



# THE RESERVE

at Daleville

25 Daleville Lane • Daleville, VA 24083

## JULY 2024



## NOTES & NEWS

### Sit Back and Relax

Long, lazy summer days are made for relaxing—and you shouldn't feel guilty about it. Experts say taking time to rest your body and mind is vital to good health. Regular relaxation can also help you cope with stress related to chronic conditions.

### Beat Brain Freeze

If ice-cold summertime treats, such as slushes, milkshakes and ice cream, give you the intense sensation known as brain freeze, here's a quick remedy: Press your tongue firmly against the roof of your mouth. It can help alleviate the headache.

### Blink Break

It's hard to tear your gaze away from the excitement unfolding on your favorite TV show, but your eyes may be feeling strained. Experts say when your eyes are focused on a TV or computer screen, you tend to blink less. That causes your eyes to feel tired and dry. Take a break and blink every three or four seconds for about a minute. This gives your eyes a rest and replenishes moisture.

## HIGHLIGHTS

### Celebrate Our Freedom

On July 4, all across the land of the free and the home of the brave, the U.S. commemorates the adoption of the Declaration of Independence by the Continental Congress in 1776. Happy birthday, America!

### An All-Star Shoe

Favored for their casual, vintage vibe, Converse All Star sneakers actually began as basketball shoes. In 1917, the footwear company released shoes called "Non-Skids," but sales were slow—until semi-pro basketball player Charles H. Taylor joined the team. Not only did Taylor suggest improvements to the sneakers, now named All Stars, but he also traveled around the country giving basketball lessons and showing off the shoes. His efforts paid off: In 1932, the All Star design was updated to feature the name "Chuck Taylor." Four years later, the sneaks became the official basketball shoe of Team USA at the Olympics, an honor they held until 1968.

### The Call of the Katydid

A relative of grasshoppers and crickets, the insect known as the katydid is named after its chirping call of "Katy did, she did," often heard on summer evenings. The katydid's bright green, leaf-shaped body helps it hide among the trees where it lives and feeds on foliage.

## BULLETIN BOARD

### Be Your Own Champion

"You have to believe in yourself when no one else does—that makes you a winner right there." —Venus Williams

### Month of Minimalism

Thinking about simplifying your life by getting rid of things you don't need? This is the month to do it! July 12 is Simplicity Day, and July 15 is National Give Something Away Day.

### Office Hours

Monday - Friday ..... 10am to 6pm  
Saturday ..... 10am to 3pm  
Sunday ..... Closed  
July 4th ..... Closed  
July 11 Extermination/Filters ..... Blds 95&105  
July 25 Extermination/Filters ..... 115 & CH



# TRIVIA WHIZ



## Special Sauces

For many, a hot dog isn't complete without a squiggly line of ketchup or mustard. Condiments add flavor to a wide variety of foods all over the world. Whet your appetite with these fun facts about some favorite fixin's.

- The term "condiment" originally described pickled or preserved foods, but it now refers to spices, sauces and other mixtures that enhance the flavor of a dish.
- Ketchup is the most popular condiment in America—97% of U.S. households have a bottle in their kitchen at any given time.
- H.J. Heinz started selling ketchup in individual packets in 1968.
- Since mustard is made from ground mustard seeds, the tangy topping contains several nutrients, including protein, calcium and antioxidants.
- The spice turmeric gives mustard its bright yellow color.
- "Mayonnaise" is from the Old French word *moyeu*, which means "egg yolk," the creamy spread's main ingredient.
- In several European countries, mayo is a more popular dip for french fries than ketchup.
- Adapted from Indian chutney recipes, pickle relish was one of the earliest condiments in North America. Sweet pickle relish remains a favorite hot dog topping.
- Si Racha, a coastal town in Thailand, is believed to be the birthplace of the hot sauce Sriracha. In the U.S., the condiment is often called "rooster sauce" thanks to Huy Fong's popular version, which has an image of a rooster on a bright red bottle.



