



# LANDINGS AT Weyers Cave

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## FEBRUARY 2015



## NOTES & NEWS

### Beyond Red Roses

When buying Valentine's Day blooms, go the extra mile and buy the type of flowers your sweetheart truly enjoys. Red and pink roses are the standby, but some people prefer more exotic blossoms, such as delicate orchids or eye-catching birds-of-paradise. Others will appreciate the simplicity of tulips or the cheerfulness of sunflowers.

### Race for the Checkered Flag

Rev up this month with an annual sports tradition, the Daytona 500. NASCAR's most revered race will have an audience of about 200,000 fans on-site at Florida's Daytona International Speedway and 20 million more watching on TV. The first driver to get the checkered flag after 500 miles earns a nearly \$2 million prize.

### The Nose Knows

Your sense of smell is nothing to sneeze at! The human nose can sniff out at least 1 trillion different scents, reports a new study published in the journal *Science*. It was previously thought people could smell only about 10,000 odors.

## HIGHLIGHTS

### Pat Yourself on the Back

According to *www.Prevention.com*, when people were asked to track the kindness they showed others, their own happiness soared. Hold a door open, leave a generous tip or compliment a friend. In the evening, write down your good deeds of the day. If you find yourself being a nicer person so your list is longer, that's just fine. Researchers have found that people can become happier by paying attention to how nice they are.

### Healthy Laughs

The next time you find yourself scanning the TV channels or movie listings, opt for something funny. Laughter boosts not only your mood, but also your immune system. Studies connect laughing to an increased production of protective antibodies.

### Kick Out Your Feet for Better Sleep

Your feet may be the key to a better night's sleep. The National Sleep Foundation says keeping one foot outside the covers can help your body maintain a lower body temperature, which allows you to fall asleep faster and enjoy a deeper doze.

### Eggshell Tip

If a bit of eggshell falls into the bowl when you crack an egg, use half of the cracked eggshell to scoop the wayward piece of shell right up.

### Tasty Treat

This Valentine's Day, give your sweetheart something you two can enjoy together: an exotic fruit basket. Don't buy one already prepared, though. Instead, shop the produce department of your favorite grocery store and pick out the freshest, most appetizing fruits. Look for the unusual, such as star fruit, kumquats, lychee and dragon fruit. Arrange them in a pretty basket, present the thoughtful gift to your honey, and then enjoy sampling the treats together.

## BULLETIN BOARD

### Same Day

The National Football League's Super Bowl, which is played on the first Sunday in February, sometimes coincides with Groundhog Day, which is always Feb. 2.

### Jump for Health

Jump ropes are not just kids' toys. Many professional boxers jump rope to stay fit. Twenty minutes of jumping rope will improve your cardiovascular health and burn about 200 calories.

# TRIVIA WHIZ



## A Peek at the Presidents

George Washington probably didn't chop down a cherry tree, and his dentures weren't made of wood, but of cow teeth. More presidential tidbits:

*Thomas Jefferson (1801-09).*

A prolific inventor, he designed or improved the spherical sundial, dumbwaiter and swivel chair, among other items.

*John Quincy Adams (1825-29).*

Swam in the Potomac River each morning.

*Ulysses S. Grant (1869-77).*

Received a speeding ticket while driving his one-horse carriage in Washington, D.C.

*James A. Garfield (1881).*

Ambidextrous, President Garfield could write a sentence in Latin with one hand and in Greek with the other.

*Warren G. Harding (1921-23).*

During a poker game, he lost a set of White House china to Gen. Douglas MacArthur's first wife, Louise.

*Franklin D. Roosevelt (1933-45).*

After President Roosevelt told guests about a mystery story he'd imagined, it was made into a novel and movie, called "The President's Mystery." FDR received a "story by" credit.

*Gerald Ford (1974-77).*

He and his wife, Betty, had been models. He even appeared on the cover of *Cosmopolitan* magazine.

## The 44th President

Barack Obama's favorite comic books are "Spider-Man" and "Conan the Barbarian."

Fellow students in Hawaii nicknamed the basketball player "Barry O'Bomber."

Obama won two Grammys for Best Spoken Word Album, in 2006 and 2008.



## Be My Green Valentine

Valentine's Day makes us think of red and pink. But green is the best way to express your love for Mother Earth. Make eco-friendly choices as you prepare to celebrate the holiday.

Instead of buying a new greeting card, send your true love an e-card. You could also use recycled materials to create your own romantic message that's sure to be treasured for years.

The manufacture of new gold jewelry produces tons of waste from

mining and processing. Consider buying a gift of vintage jewelry instead, or look for jewelry made from recycled metal or repurposed materials.

A traditional bouquet of flowers is even more charming if it is arranged with locally grown, pesticide-free blooms. For longer-lasting flora, give a blooming plant as a symbol of your enduring love.

Bypass processed and packaged chocolates, and opt instead for homemade candies, cupcakes or pastries. If you're hopeless in the kitchen, organic sweets made locally are a great alternative.

Single but seeking a soul mate? Find someone who shares your green tendencies by volunteering with local environmental groups, keeping your eye open at the farmers' market and co-op, and attending events where eco-conscious people gather, such as outdoor music and arts festivals.

## Comforting Without the Calories

Casseroles are tasty and easy to make, but often contain excess calories, fat and sodium. Try these ideas for preparing casserole dishes that are better for your health.

*Meat and fish.* When making a chicken or turkey casserole, use only white meat to reduce calorie content. A tuna noodle casserole will have less fat when made with tuna packed in water rather than oil. To increase fiber and nutrients, add vegetables such as broccoli, peas and carrots.

