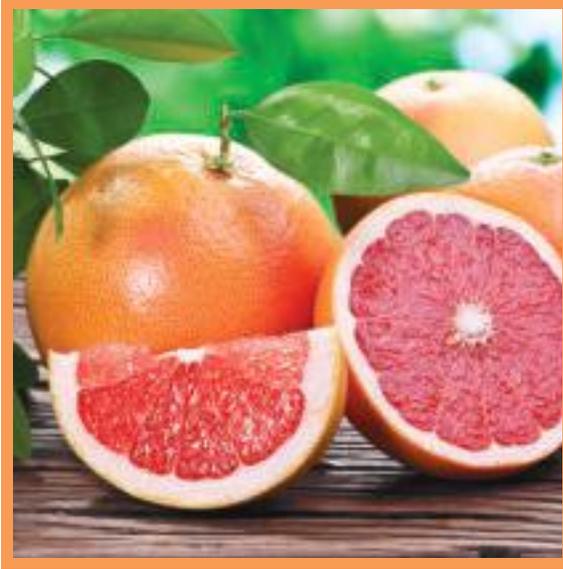




A Room with a View.

AUGUST 2019



NOTES & NEWS

Leave It to Aloe

As far back as 5,000 years ago, the green, spiky leaves of the aloe vera plant have been a source of cool relief. The succulent is nicknamed the "lily of the desert," and each spear-shaped leaf contains a clear gel, consisting of 99% water, which is commonly used to soothe a sunburn and hydrate the skin.

Saunter in the Center

When walking in a park or on an outdoor trail, stay in the center of footpaths and avoid any grassy or wooded areas that surround the paths. Brushing up against tall grasses and brush can put you in contact with ticks and insects.

Mini-Sized Summer Classic

Gone are the days when the only option for buying a whole watermelon involved lugging around a 20-pound fruit. Popular now are mini varieties, also called personal watermelons, which weigh about 5 pounds and are round rather than oblong. These green globes have a thinner rind, but inside, still contain the sweet, juicy flesh that provides a cool, refreshing snack.

HIGHLIGHTS

Willie Nelson & Alison Krauss

AUG 14th @ John Paul Jones Arena, Charlottesville.

Be a part of the "Together Live Tour."

Paramount Presents: Shark Fin Fun Run

August 17th @ The Paramount Theater.

This summer, grab your sunblock and floaties, and head to the Downtown Mall for the first ever Shark Fin Fun Run.

Charlottesville Women's Four Miler

August 31, 2019 @ Foxfield Track

Charlottesville, VA US 22901.

Virginia's largest all-women's event is a Charlottesville tradition due to its hospitality to runners and walkers of all ages and abilities.

Virginia Festival of the Wheel

August 31 @ Boar's Head Resort

The 2nd Annual Virginia Festival of the Wheel has been announced and will take place at the beautiful Boar's Head Resort just west of downtown Charlottesville. Unique display of rare classic and collector cars while featuring talks by well-known speakers from the automotive world. All proceeds from this event will be donated to the UVA Cancer Center to assist in the tremendous work that they do. Business sponsorships and donations are requested to increase the support for the Cancer Center. This event will be a true celebration of the history and future of the automobile.

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TRIVIA WHIZ



Hills and Thrills

National Roller Coaster Day is celebrated each year on Aug. 16. Did you know that the oldest roller coaster still in operation was built more than 100 years ago? Let us loop you in on some more fascinating facts about these fun-filled rides.

- Early roller coasters were inspired by 17th-century Russian ice ramps, where sledders sailed down 70-foot-high slopes.
- LaMarcus A. Thompson constructed the first roller coaster in the U.S. Called the Switchback Railway, the attraction opened in 1884 at New York's Coney Island. It cost a nickel to ride, and the cars reached a speed of 6 mph.
- The world's oldest operating roller coaster is Leap-the-Dips at Lakemont Park in Pennsylvania. It was built in 1902, underwent restoration in the 1990s and is designated a National Historic Landmark.
- Formula Rossa at Ferrari World Abu Dhabi in the United Arab Emirates is the world's fastest roller coaster, reaching a top speed of 149 mph.
- Six Flags Great Adventure in New Jersey is home to the world's tallest roller coaster. The Kingda Ka towers 456 feet above the ground.
- There are many types of roller coasters, including sit-down, stand-up, inverted, suspended, pipeline and bobsled.
- Roller coaster loops are designed with a teardrop shape because perfectly circular loops would subject riders to dangerous gravitational forces.



Take Care of Yourself

The term "self-care" is showing up quite a bit these days. Simply put, self-care is used to describe things you do for yourself to be happy and healthy. When you care for yourself physically, emotionally and mentally, you are better able to pursue your goals and enrich the lives of the people around you. Here's a guide to making yourself a priority:

The basics. Strive to sleep seven to nine hours a night, maintain a healthy diet, and get at least 30 minutes of physical activity a day.

Learn to say no. Many people feel obligated to say yes when someone asks for their time or energy, but it's OK to say no, especially if you are feeling run-down or spread too thin.

Quiet time. Take time to decompress at least once a day. Self-care can be as simple as putting your phone away for five minutes to just sit with your own thoughts. Another beneficial break is getting outside for some fresh air and sunshine.

You are unique. Self-care activities are personal. While some people enjoy a weekend away with friends, others prefer to spend time alone. Whether you go for a long walk, read a book, buy yourself some flowers or enjoy a movie, incorporate self-care ideas that resonate with you.

Pack a Perfect Lunch

Bringing your own lunch to work or school is good for your wallet as well as your waistline. You can save hundreds of dollars a year by brown-bagging it instead of eating at a restaurant; plus, you can control your portions and choose healthy ingredients.

