



# THE RESERVE

at Daleville

25 Daleville Lane • Daleville, VA 24083

## FEBRUARY 2023



## NOTES & NEWS

### Hugs and Kisses

Etched on candy hearts and signed at the bottom of love letters, the letters “xoxo” symbolize a sweet sentiment of “hugs and kisses.” Substituting the letter X for a smooch dates back to the Middle Ages. People who could not read or write would sign documents with an X, then kiss the mark to pledge their sincerity. The letter O joined the X much later, in the mid-1900s, to pair the kiss with a hug.

### Potato Lovers, Assemble!

February is Potato Lovers Month! Filling, affordable and versatile, potatoes are a star vegetable. Throw them in the fryer, bake them and heap on hearty toppings like chili or cheese, or mash them with seasonings. In celebration, try out some new potato recipes this month!

### Bath Mat Benefits

A rug is a must for any size bathroom. Not only does a bath mat look nice, but it also provides protection from slippery tile, regulates body temperature after bathing and prevents mildew by keeping the floor dry.

## BULLETIN BOARD

### Set Up Your Life

“It really is never too late, it really is never too early to figure out your goals and dreams and what you love.”

—Garrett McNamara

### Journal Prompt:

#### Gratitude

Being thankful can improve your mood and allow you to think more positively in your day-to-day life. Use this journal prompt to reflect on the good stuff: Make a list of seven things you are thankful for, then expand on a different one every day for a week.

## HIGHLIGHTS

### Super Bowl LVII

Scheduled for Feb. 12 in Glendale, Ariz., Super Bowl Sunday is sure to be loads of fun this year! Prepare your favorite snacks, clear your schedule and safely enjoy the big game.

### Chef Shake-Up

Loved by fitness fans, shaker bottles—drink containers with a ball-shaped whisk inside—are convenient ways to blend a protein shake or smoothie. However, the cups can also be used to mix pancake batter, make homemade sauces and salad dressings, or beat eggs for a fluffy breakfast scramble.

### Floating Lantern Festivals

Like small hot air balloons, paper lanterns have an opening at the bottom where a heat source is suspended, allowing the lantern to drift across the sky. These bright, floating marvels originated in China and were used as a military signal during the Eastern Han Dynasty (A.D. 25–220). Now, they are used mostly for celebration or in remembrance ceremonies. This tradition doesn't only occur in China; many cultures hold festivals with floating lanterns, including areas in North America, India, Vietnam, Thailand and Poland. Often, a wish, riddle or message to a loved one is written on the lantern before it's released into the sky.

### Office Hours

Monday - Friday ..... 10am to 6pm  
Saturday ..... 10am to 3pm  
Sunday ..... Closed  
February 20th Presidents Day ..... 10am to 1pm





## WIT & WISDOM



### 65 Years of Speed

One week after fans go wild for the Super Bowl, another high-stakes sporting event holds the ticket for fun. Daytona 500, the NASCAR Cup Series season opener, takes place on Feb. 19. This will be the 65th annual Daytona 500, which started in 1959.

Known as the "Great American Race," the event is held at Daytona International Speedway in Daytona Beach, Fla. With three concourse levels, the stadium is home to 100,000-plus seats, 60 luxury suites, 11 social neighborhoods (each measuring the size of a football field!), 17 elevators and 40 escalators—making it the record-holder for most escalators in an outdoor stadium in the U.S. The asphalt track is about 2 1/2 miles long, with four turns; the 500-mile race requires a driver to make 200 laps.

With seven victories, Richard Petty has won the Daytona 500 more times than any other driver. His father, Lee Petty, was the race's very first champion, and Petty Enterprises is also the team with the most Daytona 500 wins, with nine total. The youngest winner was Trevor Bayne, who won in 2011 at age 20, and Buddy Baker became the oldest winner in 1988, at age 50. Baker also set the record for the fastest Daytona 500, with an average speed of 177 mph in an Oldsmobile car, a brand that was discontinued in 2004.

The Daytona 500 has sold out for the past five years, but NASCAR fans can catch the event on television and various radio stations.

