



THE RESERVE at Daleville

25 Daleville Lane • Daleville, VA 24083



APRIL 2021



HIGHLIGHTS

Put On Some Good Vibes

Wearing a bright color is one way to get energized and put yourself in a positive mood.

An Eggs-cellent Snack

Hard-boiled eggs make good grab-and-go snacks to have on hand. Portable and perfectly portioned, an egg will fill you up with 6 grams of protein, which also helps fuel your muscles. And your brain will benefit from its rich supply of the nutrient choline, found in the yolk.

Ask Before You Buy

Looking for a new piece of furniture but not looking forward to the price tag of a new purchase? Let family and friends know what you're on the hunt for, whether it's a dining table, desk or bed frame. Someone may have one they're not using and will probably be happy to have you take it off their hands.

Self-Care Corner: Positive Passwords

Pick a positive thought or mantra that motivates you, then change the password for your computer or other account you often use to incorporate that phrase. Instead of using a fingerprint or setting your device to remember the password, physically type it in so you get used to "repeating" your mantra multiple times a day.

BULLETIN BOARD

NOTES & NEWS

Protecting the Planet

"We only have one Earth, so we need to take care of her." Those words from U.S. Sen. Gaylord Nelson expressed his goal for creating the first Earth Day in 1970. Today, more than 1 billion people in nearly 200 countries take part in various events each April 22 to help protect the planet.

Go Flower Chasing

Just as autumn's golden colors inspire drives to go "leaf peeping," spring's awakening world invites nature lovers to go "flower chasing." Many farms offer tours to admire their blooms, or simply head out of town in search of a wildflower field where you can snap some photos and breathe in the fresh, fragrant air.

Kick Out Your Feet for Better Sleep

Your feet may be the key to a better night's sleep. The National Sleep Foundation says keeping one foot outside the covers can help your body maintain a lower temperature, which allows you to fall asleep faster and enjoy a deeper doze.

Office Hours

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

Sow Good Thoughts

"Plant seeds of happiness, hope, success, and love; it will all come back to you in abundance."

—Steve Maraboli

Grocery Budget Tip

Instead of buying boneless chicken breasts, choose chicken thighs, which are less expensive, but flavorful and also a good source of lean protein.

A 'Chew' Favorite

April 5 is National Caramel Day.

TRIVIA WHIZ



Carrots Are the Tops

Colorful, sweet, economical and good for you, carrots are a popular veggie. We've harvested a bunch of details about them.

- Carrots first cropped up about 5,000 years ago in the region around what's now Afghanistan.
- People originally grew the vegetable as medicine. The root and its green, leafy top were used to treat a variety of ailments.
- Today, the average American eats about 10 pounds of fresh carrots in a year.
- You can find carrots in a rainbow of colors: yellow, white, purple, red and, of course, orange, the most common type.
- Carrots are loaded with beta carotene, an antioxidant that gives orange carrots their color and helps our bodies maintain healthy eyesight and skin, as well as a strong immune system.
- Did you know that cooking carrots makes them even healthier? The heat releases more of their nutrients.
- The natural sugars in carrots give them their sweet flavor. That's why the vegetable shows up as a star ingredient in some desserts, including carrot cake.
- Baby carrots are one of the top buys at the grocery store. Perfect for snacking, the mini-sized carrots debuted in the late 1980s and are made by peeling, cutting and shaping larger carrots.
- Cartoon character Bugs Bunny famously loves to crunch on carrots, but rabbits in the wild actually prefer to eat grass.
- Carrot lovers, save the date! April 4 is International Carrot Day.



Spruce Up Your Space

Small changes can have a big impact, and that applies to your home. Check out these easy and affordable ideas for some inspiration.

Changing up a room can be as simple as rearranging your furniture. A different layout can give you a new outlook.

Light brightens a room and makes it look bigger. Add a floor lamp or table lamp so that there's lighting at various

heights. Hanging a mirror on a wall will help reflect light. A pair of flameless candles can highlight a corner.

Put out or rearrange decorative pieces. That can include a new houseplant, a sentimental trinket that's been hidden in a drawer, or a throw pillow that swaps places from the sofa to a bedroom.

Think about the colors, objects and images that make you happy, and try to surround yourself with them. If you have a cherished collection, turn it into an eye-catching display.

Print out some of your favorite photos that are sitting on your phone, put them in bargain frames and make a gallery wall. If you already have framed photos around your place, switch out the images for a new look.

A clean sweep always freshens up your home. Clear out clutter and tackle an organizing task you've been meaning to get to. A tidy space can enhance your overall well-being.

The Vinyl Revival

After decades of playing second fiddle to cassettes, CDs and music streaming services, vinyl records are once again climbing the charts to the top. Vinyl sales recently beat CD sales for the first time in nearly 40 years.

Streaming platforms are still the No. 1 way most of us listen to music, especially on the go or while working. But more and more people are getting into the groove of vinyl for a truly special, immersive listening experience. It's the reason why current artists now release new albums as well as their early work on vinyl, and why acclaimed albums from classic bands and singers continue to be bestsellers.

