

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

November 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
Christina Magner Maint. Coordinator
Tony Wyman Bookkeeper



Maintenance Staff

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

CEL Fall Festival

We would like to thank all of our residents that came out for our Fall Festival, which kicked off our CEL Surveys. We had a great time and we hope you did too!

Positive Thought

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination." —Jimmy Dean

Happy Thanksgiving

Americans celebrate Thanksgiving on the fourth Thursday in November. Family, friends, turkey and football are often the focus. Enjoy your holiday!

Holiday Decorations/Lighting

It's that time of year! Most residents will decorate their home for the holidays. We enjoy seeing all of the festive decorations/lights, but please remember to follow the resident guidelines when installing.

Protect Your Pipes

With winter weather setting in, we'll soon have to contend with cold temperatures, snow and the problems that accompany them. If the temperature dips down into the teens, it's a good idea to leave your indoor faucets dripping slightly to keep the water lines from freezing. As a reminder, garden hoses should be disconnected. The water will freeze in the hose and could damage the hose bibb causing it to leak.



5K Fun Run/Walk - 29 September 12

Autumn Leaves

Those crisp breezes shaking the leaves from the trees mean winter is on its way, so take a moment to enjoy fall's spectacular beauty before the cold months set in. During this month, there will be a one-time curbside leaf pickup. You will be able to rake your leaves right to the curb and it will be removed for you. Be on the lookout for more information.



Office Closure

Our office will be closed on 22 and 23 November in observance of Thanksgiving.

Be Neighborly

The next time you bake, share some cookies or cake with a neighbor or friend. The kind gesture will brighten the day for both of you!

Hearts of Gold

What kind of person does it take to put his or her life on the line for our country? A person of valor and dedication. Veterans Day, Nov. 11, praises military service members, past and present, for contributing to our national security. We are much obliged to you, veterans. Your hard work saves lives all over the world.

All About Cranberries

Often found on the table during Thanksgiving dinners, the cranberry is a small, red, very tart fruit. Cranberries are one of only three commercially grown fruits native to North America. The other two are blueberries and Concord grapes.

Here are a few other facts about this little berry:

- American Indians mixed cranberries with deer meat to make a food called pemmican.
- Revolutionary War veteran Henry Hall planted the first commercial cranberry beds in Dennis, Mass., in 1816.
- Sailors used cranberries as a source of vitamin C to prevent scurvy.
- Some of today's cranberry bogs are more than 100 years old.
- Most of the world's cranberries are grown on 48,000 acres in the United States and Canada.
- Cranberries are harvested in September and October.
- Americans consume about 400 million pounds of cranberries a year, around 20 percent of that during Thanksgiving week. The fruit is also used in salads, trail mix and baked goods.
- Recent studies suggest cranberries may promote gastrointestinal and oral health, lower LDL (bad) cholesterol and raise HDL (good) cholesterol, and help prevent cancer.

Why Water?

Although often seen floating in television commercials, cranberries do not grow in water. The berry grows on low-running vines in sandy marshes. To help with harvesting, the marshes are flooded, equipment knocks the berries from the vines, and the berries, which contain a pocket of air, float to the surface.



Picking Presidents

Every four years, American voters head to the polls to elect a president and vice president. Yet those votes are just part of a detailed system known as the Electoral College, which is used by the U.S. to determine its executive leaders.

The Electoral College is made up of 538 electoral votes divided among the 50 states and the District of Columbia. A candidate needs 270 electoral votes to be elected. The number of electoral votes each state receives ranges from three to 55,

based on the number of congressional seats the state holds. The District of Columbia gets three votes because the 23rd Amendment grants it the same number of votes as the least populated state.

The voting public's ballots make up what is known as the "popular vote," and in 48 of the 50 states, plus the District of Columbia, the candidate receiving the most popular votes in a state will receive all of that state's electoral votes. Only Maine and Nebraska split their electoral votes among candidates through their state's system for proportional allocation of votes.

In the rare event that no candidate gets the necessary 270 electoral votes to win office, the House of Representatives elects the president from the three candidates who received the most electoral votes. Each state gets one vote.

Giving Green

When planning your holiday shopping this year, consider adding Mother Earth to the list by "going green" with your gift giving. Eco-friendly gifts are as plentiful as they are diverse, and their impact extends far beyond the day of your gift exchange. Whether you prefer the thrill of the hunt at local retailers or shopping online from your favorite chair, here are some options for making your gifts green:

Gifts that give globally. At www.Heifer.org, the gifts you buy in honor of a friend or loved one actually benefit people in need or the planet itself. From sheep that can provide a Third World family with income from wool production to trees that reduce erosion, the generosity of these gifts knows no boundary.

Does that come in green? Looking for something more tangible? Many

retailers offer items that are made with recycled materials or via ecologically sound practices. Clothing and textiles made from organic fiber, books from recycled paper, and environmentally friendly coffees are just a few examples of gifts that can be given with pride.

Zero waste, zero emissions. You might find the perfect gift at a local antique store. Buying used means no new resources are consumed, no emissions are released through shipping, and there is no packaging waste. Wrap the gift in something reusable, such as a cloth bag.





