

Committed to Quality.  
Dedicated to Service.

## August 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  
Tony Wyman ..... Bookkeeper

### Maintenance Staff

Howard Schon	Luis Ortiz
Phil Payne	George Grimes
Doug Best	Raquel Calles
Tony Simmonds	Jake Calo
Gloria Landaverde	Gary Burns



### From Window to Table

When you buy green onions, harvest what you need of the green top, then submerge the root ends in a glass of water and place it on a sunny windowsill. The green tips will regrow and can be harvested again and again. For best results, rinse the roots and change the water periodically.



A Hunt Military Community

101 Northbridge Rd. • Hanscom AFB, MA 01731  
Phone: (781) 861-5062 • Fax: (781) 274-7717 • [www.hanscomfamilyhousing.com](http://www.hanscomfamilyhousing.com)



Summer Buzz Expo - 19 June 2013

### Easy Way to Cut Calories

When whipping up summer salads, replacing 2 tablespoons of regular mayonnaise with the reduced-fat variety will save you 100 calories.

### Close Your Eyes

If you feel sleepy during the day, take a brief nap. Naps can help with visual and motor skills. Some studies have found they can even decrease the risk of heart disease.

### Man's Best Friend

Aug. 26 is National Dog Day. More people in the United States have dogs as pets than any other animal.

### Sweet on Sweet Potatoes

They are not just for Thanksgiving dinner: Eating more sweet potatoes year-round is good for your health. Sweet potatoes are a great source of vitamin C, manganese and antioxidants. They are high in fiber and complex carbohydrates. Plus, one sweet potato has four times the recommended daily intake for beta carotene, which the body converts to vitamin A. Vitamin A helps keep your bones, eyes and immune system healthy. Other compounds in sweet potatoes have anti-inflammatory benefits. They are also low in calories. Isn't that sweet?

### Catch Those Drips

To prevent sticky hands while eating a Popsicle or ice cream bar, slip the stick through a paper or foil cupcake liner.



### Teatime

Drinking tea regularly may reduce your risk of developing Alzheimer's disease, diabetes and some cancers. Tea is full of flavonoids, a type of antioxidant. It is best to drink the tea freshly brewed.

### Sweet Summer

Savor the season. Summer's in full swing!

### Seasonal Selections

Tomatoes, onions, peppers and garlic are full of vitamins and other compounds that are good for your body. You can find them fresh this time of year, so throw some of these super foods into a blender with cilantro and a little lemon juice to create your own homemade salsa.

## Clowning Around

The idea of clowns often conjures images of someone in whiteface with a colorful wig and oversized shoes. However, this is only one type of clown. Clowning is more about the actions and behavior of a performer than makeup, wigs or red noses.

The earliest reports of clowning date back to Egypt in 2400 B.C., and from the pantomimes in ancient Greece to court jesters in the Middle Ages, clowns have been peppered throughout history. A form of comedic street theater called *commedia del'arte* thrived in Italy from the 1500s to the 1700s. In the first years of the 19th century, clowns began appearing in circus shows.

The introduction of silent films in the early 1900s gave clowning a wider audience and produced stars such as Buster Keaton, Charlie Chaplin and Harold Lloyd.

Many prestigious clown colleges still exist worldwide. The Ringling Brothers and Barnum & Bailey Clown College trained clowns in the Ringling style from 1968 to 1997. Famous graduates include illusionist Penn Jillette, actor David Strathairn and Bill Irwin. Irwin has done clown work on stage and screen, most notably on his show "The Regard of Flight." He has also introduced children to his brand of clowning through segments on "Sesame Street" as Mr. Noodle.

Whether at the circus or on the screen, clowning is a tradition sure to be passed down for many generations to come.

**"I remain just one thing,  
and one thing only,  
and that is a clown.**

**It places me on a far higher  
plane than any politician."**

**—Charlie Chaplin**



## Back-to-School Savings for Everyone

Back-to-school sales are everywhere this time of year, and it's the perfect opportunity to take advantage of some great deals—even if you don't have school-age children. Check out the following ways you can save during school shopping season:

*Enhance your office.* Not only is this a good time to stock up on typical office supplies such as pens and paper, but many stores also offer back-to-school deals on desktop computers, laptops and tablets. Look

for discounts on printers and ink cartridges, as well.

