

Committed to Quality.  
Dedicated to Service.

## December 2011



### Hanscom Family Housing Staff

Kelley Casey ..... Community Director  
Angel Medeiros ... Asst. Comm. Director  
Jennifer Camp ..... Leasing Agent  
Helen Nolan .... Administrative Assistant  
John Tew ..... Maintenance Director  
Rob Waters ..... Asst. Maint. Director  
Doug Best ..... Maintenance Coordinator  
Tony Wymen ..... Bookkeeper

### Maintenance Staff

David Katt	Howard Schon
Steve Devlin	Phil Payne
Luis Ortiz	Jeff Alton
George Grimes	Carolina Amaya
Raquel Calles	Tony Simmonds

### Hanscom Medical Clinic

NO EMERGENCY SERVICES  
AVAILABLE Hours of Operation:  
0730–1630 Monday, Wednesday,  
Thursday and Friday. The clinic is open  
on Tuesdays from 0730 to 1500 and  
closes the first Friday of every month at  
1200. Main Clinic Phone Number:  
(781) 377-7476



A Hunt Military Community

101 Northbridge Rd. • Hanscom AFB, MA 01731  
Phone: (781) 861-5062 • Fax: (781) 274-7717 • [www.hanscomfamilyhousing.com](http://www.hanscomfamilyhousing.com)



The winter is quickly approaching so there are few things we would like for you to keep in mind.

- Residents are responsible for up to 50 ft. around their unit when removing snow.
- There are a number of overflow parking lots available if no on street parking is mandated during inclement weather—Kelly Lane, Top of Patterson Road, Community Center Parking Lot, Neighborhood Center Parking Lot.
- 1 bag of Ice Melt is available per household/event at the Maintenance Shop.
- To prevent pipes from freezing during an extended period of absence, please keep your cabinet doors open and keep heat at a 68 degree temperature.

### Positive Thought

“Just don’t give up trying to do what you really want to do. Where there is love and inspiration, I don’t think you can go wrong.”

—Ella Fitzgerald



### Christmas Light Decorating Contest

We are having our annual Christmas light decorating contest. We will pick one winner per neighborhood. The winner will be selected on Friday, 16 December 11. We are looking for the most festive homes. 'Tis the season!



### Office Closures

Our office will be closed on 22, 23, 29 and 30 December 2011 due to the holidays. We would like to wish everyone a happy and safe holiday season!



The Marine Toys for Tots program collects new, unwrapped toys October–December, then distributes those toys as Christmas gifts to needy children in the local area. Our office is proud to be a drop off location for this great cause. If you are interested in making a donation, please stop by our office during business hours.  
[www.toysfortots.org](http://www.toysfortots.org)

## New Year's Eve Traditions

Many people have their own personal traditions of what to do each Dec. 31 at midnight. However, Americans have a few shared customs, some of which date back hundreds of years.

*"Auld Lang Syne."* Some call it "the most famous song no one knows the words to," but most people can belt out a line or two. The tradition of singing this song started with Guy Lombardo when he and his band performed it on New Year's Eve in 1929 in New York City.

*Ball drop.* The ball drop in New York City, which started in 1907, draws throngs of viewers to Times Square. Millions more around the world watch the event live on TV. In recent years, the ball has become more eco-friendly—it's now illuminated by energy-efficient LED lights.

*Resolutions.* Making New Year's resolutions is a practice reaching back to ancient Babylon. For centuries, people have seen the new year as a good time for a new beginning or goal.

*Foods.* Some people consider collard greens and black-eyed peas lucky New Year's Eve choices, because they resemble paper money and coins. Noodles and grains symbolize long life and abundance. Ring-shaped cakes are reminders of life coming full circle.

## Kiss the Old Year Goodbye

On New Year's Eve, it's customary for couples to pucker up and for singles to find someone to kiss. Some people believe that a New Year's kiss will stave off loneliness the rest of the year. Others believe that a loving embrace sets the tone for a joyous new year.



## The Foundation of Gingerbread Houses

Before you decorate a gingerbread house with windows made of icing and a roof adorned with gumdrops, consider how this tasty treat made its way to America.

