



THE RESERVE

a t B e l v e d e r e

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

MARCH 2025



NOTES & NEWS

Happy St. Patrick's Day

Everybody's Irish on March 17. As you celebrate the wearin' o' the green, we'd like to offer this St. Patrick's Day toast: May the roof above you never fall in, and may the friends gathered below never fall out. Happy St. Patrick's Day!

Popular Poem

Robert Frost's iconic poem "Stopping by Woods on a Snowy Evening" was first published in March 1923. Frost is one of the best-known American poets. Although he never graduated from a university, he was awarded more than 40 honorary degrees.

Famous Firsts: Academy Awards

Unlike today's spectacle, the first Academy Awards celebration in 1929 was a small affair with just 270 people. A private dinner at a Hollywood hotel honored the film industry's best in 12 categories, and the winners had been announced months earlier.

BULLETIN BOARD

A Cheery Sight

Wearing a chest of bold orange feathers and chirping a cheery song, the robin is known as the herald of spring. This hardy North American bird is often a year-round resident that spends the winter roosting in trees to conserve energy. As the weather warms, robins become a more noticeable sight as they come out to search for food and begin nesting.

HIGHLIGHTS

The Reserve at Belvedere Staff

Property Manager Anthony Woodfolk
Asst. Prop. Manager Franklin Goncalves
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

Wild World: Mandrill

The largest monkeys in the world, mandrills are also some of the most colorful mammals on the planet. The mandrill's most distinctive feature is its bright red nose, framed on both sides by blue and purple ridges. These primates live in the rainforests of Africa near the equator, where family groups of around 40 often join to form troops that number over 600. Mandrills can be very noisy, using deep grunts and high-pitched screams to communicate. During the day, they hunt small animals and insects and forage for fruits and seeds, often saving snacks for later in their cheek pouches. Mandrills choose a different tree to sleep in every night.

Important Numbers

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Office Hours

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

TRIVIA WHIZ

Go Green on March 17

St. Patrick's Day on March 17 is a time when many people claim kinship with the Emerald Isle and hope for the luck of the Irish. No matter your ancestry, you may be interested in the following facts and figures.

- The first New York City St. Patrick's Day parade occurred in 1762. The current parade lasts five to six hours and is attended by around 2 million spectators every year.
- In addition to a parade, Chicago celebrates St. Paddy's Day by turning the Chicago River green. It takes 40 pounds of powdered dye to accomplish the festive feat.
- More than 60 percent of people in the U.S. celebrate St. Patrick's Day in some way, spending about \$7 billion on the holiday.
- An estimated 31 million Americans have Irish ancestry. That's about six times the population of Ireland.
- Towns that seem especially suited to celebrate the holiday include Shamrock, Texas; St. Patrick, Mo.; Dublin, Ohio; Ireland, W.Va.; Emerald Isle, N.C.; and Irishtown, Ill.
- Over 650,000 babies born in the U.S. in the last century have been named Patrick. The name means "nobleman."
- Your odds of finding a four-leaf clover are about 1 in 10,000.
- According to legend, when they aren't guarding their pots of gold, leprechauns spend their days making and mending shoes.

**"May peace and plenty be the first to lift the latch to your door, and happiness be your guest today and evermore."
—Irish saying**



Meatless Meals

There are many reasons to prepare a meal without meat. Whether you want to save money, improve your health, help the environment or just try something new, the options for using meat alternatives are many, and so are the benefits.

Meat is one of the most expensive sources of protein. Many people save money by focusing on other protein-rich foods, such as whole grains, beans, nuts, eggs and cheese.

Eating less meat can also increase longevity. A diet rich in vegetables,

fruits and whole grains has been shown to decrease the risk of diabetes and several types of cancers, as well as protect against heart disease.

If weight loss is a goal, keep in mind that research shows people on plant-based diets tend to have lower body weight. Experts think this is because they consume more fiber and fewer calories.

Buying less meat can also reduce your carbon footprint and save fuel and water, since raising animals for food takes large amounts of natural resources.

Trying a new ingredient or using it in a different way will add variety to your meals, and you just might discover some new favorites.

Here are a few ideas for meatless meals to get you started: eggplant Parmesan panini, broccoli cheddar brown rice casserole, black bean and quinoa burritos, and spinach artichoke lasagna.

Manage Your Minutes

If you're like most people, it often seems there aren't enough hours in the day. To help you keep up without stressing out, try some of the following time-saving ideas.

Hot it down. Never underestimate the value of lists and a calendar. Whether on your smartphone or a traditional notepad, have a daily plan of what needs to get done. This will help keep your day organized, and it's fulfilling to cross items off the list.

Limit distractions. Even pleasant distractions, such as television and social media, can become major time drains. Decide how much time you can reasonably spend on these activities and stick to it; set a timer if you need to.

Double up. When preparing meals, especially dishes such as soups, stews and casseroles, double the recipe and freeze the extra portions. This is handy

not only when you're busy, but also on nights you just don't feel like cooking.

Clear the clutter. A home that looks efficient usually is efficient—keeping it organized and clutter-free eliminates the need to rush about looking for hidden or misplaced items.

