

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](http://www.hanscomfamilyhousing.com)

## February 2012



### Hanscom Family Housing Staff

Kelley Casey ..... Community Director  
Angel Medeiros .... Asst. Comm. Director  
Jennifer Camp ..... Leasing Agent  
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

### Hanscom Medical

NO EMERGENCY SERVICES  
AVAILABLE

Hours of Operation: 0730-1630 Monday,  
Wednesday, Thursday and Friday.  
The clinic is open on Tuesdays from  
0730-1500 and closes the first  
Friday of every month at 1100.  
Main Clinic Phone: 781-225-6789

### CEL Surveys

We'd like to thank all of our residents for taking the time to fill out the CEL Surveys.



Congratulations CEL Survey Winners! (L-R)  
SrA Caruso - 46" HDTV  
Mr. McEvoy - \$300 Gift Card to the Long Wharf Hotel in Boston  
Capt Eaton - iPad 2

### Christmas Light Decorating Contest

Thank you to all who participated in our Christmas Light Decorating Contest! There were so many beautifully lit homes that made our community festive and bright. We would like to announce the winners:  
Musket Meadows: Crotty, 71 Scott Cir  
Patriot Village: Novak, 12 Heritage Rd

Battle Road Glen: Genatempo, 32 Heritage Rd  
Flintlock Ridge: Rancourt, 114 Offutt Rd  
The winners received an Edible Arrangement as their prize.  
Congratulations!



### Stay Safe

For the safety of you, your family and your neighbors, it is very important that batteries remain in the smoke detectors at all times. If your smoke alarm goes off due to cooking or the heat of the bathroom shower, you only need to take a small towel or magazine and fan it toward the detector. This movement of air will make it stop beeping. Please don't risk lives; keep the batteries intact in your smoke detectors.



### Marine Toys for Tots Program

Over the holidays, we had a donation box located in our office for the Marine Toys for Tots program. When it was donated on 21 December, it was full of toys. Thank you to all who donated to this great cause!

### Heroes Homecoming

We were proud to be a co-sponsor for the Heroes Homecoming that took place on 12 January. There were 54 Hanscom personnel and their families that were honored at this great event. The sacrifices you make every day are recognized and appreciated. Thank you!!!

### Trivia Whiz:

#### Leaping for Leap Day

Every revolution Earth makes around the sun takes 365.25 days. To account for this disparity between a calendar year and one full revolution, every four years we add an extra day. Julius Caesar invented a calendar system employing a leap day. His Julian calendar was refined into what we use now, the Gregorian calendar, and leap day was retained.

This February has 29 days. Make the most of those extra 24 hours by learning more about leap day events:

- *Ladies' choice.* It was customary that women were allowed to propose to men either during a leap year or on leap day, depending on the culture.
- *Witch trials.* Feb. 29 marks the day in 1692 when accusations first began in the Salem witch trials.
- *Oscar achievement.* On Feb. 29, 1940, Hattie McDaniel became the first African-American performer to win an Academy Award. She received the Best Supporting Actress honor for her performance in "Gone With the Wind."
- *Pedestrian safety.* On Feb. 29, 1952, the first "Walk/Don't Walk" signs were put into use to keep pedestrians safe in New York City.

#### Leap Day Babies

A person born on Feb. 29 may be called a "leapling" or a "leaper." Famous people born on Feb. 29 include bandleader Jimmy Dorsey, singer Dinah Shore, motivational speaker Tony Robbins and rapper Ja Rule.



#### Love Your Valentine and Your Wallet

This Valentine's Day, show your bank account some love, too. Here are some suggestions for celebrating in style without going into the red:

*You've got (love) mail.* Go through your inbox and print out funny and romantic emails you've exchanged with your special someone. Mount them in a scrapbook with photos for a one-of-a-kind gift.

*Cheap(er) eats.* Go to [Restaurant.com](http://Restaurant.com) to save 50 percent or more on gift certificates for dining out. Some deals exclude holidays, so check the fine print before purchasing.

*Seeing (and eating) red.* You're probably wearing pink or red on Valentine's Day, so why not save money with a home-cooked meal to match? Marinara sauce, salsa, salmon, red peppers, beets, strawberries and cherries are among the items you can use to concoct a rose-colored feast.

*Reel romance.* Cozy up on the couch and watch your favorite love stories. Instead of popcorn, serve red berries with chocolate sauce for dipping.

*Love songs.* Compile a CD of tunes that remind you of the object of your affection. Be sure to write some romantic liner notes.

*Put pen to paper.* Instead of buying a card, jot down a few lines about how special a friend or significant other is to you. It's guaranteed to make your sweetie's day.

#### Cures for Cabin Fever

Sick of being cooped up indoors? Cabin fever may not be a medical condition, but it can drag you down. Spring will arrive soon. In the meantime, here are some remedies to help you hang on until Old Man Winter hits the road:

*Tune into summer.* Listen to music that sets your mind on warmer weather. Caribbean tunes will transport you to a sandy beach, and any song with "hot" or "summer" in the title will refresh your memory of lazy, hazy days.

*Have an indoor picnic.* Feast on a spread of summertime favorites: hot dogs, potato salad, baked beans, lemonade and ice cream. You won't have to worry about food spoiling or melting in the sun.

*Take a hike.* Lack of sunlight can contribute to seasonal depression. Bundle up and head to the park for a

nature walk. If venturing outdoors is out of the question, consider brightening your mood with a full-spectrum lamp that mimics sunlight.

