



BULLETIN BOARD

Double the Hydration

Nutrition experts say you can double up your hydration by snacking on fresh produce. Eating fruits and veggies with a high water content, such as an apple or some carrot sticks, along with drinking H2O can help you stay better hydrated.

Positive Thought

“Be healthy and take care of yourself, but be happy with the beautiful things that make you, you.”
—Beyoncé



THE RESERVE at Daleville

25 Daleville Lane • Daleville, VA 24083

AUGUST 2020



NOTES & NEWS

Sunscreen Every Day

Make applying sunscreen a daily habit, just like brushing your teeth. For a visual reminder to put it on every morning, keep your tube or bottle of sunblock next to your tube of toothpaste.

Nap Know-How

According to the National Sleep Foundation, the best time to catch a few quick z's is between 2 and 3 p.m. Take a snooze any earlier, and your body may not be ready for sleep, while drifting off too late in the afternoon may make it difficult to fall asleep at bedtime.

Let's Party Creatively With Dana Long

Let's Party Creatively is a great way to exercise your creative mind! No talent or skills required:

- Plant and Paint DIY Parties
- Candles and soaps
- Fundraisers
- Succulents and Seminars
- Group events for birthdays, bridal showers, team-building, or just fun!

Dana Long: 540-314-9157

www.letspartycreatively.com

HIGHLIGHTS

Earth-Friendly Takeout

When ordering takeout to eat at home, ask the restaurant to leave out plastic utensils, napkins and condiment packets. Often, you can mark this preference when placing an order online or through an app. It's better for the planet to use what you already have in your kitchen instead of accepting disposable items that will end up in the trash.

A Slice of Pizza History

A little sweet and a little savory, Hawaiian pizza was invented in 1962 by a Greek immigrant living in Canada. Restaurant owner Sam Panopoulos was experimenting with unusual flavor blends when he piled pineapple chunks and ham on a pizza just for the fun of it.

Take Charge of Your Devices

Help keep track of your digital devices and all their power cords by designating a specific spot in your home as a charging station. Corral the cords by plugging them into a power strip set inside a tray or shallow bin. Family members will always know where to find their devices and chargers.

Pile On Some Pillows

Want to change the look of your couch or bed? Add a few throw pillows. For a modern, relaxed look, use three or five pillows. The odd number creates an asymmetry that's pleasing to the eye.

Updated Office Hours-Please Call Ahead

Monday - Wednesday	9am to 6pm
Thursday	11am to 7pm
Friday	9am to 6pm
Saturday	10am to 3pm
Sunday	Closed

TRIVIA WHIZ

At the Beach

The combination of sand and surf creates scenic coastlines across the world. Relax, unwind and find out what makes some beaches fascinating and fantastic.

- Beaches became popular destinations during the 1700s. Doctors often prescribed a visit to the seashore to improve a person's health.
- Most beach sand is tan or white in color, but there are beaches with sand that's black, green, pink, purple and red.
- Brazil is home to the world's longest beach, Casino Beach, which stretches 150 miles long.
- You'll find the "shark tooth capital of the world" at Venice Beach in Florida. Every year, hundreds of fossilized teeth from prehistoric sharks wash ashore there.
- At 58 feet high, the world's tallest sandcastle was built on a German beach in 2019.
- Tides have turned California's Glass Beach from trash to treasure. Its shore is covered with polished pebbles of colorful sea glass, made from garbage tossed into the ocean long ago.
- A day at the beach or the spa? You can have both at New Zealand's Hot Water Beach, where the water underneath the beach heats up to 150 degrees. Beachgoers dig holes in the sand to soak in their own hot tubs.
- It's the wildlife that makes some beaches unique. Sea turtles, penguins, flamingos, monkeys and pigs are just some of the animals that roam the shores along with human visitors.



Exploring the Tropical Fruit Aisle

Grown in warm, lush locations around the world, tropical fruits are famous for their bright colors and refreshingly sweet flavors. While choices such as bananas and pineapples have become common picks, the produce aisle has other exotic offerings to try.

Kiwifruit. With a fuzzy, brown exterior, these small fruits are full of

fiber and have more vitamin C than an orange. Their brilliant green interior has a tasty tang that's often compared to strawberries.

Mango. This fruit's thick skin, often a rosy blend of red, yellow and green, is peeled away to reveal tender yellow-orange flesh. Sweet and versatile, mangoes are delightful as a snack or dessert ingredient, but also shine in savory dishes such as salads, stir-fries and salsas.

Papaya. The pear-shaped papaya's soft, orange interior is rich in antioxidants. It's often enjoyed fresh, like melons, or roasted, like squash. Its edible black seeds can be dried and used as peppercorns.

Guava. Varieties of this fruit have green or yellow skin with pink, yellow or white flesh. Guava is entirely edible, from the rind to the seeds, and is featured in jams, candies and thirst-quenching Latin American fruit drinks called *aguas frescas*.

A Splashy Fashion

With its bright colors and wild patterns, tie-dye is an enduring symbol of the summer season.

Tie-dye is a form of resist dyeing, an age-old technique used by cultures all over the world, from South America to Africa to Asia. The method involves tying or sewing together sections of fabric, so that they will be blocked when dipped into dye. When the fabric is untied, it reveals a pattern, created by the bound sections that "resisted" the dye.

