

Committed to Quality.  
Dedicated to Service.



A Hunt Military Community

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## October 2011

### Hanscom Family Housing Staff

Kelley Casey ..... Community Director  
Angel Medeiros .... Asst. Comm. Director  
Amanda Garrett ..... Leasing Agent  
John Tew ..... Maintenance Director  
Rob Waters ..... Asst. Maint. Director  
Doug Best ..... Maintenance Coordinator  
Tony Wyman ..... Bookkeeper

### Maintenance Staff

David Katt ..... Howard Schon  
Steve Devlin ..... Phil Payne  
Luis Ortiz ..... Jeff Alton  
George Grimes ..... Carolina Amaya  
Raquel Calles ..... Nate Glover  
Tony Simmonds



### Breakfast on the Go



On 1 September 2011, we had our Breakfast on the Go event. We provided breakfast for over 150 residents. The breakfast bags consisted of water/juice, fruit, muffin and a granola bar. We enjoyed serving you breakfast and watching the kids go off to school.

### Yard Waste

Leaf bags are available in our self help shed located in our parking lot. Yard waste removal is on Monday unless it's a holiday, then it will be picked up on Tuesday. Grass clippings and leaves must be placed in paper yard waste bags to be removed. Branches must be kept separate from leaves and grass clippings and must not be longer than 6 feet. Please don't place any of these items to the curb until the night prior to the scheduled pickup.

### Essay Contest

Use this essay contest to reminisce about your past. You can talk about your fall memories.

- Do you have a favorite place to enjoy the trees as the leaves change colors in the fall?
- Did you ever get to jump in a pile of leaves?
- What's your favorite fall activity?

All essays need to be submitted by 11 October 2011. The winner will receive a prize.

### Yard of the Month

*Congratulations to our Yard of the Month Winners!!*

**June:** 1 Ent Rd, 6 Cranberry Terr, 22 Liberty Ln & 5 Langley Rd  
**July:** 78 Ent Rd, 65 Liberty Ln, 28 Liberty Ln & 154 Scott Cir  
**August:** 44 Offutt Rd, 8 Mayflower Rd, 13 Heritage Rd & 33 Kelly



### Make It a Rewarding Fall

Do you know someone who's looking for a new place to live? Tell him or her how much you love living here. When that person signs a lease and moves in, you'll receive a great reward through our resident referral program! You'll love having your friends and family as neighbors while putting a little something in the bank, as well.

### Parking in Housing

As a reminder, please be mindful of the no parking signs in housing. Most areas only allow for parking on one side of the street. Also, in some areas parking is very limited, so try to park in your garage/driveway before parking on the street. Thank you!

### Letter From the Leasing Staff

To better serve you, we ask that you update your information with our office on a regular basis. Please call us with your most current numbers for work, home and e-mail address. Should a situation arise, we need to know how to get in touch with you. Take a few minutes to contact us and keep us up-to-date.

### **Tarry Awhile in Renaissance Style**

Travel back to the late Middle Ages this fall by visiting a Renaissance festival that transports patrons to another time and place. If you've never attended a Renaissance fair, be prepared for quite a spectacle. From detailed period costumes to daring jousting duels, there is much to see and do. "What say ye" learn a bit more:

*Some background.* The Renaissance era was a cultural movement that influenced literature, philosophy, art, politics, science and other intellectual inquiry.

*A feast for the eyes.* The setting is typically a village with lads, lords and other men appearing in cloaks and swashbuckler attire. Duchesses, countesses and other females don dignified gowns, underskirts, bodices and robes.

*Fare fit for a king.* You won't go hungry with an assortment of entrées to grace your round table. Indulge in a time-honored turkey drumstick or sausage on a stick, or opt for more traditional items such as corndogs, apple fritters and funnel cakes.

*Belly full of laughs.* Plentiful performers entertain: comic actors, jugglers, stilt walkers, trained jousters and medieval musicians and dancers.

*Trade in your gold.* Bring a bag full of coins as many merchants peddle unique treasures such as Renaissance apparel, jewels, bangles, baubles, swords, magic wands and potions.

### **Shout for Joy**

Renaissance festival performers frequently cry out "Huzzah!" This is an expression of acclaim or approval similar to "Hooray!"



