

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

September 2011



Hanscom Family Housing Staff

Kelley Casey Community Director
Angel Medeiros Asst. Comm. Director
Amanda Garrett Leasing Agent
Nicole Pippas Leasing Agent
John Tew Maintenance Director
Doug Best Maintenance Coordinator

Maintenance Staff

Rob Waters	Howard Schon
Steve Devlin	David Katt
Phillip Payne	Luis Ortiz
Jeff Alton	George Grimes
Carolina Amaya	Nate Glover

Welcome Home

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 are proud to welcome you home!

CEL Survey

All residents will be receiving a customer service survey in September. If you fill it out and return the survey, your name will be entered to win one of the following prizes:

1st Prize: HDTV

2nd Prize: Tablet

3rd Prize: Gift Certificate to the Marriott Long Wharf in Boston

We encourage all residents to participate in this survey and we look forward to hearing your feedback.

5K CEL Fun Run/Walk

It's time for our 3rd annual 5K CEL Fun Run/Walk. This is a fun, family event that kicks off our CEL surveys. All housing residents are welcome to participate. Children under 13 must have a parent present. The meeting point will be located at the Community Center. Participants interested in walking will meet at 9 A.M. and those interested in running will meet at 9:30 A.M. on Saturday 24 September 11. All residents interested in participating must contact our office by 16 September 11.

In Tribute

On Patriot Day, Sept. 11, remember all those who lost their lives as a result of the terrorist attacks against the United States in 2001.

Tenant Representatives

Flintlock Ridge: Pamela

Amburgey (psa8577@gmail.com)

Patriot Village: Matthew Woolums

(matthew.woolums@us.army.mil)

Adam Gizelbach

(adam.gizelbach@hanscom.af.mil)

Battle Road Glen: David Villaroel

(david.villaroel@us.army.mil)

Musket Meadows: Representative Needed

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. Thanks!



Find us on
Facebook

Pets

Please remember to keep your pets on leashes at all times in our community. This is a safety issue for both pets and owners, who are liable for their pets' actions. Also, keep in mind that you are responsible for keeping the grounds clean and sanitary. Thank you for your cooperation.

Personal Property

Even though we are on a military installation, it is important that you secure your personal property. Make sure at the end of the day all of your belongings are placed in your home or garage. If you experience any criminal activity, please call Security Forces at (781) 377-2314.

Hard-Core About Apples

Apples appear as the archetypal symbol of health, and for good reason. They are an excellent source of antioxidants, fiber and potassium. Apples may lower the risk of asthma, lung cancer and other diseases, and they also combat tooth decay by cleaning teeth and gums and fighting off bacteria. Here are some other facts about the fruit:

- *Doctor deterrent.* One of the earliest printed instances that “an apple a day keeps the doctor away” can be found in an 1866 edition of the Oxford Journal, Notes and Queries. It states: “Eat an apple on going to bed, and you’ll keep the doctor from earning his bread.”
- *It’s official.* The apple is the official state fruit of Rhode Island, New York, Washington, West Virginia, Illinois, Minnesota and Vermont.
- *Terms of endearment.* The phrase “apple of my eye” appeared in a work by King Alfred the Great titled “Gregory’s Pastoral Care” written in A.D. 885. It also appeared in William Shakespeare’s “A Midsummer Night’s Dream” in the 1590s.
- *By any other name.* Apples are part of the rose family, and so are pears, peaches, plums, apricots, cherries, blackberries and strawberries.
- *Famous name.* Silver-screen queen Gwyneth Paltrow named her daughter Apple, who was born on May 14, 2004.

**“Surely the apple is the noblest of fruits.”
—Henry David Thoreau**



Slay the Energy Vampires

We all get 24 hours a day. How are some people able to get so much done in those 1,440 minutes? Chances are they’ve learned how to drive a stake through the hearts of energy vampires—activities that take a toll in tiredness. Try these tips for slaying some common culprits:

Late nights. After all the day’s chores are done, who doesn’t crave a little “me” time? TV, video games and

social media—all-night sources of amusement—are tempting distractions. Allow yourself an hour in the evening for entertainment. Set a timer. When it goes off, it’s time to turn in for the night.

Sugary snacks. Sweet treats deliver a rush of energy followed by a lingering crash. Instead, reach for complex carbohydrates such as raw veggies and whole-grain crackers, lean protein such as low-fat yogurt or healthy fats such as walnuts and almonds.

Negative Nellies. Being a good friend means lending a listening ear and a shoulder to cry on. But friendship is a two-way street. If the relationship is out of balance, establish boundaries. Limit the amount of time you’re available, and if your friend’s problems persist, tactfully suggest she get professional help.



Unusual Chili Choices

Heat up a chilly night with a steaming bowl of savory chili. America’s favorite stew is simmering with possibilities as unusual ingredients crop up in recipes across the country. From the traditional blend of beans and spices to the over-the-top additions of fruit, noodles or seafood, chili stirs up lots of attention this season. Here are some unconventional flavors found in different chili concoctions:

Tropical. Hawaiian-inspired recipes put a sweet spin on a savory favorite. Fruits such as pineapple and mango make their way into this variation,

often with rice, ginger and spicy pork.

Pumpkin. Pureed pumpkin puts a slight twist on the traditional recipe and adds a mild, sweet flavor.

Pasta. Some chili recipes resemble a soup more than a stew, but these thinner consistencies are no slouch when served over a bed of noodles.

Seafood. A twist to the popular white chicken chili variation now includes seafood. Shrimp, scallops and pieces of white fish get caught up in this concoction, usually with sautéed garlic and bell peppers.

