



## September 2010

### Hours

Monday–Friday, 8:30 a.m.–5 p.m.

### Important Numbers

Winn Office ..... (617) 491-5466  
 HRI/CNAHS Office ..... (617) 868-4858

### Staff

Jon Beauchene ..... Property Manager  
 Andrew Leichtman, Christy Lee  
 & Renee Meehan . Asst. Property Managers  
 Abraham Haile ..... Administrative Assistant  
 Khim Kou ..... Superintendent  
 J. McNamara, J. Zelaya, J. Drayton and  
 G. Baltaduonis ..... Mechanics  
 HRI/CNAHS STAFF

Hilary Smith ..... Resident Services  
 hsmith@homeownersrehab.org  
 617-868-4858 x210

### Youth Employment

Cambridge has many great youth employment programs to help teens gain useful career skills and make some money. Youth Employment Center: 617-349-6234 Neighborhood Service Project: 617-349-6234 TeenWork: 617-494-0444 The Work Force: 617-499-7107

### Resident Services

My name is Hilary Smith and I am the Resident Service Coordinator for HRI. Feel free to call me with any questions or suggestions you may have about our housing.

<b>Cambridge Community Properties, LP</b>	<b>Trolley Square</b>
<b>Cambridge Community Housing, Inc.</b>	<b>Cambridge Community Housing Development, Inc</b>

### Back to School!

## Get Out Your Vote

This November, Massachusetts voters will decide whether to keep the affordable housing law, which is the primary law promoting development of housing affordable to seniors and working families across Massachusetts. Question #2 would repeal this law that has created 80% of the affordable housing built in Massachusetts, outside of the major cities, over the last decade.

The affordable housing law creates homes, greater equity among communities, and opportunities for families. It has enabled builders to create 58,000 new homes in cities, suburbs and small towns. Of these, 29,000 homes are reserved for households earning less than 80% of the area median income, or about \$66,000 for a family of four in Greater Boston. Residents in these homes work in health care as nurses, medical assistants and therapists; in education as teachers and counselors; in the construction trades as carpenters, plumbers and electricians; in financial services as bookkeepers and payroll managers; in retail; in human services; and across other occupations critical to our state’s workforce. The affordable housing law is our most important tool for keeping families in the Commonwealth.

The affordable housing law encourages the production of affordable housing in all cities and towns in Massachusetts so that all families can have a choice about where to live. It sets a reasonable goal for each community to provide at least 10% of its homes as affordable by providing flexible zoning regulations for developers willing to include affordable homes in their plans.

For more info or to get involved, go to [www.protectaffordablehousing.org](http://www.protectaffordablehousing.org) or call Megan Amundson, Campaign Manager at 617-933-5275.



**Winn Residential**  
[www.winnco.com](http://www.winnco.com)



## A Numbers Game

Phoning a friend changed forever on Nov. 10, 1951, when Englewood, N.J., Mayor M. Leslie Downing dialed 10 numbers to connect with Alameda, Calif., Mayor Frank Osborne. Their conversation introduced us to the area code—three digits assigned to a geographical area—followed by a seven-number sequence. A few more facts about area codes:

- *More, please.* The growth of communication devices, such as cell phones, fueled the need for more area codes. There are more than 250 area codes in the United States, according to the North American Numbering Plan Administration. That's up from 135 in 1991.
- *Dial data.* Area codes with shorter pulls on old rotary phones were given to big cities, such as New York (212 area code) and Los Angeles (213).
- *Oh, I get it.* When Ohio added an area code, the phone company's promotional slogan was "Get to Know 330."
- *One and only.* No state compares in land size to Alaska, but it has only one area code (907). Kansas, for example, has four (316, 620, 785 and 913).
- *Then what?* It's estimated that in 2037, we will have exhausted the availability of 10-digit numbers.

## Health & Fitness

### Don't Take Chances With Your Health

While we often hear about the things we're supposed to do at the doctor's office, such as take notes and ask questions, doctors say there are a few things you should avoid when it comes to your health.

*Don't keep secrets.* In order to make a correct diagnosis, your doctor must know everything about your health history, medications and supplements you're taking, and your symptoms—even the embarrassing stuff.

*Don't believe everything you read.* It's good to be well-informed, but don't assume everything you read online is accurate or pertains to your situation. You might end up focusing on some scary stuff that doesn't apply to you.

*Don't be eager to take newfangled tests or scans.* Just because a new test, such as a virtual colonoscopy or a full-body CT scan, is available, it doesn't mean it's the best test for your situation. Talk it over with your doctor to see whether a simpler test would be just as informative.

