

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

May 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 |

Moving Out Soon?

If you know that you'll be moving but you haven't received your orders, you can still fill out your Notice to Vacate. Please remember that 30-days notification is required beginning the day you come into our office to fill out the proper paperwork. At that time, we'll schedule your pre-inspection and final inspection appointments. If you have any questions, please call the leasing office.

Landscaping Schedule

Monday: Langley Rd, Scott Cir, Kelly Ln, Adams Rd & Colonial Pl
Tuesday: Andrews Cir, Offutt Rd, Patterson Rd (Excludes 132-168), Ent Rd (Odd)
Wednesday: Ent Rd (Even), Fenway Ln (Excludes 64, 66), Cranberry Terr, Mayflower Rd, Libert Ln (55-100) & Heritage Rd (2-16)
Thursday: Freedom Cir, Heritage Rd (18-32), Dawes Terr, Constitution Dr & Liberty Ln (1-53)



Flower Day Giveaway

This year, our annual Flower Day Giveaway will be taking place on Wednesday, 22 May, from 1-4 P.M. at the Community Center (Bldg. 1998, Patterson Rd). This is a free event for our residents, so make sure you stop by to pick out your annual flowers. There's a limited number of flowers, so first come, first served.

Mulch Drop

In our efforts to help beautify our community, we'll be dropping piles of mulch throughout housing. (Locations are TBD.)

Pavilion - Now Available

The end of 2012, we finished building the new pavilion that's located on the side of the the Community Center. The pavilion includes picnic tables and grills. Residents are now able to use this area on a first-come, first-served basis.



This picture was taken at the FSS Pasta Night event, kicking off the Month of the Military Child.

May Is for Mothers

On the second Sunday in May, we honor mothers. Happy Mother's Day to all the moms out there!

Barbecue Grills

The use of charcoal bbq grills and gas fired grills on decks, balconies, covered parking areas, patios or under any building overhang are prohibited.

Office Closure

Our office will be closed on Monday, 27 May, in observance of Memorial Day.



find us on facebook!

Bouquets of Blossoms

May 1 is often celebrated as May Day, a spring holiday when baskets or bouquets of flowers are given to friends, family and neighbors. Celebrate May this year by learning some fun flower facts:

- The spice saffron comes from the fall-flowering crocus.
- Flower vegetables include cauliflower, artichokes and broccoli.
- The daisy's name came about because the flower's yellow center resembles the sun. It was called the "day's eye," which evolved over time into "daisy."
- In 1986, Congress voted to make the rose the national flower of the United States.
- The rose family also includes pears, apples, cherries, plums, peaches, apricots and almonds.
- A rosebush growing at St. Mary's Cathedral in Hildesheim, Germany, is thought to be the world's oldest at more than 1,000 years.
- The earliest known flower is *Archaeofructus sinensis*. Scientists discovered the fossilized flower in northeast China and believe it bloomed about 125 million years ago.
- Although dandelions are considered weeds, they are nutritious. The flowers and leaves are a good source of vitamins A and C, iron, calcium and potassium.
- Cut tulips will continue growing in a vase. They can grow up to another 3 inches.

"A morning glory at my window satisfies me more than the metaphysics of books."
—Walt Whitman



Try a New Sport

Participating in sports is a fun way to get some exercise and meet new people. If you're growing weary of familiar activities such as basketball and tennis, liven things up with one of these uncommon sports:

Squash. In this racquet sport, two players or two pairs rally a rubber ball against a wall in an indoor court. All shots must land above the tin, a metal strip at the bottom of the wall that echoes when a ball hits it. A fast-paced sport, squash can be an

intense cardiovascular workout.

Fencing. Derived from historical sword fighting, fencing is a sport in which players use blunted blades to defeat their opponent. Points are awarded when a player's blade touches a designated target area on the opponent's uniform.

Disc golf. This variation of regular golf uses Frisbee-like discs to hit a target, usually a basket. Just as there are different types of golf clubs, there are several types of discs. The shape of the disc's edge determines how far and how accurately it will fly.

Underwater hockey. Also called Octopush, this sport is exactly what it sounds like: hockey played at the bottom of a swimming pool. The stick is only 1 foot long, and the puck is around 3 pounds. Unlike ice hockey, body contact is limited, and players must rely on their swimming and diving skills rather than strength.



Cooking With Quinoa

It's cooked like rice and looks like couscous, but it has a richer, nuttier flavor than those grain products. Quinoa is making an appearance on more restaurant menus and recipe websites than ever before.

Quinoa (pronounced "keen-wah") is a grain-like crop grown for its edible seeds. It was first cultivated in ancient Peru.

Packed with protein, quinoa contains all nine essential amino acids. It is also a good source of iron, folic acid, magnesium, vitamin E, potassium and fiber.

The seed is incredibly versatile. Quinoa, which is gluten-free, can be served as a breakfast dish or a side, as a substitute for rice, or in stews and salads. It also is used in baking breads and muffins.

Other tidbits:

- Quinoa seeds have a bitter coating that must be soaked off before preparing. Most packaged quinoa is pre-soaked, but check the label before cooking.
- The United Nations declared 2013 the "International Year of Quinoa."
- Cook quinoa like rice: Add one cup quinoa to two cups liquid, bring to a boil and simmer for 15 minutes. For extra flavor, use chicken broth instead of water.
- The Incas called quinoa *chisaya mama*, or "mother of all grains."



