



# THE RESERVE

at Daleville

25 Daleville Lane • Daleville, VA 24083

## DECEMBER 2020



## HIGHLIGHTS

### Save on Gift Cards

When buying gift cards, you may want to first browse websites that sell them at a discount. You can find deals on cards for as much as 30% off the face value, depending on the store or restaurant brand and a discount site's inventory.

### Simple Closet Hack

Brighten up a dark closet by adding inexpensive cordless lights. Compact battery-powered LED lights can be placed on a wall or shelf, and with one tap will illuminate a space. Some styles are motion-activated.

### Supermarket Sweep

The best times to go grocery shopping are on Wednesday and Thursday mornings. Data shows those are your best bets for avoiding crowds and finding fully stocked shelves and produce. Weekends are when stores are at their busiest.

### Two-Minute Stretch

Treat tired shoulders to this quick and easy stretch: Stand in an open doorway and place your hands and forearms against the sides of the doorframe at shoulder level. Slowly step forward with one foot until you feel a stretch in your chest and shoulders. Hold for 20 seconds, then relax and repeat three times.

## BULLETIN BOARD

### Phone a Friend

Dial a pal on Dec. 28, National Call a Friend Day.

### National Guard's Birthday

Throughout history, guardsmen have represented the motto "Always Ready, Always There." The first units of citizen soldiers in what would become the U.S. National Guard were organized Dec. 13, 1636, in Massachusetts.

### Wintertime Wit

Q: What is Jack Frost's favorite thing about school?

A: Snow and tell!

## NOTES & NEWS

### Perk Up With Peppermint

For a quick and tasty mental boost, pop a peppermint. The scent stimulates blood flow to the brain, which helps increase alertness.

### The Glee of Giving

"The happiest people are those who do the most for others," said leader and educator Booker T. Washington. That joyful feeling you often get from giving is apparently part of our biology. Neuroscientists studying the human impulse to help others used detailed brain scans and saw that acts of generosity lit up parts of the brain connected to pleasure. They say it's proof of why doing good can make you feel good.

### Comfy Floor Seating

A couple of large floor pillows or cushions can make your home look and feel cozy, as well as provide extra seating. They're ideal for small spaces, since they can be stacked in a corner or stored under a bed.

### Winter Office Hours

Monday - Friday ..... 9am to 6pm  
Saturday ..... 10am to 3pm  
Sunday ..... Closed

### Holiday Gift Guide

December is a great time to support local businesses. Take a look at the calendar on the back page for info on Club Card members and their services. Shop local this holiday season!

## TRIVIA WHIZ



### Celebrating New Year's Eve

The final night of the year is coming up. Count down with some festive facts about the revelry of New Year's Eve.

- Ringing out the old year and ushering in a new one is a custom that goes back at least 4,000 years to the ancient Babylonians.
- The first places on the globe to greet the new year are the island nations of Kiribati, Samoa and Tonga, located in the South Pacific Ocean.
- Just across the international date line, American Samoa, a U.S. territory, is the world's last inhabited locale to welcome in the year.
- New York City's Times Square ball drop is a celebration that began in 1907.
- Singing "Auld Lang Syne" at midnight has grown into a worldwide tradition. The words roughly translate to "times gone by."
- Puckering up for a New Year's Eve kiss is said to bring good luck to a relationship and has roots in German and English folklore.
- Those novelty eyeglasses with frames shaped into the numbers of the coming year were invented in 1990 by two friends in Seattle.
- Causing a ruckus with noisemakers began as a way to chase off bad luck.
- Some don't stay up to celebrate; in a survey, over 10% of people said they fall asleep before midnight.
- That cute little guy decked out in a diaper, top hat and sash is known as Baby New Year. He's been a symbol of the holiday since the days of ancient Greece.



### Embrace Simple Celebrations

December's calendar can be packed with projects and plans, but this year, take the opportunity to simplify and celebrate your most meaningful traditions.

