



LANDINGS AT Weyers Cave

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AUGUST 2014



NOTES & NEWS

Get Ready With Rosemary

Some research has found that the scent of the herb rosemary may increase alertness and improve memory. Before your next exam or important meeting, inhale the scent of some fresh rosemary or rosemary essential oil.

New Use for Marbles

When arranging fresh flowers, add some marbles to the vase to help stabilize the stems.

Fashion Sense

Don't show up at an event underdressed. If you are not sure of the dress code, overdress. There is nothing wrong with looking too nice, but you'll probably feel uncomfortable if you look more casual than the occasion calls for.

Fitness Tip: Be a Kid Again

Want to make exercise more fun? Bring back the playground activities you loved as a kid. Get a boost of cardio by jumping rope, and strengthen your abs with a hula hoop.

HIGHLIGHTS

Deal of the Month

As many students return to classes in August, look for retailers to mark down laptops, tablets and PCs. Whether you're planning to hit the books or not, this is a good time to find a deal on a new computer.

Brain Boost for Book Lovers

People often say the book is better than the movie. Scientists who study brain function agree. Research shows processing information by reading it gives you more of a mental workout than simply watching it unfold on a screen. Reading activates your imagination and insight. Exercise yours on National Book Lovers Day, Aug. 9.

Bathroom Facelift

A great way to give your bathroom a fresh look is with new textiles. Pick out a new shower curtain and bath mat, and maybe even some new towels. Splurge on quality products, and make your bath feel like a spa.

Eat for Better Sleep

The International Journal of Obesity published a study that suggests the more fatty foods you eat, the worse you will sleep. Fried food, red meat and cheese-based meals make your digestive system work overtime when your body is trying to rest.

3 Things You Need to Know

Regardless of your age or current physical condition, you can reap the physical, mental and emotional rewards of exercise. *HelpGuide.org* offers these tips:

- 1) Start slow, and gradually increase your activity level. Reaching even a small goal will keep you motivated.
- 2) Make exercise part of your daily routine.
- 3) Wear supportive footwear and comfortable clothing that doesn't restrict your movement.

BULLETIN BOARD

Taste Test

When making meatloaf or meatballs, form a small patty out of the mixture and fry it in a skillet. After tasting the sample, you will know if you need to adjust the seasonings.

Left Is Right

If heartburn bothers you at night, try sleeping on your left side. Studies show that this position helps prevent stomach acid from rising.

TRIVIA WHIZ



Swinging Sport

In the Middle Ages, Scotsmen used long clubs to hit small, round balls into small, round holes. Today, millions of people worldwide play the game of golf. The sport's best players will hit the links at this month's PGA Championship. Here are some facts about the sport that has been called relaxing, infuriating and addicting.

- Shooting for a hole-in-one? Don't bet on it. Hitting the ball directly from the tee into the cup with one shot is difficult. For an amateur golfer, the odds of making it are 12,500 to 1. The odds are 2,500 to 1 if you're a pro.
- A regulation golf ball has between 300 and 500 dimples.
- Golf has been played on the moon. Astronaut Alan Shepard hit two golf balls during a moon walk on Feb. 6, 1971.
- The first golf balls were made of wood. Then, from the 17th century to the mid-19th century, balls were made of feathers stuffed into leather pouches. Today, they are made of resin and rubber.
- Golf is good exercise. You can burn about 1,440 calories by walking an 18-hole course, which usually averages five miles.
- The average speed of the driving swing of a male golfer is 84 mph; for women, it's 62 mph. Pros register around 100 mph.
- Many presidents have played golf. Woodrow Wilson was so dedicated that he played in the snow, using black golf balls!

**"To find a man's true character, play golf with him."
—P. G. Wodehouse**



Mad About Mustard

Whether you enjoy it on a hot dog or hamburger, or as an ingredient in potato salad or deviled eggs, mustard is a favorite condiment of many Americans, who consume more mustard than people in any other country.

What exactly is mustard? Mustard is made from the crushed seeds of the mustard plant, of which there are about 40 species. The plant is in the

same family as broccoli and cabbage, and its leaves are the source of mustard greens, often used in salads.

Both whole and cracked mustard seeds have been used as a spice for thousands of years. Several cultures made a paste by crushing mustard seeds and mixing them with liquids such as vinegar or verjus (the juice of unripe grapes). Likewise, today's mustard varieties are made with ground mustard seeds, one or more cold liquids (usually water and vinegar), and other spices. It takes about 1,000 seeds to make an 8-ounce jar of mustard.

Mustard's flavor ranges from sweet to extremely hot and spicy, depending on the liquids and seasonings used. Unlike sauces made from chili peppers, mustard provides spiciness without a lingering heat. The condiment also complements other flavors, such as horseradish or honey.

Be a Good Customer

Almost every day, we interact with people who have service jobs, from restaurant workers to delivery drivers. As customers, we sometimes take these workers for granted and inadvertently make their jobs more difficult, but there are simple ways to make their day—and likely get outstanding service, too.

Servers. You can make a server's job easier by requesting separate checks and providing coupons up front, rather than after the bill arrives. Also, make any special requests when placing your order to avoid sending food back to the kitchen or having to request additional sides or condiments throughout the meal.

