



LANDINGS AT Weyers Cave

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

DECEMBER 2016



NOTES & NEWS

Stately Bird

A bright and cheery sight in winter backyards, the northern cardinal is the most popular state bird, representing seven U.S. states: Illinois, Indiana, Kentucky, North Carolina, Ohio, Virginia and West Virginia.

Go for the Green

Green tea is not only known for containing an abundance of antioxidants that help prevent colds and the flu, but it also gives your metabolism a boost. A recent study found that people who drank 3 to 5 cups of green tea a day for three months lost 5 percent of their body weight.

Cash Only

Want to save \$100 next week? Try carrying cash only. Set a budget and take that amount from the ATM at the beginning of the week. Leave your credit and debit cards at home, and make your cash last the whole seven days. Having that limit will help you focus on spending for essentials only.

HIGHLIGHTS

Spread Good Cheer

Doing good can make you feel good and possibly add years to your life. Performing a kind act releases the hormone oxytocin, which can lower stress and produce a calming effect. Research shows people who consistently practice simple good deeds, such as holding a door open and complimenting someone, as well as more involved charitable acts like volunteering, experience health benefits that may contribute to a longer and happier life.

December Stargazing

December is an ideal time to spot the constellation Orion, which shines brightest on winter nights. After dark, face south and look for Orion's trademark belt of three stars lined up neatly in a row.

Snow Art

Snowmen built in the Middle Ages were considered an art form rather than snow day play. In 1494, after a heavy snowfall, the ruler of Florence, Italy, commissioned a young Michelangelo to create a statue of snow for his mansion's courtyard.

Don't Save the Worst for Last

Put your hardest exercises or those you like least in the middle of your workout. Think of them as the top of the hill. When you reach that point, you'll be more motivated to finish knowing the rest of your routine is all downhill.

Amazing Herbs: Lavender

With a name derived from the Latin verb *lavare*, which means "to wash," it's no surprise that the fresh fragrance of lavender is used often in bath and laundry products. The herb also has a wide range of culinary uses, ranging from savory sauces to soothing teas to sweet ice cream. Lavender's essential oils are known to produce a relaxing effect, and may help lower blood pressure, relieve sore muscles and promote more restful sleep.

BULLETIN BOARD

Avoid Shipping Fees

When purchasing items online, try to avoid paying shipping fees. Many sites offer free shipping with a minimum purchase or coupon code. For details, go to FreeShipping.org.

A Warm Investment

If your hands and feet tend to get cold, try wearing a fleece vest. It will insulate your body's core, specifically the heart and lungs, and in turn, warm the blood flow to your extremities.

TRIVIA WHIZ



The Coldest Place on Earth

Antarctica, home of the South Pole, is the coldest, windiest and driest continent on Earth. It's summer there now, and the highest temperature ever recorded in Antarctica was 58 degrees Fahrenheit; the coldest was 129 below zero.

- Antarctica was first spotted by a Russian expedition in 1820. About 20 years later, explorers confirmed it was a continent and not just a group of islands.
- Norwegian Roald Amundsen was the first person to reach the South Pole, arriving on Dec. 14, 1911.
- Antarctica has no government. It is run under the terms of the Antarctic Treaty, which declares that the continent be used only for peaceful scientific research. Dozens of nations have signed the treaty since it was first written in 1959.
- There are 1,000 to 4,000 researchers in the polar region at any one time.
- The conditions in the Dry Valleys area are so close to those on Mars that NASA has tested equipment there.
- Antarctica is about one and a half times the size of the United States.
- The average thickness of Antarctic ice is 1 mile, and most of the continent is covered in the winter. Less than 1 percent is permanently ice-free.
- Beneath Antarctica are about 300 lakes. The warmth of the Earth's core keeps them from freezing.
- About half a dozen penguin species make the continent their home.