*Tummy tamer.* In ancient times, Malaysians used gingerroot to calm upset stomachs and prevent colds. It was also one of the main spices used in curry recipes and other vegetarian dishes.

*Bread booster.* Around 1300, Europeans added ginger to stale bread crumbs to help cement them

together and enhance the flavor. During this time, gingerroot was commonly known as gingebras, a term meaning "preserved ginger." The treat slowly evolved into a sweet cookie, and "gingebras" morphed into "gingerbread."

*Delicious decorations.* Early German settlers brought the novelty of making gingerbread houses to America, and the tasty treat became a fun and messy tradition. Usual decorations include gumdrops, rainbow sprinkles, icing and lots of sugary candies.

'Tis the season to get your fingers sticky with icing and decorate your own gingerbread house. Today, gingerbread can be found in all sorts of treats, from soft and savory cakes to thin, crisp cookies. Head to your local grocery store to get your favorite ingredients for making a gingerbread house come to life.

# Healthy Lifestyle

## Less Is More on Your Plate

After indulging in holiday treats, New Year's resolutions of healthy eating habits and exercise come to mind. But instead of making drastic changes and eliminating sweets from your diet altogether, the Department of Agriculture suggests altering your intake of certain foods. MyPlate, which replaced the USDA's food pyramid, offers easy-to-follow dietary guidelines and tips on how to eat healthy.

Scale back on salty and sweet treats, but don't cut them out altogether. For example, replace calorie-rich ice cream with fat-free frozen yogurt, and mix in fruit instead of sprinkles or cookie dough.

According to the Mayo Clinic, the majority of Americans do not have enough nutrient-rich foods in their diets. Add more fruits, veggies, whole grains and low-fat dairy products to balance out your meals.

Feeling stuffed and uncomfortable after eating? Limit portion sizes to better control your food intake. Restaurants often double the recommended serving size in their entrees, so split a meal with a friend or bring home leftovers.

Try drinking a glass of water before you sit down to eat. Thirst is often mistaken for hunger, so reach for a cup of water before you graze in the pantry. Eight ounces will also help fill you up so you will eat less.

Enjoy food and indulge yourself once in a while. Just remember that moderation is the key!

## Old Needle Crafts Gain New Popularity

These days, it seems that everything is electronic, so the idea of picking up a needle (or two) and creating an item by hand may seem quaint. But needlework continues to attract fans. Stitching your own gifts is a perfect way to craft personalized presents while saving money. You can choose from many types of needlework to enjoy.

*Embroidery* is the practice of decorating fabric by making designs with a needle and thread. Embroidered fabrics sometimes are embellished with beads, pearls, metal and sequins.

*Crochet* is the process of using a hooked needle to create garments from yarn. New trends, such as using gigantic needles or recycled yarn, add a fun edge, making crochet more fashionable and appealing to younger generations.

*Knitting* is similar to crochet in several ways, but it involves two needles and different stitches, such as the purl and the stockinette. Beginning knitters often hone their skills on scarves and caps—perfect winter gifts!

*Quilting* involves sewing several layers of fabric together. Quilters often use colorful fabric swatches to make intricate designs. Quilts are functional and decorative—many quilters purchase special racks to display their creative handiwork.



## Chocolate-Fig Banana Bread

### Ingredients:

- 2 cups all-purpose flour
- 1 cup granulated sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 1/2 cups mashed, very ripe bananas (about 4)
- 2 large eggs
- 1/2 cup vegetable oil
- 1 teaspoon vanilla extract
- 1 cup stemmed, chopped Blue Ribbon Orchard Choice or Sun-Maid Figs
- 1/2 cup miniature chocolate morsels

### Directions:

Preheat oven to 350° F. In large bowl, whisk together flour, sugar, baking powder, soda and salt.

In separate bowl, whisk together bananas, eggs, oil and vanilla. Whisk liquids into dry ingredients, mixing just until blended. Stir in figs and chocolate. Scrape batter into oiled 9 by 5-inch loaf pan. Bake in the middle of the oven for 60 to 70 minutes (cover with foil after about 30 minutes to prevent overbrowning) or until toothpick inserted in center comes out clean.