Beauty service providers. When you have an appointment, be on time. Running even a few minutes late can throw off a salon's schedule. If you must cancel an appointment, give as much notice as possible so the time

slot can be given to another client.

Delivery people. If you place an order that will be paid for upon delivery—a pizza, for example—have your payment ready. If the driver has to wait for you to look around for your wallet or write out a check, that's time he or she could be spending on other deliveries and earning more money. Also, if you live in a neighborhood or building that is difficult to navigate, give helpful tips or directions when setting up the delivery or placing your order.





WIT & WISDOM



New Homes for Old Technology

In our increasingly electronic world, where gadgets are continually updated, there's often a dilemma about what to do with our old computers, televisions and other devices. One thing is certain—they do not belong in the trash. Fortunately, there are several alternatives.

Sell them. Don't think that just because a new version exists no one will want an older model. For example, retro video game systems are popular with adults who grew up playing them. Even broken or completely outdated gadgets often have parts that appeal to hobbyists.

Donate them. Community centers, schools, libraries and other charity groups are often happy to receive old computers, printers, digital cameras and more, as long as they are in good working condition. Be sure to call first before dropping off a donation.

Trade them. Some retailers will offer store credit in exchange for your old electronics, even broken ones. When it's time to upgrade your laptop, phone or other device, check with the manufacturer to see if they will recycle your old model for free.

Remember: Before getting rid of any electronic device, first back up any files you need, then completely erase any stored data. To do this, you may need to download a free software program or consult a technician at a computer store or recycling center.

Many manufacturers will recycle old computers and cell phones for free

One Minute Chef

Broccoli Salad with Bacon and Tomatoes

Ingredients:

- 1 head broccoli
- 8 slices bacon, cooked and crumbled
- 1/2 cup chopped red onion
- 1/2 cup raisins (optional)
- 8 ounces sharp cheddar cheese, cubed
- 1/2 cup halved cherry tomatoes
- 1 cup mayonnaise
- 2 tablespoons white vinegar
- 1/4 cup granulated sugar
- Salt, to taste
- Ground black pepper, to taste

Directions:

Wash the broccoli thoroughly. Cut the head into florets and the stem into small, bite-sized pieces.

Place the broccoli in a medium bowl. Add the bacon, onion, raisins, cheese and cherry tomatoes.

In a small bowl, combine the mayonnaise, vinegar and sugar. Stir until the sugar dissolves. Add to the broccoli mixture; toss until well-coated. Season to taste with salt and pepper.

Visit www.Aldi.us for more recipes.



“Think where man’s glory most begins and ends,
And say my glory was I had such friends.”
—**William Butler Yeats**

“Friends and good manners will carry you where money won’t go.”
—**Margaret Walker**

“Since there is nothing so well worth having as friends, never lose a chance to make them.”
—**Francesco Guicciardini**

“Friends show their love in times of trouble, not in happiness.”
—**Euripides**

“A real friend is one who walks in when the rest of the world walks out.”
—**Walter Winchell**

“Wear a smile and have friends; wear a scowl and have wrinkles.”
—**George Eliot**

“It’s the friends you can call up at 4 a.m. that matter.”
—**Marlene Dietrich**

“There is nothing better than a friend, unless it is a friend with chocolate.”
—**Linda Grayson**

“Ah, how good it feels!
The hand of an old friend.”
—**Henry Wadsworth Longfellow**

“A single rose can be my garden ... a single friend, my world.”
—**Leo Buscaglia**

“When your friends begin to flatter you on how young you look, it’s a sure sign you’re getting old.”
—**Mark Twain**



August 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 AUGUST 					1 Rent Is Due 32 Bldg Exterminations	2 Rent Is Due
3 Rent Is Due	4 Rent Is Due Bldg 32 Inspections	5 Rent Is Due	6 Rent Is Late	7	8	9
10	11	12	13	14	15 	16
17	18 	19	20	21	22	23
24/31	25	26	27	28	29	30

"This Month In History" AUGUST

1793: One of the world's most prestigious galleries, the Louvre Museum, opens in Paris.

1890: Baseball great Cy Young pitches his first professional game. The annual Cy Young Award commemorates his career by honoring the best major league pitcher.

1912: Arthur R. Eldred of Oceanside, N.Y., becomes the first person to achieve the rank of Eagle Scout.

1939: The movie musical "The Wizard of Oz" makes its world premiere in Oconomowoc, Wis. Studio MGM worried the film might be a bust and launched it in the Milwaukee suburb rather than Hollywood.

1949: The Basketball Association of America (BAA) and National Basketball League (NBL) merge to create the National Basketball Association (NBA).

1961: The amusement park Six Flags Over Texas opens in Arlington to the delight of thrill-seekers.

1967: Thurgood Marshall becomes the first African-American to be confirmed as a U.S. Supreme Court justice. He served for 24 years before retiring.

1981: IBM releases its new IBM PC. The personal computer's price tag: \$1,565.

1996: "The Macarena" hits the top of the Billboard pop chart, prompting a popular new dance craze.

2013: Described as a small raccoon with a teddy bear face, the olinguito becomes the first mammal to be discovered in the Americas in 35 years.