Get a jumpstart. Do as much as you can the night before: set out the cereal box and bowls, pack lunches, lay out the next day's clothes, and place backpacks and handbags near the door.





WIT & WISDOM



Beat Road Trip Boredom

If springtime adventures lead you to the open road, keep things interesting by playing one of these road trip games, which don't require pieces, paper, pens or electronics.

Picnic Game. This memory challenge starts with the letter A. For instance, the first player might say, "I went to a picnic and brought an apple." The next person must repeat the first item, then add something that begins with B: "I brought an apple and bread." Then, "I brought an apple, bread and a clown," and on through the alphabet.

Who Am I? This entertaining travel game is a variation of the guessing game 20 Questions. One person chooses the name of a famous person or character, such as Cleopatra, Oliver Twist or Godzilla. Then the other players ask pointed yes-or-no questions to figure out the name. Suggestions include, "Are you fictional?" "Did you live in Europe?" "Are you from outer space?" The first person who guesses the name correctly wins!

Word Trail. Choose a theme, such as countries or movies. The first player starts with any word following that theme, while the second player chooses a word starting with the last letter of the first word. A word trail for cities might be: Tokyo, Oslo, Oklahoma City, Yakima ...

Banana Game. In this simple game, players get points for spotting yellow vehicles. Points can be awarded based on the size or make of the car. For example, a yellow sports car might be worth two points and a yellow pickup truck worth four.

Chipotle Veggie Chili

Warm yourself from the inside with a steaming bowl of spicy chili.

Ingredients:

- 3 tablespoons olive oil
- 1 medium yellow onion, chopped
- 1/2 teaspoon plus 1/8 teaspoon salt, divided
- 1/4 teaspoon pepper, divided
- 2 garlic cloves, minced
- 1 red bell pepper, chopped
- 1 can (14 ounces) diced fire-roasted tomatoes
- 1 can (14 ounces) red beans, drained and rinsed
- 1 can (14 ounces) pinto beans, drained and rinsed
- 1 cup vegetable broth
- 1 can (7 ounces) chipotles in adobo sauce
- 2 cans (15 ounces each) sweet corn with liquid
- 2 limes, juiced

Directions:

In large Dutch oven or stockpot, heat oil over medium heat. Add onion, 1/2 teaspoon salt and 1/8 teaspoon pepper. Stir and cook 5 minutes until onion is translucent. Add garlic and bell pepper; stir and cook 8 minutes until vegetables are soft.

Add tomatoes, beans, broth, chipotles and corn. Season with remaining salt and pepper. Simmer 25 minutes, stirring occasionally, until chili has thickened.

Squeeze lime juice into pot and stir. If desired, serve with garnishes such as guacamole, sour cream, jalapeno slices and fresh cilantro.

Find more recipes at
Culinary.net.



"Are you looking for gold, friend? Look around you; anything useful to you is pure gold, pure silver!"

—**Mehmet Murat Ildan**

"The man who treasures his friends is usually solid gold himself."

—**Marjorie Holmes**

"Fire is the test of gold; adversity, of strong men."

—**Seneca**

"If more of us valued food and cheer and song above hoarded gold, it would be a merrier world."

—**J.R.R. Tolkien**

"Truth, like gold, is to be obtained not by its growth, but by washing away from it all that is not gold."

—**Leo Tolstoy**

"Gold is good in its place; but living, brave, patriotic men are better than gold."

—**Abraham Lincoln**

"Wealth stays with us a little moment if at all; only our characters are steadfast, not our gold."

—**Euripides**

"Gold may shine; but it has no true light."

—**Kristian Goldmund Aumann**

"The finest compliment you can pay a man is that his word was as good as gold."

—**Evel Knievel**

"Every man has within himself a gold mine whose riches are limited only by his own industry."




—**Thomas Bailey Aldrich**

"As every thread of gold is valuable, so is every moment of time."

—**English proverb**



March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>happy spring!</i> 						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16		17	18	19	20	21
23/30	24/31	25	26	27		29

“This Month In History” MARCH

1790: The first U.S. census is taken and records a population of 3.9 million.

1899: A German pharmaceutical company patents aspirin.

1912: Oreos, the cream-filled chocolate sandwich cookies, are introduced by the National Biscuit Company.

1923: Time magazine debuts.

1933: Frances Perkins is appointed secretary of labor, becoming the first woman to serve in the Cabinet.

1941: The National Gallery of Art opens in Washington, D.C.

1951: The comic strip “Dennis the Menace” by Hank Ketcham begins syndication in 16 newspapers.

1968: Country music singers Johnny Cash and June Carter marry.

1981: TV anchorman Walter Cronkite, often called “the most trusted man in America,” retires from the “CBS Evening News.”

1994: Hockey great Wayne Gretzky nets his 802nd NHL goal, breaking the previous record held by legend Gordie Howe.

1997: Singer, songwriter and former Beatle Paul McCartney is knighted by Queen Elizabeth II.

2002: Halle Berry wins the Oscar for best actress for her role in “Monster’s Ball.” She was the first African-American to receive the award.

2006: The first tweet goes out at the launch of social media website Twitter.