



# THE RESERVE

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

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

## OCTOBER 2024



### BULLETIN BOARD

#### Happy October!

"Autumn leaves are falling, filling up the streets;

Golden colors on the lawn, nature's trick or treat!"

—Rusty Fischer

#### Self-Care Corner:

##### Pump Up

##### Your Mood

Squash a sour attitude by snacking on some pumpkin seeds. Their high levels of iron, tryptophan and tyrosine all contribute to the production of serotonin and dopamine, the feel-good brain chemicals that help balance mood.

## NOTES & NEWS

### True Colors

The shades of red, orange and yellow you see on fall leaves are actually present year-round. The chlorophyll in the trees turns the leaves green in the spring and summer, covering up the other colors.

### Stretch Your Toes

Give your toes some wiggle room after wearing shoes all day. Sit in a chair with your feet flat on the floor, and then cross one foot across your lap. Hold your toes and pull them toward your ankle until you feel a gentle stretch along the bottom of your foot. Use your other hand to massage the arch of your foot for about 10 seconds. Repeat 10 times for each foot.

### Frugal Friend Dates

Sometimes, getting together with friends includes meals, movies and other activities that can ding your budget. Don't be afraid to be honest when you simply can't afford to go out. Suggest ways to spend time together that won't cost a cent, such as taking a walk or having a game night at someone's home.

## 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

### A Fall Favorite

The holiday classic "It's the Great Pumpkin, Charlie Brown" premiered Oct. 27, 1966. The animated prime-time TV special with the gang from Charles Schulz's "Peanuts" comic strip is based on a storyline Schulz first ran in 1962. An animation achievement at the time, the hit is famous for its colorful fall pumpkin patch scenes and for giving audiences their first glimpse of Snoopy "flying" his doghouse as the World War I Flying Ace. It's estimated that about half the homes in America with TVs watched the special, and fans continue to make it a yearly tradition.



### 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



## A Full Deck of Facts

With games like bridge, poker, Go Fish and solitaire, decks of cards have provided hours of entertainment for thousands of years. Shuffle through this list of trivia tidbits:

- Playing cards were invented in China during the 9th century.
- The four suits used today— hearts, diamonds, clubs and spades—were developed in the 1500s by French card makers, who also divided the suits into red and black.
- Each king in a deck of cards is said to have originally represented a historical leader: Alexander the Great (clubs), Charlemagne (hearts), King David (spades) and Julius Caesar (diamonds).
- The symbols printed on a given card, indicating the value and suit, are called pips.
- A standard deck of cards has many similarities to our calendar. The 52 cards equal 52 weeks in a year; the four suits can be used to symbolize the four seasons; and each suit has 13 values (ace through king), just like there are 13 lunar cycles in a year.
- The United States Playing Card Company is one of the world's largest producers of playing cards, manufacturing over 100 million decks each year.
- Every time you shuffle a deck of cards, you're almost guaranteed to create an exact order of the cards that's never existed before. That's because there are more variations of a shuffled deck of cards than there are atoms in the universe. To get the exact number—an 8 followed by 67 zeroes!—you need to multiply 52 by 51 by 50, and so on, all the way to 1. (This is called 52 factorial.)

## Coming Home for Homecoming

For current students and alumni alike, homecoming is a treasured fall tradition.

Several American colleges, including Baylor University and the University of Illinois, began hosting homecoming football games in the early 1900s. But it was the University of Missouri's 1911 event that wrote the unofficial rulebook for future homecomings. To increase excitement for the first home football game against the school's rival, the University of Kansas, Mizzou encouraged alumni to "come home" for a celebration complete with a bonfire, pep rally, parade and the finale—the big game.

Today, most colleges and high schools follow the same formula. Involvement is high among current students, alumni and members of the community. In high schools, a week of "spirit days"—such as Pajama

Day and Crazy Hat Day—lead up to a Friday night game where the homecoming queen and king are often announced at halftime. A schoolwide dance takes place after the game or on the following night. At some schools, the "HoCo" dance is revered as much as prom.

