



LANDINGS AT Weyers Cave

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

DECEMBER 2017



BULLETIN BOARD

'Ring' Is One

How many words can you come up with using the letters in "gingerbread"?

Did You Know?

Most evergreen trees are coniferous, which means cone-bearing.

Memory Boost

If you're trying to remember the name of a person or place but keep coming up blank, recite the alphabet. Saying the letter that begins the forgotten word may jog your memory, allowing the name to pop into your head.

NOTES & NEWS

Welcome, Winter

Bringing with it the year's shortest day and longest night, winter officially arrives Dec. 21. On this day, the U.S. will see the least amount of daylight, ranging from just eight hours in northern latitudes to 10.5 hours in the southernmost regions.

Celebrate Cocoa

Drink to National Cocoa Day on Dec. 13 with a hot mug of chocolaty goodness. Add some whipped cream, marshmallows or peppermint sticks for a special treat.

From Bulbs to Blooms

The poinsettia may take center stage as the most popular holiday plant, but the amaryllis and paperwhites aren't far behind. These flowers are easy to grow indoors, make great gifts and provide seasonal cheer in shades of red, pink and white.

Pick the Right Packaging

The next time you go shopping, try to purchase products packaged in materials that are easy to recycle, such as aluminum cans, plastic bottles and cardboard.

HIGHLIGHTS

Easy Organization: Pretty Paper

Line your shelves and drawers with leftover wrapping paper. Choose a bright pattern you are especially fond of, and you might be inspired to keep the spaces tidy and organized. Add clear contact paper on top of the wrapping paper so you will be able to wipe the surfaces clean.

Handcrafted Happiness

Crocheting, drawing and woodworking are just some of the handicrafts that can amp up your happiness. Experts studying the benefits of these pursuits say making something with your hands fosters creative thought, which can produce moments of joy. Crafters also report feeling more energetic and enthusiastic not only while working on a project, but also after completing it.

To Your Health: Bean Boost

Chili is a filling and tasty winter meal. Whether you make it with beef, chicken, turkey or veggies, consider adding a can of black beans. They're loaded with fiber, protein and antioxidants that promote heart health.

Easy Way to Cut Calories

When making meatballs or meatloaf, incorporate one or two extra low-calorie ingredients and use less meat. Lentils, mushrooms, quinoa, and finely chopped carrots or zucchini will add bulk and nutrients without overwhelming the flavor.

Vanilla Makes You Merry

While the smell of vanilla baking in holiday treats may tempt your sweet tooth, it can also stir up happy memories and a good mood. Scientists know that when the nose detects an odor, it is processed by sensory receptors that are connected to the parts of the brain that control memory and emotions. For many, the scent of vanilla often triggers pleasant recollections and is commonly used to promote a sense of relaxation and well-being.

TRIVIA WHIZ



Winter Wonderland

Softly falling fluffy snowflakes can transform a chilly day into a thing of beauty. How much do you know about this wintry precipitation?

- Snow forms when water vapor in the atmosphere freezes into ice crystals.
- You've probably heard that no two snowflakes are exactly alike, but in 1988, a scientist found two identical snow crystals from a Wisconsin storm.
- Snow is not white; it is actually translucent. The ice particles that form a snowflake reflect almost all visible light, making them appear white.
- A snowstorm is classified as a blizzard when winds blow at least 35 mph and visibility is reduced to less than a quarter mile for three hours.
- Snowflakes fall at an average speed of 3 mph.
- The largest snowflake ever observed fell in January 1887 at Fort Keogh in Montana. Reports say it was 15 inches wide.
- The record for the most snowfall in a 24-hour period in the United States is 75.8 inches. In 1921, Silver Lake, Colo., received more than 6 feet of the white stuff between 2:30 p.m. on April 14 and the same time the next day.
- It sometimes snows in warm places, too. Malibu, Calif.; South Padre Island, Texas; and the tropical island of Madagascar are just a few of the typically balmy locales that have seen snowfall.

