



LANDINGS AT Weyers Cave

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

JANUARY 2018



NOTES & NEWS

Throw on a Scarf

Keep warm by wearing a scarf around your neck to help retain body heat. In addition, experts say using a scarf to cover your nose when going outside in frigid weather can help fight off the cold virus. Warming the air you breathe into your nasal cavity may thwart the virus, which thrives in cool air.

Easy Way to Cut Calories

For a healthy and low-calorie breakfast, choose oatmeal instead of granola. Most granolas are loaded with sugar. Making your own oatmeal is inexpensive, and you can control the type and amount of sweetener you add.

Famous Firsts: MLK Jr. Day

On Jan. 20, 1986, the first Martin Luther King Jr. Day federal holiday was observed. Efforts began in 1968 to establish a nationwide commemoration of the Jan. 15 birthday of the American civil rights leader. In the spirit of King's belief that "Everybody can be great because everybody can serve," the holiday was expanded to a day of community service in 1994.

HIGHLIGHTS

Draw Food to Boost Your Mood

When you're having a bad day, you may turn to a favorite treat to feel better. But did you know that drawing a picture of comfort foods can have the same mood-boosting effect as eating them? When study participants sketched images of pizza and cupcakes, they reported a nearly 30 percent improvement in their mood. Those who drew peppers, a healthier but less-indulgent option, only felt 1 percent happier.

Set for Success

If you've made a New Year's resolution, experts say you can increase your odds of success by doing these three things: Share your goals with friends and family, track your efforts in a journal, and reward yourself when you make progress.

To Your Health: Do a Few Pushups

Lengthy workouts aren't the only way to increase your fitness level. If you have just five or 10 minutes free, do some pushups. You will burn calories while toning your upper body.

Mix and Match

Need some chairs for your kitchen table? Flea markets and thrift stores are usually full of seating options, but they rarely come in sets. Consider buying chairs in different styles and then painting them the same color. The result will look both unified and eclectic.

3 Things You Need to Know

Think cooking eggs is simple? It can be if you follow a few guidelines to help you fix the perfect egg.

- 1) Eggs cook quickly, so be careful not to overheat them. Medium-low to medium heat is recommended.
- 2) Use a nonstick pan for the best results when making scrambled or fried eggs.
- 3) Cooked eggs don't need to rest. For optimal flavor, dig in as soon as they hit your plate.

BULLETIN BOARD

Random Act of Kindness

Offer to babysit a friend or family member's children so the parents can enjoy a night out.

Say Yes to Citrus

It's the season for citrus fruits, and just taking a whiff of the tangy treats may be the boost you need on a winter day. Whether it's from an orange, lemon, grapefruit or clementine, studies show that citrus scents made people feel happier and more energized.

TRIVIA WHIZ



The Last Frontier

It seems appropriate that Alaska, famous for snowy glaciers and long, dark winters, celebrates its statehood in January, one of the coldest months of the year. Alaska officially became the 49th state on Jan. 3, 1959.

Here are a few more things you might not know about the land called the Last Frontier.

- In 1867, U.S. Secretary of State William Seward arranged to buy the Alaskan territory from Russia for \$7.2 million. The purchase was widely ridiculed as “Seward’s folly.”
- As the largest state, Alaska is more than twice the size of Texas. It is about 1,400 miles from north to south and 2,700 miles from east to west.
- Alaska is 500 miles away from the nearest U.S. state but only 50 miles from Russia across the Bering Strait.
- The Aleuts, Inupiaq, Tlingit, Athabascans and Haida are some of the main native groups in the state.
- Alaska’s name is based on an Aleut word that means “great land.”
- In 1926, 13-year-old Bennie Benson of Chignik, Alaska, designed the state flag, which features the Big Dipper and the North Star in yellow on a dark blue background.
- The state motto is North to the Future.
- Juneau is the only capital city in the United States that is not accessible by road. The town can be reached by boat or airplane.
- The official state sport is dog mushing, which was once the region’s primary mode of transportation. The Iditarod sled dog race is Alaska’s largest sporting event.



