



# LANDINGS AT Weyers Cave

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## JANUARY 2017



## NOTES & NEWS

### Inclement Weather Office Closures

Winter is coming! Office hours are subject to change & the office is subject to close if staff members are not able to get there safely. Please check our Facebook page if any bad weather is expected.

### The Oops Key

Perhaps the most useful shortcut on a computer keyboard is CTRL + Z. The key command will undo almost any action. It doesn't just apply to typing—if you accidentally delete a file, you can hit CTRL + Z to bring it right back.

### In the Kitchen: Roll It

Instead of chopping with a knife, try using a pizza wheel to slice herbs such as parsley and cilantro.

### Day of Service

Martin Luther King Jr. once proposed, "Life's most persistent and urgent question is: 'What are you doing for others?'" Honor King's legacy by volunteering on the annual holiday and national day of service. To find service opportunities in your area, go to [Serve.gov/Volunteer](http://Serve.gov/Volunteer).

## HIGHLIGHTS

### Super Bowl Snacking

The biggest football game of the year is also one of the biggest food fests, with potato chips and crackers top picks. Use these stats to help keep game-day snacking in the healthy zone: Choose options that are under 200 calories with less than 2 grams of fat per serving, and aim for 3 grams each of protein and fiber.

### Go Green With Cold Water

According to the Environmental Protection Agency, about 90 percent of the energy consumed by a top-load washing machine goes to heating the water. Think of all the energy you can save by washing your clothes in cold water. With the detergents available today, cold water is just as effective as hot for most loads.

### Travel Tip: Bring Your Own Buds

Many airlines offer free in-flight movies, but they might not have free earbuds or headphones available. Slip a pair into your carry-on and keep yourself entertained when in the air.

### Savvy Storage Solution

If you or someone you know is getting rid of an old dresser or desk, salvage the drawers first. Add wheels to the bottom to transform the drawers into under-the-bed storage bins. This solution is not only simple, but also more stylish than plastic or cardboard boxes.

### To Your Health: Indulge in Edamame

The snack called edamame consists of immature soybean pods that have been boiled or steamed. They are usually served with salt and sometimes a sauce. Popular at Asian restaurants, edamame is a great snack to eat anytime. The pods are an excellent source of magnesium, folate and potassium, nutrients that can help lower blood pressure and reduce the risk of heart disease. The high fiber content of edamame also supports heart health.

## BULLETIN BOARD

### Year of the Rooster

Jan. 28 begins the Chinese New Year. 2017 is the year of the rooster, a symbol of confidence and loyalty.

### Fitness Tip: Pay Heed to Pain

A hard workout can lead to sore muscles, but if you find yourself limping or considering a visit to the doctor, you are probably overdoing it. Be sure to give yourself rest days, and warm up properly to prevent serious injury.

# TRIVIA WHIZ



## Remembering MLK

Martin Luther King Jr. Day is a federal holiday celebrated on the third Monday in January. King, born Jan. 15, 1929, was a minister and social activist who played a pivotal role in the American civil rights movement.

- A gifted student, King skipped two grades and enrolled at Morehouse College in Atlanta at age 15. Four years later, he graduated with a degree in sociology.
- In 1955, King completed his dissertation and received a doctorate in theology from Boston University.
- King's "I Have a Dream" speech was not his first at the Lincoln Memorial. Six years before, in 1957, his address urging voting rights confirmed his emerging role as a prominent civil rights leader.
- His most famous speech came during 1963's March on Washington. The appearance established his reputation as one of the greatest American orators.
- Time magazine named King its Man of the Year in 1963.
- A year later, King received the Nobel Peace Prize for combating inequality through nonviolent resistance. He donated his prize money to the civil rights movement.
- King was posthumously awarded the Presidential Medal of Freedom and the Congressional Gold Medal.
- The Martin Luther King Jr. Memorial in Washington, D.C., was dedicated in 2011.