Many music fans say vinyl records have a fuller, warmer sound than songs that have been compressed into a digital file. And often, playing a record feels like a beloved ritual that encourages mindful, attentive listening rather than just queuing up

some background tunes. Buying a record is also part of the experience, from searching store bins for a hidden gem to admiring an album's artwork and reading the liner notes.

This retro music trend is most popular with people under 35. But many other adults miss the days of owning a physical album, a concept that is unfamiliar yet seems to be appealing to today's teens, who grew up streaming most of their music.





WIT & WISDOM



Easy, Breezy Springtime Crafts

Spring into a bright new season with these simple projects to decorate your home.

Festive florals. Whether fresh or faux, nothing says spring like flowers. Dress up a plain vase or a clean, empty jar to display them in. Add stripes or other geometric designs with patterned tape, or glue on a piece of colored tissue paper or a swatch of fabric.

Rainy day welcome. Fill a pair of brightly colored rain boots with artificial flowers or greenery, then set the display on the floor by the door or on your patio or balcony to welcome in spring.

Paper egg garland. Eggs are popular as a symbol of the season. Use watercolors to paint several sheets of blank paper, letting the colors swirl together to create a marbled pattern. Once the paint dries, cut egg shapes out of the paper, then punch a hole in each egg and loop them all on a string. Hang the garland from a doorway or shelf.

Bucket of spring. Did you know it's extremely fast and easy to grow real grass indoors? Fill a small metal pail with potting soil, then add a generous amount of grass seed—wheat grass and rye grass are good options. Mist with a water bottle until the seeds germinate and water daily. Keep the patch of grass trimmed to your desired length, and add springtime décor such as wooden eggs or garden markers.

Featured Recipe

Chicken-Biscuit Casserole

This satisfying casserole only takes about 20 minutes from start to finish and is the perfect main dish for brunch or dinner.

Ingredients:

- 1 whole rotisserie chicken
- 1 tube refrigerated buttermilk biscuits (8 biscuits)
- 1 can (10 3/4 ounces) condensed cream of mushroom soup
- 1/2 cup milk
- 1/4 cup sour cream
- 2 cups frozen mixed vegetables
- 1/2 teaspoon dried basil
- 1/8 teaspoon pepper

Directions:

Heat oven to 450° F.

Remove all meat from the chicken, discarding the bones. Shred the meat and set it aside.

Cut each of the biscuits into quarters; set aside.

In a saucepan, stir together the soup, milk, sour cream, vegetables, basil and pepper. Add the chicken. Cook until the mixture comes to a boil.

Spoon the chicken mixture into a baking dish. Arrange the cut biscuits over the top.

Bake 10 to 12 minutes, or until biscuits are golden brown.

Find more recipes at
Culinary.net.



"The Earth does not belong to us.
We belong to the Earth."

—**Chief Seattle**

"Whether it's saving the Amazon or just being kind to those around you, we need to take care of each other and Mother Earth."

—**Olivia Newton-John**

"This Earth is our only home. Together, we must protect and cherish it."

—**Ban Ki-moon**

"Cherish sunsets, wild creatures and wild places. Have a love affair with the wonder and beauty of the Earth."

—**Stewart Udall**

"I consider the world, this Earth, to be like a school, and our life the classrooms."

—**Oprah Winfrey**

"We're all co-travelers on the spaceship Earth and must respect and help each other along the way."

—**Stan Lee**

"Once you've been in space, you appreciate how small and fragile the Earth is."

—**Valentina Tereshkova**

"The Earth is a very small stage in a vast cosmic arena."

—**Carl Sagan**

"If you look at how long the Earth has been here, we're living in the blink of an eye. So, whatever it is you want to do, you go out and do it."

—**Jamie Foxx**

"Try to leave the Earth a better place than when you arrived."

—**Sidney Sheldon**



April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>April</i>				 1	2	3
 4	5	6	<i>National Beer Day!!</i> 7	8	9	<i>National Sibling Day!!</i> 10
<i>National Pet Day!!</i> 11	12	13	14	15	16	 17
18	19	 20	21	<i>National Earth Day!!</i> 22	23	24
<i>National Pet Parents Day!!</i> 25	26	27	28	29	<i>National Adopt a Shelter Pet Day!!</i> 30	

"This Month In History"

APRIL

1934: At 231 mph, the strongest wind ever recorded in the U.S. blows over Mount Washington, N.H. The record is commemorated every April 12, Big Wind Day.

1952: Mr. Potato Head becomes the first toy advertised on television. Its commercials were specifically aimed at children, rather than adults.

1968: Martin Luther King Jr. delivers his "I've Been to the Mountaintop" speech in Memphis, Tenn.

1970: Earth Day is celebrated for the first time. Today, more than 1 billion people in nearly 200 countries take part in the observance.

1991: Billed as "The Battle of the Ages," 28-year-old Evander Holyfield beats 42-year-old George Foreman in a boxing match in Atlantic City, N.J., defending his heavyweight champion title.

2001: As the first paying space tourist, American businessman Dennis Tito reportedly spends \$20 million to ride along on a Russian mission to the International Space Station.

2018: Online streaming music services overtake the sales of CDs and vinyl albums for the first time.