Avoid Holiday Weight Gain

There are many reasons adults put on a few pounds over the holidays. Here are some helpful tips to buck the trend this year:

Stress. Family commitments. Deadlines at work. Traveling. All these contribute to stress, which takes attention away from eating right and exercising. Before any obligations kick in, stretch and take a moment to relax in the morning. Enjoy the holidays despite the hectic schedule by reminding yourself that in a few weeks, you can return to your routine.

Snacks. Every holiday party has food. It's impossible to avoid it, so try a few bites of your favorites and distract yourself with good company. Another option is to eat something healthy before leaving home so you won't overeat later.

Snow. Much of the country indulges in comfort foods during the cold weather of the season. Don't fall into this trap. Root vegetables and leafy greens are bountiful during the winter months. Fill up on these healthful choices to leave less room for the heavier fare.

Schedules. Your days are likely packed with many responsibilities. Keep exercise penciled in. A game of touch football is a great way to burn a few calories and spend time with relatives and friends.

Society. It's easy to succumb to pressure during family gatherings. Your aunt might have spent all day baking, but don't feel obligated to eat two pieces of pie. Indulge in a small portion and tell yourself that willpower now will pay off the rest of the year.



One Minute Chef

Parmesan-Crusted Chicken

Ingredients:

- 1/2 cup mayonnaise
- 1/4 cup grated Parmesan cheese
- 4 boneless, skinless chicken breast halves
- 4 teaspoons Italian seasoned dry bread crumbs
- 2 medium tomatoes, seeded and chopped
- 1/4 cup chopped red onion
- 1/4 cup Italian dressing
- 1 tablespoon chopped fresh basil leaves or 1 teaspoon dried basil leaves, crushed

Directions:

Preheat oven to 425° F.

Combine mayonnaise with cheese in a medium bowl.

Arrange the chicken on a baking sheet. Evenly top with mayonnaise mixture, then sprinkle with bread crumbs.

Bake 20 minutes or until chicken is thoroughly cooked.

Meanwhile, combine remaining ingredients in a medium bowl.

To serve, evenly top chicken with tomato mixture.

Find more recipes at www.Hellmanns.com.



Wit & Wisdom

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”
—William Arthur Ward

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”
—John F. Kennedy

“Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you.”
—Eileen Caddy

“Gratitude is one of the least articulate of the emotions, especially when it is deep.”
—Felix Frankfurter

“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”
—Melody Beattie

“Some people grumble that roses have thorns; I am grateful that thorns have roses.”
—Alphonse Karr

“The essence of all beautiful art, all great art, is gratitude.”
—Friedrich Nietzsche

“A man's indebtedness is not virtue; his repayment is. Virtue begins when he dedicates himself actively to the job of gratitude.”
—Ruth Benedict

“A person however learned and qualified in his life's work in whom gratitude is absent, is devoid of that beauty of character which makes personality fragrant.”
—Hazrat Inayat Khan

November 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 Daylight Saving Time Ends	5	6 EXERCISE YOUR RIGHT TO VOTE	7	8	9	10
11 VETERANS DAYS	12 Veterans Day (Federal Holiday)	13 Pest Control	14	15	16	17
18	19	20	21	22 Happy Thanksgiving	23 Office Closed	24
25	26 	27 Pest Control	28	29	30	

New England Patriots

Home Games

Gillette Stadium
Foxborough
(800) 543-1776
www.Patriots.com

- Nov. 11 vs. Buffalo Bills
- Nov. 18 vs. Indianapolis Colts

Through Nov. 17

“Bloody Bloody Andrew Jackson”
Boston Center for the Arts
(617) 933-8600
www.SpeakeasyStage.com

Through Nov. 25

Dianna Molzan: **Grand Tourist**
Institute of Contemporary Art
(617) 478-3100
www.ICABoston.org

Nov. 2-11

“Madama Butterfly”
Citi Performing Arts Center
(866) 348-9738
www.CitiCenter.org

Nov. 3

John Hodgman
Wilbur Theatre
(866) 448-7849
www.TheWilburTheatre.com

Nov. 9, 10

“Charlie and the Chocolate Factory”
South Kingstown High School
Wakefield, R.I.
(401) 218-0282
www.TheContemporaryTheater.com

Nov. 10

The Australian Pink Floyd
Citi Performing Arts Center
(866) 348-9738
www.CitiCenter.org

Nov. 13

Ani DiFranco
Wilbur Theatre
(866) 448-7849
www.TheWilburTheatre.com

Nov. 16

Shaquille O’Neal Presents
All-Star Comedy Jam
Wilbur Theatre
(866) 448-7849
www.TheWilburTheatre.com

Nov. 16-March 3, 2013

This Will Have Been: Art, Love and Politics in the 1980s
Institute of Contemporary Art
(617) 478-3100
www.ICABoston.org

Nov. 30-Dec. 2

Castleberry Fair Holiday Craft Festival
DCU Center
Worcester
(508) 755-6800
www.DCUCenter.com

Upcoming Events:

Dec. 2-9

Mummenschanz, 40th Anniversary
Citi Performing Arts Center
(866) 348-9738
www.CitiCenter.org

Jan. 17-19, 2013

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

Dates and venues are subject to change.

Boston
AREA EVENTS