



LANDINGS AT Weyers Cave

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APRIL 2016



NOTES & NEWS

Clean and Green

The next time you head outside for a hike or just a walk around the block, take a bag with you and pick up any trash you see along the way. To do even more for the environment, organize a group to clean up a local stream, highway or park.

Found Money

While doing your spring cleaning, keep an eye out for unused gift cards, which might be lying forgotten in a drawer, on a dresser, or in a wallet or handbag. Even if the cards are for a store you don't frequent, you can still probably use them to buy a gift for someone else.

Tales for Tykes

Born April 2, 1805, in Denmark, Hans Christian Andersen wrote plays, travelogues, novels and poems, but is best-known for his fairy tales. Andersen wrote more than 150 such stories for children, including "The Princess and the Pea," "The Little Mermaid" and "The Ugly Duckling."

HIGHLIGHTS

Shop Local

Celebrate Earth Day year-round simply by changing your grocery shopping habits a bit. Make an effort to buy food that is in season and grown locally. Small-scale farmers are more likely to use sustainable practices, such as avoiding pesticides, practicing biodiversity and crop rotation, and maintaining a low carbon footprint.

Batter Up

Major League Baseball's regular season opens in April. This year's opening day features three games on Sunday, April 3, with the highlight being a 2015 World Series rematch with the champion Kansas City Royals hosting the New York Mets.

Reject Receipts

One small way to help the environment is to forgo receipts when you can. Receipts are a common litter item and can clutter up your wallet, backpack or vehicle. Press "no receipt" at ATMs and gas stations, and, if given a choice, tell cashiers you don't need one.

Shoe in, Shoe Out

Your favorite running shoes can't stay your favorites forever. Glue and other materials in the shoes break down over time. When your sneakers are more than two years old or have more than 300 miles on them, it's time to treat your feet to a new pair. Use online resources to find out how to recycle your old shoes.

When You Get Waterlogged

If you step in a puddle and end up soaking your shoes, stuff them with some crumpled-up sheets of newspaper to help them dry faster.

Add Some Flair

You don't have to hire a professional to celebrate National Decorating Month. Update your home with some colorful new throw pillows, a welcoming door wreath or an eye-catching piece of art.

BULLETIN BOARD

Totally Cuckoo

In England, the arrival of the cuckoo bird in April is a signal that spring has started, so many villages host cuckoo festivals this month. Most include craft demonstrations, maypole dancing, musicians, storytellers and refreshments.

Game On

An empty plastic pill bottle can be repurposed to store game pieces and dice. Use one bottle for each board game and keep those tiny pieces all together.

TRIVIA WHIZ



Prepare for Earth Day

As the nation gears up to celebrate Earth Day on April 22, here are a few facts and figures to increase your knowledge of the benefits of the three R's: reduce, reuse, recycle.

The average American produces more than four pounds of garbage per day, but 84 percent of all household waste can be recycled.

The energy saved by recycling one glass bottle can run a 100-watt light bulb for four hours or a compact fluorescent bulb for 20 hours.

Recycling glass also creates 20 percent less air pollution and 50 percent less water pollution than making bottles from raw materials.

It takes 90 percent less energy to make aluminum cans from recycled materials than from raw materials. Recycling one can saves enough energy to run a TV for three hours.

The energy saved by recycling one plastic bottle can power a computer for 25 minutes.

Motor oil doesn't wear out, it just gets dirty. Oil can be re-refined and used again. If not disposed of properly, one gallon of motor oil can contaminate up to 2 million gallons of water.

Reduce Food Waste

Food waste is a huge contributor to municipal landfills, totaling millions of tons each year. Most people don't even realize how much food they throw away every day, from uneaten leftovers to spoiled produce.

One of the best ways to reduce food waste is to look in your refrigerator and cupboards before you go grocery shopping. Make a list of what needs to be used up and plan upcoming meals around those items. Freeze food such as bread, sliced fruit and meat that you know you won't be able to consume in time.



Enjoy Outdoor Events

Spring and summer mean outdoor fun. Whether you have plans to attend a sporting event, fair, festival or concert, here are some tips and reminders to make your excursion a success.

Attire. Dress comfortably and in layers. If you are going to be walking a lot or be in a large crowd, stick with sneakers and leave the flip-flops at home. For daytime events, wear a hat, sunglasses and sunscreen. If rain is a possibility, pack a poncho.

In a pinch, a plastic trash bag can help keep you from getting soaked.

Provisions. Stay hydrated by drinking lots of water. Most places have water fountains where you can refill bottles. If it's allowed, take your own snacks. Nuts, dried fruit, pretzels and granola will give you an energy boost and are easy to carry. Take some cash, but keep your wallet secure. A front or inside pocket is best.

Behavior. Manners and consideration go a long way toward making sure everyone has a good time at any type of event. Put trash and recyclables in the proper containers. Remember the magic words "please," "thank you" and "excuse me."

Last, but not least: Live in the moment. Take a few snapshots and short videos, but then put your phone away and enjoy the event in real time—that's why you went in the first place.

Colors Decoded

Seeing a rainbow in the sky is a rare treat and sure to bring a smile. In fact, color in general can influence our emotions and our actions.

There have been many studies about colors and their effects on our daily lives. Colors often have different meanings in different cultures. Following are some examples of how Western culture views colors.

Red symbolizes energy, power, passion, love, ambition and determination. It is also the color of anger and danger.

