



# LANDINGS AT Weyers Cave

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



## MARCH 2020



## NOTES & NEWS

### Springing Into the Season

With their trumpet-shaped blooms, daffodils announce the arrival of spring. The bright yellow and white flowers are one of the season's first and among the few plants that can grow through the snow. According to a Welsh legend, if you see the first daffodil, your year ahead will be filled with wealth.

### Welcoming Spring

The vernal equinox, which marks the beginning of spring in the Northern Hemisphere, occurs on March 19. On this day, the sun is directly over the equator, so day and night all over the world are of equal length.

### Easy Organization: Disappearing Clutter

Use a decorative photo storage box as an inbox for all of the papers that come into your home, such as mail, receipts and invitations. Empty the box and sort through the pile once a week. The best part? If a guest stops by, you can just pop on the lid to hide the paper clutter.

## HIGHLIGHTS

### Flowering Flame

In March, many of Japan's famous cherry blossom trees begin to bloom. This year, the much-anticipated annual event will also signal the start of the torch relay for the 2020 Summer Olympics. The Olympic flame will eventually make its way to the games' opening ceremonies in Japan's capital city of Tokyo in July. The flame's torch was designed to resemble the five petals of the cherry blossom.

### Up To Bat

Major League Baseball gets an early start, beginning the 2020 season on March 26. If the weather cooperates, all 30 teams will start their schedules on the same day, which would be a first since 1968. Rain and snow postponed opening day for several teams last year.

### Get the Best Deal

A little effort can often save you a lot of money. Before making a purchase, compare prices online or use a comparison website or mobile app to make sure you are getting the best possible price.

### Help for Bird-Watchers

With spring comes the return of migrating birds. If you're a backyard birder and have a question specific to your area, you don't have to just wing it. Reach out to your local chapter of the National Audubon Society, which has nearly 500 offices nationwide.

### Make Up Your Mind in the Morning

When you're faced with an important decision, try tackling it before noon. Science says the morning hours are the best time of day to make a choice. Researchers came to this conclusion after analyzing the moves chess players made in a series of matches. The players made slower, more accurate moves in the morning, and as the day wore on, their decisions were faster, but those moves were more prone to errors.

## BULLETIN BOARD

### March Madness

The 82nd annual NCAA Tournament is set to begin March 17. A total of 68 teams will hit the hardwood to compete for the men's college basketball championship next month.

### A Posture Plus

Good posture has many health benefits, including better breathing. Doctors say slouching compresses the lungs, making it difficult to take deep breaths, which can lead to fatigue.

# TRIVIA WHIZ



## Count On It

Every 10 years, the U.S. Census Bureau sets out to count every person living in the United States. Most households will receive their 2020 census letters by mid-March, and the official National Census Day is April 1.

- The 2020 census will count the population in all 50 states, the District of Columbia, and five U.S. territories.
- Census data determines the number of seats each state has in the U.S. House of Representatives, as well as how many Electoral College votes each state gets.
- The census results also guide how federal funding is distributed for schools, roads, hospitals and other public services.
- The Constitution mandates the census, and 2020 marks the 24th time that the country has counted its population since 1790.
- This is the first U.S. census that offers the options to respond online or by phone. In the past, responses could only be made by filling out a paper form.
- To help with the count, about half a million people are hired as temporary census workers.
- Census workers will visit homes in remote areas, such as rural Alaska, to gather information in person. People in the rest of the country who do not respond by early April may receive visits from workers who will conduct interviews and collect responses using smartphones.
- The country's population is projected to be 333,546,000 this year, an 8% increase from 2010.



## Load Up on Lemons

Lemons make a pretty garnish and can brighten the flavors of foods, but they also have many other uses thanks to their natural antibacterial, deodorizing and bleaching properties. When life gives you lemons, put them to work around your home.

Some cut fruits, such as apples, pears and avocados, start turning brown after they're exposed to air. You can slow this natural oxidation process by squeezing

lemon juice over the fruit's flesh.

Disinfect and deodorize wooden cutting boards and utensils by rubbing a cut lemon over the surface. Let the wood absorb the juice; when dry, wipe with a clean, damp cloth.

Clean your microwave oven by adding 1/4 cup of lemon juice to 2 cups of water in a microwaveable glass container. Microwave on high for about five minutes. Wait another five minutes, then remove the container and wipe away the loosened grime and grease. This also works using sliced lemons in a bowl of water.

Lemon juice is a natural bleaching agent. When washing a load of white laundry, add 1 cup of lemon juice along with your regular detergent. As a result, your whites will both be bright and smell citrus-fresh.

Bright yellow lemons are available year-round and can perk up a table or countertop. Toss a bunch in a bowl for a simple and sunny centerpiece.

## Give It a Whirl

The Lazy Susan, a spinning base with an attached platter, may seem old school, but it's a smart and simple organizing tool. A variety of styles are available from retailers, and you can often find them at yard sales and thrift stores. Here's how to spin your way to an orderly and more accessible household.

*On the table.* To use as originally intended, add a Lazy Susan to your dinner table for serving condiments, sugar, butter, and salt and pepper.

*In the cupboard.* Organize canned goods and spices so you can easily see and grab what you need.

*In the fridge.* Store bottles and jars on a small Lazy Susan and just spin the tray to find items such as pickles, jelly, salad dressing, horseradish and soy sauce.

*On the kitchen counter.* Use one to corral cooking utensils, spices and oils, so that often-used

items can stay close at hand.

