

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

April 2013

Hanscom Family Housing Staff

Kelley Casey Community Director
Angel Medeiros ... Asst. Comm. Director
Karen Driscoll Admin. Assistant
Maria Rivera Leasing Agent
Charles Brewer Leasing Agent
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
Tony Simmonds	Jake Calo



We Have New Team Members!

Our team has been a bit short-handed lately. While we have worked extremely hard to make sure you didn't notice, we are excited to say that we have found a few people who match our high standards of service and excellence. Please welcome our newest team members, Jake Calo, Maria Rivera and Charles Brewer. We're looking forward to adding our newbies' abundance of knowledge and energy to our team. Feel free to drop by and welcome the newest additions to our community!

Pasta Night

On 28 March, the FSS kicked off the month of the military child with their annual Pasta Night event. We had so much fun spending time with you and your family.

Give a Gift to Mother Nature

Earth Day is April 22. Celebrate by building a bird feeder, picking up litter at an area park or making a commitment to recycle more year-round.

Fitness Tip: Tidy Tasks

Spring cleaning can be daunting, but it's actually a great way to get some exercise after a sedentary winter. While getting dust and dirt out of your house is good for your health, so is pushing a vacuum around and stretching to dust bookshelves and baseboards. Cleaning from room to room keeps you on your feet and burns calories. A tidy space that you can relax in at the end of the day is an added bonus!



find us on facebook!

For the most up-to-date happenings like us on Facebook.
www.Facebook.com/HanscomFamilyHousing.

Prevention Is Key

Tell your doctor about your family's health history. Many diseases that are hereditary can be prevented. Early screening is key.

Will It Float or Sink?

Not sure if your eggs are fresh? Put the eggs into a bowl of water. Eggs that sink are fresh, and eggs that float are not.

Are We Up-to-Date?

If your contact information has changed, please let us know. It is important to keep the office up-to-date on all your information.



Residential Business

Before you can run a residential business, you need to have written permission. No door-to-door soliciting will be allowed and no advertising signs can be posted on the premises. If you have any questions, please call the leasing office at (781) 861-5062.

Laugh 'Til Your Cheeks Hurt

April is National Humor Month.

Words From William

Widely considered the greatest writer in the English language, William Shakespeare lives on through his many plays and sonnets, which are often quoted in everyday conversation. “To thine own self be true,” “lend me your ears” and “neither a borrower nor a lender be” are all phrases from Shakespeare’s works.

Records indicate that Shakespeare was born on April 23, 1564, and died on the same day in 1616. Take a few minutes this April to brush up on some Shakespeare trivia:

- Shakespeare’s known works include 38 plays, 154 sonnets and two epic narrative poems.
- Shakespeare’s plays generally fall into three categories: comedy, tragedy and history.
- “Hamlet” is Shakespeare’s longest play at 29,551 words.
- The Globe Theatre in London is where Shakespeare and his acting troupe, The Lord Chamberlain’s Men, performed many of his plays. The theater burned down in 1613 after a cannon shot off during a performance of “Henry VIII” caught the gallery roof on fire.
- A replica of the Globe Theatre is located near its original site and hosts several Shakespeare productions each year.
- Queen Elizabeth I, a generous supporter of drama and literature, reigned during most of Shakespeare’s life and attended many performances of his plays.
- Shakespeare had three children with his wife, Anne Hathaway.

**“All the world’s a stage,
and all the men and women
merely players.”**

**—William Shakespeare,
“As You Like It”**



From Bulbs to Blooms

A cheerful sign of spring, the tulip has been dazzling humans for thousands of years. Native to central Asia, the flower gained popularity throughout the Ottoman Empire and was cultivated as early as A.D. 1000.

The word “tulip” comes from a Persian word meaning “turban.” Sultans would wear the flower on their turbans as a symbol of life.

