



# LANDINGS AT Weyers Cave

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

## MAY 2019



## NOTES & NEWS

### Spring Scents

From blooming flowers to fresh-cut grass, the scents of spring are in the air now. Studies show that getting a whiff of these aromas can make you feel calm and happy.

### Meditating for Better Hearing

Better Hearing Month and Meditation Month are both observed in May, and scientists say there could be a link between the two. Research shows that meditating regularly may improve the ability to focus on auditory cues and perceive sounds better, as well as increase blood flow to the ears.

### Letting Go

Many people hold on to things just because they paid a lot for them. To help you let go of items you no longer need, ask yourself this question: How much is it worth to me today? If the item doesn't have a high value in your life now, then it isn't worth keeping, regardless of the purchase price.

## HIGHLIGHTS

### Memorial Day

Falling this year on Monday, May 27, Memorial Day is a time to remember and honor those who have died in military service. Many people consider Memorial Day weekend the unofficial start of summer.

### Easy Way to Name Names

When you meet someone new, here's a technique to help you remember their name. Because people tend to recall more of what they see than what they hear, try to associate the person with a vivid image—and the more bizarre, the better, say experts. For example, if the person's name is Bill, picture him with a dollar bill stuck across his forehead or with bills covering his shirt, anything so that the zany image you create in your mind triggers the name.

### Pick Red Peppers

If you're heading to the farmers' market, consider picking up some red bell peppers. While all peppers are nutritious, red ones pack more antioxidants than green, yellow and orange varieties because they have matured on the vine longer.

### Coupon Tip

Before you throw away that expired coupon, ask if you can use it. Some retail stores, restaurants and local businesses may make an exception and apply the discount despite the late date.

### Artful Arrangements

Few things brighten a room like a bouquet of fresh flowers, and there is an easy way to create a beautiful arrangement: Use a zip tie. Just gather and trim flowers in your hand, then loosely secure the bunch with a zip tie before placing it in the vase. The bouquet will stay together, but there will be enough wiggle room to adjust the flowers as needed. You can even buy green or brown zip ties to blend in with the stems.

## BULLETIN BOARD

### Mother's Day

Sunday, May 12, is Mother's Day. Let the moms in your life know you care with a card, gift, visit or phone call.

### Easy Way to Burn Calories

Jumping rope as a kid may have been just fun and games, but as an adult, the playground activity is a great workout. Skip rope for 30 minutes, and you'll burn almost 400 calories.

### 'Nice' Is One

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

# TRIVIA WHIZ



## Green and Glorious

Emerald, the birthstone for May, represents honesty, loyalty and friendship. The green stone is part of a family of gems called beryl, and some specimens are valued more than diamonds. Here are some more fun facts about this dazzling jewel:

- Emerald is one of four recognized precious gemstones. The others are ruby, sapphire and diamond.
- The oldest emeralds ever discovered are almost 3 billion years old.
- One of Cleopatra's favorite gemstones was emerald. In fact, emeralds were first mined in Egypt around 1500 B.C. Those mines were used for more than 3,000 years.
- The South American country of Colombia yields more than 50 percent of the world's emeralds.
- The deeper an emerald's green color, the more valuable it is.
- Emeralds can chip and crack easily. This makes the stones more expensive to set into jewelry, since extra care is involved.
- Because emeralds have a lower density, a 1-carat emerald appears larger than a 1-carat diamond.
- Flawless emeralds are extremely rare. Each emerald's imperfections are embraced as unique features and are referred to as *jardin*—the French word for “garden.”
- Synthetic emeralds were developed in 1935.
- Emerald is the traditional gift for a 55th wedding anniversary.
- Actress Elizabeth Taylor owned an emerald necklace that sold in 2011 for \$6.5 million, which comes out to about \$280,000 per carat.



## To Mom, With Love

Make Mother's Day extra special this year by treating the moms in your life to a thoughtful gift that expresses your love and gratitude. Whether you are shopping for your mom, grandma, mother-in-law or a new mother, you're sure to find one of these gift ideas the perfect fit.