### **Boosting the Bonds of Friendship**

What's the best way to have friends? Be one. Studies indicate that social relationships improve emotional and physical health, so friendships are well worth nurturing. Here are some tips for boosting your bonds with your best buddies:

*Make friends a priority.* In the hubbub of daily life, spending time with friends often gets shunted to the bottom of the to-do list. Program your friends' numbers into your phone so it's easy to call them when you have a

few spare minutes. Face time matters, too, so schedule regular lunches or evenings out.

*Pay attention.* When you're seeing your friend in person, maintain eye contact and don't interrupt her. When talking on the phone, don't check your email or watch TV. She'll notice that you're distracted.

*Simply listen.* Sometimes friends just want a sympathetic ear, so hold off on doling out advice. If your friend asks your opinion, however, feel free to give it.

*Give and take.* Be sensitive to how much time and support a friend can offer you, and respect her boundaries. Likewise, you don't have to constantly be available to a friend who drains your energy.

*Laugh it up.* Sending your friend humorous emails and text messages lets her know you're thinking of her and brightens her day.

### **Viva Vegetarians**

The term "vegetarian" encompasses a variety of philosophies about food. Many vegetarians eschew meat for ethical, environmental or dietary reasons. Some simply find plant-based foods more pleasing to their palates, while others prepare meatless meals as a way to trim their grocery bills. October is Vegetarian Month—a time to celebrate the variety of approaches for including more vegetables, fruits, grains, legumes and nuts in our diets. Here are some types of vegetarians:

*Total vegetarians* eat only plant-based foods.

*Vegans* eat only plant-based foods and avoid using any products that come from animals, such as leather.

*Lacto vegetarians* avoid meat but consume dairy products.

*Lacto-ovo vegetarians* eat dairy products and eggs.

*Pesco vegetarians* include fish in their diets.

*Pollo vegetarians* consume poultry.

"Flexitarians" eat mostly plants but occasionally consume dairy, eggs, fish, poultry and red meat. Registered dietitian Dawn Jackson Blatner, author of "The Flexitarian Diet," says people who eat mostly vegetarian diets "weigh 15 percent less, have a lower rate of heart disease, diabetes and cancer and live 3.6 years longer than their carnivorous counterparts."

Whether you're vegetarian all the way or can't bear to give up bacon, consider the many ways you can enjoy nutritious, delicious plant-based foods.







### Summon the Sandman Sooner

After tossing and turning and counting sheep, many people turn to over-the-counter sleep aids to drift off to dreamland. But if sleeping pills leave you groggy in the morning, think about introducing one or more of these shut-eye enhancers into your bedtime ritual:

**Noise machines.** The sweet sounds of a rain shower, ocean waves or the rain forest help tune out other sounds that can disrupt sleep. Adjust the volume to a level that's soothing and not distracting.

**Sleep-sound apps.** If you own a smartphone, you can download one of the many sleep-sound apps available to lull you into slumber without a hefty price tag.

**Ear plugs.** If noise is your nemesis when it comes to snoozing, ear plugs effectively block out background sounds.

**Eye masks.** Too much light can disrupt quality sleep, even if it's just from the glow of a nightlight or alarm clock. Wear a comfortable eye mask to see if complete darkness makes a difference in your sleeping patterns.

**Calming colors.** If your bedroom is decorated in loud hues, it may hinder your ability to fall asleep. Create a calming environment in soft blues or warm, neutral shades.

Remember, relying on doodads to doze off does not replace the need for healthy sleeping habits. Sweet dreams!



## One Minute Chef

### Easy Jalapeno Poppers

#### Ingredients:

- 8 medium-sized jalapenos
- 4 ounces (1/4 pound) Monterey Jack cheese, shredded
- 8 slices of bacon
- 8 short wooden skewers or wooden toothpicks
- 1 packet Tostitos Dip Creations Freshly Made Guacamole prepared according to instructions
- 3 avocados (for guacamole)

#### Directions:

Create a slit in one side of the jalapenos using a small, sharp knife. Do not cut all the way through the ends. Remove the seeds and membrane for a milder popper.

Stuff a pepper with 1/8 of the cheese. Wrap with a slice of bacon and secure the bacon with a skewer or toothpick. Repeat with the remaining peppers.

