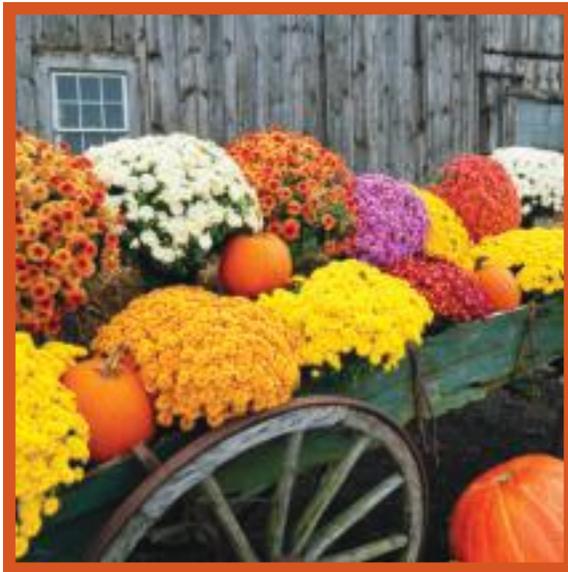




LANDINGS AT Weyers Cave

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

OCTOBER 2019



NOTES & NEWS

A Taste of the Season

Along with pumpkin patches, hay rides and football games, enjoying an apple cider doughnut has become an autumn tradition. Often a homemade treat at apple orchards and cider mills, this spice cake doughnut started gaining wide appeal in the 1950s for its mix of seasonal flavors.

Take a Whiff of Eucalyptus

If a cold has you dealing with a stuffy nose, try taking a whiff of eucalyptus in an oil or lotion. The anti-inflammatory properties in eucalyptus have been shown to help relieve nasal congestion.

In the Kitchen: Squash Solution

Winter squash is abundant this time of year. The gourds are delicious and nutritious, but the tough rind can make them tricky to prepare. To soften the skin of a butternut, acorn or similar squash, score the squash with a sharp knife or fork, then place the squash in a shallow dish and microwave for 3 to 5 minutes. It should be much easier to peel, seed and cube.

HIGHLIGHTS

Game Days

The last two to three weeks in October are the only time of the year when all four of America's major professional sports leagues schedule games: the National Basketball Association begins its preseason; the National Hockey League and National Football League are playing regular season games; and Major League Baseball is in its postseason. There have been 19 occasions when all four leagues played games on the same day, an occurrence known as a "sports equinox."

'Owl' Is One

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

Buy and Sell

If you're thinking about investing on your own, financial advisers suggest using a discount brokerage. These companies help guide rookie investors through the process of opening accounts and choosing investments, and their sites offer free research, calculators and other tools.

Fall Splendor

In many parts of the country, brilliant autumn leaves are on display during nature's annual art show. Weather patterns throughout the year play a big part in how vibrant the colors will be. A warm, rainy spring; mild summer; and a fall with sunny days and crisp, cool nights are the ideal conditions for creating a colorful palette.

Groups Are Good for Your Brain

Whether it's a book club, bridge, lunch out with friends or singing in a choir, being connected can lead to better cognition. There's growing evidence that taking part in group activities benefits brain health because these experiences involve socializing and provide a sense of belonging. Involvement in a variety of social groups also offers opportunities to get emotional support, as well as give it to others.

BULLETIN BOARD

MLB's Annual Battle

The first pitch of the 2019 World Series is set for Oct. 22.

Pounds of Pumpkins

About 2 billion pounds of pumpkins are harvested in the U.S. each year.

Smile!

Put on a happy face on World Smile Day, the first Friday in October. Research shows that the simple act of smiling can help strengthen the immune system and reduce blood pressure, pain and stress.

TRIVIA WHIZ



Nuts About Squirrels

Squirrels are a common sight in big cities, small towns and suburbs. Since October is Squirrel Awareness Month, it's the perfect time to squirrel away some tidbits about these clever critters.