**"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."**  
—Martin Luther King Jr.



## Tips for a Trimmer You

Losing weight is one of the most common resolutions made in the New Year, but for a lot of people, it's also one of the most difficult to achieve. If you want to drop a few pounds this year, there are some simple steps you can take to reach your goal.

**Load up on water.** The human body is about 65 percent water, and even mild dehydration can make you feel hungry.

**Get more sleep.** Many studies show that a lack of shut-eye leads to weight gain. Get at least seven hours a night.

**Choose wisely.** Foods high in protein and fiber make you feel fuller and give you more energy. Stock up on eggs, poultry, seafood, cottage cheese, vegetables, whole grains and seeds.

**Avoid empty calories.** Say goodbye to soft drinks, syrups, sugary snacks, white bread, white rice and highly processed foods.

**Make smart substitutions.** Sauté foods in stock or broth instead of oil. Cut back on high-calorie smoothies and coffee drinks. Choose plain popcorn instead of chips.

**Listen to your body.** Eat when you are hungry, not bored or stressed. Put down the fork when you feel satisfied—it's OK to leave food on your plate.

**Move more.** Take the stairs instead of the elevator. Park your car farther away from the door. Do stretches or situps while watching TV. Take a walk break instead of a coffee break.

## Pigskin Picks

Football season winds down in January, with just the Super Bowl left to be played next month. If you find yourself yearning for some gridiron glory, check out one of these popular football films.

**"Knut Rockne, All-American."** Featuring future president Ronald Reagan, this 1940 film is the biography of legendary University of Notre Dame football coach Knute Rockne.

**"The Longest Yard."** In this comedy, a prison warden asks a former pro quarterback to put together a team of inmates to take on the guards in a football game. Both the original 1974 version with Burt Reynolds and the 2005 remake with Adam Sandler are full of laughs and celebrity cameos.

**"Friday Night Lights."** The true story of the 1988 Permian High School football team of Odessa, Texas, offers a look at the importance football has in the lives of many Texans.

**"The Blind Side."** Another movie based on real-life events, this 2009 drama tells the story of homeless teen Michael Oher, who is taken in by a well-to-do family, excels on the football field in high school and college, and goes on to be an NFL first-round draft pick.

**"Draft Day."** Kevin Costner stars in this 2014 sports drama as general manager of the Cleveland Browns, which have the No. 1 overall pick in the NFL draft. Sports fans will get a kick out of the trades and maneuvering that happen before and after the choice is announced.





## WIT & WISDOM



### Online Etiquette

People today exchange gigabytes of information through websites, email, cell phones, blogs and social media—yet no matter what the forum, manners are still important. Make a point to conduct yourself online the same way you would in person. Here are a few things to remember.

*Review before you send.* If something you wrote is mean, sarcastic or could be misinterpreted, don't send it.

*Avoid using all capital letters.* People don't like it when you yell at them in person, and they won't like it if you shout in a text message, email, comment or post. Also, follow the Golden Rule and don't say anything online that you wouldn't say face to face.

*Acknowledge authorship.* If you want to borrow or copy content, give the website, blogger or photographer credit. Include a link to the source material if possible.

*Keep secrets.* Gossip is often false, but even if you know something is true, that doesn't mean it needs to be shared with the world. Discretion is even more important when dealing with photos and videos. Consider whether the action you take will get someone in trouble, embarrass them, or cause undue controversy or drama. If so, just keep it to yourself.

*Select an appropriate alias.* Take care choosing a user name for email addresses, posting comments, or anything to do with school or work. Pick something you will never be embarrassed by.

### Beef Burrito With Black Beans

#### Ingredients:

- 1/2 pound ground beef
- 2 teaspoons minced garlic
- 1 cup chunky salsa, divided
- 2 cups cooked brown or white rice
- 6 whole-wheat flour tortillas (9 inches)
- 1 can (15 ounces) black beans, drained and rinsed, divided
- 1 can (11 ounces) corn kernels, drained, divided
- 2 cups shredded pepper jack cheese, divided
- Sliced green onion, including green tops

#### Directions:

In medium nonstick skillet, brown ground beef and garlic over medium heat, breaking beef mixture into smaller chunks with spoon. Drain fat and stir in 1/2 cup salsa; set aside.

