



# THE RESERVE

*a t B e l v e d e r e*

200 Reserve Blvd. • Charlottesville, VA 22901 • (434) 296-6200

## FEBRUARY 2019



## NOTES & NEWS

### Choice of Chocolates

Truffles, cordials, nutty, creamy or crunchy ... There are many sweet choices when it comes to a box of Valentine's Day chocolates. The most popular pick according to surveys is the classic caramel.

### Seasonal Deals

Even though spring is around the corner, this month is a good time to add to or freshen up your winter wardrobe. Many stores kick off their clearance sales in February to begin selling off their inventory of cold-weather apparel such as sweaters, coats, gloves, hats and boots.

### Everything's Roses

"Stop and smell the roses" may be healthy advice in more ways than one. The flower's delicate scent can produce a relaxing effect. Rose extracts, often used in beauty products, have anti-inflammatory properties that help soothe dry, irritated skin. And German researchers found that sleepers who were exposed to the smell of roses experienced pleasant dreams.

## HIGHLIGHTS

### The Reserve at Belvedere Staff

Property Manager ..... Cynthia Porter  
Asst. Property Manager: Anthony Woodfolk  
Leasing Consultant ..... Sophia Vasquez  
Maintenance Supervisor ..... Chris Faught  
Maintenance Tech ..... Mike Wright  
Groundskeeper ..... Mark Baber

### Geography 101: Costa Rica

This Central American country's name means "rich coast" in Spanish, an apt description for a place brimming with biodiversity. Despite its small size, Costa Rica is home to a half-million different species of plants, insects and wildlife. With a landscape that includes lush rainforests, volcanoes, rivers, waterfalls and 800 miles of coastline, adventurers from all over the globe make it a prime destination for activities such as hiking, scuba diving, surfing and kayaking. Tours from hanging bridges and zip lines provide stunning views of the jungle canopy, where exotic animals such as sloths, monkeys and tropical birds live.

### Did You Know?

The word "graupel" is a weather term that describes granular snow pellets or soft hail. Germanic in origin, the word comes from *graupe*, which means "pearl barley." Graupel was first seen in an 1889 weather report and has been used in the meteorology field ever since.

### Sock Second Life

Turn a tube sock that has lost its mate into a hot pack. Put dried rice, lentils or beans in the sock until it's about two-thirds full. Tie the top shut with a piece of string. When you need a hot pack, microwave it for 1 to 2 minutes. For a treat, slip the hot pack under the covers at the foot of your bed to warm up your feet on a chilly night. You can also keep one in the freezer to use as a cold pack.

## BULLETIN BOARD

### February's Flowers

February may be the shortest month, but it has three birth flowers: the violet, the primrose and the iris.

### Year of the Pig

Chinese New Year begins Feb. 5, and 2019 is the Year of the Pig. In Chinese culture, pigs symbolize wealth and prosperity.

### You're Doing a Great Job

To improve your mood instantly, look in the mirror and give yourself a compliment.

# TRIVIA WHIZ



## Ville de L'Amour

Known as the City of Love, Paris became the capital of France in A.D. 987. Located along the Seine River, it now covers an area of 41 square miles. Here are a few more tidbits about this celebrated seat of romance:

- The name Paris comes from its early inhabitants, the Celtic Parisii tribe.
- The city's most famous landmark, the Eiffel Tower, was built for the Paris Exposition of 1889. The tower consists of 15,000 steel sections held together by 2.5 million rivets.
- The tree-lined Avenue des Champs-Élysées has been called the most beautiful avenue in the world. It is home to restaurants, boutiques, museums and nightclubs.
- There are about 1,200 bakeries in Paris, and most sell the popular bread known as a baguette. The size and dough consistency of baguettes is regulated by law.
- In the 1920s and '30s, Paris was a hotbed of experimentation in art and literature. Salvador Dali, Pablo Picasso, Ernest Hemingway, James Joyce, Gertrude Stein and Ezra Pound lived in the city during this time.
- The oldest bridge in Paris is more than 400 years old. It is called Pont Neuf, which means "New Bridge."
- Walking across the city from north to south takes about two hours and 15 minutes.
- The 20 arrondissements (administrative districts) in Paris start at the heart of the city and continue in numerical order outward in a spiral fashion.
- The oldest house in Paris can be found at 51 Rue de Montmorency, in the Third Arrondissement. The home was built in 1407.



## Let Your Love Show

There are many ways to show the significant people in your life how much you care about them. Whether a spouse, partner, parent, child or friend, you can express your love in simple ways that mean a lot.

Write your loved one a note or postcard describing all the things you appreciate about them. Put it in their lunchbox or on their pillow, or drop it in the mail.

Be open to trying an activity that the other person loves.

Surprise them by doing a task they

dislike, whether it's walking the dog, taking out the trash or folding laundry.

Laugh at your loved one's jokes.

Ask their advice, even if you don't need help making a decision. It shows you value what they have to say.

Give your loved one a book you have enjoyed and inscribe it with a meaningful message.

If you know they have a big event coming up, show interest in it and support their efforts.

Plan a surprise outing, such as dinner at a favorite restaurant or tickets to a sporting event.

Send a text asking how their day is going.

Look for something online that you know they need and forward them the link.

Ask, "What can I do to help you today?"

Listen. The most flattering thing in the world is to have someone's undivided attention.

## Bagels to Brag About

The versatile bagel is not just for breakfast anymore. Load your favorite flavor with some inventive toppings and enjoy it any time of the day.

