



LANDINGS AT Weyers Cave

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JANUARY 2020



NOTES & NEWS

Resolutions That Stick

When it comes to making New Year's resolutions, be as specific as possible. Instead of simply saying you're going to read more, make a plan to read a certain number of pages per week. "Eat healthier" is a broad concept, but a goal of adding an extra serving of vegetables to your plate each day is attainable.

Day of Service

The federal holiday honoring Martin Luther King Jr. is a day off for some, but organizations across the country want folks to make it a day on—by volunteering. As a national day of service, people are encouraged to put their time and talent to work serving their community.

A Taste of Winter

The playful act of catching falling flurries on your tongue appears to be a shared response to snow by a range of species. Photographers have captured many animals enjoying a taste of winter, including dogs, birds, cows, deer, bears and monkeys.

HIGHLIGHTS

To Your Health: Wake-Up Call

It's midafternoon and you're starting to feel sleepy. Isn't that what energy drinks are for? Actually, health experts say the high caffeine levels in energy drinks may provide a short-term boost, but it often comes with unpleasant side effects, including nervousness, irritability and rapid heartbeat. In addition, the drinks usually contain high levels of sugar. A better pick-me-up is a brisk walk or some stretching exercises followed by a glass of water.

A Golden Bird

While bright red northern cardinals are a familiar sight, you'd probably do a double take if you saw the same bird with sunny yellow plumes. Though they are rare, yellow cardinals do exist, and a few have been spotted and photographed. Scientists say the golden hue is likely caused by a genetic mutation.

Reduce, Reuse, Recycle

After-holiday sales can offer some great deals, but unless you are shopping for something specific, try to avoid the clearance aisles. It's easy to be tempted to buy something you don't really need when it's been drastically discounted, but excess consumption is bad for the environment. It's better to save your money and reduce your carbon footprint.

Write to Remember

Research has found that people are more likely to remember material when they handwrite notes instead of type them. The physical act of putting pen or pencil to paper engages more areas of the brain, helping you process the information better. Also, since writing by hand is slower than typing, you must analyze the material and choose the most important points to copy down, rather than simply record words verbatim on a keyboard.

BULLETIN BOARD

Did You Know?

The month of January is named for Janus, the Roman god of beginnings and transitions.

'Scarf' Is One

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

Perk Up Popcorn

Instead of the standard butter and salt, perk up plain popcorn by opting for other seasonings. Pair just-popped kernels with grated Parmesan cheese, chili powder, hot cocoa mix or cinnamon sugar.

TRIVIA WHIZ



A Peek at Polar Bears

Polar bears are a high-profile species, seen in films, storybooks and ads. “Paws” for a minute to learn all about these fascinating animals.

- Polar bears spend most of their lives on the sea ice of the Arctic Ocean. Their scientific name, *ursus maritimus*, means “sea bear,” and they are classified as marine mammals.
- With large males weighing up to 1,700 pounds and standing 11 feet tall on their hind legs, polar bears are the planet’s largest land carnivores. Females are about half as big as males, and newborn bears are the size of a guinea pig.
- Although they appear white, polar bears have hollow fur, which reflects light and acts as camouflage in their snowy environment. Under their coat, the bears have black skin that absorbs sunlight and keeps them warm.
- When swimming, polar bears use their back legs as a rudder to steer, and their front paws to move forward at speeds up to 6 mph. On land, they can run up to 25 mph.
- Since clean fur provides better insulation, the bears bathe by rolling around in the snow.
- When not rearing cubs, polar bears are mostly solitary, but will occasionally gather in groups, called sleuths.
- The Inuit of Canada call the polar bear *nanuq*, which means “an animal worthy of great respect.”
- The first Coca-Cola ads featuring polar bears aired in 1993, and the animals have since become mascots for the company.



Keep Clutter at Bay

Many websites, books and TV shows offer advice on decluttering, but they often call for you to undertake a huge project. Instead, here’s how to pare things down gradually and develop habits that prevent clutter in the first place.

Did you receive a sweater for the holidays? Find room for the new item by donating a piece of clothing that no longer fits. Make this “one in, one out” rule a New Year’s resolution, and

every time you shop for something new, whether a kitchen skillet, backpack or scarf, come up with a specific item you’ll be discarding before following through with the purchase. You can cut clutter even faster by changing the rule to “one in, two out.”

Prevent piles of paperwork by sorting your mail as soon as you get it. Open envelopes near the trash can so you can immediately throw away anything you don’t need. Put bills in a special folder instead of creating a stack, which looks untidy.

When you decide to get rid of something, don’t let it linger in your home. Take trash and recyclables out right away, and arrange to drop off donations as soon as possible.

Make an effort to put things away where they belong until it becomes a habit. You will come to appreciate your tidy home and be more motivated to keep it that way.

Boost Your Immunity

Your immune system fights off illness and disease, and several everyday habits can make it stronger.

Eat healthy foods. Colorful fruits and vegetables are rich in vitamins and antioxidants, which strengthen immunity. The good bacteria found in yogurt and sauerkraut also helps fight infections. Limit sugar, unhealthy fats and processed foods.

Stay hydrated. Consuming plenty of fluids flushes out toxins and keeps the respiratory system moist, providing a protective barrier against germs. In addition to drinking water, sip on herbal teas and soups.