Cool 10 minutes in pan. Run sharp knife around edge of pan and remove bread from pan to wire rack to cool. Wrap airtight and store at room temperature or freeze.

For more recipes visit  
[www.ValleyFig.com](http://www.ValleyFig.com).

## Wit & Wisdom

“A lot of people like snow. I find it to be an unnecessary freezing of water.”

—Carl Reiner

“They say that every snowflake is different. If that were true, how could the world go on? How could we ever get up off our knees? How could we ever recover from the wonder of it?”

—Jeanette Winterson

“Snow and adolescence are the only problems that disappear if you ignore them long enough.”

—Earl Wilson

“The snow itself is lonely or, if you prefer, self-sufficient. There is no other time when the whole world seems composed of one thing and one thing only.”

—Joseph Wood Krutch

“We build statues out of snow, and weep to see them melt.”

—Sir Walter Scott

“Cats are smarter than dogs. You can't get eight cats to pull a sled through snow.”

—Jeff Valdez

“The first fall of snow is not only an event, it is a magical event. You go to bed in one kind of world and wake up in another quite different, and if this is not enchantment then where is it to be found?”

—J.B. Priestley

“The Eskimos had 52 names for snow because it was important to them; there ought to be as many for love.”

—Margaret Atwood

“I grew up thinking of snow as a luxury you visit.”

—John Landis

# December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p>Season's Greetings</p>			1 Rent Is Due	2	3
4	5	6	7	8 	9	10
11	12	13	14	15	16 Christmas Light Decorating Contest Winners Selected	17
18	19	20  HOLIDAY CHEER	21	22 Office Closed	23 Office Closed	24
25 Christmas	26	27	28	29 Office Closed	30 Office Closed	31

## New England Patriots

### Home Games

Gillette Stadium  
(508) 543-1776  
www.Patriots.com

- Dec. 4 vs. Indianapolis Colts
- Dec. 24 vs. Miami Dolphins

## Boston Bruins

### Home Games

(617) 624-2327  
Bruins.NHL.com

- Dec. 3 vs. Toronto Maple Leafs
- Dec. 8 vs. Florida Panthers
- Dec. 13 vs. Los Angeles Kings
- Dec. 19 vs. Montreal Canadiens
- Dec. 23 vs. Florida Panthers

## Through Dec. 30

### From Minimal to Bling:

Contemporary Studio Jewelry  
SAC Exhibition Gallery  
(617) 266-1810  
www.SocietyOfCrafts.org

## Dec. 1-3

### Beethoven and Harbison

Symphony Hall  
(617) 266-1492  
www.BSO.org

## Dec. 2

### City and Colour With Hacienda

House of Blues Boston  
(888) 693-2583  
www.HouseOfBlues.com

## Dec. 3

### Mac Miller "The Blue Side Park Tour"

House of Blues Boston  
(888) 693-2583  
www.HouseOfBlues.com

## Dec. 4

### Jim Brickman

Wilbur Theatre  
(800) 745-3000  
www.TheWilburTheatre.com

## Dec. 4

### Amália Hoje

Berklee Performance Center  
(617) 747-2261  
www.BerkleeBPC.com

## Dec. 5-18

### "La Cage Aux Folles"

Citi Performing Arts Center  
(866) 523-7469  
www.BroadwayAcrossAmerica.com

## Dec. 9-11

### CraftBoston Holiday Show

The Boston Center for the Arts  
(617) 266-1810  
www.SocietyOfCrafts.org

## Dec. 10-31

### "The Snow Queen"

American Repertory Theater  
(617) 547-8300  
www.AmericanRepertory  
Theater.org

## Upcoming Events:

### Jan. 12-17, 2012

Weber, Beethoven,  
Harbison and Strauss  
Symphony Hall  
(617) 266-1492  
www.BSO.org

### Feb. 17-19, 2012

Advance Auto Parts  
Monster Jam  
DCU Center  
Worcester  
(508) 755-6800  
www.DCUCenter.com

*Dates and venues are  
subject to change.*

Boston  
AREA EVENTS