

Committed to Quality.
Dedicated to Service.

May 2012



Hanscom Family Housing Staff

Kelley Casey Community Director
Angel Medeiros ... Asst. Comm. Director
Amanda Carlo Leasing Agent
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

Flower Day Giveaway

We will be holding our annual Flower Day giveaway on Wednesday, 16 May from 1-4 PM. Stop by the Community Center to receive some annual flowers. Residents, this is an event you don't want to miss! There is a limited number of flowers so first come, first served.



A Hunt Military Community

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

Safety Tip

Recently, we've had a lot of concerned parents worried about their children in the crosswalk on Heritage Road near the Neighborhood Center. We please ask that cars don't park too close to the crosswalk limiting the visibility of the children crossing the street. Please do your part in helping us ensure a safe environment in our community.

May Is for Moms

Tell all the mothers you know "Happy Mother's Day" on Sunday, May 13.



Facebook.com
/HanscomFamilyHousing

National Babe Ruth Day

On 27 April, we celebrated National Babe Ruth Day by handing

out Baby Ruths to our residents.



Landscaping Schedule

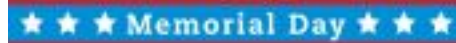
Monday - Flintlock Ridge (Odd side of Patterson, Offutt, Andrews)

Tuesday - Flintlock Ridge (Even side of Patterson, Ent)

Wednesday - Patriot Village (Adams, Colonial, Freedom, 1-16 Heritage)

Wednesday - Musket Meadows (Kelly, Scott, Langley)

Thursday - Battle Road Glen (Dawes, Cranberry, Fenway, Liberty, Mayflower, Constitution, 18-32 Heritage)



Our office will be closed on Monday, 28 May in observance of Memorial Day.

Mulch Drop

In our efforts to help beautify our community. We will be dropping mulch throughout housing, locations are TBD.

Keep the Color

To keep cut flowers fresh longer, add a teaspoon of baking soda to the water in the vase.



Some of the children from our community at the Pasta Night Event.

Motherly Love

Everyone has a TV mom they love, one who has made them laugh and cry and maybe taught them a much-needed lesson. Here are a few favorite TV moms:

- *June Cleaver.* June Cleaver (Barbara Billingsley) was the all-American mother in the 1950s show "Leave It to Beaver." She vacuumed in her pearls, had dinner ready for the family and did her fair share of sweetly scolding Theodore (Jerry Mathers) after his mischievous mishaps.
- *Carol Brady.* "The Brady Bunch" showcased the 1970s mother Carol Brady (Florence Henderson) as she juggled three daughters and three stepsons. An artist and an activist, Carol was willing to take on a blended family with love and laughter.
- *Clair Huxtable.* "The Cosby Show" ran in the 1980s, a time when mothers worked outside of the home but still had the responsibility of teaching their children morals and proper conduct. Clair Huxtable (Phylicia Rashad) was no exception. As an established attorney in New York City and a mother, Clair always had time to teach her children something valuable.
- *Norma Arnold.* Norma Arnold (Alley Mills) was anything but the typical 1960s mother in "The Wonder Years." Even with several other things on her mind, including getting her college degree, she knew her children best.

**"I played Carol as the mother I always wished I had, as the mother a lot of people wished they had."
—Florence Henderson**

Protect Your Peepers With Proper Sunglasses

It's the season of shopping for sunglasses as the weather warms and we spend more time outdoors. May is Healthy Vision Month, a good time to find the best sunglasses to protect your valuable eyes.

Block UV rays. Choose sunglasses that reduce exposure to ultraviolet (UV) rays. Pick sunglasses that have 99 to 100 percent UV protection. Blocking UV rays can help prevent cataracts and age-related macular degeneration. A label on the sunglasses should state that the lenses protect from UVA and UVB rays.

Fit matters. The best-fitting sunglasses wrap around the sides of the head and fit close to the eyes. This prevents UV rays from getting around the sunglasses.

Don't let price fool you. Just

because sunglasses are expensive doesn't mean they offer the best protection. Price often has more to do with fashion than function.

Cut the glare. Polarized lenses that cut down on glare from water, snow or sand are popular, but they don't always protect from UV rays. Make sure the label also lists UV protection.

Color your world. Sunglass lenses come in an assortment of colors, but gray is most common because it does not distort color or affect contrast. Yellow and orange lenses, popular with golfers, increase both contrast and depth perception.



An Eclipse Education

On May 20 this year, the Western U.S. will have the best view of an annular solar eclipse.

A solar eclipse occurs when the moon moves between Earth and the sun. There are several types of solar eclipses, including annular, total and partial.

Because the moon's orbit is oval-shaped, when it is farther from the Earth it appears smaller. An annular eclipse occurs when the apparent size of the moon is smaller than that of the sun so the sun appears as a bright ring, or annulus, surrounding the moon.

When the moon is on the near side of its orbit and moves between Earth and the sun, it will cause a total eclipse, completely blocking the sun for a few minutes.

A partial eclipse occurs when only a portion of the sun is covered.

Solar eclipses happen two to five times per year.

Never look directly at the sun during an eclipse. Even though it's tempting, looking at an eclipse without proper filters can cause permanent eye damage or blindness. A popular filter to use is number 14 welder's glass. You can also search the Internet for directions on how to make an eclipse viewer with a cardboard box or tube and aluminum foil.





Have a Safe Picnic

Gather friends, find an old blanket and plant yourself in a favorite park: It's picnic weather! Before the fun begins, take precautions to keep everyone safe.

