



LANDINGS AT Weyers Cave

20 Landings Lane • Weyers Cave, VA 24486 • (540) 234-8899

DECEMBER 2014



NOTES & NEWS

A Crafty Idea

Looking for seasonal gifts or some decorative items for your home? Visit the local craft store. These stores often have a great selection of decorative planters, baskets, vases, candles and frames. Check a newspaper or the store's website for coupons.

Make Time for Friends

Take a cue from the song "Auld Lang Syne," and make time to catch up with an old friend. It will not only boost your mood, but also your health. Having regular contact with a wide circle of friends has been proven to help people live longer, happier lives.

Found It!

WomansDay.com suggests establishing a lost and found for your home. "Use a cute vintage lunch box or lidded storage container to stash lost game pieces, stray screws and buttons, and similar small items," the site says. When you realize you need an item, you will know exactly where to look first.

HIGHLIGHTS

Take the Chill Off

The root herb ginger promotes blood circulation. If you feel cold, eating gingerbread or other foods containing ginger can make you feel warmer.

Read for Relief

If holiday happenings bring on anxiety, get some relief by reading. A British study found that spending just six minutes with a good book can lower stress by 68 percent.

Get Cozy With a Cup of Coffee

Caffeine shouldn't get all the credit for making you feel awake and alert. Experts say that the antioxidants in coffee—even decaf—may improve cognitive function.

Let's Face It

You can save quite a bit of money by using inexpensive facecloths as a substitute for paper towels. Wash and reuse them over and over, then replace the cloths when they get too worn or stained.

Smart Savings

While it's a good idea to keep at least one savings account linked to your checking account in case of emergencies, it's not always the best way to grow your nest egg. Open a savings account with another bank to dissuade yourself from easily transferring money from savings into checking for frivolous purchases.

DIY Decor

To incorporate a decorative touch and bring a refreshing scent to your home, make your own potpourri. See what you can find outdoors, such as flowers, seed heads, twigs and pinecones. You can also gather items from your kitchen; start with orange peels, berries and cinnamon sticks. Place the items in a pretty bowl and sprinkle them with scented oils to boost the fragrance.

BULLETIN BOARD

Timely Treasures

Thrift stores often receive lots of year-end donations, so be sure to stop by and check out the new arrivals.

Sensible Shopping

Shop smart during post-holiday sales. Look for items you would normally use but with holiday packaging; they'll be marked down significantly. Scout for returned merchandise offering extra savings. Think ahead to upcoming birthdays, and look for discounted items you can buy now and give later.

TRIVIA WHIZ



What Do You Know About Mistletoe?

Many people are surprised to learn that mistletoe does not grow on the ground, but rather is a parasitic plant that grows on trees.

These types of plants attach to and penetrate the branches of a tree or shrub and absorb water and nutrients from the host plant.

Although classified as parasitic, mistletoe was recently recognized as an important ecological species. Rather than being a pest, mistletoe can have a positive impact on biodiversity, providing food and habitat for a broad range of animals.

The Druids in ancient Britain considered mistletoe a sacred plant. They believed it had medicinal qualities and supernatural powers. Mistletoe leaves and young twigs are still used by herbalists today, and it is popular in Europe for treating circulatory and respiratory problems.

Various types of mistletoe grow all over the world, and the mistletoe commonly used as a holiday decoration is native to North America.

People have been exchanging kisses under mistletoe for hundreds of years. Such a kiss can mean romance or friendship and goodwill.

According to tradition in some places, a man can only kiss a woman on the cheek, and after he does so, he removes a berry from the mistletoe sprig. When all the berries are gone, the kissing is over.

Are You a Belieber?

In 2011, singer Justin Bieber released "Mistletoe." The song reached the top 10 in Canada, Denmark and Norway, and peaked at No. 11 on the Billboard Hot 100 in the United States.



A Special Way to Say 'Thanks'

The next time you attend a festive party or stay a few days with family or friends, thank your hosts for their hospitality with a little gift. Try one of these ideas for expressing your appreciation:

Sweet treats. Homemade baked goods are a tasty way to say "thank you." Cookies, a cake or pie will show the recipients that you enjoyed their company.

Appetizing Ideas for Eggnog

With wintertime comes the classic drink called eggnog, a sweet beverage made with milk, sugar and eggs. The mixture is often flavored with nutmeg, cinnamon or vanilla.

The typical way to consume this creamy concoction is by drinking it, but that isn't the only way to enjoy this unique flavor. If you have leftover eggnog you need to use up, or simply want to try something different, here are a few ideas:

Have it for breakfast. Making French toast or pancakes? Toss in some eggnog for a tasty twist. Add a splash of eggnog to a bowl of oatmeal or shredded wheat cereal. You can even make eggnog syrup, an eggnog coffee cake glaze or eggnog scones to dip in your morning coffee.

Bake it. Eggnog can add a delightful flavor to cookies, cake, cupcakes or muffins. Its creamy consistency also pairs well with cheesecake. Don't be

Potpourri. The scent of potpourri evokes happy memories. Give potpourri in your friend's favorite blend or in a fragrance reminiscent of the holidays to help your host remember you fondly.

Coffee, tea or cocoa. A warm, relaxing beverage provides a soothing break during the colder months. A gift of gourmet coffee, fine tea or artisan cocoa is sure to please.

