



LANDINGS AT Weyers Cave

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JANUARY 2016



BULLETIN BOARD

Honey Helps

Sweeten your hot tea with honey to soothe a sore throat or cough.

Remote at the Ready

Tired of playing hide-and-seek with your TV remote control? Use Velcro to attach it to a table or other piece of furniture.

Stay Up-to-Date

Keep updates current for your computer's operating system and your Internet browser. Many updates are sent out to deal specifically with new security threats.

NOTES & NEWS

'Souper' Easy

A warm bowl of soup is the perfect meal on a chilly winter evening. Make the preparation easy by using a slow cooker. Start your soup in the morning and let it simmer all day.

Take a Breath

Simple breathing exercises can be relaxing and help lower heart rate and blood pressure. Try this one: Breathe in through your nose for four counts, hold your breath for one count, then exhale through your mouth for five counts. Experts recommend doing this three times an hour.

Cinnamon Scent

Vacuum up two to three teaspoons of cinnamon before you start vacuuming your home, and the scent will permeate your rooms as you clean.

Welcome, Alaska

Alaska was admitted as the 49th U.S. state on Jan. 3, 1959. Alaska's motto is "North to the Future." The state flag features the Big Dipper and North Star on a navy blue background.

HIGHLIGHTS

Financial Fitness

The beginning of the new year is a perfect time to review items such as insurance policies or other contracts to be sure you're getting the best rates. Ask about discounts you might be eligible for. Also look over investments and wills or trusts in case changes or updates are needed.

Ongoing Gratitude

January is National Thank You Month, an observance worth celebrating all year. Try expressing genuine gratitude to someone every day. Those two little words pack a lot of power.

A Shimmering Seed

January's birthstone, garnet, gets its name from the Latin word for "seed," since the deep red gem resembles the edible seed of a pomegranate.

Deal of the Month

January is the best time of year to find deep discounts on two categories of high-dollar purchases: fitness equipment and furniture. Look for clearance sales at major retailers offering 40 to 75 percent off regular prices on brand names.

The Right Way to Reheat

Form a depression or hole in the middle of a plate of leftovers when heating them in the microwave. This will allow the heat to spread more evenly.

Medication Safety

Be safe when it comes to medications. Always read and follow the label directions. Keep track of when you take medications by recording them in a log; this is especially helpful if you are taking a variety of medicines. Include over-the-counter products, as well. Discard old medications promptly and properly, and always consult your physician or pharmacist when you have questions.

TRIVIA WHIZ



A Tour of Times Square

Although Times Square is best known as the site of annual New Year's Eve festivities, there is much more to discover about this iconic New York City neighborhood.

In 1904, the New York Times built the Times Tower on 43rd Street just off Broadway. At the time, the area in front of the building was called Longacre Square, but it was soon renamed Times Square.

Times Square's shape is actually not that of a square but rather a bow tie, formed by the intersection of Seventh Avenue, 42nd Street and Broadway.

Sometimes referred to as "The Crossroads of the World," Times Square is known for huge lighted billboards and illuminated building facades in addition to flagship stores and historic theaters.

Several movie scenes have been filmed in Times Square. Performing arts students dance in the district's streets in "Fame," a post-apocalyptic version appears in "I Am Legend," and Tom Cruise walks through an eerily empty Times Square in "Vanilla Sky."

About 300,000 people pass through Times Square daily. To help accommodate all those visitors, part of the district has been redeveloped into a pedestrian-friendly zone with vehicle-free plazas.

Bright Lights, Big City

Times Square, in Midtown Manhattan, is part of the Special Midtown District, which has its own distinct zoning code. The code requires building owners to display illuminated signs, with guidelines spelling out how much of a building's surface must be covered with signage, which direction the signs should face, and how bright the illuminated displays need to be.



Enjoy an Organized Kitchen

Did you make a resolution to get organized? Start with your kitchen. A well-organized kitchen can make food preparation more efficient and enjoyable.

First think about how you use the space and what you like to cook. Then place the most-used items in one easy-to-reach area. You might have three saucepans, two skillets and four cookie sheets, but if you use one of each most of the time, keep those favorites together in the most accessible place.

If you bake a lot, store your flour, sugar, baking soda and baking powder together. If possible, arrange these ingredients on a spare baking sheet that you can pull out like a drawer for easy access. The tray also catches any spills, making cleanup easy.

Rotating Lazy Susans are ideal for keeping herbs, spices and other seasonings in one convenient spot. Put the shorter items or the ones you use most on the outer edge of the circle.

Next, optimize your counter space. Use a large jar or crock to store wooden spoons, spatulas and whisks within easy reach on the countertop. A cake stand can hold frequently used ingredients, such as olive oil, salt and pepper, while leaving the counter space under it free for other seasonings, a recipe or utensils.

Put foil, plastic wrap and waxed paper in their own drawer, and add a marker for labeling packages of food.

Nighttime Noshing

Many people crave a snack before bedtime. Instead of ice cream or potato chips, choose nighttime nibbles that will quell your hunger without packing on pounds.

Popcorn. If you enjoy salty, crunchy snacks, popcorn is a great alternative to chips. Eat it plain, or sprinkle on low-calorie seasonings such as lemon-pepper, garlic powder or smoked paprika.

Roasted nuts. Another option for snackers who prefer something salty yet filling is a handful of nuts, such as almonds, cashews or walnuts. If you have a sweet tooth, add a few chocolate-covered pieces.

