

THE RESERVE

at Daleville

25 Daleville Lane • Daleville, VA 24083



NOVEMBER 2021



NOTES & NEWS

A Seasonal Squash

With green and orange skin and a nutty flavor, acorn squash makes a festive appearance on many fall tables. Though the vegetable is more closely related to zucchini and other summer squash varieties, it's treated as a winter squash, meaning it has matured fully on the vine so it can be stored long-term. Historians say acorn squash was one of the first crops to be cultivated by Native Americans, who made it a staple of their diet.

Recycling Matters

Every Nov. 15, America Recycles Day highlights the impact that recycling has on the environment and the economy.

Consider these statistics:

- About 30% of the waste produced in the U.S. gets recycled every year.
- Paper, including paperboard, is the most recycled material in the country.
- The recycling industry is responsible for 681,000 jobs and over \$37 billion in wages, according to the Environmental Protection Agency.

HIGHLIGHTS

Fill Up on Football

Like turkey and pumpkin pie, pro football is also a Thanksgiving Day staple. Every year since 1934, the Detroit Lions have hosted an afternoon game. In 1966, the Dallas Cowboys joined in the tradition. A nighttime matchup was added in 2006 with the remaining NFL teams rotating as hosts.

The Charm of Charcuterie

Fancy and festive for a gathering of friends and family, yet easy to prepare for a weeknight dinner—that's the charm of the charcuterie board. Though artful arrangements of meats and cheeses have been popular for centuries, the custom has exploded in recent years. Foodies say the visual elegance of the boards appeal to those looking to elevate everyday snacks, while for others, a charcuterie is a chance to try new food combinations. Modern twists on the tradition include boards bursting with enough goodies to feed a crowd to individual snack servings in a glass jar, cleverly nicknamed "jarcuterie."

Self-Care Corner: A Cup of Calm

Sipping on a steaming beverage can help you relax and unwind. If you need a stronger dose of Zen, try an herbal tea known for reducing stress and anxiety, such as chamomile, peppermint or lemon balm.

BULLETIN BOARD

'Serve' Is One

How many words can you come up with using the letters in "Veterans Day"?

An Ounce of Prevention

These simple, healthy habits can help prevent illness: Wash your hands often, get enough sleep, eat well and exercise regularly.

Bon Appetit!

"One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating."
—Luciano Pavarotti

Office Hours

Monday - Friday	10am to 6pm
Saturday	10am to 3pm
Sunday	Closed
November 25th, Thanksgiving	Closed
November 26th	10am to 2pm

TRIVIA WHIZ



Talking Turkey

This time of year, the turkey takes center stage as both a seasonal symbol and the main course of holiday dinners. How much do you know about this popular bird?

- Male turkeys are called "toms" or "gobblers," females "hens" and their chicks "poults."
- Females make small clucking and chirping sounds; only males do the gobbling the birds are known for. The gobble can be heard up to a mile away.
- The weight of a domestic turkey is about twice that of its wild cousin. Most domestic turkeys are so heavy they can't fly, but wild turkeys can soar up to 55 mph.
- An adult turkey has between 5,000 and 6,000 feathers. Like peacocks, the males use their fancy tail feathers to attract mates.
- While domestic turkeys are typically white, the brown and tan colors of wild turkeys help them blend into the surroundings of their woodland homes, where they sleep atop tree branches.
- Both varieties have bare skin on their heads that changes color from gray to red, blue or white when the birds become distressed or excited.
- Because their eyes are on the sides of their heads, turkeys have excellent periscopic vision.
- Turkeys are native to North America, but in the early 20th century, the bird was on the verge of extinction. Reintroduction programs started in the 1940s, and today, wild turkeys can be found throughout the U.S.



Simple Ways To Support Small Businesses

Offering essential services and high-quality products, small businesses help communities and the economy thrive. Small Business Saturday, the Saturday after Thanksgiving, encourages consumers to "shop small," but there are lots of simple—and free—ways to support these businesses, too.

An easy first step is to follow their social media accounts. Like

and interact with their content, tagging friends on posts you think they'd like. More followers lead to more recognition for a business and widens its customer base.

After a positive experience with a small business, write an online review! If you're visiting a small business or have made a recent purchase, take a photo and post it on social media, tagging the business and giving it a shoutout in your caption. When people ask for suggestions, recommend your favorite places.

Some small businesses host events and classes, many of them free. Attend these events when you can, and invite friends along. Sign up for e-newsletters so you're aware of happenings and promotions.

A kind word from a happy customer can make a small business owner's day. Send a direct message online, mail a card or drop by in person to let them know they're doing great.

The First Thanksgiving

Four centuries ago, the Pilgrim settlers at Plymouth Colony and neighboring American Indians met for a joyous feast, celebrating both friendship and a fruitful harvest. While festivals of gratitude were and remain common in many cultures, this 1621 event is traditionally recognized as America's first Thanksgiving.

Sailing from England aboard the Mayflower, the Pilgrims arrived in present-day Massachusetts in the fall of 1620, yet remained on the ship for several months. When the colonists moved ashore the following spring, they were visited by two English-speaking American Indians, Samoset and Squanto, who showed the Pilgrims how to hunt and grow their own food. Squanto also served as an interpreter and mediator between the settlers and the neighboring Wampanoag tribe.

Sometime between Sept. 21 and Nov. 1, the Pilgrims organized a feast

to celebrate the success of their first crop. Around 90 Wampanoag, including Chief Massasoit, joined the colonists for the festivities, which lasted for three days and included games, singing and dancing, in addition to the elaborate meal.