“Silently, like thoughts that come and go, the snowflakes fall, each one a gem.”
—William Hamilton Gibson



Smile for the Camera

Between holiday parties and family gatherings, it's the season of picture taking. Make sure you look your best in every photo by following these tips and tricks:

The placement. If you are sitting down, ask the photographer to take the photo from above, and tilt your face up to meet the camera. If you are standing, ask for the photo to be taken from a lower angle.

In a group shot, avoid being the person closest to the camera.

The pose. Instead of facing the camera head-on, try this: Turn your body three-quarters of the way toward the photographer, with one foot in front of the other. Keep your arms away from your torso to give them more definition. One hand on the hip that is closest to the camera is a popular pose.

The look. Turning or tilting your head slightly will give your features more definition. A recent study found that in most people, the left side of the face is more appealing than the right. Instead of “cheese,” say “money.” It will give you a more genuine smile.

The homework. Study photos of yourself to determine what to repeat or change in the future. Then practice. Stand in front of a mirror and try out different poses, angles and facial expressions to discover what flatters you most.

Fun and Functional Nutcrackers

Standing at attention with their tall hats and toothy grins, nutcrackers are a festive seasonal sight, but do you know the story behind the ornamental soldiers?

Various tools for cracking open nuts, from simple levers to screw designs, have been around for centuries and were usually made of metal. In the 1700s, woodworkers in Germany began carving nutcrackers in the shape of soldiers and kings. Symbols of good luck and protection, the dolls were traditionally given as gifts. Pressing a handle on the back of the figurine enabled its mouth to move up and down to crack open a nut. Bright colors and handcrafted parts added to the charm of the creations.

The march of nutcrackers into the U.S. was spurred by two factors. During World War II, many American soldiers stationed in Germany bought

nutcrackers as souvenirs for their loved ones. Around the same time, Peter Tchaikovsky's ballet “The Nutcracker” debuted in the U.S. and became a hit, making the character a beloved icon.

As pre-shelled nuts became more common, nutcrackers were used mainly for decoration. While traditional soldiers remain a popular design, whimsical figures of all kinds can now be found. Handcrafted wooden nutcrackers are still produced in Germany and are a favorite among collectors.





WIT & WISDOM



Music to Your Ears

Whether you listen to jazz, belt out a tune at karaoke or play the guitar, the melodies that surround you can do your body good. Note these health benefits of music:

Boosts mood. Ever notice that certain songs put a smile on your face? Listening to your favorite music triggers the release of dopamine, a brain chemical responsible for feel-good emotions.

Lowers stress. Research shows that slow-tempo tunes have a calming effect. In one study, patients who listened to music before surgery had less anxiety and lower levels of stress hormones.

Stimulates the brain. Many areas of the brain are engaged when a person listens to or creates music, much like the way the body gets a workout during exercise.

Evokes memories. Songs from the past have the ability to take us to another time and may bring back wonderful memories. Music therapy often helps Alzheimer's patients.

Promotes bonding. Attending a concert or joining a choir encourages social interactions and reduces feelings of loneliness.

Inspires movement. Many people instinctively tap their feet, clap their hands or dance when they hear a rhythmic beat, increasing blood flow and working muscles.

Improves sleep. Listening to soothing music at bedtime can be relaxing and lead to better sleep.

Spicy Tater Tot Breakfast Muffins

Ingredients:

- Nonstick cooking spray
- 36 frozen tater tots
- 2 cups grated Swiss cheese, divided
- 8 large eggs
- 2 jalapeno peppers, seeds and veins removed and finely chopped
- 1/2 red bell pepper, finely chopped
- 2 tablespoons heavy cream
- 1 teaspoon salt
- 1 teaspoon ground pepper
- Finely chopped parsley, for garnish

Directions:

Heat oven to 425° F. Spray 12-cup muffin tin with nonstick spray.

Place three tater tots into each muffin cup and bake 10 minutes.