Prepare your meals with nutrition in mind. Lunches that include some lean or low-fat protein along with carbohydrates and fiber will keep your body fueled for the rest of the day.

Even if you eat a sandwich every day, there are so many ingredient options, you'll never get bored. Instead of sticking to sliced bread every time, try alternatives such as hoagie rolls, tortillas, pita pockets, bagels, croissants, waffles and English muffins.

Choose lean fillings like sliced eggs, tuna, cheese, chicken or turkey. Then jazz up your sandwiches with assorted greens, fresh basil, sprouts,

cucumbers, onions, tomatoes, peppers, pickles, olives or shredded carrots. You can get creative with spreads, too. In addition to mustard and mayonnaise, consider hummus, horseradish, avocado, cream cheese, nut butters, honey and jam.

Leftovers are another easy option, especially if you cook large batches of entrees that freeze well, such as lasagna, pot pie, chili or soup. Freeze portions in single-serving containers that you can grab on your way out the door.





WIT & WISDOM



Make Fitness Fun

The trick to getting fit and staying that way is finding the right exercise for you, and sometimes the same old workouts in the gym or at home are more boring than beneficial. Alternative exercise activities might be just the thing to shake up your fitness routine and get you back on track.

Climbing. Whether you're scaling an indoor climbing wall or tackling a slope in the great outdoors, climbing can help you reach peak physical fitness by improving stamina, strength, flexibility and coordination.

Rowing. Indoor rowing machines provide the same strengthening and toning benefits as rowing a boat, but without having to get out on the water. A high-intensity, low-impact workout, rowing is suitable for a variety of fitness levels.

Boxing. Boxing boosts strength and cardiorespiratory fitness, plus improves balance, flexibility and coordination. Gaining popularity is a style called Thai boxing, which focuses on using not only your fists, but also your elbows, knees and shins.

Hula-hooping. This fun fitness craze may remind you of recess. As you spin hoops to music, you'll be toning and strengthening almost your whole body. For a more intense workout, advanced participants use weighted hoops.

Dancing. Hip-hop, disco, swing, ballet and ballroom dancing all have health benefits. Dancing works both the upper and lower body, and also enhances stamina, flexibility and coordination.



One Minute Chef

Rainbow Grain Bowl

Ingredients:

- 1 medium sweet potato, peeled and diced
- 1 cup broccoli florets
- 1/2 small purple cabbage, sliced
- 1 tablespoon olive oil
- Salt, to taste
- Pepper, to taste
- 2 cups quinoa, cooked according to package directions
- 1 cup red cherry tomatoes, quartered
- 1/2 cup yellow cherry tomatoes, quartered
- 1 avocado, sliced
- 4 tablespoons yogurt ranch dressing

Directions:

Heat oven to 425° F.

Place sweet potatoes, broccoli and cabbage on baking sheet lined with parchment paper. Toss with oil and season with salt and pepper to taste. Bake 15 to 20 minutes, or until potatoes are soft.

Divide cooked quinoa into 4 bowls. Top with roasted vegetables, red and yellow tomatoes, and avocado.

Drizzle with dressing.

Find more recipes at www.ProduceForKids.com.



"I look on life as a joyous adventure."
—**Ernie Harwell**

"Instead of trying to make your life perfect, give yourself the freedom to make it an adventure, and go ever upward."
—**Drew Houston**

"The biggest adventure you can take is to live the life of your dreams."
—**Oprah Winfrey**

"We live in a wonderful world that is full of beauty, charm and adventure. There is no end to the adventures that we can have if only we seek them with our eyes open."
—**Jawaharlal Nehru**

"It's never too late in life to have a genuine adventure."
—**Robert Kurson**

"Adventure is not outside man; it is within."
—**George Eliot**

"Keep reading. It's one of the most marvelous adventures that anyone can have."
—**Lloyd Alexander**

"You must go on adventures to find out where you truly belong."
—**Sue Fitzmaurice**

"Adventure is worthwhile in itself."
—**Amelia Earhart**

"Adventure isn't hanging on a rope off the side of a mountain. Adventure is an attitude that we must apply to the day-to-day obstacles of life."
—**John Amatt**



August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1		2	3
4 National Chocolate Chip Cookie Day	5	6 	7 Pest Control Bld # 920	8	9	10
11	12	13 Coffee and Conversation 10 a.m.	14 Pest Control Bld # 930 • National Creamsicle Day	15	16 National Tell a Joke Day	17
18	19	20 Coffee and Conversation 10 a.m.	21 Pest Control Bld # 940	22	23	24
25	26 National Dog Day	27 Coffee and Conversation 10 a.m.	28 Pest Control Bld # 1230	29	30 National College Colors Day	31

"This Month In History" AUGUST

1902: Pioneering cookbook author Fannie Farmer opens a cooking school in Boston, Miss Farmer's School of Cookery.

1938: Hollywood dance duo Fred Astaire and Ginger Rogers are featured on the cover of Life magazine.

1948: As part of the Berlin airlift operation, American and British planes fly in a record 5,000 tons of supplies in one day to parts of the city cut off by a Soviet blockade.

1962: Little Eva travels to the top of the pop music chart with the hit song "Loco-Motion" and inspires a dance craze.

1975: The first nighttime match is played under lights at the U.S. Open tennis tournament in New York City.

1990: The largest and best-preserved Tyrannosaurus rex skeleton ever found is discovered in South Dakota. The 65 million-year-old dinosaur specimen is on display at Chicago's Field Museum.

2015: Facebook hits a milestone, reporting that 1 billion people logged on to the social networking website in a single day.