



THE RESERVE at Belvedere

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

DECEMBER 2020



NOTES & NEWS

Perk Up With Peppermint

For a quick and tasty mental boost, pop a peppermint. The scent stimulates blood flow to the brain, which helps increase alertness.

The Glee of Giving

"The happiest people are those who do the most for others," said leader and educator Booker T. Washington. That joyful feeling you often get from giving is apparently part of our biology. Neuroscientists studying the human impulse to help others used detailed brain scans and saw that acts of generosity lit up parts of the brain connected to pleasure. They say it's proof of why doing good can make you feel good.

Comfy Floor Seating

A couple of large floor pillows or cushions can make your home look and feel cozy, as well as provide extra seating. They're ideal for small spaces, since they can be stacked in a corner or stored under a bed.

HIGHLIGHTS

The Reserve at Belvedere Staff

Senior Property Mgr Ashleigh Keys
Asst. Property Manager: Anthony Woodfolk
Leasing Consultant Regan Faulconer
Maintenance Supervisor Jason Davis
Maintenance Tech Mike Wright
Maintenance Tech Christian Harris
Maintenance Tech Aaron Vogeley

Practice Social Distancing

Social distancing, also called physical distancing, has been shown to be one of the most effective ways to prevent exposure to COVID-19, according to the Centers for Disease Control and Prevention. Since people can spread the virus before they show any symptoms of it, it's important to limit close contact with others. Stay 6 feet away from individuals at all times and don't gather in large groups.

Memorable Melody: 'Frosty the Snowman'

"With a corncob pipe and a button nose and his eyes made out of coal," a jolly, happy snowman named Frosty came to life for millions of kids in 1950 in the lyrics of this holiday song. Beloved actor and "Singing Cowboy" Gene Autry recorded the tune as a follow-up to his hit "Rudolph the Red-Nosed Reindeer." An animated TV special based on the song first aired in 1969, and has become a timeless holiday classic.

Pie in the Sky

A historic space milestone occurred in December 2017: The International Space Station hosted the first pizza party in space! NASA sent all the needed ingredients aboard a supply ship after an Italian astronaut mentioned missing his favorite food. The crew of six made their own pies and even floated the pizzas around the cabin like flying saucers before slicing into them with scissors.

BULLETIN BOARD

Phone a Friend

Dial a pal on Dec. 28, National Call a Friend Day.

National Guard's Birthday

Throughout history, guardsmen have represented the motto "Always Ready, Always There." The first units of citizen soldiers in what would become the U.S. National Guard were organized Dec. 13, 1636, in Massachusetts.

Wintertime Wit

Q: What is Jack Frost's favorite thing about school?

A: Snow and tell!

TRIVIA WHIZ



Celebrating New Year's Eve

The final night of the year is coming up. Count down with some festive facts about the revelry of New Year's Eve.

- Ringing out the old year and ushering in a new one is a custom that goes back at least 4,000 years to the ancient Babylonians.
- The first places on the globe to greet the new year are the island nations of Kiribati, Samoa and Tonga, located in the South Pacific Ocean.
- Just across the international date line, American Samoa, a U.S. territory, is the world's last inhabited locale to welcome in the year.
- New York City's Times Square ball drop is a celebration that began in 1907.
- Singing "Auld Lang Syne" at midnight has grown into a worldwide tradition. The words roughly translate to "times gone by."
- Puckering up for a New Year's Eve kiss is said to bring good luck to a relationship and has roots in German and English folklore.
- Those novelty eyeglasses with frames shaped into the numbers of the coming year were invented in 1990 by two friends in Seattle.
- Causing a ruckus with noisemakers began as a way to chase off bad luck.
- Some don't stay up to celebrate; in a survey, over 10% of people said they fall asleep before midnight.
- That cute little guy decked out in a diaper, top hat and sash is known as Baby New Year. He's been a symbol of the holiday since the days of ancient Greece.



Embrace Simple Celebrations

December's calendar can be packed with projects and plans, but this year, take the opportunity to simplify and celebrate your most meaningful traditions.

Everyone has their own ways of observing the holidays. Some look forward to cooking and decorating their home, while others like watching holiday movies and rocking festive

music playlists. Choose the activities that you really enjoy, and spread them out throughout the month.

Remember that even little habits can be a big source of comfort and joy. A cup of cocoa while you read a storybook can become a new ritual. In some households, getting out seasonal items is a major activity. But if you don't have the time or energy to decorate, that's OK! It doesn't have to be all or nothing. For example, you can unpack only your most cherished decorations or pick out one craft project to do with your kids.

When looking back on holiday memories, it's not the presents people usually focus on. Keep this in mind as you streamline your gift list. Consider drawing names in your family or donating to a charity. This time of year is about appreciating loved ones and spreading kindness, so by putting aside the hustle and bustle, you can enjoy the peace of the season.

Make Your Own Time Capsule

When December winds down, we get ready to greet a new year. Take a few moments to look back and create a time capsule that will hold memories you can revisit in the future.

First, choose a container. Depending on the items you want to include, it can be a glass jar, sturdy box or plastic bin. Be sure it has a lid to keep the contents from spilling out. Label the time capsule, and if you want to get creative, decorate the exterior.

