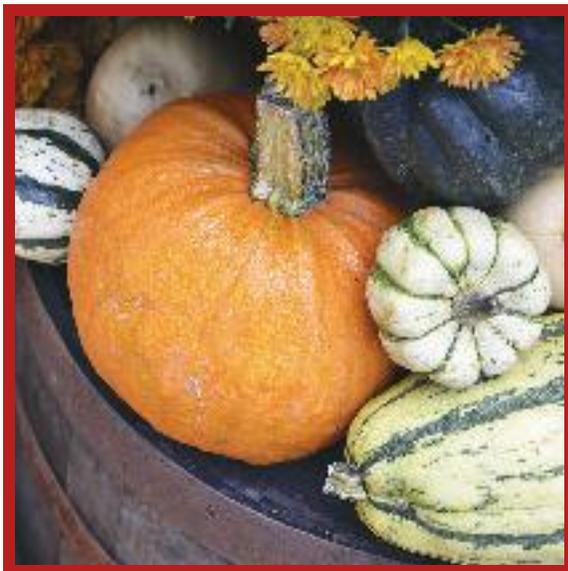




LANDINGS AT Weyers Cave

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

OCTOBER 2015



HIGHLIGHTS

Hand-Washing Tip

With cold and flu season underway, it's more important than ever to wash your hands to fight germs. While many of us were taught to always use soap and warm water, the Centers for Disease Control and Prevention reports that when it comes to killing bacteria, the temperature of the water doesn't matter—the amount of time spent scrubbing does. Using cold water will save energy as well as prevent the skin on your hands from becoming cracked and dry.

Reusing Readers

Find out if you can host a book swap at your local library; they often have rooms you can reserve at no charge. Invite your book-loving friends and have fun trading tomes. When you are done, donate any leftover books to the library.

Prevent an Email Oops

When writing an email, leave the recipient field blank until you're ready to send. This prevents accidentally sending the message before it is finalized.

Say 'Yes' to Sweet Potatoes

Take advantage of seasonally fresh sweet potatoes when you see them at markets this fall. A better choice than regular potatoes if you're watching your blood sugar, they're also an excellent source of vitamin A, which can reduce inflammation.

BULLETIN BOARD

Save Your Coffee

Extra coffee in the pot? Pour it into ice cube trays and use it later in iced coffee.

'Read' Is One

How many words can you come up with using the letters in "fall hayride"?

It's Bedtime

If you find yourself hitting the snooze button several times each morning because you stayed up too late the night before, consider setting another alarm—one that tells you it's time to go to bed.

NOTES & NEWS

Autumn Décor

It doesn't take much to give your room a touch of fall. Place a table runner on a coffee table or dining table. Line up a few miniature pumpkins down the middle. That's it; you're done!

The Time Is ...

In October 1884, Greenwich, England, was established as the starting point for time zones throughout the world.

Prescription Safety

Oct. 24–31 is Prescription Errors Education and Awareness Week. If you haven't already, make a list of the medications you take, including the dosage, reason for taking, and any side effects you have experienced. Bring this list with you to every doctor visit and give a copy to a trusted relative or friend.

Recycle a Sweater

Those who like to knit or crochet can reuse materials by unraveling an outgrown wool sweater—or one purchased secondhand—and using the yarn to make something else.

Give Your Brain a Break

Doing nothing can do wonders for your brain. Whether it's daydreaming, letting your mind wander, taking a short nap, or relaxing in a peaceful place, enjoying a few minutes of mental downtime during the day is beneficial. Scientists say when you're taking a timeout, the brain takes on vital functions, such as forming memories and rehearsing new information you've picked up. And evidence shows regular mental breaks can encourage creativity and improve attention span.