Preheat oven to 425° F. Sear poppers on all sides over high heat in a nonstick pan until bacon is golden brown. Transfer to a baking sheet and bake for 8 minutes. Serve hot with the guacamole on the side.

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



### Wit & Wisdom

"Football is a game played with arms, legs and shoulders but mostly from the neck up."  
—Knute Rockne

"Sure, luck means a lot in football. Not having a good quarterback is bad luck."  
—Don Shula

"Baseball is what we were, and football is what we have become."  
—Mary McGrory

"I had pro offers from the Detroit Lions and the Green Bay Packers, who were pretty hard up for linemen in those days. If I had gone into professional football, the name Jerry Ford might have been a household word today."  
—Gerald R. Ford

"The reason women don't play football is because 11 of them would never wear the same outfit in public."  
—Phyllis Diller

"I don't understand American football at all. It looks like all-in wrestling with crash helmets."  
—Sting

"Football doesn't build character. It eliminates the weak ones."  
—Darrell Royal

"We are inclined to think that if we watch a football game or baseball game, we have taken part in it."  
—John F. Kennedy

"The football season is like pain. You forget how terrible it is until it seizes you again."  
—Sally Quinn

"When you win, nothing hurts."  
—Joe Namath

# October 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Rent Is Due	4	5	6	7	8
9	10  Celebrate Columbus Day	11 Essay Contest Deadline	12	13	14	15
16	17	18	19	20 Celebrate Diversity month!	21	22
23/30	24/31	25	26	27	28	29

## New England Patriots

### Home Games

Gillette Stadium  
(800) 745-3000  
[www.Patriots.com](http://www.Patriots.com)

- Oct. 9 vs. New York Jets
- Oct. 16 vs. Dallas Cowboys

## Through Oct. 2

### "Porgy & Bess"

Loeb Drama Center  
(617) 547-8300  
[www.AmericanRepertoryTheater.org](http://www.AmericanRepertoryTheater.org)

## Oct. 1

### They Might Be Giants

Berklee Performance Center  
(617) 747-2261  
[www.BerkleeBPC.com](http://www.BerkleeBPC.com)

## Oct. 1

### Mogwai with Soft Moon

House of Blues Boston  
(888) 693-2583  
[www.HouseOfBlues.com](http://www.HouseOfBlues.com)

## Oct. 5

### Explosions in the Sky

Orpheum Theatre  
(800) 745-3000  
[www.Orpheum-Theater.com](http://www.Orpheum-Theater.com)

## Oct. 5

### Communication Skills

for Women  
DCU Center  
Worcester  
(508) 755-6800  
[www.DCUCenter.com](http://www.DCUCenter.com)

## Oct. 20-23

### Ellis Boston Antiques Show

The Cyclorama  
Boston Center for the Arts  
(617) 363-0405  
[www.EllisAntiquesBoston.com](http://www.EllisAntiquesBoston.com)

## Oct. 21, 22

### All-Brahms Program

Symphony Hall  
(888) 266-1200  
[www.BSO.org](http://www.BSO.org)

## Oct. 22

### The Dan Band

Wilbur Theatre  
(800) 745-3000  
[www.TheWilburTheatre.com](http://www.TheWilburTheatre.com)

## Oct. 23

### Cyndi Lauper and Dr. John:

### From Memphis to Mardi Gras

House of Blues Boston  
(888) 693-2583  
[www.HouseOfBlues.com](http://www.HouseOfBlues.com)

## Oct. 28

### John Oliver

Wilbur Theatre  
(800) 745-3000  
[www.TheWilburTheatre.com](http://www.TheWilburTheatre.com)

## Oct. 28

### Rasputina

Brighton Music Hall  
(617) 779-0140  
[www.BrightonMusicHall.com](http://www.BrightonMusicHall.com)

## Upcoming Events:

## Nov. 18

### Straight No Chaser

Citi Performing Arts Center  
(866) 348-9738  
[www.CitiCenter.org](http://www.CitiCenter.org)

## Dec. 5-18

### "La Cage Aux Folles"

Citi Performing Arts Center  
(866) 348-9738  
[www.CitiCenter.org](http://www.CitiCenter.org)

*Dates and venues are  
subject to change.*

Boston  
AREA EVENTS