

Committed to Quality.
Dedicated to Service.



A Hunt Military Community

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Phone: (781) 861-5062 • Fax: (781) 274-7717 • www.hanscomfamilyhousing.com

June 2013



Hanscom Family Housing Staff

Kelley Casey Community Director
Angel Medeiros ... Asst. Comm. Director
Karen Driscoll Admin. Assistant
Maria Rivera 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
Gloria Landaverde

You're the Man!

Don't forget to wish all the dads out there a happy Father's Day, the third Sunday in June.

Snap a Picture

June 15 is Nature Photography Day. Put on some comfortable clothes, grab your camera, and head outdoors to capture some images of Mother Nature.

Summer Buzz Expo

The FSS is hosting a Summer Buzz Expo taking place on June 19 from 11-2. This expo will feature vendors from the base and community; there will be kids' activities and a chance for you to get your Summer Buzz gear. We are proud to be a co-sponsor for this event. We hope to see you there.

More Fun in the Sun

The summer solstice is the day of the year with the longest period of daylight. In North America, it is considered the first day of summer. In 2013, the solstice occurs on June 21. Enjoy your summer!

Flower Day Giveaway

We'd like to thank all of our residents for coming to our event. It was nice to see you be eager to improve your yards and our community.

Easy Way to Cut Calories

Switch from bacon to Canadian bacon at breakfast to lower your calorie and saturated fat intake.



Yard of the Month

Don't forget Yard of the Month begins this month and ends in August. Yards must be within standards to be eligible. We look forward to seeing how you beautify your lawn.

Can You Take the Heat?

Performing one simple routine maintenance task could save you money and your life. Once a year, clean the hose to your dryer vent. Even if you diligently clean the lint filter after every load, lint still builds up in your exhaust pipe. Lint is highly combustible, and cleaning the exhaust hose can prevent a buildup that could cause a fire.

Motivational Tip

"Believe you can and you're halfway there." —Theodore Roosevelt

Outdoor Recreation

Residents should contact Outdoor Recreation to get a reserved parking space in their RV Lot for boats, trailers and campers. Recreational vehicles are allowed in our housing area only up to 24 hours before and after use of the vehicle for prep and cleanup time. Outdoor Recreation can be reached at (781) 225-6621.

Our Nation's Army

On June 14, 1775, Congress established the United States Army, one year before the Declaration of Independence was signed.

No More Sticky Stuff

Vinegar can be used to dissolve many common adhesives, such as the sticky residue sometimes left by labels.

Father Figures

Sometimes, the dads we see on television impact our lives as much as our own parents. This Father's Day, take a trip down memory lane and remember these fictional fathers:

Andy Taylor. On "The Andy Griffith Show," Sheriff Taylor (Andy Griffith) was a widowed father raising his son, Opie, in the fictional small town of Mayberry, N.C. Taylor often showed his dedication to Opie, taking him fishing and teaching him life lessons.

Howard Cunningham. Set in the 1950s, "Happy Days" featured Mr. Cunningham (Tom Bosley) as the loving authority figure of his household. In addition to parenting his own children with poise, "Mr. C" frequently gave fatherly advice to his son's friends.

Charles Ingalls. Lovingly called "Pa" by his daughters, Charles Ingalls (Michael Landon) was an upstanding member of the community in "Little House on the Prairie." As a frontier man, Ingalls showed strength, wisdom and compassion.

Cliff Huxtable. The patriarch of "The Cosby Show," Dr. Huxtable (Bill Cosby) was an obstetrician and father of five. Known for his gentle humor, sensible advice and collection of colorful sweaters, Huxtable taught his children the importance of hard work and responsibility.

Tim Taylor. The '90s brought a pattern of well-meaning but often inept TV dads, including the clumsy Tim "The Tool Man" Taylor (Tim Allen) of "Home Improvement." Faced with the challenge of raising three energetic sons, Taylor and his wife, Jill, often sought advice from their wise neighbor, Wilson.