Parades, another highlight of homecoming festivities, typically feature marching bands, colorful floats, fire trucks and more. Some schools celebrate homecoming with a special banquet or tailgating before the football game.



## Who's Whooo of Owls

Symbols of wisdom and insight, owls are found throughout pop culture as characters who exhibit these qualities. Consider a few feathered favorites:

*Friend Owl.* He grumbles about noisy critters keeping him awake and warns about the dangers of getting "twitterpated," otherwise known as falling in love. But Friend Owl is a wise mentor to the forest animals in the 1942 Disney cartoon "Bambi."

*Mr. Owl.* This candy mascot was first seen in a 1970 TV commercial attempting to answer the age-old question, "How many licks does it take

to get to the Tootsie Roll center of a Tootsie Pop?"

*Woodsy Owl.* Created in 1970 by the U.S. Forest Service, Woodsy taught youngsters to "Give a Hoot, Don't Pollute." He continues to make appearances to share his latest eco-friendly slogan: "Lend a Hand, Care for the Land."

*Hoots the Owl.* Since his debut on "Sesame Street" in 1985, this jazzy Muppet musician has played his saxophone alongside famous entertainers such as Little Richard, Wynton Marsalis and John Legend. Also a talented singer, Hoots is best known for the song "Put Down the Duckie."

*Hedwig.* Given to Harry Potter for his 11th birthday, this snowy owl served her owner by delivering his messages. Hedwig's intelligence and loyalty also proved to be valuable assets during the boy wizard's magical adventures.





## WIT & WISDOM



### Sleep Soundly With an Organized Nightstand

Like many areas in the home, a bedside table or nightstand can become a magnet for clutter. Multiple studies show that messy surroundings—especially in the bedroom—can heighten anxiety and reduce sleep quality. Keeping your nightstand tidy can help create a peaceful environment for drifting off to dreamland.

The first step to managing nightstand clutter is to review your nighttime routine. What do you truly need by your side when you get ready for bed?

Many bedtime essentials fit into these categories: electronics, personal care items, and reading or writing materials. Organize your nightstand items in a way that makes sense. You may find that your needs don't fit the type of nightstand you currently have, but that's OK! Many different types of furniture can function as a nightstand—a small table, chest of drawers, rolling cart or even a floating shelf. Work with what you have or seek out a design that fits your lifestyle.

Once you've chosen your actual nightstand, it's time for the fun part: organizing your stuff! You may wish to use a separate drawer or shelf for each category. Or you may find your nightstand functions better when you have your most frequently needed items grouped together.

Divided drawer organizers, trinket bowls and trays are smart solutions for organizing small items, such as jewelry or earplugs. Or try a fabric caddy that slides under your mattress and has pockets to hold items like a book, glasses and phone.

## Featured Recipe

### Three-Cheese Pizza With Pepperoni and Salami

Who needs delivery when you have this delicious pizza recipe?

#### Ingredients:

- 2 pizza dough balls
- 1/4 cup extra-virgin olive oil
- 2 tablespoons minced garlic
- 2 tablespoons chopped anchovies
- 1 cup grated Parmesan cheese
- 1 pound shredded fontina cheese
- 1 pound fresh mozzarella pearls
- 2 to 3 ounces thinly sliced salami
- 2 to 3 ounces sliced pepperoni
- 2 tablespoons chopped fresh parsley

#### Directions:

Preheat oven to 425° F. Roll each dough ball out onto separate 14-inch pizza pans.

On each rolled-out crust, drizzle 1/8 cup olive oil, and then top with 1 tablespoon garlic, 1 tablespoon anchovies, 1/2 cup Parmesan cheese, 1/2 pound fontina cheese, 1/2 pound fresh mozzarella pearls, and half of the salami and pepperoni.

Bake both pizzas for about 15 minutes, or until cheese is bubbly and crust is golden brown. Remove pizzas from oven and garnish with fresh parsley.