- Besides North America's familiar tree squirrels, the roughly 285 squirrel species around the world include flying squirrels, chipmunks and prairie dogs.
- The majority of a tree squirrel's diet consists of acorns, hickory nuts, walnuts, seeds and fruit. Squirrels eat their own body weight, about 1.5 pounds, in a week.
- In summer and fall, squirrels hoard nuts and seeds for the winter, digging small holes in the ground to bury their food. Abandoned burrows, hollow trees and flowerpots are other favored hiding spots.
- Thanks to a good memory and strong sense of smell, squirrels recover up to 80% of what they store. What they leave behind often germinates, helping to maintain forest tree populations.
- Squirrel nests are called dreys and can be spotted in the forks of trees. About the size of a football, dreys are made of twigs and lined with grass, bark, moss and feathers.
- A squirrel's big, bushy tail is used as a parachute to ensure a soft landing when the animal jumps or falls.
- Squirrels are very vocal, and communicate with each other by barking, chirping, chattering and purring. They also use body language, such as twitching their tails and stomping their feet.



Plan Some Festive Fall Adventures

Fall's cooler weather makes it a perfect time for outdoor activities. Plan one of these outings and enjoy what autumn has to offer:

Apples for all. In addition to the opportunity to pick your own apples, many apple orchards also have a cider mill you can tour. Be sure to take home plenty of fruit and try your hand at apple pie, applesauce

and baked apples. Store any unused fruit in a cool, dry place.

Pick a pumpkin. A trip to the pumpkin patch to find the perfect pumpkin is fun for all ages. Get a few extra to decorate your home. Some pumpkin patches also offer wagon rides and a corn or hay bale maze.

Take a tour. Many parts of the country offer views of colorful fall foliage. Go for a drive, and take a camera to record nature's beauty. Consider spending a day exploring a town you've never visited. Pack a picnic or stop at a family-owned restaurant for a one-of-a-kind meal.

Friday night lights. Go to a high school football game and root for the home team. The atmosphere and excitement may bring back memories of your own high school days.

Find a fair. Get a head start on your holiday shopping with a trip to an area craft fair. You will be sure to find unique gifts for friends and family.

Pasta Swaps

Pasta is a versatile and delicious food, and with dozens of options available today, there are plenty of opportunities to experiment with different flavors. Whether you are reducing carbs, have a gluten allergy or simply want to try something new, consider giving these noodle alternatives a "twirl."

Zoodles. These are made from zucchini that's been spiralized with a kitchen device that cuts vegetables into long strips. You can use this same method on carrots, turnips, beets and sweet potatoes, as well as buy packaged spiralized veggies in stores.

Soba noodles. These Japanese noodles are made with buckwheat flour and have a slightly nutty taste. They're often the star of cold Asian pasta salads or served in a bowl of hot broth.

Spaghetti squash. This gourd provides a healthy and affordable pasta substitute. Once cooked, the

squash's yellow-orange flesh can be separated with a fork into strings that mimic spaghetti noodles.

Shirataki noodles. Made from the fibrous root of an Asian plant called konjac, shirataki noodles contain virtually no fat or calories, and are therefore the perfect partner for a rich, hearty sauce.

Pasta made with kelp, brown rice, quinoa, lentils and chickpeas can also be found on store shelves, so why not use your noodle to come up with ways to try them all?





WIT & WISDOM



Migrating Monarchs

Each autumn, millions of monarchs take to the skies to begin their journey to a warmer climate for the winter. The annual migration is one of nature's most fascinating spectacles.

Cooler temperatures and shorter days alert the orange-and-black butterflies to take flight. Those west of the Rocky Mountains head to Southern California, where thousands hibernate in forests along the coast. But swarms of the eastern population travel much farther, from Canada and the northeastern U.S. to the mountains of central Mexico—a distance of nearly 3,000 miles. Monarchs numbering in the millions take shelter in the fir trees there.

