

Committed to Quality.  
Dedicated to Service.



1069 High St. • Dover, DE 19901  
Phone: (302) 678-3603 • Fax: (302) 678-3610 • [www.doverfamilyhousing.com](http://www.doverfamilyhousing.com)

## April 2013

### Dover AFB Properties

Monday–Friday 0800–1700  
Saturday 0900–1200

### Maintenance Office

3720 Pine Cabin Road (302) 736-0850  
Monday–Friday 0730–1630

### Your Eagle Heights Team

Director ..... Deborah Oset  
Assistant Director ..... Sandra Nelson  
Leasing Agent ..... Andrea Beegle  
Leasing Agent ..... Tammie Simon  
Leasing Agent ..... Karina Wray  
Bookkeeper ..... Heidi Garrison

Maintenance Director ..... Dave Marriott  
Asst. Maintenance Director ... John Mast  
The Maintenance Team

Bob Boyles ..... Joseph Diaz  
Mike Ebaugh ..... Maritza Gonzalez  
Brenda Quinn ..... Tony Sandoval  
Josh Sherman ..... David Oldani  
Jose Valentin-Nevarez .... Dana Weldon

### EXCITING APRIL EVENTS

Enter the **“Spring Time” Coloring Contest**. Pick up an entry form starting April 1. Age categories are 3 to 5, 6 to 9, and 10 to 13. Winners will be announced April 26.

The **Eagle Heights Bonfire** will be Friday, April 5, from 6 to 8 p.m. Come out for this yearly event, meet the neighbors, make some friends and enjoy lots of hot dogs, s’mores and cocoa. The bonfire is held behind the maintenance office.

The **CIM Community Information Meeting** will be April 10 at 5:30 p.m. Join us as we share informative information regarding your community.

**Pizza Pie on the Fly** will be held Tuesday, April 16, and Tuesday, April 30, starting at 4:45 p.m. Buy a Lg. Papa John’s Pizza for \$7. Get ’em while they’re hot, and supplies last.

**Kids Craft Corner** will be Thursday, April 18, at 1 p.m. Perfect for children ages 3 to 10. RSVP by April 16.

**Story Time** is every Tuesday at 10 a.m.

### HOW DOES YOUR GARDEN GROW?

Experienced gardeners and novices alike, all residents are welcome to reserve a garden plot by calling our maintenance office at (302) 736-1387. Plots are located by the maintenance office and the soil is prepared by the Brickman landscaping crew. All you have to do is plant your veggies, tend to your garden and watch them grow. Enjoy fresh vegetables this summer and experience the fun that gardening can offer. It’s a great learning opportunity for your children while giving them the pride of growing their own food. Plots are limited, so call today.



**Yes, Officer, I Have a License!**

### Is Your Pet Legal?

Keeping your pet legal and knowing the laws can save you money and heartache. Did you know that if you live at Eagle Heights, you must register your pet at the base vet clinic? Also, did you know residents of Kent County must obtain a license for their pet(s)? Once your furry friend has been vaccinated, you can obtain

their license at the Levy Court building, located at 555 Bay Road, Dover, DE. Pet tags are no longer available at the SPCA. Should you need additional information regarding vaccinations and licensing, you can call the Dover Air Force Base Veterinary Clinic at (302) 677-5252 or contact the Kent County SPCA at (302) 698-3006.

**Know All the Latest Events in Your Community .... Follow Dover Family Housing on Facebook!**

### Words From William

Widely considered the greatest writer in the English language, William Shakespeare lives on through his many plays and sonnets, which are often quoted in everyday conversation. "To thine own self be true," "lend me your ears" and "neither a borrower nor a lender be" are all phrases from Shakespeare's works.