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



"In October, any wonderful unexpected thing might be possible."

—*Elizabeth George Speare*

"There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October."

—*Nathaniel Hawthorne*

"October had tremendous possibility. The summer's oppressive heat was a distant memory, and the golden leaves promised a world full of beautiful adventures."

—*Sarah Guillory*

"Listen! The wind is rising, and the air is wild with leaves, We have had our summer evenings, now for October eves!"

—*Humbert Wolfe*

"In the entire circle of the year, there are no days so delightful as those of a fine October ..."

—*Alexander Smith*

"What the light looks like in the pear trees, in October, is a hundred teardrops of gold, the whole orchard weeping."

—*Carole Maso*

"May you fall in love with October and all the beauty it brings, May your life be as colorful as the turning of the leaves ..."

—*Charmaine J. Forde*

"October is the opal month of the year. It is the month of glory, of ripeness."

—*Henry Ward Beecher*

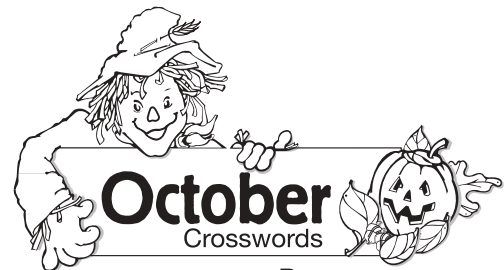
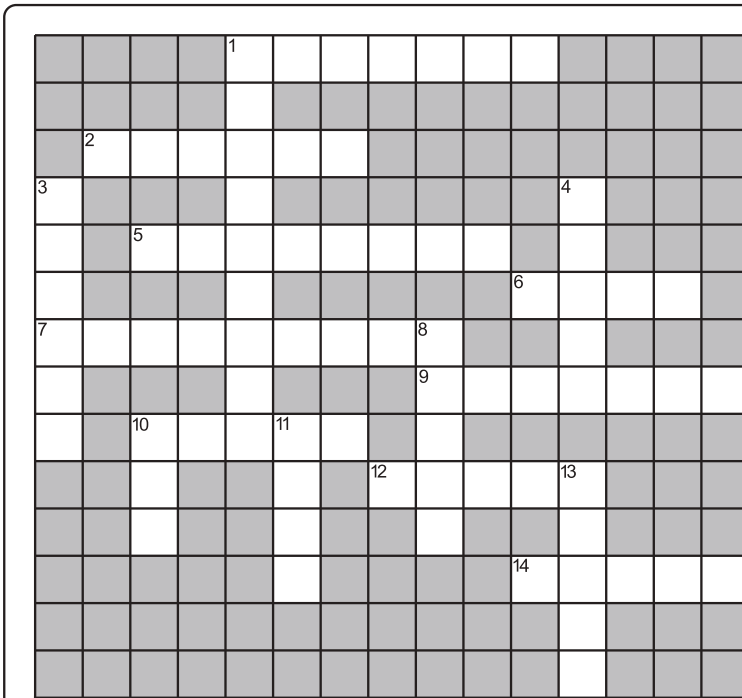
"I'm so glad I live in a world where there are Octobers."

—*Lucy Maud Montgomery*



# October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Rent Is Due	2 Pest Control in Building 300	3	4	5 Rent Is Late
6	7	8	9 Pest Control in Building 310	10	11	12
13	14	15	16 Pest Control in Building 310	17	18	19
20	21	22	23 Pest Control in Building 320	24	25	26
27	28	29	30 Pest Control in Building 320	31 		



**Across:**

- 1. Gathering of crops
- 2. Dwarflike creature
- 5. Oval ball game
- 6. Satellite of Earth
- 7. Flattened structures without moisture
- 9. Unique attire
- 10. Sweet food
- 12. Present
- 14. Woman with magic powers

**Down:**

- 1. Night of Oct. 31
- 3. Eight-legged arachnid
- 4. Nebulous image
- 8. Frightening
- 10. Feline
- 11. With little or no light
- 13. Skillful act