Chocolate. Bacon, sausage, barbecue sauce and chocolate mingle to make a statement for your sweet tooth in chocolate chili.





Dollars and Sense: Save or Splurge?

We're all trying to save a dollar, but when it comes to certain products, scrimping on value brands can leave customers disappointed. Take some advice from beauty experts so you'll know whether to dig up spare change or hang onto your wallet when these items appear on your shopping list:

Anti-aging night cream: Splurge. Experts suggest shelling out more money for an expensive night cream because it usually means more sophisticated research has been done on the product and it may contain higher quality active ingredients.

Shampoo: Save. All shampoos are formulated to cleanse, so you can scale back on suds. The trick is to look for a product designed for your hair type. Conditioners, however, protect and repair hair, so splurging on an expensive brand may deliver the best results.

Toilet paper: Splurge. Bargain-priced bath tissue seems like a deal in the store, but if you have to use more, it's not really a savings.

Undershirts: Save. White tees and tanks soak up perspiration and can get dingy in no time. Save your cash for other threads and just replace your undershirts when they're worn out.

Gym clothes: Splurge. Washing gym clothes after every sweat session puts a lot of wear and tear on the material. Buy brands that can keep up with you.



One Minute Chef

Tasty Tea Baked Apples

Ingredients:

- 1 cup water
- 4 Lipton cup-size tea bags
- 4 large baking apples (such as Rome or Golden Delicious), cored
- 1/4 cup firmly packed dark brown sugar
- 1/4 cup chopped walnuts
- 2 tablespoons raisins
- 1/4 teaspoon ground cinnamon
- 4 teaspoons butter

Directions:

Preheat oven to 350° F. In 1-quart saucepan, bring water to a boil; remove from heat. Add tea bags and brew 3 minutes, dunking occasionally. Remove tea bags and squeeze; set aside.

Peel top 1/3 of apples. In 8-inch-square baking dish, arrange apples, peeled end up; set aside.

In small bowl, combine brown sugar, walnuts, raisins and cinnamon. Evenly spoon walnut mixture into center of apples, then evenly top with butter. Pour tea over and around apples.

Bake uncovered, basting occasionally, 1 hour or until apples are tender.

For more recipes, visit
www.MakingLifeBetter.com.



Wit & Wisdom

"All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence."
—Martin Luther King Jr.

"Laziness may appear attractive, but work gives satisfaction."
—Anne Frank

"By working faithfully eight hours a day, you may eventually get to be boss and work 12 hours a day."
—Robert Frost

"Nothing will work unless you do."
—Maya Angelou

"Far and away the best prize that life has to offer is the chance to work hard at work worth doing."
—Theodore Roosevelt

"If you put all your strength and faith and vigor into a job and try to do the best you can, the money will come."
—Lawrence Welk

"Opportunities are usually disguised as hard work, so most people don't recognize them."
—Ann Landers

"Many people worry so much about managing their careers but rarely spend half that much energy managing their lives. I want to make my life, not just my job, the best it can be. The rest will work itself out."
—Reese Witherspoon

"To find joy in work is to discover the fountain of youth."
—Pearl S. Buck

"Work spares us from three evils: boredom, vice and need."
—Voltaire

September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Grandparents Day 1st Sunday after Labor Day				1	2	3
4	Labor Day Office Closed	6	Resident Breakfast Leasing Office 9-11 A.M.	8	9	10
 11	12	13	14	15	Fantastic Friday Leasing Office 3-4 P.M.	17
18	19	20		22	23	5K CEL Fun Run/Walk 9 A.M. Walkers 9:30 A.M. Runners
National Good Neighbor Day 	26	27	28	29	Fantastic Friday Leasing Office 3-4 P.M.	30

Boston Red Sox

Home Games

- Fenway Park
(888) 733-7696
Boston.RedSox.MLB.com
- Sept. 1 vs. New York Yankees
 - Sept. 2-4 vs. Texas Rangers
 - Sept. 13, 14 vs. Toronto Blue Jays
 - Sept. 15-18 vs. Tampa Bay Rays
 - Sept. 19-21 vs. Baltimore Orioles

Sept. 1

American Idol Live!

DCU Center
Worcester
(508) 836-2222
www.DCUCenter.com

Sept. 9

Lewis Black

Cutler Majestic Theatre
(800) 745-3000
www.LiveNation.com

Sept. 9

Hot Day at the Zoo

Brighton Music Hall
(800) 745-3000
www.BrightonMusicHall.com

Sept. 14

Magos Herrera

Scullers Club and Double Tree
(800) 745-3000
www.LiveNation.com

Sept. 16

Toro y Moi

Paradise Rock Club
(800) 745-3000
www.LiveNation.com

Sept. 16

Jim Jefferies

Wilbur Theatre
(800) 745-3000
www.TheWilburTheatre.com

Sept. 17

Roger Daltrey Performs

The Who's "Tommy"
Agganis Arena
(800) 745-3000
www.LiveNation.com

Sept. 24

Berklee Beantown

Outdoor Jazz Festival
Columbus Avenue
(617) 747-6022
www.BeantownJazz.org

Sept. 30

Ben Harper

House of Blues Boston
(888) 693-2583
www.HouseOfBlues.com

Sept. 30, Oct. 1

All-Mozart Program

Symphony Hall
(888) 266-1200
www.BSO.org

Upcoming Events:

Oct. 23

Cyndi Lauper and Dr. John

House of Blues Boston
(888) 693-2583
www.HouseOfBlues.com

Nov. 19

Lisa Lampanelli

Wilbur Theatre
(800) 745-3000
www.TheWilburTheatre.com

Dates and venues are subject to change.

Boston AREA EVENTS