TRIVIA WHIZ



Fun Feline Facts

Cats have been living alongside humans for at least 4,000 years. However, there are a few things you might not know about cats, such as:

- Domestic cats, no matter their breed, are all members of the species *Felis catus*.
- In Japan and Great Britain, black cats are considered symbols of good luck.
- There are more than 30 domestic cat breeds, and researchers believe they all originated from the African wildcat.
- A female cat is called a queen or a molly.
- A cat can travel for a short distance at a top speed of about 30 mph.
- The sense of touch is acute in cats. The eyebrows, whiskers and tufts of hair on the ears are all extremely sensitive to vibrations.
- About 200 feral cats live at Disneyland, helping control the rodent population in the park.
- A cat's nose is ridged with a unique pattern, just like a human fingerprint.
- In a feat known as psychic trailing, cats have traveled hundreds of miles to find their owners. Scientists have not been able to offer an explanation for this ability.
- A group of cats is called a clowder.
- Cats often race around in the evening for no apparent reason. This behavior results from the cat's instinct to hunt at dawn and dusk.

“Cats seem to go on the principle that it never does any harm to ask for what you want.”

—Joseph Wood Krutch



Show Off Your Style

Using a theme to decorate your home can give the space cohesion and charm. Whether it's Hollywood glam, sports or country cottage, furnishings and accessories can be selected to express your personality and interests. Here are a few more ideas:

World traveler. Maps, travel posters and globes create a sophisticated nomadic look. Display antique travel trunks, and stack old suitcases as furniture. Incorporate postcards

and souvenirs from your travels.

Industrial. Metal pieces are the foundation, with a cool color palette of black, white and shades of gray. Upholstered furniture should be simple and free of frills. Display found objects, such as old road signs, pulley wheels or vintage wire baskets.

Geek chic. For a retro sci-fi look, decorate with 1950s-style robots and spaceships; futuristic lamps; and the moon, planets and stars. Use bold patterns and bright, contrasting colors.

Island retreat. Love the tropics? Choose furniture and art in beige and shades of turquoise blue, green and coral. Beach posters, fish and seashell decorations, and tropical plants complete the look.

Nautical. If you prefer lighthouses and rocky coastlines, incorporate dark wood and colors such as navy, white and red. Décor can convey adventure with ships, anchors, lanterns and buoys.

Crunchy Corn

It's hard to believe that one of America's most favorite snacks is a whole grain, but it's true—every year, we consume more than 16 billion quarts of popcorn, a low-calorie snack rich in fiber and iron.

Originating in Mexico, popping corn, or popcorn, is a type of corn that bursts when heated. Each kernel contains a small amount of water surrounded by starch and enclosed in a thin shell. Heat causes the water to expand, building pressure until the kernel explodes and turns inside out. The result is a light, delicate puff of corn that makes not only a tasty snack, but a unique decoration as well—in fact, both South and North American Indians wore garlands and headdresses made of popcorn.

Colonists were introduced to popcorn in the 1600s, but it was more than 200 years later when it exploded as a popular fair food sold

by street vendors. At just 5 or 10 cents a bag, the crunchy treat remained an affordable luxury for families facing economic troubles during the Great Depression.

All popcorn is white when popped, but the kernels come in different colors. Yellow is the most common, producing the iconic large, fluffy popped kernels. White is also very popular, with slightly sweeter, smaller shapes. Other varieties include red, blue and black, all with subtle changes in flavor, shape and texture.





WIT & WISDOM



Relish a Rainy Day

Are you stuck at home on a rainy day with nothing to do? Here are some ideas to help make a day indoors fun and productive.

- Explore new genres of music. Online music services feature a variety of selections that may take you in musical directions you never expected.
- Rearrange furniture, clean closets, organize your kitchen or gather unused clothes and household items to donate to charity.
- Tackle a classic novel that you've always wanted to read.
- Give yourself a makeover, or start a new exercise regimen.
- Begin a blog or write that story you've been thinking about.
- Research an unfamiliar style of cuisine to try, or look up recipes to make something delicious using supplies you have on hand.
- Watch several episodes of a TV show you haven't seen yet. Or check out a movie a friend recommended, especially one that you think you won't like. You might be surprised!
- Take a video of the falling rain and set it to music, then share it with friends.
- Search online for puzzles and games you've never tried before. Work your way up to becoming the next sudoku wizard or chess grandmaster.
- Write a letter—on paper, not a computer—to a loved one.