Although tulips are often associated with the Netherlands, they didn’t reach that country until 1593, when botanist Carolus Clusius planted cultivated bulbs in Leiden University’s

garden. Tulips became hugely popular, and the Netherlands experienced a “tulip mania” in the 1630s. The price of tulip bulbs soared so high, some varieties cost as much as a house.

Today, most of the world’s tulips are cultivated in and exported from the Netherlands. Visitors flock to the country every spring to see the millions of tulips in bloom. Tulip festivals—both in the Netherlands and other countries, including the United States—are popular tourist attractions.

Tulip bulbs are planted in mid-autumn and need cold weather during their dormant stage to grow properly. They bloom from mid-April through May.

There are more than 3,000 cultivated varieties of tulips. Some varieties have unusual colors or patterns that are caused by mutations or viruses.

Healthy Lifestyle

Whole-Grain Happiness

We know whole grains are better for our health than refined products, but it can be hard to make big changes in what we eat. Follow these tips, and you’ll be consuming more whole grains in no time:

Read the label. Labels can be misleading: “Multi-grain” or “100 percent wheat” does not mean whole-grain. Check the ingredient list and choose items that have the first ingredient listed as: buckwheat, bulgur, millet, oatmeal, quinoa, rolled oats, whole-grain barley, whole-grain corn, whole-grain sorghum, whole-grain triticale, whole oats, whole rye, whole wheat, brown

rice or wild rice.

Bake it better. Completely replacing white flour with whole-wheat flour in your favorite recipes can produce mixed results. Instead, try replacing 50 percent of the white flour with whole-wheat flour. You can also find many recipes that were developed specifically for whole-grain flours.

Make the switch. Many of the foods you already eat have whole-grain counterparts. For breakfast, try whole-grain pancakes or bagels. For lunch, choose sandwiches on whole-grain bread. For dinner, look into quinoa, brown or wild rice, or whole-wheat pasta. For snacking, pick whole-grain crackers, chips or pretzels.

Flex your flax. One easy way to sneak whole grains into your diet is to add ground flax seed to foods such as smoothies, cookies and oatmeal.



Advocating for the Earth

Earth Day debuted on April 22, 1970. The event was the brainchild of U.S. Sen. Gaylord Nelson of Wisconsin, who announced to the media the idea for a “national teach-in on the environment.”

Nelson wanted Earth Day activities to be created by people and groups in their own communities, not by national organizers. People responded. About 20 million Americans gathered at various venues to advocate for a healthy, sustainable environment. According to *EarthDay.org*, “Groups that had been fighting against oil spills, polluting factories and power plants, raw sewage, toxic dumps, pesticides, freeways, the loss of wilderness, and the extinction of wildlife suddenly realized they shared common values.”

The event drew extensive media attention and led to the creation of the Environmental Protection Agency and passage of the Clean Air, Clean Water and Endangered Species acts.

In the years that followed, April 22 continued to be celebrated as Earth Day in various forms. On the 20th anniversary in 1990, Earth Day was celebrated worldwide and focused on recycling efforts. The 2000 Earth Day campaign saw a push for clean energy. In 2010, the campaign “A Billion Acts of Green” was announced, encouraging environmental commitments from individuals, businesses, governments and civic organizations.



One Minute Chef

Baked Zucchini Ziti

Ingredients:

- 8 ounces ziti, uncooked
- 1 28-ounce can crushed tomatoes
- 1 1/2 teaspoons Italian seasoning
- 1 cup grated zucchini (about 1 medium)
- 1 cup part-skim ricotta cheese
- 1 cup shredded mozzarella, divided
- 1/2 cup, plus 1 tablespoon grated Parmesan cheese, divided
- 1 egg, lightly beaten
- Salt and pepper
- Cooking spray

Directions:

Cook pasta according to package instructions; drain and set aside.

Preheat oven to 400° F.

In a medium bowl, combine tomatoes and Italian seasoning. In a separate bowl, mix zucchini, ricotta, 1/2 cup mozzarella, 1/2 cup Parmesan and egg. Season with salt and pepper.