## Patriotic Movie Picks

Queue up one of these movie picks that celebrate the red, white and blue.

*"The Longest Day" (1962)*. With an all-star international cast that includes legends John Wayne, Richard Burton and Sean Connery, this film follows the action of the 1944 D-Day invasion from multiple points of view.

*"Glory" (1989)*. Denzel Washington and Morgan Freeman star in this Civil War drama about

one of the first African American regiments in the Union Army.

*"Independence Day" (1996)*. An invasion by space aliens, a Fourth of July mission and a rousing speech about saving mankind make this action movie a favorite.

*"Miracle" (2004)*. This feel-good film is the inspiring true story of the U.S. men's hockey team win over the Soviet Union at the 1980 Winter Olympics.

*"Captain America: The First Avenger" (2011)*. With a superhero sporting red, white and blue and a patriotic spirit, this Marvel Comics adventure radiates U.S. pride.

*"Hidden Figures" (2016)*. Based on true events, this film follows the lives of three female African American mathematicians who work at NASA during the 1960s space race. The trio overcomes obstacles and helps with the mission that makes John Glenn the first American to orbit the Earth.

## Stay Healthy by Staying Connected

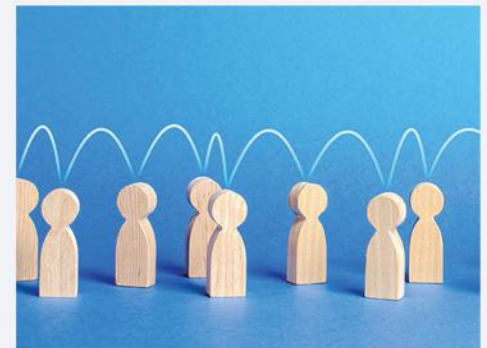
Research shows that having strong social connections can boost your health. Staying active within your community has been proven to strengthen the immune system, speed recovery from illness, and reduce anxiety and depression.

There are many ways to maintain beneficial social networks, such as staying in touch with former classmates and co-workers, taking part in family traditions and making new memories with friends.

Smiling at another person is one of the simplest ways to connect with them. Initiate conversations. Ask people about their lives, families and hobbies, and actively listen to what they have to say. Giving your full attention to the person you're with enhances the connection, and showing sincere interest in others' lives helps build relationships.

Create a list of friends and family members you want to stay in touch with and make a commitment to call, write, email or get together with those people on a regular basis. Social media and video calls can help you connect with those who live far away.

Expand your social circle by participating in activities in your community, such as book clubs, classes, parties and game nights. Looking forward to special events will boost your spirits, too.







## WIT & WISDOM



### The XXXIII Olympiad

The 2024 Summer Olympics are scheduled to begin this month in Paris.

A unique opening ceremony is planned for July 26. For the first time, the ceremony will take place outside of a stadium, allowing thousands of spectators to freely attend. Olympic athletes will ride a boat along the Seine, passing famous landmarks such as the Louvre Museum and the Notre-Dame cathedral, and stop in front of the Trocadéro, a complex of gardens and museums across from the Eiffel Tower. The event is intended to not only put the City of Lights on dazzling display, but also open the Games up to a large live audience after the COVID-19 pandemic forced the previous Summer Olympics to be closed to the public.

Around 10,500 athletes from over 200 countries will compete in 45 sports, including the newly added breakdancing (officially referred to as “breaking”). Three of the sports introduced at the Tokyo Olympics will be returning: skateboarding, sport climbing and surfing. The surfing events will take place in Tahiti, the largest island in French Polynesia, which is located in the Pacific Ocean.

Winning an Olympic medal is always a huge honor, and this year, victors also get to take home a piece of French history. Each bronze, silver and gold medal is embedded with iron from the original construction of the Eiffel Tower.

