



# LANDINGS AT Weyers Cave

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

## JANUARY 2015



## NOTES & NEWS

### Shade Your Eyes

Sunglasses aren't just for the summer. Experts say you need sunglasses year-round for protection from the sun's ultraviolet rays. In winter, those rays are often reflected off snow or wet pavement.

### Reach for Color

In winter, we tend to match our clothes with what we see outside: gray skies, bare black branches and brown foliage. Brighten things up with an unexpected pop of color. Consider a periwinkle handbag, yellow scarf, or shoes in coral or mint.

### Tippling Etiquette

If you use coupons while eating out, remember to tip your server based on the cost of the meal before any discounts were applied.

### When Wool Doesn't Work

If you have sensitive skin, wearing wool sweaters might be uncomfortable. Try clothes that use finer grades, such as merino, or wool blends. If all else fails, ditch wool and opt for sweaters made of cotton or synthetic materials.

## HIGHLIGHTS

### Every Day Is Special

Many people have "good" china, crystal, jewelry or linens that they rarely use. You don't need to wait for a special occasion. Celebrate every day, and use the good stuff!

### A Better Bowl of Oatmeal

Oatmeal is a hearty and filling go-to breakfast. Make your bowl of whole-grain goodness even better by mixing in toppings that boost flavor and nutrition. Try fresh or dried fruit, nuts and seeds, ground spices, yogurt, maple syrup, granola, or crushed graham crackers.

### Make Connections

Medical research continues to show the importance of social relationships. According to *Health.com*, loneliness can cause inflammation and have the same effect on the body as high cholesterol. So make an effort to connect with people in your community by attending classes, organizational meetings and other special events.

### Take the Compliment

How many times have you been given a compliment only to deflect it by playing it down? While your intention may be good, it actually discounts the person who has thoughtfully taken the time to praise you. The best way to receive a compliment is to simply say "thank you" and let the giver know you appreciate the kind words.

### Protect Yourself

Keeping fit during winter is just as important as at any other time of year. If you exercise outdoors and your usual workout time is now plunged into seasonal darkness, wear reflective clothing to keep yourself visible and safe. If you are outdoors during the day, remember to apply sunscreen to exposed skin. You can get sunburn in the winter, too. In fact, sunlight reflected off snow can be particularly intense.

## BULLETIN BOARD

### Hugs Are Healthy

Stretch out your arms and give someone a squeeze on National Hug Day, Jan. 21. Hugging reduces stress hormones and releases a soothing brain chemical—and this reaction occurs whether you're giving a hug or receiving one.

### Stir Up Some Flavor

Have leftover candy canes or peppermint candies from the holidays? Use them to stir in extra flavor to a mug of coffee or cocoa.

# TRIVIA WHIZ



## Singing in the New Year

At one point or another, you have surely heard or even sung along to the old Scottish ballad “Auld Lang Syne.” The song title literally translates to “old long since,” meaning “long, long ago” or “days gone by.” Learn more about this traditional New Year’s number:

- The famed Scottish bard Robert Burns wrote his version of this traditional song about the endurance of friendships in 1788, originally set to a tune he considered mediocre. After his death in 1796, Burns’ editor published the song set to a different “air,” which is the tune we use today.
- Popular during the Civil War, “Auld Lang Syne” was banned in 1862 by the Union Army after a crushing defeat by the Confederates at the Battle of Fredericksburg. Officers were afraid the sentimental song about times gone by would prompt weary soldiers to desert their posts.
- In the late 1920s, Guy Lombardo’s band popularized the song as a New Year’s tradition when they played it during a live radio performance at the stroke of midnight on New Year’s Day.

## ‘Auld Lang Syne’

The English translation of the first verse and chorus:

Should old acquaintance be forgot,  
and never brought to mind?  
Should old acquaintance be forgot,  
and auld lang syne?

### Chorus:

For auld lang syne, my dear,  
for auld lang syne,  
we’ll take a cup of kindness yet,  
for auld lang syne.



## New Year, Better Finances

The start of the new year is the perfect time to take a look at your financial situation and make any changes needed to improve it. The following tips can help.

**Cut.** Evaluate your spending habits and cut back on unnecessary items. Review your monthly bills to uncover any hidden fees. If you aren’t using that movie service you signed up for, cancel it. Work to pay off your debts so you can avoid interest charges,

and don’t put anything on a credit card that you can’t pay off by month’s end.

**Save.** If you haven’t already, it’s time to start saving for retirement. It’s also an excellent idea to throw some cash into an emergency fund or savings account.

**Budget.** Having a budget is the only way to really know where your money is going. Create both a spending and a saving budget. Review the plans on a monthly basis, and make adjustments, if needed.

**Review.** Take a look at insurance coverage you have on yourself and your personal property. Make sure the policies reflect your current situation and that you have all the coverage you need and none you don’t.

**Learn.** Read a few books about personal finance. The more you understand, the more motivated you will be to take the steps needed to improve your financial situation.

## Rev Up Ramen Noodles

They’re quick, inexpensive and easy. That’s what makes ramen noodles a common go-to meal. They’re versatile, too—while the noodles alone can be your main dish, they also make the perfect base for an endless number of additions to fit any taste. Rev up your ramen with these flavor combinations.

**Italian-style ramen.** Add zucchini slices to boiling noodles. When both are done, drain the mixture and stir in several frozen prepared meatballs and 1/2 cup spaghetti sauce. When heated through, toss with grated Parmesan cheese.

