

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

July 2012

Hanscom Family Housing Staff

Kelley Casey Community Director
Angel Medeiros Asst. Comm. Director
Amanda Carlo Res. Relat. Specialist
Karen Driscoll Admin Assistant
John Tew Maintenance Director
Rob Waters Asst. Maint. Director
Doug Best Maint. Coordinator
Tony Wyman Bookkeeper



Maintenance Staff

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

Motor Vehicles and Parking

The parking lots, streets and driveways are for the parking of personal automobiles, motorcycles, vans or pickup trucks belonging to or used by the Residents and occupants of the community. Parking on the lawn is prohibited. Violators will be ticketed by housing and/or Security Forces.



Happy Independence Day

Celebrate the liberty we experience in our great nation on Independence Day. Have a happy and safe holiday!

Take a Walk

With the sun setting and the day cooling, a summer evening is the perfect time for a stroll. Go with family, friends or by yourself, and enjoy the fresh air.

Revel but Don't Roast

We all want to enjoy the warmth of the summer sun, but you should remember that moderation is key. Signs of heat exhaustion or heatstroke include fatigue, weakness, nausea, heavy sweating or no sweating, rapid pulse, confusion and fainting.

Bulk Up

If you have some extra cash and want to get long-term savings, consider buying products in bulk. Make sure you have the space to store what you buy, then stock up when items are on sale.

Remember Your Resolutions?

July 1 is Second Half of the New Year Day.

Ice Cream Social



Last year we had an amazing turnout for our Ice Cream Social which took place on the hottest day of the summer! So we decided to host this event again!

This event will take place on Thursday, 19 July, from 2-4 p.m., while supplies last. Be on the lookout for more information!

Seniors Shine

July 23 is Gorgeous Grandma Day.



Flower Day Giveaway - 16 May

Why Water?

Hydration is necessary for fitness and good health. Mild dehydration can make you feel sluggish and tired. If you wait until you feel thirsty to drink, you are already dehydrated. Divide your weight in half—that is how many ounces of water you should drink a day. If you want to make your water taste better, add lemon or lime slices.

Telling Time

With Sun and Shadow

The ancient Egyptians built tall stone towers called obelisks. The obelisk's shadow gave an indication of the time of day. Around 1500 B.C., the Egyptians created sundials, which were smaller versions of the obelisk and were called shadow clocks.

A sundial tells time by using a needle, or gnomon, to cast a shadow on a base plate. Gnomon is Greek for "the one who knows."

While Egyptians may have invented the first sundial, many ancient civilizations used methods of timekeeping, including the Sumerians, Babylonians, Mayans, Greeks and Chinese.

During the Renaissance period, more elaborate sundials were created. In addition to hour and minute marks, some sundials had marks to indicate the seasons, the calendar date, and the times of sunrise and sunset.

Even after clocks were invented, people continued to make and use sundials. Clocks did not require sunny skies, but they were often unreliable. Sundials were used to check and adjust the time on clocks and to set the time on clocks that had stopped.

Modern sundials are often inscribed with a motto, typically in French or Latin. Popular mottos include *tempus fugit* ("time flies") and *carpe diem* ("seize the day").

Famous sundials include Bewcastle Cross sundial in Britain, The Tower of the Winds in Athens, Greece, and the Samrat Yantra equatorial sundial in Jaipur, India.

To tell the correct time, a sundial must be aligned with the axis of Earth's rotation. Usually, the gnomon will be pointed toward true north.

"The only reason for time is so that everything doesn't happen at once." —Albert Einstein



Go for the Gold

Every four years, all around the world, people enjoy watching the Summer Olympic Games. This year's games take place July 27–Aug. 12 in London, England.

The first modern Olympic Games in 1896 featured nine sports: athletics (track and field), cycling, fencing, gymnastics, shooting, swimming, tennis, weightlifting and wrestling. All nine will be part of this summer's event. From 1900 to 1992, the games often included "demonstration sports." These were usually sports specific to the host country, such as American football in the United States or a

wrestling competition called glima in Sweden. Eventually, the number of regular events became so high that the tradition of including demonstration sports was suspended.

Becoming the host city for the Olympic Games involves a long process and carries benefits and challenges. After a site is chosen, the city has seven years to prepare for the event. Hosting the games can be healthy for a city's economy and bring the area prestige. Preparing for the games usually involves improving a city's infrastructure and constructing venues that can be enjoyed by residents after the games are over.

The United States has hosted four Summer Olympic Games, more than any other country. Rio de Janeiro, Brazil, will host the 2016 Summer Olympics, marking the first time the games will be held in South America.

One Giant Leap for Mankind

On July 20, 1969, Neil Armstrong became the first human being to walk on the moon. That Apollo 11 mission, and others over an eight-year period, produced lunar samples and images; topographic, seismic and gravity data; and information about the lunar environment.

The six Apollo missions collected 840 pounds of lunar rock samples. More than 30 years after the last moon landing, scientists still study these samples.

Throughout history, the moon has been worshipped as a deity and blamed for causing madness. In many cultures' myths, the moon goddess and sun god chase each other across the sky. The words "lunatic" and "loony" come from the Latin word for moon: "luna."

According to www.Astronomy.org:

- The moon's gravitational pull produces ocean tides on Earth, but because of its smaller size and mass, gravity on the moon is about 1/6 of that on Earth.
- If the Earth were hollow, about 50 moons would fit inside.
- Although we can often see the moon clearly, it is 240,250 miles away. If you traveled in an airplane at 500 m.p.h. nonstop, it would take about 20 days to reach the moon.
- The moon has no atmosphere because it does not have enough gravity to support one.





