

May 2008



80 Auburn Park  
Cambridge, MA 02139

## Hours

Monday-Friday ..... 8:30 am-5 pm

## Important Numbers

### Winn Residential

Office ..... 617-491-5466

Fax..... 617-497-9410

### Homeowner's Rehab, Inc./CNAHS

Office ..... 617-868-4858

Fax..... 617-868-1022

## Staff

### Winn Staff

David Blumberg ..... Executive  
Property Manager

Michael Cosgrove.....Senior Property  
Manager

Andrew Leichtman  
and Renee Meehan..... Assistant  
Property Managers

Patricia Nowicki .....Manager Trainee

Khim Kou, James McNamara,  
Miguel Marinez,

Jose Zelaya ..... Mechanics

### Homeowner's Rehab, Inc./

### CNAHS Staff

Hilary Smith .....Resident Service  
Coordinator



**Winn Residential**



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

## Money for College

Remember that the application for the HRI/CNAHS Scholarship is due May 27th. If you are planning on attending a college in the upcoming year that awards two- or four-year degrees, apply today! Scholarships ranging from \$1,000-\$2,500 will be awarded in June. This opportunity is available to students of all ages, so apply today! For more information, check out our Web site (see "We're on the Web on the back of this newsletter") or contact Hilary Smith at 617-868-4858 x210.

## E-Mail or Text Crime Tips to Cambridge Police Anonymously!

It is now easier than ever to alert the Cambridge Police of suspicious activity. You can now text message or e-mail crime tips to the Cambridge Police Department completely anonymously. To text message a tip, send a message to CRIMES (274637) and start the message with "Tip650," which designates it as a tip for Cambridge Police. You can also e-mail tips to the police now through the police Web site. Simply go to the Cambridge Police Web site main page at [www.cambridgema.gov/cpd](http://www.cambridgema.gov/cpd) and click on the link on the right side that says Anonymous Crime Tip E-mail. These are not meant to be used in the case of an emergency. If you witness a crime in progress, you should still call 911!

## Looking for a Summer Job?

If you are a youth between the ages of 14 and 18 looking for a summer job, the mayor's Summer Youth Employment Program might be for you! This is a six-week program running July 7th-August 15th with youth working 20 hours a week at one of 115 work sites. Types of work include office work, childcare, elder care, landscaping, medical facility work, video production, and maintenance work. Applications are available at all public elementary schools, Cambridge Rindge and Latin School, all city youth centers, the Office of Workforce Development, the office of the mayor and online at [www.cambridgema.gov/dhsp2/msyep.cfm](http://www.cambridgema.gov/dhsp2/msyep.cfm). Applications can be returned to the Office of Workforce Development, 51 Inman Street, 2nd floor, Cambridge, MA or the Youth Employment Center, Cambridge Rindge and Latin School, 459 Broadway, R121, Cambridge, MA. Please contact Hilary Smith at 617-868-4858 x210 with any questions.



water conservation

## ideas to cut water use by ten percent

HERE ARE A FEW SUGGESTIONS:

### drinking water

Keep a bottle in the fridge; don't run the tap to get it cold; save 1 gallon.

### dishwashing

Don't rinse dishes before putting them in the dishwasher, or half-fill a plastic tub to rinse; save 8 to 10 gallons.

### laundry

Switch off the "extra rinse" cycle; save 8 gallons.

### food

Defrost in the refrigerator overnight, not under running water; save 4 gallons.

### shaving

Don't run the water while you shave; save 4 gallons.

### tooth care

Don't run the water while you brush, and use a glass to rinse; save 4 gallons.

### showers

Take a "Navy" shower (turn the water off while you lather); save 8 gallons.

### baths

Shower instead of bathing; save 30 gallons (even with a long shower).

### toilet

Don't use the toilet as a trash can; save 3.6 gallons.

(Savings at the commode based on 3.5 gallons-per-flush). Savings at the sink based on 2 gallon-per-minute tap in bath and kitchen. Savings in the bath based on 2 gallon-per-minute showerhead and a 50-gallon bathtub. Savings in the laundry based on a 40-gallon top-loader (a 24-gallon front-loader offers more savings).

Sources: California Urban Water Conservation Council ([www.h2ouse.org](http://www.h2ouse.org)); Georgia Environmental Protection Division ([www.conservewatergeorgia.net](http://www.conservewatergeorgia.net))

## buried treasure

Most of us don't think of our keys or wallets as buried treasure, exactly. Until, of course, the morning of that big meeting when you're already 15 minutes late and your keys have pulled a Houdini and refuse to be found. Treasure, indeed.

That's where the Loc8tor may come in handy. If you consistently misplace keys, cell phones, remote controls, or other necessary items, this product was designed with you in mind.