**Chili-cheese ramen.** Give ramen some Cincinnati style with ingredients from the city’s favorite chili recipe. Cook ramen, then drain. Top the noodles with a serving of prepared chili, along with kidney beans, chopped onion and grated cheddar cheese.

**Ramen tacos.** Pair a packaged

taco kit with ramen noodles for “ramacos.” Prepare half the amount of meat recommended on the box. Add water and taco seasoning as instructed, along with one package of raw, crunched-up ramen noodles. Continue cooking until the noodles are the desired texture. Spoon the mixture into shells, and serve with a choice of toppings.

**Stir-fry ramen.** Stir-fry 2 cups of frozen vegetables and 1/2 cup cubed firm tofu. Add boiled ramen noodles, 1 tablespoon each of soy sauce and lime juice, and Tabasco sauce to taste.





# WIT & WISDOM



## Make the Most of TV Time

Are you neglecting your chores because your favorite TV shows are calling you to the couch? Make your viewing time more productive with these ideas.

**Pay your bills.** Whether you do it online or by writing checks, making payments is simple and lets you stay focused on your show.

**Exercise.** Keep in shape with simple exercises such as pushups, crunches or lunges. Keep a pair of free weights beside the couch and do some arm curls while you watch.

**Do the laundry.** Run to the washer and dryer during commercials; then, once your clothes are clean, fold and iron while you watch. You can also tackle the mending by sewing on missing buttons and repairing holes in clothes.

**Bake a cake.** If you have a TV in the kitchen, fix a meal or a special dessert while you watch.

**Check your mail.** Find out what the mail carrier has brought you lately, or go through and clear out your email inbox.

**Make a list.** Plan the next day or two by compiling a to-do list or grocery list.

**Get crafty.** Work on a crafts project or jigsaw puzzle, create a scrapbook, or sort through old photographs.

**Tidy up.** Pick up and put away shoes, magazines and dishes. Then grab a cloth and dust the furniture.

**Iron clothes or sew on missing buttons while you watch your favorite TV show**



## One Minute Chef

### Super Good Chili

#### Ingredients:

- 1 tablespoon vegetable oil
- 1 1/2 pounds diced beef chuck
- 1 large onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon ground cumin
- 1 (12-ounce) can diced tomatoes
- 2 (16-ounce) cans pinto beans, drained and rinsed
- 1 (16-ounce) can red kidney beans, drained and rinsed
- 2 cups beef broth
- 1 (4-ounce) can diced green chilies
- 1 tablespoon Tabasco sauce
- 1 1/2 teaspoons salt

#### Directions:

Heat oil in 5-quart saucepan over medium heat. Add beef and cook until well-browned on all sides. With a slotted spoon, remove to bowl.

Add onion and garlic to drippings remaining in skillet; cook over medium heat until tender.

Return meat to saucepan; stir in cumin. Cook 1 minute. Stir in remaining ingredients. Heat to boiling over high heat. Reduce heat to low; cover and simmer 20 minutes, stirring occasionally.

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



“Hope lies in dreams, in imagination and in the courage of those who dare to make dreams into reality.”

—*Jonas Salk*

“Hope is like the sun, which, as we journey toward it, casts the shadow of our burden behind us.”

—*Samuel Smiles*

“Let your hopes, not your hurts, shape your future.”

—*Robert H. Schuller*

“Hope is the pillar that holds up the world. Hope is the dream of a waking man.”

—*Pliny the Elder*

“We have always held to the hope, the belief, the conviction that there is a better life, a better world, beyond the horizon.”

—*Franklin D. Roosevelt*

“The birds of hope are everywhere, listen to them sing.”

—*Terri Guillemets*

“A strong mind always hopes, and has always cause to hope.”

—*Karl Ludwig von Knebel*

“The wings of hope carry us, soaring high above the driving winds of life.”

—*Ana Jacob*

“Hope is faith holding out its hand in the dark.”

—*George Iles*

“Hope is the thing with feathers  
That perches in the soul  
And sings the tune without the words  
And never stops—at all”

—*Emily Dickinson*



# January 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>New Year's Day</b> 1 Rent Is Due Office Closed	2 Rent Is Due	3 Rent Is Due Office Closed
				4 Rent Is Due	5 Rent Is Due	6 Rent Is Late
11	12 Inspections 30 Building	13 	14	15	16	17
18	<b>Martin Luther King Jr. Day</b> 19	20	21	22	23 	24
25	26	27	28	29	30	31

## "This Month In History" JANUARY

**1849:** Elizabeth Blackwell graduates from medical school in New York, becoming the first female doctor in the U.S.

**1870:** As a cartoonist for Harper's Weekly magazine, Thomas Nast is the first to use a donkey to symbolize the Democratic Party. A few years later, he would use an elephant to represent the Republican Party.

**1933:** Construction commences on the landmark Golden Gate Bridge in San Francisco. When completed in 1937, it would become the world's longest suspension bridge.

**1946:** Delegates from 51 countries meet in London for the first United Nations General Assembly.

**1952:** The "Today Show" premieres on NBC with hosts Dave Garroway and Jack Lescoulie.

**1973:** The Miami Dolphins defeat the Washington Redskins in Super Bowl VII and become the first team to record a perfect season in National Football League history.

**1974:** To conserve fuel during the Arab oil embargo, President Richard Nixon signs a federal law lowering the maximum highway speed limit to 55 mph.

**1987:** Singer Aretha Franklin, known as the Queen of Soul, is the first woman inducted into the Rock and Roll Hall of Fame.

**2006:** The Walt Disney Company purchases movie animation company Pixar for \$7.4 billion.