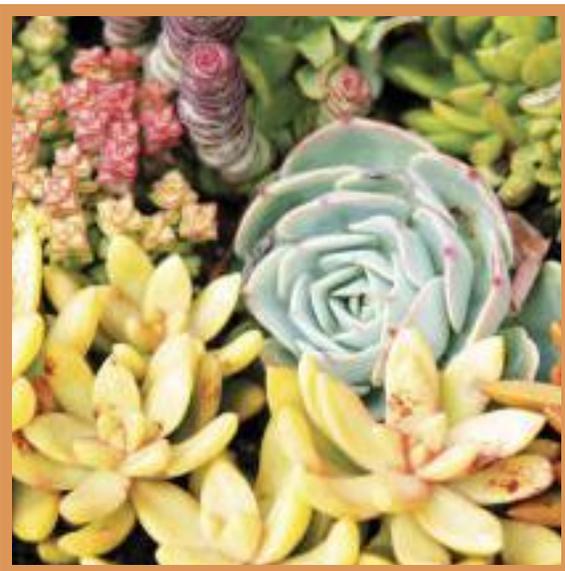




LANDINGS AT Weyers Cave

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

AUGUST 2017



NOTES & NEWS

Spray Away Summer Heat

Beat the summer heat by keeping a spray bottle filled with cold water handy. Spritz your face, neck and arms when you need to cool down.

In the Kitchen: Marinade Magic

Add a tablespoon of fresh coffee grounds to marinades and rubs to tenderize meat and give it a mild smoky flavor.

Repurpose Plastic

Plastic food storage containers with missing lids make great drawer organizers. They can be useful in desk, kitchen or bathroom drawers.

'Grin' Is One

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

Travel Tip: Ask an Expert

The next time you fly to a new vacation destination, ask your flight attendant for information about the area. They might be able to offer dining, shopping or entertainment suggestions that you won't find in a guidebook.

HIGHLIGHTS

3 Things You Need to Know

Save on school supplies with these timely tips:

1) Make an organizer for a three-ring binder by punching holes in the bottom of a heavy-duty zipper freezer bag. Use it to hold pencils, pens and erasers.

2) Stores mark school supplies way down after Labor Day. If some items on your supply list can wait a few weeks, save money by hitting the sales.

3) Many backpacks don't hold up well to the wear and tear of daily use. Find one that is built to last at a military surplus store.

Payment Plan

Medical bills can be unexpected expenses that can wreak havoc on your budget. If you find yourself owing a medical facility more than you can comfortably pay right now, call the financial office and ask to arrange a payment plan. Most will be happy to work with you.

Comforting Décor

A small switch in décor that can make a big difference is changing your bedding to go with the seasons. Look for a reversible comforter with a bright, whimsical side for summer and a jewel-toned side for cooler months. Similarly, drape a lightweight blanket over the foot of the bed in warmer weather, replacing it with a thicker one as the nights get chilly.

Easy Organization: Keep It Together

Can't find a vacuum cleaner bag or the brush attachment when you need it? Get a large cloth or canvas bag that can hang from a hook in the closet where your vacuum cleaner is stored. Place all the replacement bags, attachments and hoses in the bag. Everything stays together, and you can carry the bag from room to room when cleaning.

BULLETIN BOARD

Free Bowling

National Bowling Day is celebrated on the second Saturday in August. Many bowling facilities offer free games on this day.

Did You Know?

Half a byte is called a nibble.

Make a Note

A whiteboard is not the most attractive addition to your home décor. Instead, put a piece of pretty wallpaper or fabric inside a large picture frame. You can write notes and lists on the glass with a dry-erase marker.

TRIVIA WHIZ



Lighting the Way

National Lighthouse Day on Aug. 7 commemorates the date in 1789 that Congress established federal control of lighthouses.

