



LANDINGS AT Weyers Cave

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BULLETIN BOARD

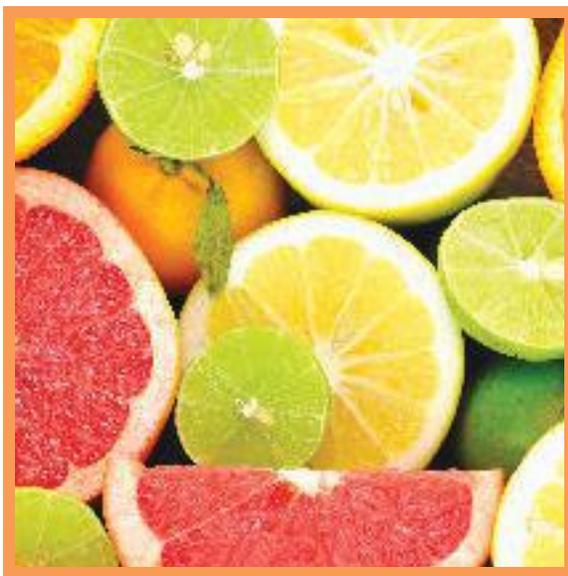
Souvenir Suggestion

If you're hunting for souvenirs in a foreign country, browse the local hardware store. You might find a cool sign in a foreign language.

Deal of the Month

August is the best month to purchase school supplies, office supplies and anything that could be used in a dorm room. You'll find great discounts on notebooks, pens and binders, plus bedding, lamps and small appliances.

AUGUST 2016



NOTES & NEWS

To Your Health: Smile!

Researchers at the University of Kansas found that smiling lowers stress, and it doesn't matter if you're really happy or just faking it. Participants in the study who put on a smile—fake or genuine—had lower heart rates than those with neutral expressions when doing a stressful task.

Little League World Series

Every August, a ballpark in South Williamsport, Pa., becomes a field of dreams for the 11- and 12-year-olds competing in the Little League Baseball World Series. After a series of elimination games, the top U.S. team and top international team take a swing at the title of world champion.

Hometown Holiday

Looking for something to do this weekend? Instead of heading out of town, consider viewing your own city through the eyes of a visitor. Check out a local attraction that is popular with tourists. People often don't explore the sites in their own hometown, and you might be surprised by what's right around the corner.

HIGHLIGHTS

3 Things You Need to Know

Ice is nice, but your freezer can be used for other things, too.

- 1) Store nuts in the freezer to increase their shelf life by months.
- 2) Make a big batch of rice, portion it into zipper bags and freeze. When you need some for a recipe, run hot water over the bag to thaw the rice.
- 3) Make your own frozen yogurt simply by putting your favorite brand and flavor of yogurt in the freezer.

August's Beautiful Blooms

The birth flower for August is the gladiolus. Its name is derived from the Latin word for "little sword," so the long-stemmed flower with showy blossoms is sometimes called the sword lily.

An Extra Layer of Protection

Planning some fun in the sun? Along with sunscreen, wear red or blue clothing. Scientists have found that these shades offer better protection from ultraviolet rays than lighter colors like yellow or white.

Motivational Tip: A Competitive Edge

It's no secret that competition encourages people to perform better, but it's not limited to sports. Whether you want to lose weight, save enough money for a cruise or learn a new language, start a challenge with another person or group of people. A little friendly competition might be what you need to reach your goal.

Amazing Herbs: Lemon Balm

This member of the mint family produces a refreshing, lemon-like fragrance and flavor. Its botanical name, *Melissa officinalis*, comes from the Greek word for "honeybee," and the herb has proven to be a favorite of the beneficial insect. Lemon balm is famous for its calming effects, and tea made from its leaves is a popular remedy for anxiety and insomnia. Some studies indicate that the herb may also improve concentration, memory and attention span.

TRIVIA WHIZ

Shooting Stars

If you keep your eyes on the night skies this month, you might just see a meteor or two. Every year, the Perseid meteor shower peaks around Aug. 10–13. This is when Earth crosses the orbital path of Comet Swift-Tuttle, and debris from the comet enters Earth's upper atmosphere.