Cozy Comforts

The weather outside looks frightful, but you’re inside safe and warm, wrapped in a snuggly blanket, enjoying a steaming mug of cocoa and a good book. This experience is a classic example of hygge, the Danish way of living that focuses on coziness and contentment.

Central to Denmark’s culture since at least the 1800s, hygge—pronounced “hoo-gah”—has become a popular décor and lifestyle trend.

Fuzzy socks, thick blankets, warm drinks and crackling fireplaces are just some examples of the concept. But hygge is more than just familiar, comforting objects; it’s also about appreciating the simple things in life and connecting with loved ones.

The heart of hygge is creating a warm atmosphere, both literally and figuratively. Surrounding yourself with friends and family, playing a board game and listening to each other’s laughter, is just as important as wearing a treasured sweater and curling up in your favorite chair. Another essential element is the food—typically hot beverages, homemade desserts and comforting dishes such as chicken pot pie.

Although hygge is perfectly suited for winter, the concept can be practiced all year long by attending intimate get-togethers and simply taking time to enjoy life’s little moments.

Turn Clutter Into Cash

If you’re looking for some extra funds to help pay off holiday bills or just want to clear some clutter from your home, consider one of these avenues to sell items you no longer want.

Consignment store. Most of these shops focus on one type of product, such as clothes, books, musical instruments, furniture, electronics and antiques. The store will take a cut of the selling price—up to 50 percent—and it might take awhile for your goods to sell, but it is convenient because the store does most of the work for you.

Pawnshop. You probably won’t get the best profit at a pawnshop, but this is a good option if you want the money right away. Pawnshops buy jewelry, musical instruments and collectibles.

Craigslist. The classified ads website *Craigslist.com* has a massive following, and it’s free to list your merchandise, but it may take days or weeks to get a buyer. For the best

results, post clear pictures of what you are selling and set a reasonable price. Weed out possible scammers by only accepting cash and meeting buyers in a public place—a police station is ideal.

Social media. Facebook is turning into one of the best places to sell to people in your area. Turn your social media outlet into a virtual yard sale by posting items on your news feed. Also look for swap-and-shop Facebook groups specific to your neighborhood, community or town.





WIT & WISDOM



Kitchen Cleanup

Make a fresh start in the kitchen this year with a few housekeeping tasks. The effort you put in now will pay off in the months to come every time you prepare a meal, whether it is a four-course masterpiece or a microwave dinner.

Begin with your refrigerator. Take everything out, checking expiration dates as you go. Pay special attention to condiments, which have a habit of lurking around long past their prime. Toss anything that is out-of-date or just doesn't look right.

Wipe down the exterior and interior of the fridge with warm water and dishwashing liquid. Pay special attention to shelves and drawers, which tend to get sticky.

Now put the food you kept into your clean refrigerator. Organize items in a way that works for you and is easy to maintain.

Next, go through the food in your freezer and purge what is too old to use as well as any mystery items. Consider using plastic bins to organize what's left, with one for vegetables, one for meat, and another for frozen dinners and other heat-and-eat items.

Finally, check your herbs and spices. Open each jar and take a sniff. If the ingredient smells musty or has no scent, it's not going to enhance the food you cook, so it should go. Make a list of anything you need to replenish.

If you still have some energy left, tackle your kitchen cabinets. But if you're ready for a break, open the door to your spotless fridge and get yourself a treat.

Skillet Beef With Greens

Ingredients:

- 1 pound beef top round
- 1 tablespoon paprika
- 1 1/2 teaspoons oregano
- 1/2 teaspoon chili powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/8 teaspoon crushed red pepper
- 1/8 teaspoon dry mustard
- Nonstick cooking spray
- 8 red-skinned potatoes, halved
- 3 cups onion, finely chopped
- 2 cups beef broth
- 2 large garlic cloves, minced
- 2 large carrots, peeled and sliced
- 2 bunches (1/2 pound each) mustard, kale or turnip greens, stems removed, coarsely torn

Directions:

Partially freeze beef. Thinly slice across grain into strips 1/8-inch thick and 3 inches wide.