*Pasta and rice.* Almost every shape of pasta comes in a whole wheat version, and brown rice contains more nutrients than white. The taste and texture may take some getting used to, so start out by making half-and-half dishes. For example, make a casserole with half brown rice and half white rice. Alternatives to rice and pasta are quinoa and barley.

*Soups and sauces.* If your recipe calls for a cream soup, such as cream of mushroom, choose a low-fat version. You can often skip the canned soup altogether by making your own white sauce with flour, milk and seasonings.

*Other ingredients.* You won't affect the taste of casseroles much by choosing 1 percent or skim milk, reduced-fat cheese, and low-sodium broth. Go easy on the cooking oil, too.



**Vegetables add nutrients and flavor to casseroles**



## WIT & WISDOM



### Ferris Wheels Come 'Round Again

When most people think of Ferris wheels, they think of relatively small carnival rides that, once riders get to the top, offer views of ... the carnival. Ferris wheels are changing, however, in big ways.

It was George Washington Gale Ferris Jr., an American steel bridge engineer, who designed the modern mechanized Ferris wheel. His creation became the grand showpiece of the 1893 Chicago World's Fair.

Overlooking Lake Michigan, the engineering marvel fit 60 passengers per car, taking 2,160 people on each thrilling ride and offering views of Wisconsin, Indiana and Michigan. At 264 feet high and bedecked with 3,000 blinking lightbulbs, the revolving behemoth was awe-inspiring.

A century later, Ronald Bussink and other designers reinvigorated interest in what are now commonly called "observation wheels." The trend began its upswing in the early 2000s and shows no sign of coming down.

These sky-sweeping modern landmarks—some nearly 700 feet high—are located in major cities worldwide. Many offer unrestricted 360-degree views in climate-controlled cars, while some are solar-powered, such as Santa Monica's Pacific Wheel, or centerless, like Japan's Big O.

Tourists now flock to observation wheels like the London Eye or Washington, D.C.'s Capital Wheel as vacation must-sees.



## One Minute Chef

### Chocolate Cherry Thumbprints

#### Ingredients:

- 1 cup butter, softened
- 2 cups white sugar
- 2 eggs
- 2 teaspoons vanilla
- 3 cups flour
- 1 cup cocoa
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 (21-ounce) can cherry pie filling
- 1/2 cup chocolate chips

#### Directions:

Preheat oven to 350° F.

Cream butter and sugar until light and fluffy. Mix in eggs, one at a time. Add vanilla and mix until combined. Add flour, cocoa, salt, baking soda and baking powder. Mix until combined.

Roll dough into 2-inch balls. Place on greased baking sheet or baking sheet lined with parchment paper. Press thumb into center of cookie to make a well. Place a spoonful of cherries into each cookie.

Bake for 12 minutes. Allow cookies to cool.

Melt chocolate chips according to package directions. Drizzle over cookies. Let chocolate set and serve immediately or store in airtight container.

Find more recipes at  
[www.LuckyLeaf.com](http://www.LuckyLeaf.com).



"A flower cannot blossom without sunshine, and man cannot live without love."

—Max Muller

"We love life, not because we are used to living but because we are used to loving."

—Friedrich Nietzsche

"Love isn't something you find. Love is something that finds you."

—Loretta Young

"What we have once enjoyed we can never lose. All that we love deeply becomes a part of us."

—Helen Keller

"Love is always bestowed as a gift—freely, willingly and without expectation. We don't love to be loved; we love to love."

—Leo Buscaglia

"It is good to love many things, for therein lies the true strength, and whosoever loves much performs much, and can accomplish much, and what is done in love is well done."

—Vincent Van Gogh

"People think love is an emotion. Love is good sense."

—Ken Kesey

"I have found the perfect paradox, that if you love until it hurts, there can be no more hurt, only more love."

—Daphne Rae

"I have decided to stick with love. Hate is too great a burden to bear."

—Martin Luther King Jr.

"At the touch of love everyone becomes a poet."

—Plato



## February 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Rent Is Due	2 Groundhog Day Rent Is Due	3 Rent Is Due	4 Rent Is Due	5 Rent Is Due	6 Rent Is Late Exterminator 30 Building	7
8	9 Inspections 30 Building	10	11	12	13	14 
15	16 <b>Presidents' Day</b>	17	18	19	20 	21
22	23	24	25	26	27	28

 February 

### "This Month In History" FEBRUARY

**1690:** The colony of Massachusetts issues America's first paper money.

**1790:** In New York City, the U.S. Supreme Court convenes for the first time, led by Chief Justice John Jay.

**1829:** Levi Strauss, creator of the world's first pair of jeans, is born in Germany.

**1885:** Mark Twain's "Adventures of Huckleberry Finn" is published in the U.S.

**1938:** Walt Disney's first animated feature, "Snow White and the Seven Dwarfs," debuts to rave reviews and revolutionizes film animation.

**1948:** NASCAR, the National Association for Stock Car Auto Racing, is founded. It would grow to become one of America's most popular spectator sports.

**1965:** Canada adopts a new flag with a red and white maple leaf design.

**1971:** Pitcher Satchel Paige becomes the first player to be nominated to the Baseball Hall of Fame based on his performance in the Negro Leagues.

**1972:** The Volkswagen Beetle overtakes the Ford Model T as the world's best-selling car.

**1980:** Dubbed the "Miracle on Ice," the U.S. men's hockey team upsets the Soviet Union at the Winter Olympics in Lake Placid, N.Y. The team went on to beat Finland to win the gold medal.

**1984:** Using a jet pack, space shuttle astronaut Bruce McCandless becomes the first person to fly untethered in space.

**2006:** The Northeast gets buried in a snowstorm that drops a whopping 26.9 inches on New York City, the most snow the city has seen since record keeping began in 1869.