“Antarctica is otherworldly, like nothing I've ever seen before. Stark, cold, beautiful desolation.”
—Mark Hoppus



North America's Endangered Animals

In the United States alone, nearly 1,500 plant and animal species are protected by the Endangered Species Act, which was signed into law on Dec. 28, 1973. Following are a few of North America's native creatures hoping to be the next success story.

Gray wolf. The largest members of the canine family, gray wolves—also known as timber wolves—once roamed over two-thirds of the U.S. But thanks to their taste for livestock, they were hunted nearly to

extinction by the 1930s. Today, their numbers are back in the thousands throughout Canada, Alaska and parts of the continental U.S.

Whooping crane. Due to habitat loss of grassy wetlands, the population of North America's tallest bird reached an all-time low in 1941, with only 15 cranes left in the wild. That number has now risen to more than 300. These impressive birds can grow 5 feet tall and are mostly white, with a distinctive red patch of skin on their heads.

Black-footed ferret. This masked member of the weasel family depends on the prairie dog for survival, using abandoned burrows for shelter. The decline of prairie dog populations during the 20th century caused ferret numbers to fall, and the species was even declared extinct in 1979. Captive breeding programs have helped reintroduce about 300 ferrets to Canada, Mexico and the U.S.

Sensational Cinnamon

Cinnamon's sweet scent, comforting taste and versatility make it one of the world's most popular spices. But did you know that in addition to being delicious, cinnamon has many health benefits?

Nutrient-rich. Cinnamon is high in manganese, fiber and calcium, plus it has loads of antioxidants, which fight disease and rid the body of toxins.

Blood sugar control. Consuming cinnamon with meals has been shown to slow digestion and reduce spikes in glucose levels.

Brain boost. One study found that participants scored higher on cognitive tests when they chewed cinnamon-flavored gum, and research shows that just smelling the spice increases brain activity.

Sugar substitute. The natural sweetness of cinnamon makes it a perfect choice for those wanting to cut their sugar intake. Use it as a topping

for oatmeal or yogurt; mixed in with coffee or tea; or as a flavorful addition to toast or popcorn.

Common cold relief. Known for its ability to warm and soothe, cinnamon can ease cold and flu symptoms when added to hot beverages.

Pain reliever. Many people find that the anti-inflammatory properties of cinnamon relieve stiff joints, sore muscles and arthritis pain.

Digestive aid. The seasoning can also alleviate nausea, indigestion and heartburn.





WIT & WISDOM



Shopping Options

Whether you call them generic, private label or store brand, there is a wide variety of products available that are similar or identical to national name-brand items, but they cost much less.

The quality of such products has improved over time, and a Consumer Reports study found that buying store brands can save you 30 percent.

Same product, different label. Many generic items are the exact same product as the name brand. Sometimes they are even manufactured in the same facility; the only difference is the packaging. Examples are juice, milk, and canned and frozen vegetables.

Best buys. One-ingredient products don't vary much. Choosing store-brand sugar, salt, flour and baking soda should not make any difference in your recipes. You can also save big bucks by opting for private-label wet wipes, sunscreen, trash bags and bleach.

Over-the-counter options. Medicines are regulated by the Food and Drug Administration, and active ingredients in over-the-counter medications must be listed on the box or bottle. This makes it easy to compare different versions of a product.

You make the call. Almost any store-brand product is worth a try; there is not much risk involved. If you don't like the item, you can often get a refund. If it does meet your approval, the savings over time could be substantial.

Fabulous Carrot Cake

Ingredients:

- 1 1/2 cups butter, softened, divided
- 1 cup packed brown sugar
- 1 cup granulated sugar
- 4 eggs
- 1 can (20 ounces) crushed pineapple, drained
- 4 cups shredded carrots
- 1 cup raisins
- 2 teaspoons vanilla extract
- 3 cups all-purpose flour
- 2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon salt
- 1 package (8 ounces) cream cheese, softened
- 1 1/2 cups powdered sugar
- 1 teaspoon grated lemon peel
- 1 tablespoon lemon juice

Directions:

Heat oven to 350° F. Grease and flour two 9-inch round pans. In large bowl, beat 1 cup butter and sugars until light and fluffy. Beat in eggs. Fold in crushed pineapple, carrots, raisins and vanilla.

