

Committed to Quality.
Dedicated to Service.



A Hunt Military Community

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March 2013

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Spring Is Here

Equinox is when day and night are the same length. This happens twice a year, in September and in March. The vernal equinox, which this year is on March 20, is considered the first day of spring.

Out the Door

Choose a small basket or tote bag to keep by the door. When you have outgoing mail or library books or DVDs that need to be returned, put them in the bag. The next time you leave home, grab the bag on your way out the door.

Substitution

Red onion can be substituted for shallots in most recipes.

Stock Up

Homemade vegetable stock is easy to make and a great way to use up extra produce. Wash and chop your veggies—onions, carrots and celery work well—and throw them in a big stock pot. Add a few herbs, such as parsley and thyme. Cover with water and bring to just under a boil; then turn down to medium-low. Simmer for about an hour, stirring occasionally. When it's finished, strain the broth and divide it into storage containers, letting it cool completely before freezing. Now you have great-tasting stock to use in soups and casseroles!

Create, Construct, Craft

Pull out that unfinished quilt, sweater or painting—March is National Craft Month.



Wild World: Spring Peeper

The nighttime noise of the amphibian spring peeper means winter is almost over. These small, nocturnal frogs are rarely seen but can be found in woodlands near ponds and swamps in central and eastern parts of the United States. Spring peepers are tan or brown and can be identified by the "X" mark on their backs.

Ginger Zinger

With a peppery and slightly sweet taste, ginger is a popular spice that is good for you. The most commonly known use of ginger is to alleviate nausea, but it also promotes bone health, regulates digestion and fights the flu. Spice up your next dish with a little ginger.

A Caffeinated Fix

Don't just throw out coffee grounds. Consider a few new uses: fertilize plants that thrive in acidic soil; put a bowl of grounds in the freezer to absorb odors; or improve the appearance of a wooden furniture scratch by rubbing grounds on the area.

Pass the Peanuts, Please

Did you know the peanut is not really a nut? Peanuts are legumes, similar to beans and lentils. Peanuts grow underground, as opposed to walnuts, almonds or pecans, which grow on trees.

Peanuts originated in South America, and explorers and traders eventually spread peanuts to Europe, Africa and Asia.

Research by George Washington Carver in the early 1900s led to an increase in peanut production in the United States.

Carver, considered “The Father of the Peanut Industry,” encouraged cotton farmers to plant peanuts as a rotation crop to add nitrogen to the soil. During his research, Carver developed more than 300 uses for peanuts.

Here is some more information about the popular peanut:

- March is National Peanut Month.
- China, India and the United States are the top three producers of peanuts.
- Most U.S. peanut farms are family-owned, and the average farm is 100 acres.
- Peanut butter is eaten in 90 percent of U.S. households.
- Four types of peanuts are grown in the United States—runner, Virginia, Spanish and Valencia.
- Peanuts contribute about \$4 billion to the U.S. economy each year.
- Peanuts are a good source of protein, vitamin E, fiber, magnesium, folate and niacin. They are also high in antioxidants.

“No man in the world has more courage than the man who can stop after eating one peanut.”

—Channing Pollock



Spring Into a Clean Home

Spring cleaning—we may not look forward to it, but the results of our efforts can be satisfying. Here are a few tips to help you get your home sparkling and your sense of accomplishment soaring:

Make a plan and set goals. Write down what areas of your home you will clean and when. Plan to tackle only one area at a time. The best part of such a list is crossing off each item as it is completed.

Check your inventory. Make sure

you have all the cleaning supplies you will need, including cleansers, cloths, sponges, and a mop, broom and dustpan. Gather the smaller items and put them in a bucket or basket so they are easier to carry and keep together.

Before cleaning, declutter.

Consider paring down the knickknacks you have on display. Give away or recycle magazines. The fewer items you need to move while cleaning, the faster you will finish. Use a laundry basket to gather items you need someone else in the household to sort through.

Start at the top. Clean rooms from top to bottom—from ceilings to baseboards and everything in between. Don't forget to clean behind and under furniture and appliances, if possible.

When you are finished, take some time to sit back, relax, and enjoy your spotless space!

Medicine Storage Makeover

Whether it's a mild scrape or an attack of the sniffles, we can rest assured knowing the remedy is just a reach away in our medicine cabinet—that is, if the space isn't so messy that the item we're looking for is impossible to find. Fortunately, organizing your medicine storage space is not complicated.

Begin by removing everything from your existing space and throwing out any expired medication. Check packages or visit www.FDA.gov for safe disposal instructions.

Once you've cleared out the expired items, take inventory. Make sure you have over-the-counter essentials such as aspirin or ibuprofen, antibiotic ointment, antacids, antihistamine, cold and cough medicine, throat lozenges, and an antiseptic like rubbing alcohol or hydrogen peroxide. Also stock up on

bandages, cotton balls or swabs, tweezers, and a thermometer.

Next, decide where your primary medicine storage is going to be. Although the bathroom seems like a logical place, high levels of heat and humidity can decrease the effectiveness of some medications. Consider storing medications on a high shelf in a kitchen cupboard or bedroom closet.

Finally, organize medicine and supplies in containers based on type. For example, stash ointments and creams in the same basket, store bandages together, and keep children's medicines separate.