*Improve your home.* Need a new floor lamp? How about storage bins, bedding, or even a new microwave? Many stores offer significant savings on furniture and appliances geared toward college students, but everyone can benefit from the bargains.

*Update your wardrobe.* Students want a fresh look for the new semester, so most clothing stores will have huge sales, especially on jeans and shoes. Fall styles will be out already, so now is your chance to get a new outfit for a low price.

*Begin your gift list.* Get a head start on holiday shopping by picking up popular gift items, such as a picture frame, journal or art supplies. You can also find inexpensive crayons, stickers and other goodies to donate to charities that fill backpacks or boxes with items for children in need.

## Simple Steps for a Perfect Smoothie

With plenty of nutrients and a sweet, creamy taste, smoothies are perfect for breakfast or anytime. To make your own great-tasting smoothie, review the basic building blocks below:

*Liquid base.* Milk—whether it's dairy, soy, almond or coconut—makes an ideal base, as its neutral taste won't interfere with the rest of your ingredients. Fruit juices contain extra flavor and vitamins, but beware of additional calories and sugar. Other good base options are plain yogurt, tea, coffee or water.

*Fruits and vegetables.* Aim for a combination of creamy fruits—such as bananas, peaches and mangoes—and fruits with more water content, such as berries. Smoothies are also a great way to sneak in a serving or two of veggies; try adding mild, leafy

greens, such as spinach or kale.

*Extras.* Various additional ingredients will help your smoothie have more flavor, thickness and nutrition. Make your smoothie a meal on its own by adding protein powder or peanut butter. Oats provide long-lasting energy, and chia and flax seeds contain omega-3 fatty acids and fiber. For an extra dash of sweetness, add honey, cinnamon or vanilla extract.

*Ice.* If you have used mostly fresh fruits and vegetables, you'll need a few cubes of ice for a thick, chilled smoothie. With frozen ingredients, you may not need any ice at all.





### Bright Beacons

The concept of lighthouses was born from simple bonfires built on hillsides. Over time, these beacons evolved into the iconic towers we know today.

Lighthouses aid mariners navigating the sea by warning them of hazardous conditions, notifying them land is near and establishing location.

The two major components of a lighthouse tower are the light source, known as the lamp, and the lens, which concentrates the light. These are housed in the lantern room at the top of the tower.

Through the years, lamps were fueled by coal, oil and kerosene. Lighthouse keepers replenished fuel, cleaned the lenses and handled overall operation of the structures.

In the early 20th century, electricity began replacing fuel, and, as technology evolved, lighthouse operations became automated.

Perhaps the oldest known lighthouse, the Pharos of Alexandria in Egypt, was built between 280 and 247 B.C. At more than 400 feet, it was among the tallest manmade structures on Earth for centuries and was considered one of the Seven Wonders of the Ancient World.

The first lighthouse in what would become the United States was built in 1716 on Little Brewster Island in Boston Harbor. It was destroyed by British troops in 1776 but rebuilt in 1783.



## One Minute Chef

### Strawberry and Ricotta Stuffed French Toast

#### Ingredients:

- 1/2 cup low-fat ricotta cheese
- 2 teaspoons granulated sugar
- 1/2 teaspoon vanilla extract, divided
- 4 large eggs, beaten
- 1/2 cup milk
- 8 slices whole-wheat bread
- 2 cups fresh, sliced strawberries, divided
- Nonstick cooking spray
- Powdered sugar
- Maple syrup (optional)

#### Directions:

Combine ricotta cheese, sugar and 1/4 teaspoon vanilla in small bowl; mix well. Combine eggs, milk and remaining vanilla in a bowl; mix well.

Spread ricotta-sugar mixture evenly over four bread slices. Top each slice with 1/4 cup sliced strawberries and remaining bread slices to form four sandwiches.

Spray large skillet with nonstick cooking spray; heat over medium heat. Carefully dip sandwiches in egg mixture, coating both sides. Cook on each side for two to three minutes or until golden brown.