Wedding Gift Guide

While receiving an invitation to a wedding is an honor, it can be overwhelming to pick the perfect gift for the happy couple. Keep these pointers in mind to help you find something special to show you care.

Know your options. Feel free to go off the registry—it is only a suggestion. However, if you aren't familiar with the couple's tastes, the registry is your safest bet. Money and gift cards—to a store on the registry or somewhere you know they shop—are also guaranteed to please. Remember, you can make any gift more meaningful with a handwritten, heartfelt message.

Divide and conquer. If you have a more expensive gift in mind but simply can't afford it, see if you can divide the cost among a group of friends or relatives. Another option is to buy a gift that's a set (such as tableware) and give some pieces at the shower and the rest at the wedding.

Fill a need. Think of things you couldn't live without, such as a vacuum cleaner, tool kit or fireproof box. The couple might not have thought to ask for these items and will be grateful that someone else did.

Go handmade. Use your talents to create a personal gift that will be treasured for years to come. Homemade quilts and tablecloths are pretty and practical, and a framed copy of the wedding invitation will be a fond reminder of the couple's special day.



One Minute Chef

Southwest Skillet Chicken and Rice

Ingredients:

- 2 teaspoons chili powder
- 2 teaspoons seasoned salt
- 1 1/2 pounds boneless, skinless chicken breast halves
- 1 tablespoon oil
- 1 can (15 ounces) black beans, drained and rinsed
- 1 can (14 1/2 ounces) petite diced tomatoes, drained
- 1 cup frozen corn
- 1 cup instant white rice
- 1 cup water

Directions:

Mix chili powder and seasoned salt in a small bowl. Sprinkle chicken with 1 teaspoon seasoning mixture.

Heat oil in a large, nonstick skillet on medium heat. Add chicken; cook 5 minutes per side or until lightly browned.

Stir in beans, tomatoes, corn, rice, water and remaining seasoning mixture. Bring to a boil. Reduce heat to low; cover and simmer 5 minutes or until chicken is cooked through and rice is tender. Let stand 5 minutes.

Cut chicken into serving-size pieces. Fluff rice mixture with fork before serving.

For more recipes, visit www.Lawrys.com.



Wit & Wisdom

"A mother's love for her child is like nothing else in the world."

—Agatha Christie

"I am sure that if the mothers of various nations could meet, there would be no more wars."

—E. M. Forster

"My mother loved children—she would have given anything if I had been one."

—Groucho Marx

"The art of mothering is to teach the art of living to children."

—Elaine Heffner

"All women become like their mothers. That is their tragedy. No man does. That's his."

—Oscar Wilde

"Sooner or later, we all quote our mothers."

—Bern Williams

"Some are kissing mothers and some are scolding mothers, but it is love just the same, and most mothers kiss and scold together."

—Pearl Buck

"I don't have a bank account, because I don't know my mother's maiden name."

—Paula Poundstone

"A mother's arms are made of tenderness and children sleep soundly in them."

—Victor Hugo

"A mother understands what a child does not say."

—Proverb

May 2013

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|-------------------------------------|----------------------------|---|---|--------|---|
| <i>May</i> | | | 1 Rent Is Due | 2 | 3 | 4 |
| 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 Flower Day Giveaway Community Center 1-4 P.M. | 23 | 24 | 25 |
| 26 | 27 Memorial Day Office Closed | 28 Pest Control On-Site | 29 | 30 | 31 | |

Boston Red Sox

Home Games

Fenway Park

(877) 733-7699

www.RedSox.com

- May 6-9 vs. Minnesota Twins
- May 10-12 vs. Toronto Blue Jays
- May 23-26 vs. Cleveland Indians
- May 27, 28 vs. Philadelphia Phillies

Through May 5

"Schoolhouse Rock!"

Boston Children's Theatre

(617) 424-6634

www.BostonChildrensTheatre.org

May 2-4

Brahms and Schubert

Boston Symphony Hall

(888) 266-1200

www.BSO.org

May 2-12

Chroma

Boston Ballet

(617) 695-6955

www.BostonBallet.org

May 3

George Wallace

Wilbur Theatre

(800) 745-3000

www.TheWilburTheatre.com

May 9

Alex Clare

Paradise Rock Club

(800) 745-3000

www.LiveNation.com

May 10

An Evening With

Joe Bonamassa

Citi Performing Arts Center

(866) 348-9738

www.CitiCenter.org

May 10-June 8

"In the Heights"

SpeakEasy Stage

(617) 933-8600

www.SpeakEasyStage.com

May 12

Lilac Sunday

Arnold Arboretum

(617) 524-1718

www.Arboretum.Harvard.edu

May 16-19

Alvin Ailey American

Dance Theater

Citi Performing Arts Center

(866) 348-9738

www.CitiCenter.org

May 17

Josh Ritter and The Royal

City Band

House of Blues Boston

(888) 693-2583

www.HouseOfBlues.com

May 25

NEC Youth Philharmonic

Orchestra + Wolff

New England Conservatory

(617) 585-1260

www.NECMusic.edu

Upcoming Events:

June 29

The Fab Faux

Wilbur Theatre

(800) 745-3000

www.TheWilburTheatre.com

July 19-Aug. 17

"How We Got On"

Boston Center for the Arts

Theatre Plaza

(617) 933-8600

www.CompanyOne.org

Dates and venues are subject to change.

Boston
AREA EVENTS