*Out and about.* For the mother who likes to spend time outdoors, select a chic straw hat and stylish pair of sunglasses she can wear to the farmers' market or on a walk

around the block. Make Mom's backyard a popular hangout for her feathered friends when you choose a new birdfeeder and supply of seeds. For a jet-setting mom, consider a set of eye-catching luggage tags and passport holder.

*Homebody.* Moms who like to hang out at home might enjoy an aromatherapy diffuser and selection of essential oils. Help her feel cozy no matter what the temperature with a new fuzzy robe and slippers, super soft sheets or a comfortable nightgown. A selection of crossword puzzle books, coloring books or best-sellers will keep Mom entertained during a relaxing night in.

*Tried and true.* Go-to gifts that will almost always be appreciated include framed photos of family members; a potted orchid or succulent; a specialty cookbook; pretty tea towels or an apron; a leather clutch or tote bag; and a fashionable scarf.

## Grow Your Own Herbs

Add garden-fresh flavor and beneficial nutrients to your meals by growing herbs indoors year-round.

A mix of herbs known to have high concentrations of antioxidants are basil, oregano, rosemary and thyme. These four can also be used in a wide variety of dishes. Other popular cooking herbs include cilantro, chives, parsley, sage and dill.

When deciding what to grow in your indoor kitchen garden, choose the herbs that you cook with most frequently.

Herbs grow best from seedlings, which you can find at a garden center. You'll also need potting soil designed for indoor plants, pots with good drainage, and a saucer or tray to catch excess water.

Most plants prefer at least six hours of sun daily. Water and fertilize as needed, but don't overdo it. If you have trouble remembering when you last

watered, keep notes on a calendar.

Wait until the herb plant is mature to harvest the first time. Cut leaves off the top, not the sides. Never harvest more than one-third of the plant at a time. Afterward, wait for that one-third to grow back before you harvest again.

If you end up growing more than you can use, consider drying your herbs to preserve them for future use or to share with friends and family.



**Add flavor to your meals by growing your own herbs**



# WIT & WISDOM



## Plan Your Playtime

School's out soon, but summer fun isn't just for kids. Discover the joys of the season all over again by scheduling some fun in the sun during the next few months.

*Be a sport.* Sign up for a community softball team, play a pickup basketball game at the park, or meet friends for a game of bocce or Frisbee golf. Go for a bike ride or hike. Enjoy America's pastime with your favorite baseball team, whether it's Little League, Minor League or Major League.

*Make a splash.* Hit the nearest water park to cool down with some big waves. For a more peaceful outing, choose a lake, river or pool and spend your time learning a new swimming stroke, floating and staring at the sky, or just lounging on the shore or deck with a good book and some breezy tunes.

*Tour your town.* Check a community calendar for special events such as art fairs, flea markets, outdoor concerts and fireworks shows. Spend a few weekends hitting area farmers' markets, art galleries or antique stores. Learn about your town's past by touring historical sites or visiting a museum.

*Hang out with Mother Nature.* Grab some snacks and a blanket and enjoy a picnic at your favorite park. Bring along art supplies so you can sketch or paint the scenery. To do some stargazing, pick a clear night, find a quiet spot away from city lights, and use a telescope to pick out planets and constellations.

## Pork Chops With Mushrooms

### Ingredients:

- 4 boneless pork chops
- 1/2 teaspoon pepper
- 2 tablespoons canola oil, divided
- 12 ounces sliced portobello mushrooms
- 2 garlic cloves, minced
- 1/2 teaspoon salt, divided
- 2 tablespoons balsamic vinegar
- 2 tablespoons water
- 2 teaspoons Worcestershire sauce
- 1 teaspoon sugar
- 2 tablespoons chopped green onions

### Directions:

Sprinkle both sides of pork chops with pepper.

In large skillet over medium-high heat, heat 1 tablespoon canola oil. Cook pork chops 4 minutes on each side, or until internal temperature reaches 160° F. Remove and set aside.

