



LANDINGS AT Weyers Cave

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

DECEMBER 2015



NOTES & NEWS

Winter Is Here

Winter begins in the Northern Hemisphere on Dec. 21. In the Southern Hemisphere, it is the first day of summer.

Glitter Buster

Glitter from holiday cards, projects and decorations can easily be cleaned up with a lint roller.

A Scent to Lift Your Mood

Fresh greenery not only looks festive, but it can also help you stay energized during the holidays. The fragrance of pine is known for elevating mood and reducing anxiety and tension.

Sweet Clementines

They're small and sweet, but clementines are big on nutrition. A cross between a sweet orange and a mandarin, this easy-to-peel variety of citrus fruit is a good source of vitamin C, as well as fiber, calcium and other essential nutrients, for just 35 calories. Clementines are in season from late November through January, making them a popular holiday treat.

HIGHLIGHTS

Guilt-Free Holiday Eating

Food is a favorite holiday tradition for many people, and it's OK to indulge in a special feast during the season. But before settling in for an after-dinner nap, taking a short, light walk can aid digestion and reduce the amount of fat your body stores from a meal.

Made to Order

Styrofoam wreath forms can be pricey. Instead of the craft store, go to a home improvement or hardware store and purchase a 6-foot piece of foam tubing designed to insulate water pipes. Cut the length you want and duct tape the ends together. If you want a thicker wreath, do the same thing with a foam swimming pool noodle.

Frozen Is Fine

Frozen fruits and vegetables are an economical way to get your nutrients during any season. Produce is flash-frozen at its peak ripeness and nutrient content, so it retains health benefits and flavor.

A Little Bit Helps

You might be surprised by how little effort it can take to improve your health. If you don't exercise at all, try fitting in two 20-minute weight training or aerobic sessions a week. Recent research found that workers who did that minimal amount of exercise had fewer sick days than those who didn't exercise at all.

Special Snowflakes

You've probably heard that no two snowflakes are the same. But how do we know this for sure? Scientists say it's a matter of probability: A fully formed snowflake has about a quintillion molecules (a quintillion is the number 1 followed by 18 zeroes). The chance of these molecules arranging themselves in the exact same way more than once is incredibly slim, especially when affected by constantly changing factors like temperature and humidity.

BULLETIN BOARD

Turkey Tip

Save time, stress and oven space on holidays by roasting and slicing a turkey the day before, then serving it warmed in a slow cooker full of gravy.

Deal of the Month

December is a great time to take advantage of gift card promotions. For example, a restaurant might offer a free \$10 gift card with the purchase of a \$50 gift card. With retailers, the offer could be a free gift card with a product purchase.

TRIVIA WHIZ

Nutty About Fruitcake

Although some people hate it and others love to make jokes about it, fruitcake has a long history and is still a popular treat in many parts of the world.

Today's fruitcake is a sweet, dense loaf made with butter, brown sugar and molasses, and lots of nuts and candied fruits, among other ingredients. The first fruitcakes, however, were a little different.

The oldest reference to a similar cake dates to Roman times. The recipe included barley mash mixed with pomegranate seeds, pine nuts and raisins, producing a portable, long-lasting food perfect for travelers.

During the Middle Ages, dried fruits became more widely available, so people added them to cakes, along with honey and spices.

In the 1500s, cheap sugar from the colonies began arriving in Europe, and it was soon discovered that soaking fruit in successively greater concentrations of sugar intensified its color and flavor while acting as a preservative. Soon fruitcakes were all the rage.

The tradition of making fruitcake for special occasions such as holidays and weddings became popular in the 18th and 19th centuries, especially in Great Britain.

Most wedding cakes in England are fruitcake, including the eight-tier cake served at the wedding of Prince William and Kate Middleton in 2011.

Variations on fruitcake include Italy's *panforte* and *panettone* and Germany's *stollen*.

Fruitcake for All

Collin Street Bakery, south of Dallas, has been making fruitcake since 1896. The company bakes 1.6 million fruitcakes per year, shipping the confection to customers in all 50 states and 200 countries.



Gift Ideas for the Person Who Has Everything

You probably know someone who seems to have it all. When a special occasion calls for a gift, it can be a challenge to come up with ideas for that friend or relative. The trick is to think of things they wouldn't or couldn't purchase for themselves. Here are a few ideas:

Fresh flowers. See if you can work out a deal with your local florist and set up a regular delivery for a few months. The blossoms will certainly brighten anyone's day.

Food basket. Everyone likes to eat. Make your famous chocolate biscotti, or choose a selection of edible local favorites to make this gift extra special.

A night out. As long as you know that the recipient likes sports, music or theater, you should be able to provide a memorable evening with a pair of tickets to a favorite venue.

Handmade by you. Do you have a talent for drawing, knitting or making jewelry? A unique, custom-made gift is always appreciated.

At your service. Give the gift of your time. Offer to baby-sit or pet sit, take a portrait, do some housecleaning, teach your friend to sew, or weed their garden.

The old standby. Gift cards are popular for a reason. If you choose one from your friend or relative's favorite shop or restaurant, it shows you are aware of their preferences and put some thought into your selection.

