

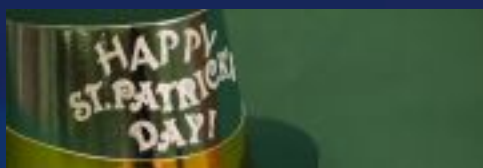
Committed to Quality.
Dedicated to Service.



A Hunt Military Community

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

March 2012



Hanscom Family Housing Staff

Kelley Casey Community Director
Angel Medeiros Asst. Comm. Director
Karen Driscoll Admin 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

Super Bowl Winners



Everyone who “liked” the Giants logo was entered into our Super Bowl drawing. And the winner was ... (drum roll, please) ... Maj Nuno!
Congratulations!!!

Make It a Rewarding Spring

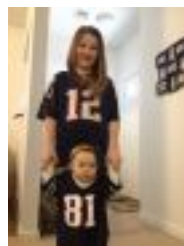
Do you know someone who’s looking for a new place to live? Tell him or her how much you love living here. When that person signs a lease and moves in, you’ll receive a great reward through our resident referral program! Having your friends and family as neighbors will put a spring in your step and a little something in the bank, as well.



Holiday Decorations/Lighting

If you haven’t removed your holiday decorations/lighting, it needs to be removed ASAP. If it’s not removed, you will receive a ticket.

Congratulations
TSgt Carmichael!
She and her family
won our second
Super Bowl contest
with this picture
receiving 35 “likes”!!!



Welcome

Please join us in welcoming our new employee, Karen Driscoll.

Happy Birthday

You’re not getting older—you’re getting better! Happy birthday to all our residents celebrating birthdays this month. Remember, this is the one time each year when you can have your cake and eat it, too!



We would like to welcome one of our newest residents, Garrett Carlin.

Pest Control

Have you encountered some uninvited “guests” in your home recently? Let us know if you’re being bugged and we’ll put your apartment on the pest control schedule. The sooner you tell us about the problem, the sooner your home will be pest-free!

Pet Pickup Reminder

We understand that with your busy schedule, some days it’s all you can do to let your pooch out long enough to do his business. No matter how little time you have, please be sure to make it your business to pick up after your pet. It’s part of your pet agreement and the right thing to do. Thanks.

Lint Lessons

That tiny dab of lint in your jeans pocket seems harmless, but never underestimate how large it may loom in your life. Lint accumulation in clothes dryers can ignite fires that are costly and deadly. The U.S. Fire Administration says clothes dryer fires resulted in about 15,000 structure fires annually between 2002 and 2004 with 15 deaths and \$99 million in damage.

The major culprit is highly combustible lint. A buildup of it in the clothes dryer can create a dangerous scenario by reducing air flow in the dryer's exhaust, causing heat to build up and ignite.

Take these steps to prevent lint from becoming a hazard:

- Clean your lint screen after every load.
- Use metal dryer ducts instead of foil or plastic-coated flexible wire.
- Purchase a duct-cleaning brush at a hardware store and use it.
- Regularly vacuum behind and under the dryer.
- Check for lint in the outside exhaust vent if you live in a house.

You'll know your dryer has a problem if it is taking longer than usual to dry a load. Check your ducts immediately.

One more thing: Never leave home with the dryer in use. If a fire starts, you may find nothing left upon your return.

Seasonal Selections

Celebrate the arrival of spring by loading your plate with fresh produce. Here's what's in season for March:

Vegetables: Artichokes, asparagus, broccoli, chives, green onions, leeks, lettuce, parsnips and peas.

Fruit: Grapefruit, mangoes and oranges.

Healthy Lifestyle

How to See the Glass as Half-Full

Cultivating an attitude of optimism not only makes you happier, it can also boost your health and relationships. Researchers at Duke University Medical Center found that heart disease patients who scored high in an optimism survey had the best medical outcomes. A study of dating couples published in the *Journal of Personality and Social Psychology* revealed that optimists are less likely to fight with their significant others.

Need any more reasons to turn that frown upside down? Research indicates that an optimistic attitude

improves coping skills and may ward off colds and prevent depression. March is Optimism Month, a perfect time to look at the bright side. *MayoClinic.com* offers these suggestions:

Change what's not working.

Identify aspects of your life you feel negatively about and focus on ways to improve them.

Monitor your thoughts. If you catch yourself in a negative spiral, reframe your thoughts in a positive way.

Maintain healthy habits. Exercise is a proven mood lifter, and nutritious foods nourish your mind as well as your body.

Find positive pals. Negative people can undermine your ability to manage stress in healthy ways.

Check your self-talk. Would you think such uncharitable thoughts about a good friend? Treat yourself kindly, too.

People & Places

Be a Tourist in Your Own Town

Spring is the perfect time to get away from it all. But there's no need to buy a plane ticket—you can live it up without leaving town. Here are some ideas for a "staycation" you'll remember:

Where the art is. Go to a local museum and check out masterpieces created by area artists.

Hit the history. How much do you really know about the community? Do you know who the earliest settlers were? What industries first attracted people to the town? Visit the local library for information. You might even be able to take a tour of historic sites.

Walk in the park. Spring is the ideal season to get some exercise while exploring the flowers, trees and wildlife that live in the area.

Bon appétit. In the routine of our daily lives, it's easy to get stuck in a dining rut. A staycation is a golden opportunity to try new restaurants in town. It's also a great time to travel with your taste buds by sampling an exotic cuisine.

Ah, the spa. Treat yourself to a massage or salon beauty treatment. Or, put on a facial mask, soak your feet and luxuriate in a relaxing spa day at home.





