



LANDINGS AT Weyers Cave

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



MAY 2016



NOTES & NEWS

Looking Good

Fashion trends for this spring include classic trench coats, a nautical look with navy and white, floral sundresses, and ballet flats or sneakers in bright colors. Mix things up a little by wearing those sneakers with a dress or skirt ensemble.

Luck Be a Ladybug

Tiny, but instantly recognizable, ladybugs are a familiar springtime sight as they emerge from hibernation. These oval-shaped insects feed on aphids and other harmful pests. Their beneficial behavior in the garden is likely the reason they are often considered a symbol of good fortune.

Shop Smart

No matter where you are shopping or dining, it's smart to ask if there are any coupons or discounts available. Clerks might have a coupon under the counter they will let you use or direct you to an online coupon. Some businesses offer discounts to students, seniors and military veterans.

BULLETIN BOARD

Reminder

Residents are not to dispose of furniture/mattresses in the dumpster. Residents found disposing of such items will be fined \$75.

Remember and Appreciate

Memorial Day is a time for remembrance and appreciation. We remember those who have gone before us and appreciate the friends and family who surround us as a new season is set to begin.

HIGHLIGHTS

Deal of the Month

Like the outdoors? Then May is your lucky month. According to Consumer Reports, you should find deep discounts on athletic apparel and shoes, plus camping and outdoor gear, in May.

Motivational Tip: Do It Now

Do you keep putting off an onerous task? Stop losing energy to procrastination or fear. Make that phone call, change that lightbulb or clean out that closet. Once it's done, you will feel relieved and guilt-free.

Be Prepared

When was the last time you had a tetanus shot? Check with your doctor if you don't remember. If it has been more than 10 years, it's time to get one. Many drugstores have a clinic that can quickly and conveniently administer the vaccination.

Novel Way to Benefit Your Brain

If you find yourself lost in a good book and getting caught up in its characters, you are not only entertaining yourself, but also exercising your brain. Scientific studies have shown that reading fiction appears to affect sensory and motor pathways, as well as the language area of the brain. Researchers say MRI results revealed enhanced brain connectivity and function because readers visualize the actions and emotions of a story's characters and put themselves in their shoes.

American English

Did you know that Thomas Jefferson was a neologist? That word, which he created, is defined as someone who creates new words! The Oxford English Dictionary credits Jefferson with the introduction of 100 new words, including "belittle," "mammoth" and "ottoman." Jefferson and his peers believed that creating new words and new uses for old ones was part of their role in creating an American identity.

TRIVIA WHIZ



Amazing Moms

All mothers are special, but some are more well-known than others. Here are just some of the women throughout history who have raised children while racking up other amazing accomplishments.

Marie Curie. Physicist, chemist, wife and mother of two daughters, Curie is best known for discovering the elements polonium and radium. In 1903, Curie became the first woman to win a Nobel Prize. She later served as the first female professor at the University of Paris.

Grandma Moses. Anna Mary Moses raised five children on farms in Virginia and New York. Creative since childhood, she began painting in her late 70s and became known as Grandma Moses. Her depictions of rural life are internationally recognized. One of her pieces hangs in the White House; another sold for \$1.2 million in 2006. Moses passed away at age 101 in 1961.

Margaret Thatcher. The first female prime minister of Great Britain served three terms, from 1979 to 1991. The mother of twins also wrote three books.

Sandra Day O'Connor. The first woman appointed to the U.S. Supreme Court, O'Connor and her husband, John, had three sons. After serving admirably on the high court for 24 years, O'Connor retired to spend more time with John, who had Alzheimer's disease. In 2009, she was honored with the Presidential Medal of Freedom.

**"I think my life began with waking up and loving my mother's face."
—George Eliot**



A Friend Indeed

Did you ever consider the impact friends have on your life? Experts agree that good friends not only provide comfort and prevent loneliness, but they can also relieve stress, which improves your health. With a little effort, you can make friends at any age.

If you don't have much opportunity to meet new people currently, there are plenty of ways to change that. Volunteer at a local library, museum or animal shelter. Take

a class or join a book club or sports team. Attend a concert in the park, art gallery opening, book reading or community festival.

When socializing, focus on other people, not yourself. When you show interest in someone else's experiences and stories, they will like spending time with you. Make an effort to remember other people's preferences, backgrounds, and even the names of their family members and pets.

Shared experiences can turn an acquaintance into a friend. Invite a neighbor or co-worker to lunch or a movie. Other people likely feel just as uncomfortable about reaching out as you do, so be the one to make the first move.

As your new friendships develop, continue to treat others with respect, care and courtesy, and you will become the type of friend everyone wants to have.

Get Excited About Eggs

Eggs have been a valuable food source for thousands of years and are a significant component of global cuisine. In fact, eggs are one of the most commonly eaten foods on the planet, probably because they are delicious, nutritious and incredibly versatile. Learn more about this wonder food during National Egg Month in May.

Perfect protein. Eggs contain the highest quality protein you can buy—a perfect mix of the amino acids needed to build muscle. Nearly all of the protein in eggs can be absorbed and used by the body.