Name That Noodle

According to the National Pasta Association, Americans eat 6 billion pounds of pasta a year—more than any other country in the world. Your cupboard is probably home to basics such as elbow macaroni and spaghetti, but did you know there are hundreds of different types of pasta? On your next trip to the grocery store, pick out a new noodle to try, starting with one of these favorites:

Farfalle. Commonly called “bow tie pasta,” farfalle is actually Italian for “butterflies.” Its unique shape adds flair to any dish, from pasta salads to soups.

Rotini. The name of this pasta means “twists or spirals.” The ridges help it hold on to bits of meat, vegetables and cheese, making it ideal for chunky sauces or baked casseroles. A similar pasta, fusilli, has an even tighter coil.

Orzo. Italian for “barley,” this small, grain-shaped pasta is the perfect addition to salads and soups and is often served as a side dish with a light sauce.

Penne. This popular, versatile pasta easily complements any sauce. The hollow shape makes penne a great choice for baking, as it will hold meat and vegetables well.

Ruote. The Italian word for “wheels,” ruote is a popular pasta for kids thanks to its fun shape and ability to be pierced easily with a fork. Ruote is a great base for pasta salads and helps trap flavors in stir-fry dishes.



One Minute Chef

Asian Beef and Vegetable Stir-Fry

Ingredients:

- 1 1/4 pounds boneless beef top sirloin steak, 1-inch thick
- 4 cups assorted fresh vegetables, such as sugar snap peas, broccoli florets, bell pepper strips and shredded carrots
- 1 clove garlic, minced
- 1/2 cup prepared stir-fry sauce
- 1/8 to 1/4 teaspoon crushed red pepper
- 3 cups hot cooked rice

Directions:

Cut beef steak lengthwise in half, then crosswise into 1/4-inch thick strips.

Combine vegetables and 3 tablespoons water in large nonstick skillet. Cover; cook over medium-high heat four minutes or until crisp-tender. Remove and drain.

Heat same pan over medium-high heat until hot. Add half of beef and half of garlic; stir-fry one to two minutes or until outside surface of beef is no longer pink. Remove. Repeat with remaining beef and garlic.

Return all beef and vegetables to pan. Add stir-fry sauce and red pepper; heat through. Serve over rice.

Find more recipes at www.BeeffItsWhatsForDinner.com.



Wit & Wisdom

“No man can taste the fruits of autumn while he is delighting his scent with the flowers of spring.”

—Samuel Johnson

“In the spring, I have counted 136 different kinds of weather inside of 24 hours.”

—Mark Twain

“An optimist is the human personification of spring.”

—Susan J. Bissonette

“Spring is when you feel like whistling even with a shoe full of slush.”

—Doug Larson

“The true harbinger of spring is not crocuses or swallows returning to Capistrano, but the sound of the bat on the ball.”

—Bill Veeck

“Spring is nature’s way of saying, ‘Let’s party!’”

—Robin Williams

“In the spring, at the end of the day, you should smell like dirt.”

—Margaret Atwood

“I love spring flowers: daffodils and hyacinths are the ultimate flower for me. They are the essence of spring.”

—Kirsty Gallacher

“If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome.”

—Anne Bradstreet

“If I had my life to live over, I would start barefoot earlier in the spring and stay that way later in the fall.”

—Nadine Stair

March 2013

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<i>happy spring!</i> 							1	2
3	4	5	6	7	8	9		
10	11	12	13	14	15	16		
17	18	19	20	21	22	23		
24/31	25	26	27	28	29	30		

Boston Bruins

Home Games

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

- March 2 vs. Tampa Bay Lightning
- March 4 vs. Montreal Canadiens
- March 9 vs. Philadelphia Flyers
- March 14 vs. Florida Panthers
- March 16 vs. Washington Capitals
- March 25 vs. Toronto Maple Leafs
- March 27 vs. Montreal Canadiens
- March 30 vs. Philadelphia Flyers

Through March 24

Drawn to Woods by Paul Olson
Arnold Arboretum
(617) 524-1718
www.Arboretum.Harvard.edu

March 1-30

"Clybourne Park"

Boston Center for the Arts
(617) 933-8600
www.SpeakeasyStage.com

March 4

Fifth Annual Berklee Middle Eastern Festival
Berklee Performance Center
(617) 747-2261
www.BerkleeBPC.com

March 7

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

March 9

From the Inside Out: A Musical Look at Courage, Competition and Character
Boston Symphony Hall
(888) 266-1200
www.BSO.org

March 21-26

All-Wagner Program
Boston Symphony Hall
(888) 266-1200
www.BSO.org

March 22-24

XX Playlab Festival
Boston Center for the Arts
(617) 933-8600
www.CompanyOne.org

March 25

Nona Hendryx Re-Wired
Berklee Performance Center
(617) 747-2261
www.BerkleeBPC.com

March 28

International Folk Music Festival
Berklee Performance Center
(617) 747-2261
www.BerkleeBPC.com

Upcoming Events:

April 5, 6

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

May 16-26

"Coppelia"
Boston Opera House
(617) 695-6955
www.BostonBallet.org

Dates and venues are subject to change.

Boston
AREA EVENTS

