



# LANDINGS AT Weyers Cave

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## FEBRUARY 2014



## NOTES & NEWS

### Hail to the Chief

Presidents' Day is celebrated on the third Monday in February. Originally established in 1885 in recognition of George Washington's birthday, and later recognizing Abraham Lincoln's birthday, the day is now viewed by many as an opportunity to celebrate all U.S. presidents. Who is your favorite president?

### Keep Spuds Fresh

According to America's Test Kitchen experiments, potatoes will remain firm without sprouting for up to eight weeks if you put an apple in the bag and store the bag in a cool, dry, dark spot. The low level of ethylene gas emitted by the apple suppresses sprouting.

### Budget Tip:

#### Give Bottled Water the Boot

The average markup on bottled water is 4,000 percent—a significant waste when you can get the same thing from your faucet! If you don't like the taste from the tap, invest in a pitcher that will filter the water for you; most are inexpensive.

## HIGHLIGHTS

### Speak From the Heart

A personalized message inside a greeting card—whether store-bought or homemade—adds an extra-special touch. If you find yourself struggling to find the right words, first think of the card's main purpose. Is it to show you care, to say "I love you," or to make someone laugh? Pinpoint what you are thinking, and then write that down (use a piece of scrap paper if you're afraid of making a mistake). Don't worry about whether the words rhyme or sound pretty; when they come from the heart, that's all that matters.

### Noodle Test

Need to check your cupcakes to see if they're done, but you're out of toothpicks? Use a piece of uncooked spaghetti instead.

### Learn to Lean

It's easy to display art, photos and mirrors without using nails or screws. Find places to lean framed pieces against the wall. A console table behind the sofa is perfect for tall items.

### You're Not Alone

When you're feeling sad or depressed, it's OK to talk to someone, whether it's a trusted friend, family member or counselor. Don't be afraid or ashamed to ask for help—what's important is working through your emotions with someone so you feel better.

### A Figure of Speech

*Phrase:* Jump on the bandwagon

*Meaning:* Do what everybody else is doing, whatever is popular

*Origin:* In the 1800s, circus workers attracted the public with a parade through town, complete with decorated bandwagons. Politicians picked up on this form of attracting a crowd and began using bandwagons when campaigning for office. Jumping on the bandwagon was akin to providing your support for a candidate.

## BULLETIN BOARD

### A Brisk Walk

Take the stairs instead of the elevator and fit in walk breaks whenever you can. Those extra few minutes of activity can make a difference in your fitness level.

### Subtract a Few Years

This advice from actress and comedienne Lucille Ball will put a smile on your face: "The secret to staying young is to live honestly, eat slowly, and lie about your age."

# TRIVIA WHIZ



## The Charm of Chocolate

Among the highlights of this month is Valentine's Day, when loved ones shower each other with cards, flowers and, perhaps best of all, chocolate. To get you in the spirit, here is some trivia about the much-craved confection:

- The average American consumes about 12 pounds of chocolate per year.
- Eating a small portion of dark chocolate every day can reduce the risk of heart disease by more than 30 percent.
- The melting point of cocoa butter is slightly below the human body's normal temperature, which is why chocolate literally melts in your mouth.
- Every American and Russian space voyage has had chocolate on board.
- Napoleon insisted chocolate be available during his military campaigns, although it was limited to himself and his senior officers.
- The smell of chocolate can increase theta brain waves, resulting in relaxation.
- While dark chocolate has been enjoyed for centuries, the more popular milk chocolate wasn't produced until 1875.
- America's largest chocolate maker, Hershey's, produced its first chocolate bar in 1900 and introduced chocolate Kisses seven years later.
- One chocolate chip can give a person enough energy to walk 150 feet.
- About 400 cacao beans are needed to produce one pound of chocolate.

**"Anything is good  
if it's made of chocolate."**

**—Jo Brand**



## Courtship Customs Around the World

We now simply call it dating, but the process of getting to know someone romantically—usually with marriage in mind—was once known as courting. Many cultures had specific rules and traditions associated with courtship, some of which are still in practice today. Here's a look at some interesting romantic rituals from the past:

*Sweet stitches.* Puritans in Colonial America embraced simplicity and practicality, so in lieu of rings,

couples exchanged sewing thimbles. The thimble came in handy as the woman sewed linens and clothes in preparation for married life. Afterward, the decorative rim could be cut from the thimble and worn as a ring.

*A perfect fit.* In England, gloves had romantic significance, especially during the Victorian era. Gloves were a common gift from male suitors, and to show she returned the affection, a woman would wear the gloves in public. Men kept their gloves on while visiting young ladies to indicate they would only stay an appropriate length of time.

*Courtship carvings.* Since the 17th century, young men in Wales have carved wooden spoons with intricate symbols to present to a woman they desired. These "lovespoons" are still popular, but are more commonly given on special occasions instead of at the beginning of a relationship.

## Change Up Your Chili

Although there are plenty of debates about what makes a proper pot of chili—Beef or pork? Beans or no beans? With tomatoes or without?—most will agree that the dish is perfect for experimenting with new and interesting flavors. Here are a few unusual ingredients to try in your next batch:

*Soda.* Some chili recipes call for brown sugar, but using regular cola or root beer in its place provides an extra sweet, crisp zing.

*Peanut butter.* A small amount of this childhood favorite adds a distinct nutty flavor and creamy thickness to a pot of chili.

*Chocolate.* If you like spicy chili, a dab of cocoa powder or dark chocolate will enhance the flavor of the peppers and provide a sweet complementary taste.

*Cornmeal.* A few tablespoons of cornmeal will add sweet texture and

help thicken a soupy chili.