Fruit. An apple, pear or banana is a quick and filling snack. Dried fruit is also an option, and there is a wide variety of dried fruits available to choose from. Don't overdo it though, because dried fruit tends to have a high sugar content.

Veggies with hummus. Dip a few carrot sticks or celery sticks in some creamy hummus for a snack high in protein and fiber.

Cereal with milk. It's definitely not just for breakfast. Choose a whole-grain cereal and low-fat milk for a filling snack without excess sugar, fat or calories.

Cup of soup. Broth-based soups such as chicken noodle are easy to digest, and warm liquids are soothing—just what you need before hitting the sack.





WIT & WISDOM



Take Control of Documents

As the new year begins, we often start thinking about tax season. Now is the perfect time to go through your paper files and get rid of what you no longer need.

Most financial records fall into one of four categories: papers you need to keep for the calendar year; tax records, which you should save for three years; papers you need to keep while you own the items they cover or while the account or coverage is active; and papers to keep indefinitely.

The time frames below are general guidelines. If you are unsure about whether to keep a document, consult an accountant or tax specialist.

If any of the items listed below are needed for tax purposes, they should be stored with tax returns and kept for three years.

Keep one year. Paycheck stubs, utility bills, canceled checks, bank statements and quarterly investment statements.

Keep three years. Income tax returns, medical bills, records of selling a house or stock, and any documents that support income or a deduction on your income tax return.

Keep while active. Contracts, insurance documents, stock certificates and records, property records, pension and retirement plan documents, and annual investment statements.

Keep forever. Marriage licenses, birth certificates, wills and estate planning documents, adoption papers, divorce decrees, death certificates, records of paid mortgages or other satisfied loans, and military discharge papers.



neMinute Chef

Greek Pizza

Ingredients:

- 3 tablespoons olive oil, divided
- 1 medium red onion, halved and thinly sliced
- 1 pound prepared pizza dough
- 1/2 cup prepared pesto sauce
- 1 (14-ounce) can artichoke hearts, drained and quartered
- 1 (10-ounce) can chicken breast, drained and flaked
- 1 (4-ounce) can sliced mushrooms, drained
- 1 (3.8-ounce) can sliced ripe olives, drained
- 1/2 cup crumbled feta cheese

Directions:

Heat 1 tablespoon oil in 12-inch skillet over medium heat. Add onion and cook until just softened, about 5 minutes. Set aside.

Divide dough into 2 equal balls. On well-floured surface, use floured rolling pin to roll each ball into a 10-inch circle. Place on large cookie sheets or pizza pans. Brush each crust with 1 tablespoon olive oil.

Heat oven to 425° F.

Spread pizza dough with pesto sauce to within 1 inch of the edge. Top with red onion, artichoke hearts, chicken, mushrooms, olives and feta cheese. Bake 15 minutes or until crust is golden.

For more recipes, go to www.CansGetYouCooking.com.



“With the new day comes new strength and new thoughts.”
—**Eleanor Roosevelt**

“Every great advance in science has issued from a new audacity of imagination.”

—**John Dewey**

“The sun is new each day.”

—**Heraclitus**

“The difficulty lies not so much in developing new ideas as in escaping from old ones.”

—**John Maynard Keynes**

“Every now and then a man’s mind is stretched by a new idea or sensation, and never shrinks back to its former dimensions.”

—**Oliver Wendell Holmes Sr.**

“If you want to succeed you should strike out on new paths, rather than travel the worn paths of accepted success.”

—**John D. Rockefeller**

“Take the attitude of a student, never be too big to ask questions, never know too much to learn something new.”

—**Og Mandino**

“Throw your dreams into space like a kite, and you do not know what it will bring back, a new life, a new friend, a new love, a new country.”

—**Anais Nin**

“We keep moving forward, opening up new doors and doing new things, because we’re curious, and curiosity keeps leading us down new paths.”

—**Walt Disney**



January 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="font-size: 4em; margin: 0;">JANUARY</h1> 					New Year's Day 1 Rent Is Due	2 Rent Is Due
3 Rent Is Due	4 Rent Is Due	5 Rent Is Due	6 Rent Is Late	7	8 Exterminator 32 Building	9 
10	11 Inspections 32 Building	12	13	14	15	16
17	Martin Luther King Jr. Day 18	19	20 	21	22	23
24/31	25	26	27	28	29	30

"This Month In History" JANUARY

1849: Elizabeth Blackwell graduates from medical school, becoming the first female doctor in the United States.

1922: For the first time, insulin injections are used successfully to treat diabetes in humans. A 14-year-old Canadian boy was the first to receive the treatment.

1943: Franklin D. Roosevelt becomes the first sitting U.S. president to travel by airplane. He flew to Morocco to meet with British Prime Minister Winston Churchill.

1959: Walt Disney releases "Sleeping Beauty," an animated feature film based on the fairy tale.

1973: The Miami Dolphins defeat the Washington Redskins in the Super Bowl and record the only perfect football season in NFL history.

1988: "The Phantom of the Opera" premieres on Broadway. It would become the longest-running show in Broadway history.

1990: McDonald's opens in Moscow, serving 30,000 people. It was the fast-food icon's first location in the Soviet Union.

2004: After a seven-month voyage, NASA's Mars robotic rover, named Spirit, touches down on the red planet.

2010: At a presentation in San Francisco, Apple CEO Steve Jobs unveils the iPad tablet computer.

2011: Created by talk show host Oprah Winfrey, the OWN cable TV network premieres.