Combine paprika, oregano, chili powder, garlic powder, black pepper, red pepper and dry mustard. Coat strips of meat with spice mixture.

Spray large, heavy skillet with cooking spray. Heat pan over high heat.

Add meat; cook, stirring constantly, 5 minutes.

Add potatoes, onion, broth and garlic. Cook over medium heat, covered, 20 minutes.

Stir in carrots; lay greens over top and cook, covered, until carrots are tender, about 15 minutes.

For more ideas, go to Health.gov and type "recipes" in the search box.



"The new year stands before us, like a chapter in a book, waiting to be written.

We can help write that story by setting goals."

—**Melody Beattie**

"Set your goals high, and don't stop till you get there."

—**Bo Jackson**

"What you get by achieving your goals is not as important as what you become by achieving your goals."

—**Zig Ziglar**

"Life's up and downs provide windows of opportunity to determine your values and goals. Think of using all obstacles as steppingstones to build the life you want."

—**Marsha Sinetar**

"Your goals are the road maps that guide you and show you what is possible for your life."

—**Les Brown**

"Setting a goal is not the main thing. It is deciding how you will go about achieving it and staying with that plan."

—**Tom Landry**

"A goal is not always meant to be reached; it often serves simply as something to aim at."

—**Bruce Lee**

"Many are stubborn in pursuit of the path they have chosen, few in pursuit of the goal."

—**Friedrich Nietzsche**

"One way to keep momentum going is to have constantly greater goals."

—**Michael Korda**



January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rent Due Tomorrow!	Rent Due! 1 New Year's Day - Office Closed!	Rent Due! 2	Rent Due! 3	Rent Due! 4	Rent Due! 5	RENT IS LATE TODAY! 6 Office Open 10am-2pm
7	8	9	10	11 	12 30 Building Exterminations & Filter Changes	13 Office Open 10am-2pm
14	Martin Luther King Jr. Day 15 30 Building Inspections	16	17 Hot Chocolate Bar! - More Info to Come!	18	19	20 Office Closed
21	22 	23	24	25	26	27 Office Closed
28	29	30	31	 JANUARY 		

"This Month In History"

JANUARY

1892: On New Year's Day, Ellis Island opens, and 17-year-old Annie Moore from Ireland is the first person to be processed through the new federal immigration station.

1901: In southeastern Texas, oil gushes from a drilling site, marking the birth of the modern oil industry.

1915: An act of Congress creates the U.S. Coast Guard.

1920: The Treaty of Versailles, the peace document that ended World War I, goes into effect.

1932: Hattie Caraway of Arkansas becomes the first woman elected to the U.S. Senate.

1946: The first of almost 78 million baby boomers are born.

1959: Alaska is admitted to the union as the 49th state. With more than 660,000 square miles, it is the largest U.S. state.

1962: Singer Tony Bennett records his signature song, "I Left My Heart in San Francisco."

1977: Millions tune in to watch the TV miniseries "Roots," based on Alex Haley's best-selling novel. The finale broke all previous ratings records.

1985: New York begins enforcing its mandatory seat belt law, the first in the nation.

1997: Madeline Albright is sworn in as America's first female secretary of state.

2001: Apple CEO Steve Jobs introduces the company's new iTunes music software in response to what he called the "digital music revolution." The "jukebox" program would change the way people buy and consume media.

2005: Called a "superjumbo" jet, the Airbus 380 is unveiled in France. The world's largest commercial airliner, with room for up to 800 passengers, is now in service worldwide.

2016: "Star Wars: The Force Awakens" breaks box office records, becoming the highest-grossing installment in the film franchise.