



# LANDINGS AT Weyers Cave

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## APRIL 2014



## NOTES & NEWS

### Energize With Exercise

It may be the last thing on your mind when you're tired, but exercise can often fight fatigue better than a nap or cup of coffee. The next time you feel drowsy in the middle of the day, take a brisk walk to perk you up.

### Better Baking

Let eggs and dairy products stand at room temperature for at least 30 minutes before adding them to cake or bread recipes. At room temperature, eggs, butter and liquids such as milk bond and form an emulsion that traps air. During baking, the air expands, leavening the batter or dough and producing a light and airy baked good.

### Avoid Extra Fees

The next time you travel, beware of hidden hotel fees that are not included in the room rate. Ask that all of the fees associated with the room be disclosed at check-in. Decline newspaper delivery, and make sure you understand any fee associated with picking up the phone in your room.

## HIGHLIGHTS

### Build Strength While You Shop

Squeeze in some weight training during your next trip to the grocery store. Instead of pushing a cart, carry a basket with your arm slightly bent, switching arms every few minutes. This type of static exercise will build your biceps and triceps.

### Dress to Impress

Some companies schedule phone interviews for job openings before deciding to meet with candidates in person. If this happens, be sure to dress professionally for the conversation, even though the interviewer can't see you. Proper business attire will give you more confidence and help you sound more polished than if you were wearing a casual, everyday outfit.

### Budget Tip: Name Your Savings Fund

It's tempting to spend money on something you can enjoy now rather than place it in an emergency fund. Give your savings account a descriptive nickname that will entice you to contribute to it each month and remind you why you're saving in the first place.

### Motivational Tip

Don't let hard times overwhelm you. Be strengthened by the words of author and educator Eric Thomas: "The next time you feel slightly uncomfortable with the pressure in your life, remember no pressure, no diamonds. Pressure is a part of success."

## BULLETIN BOARD

### Appreciate Our Planet

In celebration of Earth Day on April 22, spend some time enjoying the beautiful sights of spring.

### Deal of the Month

Stir up some savings on cookware in April, when many merchants mark the items down for the upcoming graduation and wedding seasons.

### For a Little Laugh

"It's so simple to be wise. Just think of something stupid to say and then don't say it." —Sam Levenson

### Nutrient of the Month: Vitamin K

Vitamin K is the name given to a group of vitamins of similar composition. These vitamins play an important role in promoting healthy blood clotting, maintaining bone strength, and preventing calcification of blood vessels and heart valves. Most people get enough vitamin K from their diets. Vitamin K1 is obtained from leafy greens and some other fruits and vegetables. Vitamin K2 is a group of compounds largely obtained from meat, cheese and eggs.

# TRIVIA WHIZ



## Get the Dish on Licorice

At the mention of licorice, people often picture the black, ropelike candy with a distinctive flavor. But did you know that licorice is actually a plant with numerous medicinal qualities? In honor of National Licorice Day on April 12, learn more about this popular treat.

- Native to southern Europe and Asia, licorice shrubs are a member of the pea family. Their tiny purple and white flowers resemble sweet pea blossoms.
- Licorice extract comes from the plant's root, which contains a compound that is 50 times sweeter than sugar. The botanical name for licorice translates as "sweet root."
- The version of licorice candy that we know today originated in 17th century Holland.
- The use of licorice as medicine dates back thousands of years to the Ancient Egyptians. Other historic figures who reported the benefits of licorice include Alexander the Great, Julius Caesar and Napoleon Bonaparte.
- Licorice can soothe respiratory conditions such as coughs, colds and bronchitis. Some varieties have proven effective at treating ulcers, indigestion and acid reflux.
- Due to its strong medicinal properties, licorice should not be used to treat health conditions for longer than four weeks, and a doctor's advice is recommended before doing so.

## Flavor Imitator

Your favorite licorice candy may not even have any licorice in it! Anise seed, which mimics the smell and taste of black licorice, is commonly used in the U.S. as a substitute in candy. Chocolate, cherry and other fruity licorice flavors don't contain extract from the actual plant, either.



## Simple Storage Tricks

Some say that the key to a happy, organized home is "a place for everything, and everything in its place." But many people struggle with finding enough places for everything to go. The good news is, even the smallest spaces have plenty of storage options. Try these tips:

**Look up.** Whether a bookcase or floating shelves on the wall, shelving is the best way to take advantage of vertical space. Don't be afraid to go all the way up to the ceiling—higher shelves are

perfect for holding seasonal items in pretty boxes or baskets.

**Do double duty.** Choose furniture that can provide storage space. For example, a vintage trunk makes a unique and sturdy coffee table, and a couple of short filing cabinets can be transformed into a desk or buffet simply by draping a tablecloth over them.

**Get hooked.** Removable plastic hooks can be attached almost anywhere. Stick them inside a kitchen cabinet door to hang saucepan lids, and use them in closets or behind doors to hold accessories such as bags and hats.

**Hang out.** Tension rods designed for curtains can almost double the storage space in your closet, allowing you to hang lightweight clothes, scarves and belts. A tension rod under the sink provides a handy spot to hang spray bottles.

## Any Way You Slice It

Do you know anyone who doesn't like pizza? One type of this hugely popular food is celebrated on April 5, which is National Deep Dish Pizza Day. A thick, chewy crust marks this variety, which is often called Chicago-style pizza. Many other places have their own signature style, and where you grew up can have a big influence on the kind of pizza you prefer. Regional favorites include:

**California style.** The Golden State takes a unique approach to pizza by opting for non-traditional toppings such as peanut or barbecue sauces, bean sprouts, chicken, and shredded carrots on a thin crust.