In medium bowl, stir together flour, baking soda, cinnamon, ginger and salt. Gradually add to pineapple mixture and fold until well-blended. Pour into prepared pans.

Bake 35 to 40 minutes, or until toothpick inserted comes out clean. Cool in pans 15 minutes. Remove from pans; cool completely on wire racks.

Beat cream cheese with remaining 1/2 cup butter until smooth. Beat in powdered sugar, lemon peel and lemon juice until smooth. Frost completely cooled cake. Garnish as desired.

Find more recipes at www.DoleSunshine.com.



“Joy descends gently upon us like the evening dew, and does not patter down like a hailstorm.”

—*Jean Paul*

“A thing of beauty is a joy forever: Its loveliness increases; it will never pass into nothingness.”

—*John Keats*

“It is the supreme art of the teacher to awaken joy in creative expression and knowledge.”

—*Albert Einstein*

“Happiness lies in the joy of achievement and the thrill of creative effort.”

—*Franklin D. Roosevelt*

“Tears of joy are like the summer raindrops pierced by sunbeams.”

—*Hosea Ballou*

“Focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it.”

—*Greg Anderson*

“If you carry joy in your heart, you can heal any moment.”

—*Neale Donald Walsch*

“The pain of parting is nothing to the joy of meeting again.”

—*Charles Dickens*

“With an eye made quiet by the power of harmony, and the deep power of joy, we see into the life of things.”

—*William Wordsworth*

“True happiness comes from the joy of deeds well done, the zest of creating things new.”

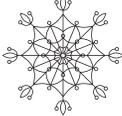
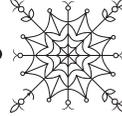
—*Antoine de Saint-Exupéry*

“The noblest pleasure is the joy of understanding.”

—*Leonardo da Vinci*



December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>December</h1> 				1 Rent Is Due	2 Rent Is Due	3 Rent Is Due
4 Rent Is Due	5 Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!	6 Rent Is Late	7	8	9 Filter Change /Extermination 50 Building	10
11	12 Quarterly Inspection 50 Building	13 	14	15	16	17
18	19	20	21	22 	23 Office Closed	24 Office Closed
25 Merry Christmas!	26 Office Closed	27	28	29	30	31 Office Closed

"This Month In History" DECEMBER

1892: With music composed by Peter Tchaikovsky, "The Nutcracker" ballet premieres in St. Petersburg, Russia.

1913: The nation's first drive-in gas station opens in Pittsburgh.

1923: U.S. President Calvin Coolidge's speech to a joint session of Congress is the first presidential address broadcast on radio.

1932: Radio City Music Hall opens in New York City.

1941: British Prime Minister Winston Churchill visits Washington, D.C., to discuss war strategy with U.S. President Franklin D. Roosevelt.

1956: Weighing 4 pounds, a baby gorilla is born at Ohio's Columbus Zoo. Named Colo, she was the first gorilla born in captivity.

1964: Civil rights leader Martin Luther King Jr. accepts the Nobel Peace Prize at ceremonies in Oslo.

1972: Astronauts of Apollo 17 complete NASA's last mission to the moon.

1989: The animated TV series "The Simpsons" premieres. It is now the longest-running American sitcom.

1997: "Titanic" opens in movie theaters nationwide. The epic romance about the doomed ocean liner went on to win 11 Academy Awards and remains the second-highest-grossing film of all time.

2000: Colin Powell becomes the first African-American secretary of state.

2004: Taiwan's skyscraper Taipei 101 is inaugurated and stands as the world's tallest building at 1,666 feet. It held the record until 2010.

2007: The New England Patriots become the first NFL team in 35 years to finish the season undefeated.