In the U.S., tie-dye first emerged in the 1920s and gained popularity as a thrifty way to design home décor and clothing during the Depression. But the craft really blossomed during the cultural revolution of the 1960s. Since no two hand-dyed garments were alike, wearing tie-dye was a way to express individualism and creativity. The groovy, colorful designs became a symbol of peace

and love, and were worn by many performers and fans at Woodstock, the 1969 summer music festival.

An easy and inexpensive seasonal craft project, making a tie-dyed T-shirt is a popular activity for all ages. All you need is a white shirt, rubber bands, a bucket and fabric dye. You can find online instructions for creating a specific design, or simply tie off random sections of the shirt and see what happens!





WIT & WISDOM



Catch Up on 'Clean Beauty'

Natural, nontoxic, pure and clean—those are just some of the buzzwords generated by the growing trend of "clean beauty." Much like checking the ingredients on food labels, many people are turning that same attention to the products used in their hygiene and beauty routines.

Due to this consumer demand, a growing number of companies are making personal care products that are free of chemicals such as parabens, sulfates and silicones. Store shelves are now full of soaps, toothpastes, shampoos, deodorants and cosmetics with "clean" formulations. Typically, these products have no artificial dyes or fragrances and often have ingredients that come from nature.

There's also a "green" factor, meaning an item is eco-friendly, with minimal packaging that can be recycled or is biodegradable. Some brands offer refillable bottles and jars. Products are also being sold in new configurations, including shampoos in solid bar form and waterless mouthwash in tablets.

Since there's no regulated definition of what a "clean" product is, buyers should look beyond advertising claims and closely check labels. If you'd like to try the trend, look at the health and beauty products you use daily and sample a "clean" version to see if it gives you good results and fits your budget and lifestyle.

Mediterranean Tuna Pasta

Combine pantry staples and a few seasonal fresh vegetables to create a healthy meal that's ready to eat in about 20 minutes.

Ingredients:

- 1 package (16 ounces) penne pasta
- 1 tablespoon olive oil
- 1 can (15 ounces) chickpeas, drained
- 1/2 pound red cherry tomatoes, sliced in half
- 1 medium zucchini, sliced 1/4-inch thick
- 1 can (6 ounces) pitted black olives
- 1 can (5 ounces) chunk light tuna, drained
- 1 teaspoon dried oregano
- Salt and pepper
- 1/2 cup Parmesan cheese

Directions:

Cook pasta according to package directions. Set aside.

Warm olive oil on medium heat in large skillet. Add chickpeas, tomatoes, zucchini, olives, tuna, oregano and salt and pepper to taste. Saute, stirring constantly, until zucchini is cooked to desired firmness and rest of ingredients are warmed through.

Spoon mixture over cooked pasta. Serve topped with Parmesan cheese.

Find more recipes at ChickenoftheSea.com.



"Now came the dog days—day after day of hot, still summer, when for hours at a time light seemed the only thing that moved."

—Richard Adams

"A dog is a window to Mother Nature."

—Cesar Millan

"You know, a dog can snap you out of any kind of bad mood that you're in faster than you can think of."

—Jill Abramson

"Dogs laugh, but they laugh with their tails."

—Max Eastman

"I have found that when you are deeply troubled, there are things you get from the silent devoted companionship of a dog that you can get from no other source."

—Doris Day

"Dogs have boundless enthusiasm but no sense of shame. I should have a dog as a life coach."

—Moby

"A dog can't think that much about what he's doing, he just does what feels right."

—Barbara Kingsolver

"If I could be half the person my dog is, I'd be twice the human I am."

—Charles Yu

"You can say any foolish thing to a dog, and the dog will give you a look that says, 'Wow, you're right! I never would've thought of that!'"

—Dave Barry

"The only creatures that are evolved enough to convey pure love are dogs and infants."

—Johnny Depp



August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 August 						<div style="border: 1px solid black; padding: 5px; display: inline-block;">Rent is Due</div>
2	3	4 <i>National Chocolate Chip Cookie Day!!</i>	5	6	7 <i>International Beer Day!! What's Your Favorite Beer?</i>	8
9	10 <i>National Lazy Day!!</i>	11	12	13 <i>National Prosecco Day!!</i>	14	15  CHEERS!
16 <i>National Tell A Joke Day!!</i>	17 	18	19	20	21	22
23/30	24/31	25 <i>National Banana Split Day!!</i>	26	27 	28	29

"This Month In History" AUGUST

1902: Pioneering cookbook author Fannie Farmer opens a cooking school in Boston, Miss Farmer's School of Cookery.

1938: Hollywood dance duo Fred Astaire and Ginger Rogers are featured on the cover of Life magazine.

1948: As part of the Berlin airlift operation, American and British planes fly in a record 5,000 tons of supplies in one day to parts of the city cut off by a Soviet blockade.

1962: Little Eva travels to the top of the pop music chart with the hit song "Loco-Motion" and inspires a dance craze.

1975: The first nighttime match is played under lights at the U.S. Open tennis tournament in New York City.

1990: The largest and best-preserved Tyrannosaurus rex skeleton ever found is discovered in South Dakota. The 65 million-year-old dinosaur specimen is on display at Chicago's Field Museum.

2015: Facebook hits a milestone, reporting that 1 billion people logged on to the social networking website in a single day.