”, then click one “view all sizes”
5. Click on “download large size”