



THE RESERVE

at Daleville

25 Daleville Lane • Daleville, VA 24083

AUGUST 2021



NOTES & NEWS

Save on Supplies

This time of year brings back-to-school sales. Take advantage of seasonal deals to refill your supply of pens, buy a new pair of scissors, or replace a worn backpack since these and other office essentials are usually discounted.

Don't Knock It Till You've Dyed It

Has a stubborn stain ruined one of your shirts or towels? You may be able to salvage it with the help of a quick dye job. Pick up some liquid fabric dye and follow the package directions for a color transformation to cover up the stain. You can create a trendy piece by tie-dyeing the item.

Get a Handle on Germs

Take a few minutes several times a week to wipe down the handles in your home: doorknobs, knobs on your stove, and handles on kitchen and bathroom cabinets and drawers. A swipe with a disinfecting wipe or a cloth and cleaning solution will help lower the chances of viruses making you sick.

HIGHLIGHTS

S'mores on a Stick

Serve up a batch of s'mores—no roasting required! Insert a straw, toothpick or pretzel stick into a marshmallow. Dip the marshmallow in some melted chocolate, then roll in graham cracker crumbs. Refrigerate the treats until the coating sets, then enjoy!

Eyes Up, Phone Down

No matter how busy you are, put using your cellphone on hold while walking, especially in crosswalks and intersections.

Give It a Rinse

Be sure to give produce a thorough rinse under running water for at least 30 seconds. That includes anything with a skin or rind, since bacteria can spread to the inside of the fruit or vegetable when it's peeled or cut open.

Self-Care Corner: Eau, Happy Day!

Do you save perfume or cologne for special occasions, or do you wear it every day, even if you don't leave your home? You may want to make it a regular ritual. Psychologists say that spritzing on a fragrance can make you feel happier, especially if the scent is linked to happy memories or a loved one. This simple act can also bring a small moment of joy to a stressful or mundane day, and noticing yourself smelling good can increase your confidence and motivation.

BULLETIN BOARD

Make 'em Laugh

LOL! Aug. 16 is Tell a Joke Day!

A Cut Above

If you receive packages and boxes on a regular basis, have a utility knife or box cutter on hand to open them. This kind of tool is easier to control and safer than handling the blades of an open pair of scissors.

Take Your Time

"Slowly is the fastest way to get to where you want to be." —André De Shields

Office Hours

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

TRIVIA WHIZ



Crack Into Coconuts

In its many forms, coconut shows up in everything from foods and fragrances to furniture. Here's some inside scoop on the tropical fruit.

- It's said that Portuguese sailors gave it the name "coco," a term for a laughing face, since the three indentions on its shell look like a face. The English word nut was added later.
- Coconuts are the fruit of the coconut palm tree, called the tree of life because there are so many uses for every part of it.
- One tree can produce 50 to 100 coconuts per year.
- Indonesia, the Philippines and India grow and harvest most of the world's supply.
- Prized for their flavor, coconut meat, milk, water and oil are used in a variety of dishes and drinks in many cultures.
- You'll often find the oil as an ingredient in beauty products, and its tropical scent is used as a fragrance.
- Coconut water comes from young, green coconuts. Some competitive athletes drink coconut water because it packs more replenishing potassium than four bananas.
- Made of shredded coconut covered in chocolate, Mounds candy bars were included in combat rations during World War II and became a military favorite.
- The brown fiber of a coconut's husk is called coir, which is made into items such as doormats, ropes and brushes.
- Coconut shells were sound effects staples in the early days of entertainment, mimicking the clip-clop of horse hooves.



Try the Tropical Trend

One of the hottest trends now, tropical designs have a way of feeling both invigorating and relaxing. Add a touch of the tropics to your home with these ideas:

Lush leaves. Plants bring instant warmth and life to a space—and they don't even have to be real to do it. Create island vibes with varieties of indoor palms and leafy plants such as monstera and philodendrons. You'll also find

tropical leaf patterns on everything from throw pillows and bedding to shower curtains and art prints.

Striking colors. Greens and blues are popular for their soothing effects, and can give the look of a seaside paradise. Add accents of hot pink, bright red or sunny yellow, found in flowers from the tropics, like hibiscus.

Natural accents. Furniture and accessories made from bamboo or rattan are a natural fit in a tropical setting. Using woven baskets and rugs can easily insert an island feel.

Fun and friendly fruit. A longtime symbol of hospitality, pineapple designs are both trendy and timeless. This fruit adorns a variety of items, or pick up a real pineapple and have it stand in as a decoration.

Wildlife whimsy. Unleash your inner jungle animal and decorate your space with exotic wildlife such as colorful birds, spotted cats and playful elephants.

Relax With a Bedtime Routine

A good bedtime routine isn't just for kids. According to doctors, getting ready for bed with the same healthy habits and activities is essential to getting a good night's sleep.

Routines help train the brain to behave a specific way. By following certain steps before going to bed, your brain associates those things with winding down and feeling tired, which helps you fall asleep faster.

One of the most effective routines is sticking to the same bedtime, along with waking up at the same time every day. This creates a consistent schedule that makes it easier for your body to rest.

Basic tasks such as brushing your teeth and taking a bath or shower can prep your mind for sleep, especially when you do them in the same order and at the same time. A practical bedtime routine may also include packing a lunch and setting

out your clothes for the next day.