Go ahead and satisfy your morning munchies by topping a whole-wheat bagel with a fried egg, cheddar cheese and avocado. For a sweeter treat, lightly toast a cinnamon raisin bagel and add plain cream cheese, sliced apples and a drizzle of honey. A toasted honey wheat bagel is a great base for some ricotta cheese and sliced strawberries. Greek yogurt and blueberries are another topping option.

When lunchtime rolls around, consider these combinations: smoked salmon, cream cheese and dill; goat cheese and sliced pears; feta and pickled beets; mashed avocado with lemon juice and sliced radishes; hummus with sliced onions, cucumbers and tomatoes; peanut butter and jelly; and ham or turkey with Swiss or

provolone cheese.

Dinner is the perfect time for a pizza bagel. Broil layers of prosciutto, tomato, red onion and Gruyere until the cheese is gooey and the top is golden brown. Or spread each bagel half with spaghetti sauce and add slices of meatballs and mozzarella cheese, then toast in an oven for 10 minutes.

For a snack anytime, create your own flavored cream cheese by mixing in various ingredients. Try honey and cinnamon; mashed strawberries; or garlic powder and dried herbs.







## WIT & WISDOM



### Beat the Winter Blues

Does it seem like winter has been going on forever, and you just want to curl up under the covers and stay there until the daffodils start blooming?

It's not uncommon to feel sad, irritated or less energetic during the winter months. Studies show about 20 percent of adults in America experience seasonal mood changes.

The good news is there are many steps you can take to lift your mood, and remember, spring is right around the corner.

Exercise has been proven to reduce symptoms of depression. Bundle up for a walk, swim indoors, do yoga at home or head to the gym.

A healthy diet will boost your mood and give you more energy. Choose lean proteins, whole grains, fruits and vegetables.

Make an effort to get exposure to sunlight. Place exercise equipment or your work area near a window. Take a lunchtime stroll outdoors. People in particularly dark regions sometimes purchase special lamps that mimic natural outdoor light.

Start a decluttering project, and clean out closets or purge old paper files. Take up a hobby like knitting, painting or blogging. Plan a movie night for yourself and some friends, and choose a laugh-out-loud comedy. Even just listening to upbeat music has been shown to make people feel happier.

If your sadness or lethargy won't go away or make it hard for you to function, check in with your health care provider.



## One Minute Chef

### Dark Chocolate Souffle

#### Ingredients:

- 1/2 tablespoon light olive oil, plus additional for coating pan
- 1/4 cup granulated sugar, plus additional for coating pan
- 4 ounces dark chocolate (70 percent cocoa)
- 1 ounce heavy cream (30 percent fat)
- 3 egg whites
- 2 egg yolks
- Pinch of cream of tartar

#### Directions:

Heat oven to 375° F. Grease two 6-ounce ramekins with olive oil and dust with sugar.

In double boiler, melt chocolate, 1/2 tablespoon olive oil and cream; let cool. Using electric mixer, beat egg whites until soft peaks form.

Whisk egg yolks into cooled chocolate mixture. Fold in egg whites, 1/4 cup sugar and cream of tartar. Pour into prepared ramekins. Bake 15 minutes.

Garnish with fresh berries, if desired.

Tip: This recipe can easily be doubled.

Find more recipes at [FilippoBerio.com](http://FilippoBerio.com).



"The person born with a talent they are meant to use will find their greatest happiness in using it."

—*Johann Wolfgang von Goethe*

"A great deal of talent is lost to the world for want of a little courage."

—*Sydney Smith*

"Use what talents you possess; the woods would be very silent if no birds sang there except those that sang best."

—*Henry Van Dyke*

"I would like to be remembered as someone who did the best she could with the talent she had."

—*J.K. Rowling*

"We are told that talent creates its own opportunities. But it sometimes seems that intense desire creates not only its own opportunities but its own talents."

—*Eric Hoffer*

"Enjoying success requires the ability to adapt. Only by being open to change will you have a true opportunity to get the most from your talent."

—*Nolan Ryan*

"Above everything else I've done, I've always said I've had more guts than I've got talent."

—*Dolly Parton*

"It is the combination of reasonable talent and the ability to keep going in the face of defeat that leads to success."

—*Martin Seligman*

"Success is what you do with your ability. It's how you use your talent."





—*George Allen Sr.*

"The big talent is persistence."

—*Octavia E. Butler*



# February 2019

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

## “This Month In History” FEBRUARY

**1887:** The first official Groundhog Day is celebrated in Punxsutawney, Pa., starting a tradition of the town’s groundhog, named Phil, forecasting spring’s arrival.

**1913:** Imposing a federal income tax, the 16th Amendment to the U.S. Constitution takes effect.

**1936:** With the mission of conservation, the National Wildlife Federation is formed.

**1940:** College basketball is televised for the first time.

A New York station broadcast the Pittsburgh vs. Fordham game from Madison Square Garden.

**1955:** “Sincerely” by the McGuire Sisters tops the pop music chart.

**1963:** Julia Child’s pioneering cooking show “The French Chef” premieres on PBS.

**1971:** Wanting to do something special during the Apollo 14 mission to the moon, astronaut Alan Shepard hits two golf balls on the lunar surface.

**1986:** Pulitzer Prize winner Robert Penn Warren is named the first U.S. poet laureate.

**1998:** At the Winter Olympics in Japan, 15-year-old American Tara Lipinski wins the ladies’ figure skating title, becoming the youngest gold medalist in Winter Games history.

**2002:** The newly created Transportation Security Administration begins overseeing air travel security.

**2011:** Celebrated author Maya Angelou is awarded the Presidential Medal of Freedom, the nation’s highest civilian honor.

**2018:** The Philadelphia Eagles win their first Super Bowl title after defeating the New England Patriots 41–33.