



THE RESERVE

a t B e l v e d e r e

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



BULLETIN BOARD

A Little Self-Love

"To fall in love with yourself is the first secret to happiness." —Robert Morley

A Winning Color

Red is known for symbolizing love and passion, but scientists say the crimson color may provide a competitive edge as well. Studies have been done in a number of sports, and results show athletes and teams who wore the color red more often came out the winner over their opponents who wore another color.

FEBRUARY 2024



NOTES & NEWS

Save Time in the Left Line

Nobody likes to wait in a long line. Try this trick that may save you time—go to the farthest line on the left. Since the majority of people are right-handed, they tend to subconsciously choose things on the right, including lines. Therefore, left lines are often shorter.

No More Streaks

Do you struggle to get a streak-free mirror? Try using a DIY cleaner with equal parts distilled water and white vinegar. Cleaning your mirror with this solution and a microfiber towel in an up-and-down and side-to-side motion—rather than circular—will leave you with spotless glass. Additionally, the solution may keep bathroom mirrors from fogging up for about a week.

Kick Out Your Feet for Better Sleep

Your feet may be the key to a better night's sleep. The National Sleep Foundation says keeping one foot outside the covers can help your body maintain a lower temperature, which allows you to fall asleep faster and enjoy a deeper doze.

HIGHLIGHTS

The Reserve at Belvedere Staff

Property Manager Anthony Woodfolk
Asst. Property Manager Kevin Moore
Leasing Consultant Tabatha Arbogast
Maintenance Supervisor Pete Young
Maintenance Tech Matt Batten
Maintenance Tech Jermaine Banks
Maintenance Tech Damian Ramirez

\$\$\$ Resident Referral \$\$\$

We want your friends as our neighbors! With our resident referral program, you can make money simply by recommending our community to others.

1st Referral- \$500, 2nd Referral- \$750,
3rd Referral- \$1000

Take a Leap

2024 is a leap year, when February has an extra day. Take inspiration from Leap Day on Feb. 29 to "take a leap" and try something new in your life, such as joining a club or taking a class.

A Chance to Win!

Complete the puzzle on the back and submit to the leasing office for a chance to win a free Reserve at Belvedere T-shirt!
Good luck!



Important Numbers

Leasing Office (434) 296-6200
Fax (434) 296-6100
Emergency Maintenance (434) 972-1967

leasing@liveatbelvedere.com
www.liveatbelvedere.com

Office Hours

Monday–Friday 10 a.m.–6 p.m.
Saturday 9 a.m.–2 p.m.
Sunday Closed

TRIVIA WHIZ



Learn About Leap Year

The special and fleeting 29th day of February is known as Leap Day, occurring about once every four years. A year with this extra day is called a leap year—and 2024 is one of them! Take the leap and learn more about this timely phenomenon.

- Though a calendar year is 365 days, the Earth actually takes 365 days, 5 hours, 48 minutes and 45 seconds to completely orbit the sun. Without Leap Day, every year would be missing six hours, and after 100 years, our calendar would be off by a whopping 24 days.
- Leap years help the seasons stay consistent. Without them, eventually August would be a spring month!
- Roman leader Julius Caesar created the first Leap Day around 45 B.C.
- A leap year doesn't occur every four years. A year ending in "00" must be divisible by 400 or it functions as a normal 365-day year. Hence, 2000 was a leap year, but 1900 wasn't, and 2100 won't be, either.
- The tradition of men proposing to women is flipped on Leap Day. In some countries, it's said that if a man says no to the proposal, he must pay up—in Denmark, men gift a dozen pair of gloves, and in Finland, fabric for a skirt.
- There is a one in 1,461 chance of being born on Leap Day; these babies are known as "leapers" or "leaplings."
- Even with leap years, the Earth's rotation doesn't completely match up with our calendar, so scientists occasionally implement a "leap second" to even out the score. The last one happened in December 2016.



Reach for a Rom-Com

The meet-cute. The love triangle. The star-crossed soul mates. While romantic comedies aren't always realistic, watching them can have some real-life benefits!

Less stress. Often following a formula, a romantic comedy tends to be an "easy watch," which is perfect when you need to unwind. Watching a story with a happy ending releases feel-good chemicals in the brain, and research shows that enjoying a rom-com before bedtime can help with insomnia.

Better relationships. Of course, life isn't as picture-perfect as a movie, but experts say that watching rom-coms can raise levels of empathy, helping you to be more sensitive to others' needs. Additionally, couples who watch romantic films together and discuss them often have stronger communication skills.

Releases emotions. If you've ever craved "a good cry," then you know how cathartic tears—happy or sad—can be. That's because crying relieves the body of stress-inducing cortisol and adrenaline, helping you feel better after you've dried your eyes. Sweet and sentimental storylines can also bring back fond memories, giving you a dose of comforting nostalgia.

Higher hopes. Even if you're cynical about love, a rom-com's likeable characters and happy ending can boost your outlook on life, giving you confidence to follow your dreams—romantic or otherwise!

You Missed a Spot!

A clean, comfortable home requires regular tidying up, but some spots are easy to miss during routine chores. These reminders will help your whole space sparkle and shine:

Across your home. Be sure to target areas that get touched daily, but likely aren't cleaned as often: light switches, doorknobs, drawer handles and remote controls. When sweeping or mopping, don't stop where the floor meets the wall. Baseboards and doorframes collect dust easily, but polishing them with a soft cloth will make a big difference. You can also use a vacuum attachment or dustmop to give curtains a quick clean between machine washes.