Everyone has their own ways of observing the holidays. Some look forward to cooking and decorating their home, while others like watching holiday movies and rocking festive

music playlists. Choose the activities that you really enjoy, and spread them out throughout the month.

Remember that even little habits can be a big source of comfort and joy. A cup of cocoa while you read a storybook can become a new ritual. In some households, getting out seasonal items is a major activity. But if you don't have the time or energy to decorate, that's OK! It doesn't have to be all or nothing. For example, you can unpack only your most cherished decorations or pick out one craft project to do with your kids.

When looking back on holiday memories, it's not the presents people usually focus on. Keep this in mind as you streamline your gift list. Consider drawing names in your family or donating to a charity. This time of year is about appreciating loved ones and spreading kindness, so by putting aside the hustle and bustle, you can enjoy the peace of the season.

### Make Your Own Time Capsule

When December winds down, we get ready to greet a new year. Take a few moments to look back and create a time capsule that will hold memories you can revisit in the future.

First, choose a container. Depending on the items you want to include, it can be a glass jar, sturdy box or plastic bin. Be sure it has a lid to keep the contents from spilling out. Label the time capsule, and if you want to get creative, decorate the exterior.

Then comes the fun part, gathering the items you'd like to save. Your collection can be simple or sizable. Here are some ideas: Print photos of yourself, family and friends. Toss in a souvenir from a place you visited. Add a magazine or newspaper to show national and world happenings. Include a list of favorite TV shows, movies and songs, as well as the current prices for things such as your go-to beverage or a gallon of gas.

Write a letter to yourself about your top memories of the past months and plans for the year ahead. If you'd like to use technology, record audio or video interviews with the people in your life and save the files to a flash drive.

Help young children take part by contributing a piece of their artwork or a tracing of their handprints. Jot down their favorite activities or describe a recent milestone.

Update your time capsule every year and make reviewing it and adding to it a special occasion.





## WIT & WISDOM



### Featured Recipe

#### Peppermint Shortbread Cookies

Festive and flavorful, these shortbread cookies have a holiday twist. This recipe makes about 3 dozen cookies.

#### Ingredients:

- 2 sticks unsalted butter, softened
- 3/4 cup powdered sugar
- 1 teaspoon vanilla extract
- 1 teaspoon salt
- 2 1/3 cups all-purpose flour
- 3/4 cup peppermint crunch baking chips (white chocolate chips with peppermint candy bits)

#### Directions:

In a stand mixer or with a hand mixer, cream together butter, powdered sugar, vanilla and salt until smooth. Gradually add flour; mix on low until combined. Add baking chips and continue mixing on low until fully combined.

On wax paper or parchment paper, form dough into a 12- to 14-inch log and freeze at least 30 minutes, or until firm.

When ready to bake, preheat oven to 350° F. Line baking sheets with parchment paper.

Cut shortbread dough into 1/4-inch slices and bake 13 to 15 minutes.

Find more recipes at [MilkMeansMore.org](http://MilkMeansMore.org).



#### Flavors To Savor This Season

Indulge in the warmth and cheer of the holiday season with a taste of some favorite flavors:

**Peppermint.** From the classic candy cane to crunchy, chocolaty peppermint bark, the vibrant taste of peppermint adds a dash of festive flair to all kinds of sweet treats. It's often swirled into cocoa or coffee beverages for a refreshing pick-me-up.

**Hot cocoa.** There may be no better way to warm up on a cold winter's day than with a mug of hot chocolate sprinkled with marshmallows. In addition to drinking it, you can indulge in hot cocoa-flavored candies, cookies, ice cream and popcorn.

**Gingerbread.** Combining ginger with other spices—typically cinnamon, cloves and nutmeg—results in one of the season's tastiest traditions. Making gingerbread men cookies and decorating gingerbread houses are whimsical ways to enjoy this holiday flavor.

