



LANDINGS AT Weyers Cave

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JANUARY 2014



NOTES & NEWS

The Comfort of Chamomile

On a chilly winter day, warm up with a steaming cup of chamomile tea. The herb's flowers contain powerful flavonoids and oils that may help relieve joint pain by reducing inflammation.

DIY Dryer Sheets

Turn old T-shirts into eco-friendly, reusable fabric softener sheets. Mix 1/2 cup vinegar and 8 drops of any essential oil in a small bowl. Cut the shirts into small sections and pour the mixture over them. Store the sheets in a container with a secure lid. To use, remove a sheet, squeeze out any excess liquid, and toss into the dryer. After the load is done, simply place the sheet back in the container.

An Apple a Day

It's not fancy or trendy, but the familiar apple is just as good for you as Mom always said. The Iowa Women's Health Study has declared apples are very effective at reducing heart disease in older women. Other studies have found apples can lower the risk of lung cancer and type 2 diabetes.

HIGHLIGHTS

Control Your Productivity

Is being more productive one of your New Year's resolutions? Try the 1-3-5 Rule from *TheDailyMuse.com*. This rule narrows your to-do list to nine items: one big task, three medium tasks, and five small tasks. It may sound overwhelming at first, but by prioritizing your list, you can have more control over what will get done. Plus, the method still allows you to be flexible; as unexpected tasks come up, just swap them for items on your list that are of similar importance.

Coin Collection

It's an old trick, but emptying your change into a jar at the end of the day is an easy way to start some savings. When the jar gets full, take it to the bank. You may be surprised by how much you've saved!

Easy Way to Cut Calories

Pay attention to serving sizes printed on snacks and beverages. Many packages, even small ones, contain more than one serving.

Motivational Tip

Don't let fear hold you back from trying something new, following a dream or pursuing a goal. Have enough faith in yourself to step out of your comfort zone and venture into the unknown. French author André Gide wrote, "One does not discover new lands without consenting to lose sight of the shore for a very long time."

3 Things You Need to Know

There are several things you can do to keep cut flowers fresh longer:

- 1) To each quart of vase water, add three drops of bleach and one teaspoon of sugar.
- 2) From about a foot away, spritz the underside of the leaves and petals with hairspray.
- 3) Change the water in the vase every few days.

BULLETIN BOARD

Clean Sweep

If you need to tidy your home quickly, do a five-minute sweep through each room, taking a laundry basket with you. Place in it anything that doesn't belong in that room, then put away the items that do belong there.

Earring Embellishment

Use vintage clip-on earrings to dress up a pair of simple flats or pumps. Just clip one on each shoe near where your toes slide in.

TRIVIA WHIZ



A Tribute to Trivia

In honor of Trivia Day on Jan. 4, enjoy this random assortment of fun facts:

- Redwood trees, the tallest in the world, have fire-resistant bark. Sometimes fire reaches the inside of a redwood through cracks in the bark, creating “chimney trees” that survive even after being hollowed out by fire.
- It takes only seven shuffles to thoroughly mix a 52-card deck.
- Alaska, which became the 49th state on Jan. 3, 1959, is nearly one-fifth the size of the rest of the U.S. and accounts for over half of the country’s coastline.
- The lifespan of a major league baseball is about seven pitches. Why so short? Rarely is a ball ruined by a powerful crack of the bat; rather, foul balls and home runs are usually lost to fans, and balls that are scuffed are taken out of the game and used for batting practice.
- The world’s largest snowflake was found by a rancher on Jan. 28, 1887, in Fort Keogh, Mont. It was 15 inches across.
- You may have heard that goldfish have only a three-second memory, but they actually have a memory span of several months. Scientists at Plymouth University were able to train goldfish to push a lever to get food at the same time every day.
- U.S. “paper” money is actually made of 75 percent cotton and 25 percent linen.

For the Love of Trivia

Dubbed “the biggest phenomenon in game history” by Time magazine, the board game Trivial Pursuit has sold more than 100 million copies since its introduction in 1981. More than 40 editions of the game exist, including versions for kids, baby boomers, sports enthusiasts and “Star Wars” fans.



Plan Ahead for Amazing Meals

After a long day, avoid the dreaded “What’s for dinner?” question by having a solid meal plan—a habit that will not only save you time and money, but help you eat healthier, too. Here’s how:

A plan on paper. Write down what meals you want to have in the week ahead. If you need some inspiration, check grocery store ads to see what is on sale. Before

shopping, review recipes and check to make sure you have the ingredients you need. Add any missing ingredients to your shopping list.

Speedy chef. To make cooking less of a chore, prep ingredients the night before or in the morning. Chop vegetables, move frozen items to the refrigerator to defrost, and gather spices together. Set everything on a tray and place it in the fridge so it’s ready to go.

In plain sight. A calendar helps you stay on top of your meal plan. A quick glance each night will remind you of any prep work you need to do for the next day.

Creative cooking. Leftovers can go a long way. Use them in lunches or repurpose them for dinner on a different night—for example, a pot of chili can become burritos. Keep leftovers in mind when you begin to plan the next week’s meals so you don’t end up with too much food.

Hard Habit to Break? Not Anymore

Some habits can be harmful, while others are just plain annoying. Whether you are always running late or can’t stop checking your cell phone, here are some tips to help you break a bad habit:

Take notice. For a week, record when and where you indulge in your bad habit and what you are feeling at the time. Do you do it when you’re stressed or bored? Knowing your triggers can help you avoid them in the first place.

