



LANDINGS AT Weyers Cave

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

AUGUST 2018



NOTES & NEWS

Keep It Covered

When you are dining outdoors, keep bugs, leaves and other debris out of your beverage by topping the glass with a paper cupcake liner. Cut an X in the bottom of the baking cup, place it upside down over the glass, and insert a straw to enjoy your drink without worry.

Easy Access

Looking for the perfect gift for someone who is moving into their first apartment or house? Here's something useful and practical that they may not think to purchase for themselves: a stepladder. Choose a style that can be folded flat for easy storage.

Plum Delicious

With over 2,000 varieties, plums are available in a rainbow of hues. The fruit's skin can be red, purple, blue, black, green or yellow, while its flesh comes in colors of yellow, green, pink and orange. Rich in vitamin C, fiber and potassium, plums are juiciest and sweetest when eaten at room temperature.

HIGHLIGHTS

Travel Tip: Ask Around

Before your next trip, ask friends and co-workers if they have ever traveled to the same destination. Someone who's been there before can suggest places to eat, museums to visit, transportation to take, and the best places to stay.

Energy-Saving Adjustment

Air conditioning is nice on hot summer days, but you can save quite a bit of energy by adjusting your thermostat up one or two degrees. The smaller the difference between the indoor and outdoor temperatures, the less electricity you will use.

Citrus Save

Before you juice a lemon, lime or orange, remove the zest and freeze it for later. The frozen zest will thaw almost instantly and be ready when you need it.

Clean Water

During National Water Quality Month in August, take action to improve the water quality in your community. Properly disposing of harmful materials is an important step in reducing contamination of soil and water. Common products that contain hazardous substances include motor oil, pesticides, paint cans, flea collars and household cleaners. It is also important to pick up and properly dispose of pet waste.

On the Menu: Heirloom Tomatoes

Commonly sold at farmers' markets, heirloom tomatoes stand out from the rest of the crop. Unlike commercially grown produce, which is bred specifically to have a uniform appearance and taste, heirloom varieties of the juicy summer staple typically yield a harvest of different shapes, sizes and colors, and are prized for their superior flavor. A plant variety must be at least 50 years old for it to be considered heirloom, and seeds are usually passed down through generations.

BULLETIN BOARD

Buying Books

Nowadays, students can save money on college textbooks thanks to the many online shops that resell or rent books. Be sure to explore other options before paying full price.

Sole Support

If your favorite pair of shoes lacks proper arch support, it can lead to pain in your feet, knees and back. Doctors say you can add support to your footwear with over-the-counter orthopedic inserts or insoles.

TRIVIA WHIZ

Ahoy, Matey

The adventures of pirates, both historical and fictional, have fascinated people for years. Avast, me hearties, and follow the map to this treasure chest of pirate facts:

- The time between 1650 and 1730 is considered the golden age of piracy.
- Edward Teach—better known as Blackbeard—is perhaps the most notorious pirate. In 1996, his ship the Queen Anne's Revenge was found off the coast of North Carolina. The loot recovered from the site included more than 250,000 artifacts.
- Famous female pirates included Mary Read, Anne Bonny and Ching Shih.
- The most popular pirate-themed book of all time is "Treasure Island" by Robert Louis Stevenson, published in 1883.
- August is International Pirate Month, so it's the perfect time to practice your pirate accent in preparation for Talk Like a Pirate Day on Sept. 19.
- Several schools and sports teams have a pirate as their mascot, including Major League Baseball's Pittsburgh Pirates.
- Based on the Disneyland theme park ride, the film "Pirates of the Caribbean: The Curse of the Black Pearl" was released in 2003. The successful movie spawned four sequels, all starring Johnny Depp as Capt. Jack Sparrow.
- Dozens of towns across the country host pirate festivals, including Pirates of the Pacific in Oregon, the Beaufort Pirate Invasion in North Carolina and the Midwest Pirate Fest in Nebraska.



A Guide to Garage Sale Shopping

Yard sales are a common sight in summer. If the thought of searching through someone else's castoffs for a bargain sounds like fun, read on.

Where to go. Look in the local newspaper and on garage sale websites to find sales near you and see the types of items they are offering. There are also phone apps that let you sort through sales by categories, such as baby clothes or antiques.

When to go. Popular items such as tools, sporting goods and furniture will likely be sold within the first couple of hours, so get there early if those are what you're looking for. If you are more interested in great deals, shop later in the day when prices will likely drop.

What to take. Make a list of things you want to find. Write down sizes and dimensions, and take a tape measure. You'll also want to have a few tote bags to hold the goodies you buy. Most sales accept only cash, so be prepared with plenty, including small bills. Pack a few bottles of water and some snacks.

How to shop. Carefully look over an object before you buy it. Most items are sold "as is." Ask if you can plug in electronics to see if they work. When buying DVDs or video games, open the case to make sure the right title is inside. When you are ready to check out, don't be shy about negotiating.

Legendary Lions

It may be the dog days of summer, but a big cat is getting attention this month. World Lion Day on Aug. 10 puts the majestic animal in the spotlight. Celebrate this pride of famous lions:

MGM lion. His recognizable roar has signaled the start of every MGM film since the studio's founding in 1924. A feline named Leo has been the featured mascot the longest, since 1957.

Cowardly Lion. He's supposed to be King of the Beasts, but believes he lacks the courage. So the Cowardly Lion joins Dorothy, the Scarecrow and the Tin Man on their journey to see the Wizard in "The Wizard of Oz."

Aslan. The wise and powerful lion in "The Chronicles of Narnia" book and movie series serves as a guide to four children who walk through a wardrobe and into the fantasy land of Narnia.