The hand-held device comes with two locator tabs, which you affix to the item you don't want to lose. The next time you can't find your keys, the Loc8tor will help you track them down by two means. First, the handset works like a tracker, allowing you to see on the screen how close you are (or aren't) coming to your missing items. Second, the locator tabs emit an audio signal that gets louder the closer you get to the missing item.

For those of you who have more trouble losing kids or pets, the Loc8tor has an additional feature you might find useful. The locator tags can be set to emit an alarm if they get a certain distance (set by you) from the handheld Loc8tor piece.

The Loc8tor comes in a variety of packages, ranging in price from \$80 to \$170. For more information, log on to [www.loc8tor.com](http://www.loc8tor.com).



## ask leasa

### design the room for living

**Don't interfere.** A living room is usually the most-trafficked room in your home. Plan accordingly, and place furniture so as not to inhibit walking or entertaining.

**Focus, focus, focus.** Choose a focal point in the room and decorate around it. This will make furniture, art, and plant placement easier.

**Rug on rug.** Put a smaller area rug on top of a larger one or over carpet. This will create a whole new look for the room.

**Don't overcrowd.** Give each piece of furniture some breathing room. The room will look larger and less cluttered.

**Stay planted.** Tall plants in corners of your living room will give the room depth and make it look larger. Place a soft spotlight on the floor in front of the plant for a dramatic effect.

**Don't let it linger long.** Remove accessories and small collectibles that have been sitting out for a long time. They can make a room look dated. Replace them with other things you treasure.



we tried it —  
we liked it

## enjoy summer's favorite pleasures without the guilt

### HEALTHY CHOICE PREMIUM LOW-FAT ICE CREAM SANDWICHES

**THE RUNDOWN:** Each sandwich contains 130 calories, 2 grams of fat, and 2 grams of fiber. Ingredients include water, condensed skim milk, liquid sugar, and corn syrup.

**UPSIDE:** One tester thought that the cookie part tasted just like the cookies found on traditional ice cream sandwiches. Several tasters liked the chocolate wafer. The ice cream had a good mouth feel that was smooth. "I'd say it was a pretty good and filling snack, and a lot less guilt-inducing than a regular ice cream sandwich, which is so guilt-inducing I haven't had one in years," said one pleased tester.

**DOWNSIDE:** A few testers found the ice cream less creamy than regular ice cream, and a couple thought it was a bit bland.

**BOTTOM LINE:** These were good enough to snag first place.

### WEIGHT WATCHERS VANILLA ICE CREAM SANDWICHES

**THE RUNDOWN:** Each sandwich contains 140 calories, 2 fat grams, and 4 grams of fiber. Ingredients include milk fat and nonfat milk, sugar, polydextrose, cellulose gel, and natural and artificial vanilla flavoring.

**UPSIDE:** "The cookie was good. Not sticky, nor gummy," one tester said. We like the fact that it contains at least some fiber. While the ice cream wasn't as rich and creamy as traditional versions, it was pretty smooth, especially for one that's low-fat.

**DOWNSIDE:** One taster said the chocolate wafer tasted like cardboard. Another thought the sandwich tasted fine but that it wasn't as dense as a regular ice cream sandwich. Others felt that the ice cream tasted bland.

**BOTTOM LINE:** Most testers gave Weight Watchers a firm second place.

### KLONDIKE SLIM-A-BEAR ICE CREAM SANDWICHES

**THE RUNDOWN:** Each sandwich contains 100 calories, 1.5 grams of fat, and 2 grams of fiber. Ingredients include nonfat milk, buttermilk, polydextrose, and fructose.

**UPSIDE:** They have only 100 calories. One tester thought the ice cream tasted like traditional ice cream, not low-fat, and that the cookie was soft and chocolatey. "The ice cream was the best of the three, but the cookie was gummy and stuck to my fingers," said one tester. (Don't all ice cream sandwiches stick to your fingers?)

**DOWNSIDE:** Although it was kept frozen the same amount of time as the other two brands we tested, Klondike ice cream was much softer and so squishy that it squeezed out of the wafers whenever someone took a bite. Only one tester liked the wimpy ice cream. Note that it has fewer calories because it's smaller than the other two tested.

**BOTTOM LINE:** Bland and messy placed it firmly in third.

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## Change Is Coming to TV

On February 17, 2009, television stations will stop broadcasting via an analog signal and only use a digital signal. If you have an older TV without a digital tuner built in and receive your broadcast signal "over the airwaves," your television will go blank on that date, so keep reading!

- If you have cable or satellite paid television service, you do not have to do anything; your television reception will continue.
- If you have rooftop antenna or "rabbit ears" on top of your television and no cable service, you must purchase a converter box.
- If your television is very old, it might need a small adapter for the converter box plug-in. Be prepared to tell the store clerk the model and approximate age of the TV to help determine which adapter you need and to save a trip back to the store for an adapter.
- Call 888-DTV-2000 or go to [www.DTV2009.gov](http://www.DTV2009.gov) to request a coupon worth \$40. The coupon can be taken to a retail store and exchanged for a converter box that might cost you a few dollars more. If you have two TVs, you can request two coupons.
- You might want to buy a new digital TV before February 17, 2009, but you do not have to.
- You might want to sign up for a satellite or cable TV service before February 17, 2009, but you do not have to.
- If you have old TVs to throw out, please check with the City's recycling program.
- If you have further questions, the City of Cambridge's Consumers' Council can answer your questions by phone at 617-349-6150.