Orange represents enthusiasm, creativity, determination, optimism and success, but it is sometimes a sign of superficiality.

Yellow, the color of sunshine, is associated with joy, wisdom and energy, or it can suggest impatience and cowardice.

Green is the color of nature and symbolizes growth, harmony, health

and stability. It may also indicate greed and jealousy.

Blue is associated with peace, truth, loyalty, wisdom, confidence, intelligence and tranquility.

Purple represents wisdom, dignity, independence, creativity, mystery and imagination.

White is color at its most pure, the color of perfection, innocence, wholeness and completion.

Black is the color of the hidden, the secretive and the unknown, but also power, elegance, formality, strength and authority.





WIT & WISDOM



Take a Picture

That camera feature on your cell phone can come in handy for much more than selfies. Use it to take a picture of places, things and other information you might need for future reference.

If you're getting ready to rearrange or move a computer or gaming system, take a snapshot of how the cables are connected before you start unplugging them. This type of "before" shot is useful anytime you begin a project or prepare to disassemble an item.

When you are traveling, especially if it's in a city new to you, get a picture of the front of the hotel where you are staying, including street signs at the nearest intersection. If using a rental car, snap a photo of the license plate to help you find it again in a parking lot. Speaking of parking, get a shot of the section where you park at an airport, stadium or shopping center.

Take a picture anytime inspiration hits, whether it be a stylish outfit you like, a recipe you want to try or an interior design scheme you want to copy.

Use your phone to capture an image of any medications you are taking, including the prescription name and dosage. Also, have a photo of eyeglass and contact lens prescriptions.

Other images that might come in handy are: the contents of your wallet, so you'll have a record of what's in there if it is lost or stolen; your friend holding that book or DVD you lent him; and the name and hours of operation of a store or restaurant you want to return to visit.



One Minute Chef

Fiesta Rice

Ingredients:

- 8 cups low-sodium chicken or vegetable broth
- 2 cups wild rice
- 1 teaspoon salt
- 2 tablespoons canola oil
- 1 medium white onion, chopped
- 1 cup diced red bell peppers
- 1/2 cup chopped walnuts
- 1/2 cup golden raisins
- 1/4 cup finely diced parsley

Directions:

In large saucepan, bring broth to boil, then stir in wild rice and salt. Reduce heat, cover and simmer 40 to 45 minutes, or just until kernels puff open. Uncover and fluff with a fork. Simmer another 5 minutes. Drain excess liquid.

Place cooked rice in large serving bowl and set aside to cool.

In large sauté pan, heat canola oil over medium heat. Add onion and sauté for 1 to 2 minutes or until translucent.

Add peppers, walnuts and raisins. Cook until lightly browned and fragrant. Add sautéed mixture and parsley to wild rice. Stir to combine. Serve warm.

Find more recipes at www.CanolaInfo.org.



"Clouds come floating into my life, no longer to carry rain or usher storm, but to add color to my sunset sky."

—**Rabindranath Tagore**

"It is only in sorrow bad weather masters us; in joy we face the storm and defy it."

—**Amelia Barr**

"There are some things you learn best in calm, and some in storm."

—**Willa Cather**

"I'm not afraid of storms, for I'm learning how to sail my ship."

—**Louisa May Alcott**

"If you spend your whole life waiting for the storm, you'll never enjoy the sunshine."

—**Morris West**

"Storms make the oak grow deeper roots."

—**George Herbert**

"If you want to see the sunshine, you have to weather the storm."

—**Frank Lane**

"The little reed, bending to the force of the wind, soon stood upright again when the storm had passed over."

—**Aesop**

"The fishermen know that the sea is dangerous and the storm terrible, but they have never found these dangers sufficient reason for remaining ashore."

—**Vincent Van Gogh**

"The more violent the storm, the quicker it passes."

—**Paulo Coelho**



April 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Rent Is Due	2 Rent Is Due
3 Rent Is Due	4 Rent Is Due	5 Rent Is Due	6 Rent Is Late	7	8	9
10	11	12	13	14	15 Exterminator 32 Building	16
17	18 Inspections 32 Building	19 	20	21	22	23
24	25	26	27	28	29	30

"This Month In History" APRIL

1700: Playing pranks, tricksters in England begin popularizing the tradition of April Fools' Day.

1803: The U.S. agrees to pay France \$15 million for the Louisiana Territory. The Louisiana Purchase nearly doubled the size of the U.S.

1912: Fenway Park, home of Major League Baseball's Boston Red Sox, opens for its first game.

1939: Famed opera singer Marian Anderson performs before a crowd of 75,000 at the Lincoln Memorial.

1948: U.S. President Harry S. Truman signs the Marshall Plan into law. It provided more than \$13 billion in economic aid so that Western Europe could recover from World War II.

1959: NASA selects its first astronauts. Among the Mercury Seven are John Glenn, Gus Grissom and Alan Shepard.

1964: The Rolling Stones release their debut album.

1972: Polaroid introduces its folding instant camera, which produces self-developing photos.

1984: Kareem Abdul-Jabbar becomes the highest-scoring player in NBA history. The star center remains the league's all-time leading scorer with 38,387 points.

2001: "The Producers" opens on Broadway. The Mel Brooks musical would go on to earn a record 12 Tony Awards.

2006: Construction begins on a new skyscraper at the site of the former World Trade Center in New York City.