Necessary nutrients. Egg yolks are one of the few foods that are a natural source of vitamin D. They are also rich in the B-complex vitamin choline, which reduces inflammation and helps with brain function. Vitamins A, B-12, D, riboflavin and folate, plus antioxidants that promote eye health,

are also found in eggs. Eating one egg a day has been shown to increase good HDL cholesterol levels without increasing the bad LDL levels.

Considering color. Eggs come in a variety of colors because there are a variety of chicken breeds. Generally, white chickens lay white eggs and brown chickens lay brown eggs.

Feeling fresh. When refrigerated in the carton, eggs will stay fresh for up to three months, which is generally a month after the sell-by date on the carton, according to the U.S. Department of Agriculture.





WIT & WISDOM



Fit and Healthy Quick Tips

There are small things you can do to make big changes to your overall health. Here are a few ideas.

Sleep tight, sleep right. Aim for seven to eight hours of shut-eye every night to allow your body to repair and restore itself. Studies continue to find a link between insufficient sleep and health problems such as heart disease, diabetes and obesity.

Say "so long" to stress. Stress can have a huge impact on your health. For long-term relief, consider yoga or meditation. Quick stress relievers include deep breathing, sipping on green tea, smelling lavender or doing a few stretches.

Get moving. Many people sit down for hours a day, whether at a desk, in a car or in front of a TV or computer screen. Sneak in some exercise by taking the stairs, parking farther away from your destination, or taking a walk on your lunch hour.

Seek the sun. A majority of Americans are vitamin-D deficient. The most convenient source is sunlight. Heading outdoors for 30 minutes when the sun is shining can also make you happier and improve your brain's ability to process new information, according to a Virginia study.

Drink up. Water is crucial to the balance of all the body's systems, including the brain, heart, lungs, kidneys and muscles. Proper hydration reduces fatigue, increases muscle tone and decreases the risk of many diseases. Keep a water bottle close by at all times.

neMinute Chef

Chicken Burrito Salad

Salad Ingredients:

- 1 small head romaine lettuce, torn into small pieces
- 1 cup cooked brown rice
- 1 can (15 ounces) black beans, drained and rinsed
- 1 can (14 ounces) diced tomatoes
- 1 can (10 ounces) chicken breast chunks, drained and flaked
- 1 can (10 ounces) corn kernels, drained
- 1 can (4.25 ounces) diced green chilies, drained
- 1 can (2.2 ounces) sliced ripe black olives, drained

Dressing Ingredients:

- 2 tablespoons fresh-squeezed lime juice
- 1 tablespoon fresh chopped cilantro
- 3 tablespoons extra-virgin olive oil
- Salt and pepper, to taste

Directions:

In large platter or individual bowls, place lettuce leaves. Top with brown rice, black beans, diced tomatoes, chicken, corn, green chilies and black olives.

In small bowl, combine lime juice and cilantro; whisk in olive oil. Add salt and pepper, to taste. Drizzle dressing over salad.

Find more recipes at www.CansGetYouCooking.com.



"The best way to find yourself is to lose yourself in the service of others."

—**Mahatma Gandhi**

"The life of a man consists not in seeing visions and in dreaming dreams, but in active charity and in willing service."

—**Henry Wadsworth Longfellow**

"Let us go forward in this battle fortified by conviction that those who labor in the service of a great and good cause will never fail."

—**Owen Arthur**

"How can I be useful, of what service can I be? There is something inside me, what can it be?"

—**Vincent Van Gogh**

"We are all here to be a service to those who can't be a service to themselves. We can give people hope and more reasons for being human."

—**Dionne Warwick**

"Service to others in their time of need is a privilege and an honor."

—**Harley King**

"Life is for service."

—**Fred Rogers**

"Being of service to others is what brings true happiness."

—**Marie Osmond**

"Earn your success based on service to others, not at the expense of others."

—**H. Jackson Brown Jr.**

"To give real service you must add something which cannot be bought or measured with money, and that is sincerity and integrity."

—**Douglas Adams**



May 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	9 	10	11	12	13 Exterminator 32 Building	14
15 Inspections 32 Building	16	17	18	19	20 	21
22	23	24	25	26	27	28
29 Office Closed	Memorial Day 30	31	 May 			

"This Month In History" MAY

1908: At events in Grafton, W.Va., and Philadelphia, the first Mother's Day celebrations are observed.

1927: The Academy of Motion Picture Arts and Sciences is founded. The organization is best known for its annual presentation of the Academy Awards.

1937: After five years of construction, San Francisco's Golden Gate Bridge opens.

1941: General Mills begins test marketing a new product called Cheerioats. The oat cereal was later renamed Cheerios.

1951: The United Nations moves to its new permanent headquarters in New York City.

1962: Roseville, Minn., becomes the site of the first Target store.

1977: Seattle Slew wins the Kentucky Derby. The thoroughbred racehorse would go on to win the Triple Crown.

1982: The Weather Channel debuts.

1998: A mint in France begins producing the euro, the new single currency of the countries in the European Union.

2004: The National World War II Memorial is dedicated on the National Mall in Washington, D.C.

2008: Due to shrinking sea ice habitats, the U.S. Department of the Interior declares the polar bear a threatened species.

2012: Texas Ranger Josh Hamilton hits four home runs in one game. He was only the 16th player in MLB history to accomplish the feat.