



THE RESERVE

a t B e l v e d e r e

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



APRIL 2020



NOTES & NEWS

Nature's Clean Sweep

Rain can dampen plans for outdoor activities, but it's one way Mother Nature cleans the air. According to scientists studying the effect, as a raindrop falls through the atmosphere, it captures particles of dust, soot and other airborne pollutants, which can help improve air quality.

Stress Relief

Deep breathing, also known as belly breathing, can help alleviate stress, increase relaxation and lower heart rate and blood pressure. You can do it almost anywhere: Breathe in slowly through your nose until your abdomen feels fully expanded, then breathe out. Repeat several times.

Travel Tip: Be Sure

Because museums, national parks and historic sites sometimes undergo renovations or are closed for special events, check their websites before planning a trip. You don't want to arrive at an attraction only to find you can't go in.

HIGHLIGHTS

The Reserve at Belvedere Staff

Senior Property Mgr Ashleigh Keys
Asst. Property Manager Anthony Woodfolk
Lead Leasing Consultant Amanda Baker
Maintenance Supervisor Jason Davis
Maintenance Tech Mike Wright
Maintenance Tech Steve Hubbard

Popular Pages: 'A Field Guide to the Birds'

When ornithologist Roger Tory Peterson's field guide was first published in 1934, the hobby of bird-watching was changed forever. Using his own illustrations and grouping similar-looking birds together on a page, Peterson's simple yet groundbreaking visual system helped bird-watchers more easily identify birds from a distance by focusing on key physical characteristics such as shape and distinctive markings. Inexpensive and small enough to be carried in a pocket, the guide's original printing of 2,000 copies sold out immediately, and birders have purchased over 7 million copies since. Updated guides continue to be released.

To Your Health: Add Some OJ

Did you know that orange juice can affect cholesterol levels? A study found that healthy people who drank three cups of orange juice daily increased their HDL, or good cholesterol, by 21% and decreased their LDL-HDL cholesterol ratio by 16% over a four-week period.

BULLETIN BOARD

'Kids' Is One

How many words can you come up with using the letters in "ducklings"?

Reduce, Reuse, Recycle

Add a little color to your shelves and drawers by lining them with leftover wrapping paper.

Freshness Fix

To freshen up a closet or drawer, place a bundle of chalk in the space. The chalk will absorb moisture, helping the enclosed area stay dry and fresh. Replace the chalk when it begins to feel damp.

Take 10

The next time you're waiting at the doctor's office, for water to boil or for a friend to arrive, use that time to organize your life just a bit. For example, purge your Twitter account by unfollowing people or topics that no longer interest you. You could also delete photos from your phone or pay a few bills. You may be surprised by how much you can accomplish in 10 minutes.

TRIVIA WHIZ



Bunny Basics

Rabbits can be found living in city parks, suburban yards and country meadows. These cute critters are often seen as a symbol of spring. As the weather warms and the grass turns green, hop on in to these fun facts about rabbits.

- Although baby rabbits are called bunnies, they are actually kits or kittens. A female rabbit is a doe and a male rabbit is a buck.
- Carrot-crunching rabbits are often shown in cartoons, but the herbivores mainly eat grass, weeds, clover and other plants.
- When rabbits are happy, they jump in the air, twist and kick, an athletic leap known as a binky.
- Strong hind legs give rabbits their speed and jumping ability. Eastern cottontails, the most common rabbit in North America, can run up to 18 mph.
- Like cats, rabbits groom themselves by licking their fur and paws. They also purr when they are content and relaxed.
- Some types of rabbits dig underground burrows called warrens; others make nests above ground under dense cover.
- A rabbit can see behind, above and to the sides without turning its head.
- Their long, sensitive ears can detect sounds up to 2 miles away. The large surface area of the ears releases body heat, helping the animals stay cool.
- The largest rabbit is the Flemish giant, a domesticated breed that weighs up to 20 pounds and grows 2.5 feet long.



Ballpark Highlights

Some Major League Baseball stadiums are as iconic as the sport itself, and each one has its unique features. Here are some that make game days even more memorable.

Wrigley Field. The Chicago Cubs' century-old home is full of nostalgic features, and one of the most famous is the ivy that covers the brick walls of the outfield. It was planted in 1937 and grows so thick, baseballs get lost in it.

Pastry Picks

They're a sweet and satisfying accompaniment to a cup of coffee or tea. Sample some traditional pastries that are served up in other countries.

Cannoli. A favorite in Italy, these tube-shaped shells of fried dough are stuffed with creamy, slightly sweet ricotta cheese. Chocolate, nuts and powdered sugar are sometimes added as garnishes.

Bo lo bao. Its name means "pineapple bun" in Cantonese, but there's no fruit in this Hong Kong specialty. The roll is named for its sugary crust's crisscross pattern that resembles a pineapple.

Pastelito. The traditional filling for this Cuban puff pastry is guava and sweet cream cheese. Pineapple and coconut are also favorites.

Scone. Popularly served with tea, this British baked treat looks similar to a biscuit, but has a crumbly texture and lightly sweet taste. It's typically

Fenway Park. Standing 37 feet high and stretching across the left field of the nation's oldest MLB stadium is the fabled Green Monster, a fence that got its name when it was painted in 1947. Boston Red Sox fans can now watch the game from seats atop it.