Keep Your Spices Fresh and Flavorful

Spices come from the seeds, roots, bark or fruit of certain plants and are used to add flavor and color to foods. Common spices include cinnamon, cloves, cumin, ginger, pepper and paprika.

The right spice can be the difference between an OK dish and an amazing one. To ensure your foods have the best, freshest flavor, it is important to handle spices properly.

To preserve potency, spices should be stored in a cool, dry, dark place. Heat will cause spices to lose flavor, so store them as far as possible from your oven and any other source of intense heat, but still convenient to where you prepare food.

Humidity in the air or steam from cooking can cause ground spices to cake, which is why they should be kept in airtight containers, such as glass jars or tins. This will help protect

against moisture and preserve the oils that give spices their rich flavors and aromas.

Your spice storage area should also be away from direct light, especially if the spices are in clear jars.

When you are measuring spices, make sure the measuring spoons are completely dry, and always close containers tightly after each use.

Once opened, whole spices will last about two years. Ground spices should be used within six to nine months.





WIT & WISDOM



Paying With Plastic

Before you swipe to pay for your next purchase, consider the benefits of using a credit card rather than its debit cousin. While both pieces of plastic make payments convenient, credit cards offer several advantages over debit cards.

The biggest benefit is better protection against loss if the cardholder is hit with fraud, one of the leading crimes in the world today.

Unlike debit cards, credit cards are not typically linked to your bank account. With a stolen debit card, a thief could not only make purchases, but also, with your PIN, withdraw money from your account.

Thanks to the Fair Credit Billing Act, credit card customers are only liable for the first \$50 of unauthorized charges on their account. Debit cards, on the other hand, offer the same \$50 maximum liability only if the loss is reported within two business days of discovering the incident. Otherwise, debit card holders can be on the hook for the total amount of the loss.

Basically, using a credit card puts the bank's money at risk; using a debit card puts your money at risk.

Credit cards can also help you build a credit history. They are often required to rent a car or book a hotel room, and many offer rewards programs and other benefits.

If possible, try to pay credit card balances in full each month in order to avoid interest charges.

Credit cards can help you build a credit history



One Minute Chef

Classic Cheesecake With Cherries

Ingredients:

- 1 1/2 cups graham cracker crumbs
- 3 tablespoons sugar
- 1/3 cup butter or margarine, melted
- 4 packages (8 ounces each) cream cheese, softened
- 1 cup sugar
- 1 teaspoon vanilla
- 4 eggs
- 1 cup canned cherries

Directions:

Heat oven to 325° F.

Mix graham cracker crumbs, 3 tablespoons sugar and butter; press onto bottom of 9-inch springform pan.

Beat cream cheese, 1 cup sugar and vanilla with mixer until blended. Add eggs, one at a time, mixing on low speed after each just until blended. Pour over crust.

Bake one hour or until center is almost set. Run knife around sides to loosen cake; cool before removing outer part of pan. Refrigerate cheesecake at least four hours.

Before serving, top the cake with canned cherries.

Find more recipes at www.CreamCheese.com.



“A warm smile is the universal language of kindness.”
—*William Arthur Ward*

“That best portion of a good man's life: his little, nameless, unremembered acts of kindness and of love.”
—*William Wordsworth*

“What wisdom can you find that is greater than kindness?”
—*Jean-Jacques Rousseau*

“Kindness is always fashionable, and always welcome.”
—*Amelia Barr*

“The words of kindness are more healing to a drooping heart than balm or honey.”
—*Sarah Fielding*

“Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.”
—*Princess Diana*

“Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end.”
—*Scott Adams*

“Kindness and politeness are not overrated at all. They're underused.”
—*Tommy Lee Jones*

“One who knows how to show and to accept kindness will be a friend better than any possession.”
—*Sophocles*

“Kindness, I've discovered, is everything in life.”
—*Isaac Bashevis Singer*



December 2015

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 50 Building Inspections	12
13	14 50 Building Exterminations	15 	16	17	18	19
20	21	22	23	24	25 Christmas	26
27	28	29	30	31	 DECEMBER 	

"This Month In History" DECEMBER

1818: The song "Silent Night" is performed for the first time at a church in Austria.

1913: Created to entertain readers, the first crossword puzzle is published in the New York World newspaper.

1925: The world's first motel, the Motel Inn, opens in San Luis Obispo, Calif. It charged \$1.50 per night.

1938: Construction begins on the Thomas Jefferson Memorial in Washington, D.C.

1943: Gen. Dwight D. Eisenhower is appointed supreme commander of Allied forces during World War II. He led the invasion of Western Europe that began on D-Day.

1947: Florida's Everglades National Park is dedicated.

1963: During the broadcast of the annual Army-Navy college football game, instant replay is used for the first time in a live sporting event.

1985: Wilma Mankiller takes office as chief of the Cherokee Nation and becomes the first woman to lead a major American Indian tribe.

1998: Six astronauts aboard the space shuttle Endeavour deliver the first American module of the new International Space Station.

2004: After 23 years as anchor of the "NBC Nightly News," Tom Brokaw signs off for the last time.

2006: New York City becomes the first major U.S. city to ban artery-clogging artificial trans fats in foods sold by restaurants and bakeries.