



LANDINGS AT Weyers Cave

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BULLETIN BOARD

A Focus on Friends

Valentine's Day is all about romantic love in many countries, but Finland has a unique take on the holiday. The Finnish celebrate Friendship Day on Feb. 14 by giving cards and small gifts to friends and family as well as sweethearts.

Best Buds

Roses are the top pick for Valentine's Day bouquets, according to florists. The rose has also served as the official national flower of the U.S. since 1986.

FEBRUARY 2018



NOTES & NEWS

A Month Without a Full Moon

This year, you won't see a full moon during the month of February, but March will make up for it by having two full moons, as did January. This happens about every 20 years, the last time in 1999 and occurring next in 2037.

Home Theater

Make watching movies at home feel like a trip to the multiplex, but without the high cost. Prepare a big bowl of popcorn and choose your favorite soft drink and candy. Turn off the lights and the phones, and keep chatting to a minimum. If you have time, make it a double feature!

In the Kitchen: Sweet Substitute

The heart-shaped cookies are baked. Now you just need to make some pink frosting to complete your treats. You open the cabinet door and discover you are out of powdered sugar. Don't panic; you can make your own. In a blender, combine one tablespoon of cornstarch and one cup of granulated white sugar until it is the right consistency. Cookie crisis averted!

HIGHLIGHTS

Football Fever

The National Football League's champion will be the team that emerges victorious from Super Bowl LII on Feb. 4 in Minneapolis. Singer Justin Timberlake is scheduled to headline the halftime show of the big game.

Did You Know?

The lowest temperature ever recorded in Florida was minus 2 degrees in Tallahassee on Feb. 13, 1899.

Dinner Option

If you're thinking about takeout for dinner, consider a grocery store. Many offer premade foods at reasonable prices to attract shoppers. Rotisserie chicken, pasta salad, deli sandwiches and even complete dinners are often available.

Benefits of Culture

A study in Norway found that people who participated in cultural activities, such as attending a play or joining a club, experienced less anxiety and depression and a more satisfied life than those who didn't participate. So the next time you want to boost your mood, go to a concert or visit a museum.

Random Act of Kindness

Leave a nice note for your partner, spouse, child, parent or friend. It will take just a few minutes of your time, and will make the recipient's day.

Tip for a Brain Block

Forgetting why you walked into a room is a common memory lapse. Scientists say the act of walking through a doorway can produce what's called an event boundary, in which your brain has already filed away the thought you made in the previous room and moved on to capture the next thought in the new room you've entered. Retracing your steps can help jog your memory. Once you've remembered your mission, say it out loud to reinforce it.

TRIVIA WHIZ



A Look at the Olympics

Speedskating, ice hockey and luge are a few of the many events on tap for the 2018 Winter Olympics in Pyeongchang, South Korea. Prepare yourself for the Feb. 9–25 games by learning a bit more about the competition.

- This will be the 23rd Winter Olympics. The first took place in Chamonix, France, in 1924.
- South Korea hosted the 1988 Summer Olympics in Seoul, but this will be the Asian nation's first Winter Games.
- Figure skating competitions and the men's hockey gold medal game are considered the most popular events.
- The athletes in Pyeongchang will compete in 102 events in 15 sports.
- The 2018 Winter Games will feature four new events: big air snowboarding, mixed doubles curling, mass start speedskating and mixed team Alpine skiing.
- Soohorang, a white tiger, and Bandabi, an Asiatic black bear, are the official mascots of the 2018 Games.
- For gold medal performances, keep your eyes on the Norwegian athletes. Although it is a country of just 5 million people, Norway dominates the Winter Games, holding the record for most gold medals and most medals overall.
- Norwegian biathlete Ole Einar Bjoerdalen has won 13 medals in his career, making him the most decorated Winter Olympian ever.
- Unlike previous years, when fans had to wait hours to view events that had taken place earlier in the day, 2018 Olympics coverage will be aired live across all U.S. time zones, both on television and online.



Potluck Party Pointers

With the Super Bowl and college basketball tournaments on the way, you might have a potluck party on your social calendar.

When deciding what food to take, consider the dish's appeal to a majority of the other guests. Chicken wings, meatballs and cheese dip are examples of munchies that are bound to be popular.

A meat-free dish is a good choice if you know vegetarians are attending the party. A grain salad, pasta salad or vegetable side dish

can add variety to the offerings.

Avoid relying on supermarket takeout; put a little time and effort into your contribution. Consider the recipe's number of servings and make sure you have prepared enough for the expected crowd.

Your food should be ready to serve when you arrive at the party. Don't assume there will be room in the kitchen for you to finish the dish. Prepare something you can keep either warm or chilled on the trip over or that can be served at room temperature.

Take everything you need to dish up your food, including serving utensils. If you made a dip, don't forget the accompanying chips or crackers.

To ensure you get your container and utensils back, put your name on them. Offer to help the host clean up, or, to make the process smoother, plan to take your dirty dishes home and wash them there.

Foster Strong Relationships

Whether you have been in a relationship for six months or 16 years, or you plan to be in one sometime in the future, the advice that experts offer to keep the bond strong remains the same.

Be a good teammate. Being in a relationship is a two-person job. If you want it to last, you can't expect your partner to do all of the work, whether physical or emotional.

Be positive. Complimenting your partner and saying "thank you" are simple ways to show you care. Who doesn't want to feel appreciated?

Apologize when you're wrong. Everyone makes mistakes, and when it happens, forget about your pride and offer a sincere apology. If the tables are turned, accept your partner's apology and move on. If you truly care about the person you are in a relationship with, you have to learn to forgive them.