**New Haven style.** Plenty of pizza connoisseurs in Connecticut go for their local specialty, sometimes called apizza. The pies are topped with garlic and hard cheeses, with mozzarella considered an additional topping. This variety has a "scorched" crisp crust.

**New York style.** Thank New York's Italian immigrants from Naples for bringing this style to the U.S. Hallmarks include a generous size, tomato sauce, lots of cheese, and a hand-tossed, flexible crust that allows the large slices to be folded in half for eating.

**Hawaiian pizza.** Despite the name, it neither originated in Hawaii, nor is it particularly popular there. But this well-known variety featuring ham and pineapple is still a favorite in many parts of the West.





## WIT & WISDOM



### Paper vs. Plastic

For most of us, it has become routine to pay for daily transactions with a debit or credit card. It's fast, easy and convenient, but it also comes with a risk of overspending and increased exposure to identity theft. Conversely, the idea of paying with cash may seem outdated, but it is a proven way to save money.

One of the best things about paying with cash is realizing exactly how much you're spending and what you're spending it on. There is a psychological reaction that comes with handing over currency rather than blindly swiping a piece of plastic, and it often makes consumers decide that some incidentals, like that daily latte, really aren't necessary.

Paying with cash prevents overspending, too. American consumers pay billions in card-related fees every year. For many, forgetting to account for a single debit card swipe could result in stiff overdraft penalties. And unless you practice the golden rule of credit card usage by paying off the balance each month, do you really want to pay interest on that burger you had for lunch?

Utilizing cash also decreases the chance of identity theft. Yes, cash can be stolen, too, but the amount you're carrying is all you're out. Identity theft can be financially draining, even if some of the funds are eventually recovered.

Whether you adopt an ongoing cash payment lifestyle, or simply try it for a month to gauge your spending, it can have a profound effect on your finances.



## One Minute Chef

### Decadent Chocolate Pecan Pie

#### Ingredients:

- 1 refrigerated pie crust (from 14.1-ounce package)
- 1 cup semi-sweet chocolate chips
- 3 tablespoons milk
- 4 eggs
- 3 tablespoons butter, melted
- 2 teaspoons vanilla extract
- 1 cup dark corn syrup
- 1 cup sugar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice
- 1/4 teaspoon salt
- 1 1/2 cups pecan halves

#### Directions:

Preheat oven to 425° F. Line 9-inch deep-dish pie plate with pie crust. Bake 7 minutes. Remove crust from oven. Reduce oven temperature to 325° F.

Meanwhile, microwave chocolate chips and milk in medium microwavable bowl on high 1 to 1 1/2 minutes. Stir until smooth. Pour chocolate evenly over crust.

Beat eggs in large bowl. Add remaining ingredients; mix well. Slowly pour mixture over chocolate layer. Place ring of foil around edges of crust to prevent over-browning.

Bake 55 to 60 minutes or until filling is puffed and center is still soft enough to move when shaken gently. Cool completely on wire rack.

For more recipes, visit [www.McCormick.com](http://www.McCormick.com).



"The Earth is what we all have in common."

—**Wendell Berry**

"Forget not that the Earth delights to feel your bare feet, and the winds long to play with your hair."

—**Khalil Gibran**

"Those who contemplate the beauty of the Earth find reserves of strength that will endure as long as life lasts."

—**Rachel Carson**

"Spring has returned. The Earth is like a child that knows poems."

—**Rainer Maria Rilke**

"Now I see the secret of making the best person: it is to grow in the open air and to eat and sleep with the Earth."

—**Walt Whitman**

"It is good to realize that if love and peace can prevail on Earth, and if we can teach our children to honor nature's gifts, the joys and beauties of the outdoors will be here forever."

—**Jimmy Carter**

"Earth laughs in flowers."

—**Ralph Waldo Emerson**

"Behold, my friends, the spring is come; the Earth has gladly received the embraces of the sun, and we shall soon see the results of their love!"

—**Sitting Bull**

"O Earth, what changes hast thou seen!"

—**Alfred Lord Tennyson**

"Earth provides enough to satisfy every man's need, but not every man's greed."

—**Mahatma Gandhi**



# April 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Rent Due	2 Rent Due	3 Rent Due	4 Rent Due Exterminations Bldg. 30	5 Rent Due
6 Late Fees	7 Inspections Bldg. 30	8	9	10	11 	12
13	14 	15	16	17	18 Easter Egg Hunt	19
20	21	22	23	24	25	26
27	28	29	30	 APRIL		

## "This Month In History" APRIL

**1564:** Playwright and poet William Shakespeare is born.

**1859:** A 23-year-old Missouri man named Samuel Clemens receives his steamboat pilot's license. He would later gain fame as writer Mark Twain.

**1866:** Henry Bergh founds the American Society for the Prevention of Cruelty to Animals.

**1897:** The first Boston Marathon is run. New Yorker John J. McDermott wins with a time of 2:55:10.

**1906:** A short story collection by O. Henry is published, including "The Gift of the Magi."

**1914:** The first movie theater, the Mark Strand Theatre, opens in New York City.

**1954:** Bill Haley and the Comets record "Rock Around The Clock."

**1956:** The elegant Grace Kelly marries Prince Rainier of Monaco, effectively ending her career as an actress and beginning her life as a princess.

**1969:** At the 41st Academy Awards, Katharine Hepburn and Barbra Streisand tie for Best Actress. Hepburn won for "The Lion in Winter"; Streisand for "Funny Girl."

**1976:** Mike Schmidt of the Philadelphia Phillies hits four consecutive home runs in a game against the Chicago Cubs.

**1982:** Jane Fonda releases the first of her signature workout videos.

**1984:** Kareem Abdul-Jabbar becomes the highest all-time scorer in the NBA after scoring his 31,420th point.