- The two main purposes of a lighthouse are to serve as a navigational aid for ships at sea or on inland waterways and to warn boats of hazardous coastlines and reefs.
- The earliest lighthouses used open fires. They later progressed through candles, lanterns and electric lights. Today's most powerful beacons can be seen from 25 miles away.
- The first known lighthouse, the Pharos of Alexandria in Egypt, was built between 300 and 280 B.C. At more than 350 feet tall, it was one of the Seven Wonders of the World.
- The oldest existing lighthouse, known as the Tower of Hercules, marks the entrance to Spain's La Coruña harbor. Built by the Romans in the first century, it remains operational today.
- America's first lighthouse, on Little Brewster Island at the entrance to Boston Harbor, opened in 1716. Destroyed by the British in 1776, the tower was rebuilt in 1784 and is the only U.S. lighthouse that still has an official keeper.
- The Statue of Liberty functioned as a lighthouse from 1886 until 1902. It was the first in the U.S. to use electricity.
- Despite advances in technology, the U.S. Coast Guard still considers lighthouses to be important aids to navigation.
- The United States has more lighthouses than any other country, with Michigan home to more than any other state.



Celestial Spectacle

Millions across the U.S. will have their eyes on the sky this month: The first coast-to-coast solar eclipse in nearly a century will take place on Aug. 21.

A total solar eclipse occurs when the moon moves between the sun and the Earth, covering the sun and casting a shadow on Earth. This happens about once every 18 months, but is often visible only from remote areas of the world or

from the vast oceans. This month's eclipse is unique because its path will cross the U.S. diagonally from Oregon to South Carolina, passing through parts of 14 states.

All areas of the continental U.S. will experience at least a partial eclipse, but people in the 70-mile-wide "path of totality" will see a total eclipse, when only the sun's outer atmosphere, the corona, will be visible. In the middle of the day, twilight will fall for up to 2 minutes, 40 seconds; stars and planets will be visible; and the temperature will drop, just like at nighttime.

The view is sure to be breathtaking, but experts caution that looking directly at the sun can cause permanent eye damage. Special eclipse glasses or solar viewers are essential.

The next total solar eclipse in the U.S. will occur in 2024 and will darken a trail from Texas to New England.

Easy Ways to Reduce Food Waste

Did you know studies have found that people in the U.S. throw away almost 40 percent of the food they buy? You can save money, as well as the resources consumed in producing food, with some simple steps to reduce waste.

Before heading to the grocery store, look in your refrigerator and cupboards so you don't end up buying food you already have. Plan meals around what needs to be used up. With those meals in mind, make a shopping list and buy only the items on that list.

If you need small amounts of specific fruits or vegetables for a recipe, buy them from the salad bar so the excess won't spoil. Purchase grains, nuts and spices from bulk bins so you can measure out exactly how much you need.

After a meal, label and date the leftovers. Keep some masking tape

and a marker handy in your kitchen to make the process quick and easy. Incorporate an "eat the leftovers" night into your weekly routine.

Remember that many ingredients can be frozen. Use your freezer to preserve bread, hard cheese, butter, chopped onions and peppers, tomato sauce, and lunch meat. Store pasta, cereal and crackers in airtight containers so they stay fresh longer.

These small changes can make a big difference in reducing food waste.





WIT & WISDOM



Take the First Step

Something as simple as taking a walk every day can greatly improve your health and even add years to your life.

Studies have found that walking sharpens brain and memory function; strengthens bones and muscles; boosts mood; lowers the risk of heart disease, high blood pressure and diabetes; improves balance and coordination; enhances immunity; improves sleep; and helps you maintain a healthy weight.

The first step in starting a walking program is choosing comfortable shoes with proper arch support and thick, flexible soles.

If you haven't been exercising regularly, start with walking five minutes a day the first week, and increase your time by five minutes each week until you reach the recommended goal of 30 minutes a day.

Walk slowly for the first five minutes to warm up your muscles and prepare your body for exercise, then increase your speed. At the end of your walk, go slowly for five minutes to cool down your muscles.

Stay motivated by making your walks enjoyable. Ask a friend or neighbor to join you or listen to music while you walk.