"Nothing I've ever done has given me more joys and rewards than being a father to my children." —Bill Cosby



Savor the Flavors of Summer

The joys of summer are plentiful, including an abundance of fresh fruits and vegetables that are ready to tempt your taste buds. Here are some ways to ensure that fresh seasonal selections will be part of your summer menus:

Garden goodness. If you know someone who has a garden, you're in luck. Many gardeners raise more produce than they can use. Earn yourself some of the harvest by offering to help with weeding, watering

and other garden chores. An alternative is to check with your city about participating in a community garden.

Farm fresh. Plan a visit to the local farmers' market or a roadside stand, where the produce is usually fresher than fare shipped from afar. The prices are often lower than the supermarket, and you will be supporting local growers. Also, the food is less likely to have been exposed to pesticides, herbicides and chemical fertilizers.

Pick a peck. To find out if there is a farm or orchard nearby where you can harvest produce yourself, visit www.PickYourOwn.org. Pick extra and freeze it for future use.

Fresh fruits and vegetables not only taste wonderful, they are full of vitamins, minerals and antioxidants. So give your body and brain a boost while enjoying the summer harvest.

Hidden Dirt in the Home

When it's time to clean house, it's common to focus on basic sweeping and dusting. However, you might be neglecting some areas where dirt and grime can hide, such as:

Coffee maker. Coffee pots should be washed regularly, but the machine itself also needs periodic cleaning to prevent minerals and mold from growing inside. Run a cycle with just water, then pour a mixture of equal parts lemon juice and water into the reservoir and let it sit for 15 minutes. Run the cycle with the solution and then once more with water. An alternative to lemon juice is white vinegar.

Small electronics. Lots of hands touch everyday items such as phones, the computer mouse and keyboard, and remote controls. Clean them regularly with antibacterial wipes, especially when someone has been ill.

Fans. Fan blades gather plenty of dust, which can harm the motor and spread dirt around your home. Unplug the fan and remove the guard covering the blades. Use mild dish soap and warm water to clean the guard and blades. Let all pieces dry before reassembling the fan.

Ice cube trays. Odors in the freezer can be absorbed by the trays, causing the cubes—and your beverages—to taste unpleasant. For a thorough cleaning, mix two teaspoons of baking soda with one half cup of warm water and scrub each section of the tray with a cloth.





Storage for the Digital Age

As technology improves and more tasks are done on the computer, the way we store information also changes. Paper copies are becoming a thing of the past, but the need to save and transport data remains. Several options are available to keep digital files organized and available on the go.

External hard drive. This device uses the same technology as your computer's hard drive, but in a portable form. Although they can be expensive and must be handled carefully, external hard drives hold very large amounts of data—even entire programs—and are compatible with most computers.

CDs and DVDs. These devices are used for storing large files such as music, photos and videos. DVDs usually have five to 10 times the storage capacity of CDs. Some types of CDs and DVDs only allow you to "burn" data to the disc once, but others can be updated and rewritten.

Flash drive. Also called a thumb drive or jump drive, this small memory stick transfers information via a computer's USB port. Durable and fast, flash drives hold a large amount of data in an inexpensive, compact unit.

Memory cards. Another sturdy option, memory cards are commonly used in digital cameras and camcorders, video game systems, and cell phones. Memory cards are available in full, mini, and micro sizes to fit different gadgets.



One Minute Chef

Pasta Salad With Vegetables

Ingredients:

- 3/4 cup mayonnaise dressing with olive oil, divided
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon ground black pepper
- 6 cups assorted fresh vegetables, such as zucchini, red and yellow peppers, and red onion, sliced
- 1 box (16 ounces) fusilli pasta, cooked, drained and cooled
- 1/3 cup sliced black olives
- 1 cup loosely packed fresh basil leaves, chopped

Directions:

Blend 1/4 cup mayonnaise, vinegar and ground black pepper in medium bowl. Stir in vegetables.