Don't keep score. Your relationship is not a game. If you do something nice, you don't need to announce it just to get brownie points. By the same token, if your partner makes a mistake, don't hold it against them to make yourself look better.

Speak your mind. If you need to talk about something with your partner, don't beat around the bush. Say what you need to say. Hesitating or being vague, hoping they can figure it out, usually won't end in your favor. Open communication will help the relationship grow stronger.





Heart-Healthy Exercise

Cardiovascular exercise, also called aerobic exercise or simply cardio, is crucial for heart health. The proof is not only in the word itself—*kardia* is the Greek word for “heart”—but also in the way the human body responds to a cardiovascular workout.

Any physical activity that increases your heart rate and breathing rate for an extended period of time is considered cardio exercise. Walking, bicycling, swimming and many other sports are common examples. During these activities, the lungs take in more oxygen, which goes directly into the bloodstream and the heart. The oxygen makes the heart beat faster, allowing it to pump nutrients throughout the body.

Regular cardio exercise not only makes the heart stronger, but it also sends oxygen to the muscles, where it's used to burn carbohydrates and fat. This is why cardio is so effective at helping a person lose or maintain weight.

Cardiovascular activities are key to preventing heart disease, since they can lower blood pressure and improve circulation. This type of exercise is also helpful in preventing or managing diabetes, osteoporosis, depression and some forms of cancer.

Check with your doctor to see what types of cardio activities are right for you.

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Chicken Breasts With Grapes

Ingredients:

- 2 boneless, skinless chicken breasts, butterflied into 4 cutlets
- Salt and pepper
- 2 tablespoons olive oil, divided
- 2 cloves garlic, minced
- 1 leek, white part only, halved and thinly sliced
- 2 tablespoons chopped fresh oregano
- 1 1/2 cups quartered artichoke hearts
- 1 cup chicken stock
- 1 tablespoon lemon juice
- 1/2 teaspoon lemon zest
- 2 teaspoons butter
- 1 1/2 cups mixed red and green grapes
- 2 tablespoons chopped flat-leaf parsley

Directions:

Season chicken breasts with salt and pepper. Heat 1 tablespoon olive oil in skillet over medium-high heat. Add chicken breasts and sear 4 minutes per side. Remove and set aside.

Add remaining olive oil to pan, along with garlic, leek and pinch of salt; cook on medium heat 2 to 3 minutes to soften leek. Stir in oregano, artichokes, chicken stock, lemon juice, lemon zest and butter. Simmer 2 to 3 minutes, then add chicken back to pan, basting each breast with sauce. Add grapes and simmer until grapes are just soft and chicken is cooked through. Stir in fresh parsley and serve.

Find more recipes at
www.GrapesFromCalifornia.com.



“How sweet the words of truth,
breathed from the lips of love.”

—**James Beattie**

“Once in a young lifetime
one should be allowed to have
as much sweetness as one can
possibly want and hold.”

—**Judith Olney**

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

—**William Shakespeare**

“Life is short, and it is up to you to
make it sweet.”

—**Sarah Louise Delany**

“The road to greatness is often
sought, but if journeyed with kindness,
it is sweetly paved.”

—**Tom Althouse**

“Connecting our hearts through love
yields a nectar so sweet
we are forever full.”

—**Amy Leigh Mercree**

“But friendship is the breathing rose,
with sweets in every fold.”

—**Oliver Wendell Holmes**

“Heard melodies are sweet,
but those unheard are sweeter.”

—**John Keats**

“Oh, how sweet it is to hear one’s own
convictions from another’s lips.”

—**Johann Wolfgang von Goethe**

“Be sweet, be good,
and honest always.”

—**Emma Bunton**

“Even when the strings are broken
in our lives, the sweet music plays on
in our hearts.”

—**Bryant McGill**



February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Rent Due!! 1	Rent Due!! 2	Rent Due!! 3 Office Closed!
Rent Due!! 4	Rent Due!! 5	6 Rent Is Late!!	7 	8	9 32 Building Filter Changes & Exterminations	10 Office Open 10am-2pm
11	12 32 Building Inspections	13	14 	15	16	17 Office Closed!
18	19 Presidents Day	20	21	22	23	24 Office Open 10am-2pm
25	26	27	28	  FEBRUARY  		

"This Month In History"

FEBRUARY

1878: Thomas Edison receives a patent for his first major invention, the phonograph.

1905: The first Rotary Club meets in Chicago. The service organization now has more than 35,000 clubs worldwide.

1914: In Washington, D.C., a groundbreaking ceremony is held on the western end of the National Mall for the Lincoln Memorial.

1922: Embracing the "broadcasting boom," President Warren G. Harding

has a radio installed in the White House.

1935: The board game Monopoly goes on sale with a price tag of \$2. Now a classic favorite, millions have played the property trading game.

1947: Inventor Edwin H. Land demonstrates his Polaroid Land Camera, which could produce a black-and-white photo in 60 seconds.

1954: A group of children in Pittsburgh is the first to be inoculated against polio with a new vaccine developed by Dr. Jonas Salk.

1968: With smiles, songs and stories, the TV series "Mister Rogers' Neighborhood" premieres on national public television.

1985: The Coca-Cola Company launches a new flavored soft drink, Cherry Coke.

1995: American businessman Steve Fossett completes the first solo flight across the Pacific Ocean in a balloon.

2006: At the Winter Olympics in Italy, U.S. speedskater Shani Davis becomes the first black athlete to win an individual gold medal in Winter Games history.

2011: "The Artist" wins the Oscar for best picture. It was the first silent film to win the award since "Wings" in 1927.

2014: Comedian Jimmy Fallon becomes the host of the late-night talk show "The Tonight Show."