Pan-Sautéed Orange Chicken

Ingredients:

- 1 orange, juiced and zested
- 1/4 cup soy sauce
- 1 teaspoon cornstarch
- 1 pound thinly sliced chicken breast
- Salt and ground black pepper
- All-purpose flour
- 2 tablespoons olive oil
- 1 bag Birds Eye Recipe Ready Broccoli Stir-Fry
- 3 cloves garlic, minced
- 2 teaspoons minced ginger
- 1 1/4 cups low-sodium chicken stock or broth
- 2 tablespoons rice wine vinegar

Directions:

Blend orange juice, soy sauce and cornstarch in small bowl; set aside.

Season chicken with salt and pepper and dredge lightly in flour.

Heat oil over medium-high heat and cook chicken, turning once, 10 minutes or until chicken is cooked through.

Remove from skillet and keep warm.

In same skillet, add broccoli mix and cook, stirring occasionally, five minutes or until vegetables are crisp-tender.

Add garlic and ginger and cook one to two minutes or until just fragrant. Stir in orange juice mixture, orange zest, chicken stock and rice wine vinegar. Cook, stirring occasionally, for three minutes or until sauce is bubbly and starts to thicken.

Add chicken back to pan.

Find more recipes at www.BirdsEye.com.



"I often think that the night is more alive and more richly colored than the day."

—*Vincent Van Gogh*

"A man is a very small thing, and the night is very large and full of wonders."

—*Edward Plunkett*

"The night walked down the sky with the moon in her hand."

—*Frederic L. Knowles*

"The cloud shadows of midnight possess their own repose."

—*Percy Bysshe Shelley*

"The heights by great men reached and kept were not attained by sudden flight, but they, while their companions slept, were toiling upward in the night."

—*Henry Wadsworth Longfellow*

"So the darkness shall be the light, and the stillness the dancing."

—*T.S. Eliot*

"With finger on her solemn lip, Night hushed the shadowy Earth."

—*Margaret Deland*

"Deep into that darkness peering, long I stood there, wondering, fearing, doubting, dreaming dreams no mortal ever dared to dream before."

—*Edgar Allan Poe*

"Twilight drops her curtain down, and pins it with a star."

—*Lucy Maud Montgomery*

"Give light, and the darkness will disappear of itself."

—*Desiderius Erasmus*

"Everything has its wonders, even darkness and silence, and I learn, whatever state I may be in, therein to be content."

—*Helen Keller*



October 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>OCTOBER</h1> 				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 Exterminations 30 Building	10 
11	12 Columbus Day Inspections 30 Building	13	14	15	16	17
18	19	20 	21	22	23	24
25	26	27	28	29	30 	31 Happy Halloween!

"This Month In History" OCTOBER

1888: The Washington Monument opens to the public. The iconic obelisk on the National Mall was built as a tribute to America's first president.

1927: Movie history is made when the first feature-length talking picture, "The Jazz Singer" starring Al Jolson, opens.

1936: Boulder Dam—now known as Hoover Dam—begins transmitting electricity to Los Angeles.

1940: The 40-hour workweek goes into effect under the Fair Labor Standards Act.

1959: Thousands line up for the opening of the Guggenheim in New York City. The modern art museum's unique spiral shape was designed by Frank Lloyd Wright.

1964: Civil rights leader Martin Luther King Jr. wins the Nobel Peace Prize.

1975: Bruce Springsteen scores his first hit with the single "Born to Run." The song has become a rock 'n' roll classic.

1984: The Chicago Bears' Walter Payton breaks the NFL's all-time rushing record, carrying the ball a career total of 12,400 yards.

1988: The TV sitcom "Roseanne" premieres.

2007: Comedian Drew Carey replaces Bob Barker as the host of the popular game show "The Price is Right."

2010: Millions of people across the world watch live TV coverage as 33 miners are rescued from a collapsed mine in Chile. They had been trapped for 69 days.