Exercise. Regular physical activity, such as walking, swimming and other exercise, promotes good circulation, helping boost immunity.

Get plenty of sleep. Seven or eight hours a night is ideal for most people. Sleep restores the body and lowers cortisol, a stress hormone that

can damage the immune system.

Socialize. Loneliness can lead to depression, which can weaken immunity. Chatting with a friend, joining a club or taking part in a group activity can improve mental and physical health.

Smile. Smiling and laughing release serotonin, a feel-good brain chemical that also plays an important role in a strong immune system.



**Boost your immune system
and stay healthy all winter**



WIT & WISDOM



Begin a Journaling Journey

If you're looking to chronicle your life in the new year, consider keeping a journal. See if one of these styles is "write" for you.

Daily journal. This is the classic "Dear Diary" style of journaling, in which you record the day's events, your observations and how you're feeling.

Gratitude journal. Take a few minutes each day to write down some things you are thankful for in a gratitude journal. This daily habit has been shown to increase happiness, and rereading your journal entries can provide comfort and perspective.

One-line-a-day journal. Quick and easy, these journals typically cover a five-year period. You simply record one thought every day, and the pages are formatted so that you can look back at what happened on the same date in previous years.

Dream journal. Keep a dream journal at your bedside, and write down the details of your dreams when you wake up. This habit can help you train your brain to remember your dreams more often. You may also gain insight by studying your dream patterns and symbols.

Bullet journal. The contents of this kind of journal can be tailored to reflect what is relevant to your life, from appointments and to-do lists to daily observations and future goals. Using a variety of symbols and ink colors helps the lists stay organized.

Pork Chops in Creamy Roasted Garlic Sauce

Ingredients:

- 4 boneless pork chops
- Salt, to taste
- Pepper, to taste
- 4 tablespoons olive oil, divided
- 8 cloves garlic, minced
- 1/4 cup bacon pieces, half-cooked
- 1/2 cup chicken stock
- 2 cups heavy cream
- 3 cups chopped fresh baby spinach
- 1/2 cup chopped fresh tomato
- 1/4 cup grated Parmesan cheese
- 1 teaspoon Italian seasoning

Directions:

Season pork chops on both sides with salt and pepper.

In large skillet, heat 2 tablespoons oil over medium heat. Cook pork chops 4 to 5 minutes per side until internal temperature reaches 145° F. Remove pork chops from pan and keep warm.

In same skillet, heat remaining oil over medium heat. Add minced garlic and bacon to skillet; cook about 3 minutes. Add chicken stock and bring to simmer.

Reduce heat to low and add heavy cream. Season with salt and pepper.

Add spinach and tomatoes to sauce; let spinach wilt. Stir in Parmesan cheese and Italian seasoning; simmer about 3 minutes.

Return pork chops to pan along with juices. Spoon sauce over chops; simmer 3 to 5 minutes.

More recipes at www.Smithfield.com.



"The way we spend our time defines who we are."
—**Jonathan Estrin**

"You can't make up for lost time. You can only do better in the future."
—**Ashley Ormon**

"There's only one thing more precious than our time, and that's who we spend it on."
—**Leo Christopher**

"All we have to decide is what to do with the time that is given us."
—**J.R.R. Tolkien**

"They always say that time changes things, but you actually have to change them yourself."
—**Andy Warhol**

"You can't have a better tomorrow if you are thinking about yesterday all the time."
—**Charles F. Kettering**

"There's never enough time to do all the nothing you want."
—**Bill Watterson**

"Watches are so named as a reminder—if you don't watch carefully what you do with your time, it will slip away from you."
—**Terri Guillemets**

"If you love life, don't waste time, for time is what life is made up of."
—**Bruce Lee**

"Time, which changes people, does not alter the image we have of them."
—**Marcel Proust**



January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 JANUARY 			New Year's Day 1 OFFICE IS CLOSED RENT IS DUE!	2 RENT IS DUE!	3 RENT IS DUE!	4 RENT IS DUE!
5 LAST DAY TO AVOID LATE FEE.	6 RENT IS LATE!	7	8	9 	10 30 Building Exterminations	11
12	13 30 Building Inspections	14	15	16	17	18
19 Martin Luther King Jr. Day	20	21 	22	23 Kids' Night Event 4pm-6pm. Come hang out in the community room for a movie <u>Showing:</u> <u>Monsters, Inc.</u>	24	25
26	27	28	29	30	31	

"This Month In History" JANUARY

1901: The American Bowling Congress organizes the first national bowling tournament, held in Chicago.

1938: Benny Goodman plays a sold-out concert at New York City's Carnegie Hall. It was the first time jazz was played at the venue, and the first time that white and black musicians performed together on a U.S. stage.

1943: Headquarters for the U.S. Department of Defense, the Pentagon building officially opens.

1953: Chevrolet debuts its new sports car, the Corvette.

1986: James Brown, Buddy Holly and Elvis Presley are among the first artists inducted into the Rock & Roll Hall of Fame.

1994: American speedskater Dan Jansen sets a new world record, skating 500 meters in 35.76 seconds at a race in Canada.

2006: An unmanned NASA probe blasts off to begin a 3 billion-mile journey to Pluto.

2010: Apple introduces its first iPad, a touch-screen tablet computer.

2019: A polar vortex sends frigid air across the upper Midwest and Northeast, causing record-breaking low temperatures.