Add remaining canola oil to skillet. Cook mushrooms 4 to 5 minutes, or until tender and juices begin to release, stirring occasionally. Stir in garlic and 1/4 teaspoon salt; cook 15 seconds, stirring constantly. Place over pork chops; cover to keep warm.

Add vinegar, water, Worcestershire sauce, sugar and remaining salt to skillet. Bring to boil over medium-high heat and cook about 2 minutes, or until reduced to 2 tablespoons, scraping bottom and sides of skillet. Drizzle sauce over pork and mushrooms. Sprinkle with onions.

Find more recipes at [www.CanolaInfo.org](http://www.CanolaInfo.org).



"A flower cannot blossom without sunshine, and man cannot live without love."

—*Max Muller*

"Challenge yourself, grow, blossom, and become who you were meant to be."

—*Carolyn Aronson*

"When the flower blossoms, the bee will come."

—*Srikumar Rao*

"Any human anywhere will blossom in a hundred unexpected talents and capacities simply by being given the opportunity to do so."

—*Doris Lessing*

"I like to think of thoughts as living blossoms borne by the human tree."

—*James Douglas*

"A flower blossoms for its own joy."

—*Oscar Wilde*

"Roses do not bloom hurriedly; for beauty, like any masterpiece, takes time to blossom."

—*Matshona Dhliwayo*

"Blossom by blossom the spring begins."

—*Algernon Charles Swinburne*

"If you want love to blossom in your heart, just sit in the garden, and watch the flowers grow."

—*Anthony T. Hincks*

"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom."

—*Anais Nin*



# May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <span style="font-size: 48pt; font-weight: bold; letter-spacing: 0.5em;">MAY</span> 			1 Rent Is Due	2 Rent Is Due	3 Rent Is Due	4 Rent Is Due
5 Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!	6 Rent Is Late	7	8 	9	10 32 Building Filters/Extermination	11
12	13 32 Building Inspections	14	15	16	17	18
19	20 RESIDENT APPRECIATION WEEK! MORE DETAILS TO FOLLOW	21 RESIDENT APPRECIATION WEEK! MORE DETAILS TO FOLLOW	22 RESIDENT APPRECIATION WEEK! MORE DETAILS TO FOLLOW	23 RESIDENT APPRECIATION WEEK! MORE DETAILS TO FOLLOW	24 RESIDENT APPRECIATION WEEK! MORE DETAILS TO FOLLOW	25 
26	27 <b>Memorial Day</b>  Office Is Closed	28	29	30	31	

## “This Month In History”

### MAY

**1914:** Woodrow Wilson issues a presidential proclamation officially establishing the Mother’s Day holiday in America.

**1926:** Ford Motor Co. adopts a five-day, 40-hour week for its automotive factory workers. Other companies would follow Ford’s lead.

**1935:** Under the glow of 600 lights, Crosley Field, home of the Cincinnati Reds, hosts Major League Baseball’s first night game.

**1959:** Perry Como, Ella Fitzgerald, Henry Mancini and the Kingston Trio are among the winners at the first Grammy Awards ceremony.

**1963:** Jim Whittaker becomes the first American to reach the summit of Mount Everest, the world’s tallest mountain.

**1977:** With the opening words “A long time ago in a galaxy far, far away ...” the space odyssey film “Star Wars” premieres in U.S. theaters.

**1986:** At age 54, Bill Shoemaker crosses the finish line as the oldest jockey to win the Kentucky Derby. He was riding Ferdinand, a colt who was considered a long shot.

**1998:** An estimated 76 million viewers tune in to watch the finale of the hit TV sitcom “Seinfeld.”

**2003:** Bob Hope Day is declared in 35 states as the man known as “Mr. Entertainment” celebrates his 100th birthday.

**2014:** TV journalist and talk show host Barbara Walters retires after more than 50 years in front of the camera.

**2018:** “The Rivals,” a painting by Mexican artist Diego Rivera, sells for a record \$9.76 million. It is the highest-priced Latin American work of art ever sold at auction.