



LANDINGS AT Weyers Cave

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SEPTEMBER 2014



NOTES & NEWS

Mood Music

Music affects how people feel and can even reduce anxiety. The next time you feel sad or upset, sing a song or listen to upbeat music to put yourself in a more cheerful mood.

Healthy Autumn Years

September is Healthy Aging Month, a time to think positively about growing older and taking charge of our overall health and well-being. The U.S. Surgeon General suggests concentrating on avoiding disease, staying physically and mentally active, engaging with people, and keeping a watchful eye on finances.

Wash Less, Waste Less

Many times, we wash clothes that aren't really dirty, especially outer layers such as cardigans or blazers. This wastes water and wears out garments quicker. Try to get two or three wears out of those items. Between washes, refresh clothes with a homemade fabric spray made from equal parts rubbing alcohol and white distilled vinegar.

HIGHLIGHTS

Deal of the Month

If you're planning to fly out of town for the upcoming holidays, September is a good time to purchase your plane tickets. As the holidays get closer, airfares typically increase.

Have a Cup of Cocoa

Studies show cocoa has more antioxidant power than tea. The flavonoids in cocoa can keep blood platelets from clotting, which may prevent heart attacks. Plus, the milk in hot cocoa is good for your bones.

Add a Scarf

Spice up your wardrobe with a scarf. Scarves are versatile pieces that are both fashionable and useful. Add a pop of color, or pair eye-catching patterns with solids.

Read and Recycle

Magazines and secondhand paperback books are ideal reading material on trips. They are affordable and lightweight, and when you are finished, you can trade them with another traveler or simply leave them behind for someone else to enjoy.

Noon Preview

If you've been eager to try out a new local restaurant, plan a lunch visit. Many places offer lunch specials at a discounted price. This lets you sample the menu without spending big bucks for something you may not like.

3 Things You Need to Know

Tennis balls have more uses than just lobbing back and forth on a court.

1) Toss a couple of tennis balls in the clothes dryer to fluff towels and blankets.

2) Use them to remove scuff marks from floors. The felt's abrasive yet gentle texture makes marks disappear.

3) Cut a tennis ball in half, poke a hole in it, and attach it with a string to a dry-erase message board or whiteboard for a handy eraser.

BULLETIN BOARD

Looking Good

Keep a lint roller handy and, before heading out the door, give yourself a once-over to remove any hair or dust on your clothes.

Easy Way to Cut Calories

When packing lunches, replacing a 6-ounce serving of potato chips with the same size serving of tortilla chips will save nearly 100 calories.

Make the Switch

Increase the fiber in your diet by replacing some of the regular pasta in recipes with whole wheat pasta.

TRIVIA WHIZ

Monday Night Mania

More than 40 years ago, Monday Night Football made sports history with its first broadcast. For millions, this weekly event has become must-see TV. Here's the score on the longest-running primetime sports series.

- Monday Night Football debuted on Sept. 21, 1970, with the Cleveland Browns beating the New York Jets 31-21.
- Howard Cosell, Don Meredith and Keith Jackson were the broadcast's first announcers.
- With 80 appearances, the Miami Dolphins have played the most games on Monday Night Football.
- More people tuned in to see the Dolphins beat the Chicago Bears 38-24 on Dec. 2, 1985, than any other Monday Night Football game. Miami upset the Bears' perfect record.
- The Oct. 17, 1983, matchup between the Green Bay Packers and Washington Redskins earned the highest combined score in Monday Night Football history. The Packers came out with the 48-47 win.
- Also in October 1983, the New York Giants and St. Louis Cardinals fought into overtime for a 20-20 tie—the only tie recorded on Monday Night Football.
- The lowest-scoring game took place in 2007, with the Pittsburgh Steelers beating Miami 3-0.
- Now a staple on sports broadcasts, a continuously visible game clock and score did not appear on-screen until 1997.

“Monday Night Football. That was everything to me because you get a chance to show everybody what you're capable of.” —Jerry Rice



Color Your World

Decorating your home is all about expressing your personality, and a simple way to do that is with color. Whether you stick to two or three shades or show off the entire rainbow, here are some easy ways to bring more color to your space:

Fabrics. Bright curtains or a large rug can serve as a focal point and tie a room together. Even a scarf draped over a chair or bench

will do the trick. Repeat your main colors in other fabrics, such as blankets, throws and pillows.

Furniture. While several pieces of furniture in different colors may be overwhelming, just one piece in a bold hue—such as a brightly patterned ottoman or a painted end table—can bring a sophisticated splash of color to a room.

Flowers. Fresh flowers will instantly bring seasonal color to your space. And rather than sticking to traditional earthy tones for your houseplant containers, use pots in colors that pull from your other décor.

Frills. Even in a room of neutral tones, there are plenty of ways to add color. Leave a bookshelf in its natural finish, but paint the insides of each shelf an eye-popping shade. A can of spray paint can also add punch to accessories such as picture frames or lamp bases.

Some Buzz About Honey

Few natural foods have a more interesting or laborious creation process than honey. A mere single pound of the sweet stuff requires the work of 60,000 bees that fly up to 55,000 miles and visit more than 2 million flowers collecting nectar!

The color, flavor and aroma of honey can reveal what flowers the nectar came from. Clover is the most popular variety. Some others include alfalfa, sage, lavender and orange blossom. Typically, light-colored honeys are more subtle in taste, while darker-colored varieties tend to have more robust flavors.

