

Committed to Quality.
Dedicated to Service.



A Hunt Military Community

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August 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



End of Summer Party

Join the FSS in welcoming returning deployed members at this year's End of Summer BBQ/Blues Party. This event will take place on Thursday, 30 August. We are proud to be one of the co-sponsors for this event.

Maintenance Corner

Recently we've seen a large increase in calls for inoperable garbage disposals due to jams, etc. We've removed popcorn kernels, shells, grape pits and especially cutlery. As a reminder, garbage disposals are to mill up those items on the plate that didn't come off after it was raked into the trash can. Dishwasher filters and lines will also become clogged if large food particles, bones, etc. are left on the items to be washed. We ask you to please review the correct methods of disposal with all family members.

We would also like to remind everyone who enjoys backyard fires and grills to keep in mind that we've had little to no rain and the grounds are very dry. Please keep a close watch on any outside fires to include tiki torches and candles.



Popsicle Event - 19 July 12

Ice Cream Social



Once again, our Ice Cream Social has proved to be a resident favorite event. Residents were able to socialize while enjoying Bedford Farms Ice Cream. Thank you for coming out. We know we enjoyed it!

Steer for Shade

Whenever possible, seek a shady place to park your car. Sunlight will cause some of your gasoline to evaporate out of the tank.



Enjoy Your Summer

Go outside once a day just to savor the fresh air and sunshine.

Chocolate Each Day

A study published in the Journal of Psychopharmacology found that a few ounces of dark chocolate a day can result in a better mood. It also improves concentration and blood flow to the brain. Chocolate with the highest percentage of cocoa is best.

Celebrate Southpaws

Which hand do you write with? One in 10 people will answer “my left.” About 10 percent of the population is left-handed, and that figure has stayed the same throughout history. Archaeologists know this by looking at which hands hunters are using in cave paintings and by analyzing ancient tools.

As we celebrate Left-Handers’ Day on Aug. 13, here are other nifty notes about lefties:

- Stroke victims may recover faster if they are left-handed. It could be because lefties have had to strengthen both sides of their brain to get by in a right-handed world.
- Six of the last 12 United States presidents have been southpaws.
- A study found that two left-handed parents will produce left-handed children about 35 percent of the time. It is unknown if this is because of genetics or learning.
- Despite what you may have heard, there is no real proof that lefties are more accident-prone than right-handed people.
- Southpaws have an advantage in many sports, such as baseball, tennis and fencing, because of the numbers: Right-handed people don’t face lefties very often, whereas lefties are used to facing righties.

Lots of Lefties

Famous southpaws include: Neil Armstrong, George H. W. Bush, Julius Caesar, Winston Churchill, Albert Einstein, W. C. Fields, Henry Ford, Benjamin Franklin, Greta Garbo, Judy Garland, Bill Gates, Michelangelo, Marilyn Monroe, Barack Obama, H. Ross Perot, Pablo Picasso, Babe Ruth, Mark Twain and H. G. Wells.



Cache in Today

Aug. 18 is International Geocaching Day, a day to celebrate a popular sport for the modern world.

Sometimes described as “high-tech hide and seek,” the basic idea of geocaching is for participants to use a GPS or other navigational device to follow coordinates to discover hidden “caches.” Each cache contains a log book so those who find it can sign their name and date the book.

The caches are generally hidden, often inside tree stumps or alongside

a fence or other structure. Sometimes, the caches contain small toys or trinkets that can be taken, provided something is left in return.

About 5 million people around the globe participate in searching for more than 1.5 million caches.

Although the bulk of geocaching occurs in the United States, there are caches in more than 100 countries, plus one on the International Space Station.

Those who hide the caches are encouraged to choose public property and to not hide a cache where seekers will arouse suspicion, such as near schools or government buildings.

Some detractors consider caches “litter,” so now geocachers often pick up debris as they search, an effort called CITO, or “Cache In, Trash Out.”

Several websites register caches. Check out www.Geocaching.com or www.OpenCaching.com.



Weighing in on Watermelon

Watermelon might be the perfect summer food. Sweet, juicy and refreshing, watermelon is a popular treat at picnics, potlucks and parties. Watermelon is aptly named, since it consists of 92 percent water. The average American eats more than 17 pounds of watermelon a year, making it the most-consumed melon in the United States.

Although usually considered a fruit, watermelon is a member of the gourd family and is related to cucumbers, pumpkins and squash.

Egyptians cultivated watermelons more than 4,000 years ago. There are

now 1,200 varieties of watermelon grown worldwide.

Every part of a watermelon is edible. In Asia, the seeds are roasted. The rind can be pickled, stir-fried or stewed.

Watermelon contains no fat or cholesterol and is high in fiber. It is a good source of potassium and vitamins A and C. Watermelon also has high concentrations of lycopene, an antioxidant that could help reduce the risk of some diseases.





Search for Stars This Summer

Ralph Waldo Emerson wrote, “If the stars should appear but one night every thousand years, how man would marvel and stare.”

