

Committed to Quality.  
Dedicated to Service.

## September 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  
Melissa Capps ..... Maintenance Coord.  
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



### Back to School

The neighborhood will soon be teeming with young pedestrians heading back to school. Please drive slowly and carefully to make sure our kids stay safe. Thank you!

"Success is how high you bounce when you hit bottom." —George Patton



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)



2012 CEL Survey Winners and our Neighborhood Contest Winner.

### CEL Survey

Residents will be receiving a customer satisfaction survey in October. If you fill out the survey and mail it in with your entry ballot, you will be entered to win some great prizes. We encourage all residents to participate in this survey and we look forward to hearing your feedback.



Our community is dedicated to making sure you feel at home. We've had several residents move in these past couple of months and we'd like to extend a special welcome to those folks who are new to our community. We're proud to welcome you home!

### Heroes Homecoming



It's always nice to recognize military members who recently returned home from deployment. We enjoyed participating in the Heroes Homecoming that took place on 23 and

25 July. Thank you for your service and sacrifice!

### U.S.A. Begins With "United"

Ordinary Americans are extraordinary people. When we think back to the horror of Sept. 11, 2001, we also recall the valor and humanity that have brought healing to our nation. Americans come together for Patriot Day, the annual memorial of 9-11. There are still victims to console, heroes to applaud and futures to build.

### Farewell to Summer

Observed on the first Monday in September, Labor Day recognizes the achievements of American workers. Many people consider Labor Day the end of the summer season and organize cookouts and other outdoor events. The week of Labor Day also marks the start of the National Football League's regular season.

## The Fascinating Lives of First Ladies

Nancy Reagan said, "The first lady is, first of all, a wife." Additionally, a first lady of the United States is expected to make media appearances, host social events and be an advocate for political issues. It's no wonder that each woman of the White House has her own story to tell.

Here's a look at some first lady facts:

- The first of the first ladies, Martha Washington, was also the first historical female figure to appear on a U.S. postage stamp.
- The first woman to live in the White House, Abigail Adams was also the first woman to be both a wife and mother of a U.S. president. Barbara Bush is the second.
- Anna Harrison was the only wife and grandmother of a U.S. president.
- At 21, Frances Cleveland was the youngest first lady, and the only one to marry in the White House. She also gave birth to two children there.
- Eleanor Roosevelt was nicknamed "First Lady of the World" by Harry Truman.
- Jackie Kennedy won an Emmy Award for her television tour of the White House.
- The first wife of a president to have earned a graduate degree (from the University of Southern California), Pat Nixon was also the first one to wear pants in public!

**"The first lady is, and always has been, an unpaid public servant elected by one person, her husband."**

**—Claudia "Lady Bird" Johnson**



## Nice to Know You, Neighbor

From densely populated urban areas to sprawling acreage in the country, good neighbors are an asset, and one of the best ways to encourage good neighbors is to be one yourself. Here are some tips for being tops in your community:

*Introduce yourself.* Besides being polite, introducing yourself to those who live near you can have multiple benefits. Should any confrontations arise, it's easier to work through a problem when you know the person

you're dealing with. Additionally, when neighbors know you and your "routine," it's easier for them to spot things that are out of the ordinary at your home.

*Be respectful.* Everyone's lifestyle is different. You may enjoy loud music and conversation, but that doesn't mean your neighbors do. Keep the volume down, especially late at night or early in the morning. If you're hosting a party, let your neighbors know so they can contact you if the reveling gets too loud.

*Random acts of kindness.* If you see a neighbor struggling with bags of groceries, offer a helping hand. Double the recipe the next time you bake cookies or muffins, and share some with your neighbors.

Ultimately, being a good neighbor is as simple as practicing the golden rule—treat others how you would like to be treated.

## A Lot to Love About Lavender

Known for its pleasant scent and pretty purple color, lavender has many uses that benefit the mind and body.

The blossoms of this shrub-like perennial herb produce oil that contains more than 150 compounds and gives the plant its fragrance. According to the Journal of the National Cancer Institute, one such compound, perillyl alcohol, has been effective in treating some forms of cancerous tumors.

Lavender oil should not be ingested, but when applied externally, the oil provides pain relief and works as an antiseptic. By increasing cell growth, it can help wounds heal faster and reduce the appearance of scars.

Lavender is used to treat acne, eczema, rashes and burns, including sunburns. It can also be used as an insect repellent.

Before use, lavender oil needs to

be diluted with water or a carrier oil, such as olive or almond oil.

Because of its relaxing properties, lavender is frequently used to treat insomnia, anxiety and depression, often in the form of aromatherapy oil, lotion and soaps.

Cooking with the herb has become increasingly popular. Lavender spikes and leaves are used like rosemary in savory dishes such as beef, pork, potatoes and fish. The fresh or dried blossoms are crushed or ground to make lavender-flavored cookies, ice cream and lemonade.







