



LANDINGS AT Weyers Cave

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JULY 2019



NOTES & NEWS

A Tall Flower

Bright yellow sunflowers are a cheerful sight in summer. While most varieties are 5 to 8 feet tall, a world-record specimen grew to a whopping 30 feet.

Sandy Works of Art

Building sandcastles is a favorite beach activity for many, but sand sculpture competitions take the pastime to a higher level. Using only sand and water, contestants create large, elaborate designs, which draw crowds to view the masterpieces.

Seasoning Substitute

Butter and salt are typical additions to corn on the cob. If you're cutting back on calories and sodium, rub your corn instead with wedges of lime or lemon and sprinkle with cayenne, dill or other spices.

Emotional Spending

Many financial decisions are based on emotion rather than rational analysis. Some psychologists recommend avoiding any big decisions, including spending money, when you are hungry, angry or tired.

HIGHLIGHTS

Light Up the Sky

Fireworks have been a Fourth of July tradition since the early days of our nation's independence. The American Pyrotechnics Association estimates that over 14,000 fireworks shows take place on July 4 across the country, from small towns to major cities.

To Your Health: Nap Time

Research has found that a midday snooze can help you be more creative and focused. One study even found that naps may reduce the risk of heart attack. So if you have the opportunity, feel free to rest your eyes for a bit in the middle of the day.

Easy Organization: No Need to Be Perfect

When decluttering and organizing your home, remember that "good enough" is a fine goal. You don't need to make your closets and drawers resemble those seen in magazines or on blogs. The goal is to create a space that works for you.

Reduce, Reuse, Recycle

Small appliances, housewares, clothes and shoes are often cheap enough that if they break, people choose to replace them with new ones. But repairing items is much better for the planet. If you can't find a local business to do the job, turn to the internet, where you will find videos on how to fix almost anything.

Soothing Skin Care

Long celebrated as a healthy beverage, green tea and its benefits can now be found brewing in the beauty aisle. Matcha, the name for dried and crushed green tea leaves, is a trendy ingredient in products such as lotions, soaps, face masks and lip balms. The plant's high levels of antioxidants, vitamin K and other compounds have a calming effect on skin and even provide some protection from sun damage.

BULLETIN BOARD

Get Fit Tip

Add unflavored protein powder to your smoothies to help boost your protein intake.

Did You Know?

New York Yankees legend Yogi Berra appeared as a brain surgeon in a cameo on the soap opera "General Hospital" in 1963.

Say Hello to Aloe

Keep a bottle of aloe vera gel handy in the summer. The cool balm can be applied to sunburns and bug bites to moisturize and relieve itching.

TRIVIA WHIZ



Special Sauces

For many, a hot dog isn't complete without a squiggly line of ketchup or mustard. Condiments add flavor to a wide variety of foods all over the world. Whet your appetite with these fun facts about some favorite fixin's.

- The term "condiment" originally described pickled or preserved foods, but it now refers to spices, sauces and other mixtures that enhance the flavor of a dish.
- Ketchup is the most popular condiment in America—97% of U.S. households have a bottle in their kitchen at any given time.
- H.J. Heinz started selling ketchup in individual packets in 1968.
- Since mustard is made from ground mustard seeds, the tangy topping contains several nutrients, including protein, calcium and antioxidants.
- The spice turmeric gives mustard its bright yellow color.
- "Mayonnaise" is from the Old French word *moyeu*, which means "egg yolk," the creamy spread's main ingredient.
- In several European countries, mayo is a more popular dip for french fries than ketchup.
- Adapted from Indian chutney recipes, pickle relish was one of the earliest condiments in North America. Sweet pickle relish remains a favorite hot dog topping.
- Si Racha, a coastal town in Thailand, is believed to be the birthplace of the hot sauce Sriracha. In the U.S., the condiment is often called "rooster sauce" thanks to Huy Fong's popular version, which has an image of a rooster on a bright red bottle.



What Was Out Is In Again

Nostalgia can be powerful, and many people feel affection for things that remind them of their childhood. Today, vintage and retro items are more popular than ever.

Retro is a term used to describe something that was once culturally outdated but has since come back in style.

An example is vinyl records, which have surged in popularity in the past few years. Many people say they

prefer the sound quality that vinyl produces, offering a warmth and depth that is missing in digital music. Top artists are now releasing albums on LPs. Some records are collectible not only for the music but also for the cover art and inserts.

With the comeback of vinyl, the demand for turntables increased, and many companies have answered the call. You can buy recently manufactured turntable players with a retro-look body and high-tech electronics.

The use of Polaroid and other instant cameras declined with the advent of digital cameras and smartphones. Now instant cameras have a cool "old-school" vibe, and the appeal of an immediate keepsake remains. Some cameras are sold with filters and colorful cases, and may include the ability to receive a digital copy of your images as well as the instant print.

Add Zest With Zucchini

As the summer heats up, gardens begin bursting with zucchini. Pick up a few at a farmers' market or find a gardening friend willing to share their bounty, and then try some of these ideas for using zucchini in dishes that range from sweet to savory.

In baked goods. Zucchini has a mild flavor, so it is a great way to turn sweets into more healthy treats. When baking with zucchini, you can use less oil since the squash has a high water content. In addition to the popular zucchini bread, consider whipping up some zucchini muffins, pancakes, waffles, cake, brownies, tarts or cobbler.