*Don't mess with your medications.* Take your medicine exactly as your doctor prescribed—there's a reason your doctor recommended a specific dosage or combination of medications. Some drugs can have negative interactions, and others, such as antibiotics, are less effective if you don't take the complete course of pills prescribed.

*Don't assume that over-the-counter drugs are safe.* If you take more than the labeled dosage of over-the-counter drugs, it could be dangerous. Follow the instructions on the label.

### E-waste 101

The number of electronic products discarded worldwide has skyrocketed, causing dumps to fill with toxic waste that can't decompose and is harmful to people and the Earth. E-waste consists of electronic products at the end of their useful life, such as computers, televisions, VCRs, stereos, printers and cell phones. If you can't just throw these things in the trash, what should you do with them? When you outgrow your computers, cell phones and other electronics, if they're still usable (or repairable), donate them to a charity.

If the items are beyond repair, find a place to recycle them. E-waste can be recycled for recovery of metals, plastics, glass and other materials. To find a program near you, you might want to start with your state or local government's website. Another great place to check is [Earth911.com](http://Earth911.com), where you will find community-specific information on e-waste recycling.

Many manufacturers and retailers, such as Best Buy, Dell and Sprint, provide options to donate or recycle your electronics. Some have restrictions on sizes and brands they accept, and some charge a small fee, but many offer you a gift card in return.

To find programs near you, check [Earth911.com](http://Earth911.com) or the Environmental Protection Agency at [www.epa.gov](http://www.epa.gov); search for the keyword "eCycling."





## Cilantro Cream Sauce Over Chicken

### Ingredients:

- 2 cups loosely packed fresh cilantro
- 1 can (12 fluid ounces) Nestlé Carnation Evaporated Milk
- 2 teaspoons granulated chicken-flavored bouillon

- 1 cup water
- 3 tablespoons butter or margarine
- 3 tablespoons all-purpose flour
- Ground black pepper to taste
- 6 to 8 boneless, skinless chicken breast halves, cooked and kept warm

### Directions:

Place cilantro, evaporated milk, water and bouillon in blender; cover. Blend until smooth. Melt butter in medium saucepan over medium heat. Remove from heat. Add in flour, stirring constantly until smooth. Stir in cilantro mixture. Cook over medium-low heat, stirring constantly, until mixture comes to a boil and thickens slightly. Season to taste with pepper. Pour sauce over cooked chicken breasts.

*For more dinner and dessert ideas, visit [VeryBestBaking.com](http://VeryBestBaking.com).*



## Take Your Reading on the Road

Are you a bibliophile who never has time to start—let alone finish—that great book everyone’s been talking about? Or maybe you get inspiration from the latest business best-sellers, but you can’t fit another thing in your briefcase or purse. The solution to your situation may be audiobooks.

Going to the library to check out your audiobook is so last-century. Audiobooks of today can be downloaded from the comfort of your own home to the MP3 player of your choice or delivered right to your front door (kind of like Netflix for books). Sites such as [www.Audible.com](http://www.Audible.com) or [www.AudioBookworm.com](http://www.AudioBookworm.com) let you browse popular titles from current best-sellers

to classics. *Audible.com* focuses on downloads, while *AudioBookworm.com* offers downloads and audiobook rentals by mail. Both sites charge a monthly fee that allows only so many downloads or rentals per month.

Other audiobook sellers include the Apple iTunes store, which allows you to download books directly to your computer without a monthly membership. And Amazon offers audiobooks, through *Audible.com*.

With audiobooks as close as the nearest smart phone or MP3 player, taking your leisure or business reading with you wherever you go has never been easier

## Wit & Wisdom

“Soft is the music that would charm forever; The flower of sweetest smell is shy and lowly.”  
—William Wordsworth

“Music hath charms to soothe the savage breast / To soften rocks, or bend a knotted oak.”  
—William Congreve

“Those evening bells!  
Those evening bells!  
How many a tale their music tells  
Of youth and home,  
and that sweet time  
When last I heard their soothing chime.”  
—Thomas Moore

“After silence, that which comes nearest to expressing the inexpressible is music.”  
—Aldous Huxley

“There’s no bad day that can’t be overcome by listening to a barbershop quartet; this is just truth, plain and simple.”  
—Chuck Sigars

“I think I should have no other mortal wants, if I could always have plenty of music. It seems to infuse strength into my limbs and ideas into my brain. Life seems to go on without effort, when I am filled with music.”  
—George Eliot

“Music is the only language in which you cannot say a mean or sarcastic thing.”  
—John Erskine





Cambridge Community Properties, LP	Trolley Square
Cambridge Community Housing, Inc.	Cambridge Community Housing Development, Inc

# "This Month In History" SEPTEMBER

**1783:** The Treaty of Paris is signed, ending the American Revolutionary War and recognizing the United States as an independent nation.