How the butterflies find their way to the same sites year after year is a mystery to scientists, but they believe the insects use the sun as a compass. Even more remarkable is that new generations arrive each fall and settle in the same trees as their ancestors did!

When spring comes, monarchs begin their flight back north, laying eggs on milkweed plants along the way. When the caterpillars hatch and transform into butterflies, they continue the trip northward. Up to five generations take part in the annual migration.

Each autumn, millions of monarchs take to the skies to begin their journey to a warmer climate for the winter



One Minute Chef

Maple Apple Grilled Cheese

Ingredients:

- 1/4 cup maple syrup
- 1/4 teaspoon apple pie spice
- 3 tablespoons butter
- 8 slices whole-wheat bread
- 8 slices sharp cheddar cheese (1-ounce slices)
- 1 medium Golden Delicious apple, cored and cut into 16 thin slices
- 4 slices cooked bacon, coarsely chopped

Directions:

Mix maple syrup and apple pie spice. Set aside.

Butter one side of each bread slice. Layer two slices of cheese and four slices of apple on each of four bread slices with buttered side down. Sprinkle with chopped bacon, then drizzle with maple syrup mixture. Top with remaining bread slices with buttered side up.

Place sandwiches in large skillet or griddle on medium-low heat. Cook 3 to 4 minutes per side, or until bread is browned and cheese is melted. Cook in batches, if necessary.

Find more recipes at www.McCormick.com.



“The moon puts on an elegant show, different every time in shape, color and nuance.”

—**Arthur Smith**

“I still say, shoot for the moon; you might get there.”

—**Buzz Aldrin**

“Every phase of our life belongs to us. The moon does not, except in appearance, lose her first thin, luminous curve, nor her silvery crescent, in rounding to her full.”

—**Lucy Larcom**

“I love to think that animals and humans and plants and fishes and trees and stars and the moon are all connected.”

—**Gloria Vanderbilt**

“The moon is a friend for the lonesome to talk to.”

—**Carl Sandburg**

“Those are the same stars, and that is the same moon, that looks down upon your brothers and sisters, and which they see as they look up to them, though they are ever so far away from us.”

—**Sojourner Truth**

“Summer ends, and autumn comes, and he who would have it otherwise would have high tide always and a full moon every night.”

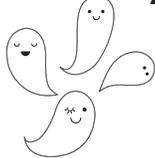
—**Hal Borland**

“To some people, the impossible is impossible. One fine day, they wake up in the morning knowing that they will never hold the moon in their hands, and with the certainty, perfect peace descends on them.”

—**Elizabeth Bibesco**



October 2019

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 	8	9 The Office Will Be Closed.	10	11 30 Building Exterminations 9am-4pm	12
13 30 Building Inspections 9am-4pm	14	15	16	17	18 	19
20	21 	22	23	24 	25	26
27	28	29	30 Pumpkin Decorating/Movie Night! Playing: Hocus Pocus	31	 OCTOBER 	

“This Month In History” OCTOBER

1908: Called America’s other national anthem, “Take Me Out to the Ball Game” becomes a bestselling hit. It is now an MLB tradition for fans to sing the song during the seventh inning stretch.

1913: The Lincoln Highway, the country’s first coast-to-coast roadway, is formally dedicated.

1949: American novelist William Faulkner wins the Nobel Prize in literature.

1959: Thousands line up for the opening of the Guggenheim in New York City. The modern art museum’s unique spiral shape was designed by Frank Lloyd Wright.

1982: At Florida’s Walt Disney World, the Epcot theme park opens and features attractions that celebrate technological innovations and world cultures.

1998: The first American to orbit the Earth, John Glenn returns to space aboard the shuttle Discovery. At age 77, he was the oldest person to travel into space.

2006: The U.S. population reaches 300 million.

2015: “Spectre,” the 24th film in the James Bond series, premieres in London.