



THE RESERVE

a t B e l v e d e r e

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

MARCH 2021



NOTES & NEWS

Spring It On!

“No matter how long the winter, spring is sure to follow,” says a popular proverb. The new season arrives on Saturday, March 20.

Add a Little Green to Your Home

As retailers start gearing up for warmer weather, take advantage of gardening sales and pick up a houseplant or new container to repot one you already have. A splash of greenery or a pot in a different color or pattern will help your space feel fresh for spring.

Here’s to the Irish

Celebrate like a Celt with the popular Gaelic toast *sláinte*, pronounced “slawn-cha.” It translates as “health,” and is used like the English expression “Cheers!”

Stone of the Sea

The light-colored blue-green gem known as aquamarine is the birthstone for March. In the same mineral family as emeralds, aquamarine stones have long been admired for their connection to the sea and the belief that they could calm waves and protect sailors.

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

Popular Pages: ‘Life of Pi’

This philosophical bestseller by Canadian author Yann Martel was the subject of countless book clubs when it was first published in 2001. The title character, Pi, is a teenage boy from India who is sailing across the sea with his zookeeper parents. Following a storm that wrecks their ship, Pi is stranded in a lifeboat with a tiger named Richard Parker. The relationship between boy and beast, as well as Pi’s understanding of the world around him, is critical to the pair’s survival. The 2002 winner of the prestigious Booker Prize for fiction, “Life of Pi” has sold more than 12 million copies worldwide.

Explore the Web To Boost Your Brain

Go ahead and surf, post, play and connect online—it can help keep your brain active. The Journals of Gerontology reports that digital literacy may be linked to preventing brain aging and age-related memory loss. Regularly taking part in online activities uses more of the brain’s cognitive networks, keeping them healthy.

Feel the Knead

Roll your way to relaxation with a foam roller. The log-shaped rolls, which come in many sizes and textures, help massage parts of the body, such as your back or your calves. By using your body weight and slowly rolling back and forth on the roll, the pressure loosens tight muscles and works out knots. For other options for the foam tool, try the technique with a rolling pin or a tennis ball.

BULLETIN BOARD

Say ‘Cheez’

Those orange, square snacks known as Cheez-It crackers mark their 100th anniversary this year. The cheesy, crunchy bites were first baked and boxed up by a Dayton, Ohio, food company in 1921.

Positive Thought

“Be the best version of yourself in anything you do. You don’t have to live anybody else’s story.” —Steph Curry

TRIVIA WHIZ



The World of Windmills

The blustery breezes of March create the perfect conditions for one of the earliest machines, the windmill. Hold on—these facts about the amazing structures may blow you away!

- Built to harness the power of the wind, windmills have been around for over a thousand years, and most likely originated in Iran and China.
- Their main jobs were to pump water and grind grain into flour. Most modern windmills, called turbines, convert wind energy to electricity.
- The large, spinning blades on a windmill are called sails.
- You've probably seen photos of the iconic stone windmills in the Netherlands. They're celebrated as symbols of Dutch culture and are popular tourist attractions throughout the country.
- During the Dutch Golden Age in the 1600s, windmills cropped up in many paintings as a symbol of strength.
- A classic sight in parts of rural America is a style of windmill called a wind pump or wind engine, used to pump water from wells. These spindly metal or wooden towers, topped with a wheel of blades, were common on farms in the late 1800s.
- Because of their moving parts and charming look, windmills are often a featured obstacle on miniature golf courses.
- Paris' famous cabaret the Moulin Rouge, which is French for "red mill," is known for the giant windmill that sits on the building's roof.



With a Little Luck

You might have one in your home, wear one as a piece of jewelry or carry one with you as a way to gain good fortune. Lucky charms and symbols are a fun tradition worldwide.

There's a long history of holding on to or displaying certain tokens to encourage health, wealth, love and protection. Coins are a common example in many cultures, whether you find one on the ground, toss them into a fountain or keep one in a pocket

or purse. There's the horseshoe, which when pointed up gathers luck, or turned down showers it. Other shapes and objects that are said to inspire and attract good things are the heart, circle, key and ladder.

Nature is full of good luck signs. One of the most visible this time of year, thanks to Irish folklore, is the four-leaf clover. Find one of these rare plants, and luck is yours. In China, the bamboo plant grows your chances of wealth and happiness. Look to the skies, and a rainbow will lead to a pot of gold, while spotting a falling star can grant a wish.

Animals can also give you a leg up. Japan's "lucky cat," with its raised paw, signals happiness and prosperity. In Australia, frogs have similar powers; pigs are the pick in Germany; and in India, it's elephants. Members of the insect world, including ladybugs, crickets and dragonflies, symbolize luck in many countries.

Recharge Your Life With Positivity

Optimism is good for you! People who are optimists tend to be happier, healthier and more successful, says the research. Here are several ways you can make positivity a habit.

