

April 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

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Brian StarrProperty Manager

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Renee Meehan.....Assistant Property Manager

Patricia NewickiManager Trainee

Khim Kou, Mark Vakovsky,

James McNamara,

Miguel Marinez Mechanics

Homeowner's Rehab, Inc./

CNAHS Staff

Hilary SmithResident Service Coordinator



Winn Residential



Cambridge Community Properties, LP

Trolley Square

Cambridge Community Housing, Inc.

Cambridge Community Housing Development, Inc.

Celebrate the Earth!

April 22nd marks the 38th annual Earth Day! Educate yourself on what you can do to reduce your carbon impact to keep this earth a safe and healthy place for your children and your grandchildren. You can do this at the environmental fair at Suffolk University Law School from 1-2 pm. E-mail recycle@suffolk.edu or contact Hilary Smith at 617-868-4858 x210 for further information. If you can't make it, why not take these simple steps to slow the effects of global warming and climate change:

1. Inflate your car tires.
2. Use compact fluorescent lights whenever possible.
3. Recycle and use recycled products.
4. Turn down the heat and turn up the air conditioning.
5. Take shorter showers.
6. Buy local produce when you can.
7. Use public transportation, walk, ride a bike or drive a fuel efficient car.
8. Buy products that are in minimal packaging.
9. Air dry your clothes.
10. Bring your own bags when you go shopping.
11. Turn off your computer when you are not using it.
12. Unplug your cell phone chargers when they are not in use.
13. Use a reusable water bottle.
14. Reduce the amount of meat and dairy you eat by one meal a week.
15. Take action. For information on how to do this go to www.stopglobalwarming.org.

Making your Money Work

It's never too late to improve your financial literacy! Sign up today for a 6-week course to help you reach your personal financial goals. Topics covered in this course will include planning for retirement, saving for a college education, buying a home, and starting a business. Basic skills will also be discussed such as how to set a financial goal, establish a budget, improve spending and saving habits, understand and repair credit, and reduce debt. The spring session begins in May and will meet at the Fresh Pond Apartments, 364 Rindge Ave, every Wednesday from 6-8:30 pm for 6 weeks starting May 14th. The course is free for all who live in the Neighborhood Revitalization Strategy (NRS) Area of Cambridge and \$10 for all others. If you are not sure if you live in the NRS area, contact Hilary Smith at 617-868-4858 x210 or view the map at www.cambridgema.gov/cdd/ed/smbus/ed_workshops.html#r1.

For information on this course, contact Rona Holmes at 617-349-4637 or rholmes@cambridgema.gov.

a new and easy look

Are you looking for a way to spice up your living space? Do you have a bedroom that's bland or a living room that's lifeless? Here are a few easy ways to add a spark of interest and warmth to your home:

- Consider wrapping some pretty fabric around an old headboard. You can use a staple gun or a glue gun to attach the fabric.
- Hang sheer curtains on the windows for softer light.
- Liven up a room with pillows. Just a couple of accent pillows on your sofa or bed can really change the way a room looks.
- Add plants to your space. They really bring an area to life.
- Set out new pictures of your family, or buy new frames to show off the smiling faces.
- Give your sofa a makeover with a slipcover. Contemporary, ready-made slipcovers come in wonderful patterns, textures, and styles.



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pssst... what's the password?

my lazy home

How many times a day do you try to log in to your bank account, e-mail account, or social networking site only to find that you have no idea what password you used?

And as identify theft increases, so does the number of passwords you have to remember, each one more complex and forgettable than the one before.

How can you protect yourself without writing down all of your passwords, keeping them all the same, or making them so simple that an amateur could hack into your account?

For some, fingerprint technology is the solution. It may seem like something out of your favorite spy movie, but Eikon™ Digital Privacy Manager helps you access your personal accounts — and keep them secure — with the swipe of a finger.

How does it work? First, you use the Privacy Manager to capture your fingerprint. The computer doesn't remember your exact fingerprint, only a group of unique features about that fingerprint called a "template," which is stored in its memory. Once your fingerprint is captured, you can then determine which Web sites, folders, applications, and accounts require fingerprint access. Your information stays secure, and you don't have to remember any more complicated passwords.

The product, which retails for around \$50, is compatible with both Macs and PCs, and is available for purchase at amazon.com.

For more information, visit the company's Web site at <http://www.upek.com/solutions/eikon/default.asp>.

hot cocoa for those rainy april days

CACAO RESERVE MAYAN BLEND PREMIUM MIX BY HERSHEY'S

THE RUNDOWN The Mayan blend features Bahian cocoa, which offers a distinctively rich flavor, according to the manufacturer. To prepare, add the mix to 6 ounces of hot water and stir. You can replace the water with regular or soy milk. Ingredients include sugar, nonfat milk, cocoa, and milk chocolate. When prepared with water, each serving contains 140 calories, 2 fat grams, and 22 sugar grams.