Look for a cause. Many habits have simple solutions. Clicking your pen can stem from having too much energy, so you may need to get more exercise or cut back on sugar or caffeine. Can’t seem to get to work on time? Find ways to streamline your morning routine.

Replace it with something better. Bite your nails? Try chewing gum.

When you have the urge to crack your knuckles, doodle on a notepad. Instead of gossiping, explore new hobbies and interests so you have something else to talk about.

Create obstacles. If you need to focus on something—be it work or a conversation with friends—put your phone out of sight so you’re less tempted to check it.

Ask others for help. Enlist some trusted friends, coworkers or family members to help keep you in check. Stay motivated by sharing your goals and accomplishments with them.





WIT & WISDOM



Timely Tax Prep

Now that the holiday season is behind us, January provides a welcome breather for busy schedules. But before spending all your free time sprawled on the sofa, consider getting a jump start on filing your taxes.

W2s and other earned income statements usually arrive in January, so even if you don't plan to file right away, you can still begin gathering receipts, bank statements and other important documentation.

Look for every possible deduction. Some of the most commonly overlooked are charitable contributions, student loan interest, job hunting costs, and state taxes paid last year.

Once you have assembled the necessary paperwork, whether you file your own return or have someone else do it for you, there are several benefits to being an early bird with the IRS. Among them:

Rapid refunds. If you expect a refund, the earlier you file, the earlier you'll typically receive it. Using the refund to pay off interest-bearing debt is even more of a plus.

Planning ahead. For those who owe taxes, earlier filing means more time to budget and set aside what will be due. Even if you file early, you still have until April 15 to submit your payment.

Double check. If you prepare your own return, completing it before the deadline provides ample time to check and double-check your work to ensure that everything is correct before you file.



One Minute Chef

Cranberry Orange Muffins

Ingredients:

- 1 3/4 cups flour
- 1 cup plus 1 tablespoon sugar, divided
- 4 teaspoons baking powder
- 2 cups Honey Bunches of Oats cereal, divided
- 3/4 cup fat-free milk
- 1 egg
- 1 teaspoon grated orange peel
- 1/3 cup orange juice
- 2 tablespoons plus 1 teaspoon vegetable oil, divided
- 1 cup fresh or frozen cranberries, coarsely chopped

Directions:

Preheat oven to 375° F.

Combine flour, 1 cup sugar and baking powder in large bowl.

Mix 1 cup cereal and milk in medium bowl; let stand 3 minutes. Add egg, orange peel, orange juice and 2 tablespoons oil; mix well. Add to flour mixture; stir just until moistened. (Batter will be lumpy.) Gently stir in cranberries.

Crush remaining 1 cup cereal; mix with remaining 1 tablespoon sugar and 1 teaspoon oil.

Spoon batter into 16 paper-lined muffin cups. Top with cereal mixture. Bake 22 minutes or until muffins are golden brown.

For more recipes, visit www.PostFoods.com/recipes.



“Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.”

—**Winston Churchill**

“What would life be if we had no courage to attempt anything?”

—**Vincent Van Gogh**

“Courage is the most important of all the virtues, because without courage you can't practice any other virtue consistently. You can practice any virtue erratically, but nothing consistently without courage.”

—**Maya Angelou**

“We must build dikes of courage to hold back the flood of fear.”

—**Martin Luther King Jr.**

“Life shrinks or expands in proportion to one's courage.”

—**Anais Nin**

“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I lived through this horror. I can take the next thing that comes along.'”

—**Eleanor Roosevelt**

“Keep your fears to yourself, but share your courage with others.”

—**Robert Louis Stevenson**

“I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.”

—**Nelson Mandela**

“The best protection any woman can have ... is courage.”

—**Elizabeth Cady Stanton**



January 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Happy New Year</i>			New Year's Day 1 Office Closed Rent Due	2 Rent Due	3 Rent Due Exterminations 30 Building	4 Rent Due
			5 Rent Due	6 Inspections 30 Building	Bingo Night 7 5:30 p.m. in the Clubroom	8
12	13	14	15	16	17	18
19	Martin Luther King Jr. Day 20	21 	22	23	24	25
26	27	28	29	30	31	

"This Month In History" JANUARY

1789: The very first U.S. presidential election is held, with George Washington proclaimed the winner.

1845: Edgar Allen Poe's famous poem "The Raven" is published in the New York Evening Mirror.

1904: At 91.37 miles per hour, Henry Ford breaks a land-speed record in Michigan.

1908: At midnight on New Year's Day, the first ball is dropped in Times Square in New York City, the beginning of a yearly tradition.

1924: The first Winter Olympic Games are held in Chamonix, France. They will continue every four years.

1933: On a Detroit radio station, "The Lone Ranger" premieres, sporting the sounds of the "William Tell" Overture.

1945: President Franklin Roosevelt is inaugurated for his unprecedented fourth and final term of office.

1958: Actors Paul Newman and Joanne Woodward marry and become a model for successful Hollywood marriages.

1964: The Peter Sellers dark comedy vehicle "Dr. Strangelove" is released to great acclaim.

1984: The Supreme Court rules that VCRs do not violate copyright laws.

2008: Due to a strike in the Writers Guild of America, the Golden Globe awards are not held formally; winners are announced at a news conference instead.