



LANDINGS AT Weyers Cave

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

JULY 2014



NOTES & NEWS

Berry Good for You

Stay hydrated during hot weather by snacking on juicy raspberries, blueberries and strawberries. Eat them plain or mixed with yogurt and a little granola for a sweet treat.

Super Savings

Even if you don't have children in school, you can take advantage of back-to-school sales. Stock up on copy paper, pens, tape, markers and other supplies for a fraction of what they would cost the rest of the year.

Cool Down

If you spend time outside in the summer heat, remember to take frequent breaks in a cool place.

Stop the Sneezes

Those who suffer from seasonal allergies should keep car windows closed while traveling, avoid being outdoors between 5 and 10 a.m. when pollen counts are at their highest, and stay away from freshly cut grass.

HIGHLIGHTS

Prevent Bug Bites

If you go to a ballgame, barbecue or other outdoor event this summer, avoid putting on perfume or cologne beforehand—these types of scents can attract mosquitoes.

A Better Bedtime

People who have trouble falling asleep often find that a soothing bedtime ritual, such as taking a bath or playing music, helps them wind down.

Soothing Soak

Tea will help ease sunburn pain. Pour a pot of brewed tea into a bathtub of lukewarm water. Soak in the tub until your skin feels better.

Citrus, Not Salt

To give a savory dish a little something extra, add a squeeze of lemon juice instead of salt. A bit of citrus can make a big difference.

Budget Tip: No-Spend Weekend

Many advocate the perks of a monthlong "spending freeze," when you only shop for the absolute basics, such as groceries and gas. If this seems overwhelming to you, start with a no-spend weekend: cook your own meals, watch movies or play games at home, and avoid online shopping sites. You might find it's easier than you think!

BULLETIN BOARD

Beneficial Bags

Is your home overflowing with plastic shopping bags? Drop them off at farmers' markets, animal shelters and day care centers, where they'll be used again.

Neat Sheets

Keep your closet organized by storing each set of sheets in one of the matching pillowcases.

Corn Cleaner

A clean toothbrush will quickly remove silk threads from freshly shucked ears of sweet corn.

3 Things You Need to Know

The Continental Congress adopted the Declaration of Independence on July 4, 1776.

1) The population of the colonies at that time is estimated to have been about 2.5 million.

2) Benjamin Franklin, at 70, was the oldest person to sign the declaration.

3) Usually housed at the National Archives in Washington, D.C., the Declaration of Independence was kept at Fort Knox during World War II.

TRIVIA WHIZ



Powerful Peppers

Chili peppers—also called hot peppers—shine in dishes and spice mixes all over the world. Whether you like them mild or fiery, enjoy this roundup of pepper facts:

- Like tomatoes and eggplant, chili peppers are in the nightshade family. Botanically speaking, they are fruits, but are considered vegetables in the culinary world.
- Native to Central and South America, chili peppers were cultivated as early as 3000 B.C. Christopher Columbus is credited with taking the seeds to Europe.
- Because of their spicy flavor, Columbus thought they were related to the black peppercorn plant and therefore called them “peppers.”
- A pepper gets its heat from a substance called capsaicin, found in the seeds and membranes of the fruit.
- Bell peppers are in the same plant family as chili peppers, but they don’t contain any capsaicin. They are considered a sweet pepper rather than a hot pepper.
- Chili peppers are low in calories and sodium, and are a good source of potassium, iron, and vitamins A, C and E.
- The best way to soothe your mouth after eating a hot pepper is to drink milk.

A Spicy Scale

Chili pepper heat is measured in Scoville units, named for pharmacologist Wilbur Scoville. A jalapeño is 2,000 to 8,000 units, a habanero is 100,000 to 300,000 units, and the ghost pepper tops 1 million units. Recent contenders for the world’s hottest pepper, the Trinidad Moruga Scorpion and the Carolina Reaper, measure about 2 million units.



Summer Fun on a Budget

Summertime was made for fun, and you don’t have to stretch your wallet to have a blast. Try some of these activities:

Books and beyond. The library is the place to be all summer long. In addition to reading programs, which allow youngsters to earn prizes for reading books, libraries often will feature movie nights, puppet shows, and classes or workshops for children and adults.

Live it up at the lanes. Check www.KidsBowlFree.com to see if any nearby bowling centers are participating in this program, which allows kids to bowl two free games every day during the summer. A family pass that includes adults may also be available.

Parks and recreation. Keep an eye open for area festivals, which often feature games, arts and crafts booths, contests, and more. Free outdoor movie nights, plays and concerts are also popular during the summer, so be sure to check local parks and other venues for these events.

Look and learn. Cool off in the comfort of a museum, where you can see beautiful works of art, participate in interactive exhibits and browse the gift shop. Visit the websites of area museums to see if they offer free admission days or other discounts.

Customers by the Carloads

Ever since cars hit the road, a variety of businesses have attracted customers with the convenience of drive-thru window service. Today, drivers can do their banking, pick up prescriptions, drop off dry cleaning and even get married just by pulling up to a drive-thru.