Then comes the fun part, gathering the items you'd like to save. Your collection can be simple or sizable. Here are some ideas: Print photos of yourself, family and friends. Toss in a souvenir from a place you visited. Add a magazine or newspaper to show national and world happenings. Include a list of favorite TV shows, movies and songs, as well as the current prices for things such as your go-to beverage or a gallon of gas.

Write a letter to yourself about your top memories of the past months and plans for the year ahead. If you'd like to use technology, record audio or video interviews with the people in your life and save the files to a flash drive.

Help young children take part by contributing a piece of their artwork or a tracing of their handprints. Jot down their favorite activities or describe a recent milestone.

Update your time capsule every year and make reviewing it and adding to it a special occasion.





Featured Recipe

Peppermint Shortbread Cookies

Festive and flavorful, these shortbread cookies have a holiday twist. This recipe makes about 3 dozen cookies.

Ingredients:

- 2 sticks unsalted butter, softened
- 3/4 cup powdered sugar
- 1 teaspoon vanilla extract
- 1 teaspoon salt
- 2 1/3 cups all-purpose flour
- 3/4 cup peppermint crunch baking chips (white chocolate chips with peppermint candy bits)

Directions:

In a stand mixer or with a hand mixer, cream together butter, powdered sugar, vanilla and salt until smooth. Gradually add flour; mix on low until combined. Add baking chips and continue mixing on low until fully combined.

On wax paper or parchment paper, form dough into a 12- to 14-inch log and freeze at least 30 minutes, or until firm.

When ready to bake, preheat oven to 350° F. Line baking sheets with parchment paper.

Cut shortbread dough into 1/4-inch slices and bake 13 to 15 minutes.

Find more recipes at MilkMeansMore.org.



Flavors To Savor This Season

Indulge in the warmth and cheer of the holiday season with a taste of some favorite flavors:

Peppermint. From the classic candy cane to crunchy, chocolaty peppermint bark, the vibrant taste of peppermint adds a dash of festive flair to all kinds of sweet treats. It's often swirled into cocoa or coffee beverages for a refreshing pick-me-up.

Hot cocoa. There may be no better way to warm up on a cold winter's day than with a mug of hot chocolate sprinkled with marshmallows. In addition to drinking it, you can indulge in hot cocoa-flavored candies, cookies, ice cream and popcorn.

Gingerbread. Combining ginger with other spices—typically cinnamon, cloves and nutmeg—results in one of the season's tastiest traditions. Making gingerbread men cookies and decorating gingerbread houses are whimsical ways to enjoy this holiday flavor.

Sugar cookie. Sweet and simple cookies in the shapes of stars, wreaths and snowmen are a favorite this time of year. You can further satisfy your sugar-cookie cravings with flavored coffee creamers, hot tea, popcorn and ice cream.

Eggnog. This rich, creamy beverage has been adapted into recipes for cookies, cakes, ice cream and candies, all celebrating the drink's scrumptious blend of vanilla, nutmeg and cinnamon.

"Time together as a family is a gift."

—**Joanna Gaines**

"Nothing purchased can come close to the renewed sense of gratitude for having family and friends."

—**Courtland Milloy**

"The memories we make with our family is everything."

—**Candace Cameron Bure**

"I believe the world is one big family, and we need to help each other."

—**Jet Li**

"Cherish your human connections—your relationships with friends and family."

—**Barbara Bush**

"The more we can be in a relationship with those who might seem strange to us, the more we can feel like we're neighbors and all members of the human family."

—**Fred Rogers**

"You leave home to seek your fortune and when you get it, you go home and share it with your family."

—**Anita Baker**

"There's nothing that makes you more insane than family. Or more happy. Or more exasperated."

Or more ... secure."

—**Jim Butcher**

"Stick to the basics, hold on to your family and friends—they will never go out of fashion."

—**Niki Taylor**

"The love of family and the admiration of friends is much more important than wealth and privilege."

—**Charles Kuralt**



December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December		Rent Is Due 1 Giving Tuesday	2	3	4	5 Last Day to Pay Rent Before Late Fee
		6	7 	8	9 Hanukkah Begins	10
12	13 National Ice Cream Day	14	15	16	17 National Maple Syrup Day	18
19	20	21 Winter Solstice	22 	23	24 Holiday Hours Office Is Open 12-3pm	25 Office Closed Christmas Day
26	27	28	29	30	31 Regular Hours New Year's Eve	26 Kwanzaa Begins

"This Month In History"

DECEMBER

1913: Fill 'er up! The nation's first drive-in gas and service station opens in Pittsburgh.

1924: The puck drops in the first NHL game played in the U.S. The Boston Bruins hosted and defeated the Montreal Maroons.

1947: America's wetland wilderness, Florida Everglades National Park is formally dedicated.

1954: Doctors at a Boston hospital perform the first successful human kidney transplant.

1964: Civil rights leader Martin Luther King Jr. accepts the Nobel Peace Prize at ceremonies in Oslo, Norway.

1979: Two friends in Canada invent Trivial Pursuit. The board game became a worldwide sensation.

1991: In Nashville, Naomi and Wynonna Judd perform their final concert as the Judds. The mother-daughter duo was one of country music's top acts.

2002: The professional networking site LinkedIn is founded in California.

2010: SpaceX becomes the first private company to successfully launch a spacecraft into orbit and recover it.

2018: American Colin O'Brady is celebrated as the first person to complete a solo, unaided trek across Antarctica. He traveled 930 miles in 54 days.