Served on the side. For a quick side dish, sauté zucchini chunks in a bit of olive oil with chopped onions, bell peppers and garlic. Top with Parmesan cheese. You can also make battered zucchini sticks, stuffed zucchini, zucchini fritters or cheesy zucchini rice.

As the main event. Zucchini is a common low-carb alternative to pasta. Slice it thinly and use in place of lasagna noodles, or cut the squash into thin strips, sauté lightly and top with pasta sauce and grated cheese. Make burgers and meatballs extra juicy by adding grated zucchini to the ground meat.

In a summer salad. Make coleslaw with grated zucchini and carrots, or use diced zucchini in place of cucumber in a green salad or pasta salad.





WIT & WISDOM



Jump On In

Summer is full of enjoyable activities, including finding ways to keep cool when the sun is blazing. Fun and refreshing, water sports also offer a cardiovascular workout, improve joint and muscle health, and can reduce stress and anxiety.

Whether you prefer an ocean, lake or swimming pool, there is a wide range of water sports to choose from.

Water polo. This sport involves a full body workout, as players must swim and defend the ball as well as try to score in the opponent's goal.

Water aerobics. Doing aerobic exercise in shallow water reduces the risk of injury to muscles and joints and prevents overheating. It is great for improving balance and can be done even if you are not a good swimmer.

Water skiing. In this classic summer sport, a person uses one or two skis to skim along the surface of the water while being pulled by a powerboat.

Jet Skiing. Named after the most common brand of water scooter, this activity can be a unique way to explore an area. The sport includes adrenaline-pumping elements such as jumps, flips and other tricks.

Parasailing. The experience of drifting above a body of water in a parachute while a motorboat pulls you along has made parasailing a popular and exhilarating activity for vacationers.

Fishing. Not only a sport, but also a form of meditation, fishing is proven to reduce anxiety and blood pressure. It also teaches patience.

Pepperoni Pizza Sliders

Ingredients:

- 1 package slider rolls
- 1/2 cup pizza sauce
- 1/2 cup mini pepperoni slices
- 1 1/2 cups shredded mozzarella cheese
- 1/4 cup butter, melted
- 1 teaspoon parsley flakes
- 1/2 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/2 cup shredded Parmesan cheese
- Nonstick cooking spray

Directions:

Heat oven to 350° F.

Keeping rolls connected, cut sheet of rolls horizontally, separating tops from bottoms. Place bottom halves of rolls in baking dish.

Spread pizza sauce evenly over bottom halves. Arrange pepperoni over sauce. Sprinkle mozzarella over pepperoni and cover with top halves of rolls.

Mix melted butter with parsley flakes, dried oregano, garlic powder and shredded Parmesan cheese. Spoon evenly over sliders.

Cover baking dish with aluminum foil sprayed with nonstick cooking spray to keep cheese from sticking.

Bake 20 minutes.

Remove foil and bake additional 5 to 10 minutes or until Parmesan is melted and golden brown.

Cut sliders and serve immediately.

Find more recipes at
www.Culinary.net.



“Every day is a great day to give love, spread joy and sparkle!”

—**Sheri Fink**

“Charisma is a sparkle in people that money can't buy. It's an invisible energy with visible effects.”

—**Marianne Williamson**

“Use each moment to make another's eyes sparkle and to warm a heart.”

—**Doreen Virtue**

“Enthusiasm is the sparkle in your eyes, the swing in your gait, the grip of your hand, the irresistible surge of will and energy to execute your ideas.”

—**Henry Ford**

“Stay close to those who sing, tell stories, and enjoy life, and whose eyes sparkle with happiness.”

—**Paulo Coelho**

“Don't let the insecurities of others dull your sparkle. Shine like the star you are born to be.”

—**Karen Civil**

“Everybody loves things that sparkle.”

—**Philip Treacy**

“Any woman can look her best if she feels good in her skin. It's not a question of clothes or makeup.

It's how she sparkles.”

—**Sophia Loren**

“I like to be sparkly! It makes me happy. ... I hope the sparkle and glitter that I spread makes other people happy, too.”

—**Alexa Bliss**

“A star never lets anything dull its sparkle, not even darkness.”

—**Matshona Dhliwayo**



July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Independence Day	5	6
7	8	9	10	11	12 	13
14	15	16	17	18	19	20
21	22 	23	24	25	26	27
28	29	30	31	<h1>JULY</h1>		

“This Month In History” JULY

1903: Cyclists compete in the first Tour de France. Maurice Garin was the first to cross the finish line in Paris.

1914: A dance craze begins after the fox trot is performed at a club in New York City.

1926: Showing a fish swimming in the Florida Keys, the first underwater color photo is taken by a National Geographic magazine photographer.

1937: Cheap, filling and needing no refrigeration, the canned meat product Spam is introduced.

1946: The bikini swimsuit debuts at a fashion show in Paris.

1958: President Dwight D. Eisenhower signs the Alaska Statehood Act, allowing the territory to become the 49th state.

1960: Harper Lee’s “To Kill a Mockingbird” is published and quickly becomes a best-seller. The novel was awarded the Pulitzer Prize a year later.

1988: Sprinter Florence Griffith Joyner, nicknamed Flo-Jo, sets the world record for the women’s 100-meter. Her record of 10.49 seconds still stands today.

2002: Major League Baseball’s All-Star Game ends in a 7–7 tie after 11 innings because both teams run out of pitchers.

2018: In an effort to reduce environmental pollution, Starbucks announces it will stop providing disposable plastic straws in its stores by 2020.