UPSIDE The powdered mix boasts a rich chocolate flavor, and when combined with hot water, it quickly turns into a smooth cup of cocoa with a slightly creamy texture. The chocolate flavor was prominent with the first sip. It was easy to prepare but didn't taste like the flat, overly sweet children's versions. We didn't try it with milk because it was rich enough with water.

DOWNSIDE The hot chocolate had a slightly chalky after-taste. Even with water, it contains more calories than the other two we tested.

BOTTOM LINE It's not your kid's hot chocolate.

ABUELITA AUTHENTIC MEXICAN CHOCOLATE DRINK MIX BY NESTLE

THE RUNDOWN The tablets contain a layer of sugar, and each one is scored so that individual cups of cocoa can be prepared. Ingredients include sugar, chocolate, and artificial flavor. To make the hot chocolate, heat milk and the tablet in a saucepan over medium-high heat and whisk until frothy. Add sugar to taste. When made with skim milk, each one-cup serving contains 100 calories, 3.5 fat grams, and 17 sugar grams.

UPSIDE We like that it contains few ingredients. This chocolate tastes smooth with a subtle hint of cinnamon. Abuelita wasn't overly sweet, and we didn't need to add any sugar. It tasted rich without being cloying. This chocolate has fewer calories than the other two mixes we tested.

DOWNSIDE It takes a little more work to prepare, and if you're using part of a tablet, you have to cut it and then store the rest. It can be slightly messy, but it's worth the effort. While the artificial cinnamon flavor is barely there, if you're not a fan of the spice, you might not care for this chocolate.

BOTTOM LINE It tastes like hot cocoa should.

we tried it —
we liked it

MILK CHOCOLATE NATURALLY FLAVORED HOT COCOA MIX BY ARCHER FARMS

THE RUNDOWN This mix has fewer ingredients than the one from Hershey's. It includes sugar, cocoa powder, milk chocolate, and semi-sweet chocolate. To prepare, stir in three tablespoons of cocoa per cup of milk and heat in a saucepan. It also can be prepared in the microwave. Each serving contains 130 calories, 2.5 fat grams, and 26 sugar grams.

UPSIDE Easy to prepare, especially in the microwave. The chocolate boasted a rich aroma, and it produced a dark, chocolate-tinted drink.

DOWNSIDE Unfortunately, the taste of sugar clobbers your palate and drowns out the chocolate flavor.

BOTTOM LINE Too sweet to be a contender.

going green in the kitchen

A meaningful way to have a positive effect on the environment is by greening up our kitchens and our eating habits, because these actions affect us all. The changes don't need to be monumental, and often it's a small change that becomes the seed for a larger one. There's always a reason not to make a change, but there are usually better reasons why you should.

BYE-BYE, BOTTLES

Reasons why you should: Americans buy more than eight billion gallons of bottled water a year and toss 22 billion empty plastic bottles in the trash, *National Geographic* magazine reports.

Ways to get started: Invest in a neoprene bottle and use it whenever you remember. If you don't like tap water, get a filter, such as Brita, or a bubbler for your home and fill your bottle from that. Still addicted to grab and go? At least recycle.

BUY LOCAL

Reasons why you should: Shopping your local farmers' markets supports the local economy, supports family farms and, most importantly, provides the freshest produce you can buy. Produce that is flown or trucked in creates greenhouse gas pollution, which contributes to global warming and air pollution. According to the National Resource Defense Council, most produce in the United States travels an average of 1,500 miles before being sold.

Ways to get started: Start by going once a month and then work up to more often. If you can't make it to a farmers' market, ask your favorite grocery stores and restaurants to carry more local foods.

DISPOSE OF DISPOSABLES

Reasons why you should: Banishing paper plates and other disposable tableware and treating yourself to the good stuff will save lots and lots of trash. You'll also save money by packing lunches in reusable totes and packaging individual items in washable containers instead of plastic wrap and bags.

Ways to get started: Treat yourself to one set of colorful place mats and napkins. Reuse your cloth napkins for most of the week and throw them in the wash on laundry day. Use old T-shirts or towels as rags for cleaning counters.

One More Reason to File Your Taxes This Year

This year, it is more important than ever to file your taxes! To stimulate the economy, the Federal Government is issuing rebates to applicable tax payers starting in May. To receive a payment, taxpayers must have a valid Social Security number, \$3000 of income, and file a 2007 tax return. Even if you do not normally file for taxes due to earning low wages, or status as a retiree, or disabled veteran, you will need to file this year to receive your stimulus payment. Eligible people will receive up to \$600 (\$1200 for married couples), and parents will receive an additional \$300 for children under the age of 17. Don't miss this opportunity! If you need help filing your taxes, you can get tax assistance at the Cambridge Central Square Branch of the library Wednesdays 1-5 pm (call 617-349-4010 or get individual help from the National Student Partnerships at the Multi-Service Center (call 617-349-6342 ASAP). For more information on the stimulus payments, go to www.irs.gov/irs/article/0,,id=177937,00.html or click on the "Rebate" icon on the IRS homepage.