Luckily, on any cloudless night, we can stargaze, which humans have been doing for thousands of years. The cave drawings at Lascaux in France, estimated to be 17,300 years old, include images that some experts believe are star clusters. Ancient Greeks wrote about constellations during the 7th century B.C., including some of the 88 official constellations recognized today by the International Astronomical Union.

While the IAU has a more complex interpretation of stars in the night sky, beginners don’t need much to identify and enjoy the stars and planets that make up our solar system. It’s a good idea to start with pictures of the night sky that show constellations according to the season, like the ones found at www.SeaSky.org. This way, you’ll know what you are looking for before heading out. A moonless sky is best, because more stars can be seen, as well as a location away from city lights, although many constellations can be seen from an urban setting.

Besides your own eyes, not much else is needed, although binoculars can be handy for seeing dimmer stars.

**“It is not in the stars to hold
our destiny but in ourselves.”**
—William Shakespeare



One Minute Chef

Prosciutto and Pea Bowtie Pasta

Ingredients:

- 16 ounces bowtie pasta
- 2 tablespoons olive oil
- 2 tablespoons garlic, finely chopped
- 1 (9-ounce) package frozen artichoke hearts, thawed and drained
- 1 red bell pepper, finely diced
- 1 cup frozen peas, thawed
- 6 ounces prosciutto, thinly sliced
- 3 tablespoons fresh parsley, finely chopped
- Salt and pepper, to taste
- Parmesan cheese, shredded

Directions:

Prepare pasta according to package directions.

While pasta cooks, heat oil in medium skillet and sauté garlic with artichokes and red pepper just until garlic turns golden brown; add peas and cook another minute.

Drain pasta and place in serving bowl. Add artichoke/peas mixture, prosciutto and parsley. Toss gently.

Season with salt and pepper, if desired. Sprinkle with cheese and serve.

Find more recipes at
www.BoarsHead.com.



Wit & Wisdom

“When fate hands you a lemon,
make lemonade.”
—Dale Carnegie

“We are living in a world today where
lemonade is made from artificial
flavors and furniture polish
is made from real lemons.”
—Alfred E. Neuman

“At my lemonade stand I used to give
the first glass away free and charge
five dollars for the second glass.
The refill contained the antidote.”
—Emo Philips

“When life gives you lemons,
you make lemonade. I have several
stands around here.”
—James Brady

“We’ve got a lemon factory and we’re
turning out 80–85 percent lemons.”
—Albert Shanker

“When life gives you lemons,
make grape juice and sit back and
watch the world ask how you did it.”
—Unknown

“When life gives you lemons,
squirt someone in the eye.”
—Cathy Guisewite

“As you go about your daily life,
you will encounter many lemons.
Sour expressions, sour attitudes,
sour auras! The good thing is that
if you don’t want to be a lemon,
you don’t have to be!”
—C. JoyBell C.

“Fifty lemons are a burden
for one person, but they
are treasures for 50 people.”
—Emmet Fox

August 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Air Force Day Rent Is Due	2	3	4 Coast Guard Day Hazardous Waste Pickup Neighborhood Center
5	6	7 Pest Control on Site	8	9 	10	11
12	13	14 Pest Control on Site	15	16	17	18
19	20 	21 Pest Control on Site	22	23	24 	25
26	27	28 Pest Control on Site	29	30	31	

Boston Red Sox

Home Games

Fenway Park
(877) 733-7699
www.RedSox.com

- Aug. 1 vs. Detroit Tigers
- Aug. 2-5 vs. Minnesota Twins
- Aug. 6-8 vs. Texas Rangers
- Aug. 21-23 vs. Los Angeles Angels
- Aug. 24-27 vs. Kansas City Royals

Through Aug. 19

"Billy Elliot"

Boston Opera House
(617) 259-3400
www.BostonOperaHouse.com

Through Aug. 19

Paper Zoo

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

Aug. 1, 2

Great American Bargain Book Show

Hynes Convention Center
(866) 922-7490
www.GABBS.net

Aug. 1-Nov. 25

Dianna Molzan
Institute of Contemporary Art
(617) 478-3103
www.ICABoston.org

Aug. 9

The Dukes of September Rhythm Revue

Citi Performing Arts Center
(866) 348-9738
www.CitiCenter.org

Aug. 14

Out of the Box

Boston Center for the Arts
(617) 933-8600
www.BCAOnline.org

Aug. 16

Wanda Sykes

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

Aug. 24

Explore the Secret Garden

Arnold Arboretum
(617) 524-1718
www.Arboretum.Harvard.edu

Aug. 25

John Caparulo

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

Aug. 28

Beirut

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

Upcoming Events:

Sept. 26-Jan. 5

Chromo-Mania!

Boston Athenaeum
(617) 227-0270
www.BostonAthenaeum.org

Oct. 13

Bobby Collins

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

Dates and venues are subject to change.

Boston
AREA EVENTS