Many people struggle with falling or staying asleep due to stress and anxiety, but incorporating calming activities before bed can provide relief. Write in a journal or jot down a to-do list before you crawl under the covers. This helps clear your mind of thoughts and worries that could keep you up. Reading a book or magazine, listening to music, eating a light snack, stretching and meditating are other ways to relax before bed.





WIT & WISDOM



Pickleball Is the Latest Game Pick

Attracting fans from ages 8 to 80, pickleball is one of the fastest-growing sports in the country and the world.

You could call the game a mashup. Pickleball has elements of tennis, and is played on a badminton-sized court, using paddles similar to table tennis and a perforated, whiffle-type ball.

It was invented back in 1965 by three Washington dads, one of them longtime state politician Joel Pritchard, who created it as a summertime diversion for their bored kids. Stories say the game got its quirky name from Pritchard's dog, named Pickles, or from the term pickle boat, used in the sport of rowing to describe a boat that has a random assortment of rowers.

Pickleball can be relaxing fun or a challenging competition. It's easy for all ages and all athletic skills to catch on and play. The placement of the ball on the court, not how hard it's hit, is a key element.

Players, called picklers, say they enjoy the sport's social aspect, with doubles team play being the most popular. Games are also quick, typically taking about 15 minutes, and minimal equipment is needed. Basic paddle and ball sets are affordably priced, and public courts are free.

There's a current boom in building indoor and outdoor courts for leisure players and competitive leagues. Pickleball-themed restaurants are also popping up in many cities, so that anyone can take a swing at the game.

neMinute Chef

Crazy Candy Ice Cream Sandwiches

Ingredients:

- 6 sheets graham crackers, broken into 12 squares
- 1 cup vanilla ice cream
- 1/4 cup chopped candy bar of your choice
- 1/2 cup chocolate chips
- 1 1/2 teaspoons vegetable oil or refined coconut oil
- Sprinkles (optional)

Directions:

Line a baking sheet or shallow pan with wax paper. Place 6 of the graham cracker squares on the sheet.

In a medium-sized bowl, stir ice cream until just softened. Stir in candy bar pieces.

Work fast and spread a spoonful of the ice cream mixture onto each graham cracker square. Top with 6 remaining cracker squares. Gently press down on each sandwich. Freeze sandwiches for 1 hour.

In a small, microwave-safe bowl, combine chocolate chips and oil. Microwave about 1 minute, stirring the mixture every 20 seconds until melted. Let it sit at room temperature for 10 minutes.

Dip half of each frozen sandwich into the melted chocolate. Add sprinkles if you like. Place sandwiches back on the lined pan and freeze for 5 minutes. Enjoy immediately.

More recipes at MilkMeansMore.org.



"Life is like a roller coaster; live it, be happy, enjoy life."

—*Avril Lavigne*

"Just play. Have fun. Enjoy the game."

—*Michael Jordan*

"It's important to enjoy yourself and embrace whatever comes your way."

—*Miranda Kerr*

"Learning to enjoy today has two benefits: It gives me happiness right now, and it becomes a good memory later."

—*George Foreman*

"We are supposed to enjoy the good stuff now, while we can, with the people we love. Life has a funny way of teaching us that lesson over and over again."

—*Sheena Easton*

"Enjoy your sweat because hard work doesn't guarantee success, but without it, you don't have a chance."

—*Alex Rodriguez*

"We should learn to accept that change is truly the only thing that's going on always, and learn to ride with it and enjoy it."

—*Alice Walker*

"It's really not about what you have. It's about how you're able to enjoy life in general."

—*Kevin Harvick*

"Think how really precious is the time you have to spend, whether it's at work or with your family. Every minute should be enjoyed and savored."

—*Earl Nightingale*



August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>National Sisters Day!</i>	2	3 <i>Chick - Fil - A Food Truck at RAD!</i>	4 <i>National Chocolate Chip Cookie Day!</i>	5 <i>National IPA Day! What IPA Beer Is Your Favorite?</i>	6	7 <i>Purple Heart Day!</i>
8 	9	10 <i>National S'mores Day!</i>	11	12 	13	14
15	16	17 <i>Black Cat Appreciation Day!</i>	18	19	20	21 
22	23  CHEERS!	24	25	26 <i>National Dog Day!</i>	27	28
29	30	31	 AUGUST 			

"This Month In History" AUGUST

1907: UPS is founded as a messenger service by two teenagers in Seattle. It's now one of the world's largest package delivery companies.

1913: Stainless steel is invented by Harry Brearley of England.

1946: The first U.S. coin honoring an African American is authorized for minting. A commemorative half dollar was designed to pay tribute to educator Booker T. Washington.

1959: President Dwight D. Eisenhower signs an official proclamation admitting Hawaii as the 50th U.S. state.

1969: Half a million people gather at a farm in upstate New York for the Woodstock music festival. The landmark three-day event featured more than 30 artists and bands.

1990: MLB history is made when Ken Griffey Sr. and Ken Griffey Jr. become the first father and son to play on the same team, the Seattle Mariners.

2005: Hurricane Katrina forms in the Atlantic and makes landfall along the Gulf Coast, devastating the region.

2020: The music video of the hit song "Dynamite," by Korean boy band BTS, sets a record on YouTube as the first video with over 100 million views in its first 24 hours.