*Coffee.* The smoky flavor of this morning staple is a great addition to chili and can help meatless versions taste more savory.

*Dried fruit.* The chewy texture of raisins, prunes, and dried pineapple and mango mimics that of beans, and the fruit provides a subtle sweetness.

*Cinnamon.* This spice is a key ingredient in Cincinnati chili, but a stick of cinnamon simmering in the pot can also add a new spin to a more traditional recipe.





## WIT & WISDOM



### Wonderful Winter Games

The 2014 Winter Olympics will take place Feb. 7–23 in Sochi, Russia.

Although the modern Olympic Games began in 1896, the first Winter Games didn't occur until 1924, in Chamonix, France. It was known at the time as International Winter Sports Week, and was formally declared the first Winter Olympics by the International Olympic Committee (IOC) the following year.

Since 1901, Sweden had held its own international winter sports competition, called the Nordic Games, every few years. Within the next decade, the IOC showed interest in forming a separate Winter Olympics, but numerous obstacles—including the cancellation of the 1916 Berlin Games during World War I—prevented the Winter Games from forming.

Before the creation of the first Winter Olympics, figure skating and ice hockey were held during the Summer Games. In addition to these two sports, the first Winter Games also included biathlon, bobsleigh, cross country skiing, curling, ski jumping, speed skating, and Nordic combined (where athletes compete in both cross-country skiing and ski jumping).

The Winter Games were initially held the same year as the Summer Games, but a few months earlier and in a different city. Since 1994, the Winter Games have been staged two years apart from the Summer Games.

## neMinute Chef

### Spicy Spinach and Artichoke Dip

#### Ingredients:

- 1/2 cup butter (1 stick)
- 1 medium onion, chopped
- 2 (10-ounce) packages frozen chopped spinach, thawed and drained
- 1 (14-ounce) can artichoke hearts, drained and chopped
- 1 (8-ounce) package cream cheese
- 1 (8-ounce) carton sour cream
- 1 cup shredded Monterey Jack cheese, divided
- 1 cup grated Parmesan cheese, divided
- 2 tablespoons Tabasco sauce
- Salt, to taste
- 1 medium tomato, chopped
- Toasted pita bread wedges

#### Directions:

Preheat oven to 350° F. Melt butter in large saucepan or skillet over medium heat. Add onion and cook until soft, about five minutes. Stir in spinach, artichokes, cream cheese, sour cream, 3/4 cup Monterey Jack cheese, 3/4 cup Parmesan cheese, Tabasco sauce and salt. Stir until blended and heated through.

Pour mixture into 1 1/2-quart casserole dish and top with remaining 1/4 cup Monterey Jack and 1/4 cup Parmesan. Bake until cheese starts to brown, about 10 minutes. Garnish with tomatoes and serve with pita bread.

*For more recipes, visit [www.Tabasco.com](http://www.Tabasco.com).*



“Love planted a rose,  
and the world turned sweet.”

—**Katharine Lee Bates**

“The best blush to use is laughter:  
It puts roses in your cheeks  
and in your soul.”

—**Linda Knight**

“We can complain because rose  
bushes have thorns, or rejoice  
because thorn bushes have roses.”

—**Abraham Lincoln**

“An idealist is one who, on noticing  
that a rose smells better than a  
cabbage, concludes that it will also  
make better soup.”

—**H. L. Mencken**

“One of the most tragic things I  
know about human nature is that all  
of us tend to put off living. We are  
all dreaming of some magical rose  
garden over the horizon instead of  
enjoying the roses that are blooming  
outside our windows today.”

—**Dale Carnegie**

“It will never rain roses:  
when we want to have more roses  
we must plant more trees.”

—**George Eliot**

“I'd rather have roses on my table  
than diamonds on my neck.”

—**Emma Goldman**

“What's in a name? That which we  
call a rose by any other name  
would smell as sweet.”

—**William Shakespeare**

“The first man to compare the cheeks  
of a young woman to a rose was  
obviously a poet; the first to repeat it  
was possibly an idiot.”

—**Salvador Dali**



## February 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	6 Rent Late	7 32 Building Exterminations	8
9	10 32 Building Inspections	11	12	13	14 Valentine's Craft Night	15
16	17 <b>Presidents' Day</b>	18	19	20	21	22
23	24	25	26	27	28	

## "This Month In History" FEBRUARY

**1807:** In Alabama, former Vice President Aaron Burr is arrested for plans to annex land for a new independent republic.

**1884:** The first edition of the Oxford English Dictionary, considered by many to be the definitive dictionary, is published.

**1912:** A staple of American snacks, Cracker Jack first puts prizes in their packages.

**1930:** Clyde Tombaugh discovers Pluto, the ninth planet from the sun. More than 75 years later, Pluto is demoted to dwarf planet status.

**1942:** President Franklin Roosevelt institutes year-round daylight saving time, called "War Time," that remains in effect until 1945.

**1964:** Marking the start of the British invasion, The Beatles perform on "The Ed Sullivan Show."

**1981:** Dolly Parton's song "9 to 5" reaches No. 1 on both the Billboard Hot 100 and the Adult Contemporary charts, solidifying her status as a crossover star.

**1996:** In a three-hour game, world chess champ Garry Kasparov loses to a computer, Deep Blue. However, Kasparov would go on to win their six-game set.

**2004:** "The Lord of the Rings: The Return of the King" wins 11 Academy Awards, tying it with "Ben-Hur" and "Titanic" for the most Oscars awarded to a single film.

**2011:** About 111 million people in the U.S. tune in to watch the Green Bay Packers beat the Pittsburgh Steelers 31-25 in Super Bowl XLV.