Bathroom. You probably wipe down the counter daily, but what about the toothbrush holder? Soak it in soapy water and scrub away stains with an old toothbrush. When cleaning the floors, make sure you get behind the

toilet. Include bath mats and rugs in your laundry routine; every so often, toss in your shower curtain as well! (Most can be machine-washed, but check the label to be sure.)

Kitchen. When was the last time you cleaned your salt and pepper shakers? Next time you need to refill them, first wash them and let them dry completely. For a better-tasting brew, clean your coffeemaker by running a cycle with plain vinegar, then a cycle of water to rinse.





WIT & WISDOM



Table for One

Whether you have a sweetie or are happily single, give solo dining a try. While you needn't eat every meal alone—socialization is important to your overall health—dining by yourself can be a fun and enlightening adventure.

Eating alone may sound daunting, but it has actually become very trendy in recent years. After all, solo dining gives you all the power. That's right—you get to pick the menu! It also provides the perfect opportunity for a brain break. Spend some quality alone time sitting with your thoughts, turning the meal into a meditative experience. Eat mindfully, savoring the flavors and presentation of your dish.

Solo dining can also be a social exercise, offering a way to meet new people and connect with your community. This could be from simply people watching and recognizing that you're part of a whole or by reaching out and talking to friendly strangers. These experiences can build your confidence and make you more independent.

Still not sure you can do it? Ease into the experience by bringing along a book to read; unlike scrolling on your phone, which gives off a "leave me alone" vibe, a book can invite discussions. First-timers tend to find breakfast, lunch or an early dinner the easiest meals to enjoy alone, or start out even simpler by relaxing solo at a local coffee shop or bakery.

Raspberry Streusel Muffins

Muffin Ingredients:

- Nonstick cooking spray
- 1 1/2 cups whole-grain sorghum flour
- 1 teaspoon ground cinnamon
- 3/4 teaspoon baking soda
- 3/4 cup buttermilk
- 1/3 cup firmly packed light brown sugar
- 3 egg whites
- 1/4 cup canola oil
- 2 teaspoons grated lemon zest
- 1 teaspoon vanilla extract
- 1 cup fresh or frozen raspberries

Streusel Ingredients:

- 2 tablespoons whole-grain sorghum flour
- 2 tablespoons light brown sugar
- 2 tablespoons quick-cooking rolled oats
- 2 tablespoons chopped pecans
- 2 tablespoons butter
- 1/2 teaspoon ground cinnamon

Directions:

Heat oven to 400° F. Lightly coat a 12-cup muffin pan with nonstick cooking spray.

In a large bowl, stir sorghum flour, cinnamon and baking soda together. In a separate bowl, whisk buttermilk, brown sugar, egg whites, oil, lemon zest and vanilla. Stir wet ingredients into flour mixture. Spoon the batter into muffin cups and top each cup with raspberries.

In a small bowl, stir streusel ingredients together until crumbly. Sprinkle over muffins.

Bake muffins for 16 minutes. Cool on a wire rack for 20 minutes.

Find more recipes at Heart.org.



"How sweet the words of truth, breathed from the lips of love."

—James Beattie

"Once in a young lifetime one should be allowed to have as much sweetness as one can possibly want and hold."

—Judith Olney

"What's in a name? That which we call a rose by any other name would smell as sweet."

—William Shakespeare

"Life is short, and it is up to you to make it sweet."

—Sarah Louise Delany

"The road to greatness is often sought, but if journeyed with kindness, it is sweetly paved."

—Tom Althouse

"Connecting our hearts through love yields a nectar so sweet we are forever full."

—Amy Leigh Mercree

"But friendship is the breathing rose, with sweets in every fold."

—Oliver Wendell Holmes

"Heard melodies are sweet, but those unheard are sweeter."

—John Keats

"Oh, how sweet it is to hear one's own convictions from another's lips."

—Johann Wolfgang von Goethe

"Be sweet, be good, and honest always."

—Emma Bunton

"Even when the strings are broken in our lives, the sweet music plays on in our hearts."

—Bryant McGill



February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Rent Due	2	3
4	5	6 Rent Is Late	7 Pest Control in Building 225	8	9 	10
11	12	13	14 Pest Control in Building 225 & Valentine's Day Door Delivery	15	16	17
18 Presidents Day Office Open 10:00 AM - 1:00 PM	19	20	21 Pest Control at Clubhouse	22	23 Puzzle Winner Announced!	24
25	26	27	28 Pest Control in Building 210	29		

SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Solution

6	5	9	8	1	2	7	4	3
7	1	8	7	5	9	6	2	4
2	8	7	4	8	6	1	5	9
8	9	8	2	6	7	4	1	5
7	4	2	1	8	5	8	9	6
1	6	5	9	4	8	2	8	4
8	2	6	8	9	4	5	7	1
5	7	1	6	2	8	9	8	7
9	8	4	5	7	1	8	6	2

2					5			6
7			3	2				5
	4		7					
	3		8				9	
		8	5		1	2		
	1				2		6	
					7		3	
3				5	4			7
8						6		9