

Committed to Quality.
Dedicated to Service.



A Hunt Military Community

8660 Angell St., JBAB • Washington, DC 20032
Phone: (202) 562-2631 • Fax: (202) 562-2721 • www.bollingfamilyhousing.com

January 2013

In the Night Sky

The January full moon is called a Wolf Moon. This year you can see it on Jan. 26.

3 Things You Need to Know

- 1) Flu sufferers can infect others up to seven days after symptoms start.
- 2) The flu vaccine is the best way to get protection from infection, but your body can take two weeks to develop complete antibodies.
- 3) Stay home during illness, wash your hands and cover your mouth while coughing to help stop the spread of the virus.

Get Your Vitamin C

Vitamin C is important for healthy teeth and gums, helps our bodies use iron, and aids in healing wounds. Natural sources of vitamin C are citrus fruits and juices, strawberries, cantaloupe, tomatoes, broccoli, green vegetables and potatoes.

Clara Abalos Community Director
Stephanie Harris Assistant Director
Ashley Thorpe GOQ Coordinator
Shamika Jacobs Bookkeeper
Tanya Holtgeerts Resident Specialist
Stephanie Gilbert Resident Specialist
Glory Perez Maint. Coordinator



Happy New Year to You

As the new year starts, many people make resolutions to change their lives in some way. Others simply resolve to enjoy what life has to offer. Whatever your outlook, we wish you a wonderful new year.



Santa Stopped by the BFH Community Center for Breakfast



Writing letters to Santa!

Update Your Information

Stop by the BFH Office this month and update your contact information and you could win a new iPad!

Congratulations Winners!

Maintenance Satisfaction Survey
Gerhart Family- 5508 A Southall Dr
Roach Family- 5495 H Langley Way



Birthday Bonanza

December Birthday Winner!

Christopher Brown

Please stop by the housing office to enter the \$25 gift card drawing the month of your birthday! Open to residents 18 and under.

A Solemn Oath

Inauguration Day, held on Jan. 20 every four years, marks the moment when the newly elected president of the United States formally takes office. Activities include the swearing-in ceremony, the president's inaugural address, a parade and one or more inaugural balls.

Here are some facts about this longstanding American tradition:

- Until 1937, Inauguration Day was March 4, the last day of the congressional session. The 20th Amendment to the Constitution changed the date to Jan. 20.
- On March 4, 1801, Thomas Jefferson became the first president to be inaugurated in Washington, D.C.
- The shortest inaugural address was given by George Washington at his second inauguration. It contained only 135 words.
- Many famous presidential phrases came from inaugural speeches, including Franklin D. Roosevelt's "The only thing we have to fear is fear itself" and John F. Kennedy's "Ask not what your country can do for you—ask what you can do for your country."
- If Jan. 20 is on a Sunday, the president takes the oath of office in a private ceremony on that day, followed by a public ceremony the next day.
- Harry S. Truman's inauguration was the first to be televised. Truman also reinstated the official Inaugural Ball in 1949.
- The Chief Justice of the Supreme Court traditionally administers the oath, although there have been exceptions.



Get Organized

The start of a new year is the perfect time to get organized. Instead of trying to organize your whole home, concentrate on a few small areas.

Junk drawer. It might not actually contain junk, but most people have a drawer somewhere that has become a catch-all for miscellaneous items. To clean it out, start by covering a countertop or kitchen table with a towel. Empty the contents of the junk drawer onto the towel. Throw away the trash, such as expired coupons and takeout menus you don't need. Next, remove everything that belongs somewhere else in your home. Sort

what is left into groups. Put small items, such as paper clips and rubber bands, into plastic bags that have a zippered top. Clear pencil boxes can store larger office supplies and tools.

Refrigerator. Empty your refrigerator and throw away any expired or questionable food items. Thoroughly clean the inside. Group like items together as you replace them. Put condiments in the door so they are easy to find. Vegetables belong in the crisper. If you don't have a separate drawer to use for lunch meat and cheese, place them in a plastic bin you can slide out when you want to make a sandwich. A plastic bin will also corral individual containers of yogurt, pudding and applesauce. Designate one shelf for leftovers.

Now that you have the hang of it, go organize your medicine cabinet or sock drawer!

Make a Money Plan

This year, begin your journey to financial freedom with these helpful tips:

Save what you can. It can be overwhelming to try to save a certain percentage of income. Instead of focusing on a set number each month, simply put away a little at a time. You might find that seeing your savings account grow encourages you to add more next month.

Invest in a Roth IRA. Most funds require a minimum initial investment of \$1,000 or more, according to *Kiplinger.com*. It might sound like a lot, but the money can be used tax-free after retirement. Aim to save \$125 each month this year; next year, use that money to open a fund for your future.

Cut expenses. Grab your last three months of bank and credit card statements. List everything you spend

money on, down to daily coffee or lunch out. This will open your eyes to where the money goes and, more importantly, can show you areas to cut back. If coffee costs \$5 each day and lunch is \$7, you could save more than \$3,000 a year by cutting out these expenses.

Get automated. If your employer offers auto paycheck deposit, use it to avoid the temptation of cashing your check. Set up an investment fund through your bank account, so each month a certain amount is deposited. If the cash is making money elsewhere and not available for you to spend, you'll be ahead of the game.





