



*A Room with a View.*

## DECEMBER 2019



## NOTES & NEWS

### **Boost Brainpower With Cinnamon**

Bolster your brain function with cinnamon. A number of studies show that inhaling the fragrance of the spice, consuming it in food and chewing cinnamon-flavored gum resulted in better scores on memory tests and improved cognitive function.

### **In the Bag**

Brown paper bags can easily be repurposed as filler material. Put a few bags through a paper shredder, and use the shreds as filler for gifts or in a package you're going to mail. Shredded paper also provides protection for fragile items in storage.

### **Happiness Helper: Get Creative**

Whether putting together a holiday craft, making music or baking cookies, engaging in creative activities can help you feel happier. And those feelings of well-being last long after you've taken part in the activity. Psychologists studying the effect say you can gain this feel-good benefit from an artistic pursuit no matter your skill level or talent for it.

## HIGHLIGHTS

### **Grand Illumination Dec 6th 2019**

CVille's 22nd annual Grand Illumination festivities beginning @ 4:30 pm - Sprint Pavilion!

### **Santa Fun Run Dec 8th 2019**

Be a Claus for a cause! @ the Arc of the Piedmont's "6th annual Santa fun run & walk," in front of the Sprint pavilion on the downtown mall.

### **Santa Pancake Breakfast Dec 8th 2019**

Every December, Santa Claus comes to town for final checks on his "Naughty or Nice" list, & makes a special stop @ the Virginia Discovery Museum for the Santa Pancake Breakfast.

### **Lindsey Stirling Dec 14th 2019**

Warmer In The Winter Tour 7:30 PM  
John Paul Jones Arena, Cville, VA

### **Holiday Table & Mantel Centerpiece Workshop Dec 15th 2019**

Decorate your home with a mixture of fresh, fragrant and other natural materials, all locally collected. In this workshop you will learn basic techniques for crafting your own centerpiece to adorn your table.  
@ Monticello

### **The Nutcracker Dec 21st 2019**

Sweeten your holiday season with Charlottesville Ballet's professional production of the classic holiday ballet presented by CAPTRUST! @PVCC

## BULLETIN BOARD

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# TRIVIA WHIZ



## Peppermint, Please

In candy, coffee and cosmetics, peppermint is the scent of the season.

- Peppermint is a perennial herb that grows to a height of about 3 feet. It has green leaves and light purple flowers.
- The plant grows throughout North America, Asia and Europe. The U.S. produces about 70% of the global peppermint crop.
- The herb has been used in cooking and herbal medicine for thousands of years. The Romans believed peppermint could boost intelligence and cure the hiccups.
- Research shows the scent of peppermint helps stimulate brain waves, improve concentration and reduce fatigue.
- Peppermint oil can soothe dry skin and is a common ingredient in lotions and lip balms.
- The fresh herb can be used in a variety of recipes for salads, desserts and beverages.
- Drinking peppermint tea is a popular remedy for relieving headaches and cold/flu symptoms.
- About 1.2 billion candy canes are made every year in the U.S., with 90% of them sold during November and December.
- The peppermint mocha at Starbucks is the coffee chain's No. 1 holiday drink, and is available year-round due to customer demand.
- Dec. 3 is National Peppermint Latte Day. You can mimic the flavor at home by adding milk or cream to black coffee and stirring it with a candy cane.



## Welcome Home for Winter

Winter is on the way, and it's time to make your home feel warm, cozy and inviting. Prepare your space for the season by incorporating rich textures, natural elements, touches of greenery and a bit of shine.

*Door decorations.* All it takes is a wreath or door hanging to make your home look ready for the season. A grapevine wreath embellished with pinecones, fresh greenery, and a few white flowers makes a versatile

piece you can display all winter long.

*Seasonal centerpiece.* Start with a container such as a silver bowl, a wooden tray or a glass jar. Arrange your choice of natural elements, such as pinecones, evergreen clippings, holly berries and birch branches. Add sparkle with a string of miniature white lights.

*Cozy covers.* Texture helps create warmth, both physically and visually. Drape a faux fur blanket over a chair. Place a sheepskin rug on the floor, or toss one over an ottoman. Store your cozy throws in a large rattan basket; the natural brown tone will add another warm element to the room.

*The finishing touch.* Tuck in a few wintry items here and there, such as bottlebrush trees, battery-operated tea lights, and figurines of woodland critters. Use plaid fabrics to make your home feel fun and festive. A bowl of cinnamon or pine potpourri is a fragrant addition.

## Simmer and Savor

A steamy bowl of homemade soup can warm up a winter evening. With the convenience of a slow cooker, you can let your meal simmer for hours, so it's ready to enjoy when you get home after a busy day.

From baked potato soup and corn chowder to beef stew and chicken tortilla soup, the internet is an endless source of recipes to suit a variety of cuisines and preferences.

If your mornings are hectic, choose a recipe you can prepare the night before. Chop the vegetables, measure and add the liquids, grains and seasonings, then refrigerate. You may need to increase the cooking time for the meal if you go this route, since the ingredients will be chilled.

Most soups and stews need three to four hours on the high setting or six to eight hours on low. Every slow cooker is different, so be prepared to adjust the timing slightly. A smaller slow

cooker will heat more quickly, which may result in a reduced cook time. A larger appliance will cook more slowly.