## Green Streets

The Green Streets Initiative started as a grassroots organization of people from Cambridge and surrounding cities who wanted to celebrate and promote the use of alternative modes of transportation. The aim is to create safer, quieter, and healthier streets to benefit the environment, residents' health, and the community as a whole. As part of promoting this initiative, the last Friday of each month is "Green Streets" day. Anyone and everyone can be a part. Join in the initiative simply by wearing green and leaving the car at home! Local businesses have also become involved, offering special deals and free items for people participating in Green Streets. Be part of the movement. Put on some green and hop on your bike the last Friday of each month! For more information, visit [www.gogreenstreets.org](http://www.gogreenstreets.org) or contact Hilary Smith at 617-868-4858 x210.

## We're on the Web!

Have you checked out our Web site? For information on contacting us, upcoming events, and to download a scholarship application, check us out at [www.homeownersrehab.org](http://www.homeownersrehab.org) and [www.cambridgenahs.org](http://www.cambridgenahs.org).

## Adults and Seniors!

Join your neighbors at 808 Memorial Drive for a scheduled bus tour of the Arnold Arboretum on Thursday, May 22nd! The bus will leave 808 Memorial Drive at 12:30 pm for a 1 pm tour. The tour will last 90 minutes and will return to Memorial Drive immediately following the tour. For more information, contact your Resident Service Coordinator, Hilary Smith, at 617-868-4858 x210.

SUN	MON	TUE	WED	THU	FRI	SAT
<b>May 2008</b>						
		Center for Families hosts play groups at various locations daily, Monday-Friday. Call 617-349-6385 for information.		1	2	3
				Rent Due	Target \$1 night at the Children's Museum 617-426-6500, 5-9 pm (Every Friday)	SAT I and II Exams CRLS 617-349-6632; Cambridge Dance Month Kick off 8 pm, The Dance Complex 536 Mass. Ave <a href="http://www.dancemonth.com">www.dancemonth.com</a>
4	5	6	7	8	9	10
Walk for Hunger, Registration Begins 617-723-5000, 7 am			Citizens Bank Foundation FREE Admission to the Museum of Fine Arts in Boston 617-267-9300, 4-9:45 pm (Every Wednesday)	Area IV Coalition Meeting 617-868-4858 x210, 7 pm	David Copperfield, Opera House, 866-633-0194 (9th-11th)	Cardenio, Loeb Drama Center, 617-547-8300 (10th-31st, Select Dates)
11	12	13	14	15	16	17
Mother's Day		Ennio!; Wimberly Theatre; 617-266-0800 (13th-31st, Select Dates)	Making your Money Work: Financial Literacy Training, 364 Rindge Avenue Community Room 617-349-4637, 6-8:30 pm (May 14th-June 8th)	Target FREE admission to the Institute of Contemporary Art in Boston 617-478-3100, 5-9 pm (Every Thursday)	Jesus Christ Superstar, Opera House, 866-633-0194 (16th-18th)	Cambridge Home Energy Fair, Cambridge Rindge and Latin School Cafeteria, 459 Broadway, 617-349-4604, 10 am-2 pm; Avon Walk for Breast Cancer 617-576-3113 (17th-18th)
18	19	20	21	22	23	24
Kidney Walk, Franklin Park Zoo Giraffe Entrance 781-278-0222, 9 am-1:30 pm	Cambridge City Scholarship Award Ceremony, Sullivan Chambers, 4 pm		Credit Smart, Allston Brighton Resource Center 617-787-3874, 6-7:30 pm	Scholarship Night CRLS Theater 617-349-6632, 7 pm		2008 NCAA Lacrosse Championships, Gillette Stadium, 800-543-1776 (24th-26th)
25	26	27	28	29	30	31
"El Greco to Velazquez"; Museum of Fine Arts, Boston; 617-267-9300 (1st-31st, Select Dates)	Memorial Day Observed, Office Closed		First Time Homebuyer 4-week Course, City Hall Annex, 344 Broadway, 2nd Floor Conference Room, (617) 349-4622 to preregister, 6-9 pm (7th, 14th, 21st, 28th)	New Mothers Breast-feeding Group, Cambridge Birth Center, 8 Camelia Ave., 617-665-1164, 10 am-12 pm (Every Thursday)		New England Surge Home Games, DCU Center, 508-755-6800 (10th, 17th, 31st)

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Calendar is correct at time of publication. Call numbers listed to verify.