Oracle Park. The Giants' ballpark sports views of the San Francisco Bay. The water is so close that fans can boat and kayak in a cove just off right field in hopes of catching home runs, or "splash hits."

Tropicana Field. A first for a sports venue, the Tampa Bay Rays have their namesake mascot swimming alongside them in a 10,000-gallon tank in right field.

T-Mobile Park. Because of the city's rainy weather, Seattle Mariners fans are used to umbrellas, and its ballfield is outfitted with one, too. Since debuting in 1999, the retractable roof has scored big for its open-air design.

topped with clotted cream and jam.

Gulab jamun. Balls of fried dough are soaked in a syrup flavored with sugar, rose water and cardamom to make this Indian dessert.

Franzbrötchen. A cross between a cinnamon roll and a croissant, this flaky, spiral pastry is a breakfast staple in the German city of Hamburg.

Croquembouche. In France, special occasions often feature these cream puffs, which are artfully arranged into a showstopping tower decorated with strands of caramelized sugar.





WIT & WISDOM



Earth Day Every Day

April 22, 2020, marks the 50th anniversary of the first Earth Day, which sparked a movement to protect the environment. There are many ways you can help our planet on Earth Day and every day, and they offer additional benefits for you as well.

Need to stop at the supermarket, pharmacy and ATM? Combine these errands in one trip, and plan your route so you don't have to backtrack. *Perks:* If taking your own vehicle, you'll save money on gas and reduce fuel emissions. Using public transportation? You'll spend less time waiting.

Take reusable bags with you when you go shopping, carry a refillable water bottle instead of buying bottled water, and bring your own travel mug to coffee shops and convenience stores. *Perks:* Many businesses offer discounts to customers who bring their own bags and drink containers. Saving a few cents on every purchase can add up quickly!

Leaving the water running for just a minute can send 3 gallons of water down the drain, so turn the faucet off while brushing your teeth or shaving. Try to trim a few minutes off your shower time. *Perks:* In addition to saving hot water for the rest of the people in your household, you will be contributing to water conservation in your community.

When you can, reduce your carbon footprint by walking or cycling to your destination. *Perks:* You'll get exercise and fresh air, which benefits both your physical and mental health.



One Minute Chef

Breakfast Casserole

Ingredients:

- Nonstick cooking spray
- 3 cups frozen shredded hash browns, thawed
- 3/4 cup shredded Monterey Jack cheese
- 1 cup diced cooked ham, breakfast sausage or Canadian bacon
- 2 green onions, sliced
- 4 eggs, beaten
- 1 1/2 cups milk
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 2 jalapenos, seeded and chopped

Directions:

Heat oven to 350° F.

Coat a 2-quart square baking dish with nonstick cooking spray. Arrange hash browns evenly in the bottom of the dish. Sprinkle cheese, meat and green onions over hash browns.

In a bowl, combine eggs, milk, salt, pepper and jalapenos. Pour egg mixture over hash brown mixture in dish.

Bake, uncovered, 50 to 55 minutes or until a knife inserted near the center comes out clean.

Let stand 5 minutes before serving.

Find more recipes at www.BHG.com/recipes.



“Life isn’t about waiting for the storm to pass; it’s about learning to dance in the rain.”

—**Vivian Greene**

“There are shortcuts to happiness, and dancing is one of them.”

—**Vicki Baum**

“The beauty of dance is being a part of something that is all you, from creation to performance.”

—**Misty Copeland**

“Life is short and there will always be dirty dishes, so let’s dance.”

—**James Howe**

“To watch us dance is to hear our hearts speak.”

—**Hopi proverb**

“The only way to make sense out of change is to plunge into it, move with it, and join the dance.”

—**Alan Watts**

“Dancing is creating a sculpture that is visible only for a moment.”

—**Erol Ozan**

“When you dance, your purpose is not to get to a certain place on the floor. It’s to enjoy each step along the way.”

—**Wayne Dyer**

“Every day brings a chance for you to draw in a breath, kick off your shoes, and dance.”

—**Oprah Winfrey**

“Let us read, and let us dance; these two amusements will never do any harm to the world.”

—**Voltaire**

“Any kind of dancing is better than no dancing at all.”

—**Lynda Barry**



April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
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		

"This Month In History"

APRIL

1910: President William Howard Taft throws out the first pitch at the Washington Senators' opening day, starting a tradition of U.S. presidents tossing ceremonial pitches at Major League Baseball games.

1923: Firestone Tire and Rubber Co. begins manufacturing inflatable tires for automobiles.

1954: America gets an appetite for Swanson's new TV dinner. The frozen heat-and-eat meal sold for 98 cents and contained turkey, stuffing, sweet potatoes and peas.

1961: At the Masters Tournament, Gary Player of South Africa becomes the first international winner of the annual golf championship.

1970: Paul McCartney releases his debut solo album and announces that the Beatles are breaking up.

1983: Tokyo Disneyland opens in Japan. It was the first Disney park built outside of the U.S.

2005: Prince Charles, the heir to the British throne, marries Camilla Parker Bowles.

2007: Legendary jazz saxophonist and composer John Coltrane is awarded a posthumous Pulitzer Prize special citation for his music accomplishments.

2019: Using a network of telescopes, astronomers photograph a black hole in space, a feat thought to be impossible.