Spread 1/3 cup rice in center of one tortilla, leaving a 1/2-inch border. Scatter about 2 tablespoons of beans and 1 1/2 tablespoons corn over rice. Spread 1/3 cup beef mixture and 1/4 cup cheese over corn. Top with 2 teaspoons salsa and a few slices of green onion.

Fold in two opposite edges of tortilla 1 inch each and roll up. Place seam side down on microwave-safe dish.

Repeat with remaining tortillas. Place burritos in microwave and heat 1 minute, or until heated through. Serve with remaining salsa.

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



“Creativity is putting your imagination to work, and it's produced the most extraordinary results in human culture.”

—**Ken Robinson**

“An essential aspect of creativity is not being afraid to fail.”

—**Edwin Land**

“Curiosity about life in all of its aspects, I think, is still the secret of great creative people.”

—**Leo Burnett**

“Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep.”

—**Scott Adams**

“You have to create your life. You have to carve it, like a sculpture.”

—**William Shatner**

“Be brave enough to live life creatively. The creative is the place where no one else has ever been.”

—**Alan Alda**

“It is in the compelling zest of high adventure and of victory, and in creative action, that man finds his supreme joys.”

—**Antoine de Saint-Exupéry**

“The very essence of the creative is its novelty, and hence we have no standard by which to judge it.”

—**Carl Rogers**

“To live a creative life, we must lose our fear of being wrong.”

—**Joseph Chilton Pearce**

“You can design and create, and build the most wonderful place in the world. But it takes people to make the dream a reality.”

—**Walt Disney**



# January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>New Year's Day</b> <b>Office Closed</b> Rent Due!	1 <b>Office Closed</b> Rent Due!	2 <b>Rent Due!</b>	3 <b>Rent Due!</b>	4 <b>Rent Due!</b>	5 <b>Rent Is Late Today!</b>	6 <b>Office Open 10am-2pm</b>
8	9	10 	11	12	13	14
15	<b>Martin Luther King Jr. Day</b>	16	17	18 Augusta Health Blood Pressure Screening 3-5pm <i>In the Community Room</i>	19 <b>Warm Wishes</b>	20 <b>Office Open 10am-2pm</b>  Resident Chili Cook-off 12-1pm <i>In the Community Room</i>
22	23	24	25	26	27	28
29	30	31	<h1>JANUARY</h1>			

## "This Month In History" JANUARY

**1880:** Inventor Thomas Edison receives a patent for his electric incandescent lamp.

**1915:** The first Kiwanis Club, now an international service organization, is established in Detroit.

**1938:** To combat the polio epidemic, the March of Dimes foundation is created by President Franklin D. Roosevelt, who contracted the disease as an adult.

**1946:** The first United Nations General Assembly, comprising 51 nations, convenes in London.

**1959:** Berry Gordy Jr. founds Motown Records.

**1967:** The first professional football world championship game, later renamed the Super Bowl, is played in Los Angeles. The Green Bay Packers defeated the Kansas City Chiefs 35-10.

**1970:** Set in the fictional city of Pine Valley, Pa., "All My Children" premieres. The daytime TV soap opera aired for 41 years.

**1984:** Apple's Macintosh computer goes on sale to the public with a price tag of \$2,495.

**1990:** L. Douglas Wilder of Virginia is sworn in as the nation's first elected African-American governor.

**2002:** The euro becomes the official currency of 11 countries in the European Union.

**2009:** A US Airways jet makes an emergency landing on New York's Hudson River after being disabled by a flock of birds just after takeoff from LaGuardia Airport. All 155 people aboard were safely rescued.

**2010:** Burj Khalifa, the world's tallest skyscraper at 2,717 feet, opens in Dubai, United Arab Emirates.