

Committed to Quality.
Dedicated to Service.



A Hunt Military Community

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

January 2012

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 Wyman Bookkeeper

Maintenance Staff

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

Melatonin Keeps Your Clock Ticking

The pineal gland in the brain produces a much-needed hormone called melatonin, which regulates our bodies and keeps our internal clocks ticking away. The production of this hormone directly affects our sleeping patterns by allowing us to fall asleep when it's dark and waking us up when it's light. The pineal gland produces more melatonin when it's dark, so too much exposure to bright lights in the evening or too little light during the day can disrupt our natural sleep cycle.

Motivational Tip: Sweet Smell of Success

If you can't stand cleaning, try purchasing a cleaner with a new scent. The fresh fragrance can inspire you to tidy up, leaving you with a feeling of accomplishment.

Easy Way to Cut Calories

Instead of drinking fruit juice, eat the real fruit. The fiber in fruit will fill you up, satisfying hunger.



Super Foods: Green Tea

Green tea is a popular hot drink that hails from China and is known for its health benefits. It is high in antioxidants and has been processed less than black tea, leaving more nutrients intact. Green tea appears to protect against heart disease, certain types of cancer, osteoporosis and infections.

Positive Thought

"Don't let what you cannot do interfere with what you can do."
—John Wooden

Happy New Year

Wishing you health and happiness in 2012!

Don't Cut Out Convenience

With January as National Get Organized Month, you might want to try this organization tip: Keep multiple pairs of scissors in your home: near a computer, in the kitchen, with wrapping paper, sewing essentials and anywhere else you might need them. Duplicates save time hunting them down and are ultimately worthwhile investments.

Meatless Monday

A common trend nowadays is to designate at least one day a week in which meat is not consumed at any meal. This can be good for your health, your finances and the environment. If you already participate in Meatless Mondays, try forgoing meat multiple days a week.

Relaxation Techniques

Relaxing helps manage stress, lower blood pressure and improve concentration. One technique is called progressive muscle relaxation. Focus on slowly tensing and then relaxing each muscle group separately. This method allows you to become more aware of physical sensations.

History of Head Scratchers

For centuries, people have been exercising their minds with word and number puzzles. In honor of National Puzzle Day on Jan. 29, here's a look at the origins of some popular brainteasers:

Crossword. In 1913, the New York World published a "word cross" devised by Arthur Wynne of Liverpool, England. It was an instant hit, but other newspapers were slow to follow suit. In 1924, a new publishing company called Simon & Schuster came out with a book of crosswords, igniting a nationwide craze.

Word search. The first English version of the puzzle where you find and circle words was published in 1968. Norman E. Gibat designed it for a want-ad digest in Norman, Okla. He arranged the names of 34 Oklahoma cities horizontally, vertically and diagonally in a grid. Area teachers started using the puzzles in their classrooms, and soon they were being syndicated nationally.

Sudoku. The puzzle's name is Japanese, but its origins are European and American. In the 1700s, Swiss mathematician Leonhard Euler created a grid game called Latin Squares, where numbers appeared only once in each row and column. Fast-forward to the 1970s, when Dell Magazines published Howard Garns' Number Place game, which was inspired by Euler's puzzle. In the 1980s, the puzzles took Japan by storm, and sudoku fever gradually worked its way back to the U.S. By 2005, most U.S. daily newspapers were offering a sudoku.

"The nice thing about doing a crossword puzzle is you know there is a solution."

—Stephen Sondheim



Drawing Out Your Thoughts

Ever find yourself doodling in the margins of your paper? Experts say that what you are drawing can reveal your feelings—even subconscious ones. A look at what you and your friends are sketching may reveal more than meets the eye.

Hearts. Unsurprisingly, hearts suggest romance on the brain. Writing names over and over signifies obsession.

Arrows. Arrows indicate the sketcher feels ambitious.

Scratches. Random scratches and scribbles signal that the artist lacks direction.

Cubes. Handwriting analysis expert

Andrea McNichol says cubes are the most commonly drawn item around the world. Cubes suggest feelings of constructiveness and looking at all sides of an issue.

Houses. A common doodle, houses' adornments often imply as much as the structures themselves. A house suggests the doodler is looking for a strong emotional center. However, if the house is missing windows or doors, the person may feel trapped.

Transportation. Doodling any form of transportation—such as cars, planes, boats or even horses—indicates that the person wishes to escape wherever they are.

Stick figures. If they lack hands or feet, stick figures could be a sign that the doodler feels aimless.

Flowers. Perky petals indicate a gentle, sociable nature. Droopy blossoms may signal worry.

Resolutions for Success

Making New Year's resolutions is a lot easier than keeping them. Sometimes the problem is the resolution itself. If it's too hard to keep, it's a setup for disappointment. Here are some tips for making resolutions that stick:

Be flexible. Resolutions such as "I will go to the gym every day" present you with a near-impossible task. The goal is to work out most days, so start off by planning to go to the gym four times a week. This allows for any unforeseen circumstances without wrecking your resolution.

Be specific. "I will eat more vegetables" is an admirable thought, but the approach lacks focus. Instead, choose a specific resolution such as "I will eat five servings of vegetables a day."