Elsa. The true story of this real-life lioness was the basis of "Born Free,"

a book and movie about a couple who raised the orphaned cub, then released her back into the wild.

Simba. From playful lion cub to king of Pride Rock, Simba grows up and faces his fears in Disney's blockbuster animated movie "The Lion King."

Chauvet Cave lions. The prehistoric art of the Chauvet Cave in southern France was created about 35,000 years ago. The cave paintings depict a variety of animals, including cave lions, which were larger than modern lions and lived throughout Europe, Asia and North America.





WIT & WISDOM



One Minute Chef

Coleslaw With Green Chili Pepper Dressing

Ingredients:

- 1 1/2 cups mayonnaise
- 1 cup sour cream
- 3/4 cup diced green chilies, drained
- 6 tablespoons apple cider vinegar
- 2 tablespoons Dijon mustard
- 2 tablespoons Sriracha sauce
- 2 tablespoons agave nectar
- 2 cups shredded napa cabbage
- 1 cup shredded red cabbage
- 1 cup shredded carrots
- 1/2 cup thinly sliced white onions
- 2 1/4 teaspoons kosher salt, plus additional, to taste
- 1/2 teaspoon ground black pepper, plus additional, to taste

Directions:

In medium bowl, whisk mayonnaise, sour cream, chilies, apple cider vinegar, Dijon mustard, Sriracha sauce and agave nectar until well-blended.

In large bowl, combine napa cabbage, red cabbage, carrots, onions, salt and pepper. Add mayonnaise mixture; toss until well-coated. Season with additional salt and pepper to taste, if desired.

Coleslaw can be prepared ahead of time and refrigerated up to 1 day. Toss before serving.

Find more recipes at RioLunaPeppers.com.



Dress Up Your Drinking Water

Consuming enough water ensures that our bodies function properly, and hydration is especially important during hot summer months. Plain water, however, can be a bit boring. Here are some simple and creative ways to boost your daily water consumption.

Upgrade your ice cubes. Add chopped berries, mint or cucumber to water in an ice cube tray and freeze. You can also make ice cubes out of fruit juice, or freeze orange slices and use them as ice cubes.

Flavor with fresh fruit. Fruit is an excellent addition to water because it provides natural sweetness plus vitamins and minerals. Crush some raspberries, blueberries, mango or watermelon in the bottom of your glass, then add water. Or drop a few strawberry or kiwi slices in your beverage.

Herbs and spice are nice. Tempt your taste buds with the addition of herbs such as thyme, basil, cilantro, mint or lavender. Gently crush the herbs to release the flavor. Another option is to simmer a cinnamon stick in a cup of water, let it cool, then combine it with a pitcher of cold water.

Jazz it up with juice. Enhance the color, flavor and nutrients in water with a splash of fruit juice. Grapefruit, cranberry, pomegranate, grape and apple are all delicious choices.

Switch to sparkling. Sparkling water is a fun alternative to plain water and comes in multiple flavors. You can reduce the carbonated qualities of sparkling water by mixing it half-and-half with plain water.

“Play is the exultation of the possible.”
—**Martin Buber**

“Work hard, play hard, dream big, love loads, laugh as much as you can, and give back.”
—**Deirdre O’Kane**

“Watch a child play, and you will see real power. They are fearless.”
—**Gray Scott**

“Play keeps us vital and alive. It gives us an enthusiasm for life that is irreplaceable. Without it, life just doesn’t taste good.”
—**Lucia Capacchione**

“Play is hard to maintain as you get older. You get less playful. You shouldn’t, of course.”
—**Richard Feynman**

“It is a happy talent to know how to play.”
—**Ralph Waldo Emerson**

“We are never more fully alive, more completely ourselves, or more deeply engrossed in anything than when we are playing.”
—**Charles Schaefer**

“Play is our brain’s favorite way of learning.”
—**Diane Ackerman**

“Play energizes us and enlivens us. It eases our burdens. It renews our natural sense of optimism and opens us up to new possibilities.”
—**Stuart Brown**

“Creative play is like a spring that bubbles up from deep within a child.”
—**Joan Almon**

“The supreme accomplishment is to blur the line between work and play.”
—**Arnold J. Toynebee**



August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 August 			1	2	3	4
5	6	7	8	9	10	11
12	13		15	16	17	18
19	20	21	22	23		25
26	27	28	29	30	31	

“This Month In History”

AUGUST

1909: The U.S. military enters the aviation age when the Army purchases its first airplane, the Wright Military Flyer, built by the Wright brothers.

1910: Chicago engineer Alva J. Fisher receives a patent for his electric motor-powered washing machine. The washer was sold under the brand name Thor.

1939: Business tycoon and pilot Howard Hughes receives the

Congressional Gold Medal for “advancing the science of aviation.”

1942: The Battle of Guadalcanal begins. It was the first major Allied offensive in the Pacific during World War II.

1957: With teens dancing to the day’s hit music, “American Bandstand,” hosted by Dick Clark, starts broadcasting nationwide.

1962: Spider-Man makes his debut in the comic book “Amazing Fantasy” issue No. 15, published by Marvel Comics.

1970: Introduced by Neil Diamond at a club in Hollywood, singer Elton John performs his first show in the U.S.

1981: The IBM Personal Computer goes on sale with a price tag of \$1,565.

1993: Parisian officials welcome the 150 millionth visitor to the Eiffel Tower since it opened in 1889.

2001: Astronomers announce the discovery of the first solar system outside our own when they identify two planets orbiting a star in the Big Dipper constellation.

2008: China’s capital city of Beijing hosts the Summer Olympic Games.

2017: In a rare coast-to-coast total solar eclipse, the moon’s shadow sweeps across 14 U.S. states.