



LANDINGS AT Weyers Cave

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

NOVEMBER 2019



NOTES & NEWS

3 Things You Need To Know

Use the beautiful bounty of nature to decorate your home for fall.

1) Hollow out colorful gourds and turn them into vases to display flowers and greenery.

2) Show off bittersweet berries in tinted bottles on a windowsill or shelf.

3) Arrange persimmons and pomegranates in a pretty bowl or stacked on a cake stand.

Reduce, Reuse, Recycle

Friends and family typically get together during the holiday season, and these gatherings often involve food preparation. If you are going to have a home full of guests and an oven on, turn down the thermostat a few degrees to conserve energy.

'Sesame Street' Turns 50

On Nov. 10, 1969, a groundbreaking children's TV series starring both people and puppets debuted on public television. Today, "Sesame Street" has an audience of 150 million kids worldwide and remains a beloved childhood memory for many adults.

HIGHLIGHTS

Easy Organization: Plan Ahead

Start planning for the upcoming holiday season early. Begin by filling out a calendar for the weeks leading up to, during and after the holidays. Include everything that has already been scheduled, such as travel plans, guest arrival days, parties, and school and work functions. Add events and obligations as they come up, and you'll be able to tell at a glance who needs to be where and when.

'Meal' Is One

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

To Your Health: Don't Forget D

Sunlight helps our bodies produce vitamin D, a nutrient important for mental and emotional health. If chilly weather keeps you indoors, be sure to eat foods that are good sources of vitamin D, such as salmon, tuna, milk, eggs and fortified cereals. Vitamin D supplements are also an option.

Doorbuster Details

On Black Friday, retailers often offer doorbuster specials, which are highly discounted items available only in stores, not online. If you are interested in a sale item, be sure to read the ad carefully. Each store may only carry a limited number of the product, which means if you are not in line super early, you probably won't get the deal.

Make Time for Quiet Time

This time of year is known for holiday hustle and bustle, but seeking out some quiet time should be on your to-do list. There's evidence that sustained silence may stimulate the creation of new brain cells in the region of the brain responsible for learning and memory, according to a study. Tuning out external noise also allows you to tune in to inner thoughts, memories and emotions.

BULLETIN BOARD

Thank You, Veterans

There are more than 20 million veterans in America. Honor those who have served on Veterans Day, Nov. 11.

'I Voted'

On Election Day, you may see folks sporting an "I Voted" sticker. The patriotic decals are believed to have first appeared at polls in the early 1980s.

Almost Done

November is the penultimate month of the year. Penultimate means next to last.

TRIVIA WHIZ



Thanksgiving by the Numbers

The first Thanksgiving festivities took place over three days in the autumn of 1621 and included 50 Pilgrims and 90 members of the Wampanoag tribe. Here are some more holiday facts to share over your feast.

- About 95% of American households say they celebrate Thanksgiving.
- A majority of those people spend the day with family. "Friendsgiving," which is sharing a Thanksgiving meal with friends, is also popular.
- The American Automobile Association predicts an estimated 50 million people will travel at least 50 miles to reach their holiday destination.
- Nearly 90% of those celebrating Thanksgiving eat turkey, whether roasted or deep-fried, according to the National Turkey Federation. The average weight of a bird bought for the meal is 16 pounds.
- The Butterball Turkey Talk-Line answers more than 100,000 calls each November and December from people needing cooking advice.
- Three-quarters of those surveyed said they enjoyed Thanksgiving leftovers more than the actual meal.
- The first Macy's Thanksgiving Day Parade took place in New York City in 1924. Today, the parade attracts 3.5 million spectators along its 2.5-mile route, and another 50 million people watch it on television.
- The Detroit Lions and Dallas Cowboys host games every Thanksgiving—the Lions since 1934, and the Cowboys since 1966. The National Football League later added a third game to the holiday schedule.



Plan a Healthy Feast

You don't need to feel as stuffed as the holiday bird after your Thanksgiving dinner. There are simple ways to lighten up the traditional meal and even add nutritional value without sacrificing taste. Try some of the following ideas when preparing your feast this year.

Better baked goods. Swap white flour for whole-wheat flour to create healthier homemade bread and rolls. Use an egg substitute in place of

whole eggs in cornbread. Replace oil with applesauce in muffins and cakes.

Slimmer stuffing. Lighten up your stuffing by replacing a portion of the bread cubes with chopped onions, carrots, parsnips or apples. Or turn to versions that call for brown rice, barley or quinoa rather than bread. Instead of chicken stock, use vegetable broth. If your recipe includes pork sausage, opt for leaner turkey sausage.

Potato mashup. When made with heavy cream and butter, mashed potatoes are high in fat and calories. Try switching to skim milk and using fat-free sour cream. Replacing half of the potatoes with mashed cauliflower will cut calories and add nutrients.

Simple sweet potatoes. Instead of making a sweet potato casserole, let the vegetable's natural sweetness shine with some simple preparation: Bake the potatoes whole, then scoop out the cooked potato and flavor with a little sautéed garlic.

Esports Explained

Short for electronic sports, esports describes the world of organized video game competitions. Individual players or teams of players face off in the same video games that are popular with at-home gamers, including the bestselling titles "Fortnite," "League of Legends" and "Madden NFL."

Fans can watch their favorite players via TV or video streaming or attend live competitions in sold-out arenas. In 2015, the Esports Arena in Santa Ana, Calif., became the first dedicated esports facility in the U.S.