Sprinkle with powdered sugar and top with remaining strawberries. Serve with maple syrup, if desired.

*Find more recipes at*  
[www.RomanMeal.com](http://www.RomanMeal.com).



### Wit & Wisdom

“We are tied to the ocean.  
And when we go back to the sea,  
whether it is to sail or to watch—we  
are going back from whence  
we came.”

—John F. Kennedy

“How inappropriate to call this planet  
Earth when it is quite clearly Ocean.”

—Arthur C. Clarke

“I still love things that you don’t even  
need to pay for. Going to the beach  
and being around five of your friends  
and having a good time means so  
much more than going out and  
spending hundreds of dollars.”

—Maria Sharapova

“Ocean: A body of water occupying  
about two-thirds of a world made for  
man—who has no gills.”

—Ambrose Bierce

“But more wonderful than the lore of  
old men and the lore of books is the  
secret lore of ocean.”

—H. P. Lovecraft

“The least movement is of importance  
to all nature. The entire ocean is  
affected by a pebble.”

—Blaise Pascal

“Every drop in the ocean counts.”

—Yoko Ono

“Well, when I was a kid,  
I grew up in San Diego next  
to the ocean. The ocean was my  
friend—my best friend.”

—Robert Ballard

“My eyes are an ocean in which my  
dreams are reflected.”

—Anna M. Uhlich

# August 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Air Force Day Rent Is Due	2	3 Hazardous Waste Pickup Neighborhood Center 9 a.m. - Noon
4 Coast Guard Day	5	6 Pest Control on Site	7	8	9 	10
11	12	13 Pest Control on Site	14	15	16	17
18	19	20 Pest Control on Site	21	22	23	24 celebrate <b>SUMMER!</b> 
25 	26	27 Pest Control on Site	28	29	30	31

## Boston Red Sox

### Home Games

Fenway Park

(877) 733-7699

[www.RedSox.com](http://www.RedSox.com)

- Aug. 1 vs. Seattle Mariners
- Aug. 2-4 vs. Arizona Diamondbacks
- Aug. 16-18 vs. New York Yankees
- Aug. 27-29 vs. Baltimore Orioles
- Aug. 30-Sept. 1 vs. Chicago White Sox

## Through Aug. 3

### Brilliant Beginnings:

#### The Athenaeum and the Museum in Boston

Boston Athenaeum

(617) 227-0270

[www.BostonAthenaeum.org](http://www.BostonAthenaeum.org)

## Through Aug. 17

### "How We Got On"

Boston Center for the Arts

Theatre Plaza

(617) 292-7110

[www.CompanyOne.org](http://www.CompanyOne.org)

## Aug. 7-Sept. 15

### "Wicked"

Boston Opera House

(617) 259-3400

[www.BostonOperaHouse.com](http://www.BostonOperaHouse.com)

## Aug. 9

### Diana Ross

Citi Performing Arts Center

(866) 348-9738

[www.CitiCenter.org](http://www.CitiCenter.org)

## Aug. 10-Feb. 23, 2014

### Holland on Paper:

#### The Age of Art Nouveau

Museum of Fine Arts

(617) 267-9300

[www.MFA.org](http://www.MFA.org)

## Aug. 16

### Tony Lucca

Brighton Music Hall

(617) 779-0140

[www.CrossroadsPresents.com](http://www.CrossroadsPresents.com)

## Aug. 21

### Pat Benatar and Neil Giraldo

House of Blues Boston

(888) 693-2583

[www.HouseOfBlues.com](http://www.HouseOfBlues.com)

## Aug. 31

### Hanson

House of Blues Boston

(888) 693-2583

[www.HouseOfBlues.com](http://www.HouseOfBlues.com)

## Upcoming Events:

### Sept. 25-Feb. 15, 2014

#### Collecting for a New Century:

#### Paintings and Sculptures

Boston Athenaeum

(617) 227-0270

[www.BostonAthenaeum.org](http://www.BostonAthenaeum.org)

## Oct. 4

### Ralphie May

Wilbur Theatre

(866) 448-7849

[www.TheWilburTheatre.com](http://www.TheWilburTheatre.com)

*Dates and venues are subject to change.*

# Boston AREA EVENTS