## Featured Recipe

### Cajun Salmon Burgers With Lime Mayo

#### Ingredients:

- 1/2 cup mayonnaise, divided
- 1/2 teaspoon lime zest
- 1/2 teaspoon lime juice
- 3 pouches (5 ounces each) boneless, skinless salmon, drained
- 1 egg, beaten
- 1/3 cup panko breadcrumbs
- 1/4 cup finely chopped green onion
- 1/4 cup finely chopped red bell pepper
- 2 teaspoons Cajun seasoning
- 1 tablespoon oil
- 4 hamburger rolls

#### Directions:

Mix 1/4 cup mayonnaise, lime zest and lime juice in a small bowl until well blended. Cover and refrigerate until ready to serve.

For the burgers, mix salmon, egg, breadcrumbs, 1/4 cup mayonnaise, green onion, bell pepper and seasoning in a large bowl until well blended. Shape into four patties.

Heat oil in a large nonstick skillet on medium heat. Add salmon patties; cook 5 minutes per side or until lightly browned and cooked through.

Serve salmon burgers on rolls with lime mayo and desired toppings.

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



“The best way to victory is to play well.”

—*Quique Setién*

“Victory is won not in miles but in inches. Win a little now, hold your ground, and later, win a little more.”

—*Louis L’Amour*

“There’s no reward without work, no victory without effort, no battle won without risk.”

—*Nora Roberts*

“The ultimate victory in competition is derived from the inner satisfaction of knowing that you have done your best and that you have gotten the most out of what you had to give.”

—*Howard Cosell*

“Even the smallest victory is never to be taken for granted. Each victory must be applauded.”

—*Audre Lorde*

“I think the mental victory is worth it as much as a gold medal.”

—*Cameron van der Burgh*

“There is a kind of victory in good work, no matter how humble.”

—*Jack Kemp*

“Tomorrow’s victory is today’s practice.”

—*Chris Bradford*

“The moment of victory is much too short to live for that and nothing else.”






—*Martina Navratilova*

“When you fall, feel the pain. And then stand up. You were born for victory. And failure has no place in your world.”

—*Robin Sharma*



# July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 	4 <b>Independence Day</b> Leasing Office Closed	5 	6
7	8	9 Wine & Cheese Book Club 6pm Great Room Discuss <i>In the Shadow of the Greenbrier</i> by Emily Matchar	10	11 Buildings 95 & 105 Extermination and Filter Change	12	13
14	15	16	17 Save the Date: RAD Happy Hour at Crooked Shoreline! 5pm To 7pm. Watch Email for Details.	18	19	20 
21	22 	23	24	25 Buildings 115 & Carriage House Extermination and Filter Change	26	27
28	29	30 Sundae Funday! Join Us for a Sundae Bar, Prosecco Slushies and Fun With Neighbors.	31	July 		

## "This Month In History" JULY

**1903:** Cyclists compete in the first Tour de France. Maurice Garin was the first to cross the finish line in Paris.

**1914:** A dance craze begins after the fox trot is performed at a club in New York City.

**1926:** Showing a fish swimming in the Florida Keys, the first underwater color photo is taken by a National Geographic magazine photographer.

**1937:** Cheap, filling and needing no refrigeration, the canned meat product Spam is introduced.

**1946:** The bikini swimsuit debuts at a fashion show in Paris.

**1958:** President Dwight D. Eisenhower signs the Alaska Statehood Act, allowing the territory to become the 49th state.

**1960:** Harper Lee's "To Kill a Mockingbird" is published and quickly becomes a bestseller. The novel was awarded the Pulitzer Prize a year later.

**1988:** Sprinter Florence Griffith Joyner, nicknamed Flo-Jo, sets the world record for the women's 100-meter. Her record of 10.49 seconds still stands today.

**2002:** Major League Baseball's All-Star Game ends in a 7-7 tie after 11 innings because both teams run out of pitchers.

**2018:** In an effort to reduce environmental pollution, Starbucks announces it will stop providing disposable plastic straws in its stores by 2020.