**1789:** Congress establishes the third presidential cabinet, the Treasury Department.

**1814:** Francis Scott Key writes what will become the U.S. national anthem, the "Star-Spangled Banner."

**1862:** Abraham Lincoln frees the slaves with his Emancipation Proclamation.

**1882:** New York City hosts the first observance of Labor Day, organized by the Central Labor Union.

**1882:** In lower Manhattan, Thomas Edison throws the switch on the country's first commercial power station.

**1908:** Entrepreneur William Durant founds the General Motors automobile manufacturing company.

**1920:** The American Professional Football Association, renamed the National Football League in 1922, is formed in Canton, Ohio.

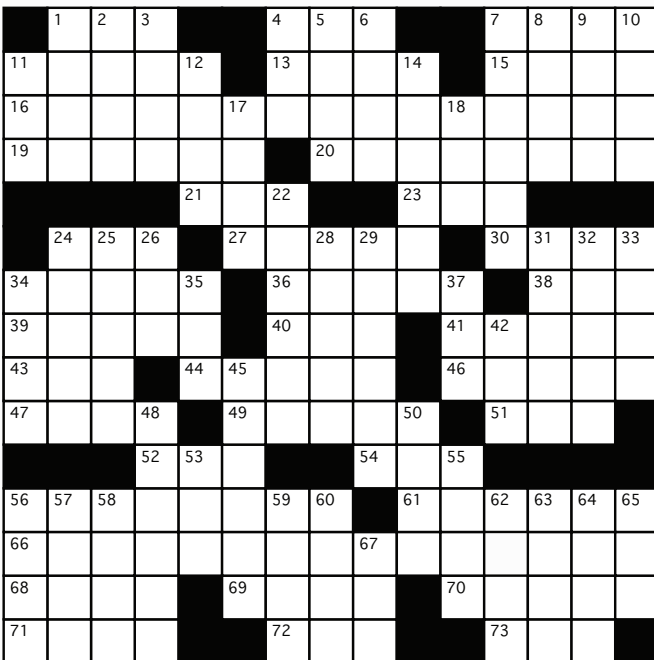
**1972:** The pilot episode of "M\*A\*S\*H" makes its television premiere.

**1972:** Swimmer Mark Spitz becomes the first athlete to win seven Olympic gold medals.

**1981:** Sandra Day O'Connor becomes the first woman Supreme Court justice.

**1985:** Nearly 75 years after its sinking, the luxury liner Titanic is located southeast of Newfoundland, Canada.

## Crossword Puzzle



### ACROSS

- \_\_\_ flash; instantly
- Dilapidated animal
- So-do connection
- Water-retention problem
- Above
- Shortly
- City in the Empire State
- Slow-moving mammals
- Periods designed for spiritual renewal
- Diver's danger
- Scottish seaport
- Period between printemps and autumn
- Foreign title
- Story
- Collect
- Very good; colloq.
- Blouse
- Change one's alarm
- Military personnel, for short
- Italian passion
- Start of a Victor Hugo novel
- Martin or Allen
- Fellows
- Gold and silver
- Lofty ridge
- Golfer Ernie
- Pro \_\_\_; for the time being
- Dejected
- Armored enclosure
- Think

- City in the North Star State
- Tiny particle
- Bizarre; var.
- Aviator
- Grooves
- Michelle Obama \_\_\_ Robinson
- Promos
- Pastoral poem; var.
- Claudius I's successor
- Latin learner's verb
- Refusals
- Declare to be true
- Eye color determinant
- Hens
- Celebes ox
- Legal misdeed
- Fountain pen fluids
- Ending for prior or poet
- Longing
- Slow down
- Purposes
- Distorted
- Bookkeeper's book
- Kuwaiti leader; var.
- Cup; Fr.
- Suffix for Japan & Bengal
- Unworldly
- Initial stages
- Coral island
- Pierces
- King Kong and others

- Woody's boy
- Wall and Sesame; abbr.
- Edible tuber
- West, for one
- Native Mexican food
- Cooks in a pot
- Work for
- Australian bird
- Hard to understand
- Peter I or Nicholas II
- Aleutian island
- Dick and Jane's dog
- Govt. employees
- Ireland, to the Irish
- Oman's locale
- Auctioneer's word
- Oklahoma Indians
- Man's nickname
- PBS' Science Guy