- Asteroids, planets and moons can also be sources of space debris. These rocks are known as meteoroids.
- When a meteoroid hits Earth's atmosphere, it becomes a meteor and may be traveling as fast as 130,000 mph. If the object survives the trip and falls to Earth's surface, it is known as a meteorite.
- Meteorites are named for the places they are found, usually a town or geographic feature.
- A meteorite that is seen as it lands is called a "fall." One that is discovered later is called a "find."
- The largest meteorite ever found in the U.S. is the Willamette meteorite, which weighs more than 15 tons. Although already known to native tribes in the area, the meteorite was "discovered" by an Oregon settler in 1902. It is now displayed at the American Museum of Natural History in New York.
- The 66-ton Hoba meteorite, found in 1920 by a farmer plowing a field in Namibia, Africa, is the largest known on Earth. Because of its weight, it has not been moved, and the site is now a national monument.

**"There's nightingales calling,
shooting stars falling,
like jewels in the rain."
—David Gray**



Enhance Your Happiness

Research has found that being happy not only feels good, but also helps us live longer, healthier and more productive lives. While some factors that affect happiness might be outside of our control, there are actions we can take to maximize the joy in our lives.

Spend time outdoors. A little fresh air and sunshine can really lift your spirits. In fact, one study determined that spending 20 minutes outside on a nice day not only made participants feel more positive, but also increased cognitive function.

Cut Back on Salt, but Not Flavor

Celebrate More Herbs, Less Salt Day in August by experimenting with new ways to season the food you eat.

A diet too high in sodium can lead to calcium deficiency and high blood pressure, and can adversely affect kidney, stomach and brain function.

Herbs, on the other hand, have many health benefits, including antibacterial and antiviral properties, and many are high in B-vitamins and trace minerals. Most herbs and spices also contain disease-fighting antioxidants.

Farmers' markets and grocery stores often carry a variety of fresh herbs. The ones you are most likely to see include basil, parsley, cilantro, rosemary, sage and dill.

If you don't have access to fresh herbs, opt for quality dried versions.

One place to incorporate more herbs and less salt is at the table.

Simply looking at images of nature can make you happier.

Try something unfamiliar. Challenge yourself to learn a new skill or start a fun hobby. The self-confidence and sense of accomplishment you'll feel can significantly boost your mood.

Show gratitude. Being thankful and expressing it to others makes you happier and more optimistic. Keep a gratitude journal, and each day write down at least one thing you are thankful for.

Get things done. Procrastination can lead to discontent. Avoid putting off tasks and continue working toward your goals in order to give yourself a mental boost.

Be generous. Studies have found that spending money on someone other than yourself heightens happiness for both parties. Sharing your time with someone can have the same effect.

Keep a shaker of herb mix handy, in addition to or as a substitute for the salt shaker. A blend of onion powder, cayenne, and dried basil, parsley and thyme is one option. Experiment to find your favorite medley.

You can also cut back on sodium while preparing a meal. Rosemary is often used in Mediterranean cooking and is delicious with chicken and roasted root vegetables. Cilantro's lemony acidity complements multiple cuisines, from Thai to Mexican. A classic Italian herb, basil is delicious in salads and sauces.





WIT & WISDOM



Celebrate Late Bloomers

Child prodigies, teen internet stars, 20-year-old entrepreneurs. We hear so much about young phenoms, it can be discouraging for anyone who has reached 30 without accomplishing great things. But success can come at any stage of life. Consider the following individuals, who only got better with age.

Miguel de Cervantes. After suffering disabling war wounds, being kidnapped by pirates and spending time in jail, Cervantes published “Don Quixote” in 1605, when he was in his late 50s.

Paul Cezanne. The French artist sold few canvases, and critics berated his work for years before he got his first one-man exhibition in 1895, at the age of 56. In his 60s, Cezanne produced his most celebrated paintings and finally received public acclaim.

Julia Child. Child and her husband moved to Paris in 1948, and she soon fell in love with French cuisine. The classic book “Mastering the Art of French Cooking” was published when Child was 49. She began hosting “The French Chef” at age 50, and the televised cooking show continued for 10 years.