Choose a motivational mantra. Whether a line from a favorite song, a meaningful quote, or a goal you want to achieve, turn to inspiring words when you need a pick-me-up.

Hang out with upbeat people. We tend to act like those we're surrounded by the most, so spend time with cheerful, kind people rather than those who complain or gossip. Being around negative attitudes can cause you to take on a negative mindset.

Assume the best. Give people the benefit of the doubt, and forgive them for their faults, even if they let you down. Do this for yourself, too!

Focus on solutions. When you encounter a problem, avoid playing the blame game or dwelling on how you could have done things differently. That doesn't solve anything, and can make you and others feel worse. Instead, look at what you can do right now.

Practice gratitude. Before you go to bed, think about three good things that happened that day. Writing them down in a journal, where you can also track your accomplishments, will remind you of things to be grateful for and boost your hopeful thinking.





WIT & WISDOM



A Full Load of Laundry Tips

Wash, dry and fold. Doing laundry is one of those routine chores that's often done on autopilot. We've found some helpful tips that will make your loads come out their cleanest and keep clothes looking their best.

First, try to tackle stains before they have time to set. Pretreat by pouring some detergent directly on the stain or applying a stain remover.

When sorting loads, take time for a few quick checks: Empty clothing pockets to avoid any potential disasters. Unroll balled-up socks and unfold any turned-up sleeves. Turn jeans, cotton T-shirts and sweaters inside out; this will keep fabrics from pilling and colors from fading. To prevent snags, zip zippers and close snaps or hooks. But don't button up buttons! That can damage them.

Don't overdo the detergent. More soap doesn't equal cleaner laundry. Too many suds can leave dirt and residue on fabrics.

Overloading the washer is another mistake. Give items space to agitate.

As soon as the wash cycle is done, remove the laundry and shake out each piece before transferring to the dryer. This cuts down on wrinkles, and the load will tumble better. To speed up drying time, toss a dry towel into the wet load. Avoid overdrying, which can cause fading and shrinking.

Hanging laundry to dry is another option. Experts say air-drying helps clothes smell fresher and last longer.

Featured Recipe

Cheesy Irish Soda Bread

Irish soda bread gets a boost of savory flavor from cheddar cheese.

Ingredients:

- 2 1/2 cups flour
- 1/2 cup sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 teaspoons caraway seeds
- 1 teaspoon garlic powder
- 1/4 teaspoon ground red pepper
- 1/2 cup shredded Irish cheddar cheese, or any sharp cheddar cheese
- 2 eggs
- 1 1/4 cups buttermilk

Directions:

Preheat oven to 350° F. In a large bowl, mix flour, sugar, baking powder, baking soda, salt and seasonings. Stir in cheese. Set aside.

In a medium bowl, mix eggs and buttermilk. Add to dry ingredients and stir until well blended. Spread batter into a lightly greased 9-inch round cake pan.

Bake 30 to 40 minutes or until toothpick inserted in center comes out clean. Cool in pan on a wire rack for 10 minutes. Remove bread from pan and let cool completely on wire rack.

Find more recipes at McCormick.com.



“You’ve got to have fun along the way.”
—**Victoria Beckham**

“Having fun is definitely how you’re going to keep yourself loose, and be at your best.”
—**Mookie Betts**

“Make a commitment to having fun. See your best friends and make time for your hobbies and passions.”
—**Robert Holden**

“Learning something new is fun.”
—**Alex Trebek**

“We are stronger, we are smarter, we have more fun when we include each other—when we include as many perspectives as possible.”
—**Leslie Odom Jr.**

“Billboard this:
‘Life is supposed to be fun!’”
—**Jenny McCarthy**

“Never, ever underestimate the importance of having fun.”
—**Randy Pausch**



“Life is too short to not have fun; we are only here for a short time compared to the sun and the moon and all that.”
—**Coolio**

“I think of life itself now as a wonderful play that I’ve written for myself, and so my purpose is to have the utmost fun playing my part.”
—**Shirley MacLaine**

“At the end of the day, if I can say I had fun, it was a good day.”
—**Simone Biles**



March 2021

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	31	<i>March</i>		

“This Month In History” MARCH

1918: Daylight saving time is enacted nationwide and time zones are set when the Standard Time Act is signed into law.

1941: The pioneering squadron of African American military aviators known as the Tuskegee Army Airmen is activated for service in World War II.

1962: In a historic NBA game, Wilt Chamberlain of the Philadelphia Warriors scores 100 points playing against the New York Knicks. It’s still the record for most points scored in a single game.

1974: People magazine debuts. The popular celebrity news publication’s first issue featured actress Mia Farrow on its cover.

1987: To recognize and honor the achievements of American women, Congress declares March as National Women’s History Month. The observance began in 1980 as a weeklong celebration.

2006: Using an early version of Twitter, the world’s first tweet is posted. The social networking platform went live to the public later that summer.

2020: The World Health Organization declares the outbreak of the COVID-19 virus a global pandemic.