

Committed to Quality.  
Dedicated to Service.



A Hunt Military Community

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## February 2013

### 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  
Christina Magner ..... Maint. Coordinator  
Tony Wyman ..... Bookkeeper

### Maintenance Staff

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



### The Big Game

Some ignore the commercials. Some watch nothing but. No matter your reason, tune in to the Super Bowl this year.

### Pretty in Purple

The birthstone for February is amethyst, a purple quartz. Amethyst symbolizes humility and sincerity.

### Peppers Provide Pain Relief

If you have sore muscles or joints, soothe them with a cream or ointment that contains capsaicin, the active ingredient in chile peppers. The heat you feel from the capsaicin can help relieve pain.

### Prime Time for Indoor Fun

Long winter days of staying indoors can make anyone a little antsy, but the extra downtime can be a golden opportunity for self-enrichment. Are there any books you've been meaning to read? Movies you've always wanted to watch? Old or new hobbies you'd like to take up? Use your time inside to improve your mind while reaching out to others—and make some wonderful winter memories.

### Sneaky Snow Removal Trick

Spraying the snow shovel with nonstick cooking spray makes the white stuff slide right off.

### 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.

### Vitamin C for Better Skin

Eating oranges can improve how you look. Vitamin C is a powerful antioxidant that gets rid of free radicals, including those produced by too much sun exposure. Vitamin C can also help your body build stronger collagen in the skin, making skin look younger. Other good sources of vitamin C are grapefruit, lemons and cantaloupe.

### Let the Sun Shine In

The cheapest, most energy-efficient light and heat source is just outside your window. On bright days, open blinds and drapes to let the sun light your home. Sunlight can also help heat your home. Even on cold winter days, sun streaming into a room can raise the temperature several degrees.

### Focus on Fitness

Reading during a walk on the treadmill or spin on the stationary bike can make your workout go by faster, but make sure your focus on the words isn't slowing you down. If you find you aren't elevating your heart rate during exercise, ditch the magazine and listen to music or an audio book instead.

### Behind the Bubble

Gum-chewing has been a popular activity for thousands of years; ancient Greeks, Mayans and American Indians chewed tree resin to help clean and freshen their mouths. Modern chewing gum products were developed by the late 1860s, but inventors still searched for a way to create a gum with bubble-blowing power.

In 1928, Walter Diemer, an accountant for Fleer Chewing Gum Company, accidentally discovered the formula for bubblegum while experimenting in the company's lab. Fleer marketed this new gum as "Dubble Bubble," a brand that remains popular today.

Diemer's first bubblegum was pink, because that was the only food dye available at the factory. Pink is still used as the standard bubblegum color.

In the 1930s, companies started inserting trading cards into bubblegum packages. The cards featured images of war heroes, Wild West figures and professional athletes. Baseball cards introduced by The Topps Company in the 1950s became popular collectors' items for sports fans of all ages.

In addition to sweetening one's breath, chewing bubblegum can relieve stress and improve concentration. The next time you're feeling overwhelmed, reach for your favorite flavor to help focus your mind on the task at hand.

### Blow That Bubble

Unlike regular chewing gum, bubblegum contains a mixture of starches and polymers that allow it to form large bubbles. According to Guinness World Records, the largest hands-free bubblegum bubble ever blown was 20 inches in diameter!



### A Rose Is a Rose

It may be the season to give and receive roses, but the fragrant buds are a perfect gift at any time of year. Double the impact of your bouquet's message by considering this list of rose colors and their meanings:

*Red.* It's pretty clear what a bunch of red roses conveys: "I love you." Crimson flowers also represent respect, passion and beauty.

*White.* Nothing says "I'm sorry" like a cluster of white roses. In addition,

ivory-colored buds signify reverence, purity, innocence and humility.

*Yellow.* Joy and friendship are indicated by giving yellow roses, which can also mean "Welcome back" and "Remember me."

*Pink.* Say "Thank you" with deep, dark pink roses, which show appreciation and gratitude. Lighter pink roses reveal sympathy and grace.

*Orange.* Show your enthusiasm with orange buds, a color that also suggests desire.

The number of roses given can also have a special meaning. One single rose shows devotion or love at first sight. A cluster of 13 indicates a secret admirer, while two stems intertwined says "Marry me."

Whatever the message, a bouquet in any color will surely be appreciated.

### A Matter of Time

We're all familiar with the fear of running late, missing a deadline or forgetting to do something important. To avoid these hassles, try the following time management tips:

*Prepare a plan.* Make a list of the day's activities, noting how long you expect to spend on each item. If something doesn't have a deadline, create one for yourself and stick to it. Aim to complete tasks and arrive at appointments early.

*Know your priorities.* When creating your to-do list, rank tasks in order of importance. Attempt high priority items first, working on them in phases if needed. Be realistic about what can and will get done. It's OK to say no to requests that won't fit into your schedule.

*Stay focused.* Studies show that multitasking actually decreases productivity. Work on one thing at a

time, avoiding distractions.

*Quality over quantity.* When you rush to complete a task, you'll be more likely to make a mistake, which will then take extra time to correct. Make the effort to get it right on the first try. However, don't waste time trying to make every detail "perfect" when a completed project is fine as is.

*Take a break.* Stress can distract you from being productive, so walk away when you start feeling overwhelmed. A quick walk or series of stretches can help you re-energize and bring your focus back to your work.





### Heart Health Quick Tips

Celebrate American Heart Month by following these guidelines to keep your own heart healthy:

**Stay fit.** If you are at a healthy weight, you need only 30 minutes of moderate physical activity a day for heart fitness. If you are overweight, try to shed some pounds. Reducing your weight by 10 percent can lower your blood pressure and cholesterol levels.