## Featured Recipe

### Cherry Coffee Cake

Sweeten your morning with this easy-to-make breakfast treat.

#### Ingredients:

- 1 can (12.4 ounces) refrigerated cinnamon rolls with icing
- 1 1/2 cups (21-ounce can) cherry pie filling
- 1/2 cup slivered almonds or pecans (optional)

#### Directions:

Preheat oven to 375° F.

Spray a 9-inch round cake pan with nonstick cooking spray.

Open the can of cinnamon roll dough and set aside the package of icing. Separate dough into eight rolls; cut each roll into quarters. Place dough rounded-side down in pan.

Spoon pie filling over rolls. If desired, sprinkle slivered almonds or pecans on top of cherry filling.

Bake 25 to 35 minutes, or until golden brown.

Invert pan onto plate or cutting board; invert again onto serving plate.

Open the package of icing and pour into a small bowl. Microwave for 3 to 10 seconds. Stir icing and drizzle over cake. Serve warm.

*Find more recipes at [Culinary.net](http://Culinary.net).*



"Diamonds are nothing more than chunks of coal that stuck to their jobs."  
—**Malcolm Forbes**

"True friends are like diamonds—bright, beautiful, valuable and always in style."  
—**Nicole Richie**

"The hues of the opal, the light of the diamond, are not to be seen, if the eye is too near."  
—**Ralph Waldo Emerson**

"Better a diamond with a flaw than a pebble without."  
—**Confucius**

"If wisdom and diamonds grew on the same tree we could soon tell how much men loved wisdom."  
—**Lemuel K. Washburn**

"I never worry about diets. The only carrots that interest me are the number you get in a diamond."  
—**Mae West**

"There are three things extremely hard: steel, a diamond and to know one's self."  
—**Benjamin Franklin**

"It's diamonds in your pockets one week, macaroni and cheese the next."  
—**Jolene Blalock**

"Let us not be too particular. It is better to have old secondhand diamonds than none at all."  
—**Mark Twain**

"The hardness of a diamond is part of its usefulness, but its true value is in the light that shines through it."  
—**B.K.S. Iyengar**



## February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Coffee and Conversation in the Great Room Starting at 1pm. Bring a Snack and Meet Your Neighbors.	2	3 	4 Vendor Show in the Great Room 11am to 3pm, hosted by Shop Botetourt. Come shop for your Valentine!
5 <b>Avoid LATE FEES PAY RENT NOW!</b>	6	7	8	9	10	11
12 Super Bowl Sunday	13 Book Club meeting in the Great Room from 6pm-8pm. Book of the month is Verity. Bring a snack to share!	14 	15	16	17	18
19	20 <b>Presidents Day</b>	21	22	23 	24	25
26	27	28 Last Day to Bring Items for Puppy Love Donation Drive.	<i>february</i>			

# "This Month In History"

## FEBRUARY

**1903:** The first teddy bear, named after President Theodore Roosevelt, goes on sale.

**1913:** New York City's newly renovated Grand Central Terminal opens. More than 150,000 people visited the train station on opening day.

**1935:** In a secret demonstration, engineer Robert Watson-Watt uses radio waves to determine the location of nearby aircraft. The experiment led to the development of radar, from the words "radio detection and ranging."

**1942:** The first-ever gold record is presented to Glenn Miller for his song "Chattanooga Choo-Choo," which had sold 1.2 million copies.

**1959:** Commonly known as a microchip, the integrated circuit is patented, allowing electronics to become smaller, faster and less expensive.

**1964:** The Beatles perform in the U.S. for the first time.

**1971:** Apollo 14 lands on the moon, becoming the third crewed mission to do so, as well as the first to visit the lunar highlands.

**1990:** In South Africa, Nelson Mandela is released from prison at age 71. He served 27 years for his activism against the government-sanctioned segregation known as apartheid.

**2001:** Disney's California Adventure Park, a 72-acre attraction next door to Disneyland, opens.

**2018:** Paul Simon announces his farewell tour. His singing and songwriting career spanned six decades as both a solo artist and as part of the duo Simon & Garfunkel.