



# LANDINGS AT Weyers Cave

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## APRIL 2015



## NOTES & NEWS

### Protecting the Environment

The overwhelming public support for the first Earth Day in 1970 led to the creation of the Environmental Protection Agency. Earth Day is celebrated on April 22.

### Timely Fitness

Whether you're a morning or an evening person, plan your workout for the time of day that suits you best. Your exercise regimen will be easier to tackle when you're at your most alert and energetic.

### Record-Breaking Rain

April is known for its rain showers, but Mount Waialeale, on the Hawaiian island of Kauai, has a wet forecast nearly every day of the year. Due to the shape and location of the island, the volcanic mountain sees rain up to 350 days each year, with an average annual rainfall of 467 inches.

### Smart Cookware

Cookware is a great graduation present, and many retailers offer savings on pots and pans at this time of year. See what kind of deal you can get for the graduate in your life or for your own kitchen.

## HIGHLIGHTS

### Outdoor Strolls

Spring is here! Take advantage of milder weather and go for a walk in the fresh air. A recent study by the University of Michigan reported reduced stress levels in people who walked outside.

### Switch It Off

Many household electronics do not completely shut down when you turn them off. Items such as computers, stereos and TVs use power even when switched off. Plug these items into a single power strip, then turn off the strip at night or when leaving home to save energy.

### Shallot Substitute

Are you preparing a recipe that calls for shallots, but you can't find them at the store? Use a combination of onions and garlic to give your dish a similar flavor.

### Flattering Frames

"One size fits all" doesn't necessarily look good on everyone, and this includes eyeglasses. Next time you're in the market for some new frames, keep in mind these four things: face shape, frame shape, size and coloring. Your eye care professional can help customize a look that's just right for you.

### Quicker Way to Dry Laundry

Save energy and shorten dryer time by adding a dry bath towel to your laundry to help wick away moisture.

### Celebrate Trees

More than 1 million trees were planted in Nebraska on the first Arbor Day, in 1872. National Arbor Day is observed on the last Friday in April. There are many ways to celebrate Arbor Day: Clean up litter at an area park; learn to identify trees in your neighborhood by their leaves; make a recipe that features products from trees, such as apples or pecans; or learn what the official state tree is where you live.

## BULLETIN BOARD

### What's in a Name

April as a name for a baby girl was popular in the 1970s and 1980s.

### Have a D.E.A.R. Day

Grab a book and take a break; April is Drop Everything and Read Month!

### Make Boot Noodles

Cut foam pool noodles into shorter lengths and use them to keep your boots standing straight and upright. They are lightweight and less expensive than boot trees.

# TRIVIA WHIZ



## Major League Milestones

As spring gets into full swing, so does Major League Baseball. From opening day on April 5 to the last game of the World Series in the fall, baseball fans will be cheering for their favorite teams and players. Hit a trivia home run by learning these fun facts:

- Hall of Famer Hoyt Wilhelm hit a home run during his first at bat as a rookie pitcher. His career lasted for 21 more years, but he never hit another home run.
- Cincinnati Reds catcher Johnny Bench could hold seven baseballs in one hand.
- Baltimore Orioles shortstop Cal Ripken Jr. didn't miss a game in 16 years. From 1982 to 1998, he played in 2,632 consecutive games.
- Deion Sanders is the only man to play in both a World Series and a Super Bowl.
- The longest professional baseball game lasted 8 hours and 6 minutes. After 25 innings, the Chicago White Sox beat the visiting Milwaukee Brewers 7 to 6.
- In August 2011, only 347 people showed up to watch a Florida Marlins game. The record low attendance was attributed to the approach of Hurricane Irene.

## Anatomy of a Baseball

An official Major League baseball begins with a round cork center that is wrapped tightly in wool yarn and then polyester/cotton string. Workers cover the ball with two pieces of white cowhide and sew the pieces together by hand with thick, red thread. A regulation baseball has 108 double stitches. Each ball must weigh between 5 and 5.25 ounces and measure between 9 and 9.25 inches in circumference.



## You Oughta Be in Pictures

Are you unhappy with how you look in pictures? It's not hard to become more photogenic. Prepare for the paparazzi with the following tips.

*The eyes have it.* Don't look straight at the lens; instead, focus just off to the side. If you often blink in pictures, do so just before the photo is taken and keep your eyes open for the shot. Look toward the light source to create highlights in your eyes.

*Smile!* You will present a better

smile if you keep your tongue behind your upper teeth. Smile with your eyes as well as your mouth, and laugh or giggle to relax your expression. Saying "money" instead of "cheese" will result in a more natural-looking smile.

*Hold your head up.* Elongate your neck with your face held forward a bit to eliminate the appearance of a double chin. To avoid a stiff pose, keep your back straight and place one foot forward more than the other, but put more weight on the back foot. If it's a head shot, or from the waist up, turn your head away from the camera a bit, so only one of your ears is showing.

*Practice makes perfect.* Look in a mirror and decide which angles suit you best. Study your face and choose your "better side." Select favorite photographs of yourself and examine what makes them so pleasing, then try to re-create that look in the future.

## Bring Home the Bacon

Most people will agree that bacon makes everything better. How much do you know about this smoke-cured meat (besides the fact it is delicious)?

*Bacon background.* People were eating bacon in ancient Rome. The word "bacon" first appeared in Middle English and referred to all cuts of pork; the word originates in dialects of French and German. In 1924, Oscar Meyer introduced presliced, packaged bacon.