### Food Label Lesson

Many of us are mindful of healthful eating, and food labels are full of marketing terms to trick us into believing a product is good for us. Before your next shopping trip, make sure you know the truth behind some common grocery labels:

**All natural.** Because it's not defined by the Food and Drug Administration, the term "all natural" leaves plenty of room for interpretation. All-natural foods probably won't contain artificial colors or flavors or synthetic substances, but they often have preservatives, extra sodium and high fructose corn syrup.

**Organic.** To get the "organic" label, food has to pass rigorous federal regulations to ensure it was grown or processed without pesticides, growth hormones or genetically modified organisms. Keep in mind that organic foods can still have plenty of calories, fat and sugar.

**Sugar- or fat-free.** Products labeled as sugar-free may have more fat and calories than the regular version, whereas fat-free foods often contain more sugar and sodium. And "free" doesn't always mean "zero"; these products may still contain small amounts of sugar or fat.

**Gluten-free.** People allergic to gluten, a protein found in grains, will benefit from choosing gluten-free products. However, unless you have a gluten intolerance, gluten-free foods have no additional benefits and often contain less fiber and other nutrients than regular whole-grain products.



## One Minute Chef

### Quick and Easy Black Bean Salad

#### Ingredients:

- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 yellow bell pepper, diced
- 1/2 cup diced red onion
- 1 (15.25-ounce) can whole kernel corn, drained
- 1 clove garlic, minced
- 1 teaspoon cilantro
- 1/4 cup olive oil
- 4 tablespoons red wine vinegar
- 1 teaspoon lime juice
- Salt and pepper to taste
- 1 (15-ounce) can black beans, rinsed and drained
- Tortilla chips or pita chips

#### Directions:

In a large bowl, combine the bell peppers, red onion, corn, garlic and cilantro.

In a small bowl, whisk together the olive oil, vinegar and lime juice. Add to the vegetables.

Add salt and pepper to taste.

Add black beans and toss well.

Serve with tortilla chips or pita chips.

For more recipes, visit  
[www.Facebook.com/CansGetYouCooking](http://www.Facebook.com/CansGetYouCooking).



### Wit & Wisdom

"I do not know anyone who has got to the top without hard work. That is the recipe. It will not always get you to the top, but should get you pretty near."

—Margaret Thatcher

"A dream doesn't become reality through magic; it takes sweat, determination and hard work."

—Colin Powell

"Pleasure in the job puts perfection in the work."

—Aristotle

"Dictionary is the only place that success comes before work."

Hard work is the price we must pay for success. I think you can accomplish anything if you're willing to pay the price."

—Vince Lombardi

"Hard work spotlights the character of people: some turn up their sleeves, some turn up their noses, and some don't turn up at all."

—Sam Ewing

"It's true hard work never killed anybody, but I figure, why take the chance?"

—Ronald Reagan

"Hard work without talent is a shame, but talent without hard work is a tragedy."





—Robert Half

"Luck? I don't know anything about luck. I've never banked on it and I'm afraid of people who do."

Luck to me is something else: Hard work—and realizing what is opportunity and what isn't."

—Lucille Ball

# September 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Labor Day Office Closed	2 First Day of School Rent Is Due Pest Control on Site	3	4	5	6
8 	9	10 Pest Control on Site	11 	12	13	14
15	16	17 Pest Control on Site	18	19	20	21
22	23	24 Pest Control on Site	25	26	27 	28
29	30	 <b>SEPTEMBER</b>				

## Boston Red Sox

### Home Games

Fenway Park

(877) 733-7699

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

- Sept. 1 vs. Chicago White Sox
- Sept. 2-4 vs. Detroit Tigers
- Sept. 13-15 vs. New York Yankees
- Sept. 17-19 vs. Baltimore Orioles
- Sept. 20-22 vs. Toronto Blue Jays

## Through Sept. 8

### Chinese Lacquer 1200-1800

Museum of Fine Arts

(617) 267-9300

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

## Through Sept. 15

### "Wicked"

Boston Opera House

(617) 259-3400

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

## Sept. 8

### The Ladies of General Hospital

Wilbur Theatre

(866) 448-7849

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

## Sept. 13

### The Rosebuds

Café 939

(617) 779-0140

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

## Sept. 14

### City and Colour

Orpheum Theatre

(617) 779-0140

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

## Sept. 19-Oct. 13

### "God of Carnage"

Merrimack Repertory Theatre

(978) 654-4678

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

## Sept. 21, 24

### All-Brahms Program

Boston Symphony Hall

(888) 266-1200

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

## 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)

## Sept. 26-Oct. 1

### Mahler's "Symphony No. 2"

Boston Symphony Hall

(888) 266-1200

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

## Sept. 27

### Chris Hardwick

Wilbur Theatre

(866) 448-7849

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

## Upcoming Events:

## Oct. 17-19

### Wagner, Mozart and Brahms

Boston Symphony Hall

(888) 266-1200

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

## Nov. 16

### Prokofiev "Peter and the Wolf"

Boston Symphony Hall

(888) 266-1200

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

*Dates and venues are subject to change.*

# Boston AREA EVENTS