Raw honey is harvested by taking it directly from the honeycomb and placing it in a container. This unprocessed, natural variety even contains bits of pollen and beeswax (both edible).

The most common honey purchased at grocery stores is filtered

honey, which has undergone a process to have the wax and pollen particles removed. It's also likely been pasteurized to delay crystallization, a solidifying process that will occur over time in most types of honey. Crystallization is not harmful, and solidified honey can be restored to liquid form by microwaving it or placing the jar in hot water.

Filtered honey should not be confused with another form of processing called ultrafiltration, which creates a colorless sweetener.





WIT & WISDOM



Thinking Ahead for the Holidays

The arrival of fall brings a fresh crispness to the air and the promise of a festive season ahead. Soon it will be time for cozy sweaters, hot cocoa, and holiday gatherings with family and friends. Here are some ways to start getting ready now:

Do some fall cleaning. No one wants to start off the holidays with a messy home. Start now and do a little cleaning every day, even if it's just clearing off a cluttered countertop. Neat, tidy surfaces will be appreciated when it's time to pull out seasonal decorations.

Stock your cupboard. Food is always a big part of holiday celebrations, and stores can run out of basic ingredients right when you need them. Hit supermarket sales and stock up now on flour, sugar, spices and other staples for holiday baking and meal planning.

Prepare a presents plan. Create a gift list and budget so you can start saving money and even get some shopping done early. If you're making any gifts this year, now is the time to select your projects and pick up supplies such as fabric and yarn.

Take inventory. If you will be hosting any get-togethers, be sure you have enough serving dishes, glasses and dinnerware. Check sales or secondhand stores in the coming weeks to buy needed items.

With a little preparation, you can enjoy the holiday season with less stress and all the fun!



One Minute Chef

Pear and Brie Honey Tartlets

Ingredients:

- Cooking spray
- 1 sheet (1/2 of a 17.3-ounce box) puff pastry, thawed
- 1 teaspoon ground cardamom
- 1/4 teaspoon salt
- 3 tablespoons honey, divided
- 1 1/2 cups diced pears, peeled
- 1/2 4-ounce wheel Brie, cut into 1/4-inch pieces

Directions:

Preheat oven to 400° F. Prepare a 24-cavity mini-muffin pan with cooking spray.

On a lightly floured surface, unfold puff pastry; roll out to about 12 inches by 8 inches. Cut into 24 2-inch squares. Press each square into a prepared pan cavity.

In a small bowl, combine cardamom, salt and 2 tablespoons of the honey. Add pears; toss to coat. Add 1 heaping teaspoon pear mixture to each pastry tartlet.

Bake 13 to 16 minutes or until puff pastry is golden brown and filling is bubbly. Immediately top with pieces of Brie. Cool in pan 5 minutes. Remove from pan. Drizzle remaining honey over tartlets and serve immediately.

Find more recipes at treatology.Wilton.com.



"Nobody can do for little children what grandparents do. Grandparents sort of sprinkle stardust over the lives of little children."

—Alex Haley

"Grandma always made you feel she had been waiting to see just you all day and now the day was complete."

—Marcy DeMaree

"To a small child, the perfect granddad is unafraid of big dogs and fierce storms but absolutely terrified of the word 'boo.'"

—Robert Brault

"Becoming a grandmother is wonderful. One moment, you're just a mother. The next, you are all-wise and prehistoric."

—Pam Brown

"Every generation revolts against its fathers and makes friends with its grandfathers."

—Lewis Mumford

"What children need most are the essentials that grandparents provide in abundance. They give unconditional love, kindness, patience, humor, comfort, lessons in life. And, most importantly, cookies."

—Rudy Giuliani

"A grandmother is a safe haven."

—Suzette Haden Elgin

"Grandparents are there to help the child get into mischief they haven't thought of yet."

—Gene Perret

"Grandmothers are voices of the past and role models of the present. Grandmothers open the doors to the future."

—Helen Ketchum



September 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Labor Day 1 Office Closed Rent Due	2 Rent Due	3 Rent Due	4 Rent Due	5 Rent Due 50 Bldg Exterminations	6 Rent Is Late
7	8 50 Bldg Inspections	9	10	11	12 	13
14	15 	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

"This Month In History" SEPTEMBER

1789: The nation's highest court, the U.S. Supreme Court, is established after a vote from Congress and a signature from President George Washington.

1806: After more than two years of exploration, Meriwether Lewis and William Clark return to St. Louis, Mo., to report their observations of the land obtained in the Louisiana Purchase.

1908: Entrepreneur William Durant founds automobile manufacturing company General Motors.

1953: U.S. Sen. John F. Kennedy marries Jacqueline Bouvier in Rhode Island. Just seven years later, the couple would go on to become the youngest elected president and first lady in American history.

1964: Artist Marc Chagall unveils one of his greatest works, a ceiling painting for the Paris Opera.

1970: Television's favorite musical family debuts in the first episode of "The Partridge Family," starring Shirley Jones and future teen idol David Cassidy.

1972: Swimmer Mark Spitz becomes the first athlete to win seven Olympic gold medals at a single Olympiad, the Summer Games in Munich.

1978: President Jimmy Carter proclaims the first Sunday after Labor Day as National Grandparents Day.

1990: "Law and Order" premieres. It will become one of the longest-running dramas in TV history and spawn several popular spin-off shows.

1998: Air bags in cars and light trucks sold in the U.S. become mandatory as the Intermodal Surface Transportation Efficiency Act of 1991 becomes law.