**Sleep well.** Studies show not getting enough sleep increases the risk of heart disease and several other major illnesses. Aim for seven to nine hours of sleep a night.

**Know the score.** High blood pressure and high cholesterol can damage your heart. Regular screenings will tell you what your numbers are and whether you need to take action to change them.

**Eat right.** Pile on the vegetables, fruit and whole grains; eat fish at least twice a week; and select low-fat dairy products. Fiber is also important. Good sources are oats, beans and citrus fruits, such as oranges. Some heart “super foods” are spinach, lentils, chickpeas, berries, nuts and oatmeal.

**Be happy.** Laughing stimulates blood circulation, increases oxygen intake and helps you relax. Watch a funny television show or movie. Tell someone a joke or a silly story. Don't be shy. Go ahead and laugh out loud!



# One Minute Chef

## Roasted Chicken With Chutney

### Chicken:

- Four 3-ounce boneless, skinless chicken breasts, lightly pounded
- Salt and freshly ground black pepper
- 1/4 cup chicken broth

### Chutney:

- 1 1/2 cups grape juice
- 1 tablespoon rice wine vinegar
- 2 dried apricots, finely chopped
- 3 chestnuts, roasted, shelled and diced
- 1 apple, diced
- 1/2 cup diced red onion
- 1/4 cup diced celery
- 1 teaspoon ground ginger
- 1 teaspoon dried thyme leaves
- 1/3 teaspoon dried rosemary leaves

Preheat oven to 350° F. Season chicken with salt and pepper. Arrange chicken smooth side up in small roasting pan. Add chicken broth to pan. Bake 15 minutes, then brown under broiler for a few minutes.

While chicken is cooking, make chutney. In medium saucepan, combine first eight chutney ingredients (grape juice through ginger). Bring to a boil; reduce heat to medium. Cook for 15 minutes. Stir in herbs. Top chicken breasts with warm chutney.

For more recipes, visit [www.Welchs.com](http://www.Welchs.com).



### Wit & Wisdom

“Wherever you go,  
go with all your heart.”  
—Confucius

“The best and most beautiful things  
in the world cannot be seen or even  
touched—they must be felt  
with the heart.”  
—Helen Keller

“Love is of all passions the strongest,  
for it attacks simultaneously the head,  
the heart and the senses.”  
—Lao Tzu

“In the sweetness of friendship let  
there be laughter, and sharing of  
pleasures. For in the dew of little  
things the heart finds its morning  
and is refreshed.”  
—Kahlil Gibran

“There is a wisdom of the head,  
and ... a wisdom of the heart.”  
—Charles Dickens

“One ought to hold on to one's heart;  
for if one lets it go, one soon loses  
control of the head too.”  
—Friedrich Nietzsche

“In spite of everything, I still believe  
that people are really good at heart.”  
—Anne Frank

“If you find it in your heart to care  
for somebody else,  
you will have succeeded.”  
—Maya Angelou

“It is usually the imagination that is  
wounded first, rather than the heart;  
it being much more sensitive.”  
—Henry David Thoreau

“Keep love in your heart. A life without  
it is like a sunless garden when  
the flowers are dead.”  
—Oscar Wilde

# February 2013

Sunday

Monday





Tuesday

Wednesday

Thursday

Friday

Saturday

					1 Rent Is Due	2 Hazardous Waste Pickup Neighborhood Center 9 A.M. - 12 P.M.
3 	4	5 Pest Control on Site	6	7	8	9
10	11	12	13	14 	15	16
17	18 Presidents' Day	19 Pest Control on Site	20	21	22	23
24	25	26	27	28 		

## Boston Bruins

**Home Games**  
TD Garden  
(617) 624-2327  
Bruins.NHL.com

- Feb. 6 vs. Buffalo Sabres
- Feb. 9 vs. New York Rangers
- Feb. 12 vs. Toronto Maple Leafs

## Through Feb. 9

**"Other Desert Cities"**  
Boston Center for the Arts  
(617) 933-8600  
www.SpeakeasyStage.com

## Through Feb. 18

**Cats to Crickets:  
Pets in Japan's Floating World**  
Museum of Fine Arts  
(617) 267-9300  
www.MFA.org

## Feb. 4

**Hindemith: Piano Music**  
New England Conservatory  
(617) 585-1260  
www.NECMusic.edu

## Feb. 5

**JCA Orchestra Plays Hendrix**  
Berklee Performance Center  
(617) 747-2261  
www.BerkleeBPC.com

## Feb. 6-8

**New England Grows 2013**  
Boston Convention Center  
(617) 954-2000  
www.BostonConventionCenter.com

## Feb. 19

**From Third Stream to  
Contemporary Improvisation**  
New England Conservatory  
(617) 585-1260  
www.NECMusic.edu

## Feb. 21-23, 26

**Stravinsky and Haydn**  
Boston Symphony Hall  
(888) 266-1200  
www.BSO.org

## Feb. 24

**The Great American Songbook:  
The Music of Quincy Jones**  
Berklee Performance Center  
(617) 747-2261  
www.BerkleeBPC.com

## Feb. 28

**Ensemble Department  
Funk Festival**  
Berklee Performance Center  
(617) 747-2261  
www.BerkleeBPC.com

## Upcoming Events:

### March 7

**Women Musicians Network  
16th Annual Concert**  
Berklee Performance Center  
(617) 747-2261  
www.BerkleeBPC.com

### April 27

**A Cheerful Earful**  
Boston Symphony Hall  
(888) 266-1200  
www.BSO.org

*Dates and venues are  
subject to change.*

Boston  
**AREA EVENTS**