Estimates are that this year, the total audience of esports will grow to more than 450 million viewers worldwide and revenues will increase to over \$1 billion.

Player earnings vary based on the event and if competitors play solo or as a team. Many professional gamers make tens of thousands of dollars a year, while the best in

the world have won millions from a single competition. In addition to the cash prizes, players can also earn money from sponsorships, endorsements and team salaries.

Some high schools now have esports teams, and a growing number of colleges offer esports at the varsity level, providing players scholarships. There is even talk of adding esports as a demonstration sport in the 2024 Olympics.





WIT & WISDOM



'Tis the Season To Save

The holiday season is approaching, but that doesn't mean it's time to overspend. Make this the year you set a budget and stick to it. Here are a few simple ways to accomplish that.

Head to the dollar store for greeting cards, gift bags, wrapping paper and bows. You may also find inexpensive decorations, seasonal candy, and tins and boxes for homemade presents.

Search online for store coupons. If you sign up for a retailer's email list, you will often receive an extra discount.

If you have a special skill, such as woodworking, sewing or decorating, give your talent as a present. Or offer to babysit, walk a dog or do some housecleaning.

Spend a day in your kitchen and make a whole batch of gifts. Homemade candy, cookies or trail mix can be presented in a canning jar decorated with a colorful ribbon.

If you typically host a sit-down holiday dinner, consider replacing the feast with a simple gathering and serve hors d'oeuvres, drinks and desserts. Save even more by making it a potluck and inviting your guests to bring an appetizer or dessert to share.

Avoid self-gifting. Holiday sales can tempt you to treat yourself while shopping for others, but this can lead to buying things you don't need. Remember that you made a budget for a reason!

There are many ways to save money during the holiday season

Gluten-Free Pumpkin and Chocolate Chip Bread

Ingredients:

- 4 cups oat flour
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- Pinch of salt
- 1 cup (2 sticks) butter, softened
- 2 cups granulated sugar
- 4 large eggs
- 2 teaspoons vanilla extract
- 1 can (15 ounces) pumpkin
- 2 cups chopped walnuts
- 1 cup bittersweet chocolate chips
- 1/2 cup powdered sugar
- 1 tablespoon milk

Directions:

Heat oven to 350° F. Grease two 8-by-4-inch loaf pans. In large bowl, combine oat flour, baking soda, cinnamon, nutmeg and salt.

In separate large bowl, use mixer to beat butter and sugar until light and fluffy. Beat in eggs one at a time. Add vanilla, oat flour mixture and pumpkin; beat until just blended. Stir in walnuts and chocolate chips. Spoon mixture into prepared pans.

Bake 50 to 55 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes. Remove from pan. Cool completely.

In small bowl, stir powdered sugar and milk until smooth. Drizzle mixture over pumpkin bread.

Find more recipes at www.CansGetYouCooking.com.



"Many people will walk in and out of your life, but only true friends will leave footprints in your heart."

—**Eleanor Roosevelt**

"The only way to have a friend is to be one."

—**Ralph Waldo Emerson**

"There's nothing like a really loyal, dependable, good friend. Nothing."

—**Jennifer Aniston**

"The most beautiful discovery true friends make is that they can grow separately without growing apart."

—**Elisabeth Foley**

"Friends are those rare people who ask how we are and then wait to hear the answer."

—**Ed Cunningham**

"A single rose can be my garden ... a single friend, my world."

—**Leo Buscaglia**

"A loyal friend laughs at your jokes when they're not so good, and sympathizes with your problems when they're not so bad."

—**Arnold H. Glasow**

"I would rather walk with a friend in the dark, than alone in the light."

—**Helen Keller**

"A true friend is someone who thinks that you are a good egg even though he knows that you are slightly cracked."

—**Bernard Meltzer**

"A friend is a gift you give yourself."

—**Robert Louis Stevenson**

"Awards become corroded; friends gather no dust."

—**Jesse Owens**



November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="font-size: 4em; margin: 0;">NOVEMBER</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 32 Building Exterminations Between 9am-4pm	9
10	Veterans Day 32 Building Inspections Between 9am-4pm	12	 GIVE THANKS EAT PIE	14		16
17		19 The Office Is Closed.	20	21 Thanksgiving Potluck! 3:30pm-5:50pm	22	23
24	25		27	Thanksgiving Office Is Closed.	29 Office Is Closed.	30 Office Is Closed.

“This Month In History” NOVEMBER

1924: Establishing an annual tradition, New York City’s Macy’s department store puts on its first Thanksgiving Day parade.

1936: The first issue of Life magazine is published.

1942: Coffee is added to the list of items rationed in the U.S. due to World War II.

1963: Push-button telephones debut as an alternative to rotary-dial models.

1971: A new U.S. dollar coin, depicting

President Dwight D. Eisenhower on the front, is put into circulation.

1981: Paul “Bear” Bryant, football coach of the University of Alabama, wins the 315th game of his career. It set the record for most wins of any NCAA head coach at the time.

1995: “Toy Story,” the first feature film created by Disney’s Pixar Animation Studios, premieres to rave reviews.

2003: At age 21, Britney Spears becomes the youngest female singer to get a star on the Hollywood Walk of Fame.

2014: The 104-story skyscraper One World Trade Center officially opens for business, 13 years after the site’s original twin towers were destroyed on 9/11.