"The incidence of foodborne illness is most prevalent from May to September," says Marlene Clark, registered dietitian at Cedars-Sinai Medical Center, Los Angeles.

For food safety, follow this advice from the U.S. Food and Drug Administration:

Cooler control. Foods meant to be cold should be kept at 40 degrees or below, so use plenty of ice or frozen gel packs. Consider keeping drinks in a separate cooler so frequent opening and closing won't raise the temperature of packed food. Any raw meat should be securely wrapped to keep its juices from contaminating other fresh foods, such as fruit or veggies.

Site safety. Take plenty of water to wash hands and any utensils used during food prep. Don't forget eating surfaces—never serve food on plates that previously held raw meat unless they are first cleaned with hot, soapy water.

Food fright. Foods served hot should be kept at or above 140 degrees. The "danger zone" for picnic food is between 40 and 140 degrees; food shouldn't be in this range for longer than two hours. Try keeping cold food in dishes set on bowls filled with ice and hot food in thermal crocks wrapped with dish towels.



One Minute Chef

Sesame Chicken Stir-Fry

Ingredients:

- 1 boneless, skinless chicken breast, thinly sliced
- 2 tablespoons reduced sodium soy sauce
- 1 package Uncle Ben's Ready Rice Jasmine
- 1 spray of cooking spray
- 1 tablespoon whole sesame seeds
- 1 to 2 teaspoons ginger powder
- 1/2 cup carrots cut into matchsticks
- 1/2 cup snow peas
- 1 8-ounce can sliced water chestnuts, with liquid
- 1/2 teaspoon toasted sesame oil

Directions:

Marinate sliced chicken breast in soy sauce.

Prepare rice according to package directions. Set aside.

Heat large pan or wok over high heat. When pan is hot, lightly coat with cooking spray and add the chicken and soy sauce.

Cook chicken for 1 to 2 minutes; add sesame seeds and ginger powder, stir. Add carrots, snow peas, water chestnuts and toasted sesame oil. Cook until vegetables are crisp tender. Add rice; toss to combine.

For more recipes, visit www.UncleBens.com.



Wit & Wisdom

"Gardens and flowers have a way of bringing people together, drawing them from their homes."

—Clare Ansberry

"No occupation is so delightful to me as the culture of the earth, and no culture comparable to that of the garden."

—Thomas Jefferson

"The love of gardening is a seed once sown that never dies."

—Gertrude Jekyll

"A garden, you know, is a very usual refuge of a disappointed politician. Accordingly, I have purchased a few acres about nine miles from town, have built a house, and am cultivating a garden."

—Alexander Hamilton

"If you have a garden and a library, you have everything you need."

—Marcus Tullius Cicero

"I don't like formal gardens. I like wild nature.

It's just the wilderness instinct in me, I guess."

—Walt Disney

"A good garden may have some weeds."

—Thomas Fuller





"In my garden there is a large place for sentiment. My garden of flowers is also my garden of thoughts and dreams. The thoughts grow as freely as the flowers, and the dreams are as beautiful."

—Abram L. Urban

"I do some of my best thinking while pulling weeds."

—Martha Smith

May 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MEMORIAL DAY 		1 Rent Is Due	2	3	4 Trash Pickup	5 
6	7	8	9	10	11 Trash Pickup	12
13  Mother's Day	14	15	16 Flower Day Giveaway Community Center 1-4 P.M.	17	18 Trash Pickup	19
20	21	22	23	24	25 Trash Pickup	26
27	28 Memorial Day Office Closed	29	30	31	<i>May</i> 	

Boston Red Sox

Home Games

- Fenway Park
(888) 733-7696
Boston.RedSox.MLB.com
- Through May 2 vs. Oakland Athletics
 - May 4-6 vs. Baltimore Orioles
 - May 10-13 vs. Indianapolis Indians
 - May 14, 15 vs. Seattle Mariners
 - May 25-27 vs. Tampa Bay Rays
 - May 28-31 vs. Detroit Tigers

Through May 20

Figuring Color
Institute of Contemporary Art
(617) 478-3100
www.ICABoston.org

Through May 28

Beauty as Duty: Textiles and the Home Front in WWII Britain
Museum of Fine Arts
(617) 267-9300
www.MFA.org

May 3

Bear in Heaven
Brighton Music Hall
(617) 779-0140
www.BrightonMusicHall.com

May 3

"Back to the Garden: The Artistry of Joni Mitchell"
Berklee Performance Center
(617) 747-2261
www.BerkleeBPC.com

May 5

Lady Antebellum
DCU Center Arena
Worcester
(800) 745-3000
www.DCUCenter.com

May 17-20

"The Secret History of Love"
The Theater Offensive
(617) 661-1600
www.TheTheaterOffensive.org

May 21

Defining Gardens: A Global View
Arnold Arboretum
(617) 524-1718
www.Arboratum.Harvard.edu

May 24

Masterpiece Lecture: Bob Mowry
Isabella Stewart Gardner Museum
(617) 278-5156
www.GardnerMuseum.org

May 30

Chasing Venus: Race to Measure the Heavens
Arnold Arboretum
(617) 524-1718
www.Arboratum.Harvard.edu

Upcoming Events:

June 22-Sept. 23

Josiah McElheny: Some Pictures of the Infinite
Institute of Contemporary Art
(617) 478-3100
www.ICABoston.org

July 24-Aug. 19

"Billy Elliot"
Boston Opera House
(866) 523-7469
www.BroadwayAcrossAmerica.com

Dates and venues are subject to change.

Boston
AREA EVENTS