Women Who Broke Ground and Made History

During March, Women's History Month, we commend the achievements of pioneering females. Here are a few women who made big strides at an early age:

Betsy Metcalf. In 1798, when she was 12 years old, Metcalf admired a straw bonnet in a shop window. Unable to afford it, she decided to make one herself. Using simple tools, Metcalf devised a way to quickly braid straw, creating a cottage hat-making industry in New England and employment for girls and women in the early 1800s.

Maria Mitchell. This Nantucket, Mass., native learned about astronomy from her father. In 1835, when she was 17, Mitchell opened a school to train women in science and math. The following year, she became a librarian at the Nantucket Atheneum. In 1847, Mitchell achieved international recognition for discovering a comet. In 1848, she became the first woman elected to the American Academy of Arts and Sciences.

Ruby Bridges. In 1960, 6-year-old Bridges became the first African-American student to attend the elementary school in her New Orleans neighborhood. Federal marshals escorted her to school to protect her from angry segregationists. Only one teacher, Barbara Henry, agreed to teach Bridges. When Bridges grew up, she created the Ruby Bridges Foundation to promote "tolerance, respect and appreciation of all differences."



One Minute Chef

Island Pineapple Chicken Panini

Ingredients:

- 2 slices fresh pineapple (1/4-inch thick)
- 2 ciabatta rolls, split
- 1 tablespoon butter, melted
- 1/3 cup bottled teriyaki glaze
- 4 ounces deli chicken breast, sliced thin
- 2 slices deli-style cheese
- 4 thin slices red onion
- 1/2 cup shredded cabbage

Directions:

Preheat panini grill or electric grill to high. Arrange pineapple on the bottom grill plate, close the top plate, and grill until pineapple is tender (1 to 2 minutes). Remove and keep warm. Wipe grill plates clean.

Place rolls, cut side down, on a work surface and brush crusts with butter. Turn rolls over and brush with teriyaki glaze.

On bottom halves, evenly layer chicken, pineapple, cheese, onion and cabbage. Drizzle with the remaining teriyaki glaze. Cover with top halves and press gently to pack.

Place sandwiches in the grill, close the top plate, and cook until golden brown (3 to 4 minutes). Serve immediately.

For more recipes visit www.Sargento.com.



Wit & Wisdom

"Green is the prime color of the world, and that from which its loveliness arises."

—Pedro Calderon de la Barca

"Sometimes our fate resembles a fruit tree in winter. Who would think that those branches would turn green again and blossom, but we hope it, we know it."

—Johann Wolfgang von Goethe

"I had to live in the desert before I could understand the full value of grass in a green ditch."

—Ella Maillart

"Green is my favorite. And it's my favorite because it's the color of my wife's eyes, grass, trees, life, and money, and Mother Earth."

—Casper Van Dien

"For in the true nature of things, if we rightly consider, every green tree is far more glorious than if it were made of gold and silver."

—Martin Luther

"If your knees aren't green by the end of the day, you ought to seriously re-examine your life."

—Bill Watterson

"The sincerity of the art worker must permeate the song as naturally as the green leaves break through the dead branches in springtime."

—Alma Gluck

"Green, how I want you green. Green wind. Green branches."

—Federico Garcia Lorca

"Green fingers are the extension of a verdant heart."

—Russell Page



Spring Forward!

Don't forget,

daylight saving time begins the second Sunday in March!

Move your clocks ahead one hour at 2 a.m.

Boston Celtics

Home Games

TD Garden
(866) 423-5849

www.NBA.com/celtics

- March 2 vs. New Jersey Nets
- March 4 vs. New York Knicks
- March 6 vs. Houston Rockets
- March 9 vs. Portland Trail Blazers
- March 25 vs. Washington Wizards
- March 28 vs. Utah Jazz

Boston Bruins

Home Games

TD Garden
(617) 624-2327

Bruins.NHL.com

- March 1 vs. New Jersey Devils
- March 3 vs. New York Islanders
- March 8 vs. Buffalo Sabres
- March 10 vs. Washington Capitals
- March 17 vs. Philadelphia Flyers
- March 19 vs. Toronto Maple Leafs
- March 27 vs. Tampa Bay Lightning
- March 29 vs. Washington Capitals

Through March 3

Artists' Books: Books by Artists

Boston Athenaeum
(617) 227-0270

www.BostonAthenaeum.org

Through March 4

Around the World in Watercolor, 1860-1920

Museum of Fine Arts
(617) 267-9300

www.MFA.org

March 6

Kaiser Chiefs

House of Blues Boston
(888) 693-2583

www.HouseOfBlues.com

March 7

MuteMath

House of Blues Boston
(888) 693-2583

www.HouseOfBlues.com

March 9

The Saw Doctors

House of Blues Boston
(888) 693-2583

www.HouseOfBlues.com

March 15-18

The Cyclorama

AD 20/21: Art and Design
(617) 363-0405

www.AD2021.com

March 16

BSO Youth Concerts:

The Beat Goes On

Boston Symphony Hall
(888) 266-1200

www.BSO.org

March 16-18

Paradise City Marlborough

Royal Plaza Trade Center
(800) 511-9725

www.ParadiseCityArts.com

March 23, 24

Kathy Griffin

Wilbur Theatre
(800) 745-3000

www.TheWilburTheatre.com

Upcoming Events:

April 20

Kathleen Madigan

Wilbur Theatre
(800) 745-3000

www.TheWilburTheatre.com

May 5-13

"Anne of Green Gables"

Calderwood Pavilion
(617) 933-8600

www.BostonChildrensTheatre.org

Boston
AREA EVENTS



Dates and venues are subject to change.