*In the bathroom.* A Lazy Susan on the counter can hold cotton balls, lotion, shaving cream and hand soap. A rotating tray under the sink is a good place for cleaning supplies and extra toiletries such as shampoo and conditioner.

*For kids and crafters.* Organize markers, crayons, paints and other crafting supplies atop a Lazy Susan to keep everything in easy reach.





## WIT & WISDOM



### Global Ways To Get Happy

Many things affect our well-being, from the way we decorate our home to the people we choose to spend time with. Cultures across the globe have various approaches to creating happiness in everyday life.

**Hygge.** This Danish concept, which focuses on coziness and comfort, has become a worldwide lifestyle trend. Soft blankets, warm beverages and simple pleasures, such as reading, can create *hygge* in your daily routine.

**Lagom.** Sometimes called the Goldilocks principle, this Swedish philosophy is about balance and determining what's "just right" for you. For example, eating until you feel full, but not stuffed, is practicing *lagom*, as is finding a happy medium between a cluttered or a sparsely decorated home.

**Wabi-sabi.** The ancient Japanese concept of *wabi-sabi* celebrates life's imperfections by embracing the beauty in broken or worn objects, as well as one's personal flaws. This idea can be seen in *kintsugi*, the art of filling cracks in broken pottery with gold to make them part of the item's appeal.

**Gezellig.** At the heart of Dutch culture, *gezellig* can be loosely translated as the enjoyable things in life. Being social is a key element, since anything can be considered *gezellig*—even something unpleasant, such as waiting in a long line—if you're with a friend.

**Meraki.** In Greece, *meraki* means to take pleasure and pride in a task, whether big or small.



## One Minute Chef

### Fresh Berry Salad With Poppy Seed Dressing

#### Dressing Ingredients:

- 3/4 cup apple cider vinegar
- 3/4 cup lemon juice
- 1/4 cup Dijon mustard
- 1/2 cup sugar
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 tablespoon poppy seeds
- 1 2/3 cups canola oil

#### Salad Ingredients:

- 6 cups spinach
- 2 cups romaine lettuce
- 3/4 cup sliced fresh strawberries
- 1/3 cup fresh blueberries
- 1/3 cup feta cheese
- 1/3 cup walnuts
- 2 tablespoons chopped scallions
- 1/3 cup canned mandarin oranges, drained
- 1/2 avocado, diced

#### Directions:

In blender, combine apple cider vinegar, lemon juice, Dijon mustard, sugar, salt, pepper and poppy seeds. Blend 1 minute, or until smooth. Slowly add in canola oil and continue to blend until oil is fully emulsified. Set dressing aside.

In large bowl, combine all salad ingredients with dressing. Toss thoroughly.

Find more recipes at [SweetTomatoes.com](http://SweetTomatoes.com).



"Great art picks up where nature ends."

—**Marc Chagall**

"In the mind of every artist there is a masterpiece."

—**Kai Greene**

"Art evokes the mystery without which the world would not exist."

—**René Magritte**

"The essence of all beautiful art, all great art, is gratitude."

—**Friedrich Nietzsche**

"Sometimes with art, it is important just to look."

—**Marina Abramović**

"When I think of art I think of beauty. Beauty is the mystery of life."

—**Agnes Martin**

"If art doesn't make us better, then what on earth is it for?"

—**Alice Walker**

"The artist is not a different kind of person, but every person is a different kind of artist."

—**Eric Gill**

"In a sense, as we are creative beings, our lives become our work of art."

—**Julia Cameron**

"Great art is indefinable but that's all right; it exists anyway."

—**Edward Abbey**

"A true artist is not one who is inspired but one who inspires others."

—**Salvador Dalí**

"Art helps us identify with one another and expands our notion of we—from the local to the global."

—**Olafur Eliasson**



## March 2020

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 <i>Happy Spring!</i>
8	9 	10	11	12	13 50 Building Exterminations	14
15	16 50 Building Inspections Between 9am-4pm.	17 Please <b>RSVP</b> by Today for Friday's Event. <b>Everyone Is Welcome.</b>	18 	19	20 Friendship Building Potluck 4pm-6pm. Bring Your Favorite Dish, Side, Or Dessert.	21
22	23	24	25	26	27	28
29 	30	31	<b>MARCH</b>			

## "This Month In History" MARCH

**1923:** The dance marathon craze kicks off in New York City, after Alma Cummings sets a record by dancing continuously for 27 hours.

**1933:** President Franklin D. Roosevelt gives his first "fireside chat," broadcast to the nation on radio.

**1941:** Actor Jimmy Stewart enlists in the U.S. Army Air Corps. During World War II, he rose to the rank of colonel.

**1950:** Silly Putty goes on sale.

**1968:** Country music legend Johnny Cash marries singer-songwriter June Carter.

**1988:** Author Toni Morrison wins the Pulitzer Prize for her novel "Beloved."

**1990:** To honor the NBA's all-time leading scorer, Kareem Abdul-Jabbar, the Los Angeles Lakers retire his No. 33 jersey.

**2006:** The English language version of the online encyclopedia Wikipedia reaches 1 million entries.

**2011:** NASA's Discovery space shuttle completes its 39th and final mission.

**2019:** England's Queen Elizabeth II makes her first post on Instagram. She shared an image of a letter from inventor Charles Babbage to her great-great-grandfather, Prince Albert.