Cambridge Science Festival

Don't miss the Cambridge Science Festival April 26th-May 4th 2008 that will be hosted by the MIT Museum! Events will be held all week long for adults and children of all ages. Take this opportunity to learn about science and the environment while having fun! For more details go to www.cambridgesciencefestival.org or contact Hilary Smith at 617-868-4858 x210.

Resident Corner: Trip to Arboretum

What better way to celebrate the spring than a trip to the Arnold Arboretum! Join your neighbors from 808 Memorial Drive on a 90 minute bus tour of the beautiful gardens at the Arboretum in May. For more information contact Hilary Smith at 617-868-4858 x210 or check back in your May newsletter.

Health Corner: It Pays to Stay Active!

Regular physical activity has countless health benefits. It strengthens the heart, helps to boost your HDL or "good" cholesterol, aids the circulatory system, and lowers blood pressure and blood fats. Exercise also helps to build muscle and stronger bones which can help ward off osteoporosis. Regular exercise also promises mental health benefits, both relieving both stress and anxiety, renewing energy, and promoting better sleep habits. Staying fit and burning calories are only two of the many benefits of exercise to your body! You do not have to exercise vigorously to get health benefits. Doing moderate or even low-intensity activities regularly like walking, riding a bike slowly, gardening, and yardwork can have lasting effects. Just remember that with lower intensity exercise you will need to prolong the activity for at least 20 minutes to see the same effects of 10 minutes of vigorous exercise! Spring is here, so get out and get walking!

Summer Fun for the Kids!

Don't let your children spend another summer inside watching television or wandering with nothing to do! While summer may seem far away, it is time to start registering for summer camps. There are many programs available for ages 4 right through 17, with limited programs for the younger and older age groups. Many programs take vouchers and offer scholarships. Sign up as soon as possible as the programs fill up quick and many scholarships are first-come, first-served! For teenagers aged 14-18, there are also employment opportunities through the Mayor's Summer Youth Employment Program. For information and/or applications to one of the many youth summer programs in Cambridge, contact Hilary Smith at 617-868-4858 x210 as soon as possible!

SUN	MON	TUE	WED	THU	FRI	SAT
Center for Families hosts play groups at various locations daily. Monday-Friday call 617-349-6385 for information.		April Fools' Day 1 Rent Due Deadline to register for May 3rd SAT exam CRLS 617-349-6632	Citizens Bank Foundation FREE Admission to the Museum of Fine Arts in Boston 617-267-9300, 4-9:45 pm (Every Wednesday) 2	Target FREE admission to the Institute of Contemporary Art in Boston 617-478-3100, 5-9 pm (Every Thursday) 3	4	5 Smucker's Stars on Ice, DCU Center, 508-755-6800
6	7	8	Doula Program Open Discussion for New Moms, Cambridge Birth Center, 8 Camelia Avenue, 617-665-1164, 10 am-12 pm (Every Wednesday) 9	10	11 Target \$1 night at the Children's Museum 617-426-6500, 5-9 pm	12 Brahms, Symphony Hall, 617-266-1200 (8th, 9th, 11th, 12th)
13 MS Walk Boston Harvard University Athletic Complex, 12 pm 1-800-493-WALK	14	15 Taxes Due!	16 All-City Spring Music Concert, 7:00 pm, CRLS Theatre 617-349-6632	17 New Mothers Breast-feeding Group, Cambridge Birth Center, 8 Camelia Ave., 617-665-1164, 10 am-12 pm (Every Thursday)	18 Target \$1 night at the Children's Museum 617-426-6500, 5-9 pm	19 April Vacation Begins Passover Begins at Sundown
20 Champions on Ice, TD Banknorth Garden, 617-931-2000	21 Boston Marathon	22 Earth Day	23	24	25 Arbor Day Target \$1 night at the Children's Museum 617-426-6500, 5-9 pm	26 Berlioz, Symphony Hall, 617-266-1200 (22nd, 24th, 26th, 30th)
27 April Vacation Ends	28	29 The Drowsy Chaperone, The Opera House, 800-447-7400 (22nd-30th, Select Dates)	30 Red Sox Home Games, Fenway Park, 877-REDSOX9 (8th-30th, Select Dates)	<h1>April 2008</h1> <p>For further event information contact Hilary Smith at 617-868-4858 ext. 210.</p>		

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