Susan Boyle. In 2009, the 48-year-old Boyle appeared on a British talent show and stunned the judges, audience and later the world with her rendition of “I Dreamed a Dream.” Before the show, she had never sung professionally; after the appearance, she signed a record deal and soon broke global sales records.

One-Minute Chef: Seafood Quiche

Ingredients:

- 2 deep-dish pie crusts (9 inches)
- 1 package (8 ounces) Louis Kemp Crab Delights, flake or chunk style
- 1/2 pound frozen spinach, defrosted and drained
- 1/8 cup fresh dill, chopped
- 2 cups grated Monterey Jack cheese
- 6 large eggs
- 1 1/2 cups half-and-half
- 1/2 teaspoon black pepper

Directions:

Place oven rack in bottom third of oven and heat to 425° F.

Line pie crusts with aluminum foil or parchment paper and fill with pastry weights. Bake until each pastry is golden at edges, about 15 minutes.

Remove from oven and remove aluminum foil and pastry weights. Return shells to oven and bake until bottoms are golden, about 5 minutes. Remove from oven and set aside.

Move oven rack to middle and lower temperature to 350° F.

Add seafood, spinach, dill and cheese to prebaked pie shells. In large bowl, whisk together eggs, half-and-half and pepper. Pour mixture over ingredients in pie shells. Bake until filling puffs and is no longer wobbly in center when quiche is gently shaken, 40 to 50 minutes.

Cool in pie plates at least 15 minutes. Divide each quiche into six wedges and serve.

Find more recipes at www.LouisKemp.com.



“The sky is the daily bread of the eyes.”

—**Ralph Waldo Emerson**

“Together we can face any challenges as deep as the ocean and as high as the sky.”

—**Sonia Gandhi**

“More varied than any landscape was the landscape in the sky, with islands of gold and silver, peninsulas of apricot and rose against a background of many shades of turquoise and azure.”

—**Cecil Beaton**

“The sky broke like an egg into full sunset and the water caught fire.”

—**Pamela Hansford Johnson**

“The artist is a receptacle for emotions that come from all over the place: from the sky, from the Earth, from a scrap of paper, from a passing shape, from a spider’s web.”

—**Pablo Picasso**

“The sky lovingly smiles on the Earth and her children.”

—**Henry Morton Stanley**

“I think the Earth and everything around it is connected—the sky and the planets and the stars and everything else we see as a mystery.”

—**Marion Cotillard**

“There is the sky, which is all men’s together.”

—**Euripides**

“The sky is always there for me, while my life has been going through many, many changes.

When I look up at the sky, it gives me a nice feeling, like looking at an old friend.”

—**Yoko Ono**



August 2016

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|----------------------------------|--|--|-------------------|
| | 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 | 11  | 12 Exterminator in 32 Building | 13 |
| 14 | 15  | 16 Office Closed. Landings Staff Off to Training. | 17 Inspections in 32 Building | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 |  | | |

"This Month In History" AUGUST

1790: The first U.S. Census is completed and records a population of 4 million people in America.

1909: A penny for your thoughts! The Lincoln 1-cent coin is issued and goes into circulation.

1914: The Panama Canal officially opens. The 50-mile-long waterway is a vital shipping shortcut, connecting the Atlantic and Pacific oceans.

1924: "Little Orphan Annie," a daily comic strip by Harold Gray, debuts.

1930: Clarence Birdseye is granted a patent for his quick-freeze method of packaging frozen foods.

1942: Walt Disney's animated film "Bambi" premieres in New York City.

1954: The first issue of Sports Illustrated is published.

1963: On the steps of the Lincoln Memorial, Martin Luther King Jr. delivers his stirring "I Have a Dream" speech to thousands of civil rights supporters in Washington, D.C.

1974: French aerialist Philippe Petit gains fame for his high-wire walk between the twin towers of New York City's World Trade Center.

1992: The largest shopping mall in the country, the Mall of America, opens in Bloomington, Minn.

2000: Contestant Richard Hatch wins the \$1 million prize on the first season finale of the reality TV competition "Survivor."

2008: American swimmer Michael Phelps splashes into the history books, winning a record eight gold medals at the Summer Olympics in Beijing.