Answer the Call of the Wild

If you're looking for a fun way to spend a summer day, take a trip to the zoo! A little preparation can make a big difference. Follow these tips to make your outing more enjoyable:

Make a plan. Check out the zoo's website for information about animal feedings, special shows or zookeeper talks. Print out a map of the zoo and mark everything you want to see. Number each area in the order you plan to proceed.

Timing is key. Animals are most active and the crowds are usually smaller first thing in the morning. Animals from cold climates may be even more slow-moving and quiet during hot weather, so if you are pressed for time, choose the giraffes or the grizzly bears.

Soggy, but smart. Check the weather forecast and dress appropriately. If the forecast calls for rain, don't cancel your trip. Put on a raincoat and go enjoy the cooler temperatures and smaller crowds.

Dress for success. Wear comfortable clothing, especially shoes. Many zoos are spread out, and you may have to walk a bit between exhibits.

Focus. In addition to your camera, take binoculars to enable a closer look at the animals.

Visit the zoo in the morning, when animals are more active



One Minute Chef

Shrimp Watermelon Skewers

Ingredients:

- 1/2 cup seasoned rice vinegar
- 1/2 cup chunky peanut butter
- 1 teaspoon minced fresh garlic
- 1 tablespoon minced fresh ginger
- 1 teaspoon soy sauce or to taste
- 1 dash hot pepper sauce or to taste
- 16 jumbo shrimp, cleaned, poached and chilled
- 16 pieces of 2-inch cubes of seedless watermelon
- Fresh basil leaves or baby romaine leaves for garnish

Directions:

Slowly blend seasoned rice vinegar into peanut butter until completely blended. Stir in garlic, ginger and soy sauce until mixed well. Season with hot pepper sauce to taste.

Pour all but 2 tablespoons dressing over shrimp and toss to coat them well. Chill for 1 hour.

To serve, alternate shrimp and watermelon cubes on four skewers, and baste with remaining dressing. Serve over fresh basil leaves or romaine leaves.

For more recipes, visit www.Watermelon.org.



Wit & Wisdom

"No man needs a vacation so much as the man who has just had one."

—Elbert Hubbard

"A good vacation is over when you begin to yearn for your work."

—Morris Fishbein

"On vacations: We hit the sunny beaches where we occupy ourselves keeping the sun off our skin, the saltwater off our bodies, and the sand out of our belongings."

—Erma Bombeck

"Laughter is an instant vacation."

—Milton Berle

"Those that say you can't take it with you never saw a car packed for a vacation trip."

—Unknown

"Vacations prove that a life of pleasure is overrated."

—Mason Cooley

"The alternative to a vacation is to stay home and tip every third person you see."

—Unknown

"I hate vacations.

There's nothing to do."

—David Mamet

"A vacation trip is one-third pleasure, fondly remembered, and two-thirds aggravation, entirely forgotten."

—Robert Brault

"I do not really like vacations. I much prefer an occasional day off when I do not feel like working. When I am confronted with a whole week in which I have nothing to do but enjoy myself I do not know where to begin."

—Robertson Davies

July 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	Independence Day Office Closed	4	5	6 Trash Pickup
8	9	10	11	12	13	14 
15  National ICE CREAM Day 3rd Sunday	16	17	18 	19 Ice Cream Social 2-4 p.m. While Supplies Last	20	21
22	23  Gorgeous Grandma Day	24	25	26	27	28
29	30	31				

Boston Red Sox

Home Games

Fenway Park

(877) 733-7699

www.RedSox.com

- July 6-8 vs. New York Yankees
- July 16-19 vs. Chicago White Sox
- July 20-22 vs. Toronto Blue Jays
- July 30-Aug. 1 vs. Detroit Tigers

Through July 15

Charline Von Heyl

Institute of Contemporary Art

(617) 478-3103

www.ICABoston.org

July 3

Fruit Bats

Brighton Music Hall

(617) 779-0140

www.BrightonMusicHall.com

July 6-21

"Is He Dead?"

The Contemporary

Theater Company

Wakefield, R.I.

(401) 218-0282

www.TheContemporaryTheater.com

July 13-Sept. 23

Derrick Adams: The World According to Derrick

Boston Center for the Arts

(617) 426-5000

www.BCAOnline.org

July 14-July 7, 2013

Art of the White Mountains

Museum of Fine Arts

(617) 267-9300

www.MFA.org

July 18

Jay Brannan

Brighton Music Hall

(617) 779-0140

www.BrightonMusicHall.com

July 20

Refused With OFF!

House of Blues Boston

(888) 693-2583

www.HouseOfBlues.com

July 24-Aug. 19

"Billy Elliot"

Boston Opera House

(617) 259-3400

www.BostonOperaHouse.com

July 27

Tommy Emmanuel

Wilbur Theatre

(866) 448-7849

www.TheWilburTheatre.com

July 27-Aug. 25

"The Elaborate Entrance of Chad Deity"

Boston Center for the Arts

(617) 933-8600

www.CompanyOne.org

Upcoming Events:

Aug. 1, 2

Great American Bargain Book Show

Hynes Convention Center

(866) 922-7490

www.GABBS.net

Sept. 15

D.L. Hughley

Wilbur Theatre

(866) 448-7849

www.TheWilburTheatre.com

Dates and venues are subject to change.

Boston AREA EVENTS