**Sugar cookie.** Sweet and simple cookies in the shapes of stars, wreaths and snowmen are a favorite this time of year. You can further satisfy your sugar-cookie cravings with flavored coffee creamers, hot tea, popcorn and ice cream.

**Eggnog.** This rich, creamy beverage has been adapted into recipes for cookies, cakes, ice cream and candies, all celebrating the drink's scrumptious blend of vanilla, nutmeg and cinnamon.

"Time together as a family is a gift."

—*Joanna Gaines*

"Nothing purchased can come close to the renewed sense of gratitude for having family and friends."

—*Courtland Milloy*

"The memories we make with our family is everything."

—*Candace Cameron Bure*

"I believe the world is one big family, and we need to help each other."

—*Jet Li*

"Cherish your human connections—your relationships with friends and family."

—*Barbara Bush*

"The more we can be in a relationship with those who might seem strange to us, the more we can feel like we're neighbors and all members of the human family."

—*Fred Rogers*

"You leave home to seek your fortune and when you get it, you go home and share it with your family."

—*Anita Baker*

"There's nothing that makes you more insane than family. Or more happy. Or more exasperated."

Or more ... secure."

—*Jim Butcher*

"Stick to the basics, hold on to your family and friends—they will never go out of fashion."

—*Niki Taylor*

"The love of family and the admiration of friends is much more important than wealth and privilege."

—*Charles Kuralt*



## December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Stop by Club Card Member D&L Nails to get pampered. Or pick up a gift certificate for someone on your list!		Head out to VA Mountain Vineyards to taste wine and pick up some for yourself and for wine lovers on your list!
	Stop by Daleville Fit Body Boot Camp and give yourself or someone you love the gift of Fitness!	Diana at Pomegranate Restaurant does fantastic catering! Visit their onsite food truck!		Call Club Card member Cheryl at P.Zaz salon to book your holiday hair appointment.		Give the gift of comfort food this season. Club Card Member Lentini's has gift certificates and has great take-out.
Club Card Member Three Lil Pigs can cater your evening meal. Treat yourself to no cooking before the holiday!		Contact Pawsome Pet Sitting to help keep your pets company during your holiday schedule.	Cupcakes and Canines has beautiful desserts and homemade treats for fur babies! Great place for gifts!		Club Card Member Fly Fit Studios offers a fun way to stay fit. Stop in for gift cards or sign up for an aerial class!	Take a break from shopping and have lunch at Angelle's Diner in Troutville. Support Club Card members and local businesses.
	Book a massage at Enchanted Bliss, buy a gift certificate for a friend! Cross items off your list and support locals!		Out of town guests? Call Club Card Member Best Western Troutville for discounts!	Leasing Office Hours 12pm To 3pm	<b>Christmas</b> Office Closed	

# "This Month In History"

## DECEMBER

**1913:** Fill 'er up! The nation's first drive-in gas and service station opens in Pittsburgh.

**1924:** The puck drops in the first NHL game played in the U.S. The Boston Bruins hosted and defeated the Montreal Maroons.

**1947:** America's wetland wilderness, Florida Everglades National Park is formally dedicated.

**1954:** Doctors at a Boston hospital perform the first successful human kidney transplant.

**1964:** Civil rights leader Martin Luther King Jr. accepts the Nobel Peace Prize at ceremonies in Oslo, Norway.

**1979:** Two friends in Canada invent Trivial Pursuit. The board game became a worldwide sensation.

**1991:** In Nashville, Naomi and Wynonna Judd perform their final concert as the Judds. The mother-daughter duo was one of country music's top acts.

**2002:** The professional networking site LinkedIn is founded in California.

**2010:** SpaceX becomes the first private company to successfully launch a spacecraft into orbit and recover it.

**2018:** American Colin O'Brady is celebrated as the first person to complete a solo, unaided trek across Antarctica. He traveled 930 miles in 54 days.