If you miss a day, don't give up. Just remind yourself how good physical activity makes you feel, and get back on track. Better health is just a daily walk away.



One Minute Chef

Summer Pizza Snack

Ingredients:

- 1 tube (8 ounces) crescent rolls
- 1 package (8 ounces) low-fat cream cheese
- 1/4 cup light mayonnaise
- 1/4 teaspoon garlic powder
- 1 cup shredded part-skim mozzarella cheese
- 3/4 cup sliced cherry tomatoes
- 1/2 cup chopped broccoli florets
- 1/2 cup chopped cucumber

Directions:

Heat oven to 375° F.

In 9-by-13-inch baking pan, spread out crescent roll dough. Seal seams together to form one large rectangle across bottom of pan.

Bake 10–12 minutes, or until lightly browned. Cool on rack.

In small bowl, mix together cream cheese, mayonnaise and garlic powder. Spread evenly over entire cooled crust. Top with mozzarella, tomatoes, broccoli and cucumber.

Cut into 12 squares and serve.

Find more recipes at www.MidwestDairy.com.



“There is nothing I like better at the end of a hot summer’s day than taking a short walk around the garden. You can smell the heat coming up from the earth to meet the cooler night air.”

—Peter Mayle

“If you saw a heat wave, would you wave back?”

—Steven Wright

“When you can’t make them see the light, make them feel the heat.”

—Ronald Reagan

“I am not bound for any public place, but for ground of my own where I have planted vines and orchard trees, and in the heat of the day climbed up into the healing shadow of the woods.”

—Wendell Berry

“Maybe we adults idealize our own red-rover days, the hot afternoons spent playing games that required no coaches, eating foods that involved no nutrition, getting dirty in whole new ways and rarely glancing in the direction of a screen of any kind.”

—Nancy Gibbs

“I’m surprised how hot it gets in the Moab Desert. I knew it got hot, but I didn’t think it got, like, Mercury-hot.”

—Adam Ferrara

“What dreadful hot weather we have! It keeps one in a continual state of inelegance.”

—Jane Austen

“Those who cannot understand how to put their thoughts on ice should not enter into the heat of debate.”

—Friedrich Nietzsche

“It ain’t the heat, it’s the humility.”

—Yogi Berra



August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Rent Is Due!!	2 Rent Is Due!! Pet Day 2-6pm! (More Information TBA)	3 Rent Is Due!!	4 Rent Is Due!!	5 Last Day to Pay Rent on Time!
6 RENT IS LATE!	7	8	9 Back to School Breakfast @ 7am!	10 	11 32 Building Extermination and Filter Changes!	12
13	14 32 Building Inspections!	15 	16 Senior Bingo 10am-11:30am!	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	 August 	

"This Month In History"

AUGUST

1790: With 10 small vessels to patrol the Atlantic coastline, the service that would later become the U.S. Coast Guard is created by an act of Congress.

1884: The cornerstone for the Statue of Liberty's pedestal is laid in New York Harbor.

1905: Ty Cobb makes his MLB debut with the Detroit Tigers. The Hall of Famer hit a double in his first at-bat.

1916: The National Park Service is established.

1922: A New York radio station broadcasts the first paid radio commercial. It was an ad for a new apartment complex.

1934: The comic strip "Li'l Abner" by Al Capp begins its 43-year run.

1945: Celebrations break out across the U.S. when President Harry S. Truman announces Japan's surrender to the Allies, ending World War II.

1958: The USS Nautilus submarine completes the first undersea crossing of the North Pole.

1961: In Toronto, the Hockey Hall of Fame opens.

1977: The Department of Energy is created.

1983: Space shuttle Challenger astronaut Guion S. Bluford Jr. becomes the first African-American to travel into space.

1993: Ruth Bader Ginsburg is sworn in as an associate justice of the Supreme Court. She was the second woman in history appointed to the position.

2015: Mount McKinley, North America's highest peak, is officially renamed Denali, its traditional Alaskan name.

2016: At the Summer Olympics in Rio de Janeiro, American athletes earn a record-breaking 121 medals.