Another advantage of slow cooker soups is that you can often freeze the leftovers. Make a double batch so you have enough to store in the freezer for a future meal. Chili, vegetable soup and stew are good candidates for the freezer. Creamy soups and those with pasta can be frozen, but the texture may be affected.



# WIT & WISDOM



## Have an Eco-Friendly Holiday

Be kind to the Earth this holiday season by taking steps to keep your celebrations eco-friendly.

*Go green with greetings.* If you are sending out cards or including them with gifts, choose ones made from recycled paper. Recycle or repurpose the cards you receive.

*Be a smart shopper.* Take along reusable bags when you hit the stores, and travel via public transportation or carpool to reduce pollution and energy consumption. Choose gifts that will stand the test of time. Cheaper, less durable products wear out quickly, creating waste.

*Wrap with care.* See how creative you can be when it comes to wrapping presents. Use newspaper, magazine pages or maps as wrapping paper. Place gifts in cloth bags that recipients can reuse themselves. Save bows, ribbons, bags and wrapping paper to use next year.

*Make mealtime meaningful.* Choose organic foods for gatherings. Set the table with cloth napkins and reusable, not disposable, plates and glasses. Share leftovers with family and friends.

*Save energy.* Turn off decorative lights when you're not home and before going to bed. If lights or other decorations need batteries, choose rechargeable ones. If you will be traveling and away from home for more than a day, turn down your thermostat and put lights on timers.

**Be kind to the Earth  
this holiday season**

## Apple-Cranberry Cobbler

### Ingredients:

- Nonstick cooking spray
- 5 apples, peeled, cored and cut into 1/2-inch-thick slices
- 1 1/2 cups fresh or frozen cranberries
- 2 teaspoons lemon juice
- 1 teaspoon vanilla extract
- 1/2 cup granulated sugar
- 2 tablespoons cornstarch
- 1/2 teaspoon ground cinnamon
- 1 container (10.2 ounces) refrigerated homestyle biscuits, quartered
- 2 tablespoons butter, melted
- 2 tablespoons sparkling sugar

### Directions:

Heat oven to 375° F.

Prepare pie pan with nonstick cooking spray.

In large bowl, mix apple slices, cranberries, lemon juice and vanilla extract.

In small bowl, whisk sugar, cornstarch and cinnamon. Stir into fruit mixture.

Spoon mixture into prepared pan. Cover with foil. Bake on cookie sheet 40 to 45 minutes. Remove from oven.

Toss biscuits in melted butter. Distribute cut biscuits over fruit. Sprinkle biscuits with sparkling sugar.

Return to oven and bake 18 to 20 minutes. Remove from oven.

Let cool 15 minutes before serving.

*Find more recipes at  
[www.Culinary.net](http://www.Culinary.net).*



“He who marvels at the beauty of the world in summer will find equal cause for wonder and admiration in winter.”

—**John Burroughs**

“Always be on the lookout for the presence of wonder.”

—**E.B. White**

“Recapture the childlike feelings of wide-eyed excitement, spontaneous appreciation, cutting loose, and being full of awe and wonder at this magnificent universe.”

—**Wayne Dyer**

“Life itself is the most wonderful fairy tale.”

—**Hans Christian Andersen**

“Life has loveliness to sell, all beautiful and splendid things, blue waves whitened on a cliff, soaring fire that sways and sings, and children’s faces looking up, holding wonder like a cup.”

—**Sara Teasdale**

“It is a wholesome and necessary thing for us to turn again to the Earth and in the contemplation of her beauties to know the sense of wonder and humility.”

—**Rachel Carson**

“There are no great limits to growth because there are no limits of human intelligence, imagination, and wonder.”

—**Ronald Reagan**

“The larger the island of knowledge, the longer the shoreline of wonder.”

—**Huston Smith**

“The dignity of the artist lies in his duty of keeping awake the sense of wonder in the world.”

—**G.K. Chesterton**



## December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 RENT DUE!	2	3 Coffee and Conversation 10 a.m.	4 Pest Control # 865	5	6 	7
8	9	10 Coffee and Conversation 10 a.m.	11 Pest Control # 875	12	13	14
15 	16	17 Coffee and Conversation 10 a.m.	18 Pest Control # 920	19	20	21 
22	23	24 Coffee and Conversation 10 a.m.	25 <b>25</b> <b>DECEMBER</b> CHRISTMAS — DAY —	26	27	28
29	30	31 Coffee and Conversation 10 a.m. NEW YEAR'S EVE	<b>DECEMBER</b>			

## "This Month In History" DECEMBER

**1913:** Created as a new game to entertain readers, the first crossword puzzle is published in the Sunday edition of the New York World newspaper.

**1925:** The world's first motel opens in San Luis Obispo, Calif. It charged \$1.50–\$3 a day.

**1947:** A snowstorm hits the Northeast, burying New York City in more than 25 inches of snow in less than 24 hours.

**1955:** Rosa Parks is arrested after refusing to give up her seat on a public bus in Montgomery, Ala. Her actions helped spark the civil rights movement.

**1979:** The first Susan B. Anthony dollar coins are minted. This marked the first time a woman appeared on a circulating U.S. coin.

**1987:** Ron Hextall of the Philadelphia Flyers becomes the first NHL goalie to shoot and score a goal.

**2006:** Legendary blues musician B.B. King is awarded the Presidential Medal of Freedom.

**2018:** Tom Brady, quarterback of the New England Patriots, breaks the record for most touchdown passes in NFL history, with 580.