Remove from oven and use small spoon or fork to gently press down on tater tots to form the base and sides of each muffin. Sprinkle 1 cup cheese equally over tater tots and bake 10 minutes.

Beat eggs in large bowl and add jalapenos, red bell peppers, heavy cream, salt and pepper.

Remove muffins from oven and pour egg mixture into cups. Top evenly with remaining grated cheese and bake 10 minutes.

Remove each muffin and allow to cool 5 minutes on cooling rack before garnishing with parsley and serving.

Find more recipes at www.Jarlsberg.com.



“What life expects of us is that we celebrate.”
—**José Eduardo Agualusa**

“Don’t fear the future or regret the past, but celebrate the present.”
—**Tim Mann**

“The most beautiful things are not associated with money; they are memories and moments. If you don’t celebrate those, they can pass you by.”
—**Alek Wek**

“In my household there is an insane amount of laughter and celebration.”
—**Edie Falco**

“We reveal to ourselves and others what is important to us by the way we celebrate.”
—**Noël Piper**

“It’s always good to remember where you come from and celebrate it. To remember where you come from is part of where you’re going.”
—**Anthony Burgess**

“Life is too short not to celebrate nice moments.”
—**Jurgen Klopp**

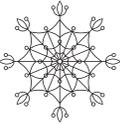
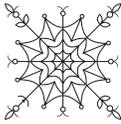
“Documenting little details of your everyday life becomes a celebration of who you are.”
—**Carolyn V. Hamilton**

“Celebrate what you’ve accomplished, but raise the bar a little higher each time you succeed.”
—**Mia Hamm**

“Each day offers a reason to celebrate. Find it and experience true bliss.”
—**Amy Leigh Mercree**



December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <h1 style="font-size: 4em;">December</h1> 					Rent Due!! 1	Rent Due!! 2 Office Open 10am-2pm!	
Rent Due!! 3	Rent Due!! 4	Rent Due!! 5	Rent Is LATE! 6	7	8 50 Building Extermination & Filter Changes	9 <u>Office Closed!</u>	
10	50 Building Inspections Holiday Wrapping Station This Week - Info Coming in Flyer!	11	12	13	14 	15 <u>Office Closed!</u>	16 Office Open 10am-2pm!
17	18	19 	20 Holiday Craft & Movie Day! Time TBD - Flyer Coming Soon!	21	22 <u>Office Closed!</u>	23 <u>Office Closed!</u>	
24/31 <u>Office Closed!</u>	25 <u>Office Closed!</u>	26	27	28	29	30 <u>Office Closed!</u>	

"This Month In History"

DECEMBER

1904: More than 200,000 revelers gather for the first New Year's Eve celebration in New York City's Times Square.

1911: Norwegian explorer Roald Amundsen and his expedition team become the first people to reach the South Pole.

1920: Celebrated opera tenor Enrico Caruso gives his last public performance at the Metropolitan Opera in New York City.

1933: After scoring a touchdown in the game's final minutes, the Chicago Bears win the first NFL Championship Game by defeating the New York Giants 23-21 at Chicago's Wrigley Field.

1945: Congress formally recognizes the Pledge of Allegiance, which was written in 1892.

1951: The Marshall Plan ends. The American aid program gave more than \$13 billion in economic support to help Europe recover from World War II.

1969: Fresh from the Boeing factory, the first 747 is delivered to Pan Am. The international airline was the first to fly the jumbo jet.

1977: Disco fever hits after the movie "Saturday Night Fever" premieres.

1982: Instead of naming its annual Person of the Year, Time magazine chooses the computer as the Machine of the Year.

1995: Cartoonist Bill Watterson ends his "Calvin and Hobbes" comic strip.

2000: Montgomery Ward announces it is going out of business after 128 years. The retail giant created the world's first general merchandise mail-order catalog.

2005: Astronomers reveal they have discovered two more rings encircling the planet Uranus.

2012: Johnny Manziel, star quarterback for Texas A&M University, becomes the first freshman to win the Heisman Trophy.