By far, the most common drive-thru service is for fast food. In fact, it’s so popular that July 24 marks National Drive-Thru Day.

Drive-thrus evolved from the popular concept of drive-ins, where a carhop would take your order and deliver your food.

Sources differ on who first offered drive-thru service, but one thing they can agree on is that it revolutionized the fast-food segment of the restaurant industry.

Technological advancements have enhanced the process. Wireless

intercom systems arrived in the 1980s, allowing employees to wear headsets, which enabled them to move about and multitask while taking orders. Monitors and LED screens let customers verify their orders and see the amount due.

Today, there are more than 200,000 drive-thru restaurants in the U.S., and drive-thru business brings in up to 70 percent of their profits. Some restaurants only serve using a drive-thru, and many have added multiple lanes to boost sales and service.





WIT & WISDOM



Be Amazed at the Aquarium

A public aquarium is a fun and educational place to visit at any time of the year, whether in a nearby city or during a vacation. In addition to various fish species, many aquariums house an abundance of marine life, including sharks, whales, dolphins, rays, turtles, seals, otters and even penguins.

A typical aquarium layout allows visitors to view aquatic life in separate windowed tanks. Each tank represents a particular environment, such as a coral reef, river bottom or coastline. Fish, vegetation and other organisms are separated according to their habitat.

Some aquariums feature oceanariums, which are huge tanks with windowed walls and ceilings. Marine life is more integrated in these tanks. For example, the Giant Ocean Tank at the New England Aquarium holds 200,000 gallons of water and is home to 130 different species.

Aquariums may offer demonstrations and other activities with the animals, including "touch tanks," which allow both children and adults to touch creatures such as stingrays, sea urchins and starfish.

Many aquariums play an important role in educating the public about marine life, as well as promoting conservation efforts by housing and caring for endangered species and ecosystems. Several aquariums, including the Long Island Aquarium and the Steinhart Aquarium in San Francisco, house large living coral reef systems.



Strawberry Muffins

Ingredients:

- 1 1/2 cups strawberries, chopped
- 3/4 cup sugar, divided
- 1 3/4 cups all-purpose flour, unsifted
- 1/2 teaspoon baking soda
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 2 eggs, beaten
- 1/4 cup butter, melted
- 1 teaspoon vanilla extract

Directions:

Combine strawberries and 1/2 cup sugar in small bowl. Set aside for 1 hour. Drain and reserve liquid and strawberries separately.

Preheat oven to 425° F. Combine flour, baking soda, nutmeg and salt. Set aside.

Mix eggs, butter, vanilla extract, remaining sugar and liquid from strawberries in medium bowl. Add flour mixture. Stir until combined. Fold in reserved strawberries. Spoon into 12 muffin cups.

Bake for approximately 20 minutes. Serve warm.

Find more recipes at <http://bit.ly/floridaberries>.



"For my part I know nothing with any certainty, but the sight of the stars makes me dream."

—*Vincent van Gogh*

"No pessimist ever discovered the secret of the stars, or sailed to an uncharted land, or opened a new doorway for the human spirit."

—*Helen Keller*

"Aim for the moon. If you miss, you may hit a star."

—*W. Clement Stone*

"I've never seen a moon in the sky that, if it didn't take my breath away, at least misplaced it for a moment."

—*Colin Farrell*

"I will love the light for it shows me the way, yet I will endure the darkness because it shows me the stars."

—*Og Mandino*

"You cannot look up at the night sky on the planet Earth and not wonder what it's like to be up there amongst the stars. And I always look up at the moon and see it as the single most romantic place within the cosmos."

—*Tom Hanks*

"The moon puts on an elegant show, different every time in shape, color and nuance."

—*Arthur Smith*

"O, thou art fairer than the evening air clad in the beauty of a thousand stars."

—*Christopher Marlowe*

"Stretching his hand up to reach the stars, too often man forgets the flowers at his feet."

—*Jeremy Bentham*



July 2014

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

"This Month In History" JULY

1874: The first zoo opens in the U.S. in Philadelphia.

1889: A new business and financial newspaper, The Wall Street Journal, begins publishing.

1893: Katharine Lee Bates pens "America the Beautiful."

1917: The British royal family adopts the surname Windsor.

1933: Major League Baseball's first All-Star Game is played at Chicago's Comiskey Park.

1940: Bugs Bunny makes his cartoon debut.

1951: J.D. Salinger's iconic novel, "The Catcher in the Rye," is published.

1965: President Lyndon Johnson signs Medicare into law. The first cards for the health insurance program are issued to former President Harry Truman and his wife, Bess.

1976: The Viking I lands on Mars and takes its first pictures of the red planet.

1979: Sony produces the Walkman, greatly improving sound quality for those desiring a portable music source.

1988: Sprinter Florence Griffith Joyner, affectionately known as "Flo-Jo," sets the world record for the women's 100 meter; the record still stands today.

2011: NASA's space shuttle program completes its final flight. It was the program's 135th mission.