Spice rack. A small, elegant shelf holding a few select herbs and spices will be a delight to the host who likes to cook. For a personalized touch, look up simple herb and spice blends online and mix a few yourself.

Plants. If your friend has a green thumb, say "thanks" with a living gift. Consider your host's tastes, then select something modest and easy to care for that will be a lasting reminder of your gratitude.

afraid to add it to items like pumpkin and sweet potato pie.

Whip it. You can easily turn eggnog into ice cream or pudding. Spice up a pie or cake with a side of eggnog ice cream, or create a trifle with your pudding creation.

Mix it up. Instead of drinking it straight, mix eggnog with latte, chai tea, iced coffee or hot chocolate.

Merge it. Leftover eggnog can join leftover bread in a tasty bread pudding. Eggnog rice pudding is another way to transform two kinds of leftovers.





WIT & WISDOM



Get Your Beauty Sleep

You've probably heard the phrase, "I need my beauty sleep," but you might be surprised to learn how much science backs it up.

The benefits of a good night's sleep are as plain as the skin on your face. A routine of seven to nine hours of sleep every night helps your body replace old skin cells and increases healthy blood flow, resulting in a refreshed complexion when you awake. Little or poor-quality sleep does the opposite, leading to dull, saggy skin and an uneven skin tone. Lack of sleep can also cause stress, which contributes to breakouts.

As for your eyes, poor sleep causes blood vessels to dilate, or enlarge, which means the tiny capillaries near the surface of your eyes become more noticeable, and your eyes look bloodshot. You may notice dark circles, as blood vessels enlarge beneath the thin skin around your eyes. Meanwhile, fluid collects while you lie flat at night, which can lead to puffiness around the eyes. Fight puffiness by avoiding alcohol and salty food before bedtime.

Finally, get plenty of sleep to stay slim or lose weight, as lack of sleep can increase your waistline by affecting hormones that regulate appetite. You'll have fewer unhealthy food cravings when you get better sleep on a regular basis.

The benefits of a good night's sleep are as plain as the skin on your face



One Minute Chef

Sticky Cinnamon Bacon Roll-Ups

Ingredients:

- Cooking spray
- 12 slices bacon
- 2 teaspoons cinnamon
- 1/2 cup sugar
- 1/4 cup melted butter
- 4 8-inch flour tortillas
- 3 tablespoons applesauce

Directions:

Heat oven to 375° F. Spray a baking pan with nonstick cooking spray.

Cook bacon according to package directions; drain. Combine cinnamon and sugar; mix well.

Brush melted butter on both sides of a tortilla; coat with cinnamon sugar on both sides.

Place 3 slices of bacon and 2 teaspoons of applesauce on one edge of a tortilla. Roll up and place seam-side down in the prepared pan. Repeat with remaining tortillas.

Bake for 12 to 16 minutes until sugar mixture is bubbly. Cut tortilla roll-ups in half before serving. Serve warm.

Find more recipes at
www.FarmlandBaconClub.com.



"Many men have been capable of doing a wise thing, more a cunning thing, but very few a generous thing."
—Alexander Pope

"Real generosity is doing something nice for someone who will never find out."
—Frank A. Clark

"We must give more in order to get more. It is the generous giving of ourselves that produces the generous harvest."
—Orison Swett Marden

"True generosity is an offering, given freely and out of pure love. No strings attached. No expectations. Time and love are the most valuable possessions you can share."
—Suze Orman

"I don't believe we're only motivated by our own self-interests. Often out of crisis comes this enormous wellspring of generosity and motivation."
—Josh Fox

"Attention is the rarest and purest form of generosity."
—Simone Weil

"Sustainability, ensuring the future of life on Earth, is an infinite game, the endless expression of generosity on behalf of all."
—Paul Hawken

"There never was any heart truly great and generous that was not also tender and compassionate."
—Robert South

"Generosity is not giving me that which I need more than you do, but it is giving me that which you need more than I do."
—Khalil Gibran



December 2014

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 Exterminator Building 50	6 Rent Is Late
7 Inspections Building 50	8	9	10	11 	12	13
14	15 	16	17	18	19	20
21	22	23	24	Christmas 25	26	27
28	29	30	31	 December 		

"This Month In History" DECEMBER

1900: German physicist Max Planck makes science history with a study originating the quantum theory of physics. He won a Nobel Prize for his work.

1933: Prohibition ends upon ratification of the U.S. Constitution's 21st Amendment.

1936: King Edward VIII voluntarily abdicates the throne of England in order to marry American socialite Wallis Simpson.

1955: In Montgomery, Ala., Rosa Parks refuses to give up her seat on a public bus and is arrested. Her act became the symbolic beginning of the civil rights movement.

1956: Dubbed the "Million Dollar Quartet," Carl Perkins, Johnny Cash, Jerry Lee Lewis and Elvis Presley strike up an impromptu jam session at the legendary Sun Record Studios in Memphis.

1972: The three astronauts of Apollo 17, the last lunar-landing expedition, return to Earth after a 10-day mission.

1991: The Soviet Union is dissolved, marking an end to the Cold War.

2006: Football running back LaDainian Tomlinson scores his 29th touchdown for the San Diego Chargers, breaking the NFL record for most touchdowns scored in a single season.

2009: "Avatar," directed by James Cameron, debuts and beats his earlier film "Titanic" as the highest-grossing film of all time.