Records indicate that Shakespeare was born on April 23, 1564, and died on the same day in 1616. Take a few minutes this April to brush up on some Shakespeare trivia:

- Shakespeare's known works include 38 plays, 154 sonnets and two epic narrative poems.
- Shakespeare's plays generally fall into three categories: comedy, tragedy and history.
- "Hamlet" is Shakespeare's longest play at 29,551 words.
- The Globe Theatre in London is where Shakespeare and his acting troupe, The Lord Chamberlain's Men, performed many of his plays. The theater burned down in 1613 after a cannon shot off during a performance of "Henry VIII" caught the gallery roof on fire.
- A replica of the Globe Theatre is located near its original site and hosts several Shakespeare productions each year.
- Queen Elizabeth I, a generous supporter of drama and literature, reigned during most of Shakespeare's life and attended many performances of his plays.
- Shakespeare had three children with his wife, Anne Hathaway.

**"All the world's a stage,  
and all the men and women  
merely players."**

**—William Shakespeare,  
"As You Like It"**



### US AIR FORCE EAGLE EYES

Your eyes and ears are critical weapons in the war against terrorism. No matter how well-trained and vigilant, law enforcement officials simply cannot be everywhere. Your eyes and ears can be of enormous help in preventing terrorism. After all, you know best what activities do or do not belong in and around your base—your neighborhood and your community. To enlist your help in preventing terrorism, the Air Force

Office of Special Investigations has created and manages the Eagle Eyes program. Eagle Eyes puts you on the anti-terrorism team. Your inputs are important and can be submitted 24/7. They are immediately shared with the appropriate law enforcement agencies and military commanders for rapid assessment and investigation as necessary. Stay alert to your surroundings, and be an **Eagle Eye**. Report suspicious behaviors by calling (302) 677-6666. **U.S. AIR FORCE Eagle Eyes watch - report - protect**



## Healthy Lifestyle

### Whole-Grain Happiness

We know whole grains are better for our health than refined products, but it can be hard to make big changes in what we eat. Follow these tips, and you'll be consuming more whole grains in no time:

*Read the label.* Labels can be misleading: "Multi-grain" or "100 percent wheat" does not mean whole-grain. Check the ingredient list and choose items that have the first ingredient listed as: buckwheat, bulgur, millet, oatmeal, quinoa, rolled oats, whole-grain barley, whole-grain corn, whole-grain sorghum, whole-grain triticale, whole oats, whole rye, whole wheat, brown

rice or wild rice.

*Bake it better.* Completely replacing white flour with whole-wheat flour in your favorite recipes can produce mixed results. Instead, try replacing 50 percent of the white flour with whole-wheat flour. You can also find many recipes that were developed specifically for whole-grain flours.

*Make the switch.* Many of the foods you already eat have whole-grain counterparts. For breakfast, try whole-grain pancakes or bagels. For lunch, choose sandwiches on whole-grain bread. For dinner, look into quinoa, brown or wild rice, or whole-wheat pasta. For snacking, pick whole-grain crackers, chips or pretzels.

*Flex your flax.* One easy way to sneak whole grains into your diet is to add ground flax seed to foods such as smoothies, cookies and oatmeal.

## LAWN MOWING AND SAFETY

*Spring is in the air and soon the smell of fresh cut grass will follow. Brickman will begin the mowing of Eagle Heights very soon. Safety is important to us, and though the mowing schedule is still to be announced, be prepared by following these simple safety tips.*

1. Remove any toys, debris, decorations, etc., from the mowing area of your yard. If mowed over, all of these items could become projectiles and cause serious harm or property damage.

2. Pets are not permitted to be tethered outside the home. Should you have a leash, dog chain, stake or tie outside in your yard, please remove it immediately. These items can wrap around the blades, causing damage to the mower. More importantly, it could cause injury to the driver or anyone in close proximity.

3. Animal waste should be cleaned up on a regular basis. Remember, it's much easier to pick up the waste before it's mowed over. Animal waste is unsanitary, and should the mowers cut your yard before you have cleaned up, the waste will become airborne.

4. Keep trash and debris picked up from your yard. Again, it is much easier to clean up before it is mowed over. Though mowed trash and paper are unsightly, cans and glass would prove to be extreme cutting hazards. Play it safe by keeping your yard clean.