Health and Happiness With Houseplants

Houseplants are popular due to their aesthetic appeal and the touch of nature they bring indoors. But did you know that houseplants provide several health benefits as well? Here are a few ways houseplants are a healthy addition to your home:

Clear the air. According to a study by NASA, some houseplants actually remove harmful toxins from the air. Formaldehyde and benzene can be present in materials such as carpet, solvents and paint, and mold is a common threat in damp places such as bathrooms. Peace lilies, chrysanthemums, and several varieties of philodendron and dracaena are especially effective at removing these substances.

Breathe deeper. During photosynthesis, plants take in carbon dioxide and release oxygen, which we need to breathe. Flowers such as gerbera daisies and orchids release oxygen at night, so placing them in bedrooms can help you sleep better.

Climate control. Plants release moisture, which is particularly important during cooler months, when we are more likely to suffer from colds, coughs and dry skin due to low humidity. English ivy and Boston ferns are good candidates to help you avoid these weather-related issues.

Improve your mood. Research has shown that plants have a calming effect and may even lower blood pressure and help combat depression and loneliness.



One Minute Chef

Mediterranean Linguine With Basil and Tomatoes

Ingredients:

- 1-pound box linguine pasta
- 1/2 cup extra virgin olive oil
- 2 pints grape tomatoes, cut in half
- 1 tablespoon minced garlic
- 2 tablespoons red wine vinegar
- 1 teaspoon crushed red pepper flakes
- Salt and pepper to taste
- 18 to 20 basil leaves, cut in thin strips
- 3/4 cup grated Parmesan cheese, plus additional for garnish

Directions:

Cook pasta according to package directions.

While pasta cooks, heat olive oil in large skillet on medium heat. Add tomatoes and garlic. Cook and stir two minutes or until tomatoes are soft. Remove from heat. Stir in vinegar and pepper flakes.

Drain cooked pasta. Add to skillet. Return to heat, and stir one minute or until pasta is coated and hot. Remove from heat. Season with salt and pepper. Stir in basil and cheese. Serve with additional cheese, if desired.

For more recipes, go to
www.Crisco.com.



Wit & Wisdom

“I think in terms of the day’s resolutions, not the year’s.”

—Henry Moore

“The big secret in life is that there is no big secret. Whatever your goal, you can get there if you’re willing to work.”

—Oprah Winfrey

“Achievable goals are the first step to self-improvement.”

—J. K. Rowling

“When it is obvious that the goals cannot be reached, don’t adjust the goals, adjust the action steps.”

—Confucius

“My current goal is to place a moratorium on goals.”

—Jessica Savitch

“Every minute you spend in your life is either spent bringing you closer to your goals or moving you away from your goals.”

—Bo Bennett

“You have to find out what’s right for you, so it’s trial and error. You are going to be all right if you accept realistic goals for yourself.”

—Teri Garr

“It is always during a passing state of mind that we make lasting resolutions.”

—Marcel Proust


“A goal without a plan is just a wish.”

—Antoine de Saint-Exupery

“People are not lazy. They simply have impotent goals—that is, goals that do not inspire them.”

—Tony Robbins

January 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Year's Day Rent Is Due	2 <i>Don't forget to stop by the office and update your contact information!</i>	3 Trash Pickup Pest Control	4	5 Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!
6 	7 Rent Is Late	8 Pest Control	9	10 Trash Pickup Pest Control	11	12
13	14	15 Pest Control	16 	17 Trash Pickup Pest Control	18	19
20	21 Martin Luther King Jr. Day	22 Pest Control	23	24 Trash Pickup Pest Control	25	26
27	28	29 Pest Control	30 <i>Don't forget to stop by the office and update your contact information!</i>	31 Trash Pickup Pest Control		

"This Month In History" JANUARY

1302: Poet Dante Alighieri is exiled from Florence. This difficult time leads to the creation of his masterwork, "The Divine Comedy."

1790: President George Washington gives the first State of the Union address.

1838: Samuel Morse reveals the telegraph, introducing a new and inventive way of communicating.

1888: In Washington, D.C., the National Geographic Society is founded with the idea of increasing knowledge about geography.

1905: In South Africa, the world's largest diamond is found, weighing in at 3,106 carats.

1920: The League of Nations, championed by President Woodrow Wilson, goes into effect, and will remain together until 1946.

1932: Ophelia Wyatt Caraway from Arkansas becomes the first female elected senator, only 13 years after women received the right to vote.

1934: Respected film producer Samuel Goldwyn acquires the rights to "The Wizard of Oz." The film would become a roaring success.

1957: The first Frisbees are made by Wham-O, a company that produced other popular toys such as the Hula Hoop and Super Ball.

1959: Vince Lombardi is hired to coach the Green Bay Packers. Lombardi would go on to be regarded as one of the most inspirational coaches in football.

1975: The first of several No. 1 pop hits for Barry Manilow, "Mandy" soars to the top of the charts.

1993: Though the film would not be released until November 1995, the revolutionary animated film "Toy Story" begins production.

2009: Toyota surpasses GM as the world's largest car maker.