Heat oven to 400 degrees F. Place vegetable mixture in a baking dish and roast in oven for about 15 minutes, stirring once, until vegetables are crisp-tender. Cool.

Combine vegetables with remaining mayonnaise, pasta, olives and basil in large bowl. Serve immediately, or cover and refrigerate until ready to serve.

Find more recipes at
www.Hellmanns.com.



Wit & Wisdom

"The summer night is like a perfection of thought."

—Wallace Stevens

"Oh, the summer night,
Has a smile of light,
And she sits on a sapphire throne."

—Barry Cornwall

"Ah, summer, what power you have to make us suffer and like it."

—Russell Baker

"Occasionally I have come across a last patch of snow on top of a mountain in late May or June. There's something very powerful about finding snow in summer."

—Andy Goldsworthy

"I like summer. I like warmer weather and long days. I'm one of those silly people who still enjoy lying in the sun—my children are horrified!"

—Danielle Steel

"In summer, the song sings itself."

—William Carlos Williams

"It's a cruel season that makes you get ready for bed while it's light out."

—Bill Watterson

"In June, as many as a dozen species may burst their buds on a single day.

No man can heed all of these anniversaries; no man can ignore all of them."

—Aldo Leopold

"What is one to say about June, the time of perfect young summer, the fulfillment of the promise of the earlier months, and with as yet no sign to remind one that its fresh young beauty will ever fade."

—Gertrude Jekyll

June 2013

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



						1 Hazardous Waste Pickup Neighborhood Center 9 a.m. - 12 p.m.
2	3 Rent Is Due	4 Pest Control On-Site	5	6	7	8
9 	10	11 Pest Control On-Site	12	13	14 	15
16 	17	18 Pest Control On-Site	19 Summer Buzz Expo 11-2	20	21 	22
23/30	24	25 Pest Control On-Site	26	27	28	29

Boston Red Sox

Home Games

Fenway Park

(877) 733-7699

www.RedSox.com

- June 4-6 vs. Texas Rangers
- June 7-9 vs. Los Angeles Angels
- June 18, 19 vs. Tampa Bay Rays
- June 25, 26 vs. Colorado Rockies
- June 27-30 vs. Toronto Blue Jays

Through June 8

"In the Heights"

Speakeasy Stage

(617) 933-8600

www.SpeakeasyStage.com

Through June 16

Mario Testino:

British Royal Portraits

Museum of Fine Arts

(617) 267-9300

www.MFA.org

Through June 16

Kings, Queens and Courtiers:

Royalty on Paper

Museum of Fine Arts

(617) 267-9300

www.MFA.org

June 8

NEC Youth Philharmonic

Orchestra + Wolff

New England Conservatory

(617) 585-1260

www.NECMusic.edu

June 11

Enrico Rava Quintet

Berklee Performance Center

(617) 747-2261

www.BerkleeBPC.com

June 14

Delbert McClinton

Wilbur Theatre

(800) 745-3000

www.TheWilburTheatre.com

June 22

Legends of Boston Comedy

Citi Performing Arts Center

(866) 348-9738

www.CitiCenter.org

June 23

Juanes

House of Blues Boston

(888) 693-2583

www.HouseOfBlues.com

June 26

One Direction

Comcast Center

(800) 745-3000

www.LiveNation.com

June 26

Bruno Mars

TD Garden

(800) 745-3000

www.TDGarden.com

June 29

The Fab Faux

Wilbur Theatre

(800) 745-3000

www.TheWilburTheatre.com

Upcoming Events:

July 19

Steel Magnolia

Brighton Music Hall

(617) 779-0140

www.BrightonMusicHall.com

Aug. 7-Sept. 15

"Wicked"

Boston Opera House

(617) 259-3400

www.BostonOperaHouse.com

*Dates and venues are
subject to change.*

Boston
AREA EVENTS