*At Eagle Heights we strive to keep your community clean and safe. We are all responsible to do our part.*

*Though the landscapers are responsible for the lawn mowing and landscaping, residents are responsible for keeping their own lawns and areas clean. Please follow these tips and help us make this a beautiful and safe summer.*



# One Minute Chef

## Baked Zucchini Ziti

### Ingredients:

- 8 ounces ziti, uncooked
- 1 28-ounce can crushed tomatoes
- 1 1/2 teaspoons Italian seasoning
- 1 cup grated zucchini (about 1 medium)
- 1 cup part-skim ricotta cheese
- 1 cup shredded mozzarella, divided
- 1/2 cup, plus 1 tablespoon grated Parmesan cheese, divided
- 1 egg, lightly beaten
- Salt and pepper
- Cooking spray

### Directions:

Cook pasta according to package instructions; drain and set aside.

Preheat oven to 400° F.

In a medium bowl, combine tomatoes and Italian seasoning. In a separate bowl, mix zucchini, ricotta, 1/2 cup mozzarella, 1/2 cup Parmesan and egg. Season with salt and pepper.

Coat a 2-quart casserole dish with cooking spray. Spread half of tomato sauce on bottom. Top with ziti, ricotta mixture and remaining sauce. Sprinkle with remaining 1/2 cup mozzarella and 1 tablespoon Parmesan. Bake until top is brown and sauce is bubbling, 35 to 40 minutes.

*For more recipes, go to [www.DairyMakesSense.com](http://www.DairyMakesSense.com).*



## Wit & Wisdom

“And when it rains on your parade,  
look up rather than down.  
Without the rain, there would  
be no rainbow.”  
—G. K. Chesterton

“Rainbows apologize for angry skies.”  
—Sylvia A. Voirol

“If the world's a vale of tears,  
Smile, till rainbows span it.”  
—Lucy Larcom

“Be thou the rainbow in the  
storms of life. The evening beam that  
smiles the clouds away, and tints  
tomorrow with prophetic ray.”  
—Lord Byron

“The way I see it, if you want  
the rainbow, you gotta put up  
with the rain.”  
—Dolly Parton

“It was the rainbow gave thee birth,  
and left thee all her lovely hues.”  
—W. H. Davies

“My heart leaps up when I behold  
a rainbow in the sky.”  
—William Wordsworth

“I've always taken  
'The Wizard of Oz' very seriously,  
you know. I believe in the idea  
of the rainbow. And I've spent my  
entire life trying to get over it.”  
—Judy Garland

“Leroy bet me I couldn't find  
a pot of gold at the end,  
and I told him that was  
a stupid bet because the rainbow  
was enough.”  
—Rita Mae Brown

## April 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11 	12	13
14	15	16	17	18	19	20
21 	22	23	24	25	26	27
28	29	30				

## "This Month In History"

### APRIL

**1513:** While looking for the Fountain of Youth, Spanish explorer Juan Ponce de Leon has the first recorded landing in Florida.

**1621:** The first treaty between American colonists and American Indians, the Pilgrim-Wampanoag treaty, is signed. The agreement, which lasted more than 50 years, was crucial to the settlers' survival in the New World.

**1789:** Frederick Augustus Conrad Muhlenberg, a representative from Pennsylvania, is elected the first speaker of the United States House of Representatives.

**1935:** A key part of President Franklin Roosevelt's New Deal, the Works Progress Administration, or WPA, is established by Congress. The WPA created jobs for more than 8.5 million Americans.

**1947:** A bowling alley is installed in the White House. Since then, the White House has gained a jogging track, tennis court and swimming pools.

**1955:** Winston Churchill retires from his position as British prime minister, though he would remain a member of Parliament for several years.

**1963:** Rival networks ABC and NBC both debut medical soap operas on the same day. "General Hospital" aired on ABC and "The Doctors" on NBC.

**1977:** The nightclub Studio 54 opens in New York City. The club has been referred to as "the global epicenter of the disco craze."

**1990:** The Hubble Space Telescope is put into low orbit around Earth by the team of U.S. space shuttle Discovery.

**2004:** A memorial recognizing the 16 million men and women who served in World War II opens in Washington, D.C.