*Make a clean sweep.* It's still winter, but why not use the time indoors to get a head start on spring cleaning? Moving around will warm you up, and a tidier home will lift your spirits. With chores completed, when spring arrives you'll be free to revel in the season's glory.





## Chocolate: From Tree to Treat

Money may not grow on trees, but chocolate does. Those delectable confections in the heart-shaped box started out as pulp-covered seeds inside a pod from a cacao (kah-KOW) tree. Cacao trees grow in the shadow of taller trees in tropical rain forests and flower year-round. A cacao pod holds 30 to 50 almond-sized seeds, called beans, enough to process about seven milk chocolate bars. Here are some other facts about chocolate:

*A minor jolt.* Chocolate has an undeserved reputation for having lots of caffeine. Dark chocolate, the highest in caffeine, contains about 15 milligrams per ounce. You would have to eat 10 to 15 ounces of dark chocolate to match the amount of caffeine in one cup of coffee.

*Yummy and healthy.* Chocolate also gets a bad nutritional rap. But research points out the healthful effects of antioxidants in chocolate, including a reduced risk of heart disease and stroke. These perks apply only to dark chocolate, and only when eaten in moderation. Adding milk to chocolate appears to lessen the benefits.

*Weight-loss helper?* Chocolate often takes the blame for extra pounds. However, studies indicate that indulging in a small daily portion of dark chocolate may help fend off cravings for other high-calorie foods.



## Chocolate Chip Cookie Hearts

### Ingredients:

- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup (2 sticks) butter, softened
- 3/4 cup granulated sugar
- 3/4 cup packed brown sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- 2 cups (12-ounce package) Nestlé Toll House semi-sweet chocolate morsels
- 1 cup chopped nuts
- Metal or heat-safe heart cookie cutter(s) of desired size(s), 1 inch in height
- Various icings, sprinkles, Nestlé Toll House semi-sweet chocolate mini morsels (for decoration)

### Directions:

Preheat oven to 375° F. Line a 15 by 10-inch jelly roll pan with foil; lightly grease. Combine flour, baking soda and salt in small bowl. Beat butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and nuts. Spread dough into prepared pan.

Bake for 18 to 22 minutes or until golden brown. Cool completely in pan on wire rack. Lift from pan with foil handles to cutting board. Cut out hearts with cookie cutter(s). Remove hearts while peeling away foil. Decorate as desired.

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

## Wit & Wisdom

“I wonder what fool it was that first invented kissing.”

—Jonathan Swift

“The sound of a kiss is not so loud as that of a cannon, but its echo lasts a great deal longer.”

—Oliver Wendell Holmes Sr.

“They invented hugs to let people know you love them without saying anything.”

—Bil Keane

“Kisses, even to the air, are beautiful.”

—Drew Barrymore

“The recommended daily requirement for hugs is four per day for survival, eight per day for maintenance, and 12 per day for growth.”

—Virginia Satir

“Kissing is like drinking salted water. You drink, and your thirst increases.”

—Chinese proverb

“Kiss and make up, but too much makeup has ruined many a kiss.”

—Mae West

“Did you know that if you visualize, you can actually hug on the phone?”

—Shelley Long

“What of soul was left, I wonder, when the kissing had to stop?”

—Robert Browning






“And if you see me, smile and maybe give me a hug. That's important to me too.”

—Jim Valvano

“Her lips on his could tell him better than all her stumbling words.”

—Margaret Mitchell

# February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Rent Is Due	2	3	4
5 	6	7	8	9	10 	11
12	13	14 	15	16	17	18
19	20 Presidents' Day Office Closed	21	22	23	24	25 Trash Pickup
26	27	28	29	Be My Valentine 		

## Boston Bruins

### Home Games

TD Garden  
(617) 624-2327  
Bruins.NHL.com

- Feb. 2 vs. Carolina Hurricanes
- Feb. 4 vs. Pittsburgh Penguins
- Feb. 11 vs. Nashville Predators
- Feb. 14 vs. New York Rangers
- Feb. 28 vs. Ottawa Senators

### Feb. 1

#### Extreme Weather Lecture

The Museum of Science, Boston  
(617) 723-2500  
www.MOS.org

### Feb. 1-3

#### New England Grows 2012

Boston Convention Center  
(617) 954-2000  
BostonConventionCenter.com

### Feb. 8, 15, 29, March 7, 14

#### Design Workshop for Home Gardeners

Weld Hill Research Building  
(617) 524-1718  
www.Arboratum.Harvard.edu

### Feb. 9

#### George Clinton and the Parliament Funkadelic

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

### Feb. 10-March 3

#### "The Last Happy Night of Your Life"

The Contemporary Theater Company  
(401) 218-0282  
TheContemporaryTheater.com

### Feb. 11-19

#### New England Boat Show

Boston Convention Center  
(617) 954-2000  
BostonConventionCenter.com

### Feb. 18, 19

#### The Pulse on Tour

Boston Convention Center  
(617) 954-2000  
BostonConventionCenter.com

### Feb. 23-25

#### All-Beethoven Program

Symphony Hall  
(888) 266-1200  
www.BSO.org

### Feb. 24

#### Paula Poundstone

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

### Feb. 29-March 2

#### "BOB: A Life in Five Acts"

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

### Upcoming Events:

#### March 6

##### Kaiser Chiefs

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

#### April 6-8

##### Anime Boston 2012

Boston Convention Center  
(617) 954-2000  
BostonConventionCenter.com

*Dates and venues are subject to change.*

# Boston AREA EVENTS