The Pilgrims' records indicate that regional fowl—such as ducks, geese, swans and, yes, probably turkey—were served at the feast, along with venison brought by the Wampanoag. Historians believe that other foods present at the meal included fish and shellfish, beans, onions, porridge made from commeal, berries, squash and pumpkin—but no pumpkin pie.





WIT & WISDOM



Family Games for After the Feast

The dishes are done, the leftovers are put away, and now is the time for a slice of pie and some good old-fashioned fun. These party games are sure to score big points at holiday gatherings.

Charades. This classic activity requires players to silently act out a word or phrase for their teammates to guess before the timer runs out. Add a seasonal spin by suggesting festive phrases to guess, such as "turkey" or "parade."

Who am I? Write down the names of famous people, real or fictional, on sticky notes. On each player's turn, they blindly choose a sticky note to place on their forehead. The other players must give clues to help the person guess the mystery identity. Simple, but silly!

Blindfolded sketch. Giggle till you gobble by blindfolding players and instructing them to draw a turkey on a piece of paper. Give step-by-step directions, and award points for every body part that's in the right spot!

Board and card games. The classics rarely disappoint. Pull out board games you have on hand and vote on which one to play. A deck of cards provides endless opportunities for group fun, from crazy eights to rummy to spoons.

A to Z gratitude. Go around the table and have each person share something they're thankful for, but it has to start with the next letter of the alphabet. Continue until all letters have been used.

One Minute Chef

Green Bean and Corn Casserole

Switch up a few ingredients, and this update to a classic holiday side dish may become a new favorite!

Ingredients:

- 1 bag frozen French-style green beans
- 1 cup chopped celery
- 1/2 cup sour cream
- 1 can cream of celery soup
- 1 can of corn, drained
- 1 green bell pepper, chopped
- 1/2 cup grated cheddar cheese
- 1 sleeve butter crackers, finely crushed
- 3 tablespoons melted butter

Directions:

Heat oven to 350° F. In a large mixing bowl, combine the first 7 ingredients and pour into a prepared 9-by-13-inch baking dish.

Stir together the crushed crackers and melted butter; spread the mixture over the top of the casserole.

Bake for 45 minutes or until hot and bubbly.

Tip: To make this recipe a main dish, mix in 1 cup of diced ham and 1 cup of shredded cooked chicken.

For more recipes, go to Smithfield.com.



"Give thanks not just on Thanksgiving Day, but every day of your life. Appreciate and never take for granted all that you have."

—Catherine Pulsifer

"The heart that gives thanks is a happy one, for we cannot feel thankful and unhappy at the same time."

—Douglas Wood

"Say thanks every night with a full heart. Each day is a precious gift to be savored and used, not left unopened and hoarded for a future that may never come."

—Regina Brett

"When you rise in the morning, give thanks for the light, for your life, for your strength. Give thanks for your food and for the joy of living."

—Tecumseh

"You want to become a better person? Just give thanks. Give thanks for all of it."

—Kamand Kojouri

"Some days are better than others, but every day can be the best day of your life by giving thanks."

—Richie Norton

"There is no therapy like thoughts of thanks."

—Lailah Gifty Akita

"Let your last thinks all be thanks."

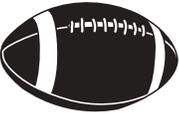
—W.H. Auden

"Give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation."

—Brian Tracy



November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Stay Tuned for our Turkey Scavenger hunt for a chance to win...a turkey!	2 Election Day. Don't Forget to Get Out and Vote!	3	4	5 Avoid LATE FEES PAY RENT NOW!	6 Cher isn't the only one who can turn back time. Don't forget to set your clocks one hour behind tonight!
7 Daylight Saving Time Ends. #FallBack	8	9 	10	11 Veterans Day	12	13 World Kindness Day. Challenge yourself to commit a random act of kindness today. How will you celebrate?
14	15	16	17 Don't Forget to Make Your Thanksgiving Shopping List!	18	19 Check your ovens, guest bathrooms, garbage disposals, dishwasher, etc., ahead of the Thanksgiving holiday.	20
21 	22	23	24	25 Thanksgiving Office Closed. Happy Turkey Day!	26 Black Friday! Shop 'til You Drop! Office Open 10am To 2pm.	27 Small Business Saturday. Visit Shop Botetourt on Facebook for local businesses that you can support.
28	29 Cyber Monday-shop in Your PJs Day!	30	<i>November</i>			

"This Month In History" NOVEMBER

1924: Establishing an annual tradition, New York City's Macy's department store puts on its first Thanksgiving Day parade.

1936: The first issue of Life magazine is published.

1942: Coffee is added to the list of items rationed in the U.S. due to World War II.

1963: Push-button telephones debut as an alternative to rotary-dial models.

1971: A new U.S. dollar coin, depicting

President Dwight D. Eisenhower on the front, is put into circulation.

1981: Paul "Bear" Bryant, football coach of the University of Alabama, wins the 315th game of his career. It set the record for most wins of any NCAA head coach at the time.

1995: "Toy Story," the first feature film created by Disney's Pixar Animation Studios, premieres to rave reviews.

2003: At age 21, Britney Spears becomes the youngest female singer to get a star on the Hollywood Walk of Fame.

2014: The 104-story skyscraper One World Trade Center officially opens for business, 13 years after the site's original twin towers were destroyed on 9/11.