Coat a 2-quart casserole dish with cooking spray. Spread half of tomato sauce on bottom. Top with ziti, ricotta mixture and remaining sauce. Sprinkle with remaining 1/2 cup mozzarella and 1 tablespoon Parmesan. Bake until top is brown and sauce is bubbling, 35 to 40 minutes.

For more recipes, go to www.DairyMakesSense.com.



Wit & Wisdom

“And when it rains on your parade,
look up rather than down.
Without the rain, there would
be no rainbow.”
—G. K. Chesterton

“Rainbows apologize for angry skies.”
—Sylvia A. Voirol

“If the world’s a vale of tears,
Smile, till rainbows span it.”
—Lucy Larcom

“Be thou the rainbow in the
storms of life. The evening beam that
smiles the clouds away, and tints
tomorrow with prophetic ray.”
—Lord Byron

“The way I see it, if you want
the rainbow, you gotta put up
with the rain.”
—Dolly Parton






“It was the rainbow gave thee birth,
and left thee all her lovely hues.”
—W. H. Davies

“My heart leaps up when I behold
a rainbow in the sky.”
—William Wordsworth

“I’ve always taken
‘The Wizard of Oz’ very seriously,
you know. I believe in the idea
of the rainbow. And I’ve spent my
entire life trying to get over it.”
—Judy Garland

“Leroy bet me I couldn’t find
a pot of gold at the end,
and I told him that was
a stupid bet because the rainbow
was enough.”
—Rita Mae Brown

April 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Rent Is Due	2 Pest Control On-Site	3	4	5	6 Hazardous Waste Pickup Neighborhood Center 9 A.M. - 12 P.M.
7	8 	9	10	11	12	13
14	15 	16 Pest Control On-Site	17	18	19 	20
21	22 	23	24	25	26	27
28	29	30 Pest Control On-Site				

Boston Bruins

Home Games

TD Garden

(617) 624-2327

Bruins.NHL.com

- April 2 vs. Ottawa Senators
- April 4 vs. New Jersey Devils
- April 11 vs. New York Islanders

Boston Red Sox

Home Games

Fenway Park

(877) 733-7699

www.RedSox.com

- April 8, 10, 11 vs. Baltimore Orioles
- April 12-15 vs. Tampa Bay Rays
- April 19-21 vs. Kansas City Royals
- April 22-24 vs. Oakland Athletics
- April 25-28 vs. Houston Astros

Through April 7

Ragnar Kjartansson: Song

Institute of Contemporary Art

(617) 478-3103

www.ICABoston.org

Through April 14

The Postcard Age:

Selections From the

Leonard A. Lauder Collection

Museum of Fine Arts

(617) 267-9300

www.MFA.org

April 5, 6

Spellbound Dance Company

Citi Performing Arts Center

(866) 348-9738

www.CitiCenter.org

April 9-28

"The Book of Mormon"

Boston Opera House

(617) 259-3400

www.BostonOperaHouse.com

April 17-May 5

"Schoolhouse Rock!"

Boston Children's Theatre

(617) 424-6634

www.BostonChildrensTheatre.org

April 19

Paula Poundstone

Wilbur Theatre

(800) 745-3000

www.TheWilburTheatre.com

April 25

Beethoven Piano Sonatas

New England Conservatory

(617) 585-1260

www.NECMusic.edu

April 27

A Cheerful Earful

Boston Symphony Hall

(888) 266-1200

www.BSO.org

April 29

Reflections on Tamara Brooks

New England Conservatory

(617) 585-1260

www.NECMusic.edu

Upcoming Events:

May 2-4

Brahms and Schubert

Boston Symphony Hall

(888) 266-1200

www.BSO.org

June 8

NEC Youth Philharmonic

Orchestra + Wolff

New England Conservatory

(617) 585-1260

www.NECMusic.edu

Dates and venues are

subject to change.

Boston
AREA EVENTS