*Types of bacon.* The name "bacon" isn't limited to the familiar strip of meat and fat, often called "streaky bacon." "Back bacon" is the standard cut in England; it's from the loin portion of the pig and resembles a slice of ham. Another loin cut, popular in Canada, is what Americans call "Canadian bacon." "Pancetta" is Italian bacon cured with spices and salt instead of smoke, and is often added to pasta recipes.

*The bacon comeback.* Bacon fell

out of favor in the 1980s, when low-fat diets became popular. But in the early 1990s, burger chains started adding bacon to many of their offerings, sparking a revolution in bacon-eating that has helped this tasty food move from the breakfast table to lunch, dinner and dessert menus.

*Bring on the bacon.* If you can't get enough bacon, try one (or two or three) of these dishes: a bacon Reuben with bacon sauerkraut; bacon-apple pancakes with bacon butter; or bacon-wrapped meatloaf. For dessert, consider peanut butter and bacon cookies or bacon ice cream.





## WIT & WISDOM



### Pare the Paper Piles

Paper tends to build up in almost every home, but there are steps you can take to lessen the paper load.

First, reduce incoming paper by opting out of unsolicited direct mail, catalogs, and credit and insurance offers. Go to [www.Consumer.FTC.gov](http://www.Consumer.FTC.gov), the Federal Trade Commission's consumer information website, to learn how to stop receiving junk mail and unsolicited commercial emails and marketing calls.

If you have done business with a company, you will need to directly request that your name be removed from catalog and marketing lists. Another option is to ask to be placed only on the "in-house" list, so that your contact information is not shared with third parties.

Create online accounts to receive and pay bills electronically and stop getting paper bills in the mail. Consider setting up automatic bill pay through your bank.

You can eliminate some paper by storing information digitally. Scan documents such as pay stubs, medical bills and important receipts, and save them on a computer or secure external hard drive. Then shred the originals.

Remember that paper copies of documentation like marriage certificates, vehicle titles and tax returns should be filed in a secure location, such as a small household safe or safety deposit box.



## One Minute Chef

### Stuffed Mushrooms

#### Ingredients:

- 2 pounds large mushrooms, stems removed and reserved
- 1 package pork sausage
- 1 clove garlic, minced
- 4 ounces cream cheese, cubed
- 3/4 cup dry Italian breadcrumbs, divided
- 1/2 cup grated Parmesan cheese, divided
- 1/4 cup chopped fresh parsley
- 1 tablespoon olive oil

#### Directions:

Preheat oven to 350° F.

Finely chop enough mushroom stems to measure 1 cup; discard any remaining stems. Place mushroom caps, rounded side down, in lightly greased shallow baking pans.

Cook sausage, chopped stems and garlic in large skillet over medium-high heat for eight to 10 minutes or until sausage is thoroughly cooked, stirring frequently. Drain and return to skillet.

Add cream cheese, 1/2 cup breadcrumbs, 1/4 cup Parmesan cheese and parsley; mix well. Spoon into mushroom caps.

Combine remaining breadcrumbs, remaining Parmesan cheese and oil; sprinkle over mushrooms. Bake 20 minutes or until mushrooms are tender and stuffing is lightly browned.

*Find more recipes at [www.JimmyDean.com](http://www.JimmyDean.com).*



"In this world, a good time to laugh is any time you can."

—Linda Ellerbee

"All you need in the world is love and laughter. That's all anybody needs. To have love in one hand and laughter in the other."

—August Wilson

"Nothing shows a man's character more than what he laughs at."

—Johann Wolfgang von Goethe

"There is little success where there is little laughter."

—Andrew Carnegie

"You can't deny laughter; when it comes, it plops down in your favorite chair and stays as long as it wants."

—Stephen King

"Against the assault of laughter nothing can stand."

—Mark Twain

"I'm happy that I have brought laughter because I have been shown by many the value of it in so many lives, in so many ways."

—Lucille Ball

"The person who can bring the spirit of laughter into a room is indeed blessed."

—Bennett Cerf

"Laughter is an instant vacation."

—Milton Berle

"Everybody laughs the same in every language because laughter is a universal connection."

—Yakov Smirnoff

"To me there is no picture so beautiful as smiling, bright-eyed, happy children; no music so sweet as their clear and ringing laughter."

—P. T. Barnum



# April 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Rent Is Due	2 Rent Is Due	3 Rent Is Due Exterminator 30 Building	4 Rent Is Due
5 Rent Is Due	6 Rent Is Late Inspections 30 Building	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

**1775:** In a midnight ride, Paul Revere alerts Boston-area colonists that the British are coming. The following day's battles at Lexington and Concord began the American Revolution.

**1841:** Edgar Allan Poe's "The Murders in the Rue Morgue" is published. The work is considered the first detective story.

**1860:** Mail delivery by the Pony Express begins with horse and rider teams leaving from St. Joseph, Mo., and Sacramento, Calif.

**1896:** The first Olympic Games of the modern era are held in Athens, Greece.

**1912:** Four days into its maiden voyage, the luxury ship Titanic hits an iceberg and sinks in the North Atlantic.

**1924:** Rand McNally publishes its first comprehensive road atlas.

**1953:** "TV Guide" debuts, featuring comedienne Lucille Ball's newborn son, Desi Arnaz Jr., on the cover.

**1961:** Soviet cosmonaut Yuri Gagarin is the first man to travel into space.

**1975:** Bill Gates and Paul Allen form Microsoft in Albuquerque, N.M. Today, it is the world's largest software company.

**1982:** With 212 total goals and assists, Wayne Gretzky becomes the first player in National Hockey League history to break 200 points in a season.

**2011:** More than 1 million people line the streets of London as Great Britain's Prince William marries Catherine Middleton at Westminster Abbey.