Be realistic. A resolution such as "I will lose 20 pounds by February" is

unreasonable and may be unhealthy. Consider what you are likely to achieve as well as the results you want.

Be accountable. "I will run a marathon" is a worthy ambition. But when? With 12 months to go in the year, picking a vague, far-off goal merely defers your dream. Instead, choose a marathon far enough into the future to allow time for training but not so far away that your dream will run away from you.





New Tricks for Leftover Holiday Treats

Stuffed after the holidays? You probably still have some festive foods you don't know what to do with. Don't throw them away. Instead, use a little creativity to turn leftover holiday treats into tasty new concoctions.

Countless candy canes? Heat up some cocoa and use a candy cane as a stirring stick. It mixes the chocolate with the milk while adding a refreshing minty flavor. Or, crush up the candy and mix it into vanilla frosting for cupcakes.

Overflowing oatmeal cookies? Melt some chocolate chips, spread on one cookie, add sprinkles, and top with another cookie to make a sweet sandwich snack. This tip works for any kind of cookie, including gingerbread men.

Extra eggnog? Use eggnog instead of creamer in your coffee for a rich, spicy flavor. Not a coffee drinker? Eggnog makes excellent French toast. Soak bread slices in eggnog before frying them to golden-brown perfection.

Abundance of fruitcake? Reinvent a fruitcake by chopping it up in a food processor and rolling into balls. Melt chocolate and dip the fruitcake balls to create a new twist on an old favorite.

With a little planning and creativity, you can turn leftover holiday goodies into tasty treats that are sure to hit the spot even the second time around.



One Minute Chef

Chipotle Mac and Cheese

Ingredients:

- 1 package (14 ounces) Kraft Deluxe Macaroni & Sharp Cheddar Cheese Sauce
- 1 pound lean ground beef
- 1 onion, finely chopped
- 1 red bell pepper, finely chopped
- 1 canned chipotle pepper in adobo sauce, minced
- 4 green onions, thinly sliced
- 3/4 cup shredded cheddar cheese
- 6 Ritz crackers, coarsely crushed (about 1/4 cup)

Directions:

Heat oven to 400° F. Prepare macaroni dinner as directed on package. Meanwhile, brown beef with onion and bell pepper in large skillet over medium-high heat for 5 minutes. Drain.

Add meat mixture to prepared dinner and stir in chipotle pepper. Spoon into greased 2-quart casserole or baking dish. Top with green onions, cheese and cracker crumbs.

Bake 15 minutes or until mixture is hot.

Recipe courtesy of Kraft and Facebook.com/KraftFightHunger.



Wit & Wisdom

"I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident: that all men are created equal.'"

—Martin Luther King Jr.

"To accomplish great things, we must not only act, but also dream; not only plan, but also believe."

—Anatole France

"He felt that his whole life was some kind of dream and he sometimes wondered whose it was and whether they were enjoying it."

—Douglas Adams

"Those who dream by day are cognizant of many things which escape those who dream only by night."

—Edgar Allan Poe

"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience and the passion to reach for the stars to change the world."

—Harriet Tubman

"Keep true to the dreams of thy youth."

—Friedrich von Schiller

"All human beings are also dream beings. Dreaming ties all mankind together."

—Jack Kerouac



"All our dreams can come true, if we have the courage to pursue them."

—Walt Disney

"Dream and give yourself permission to envision a you that you choose to be."

—Joy Page

January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 New Year's Day (Federal Holiday)	3	4	5	6	7
8	9	10	11	12 Jan 	13	14
15	16 Martin Luther King Jr. Day	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	<i>Happy New Year</i>			

New England Patriots

Home Game

Gillette Stadium
(508) 543-1776
www.Patriots.com
• Jan. 1 vs. Buffalo Bills

Boston Bruins

Home Games

TD Garden
(617) 624-2327
Bruins.NHL.com
• Jan. 5 vs. Calgary Flames
• Jan. 7 vs. Vancouver Canucks
• Jan. 10 vs. Winnipeg Jets
• Jan. 12 vs. Montreal Canadiens
• Jan. 21 vs. New York Rangers
• Jan. 31 vs. Ottawa Senators

Through Jan. 16

Two Masters of Fantasy:

Bresdin and Redon
Museum of Fine Arts
(617) 267-9300
www.MFA.org

Through Jan. 22

Europe at Mid-Century: Dubuffet, Giacometti, Picasso

Museum of Fine Arts
(617) 267-9300
www.MFA.org

Jan. 4-7

Haydn, Turnage and Strauss

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

Jan. 7

24-Hour Play Festival

South Kingstown
High School Auditorium
(401) 218-0282
www.TheContemporaryTheater.com

Jan. 7

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

Jan. 18-29

"As You Like It"

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

Jan. 19-24

Prokofiev, Debussy, and Stravinsky

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

Jan. 26-31

All-Mendelssohn Program

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

Jan. 28

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

Upcoming Events:

Feb. 17-19

Advance Auto Parts

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

March 23

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

*Dates and venues are
subject to change.*

Boston
AREA EVENTS

