

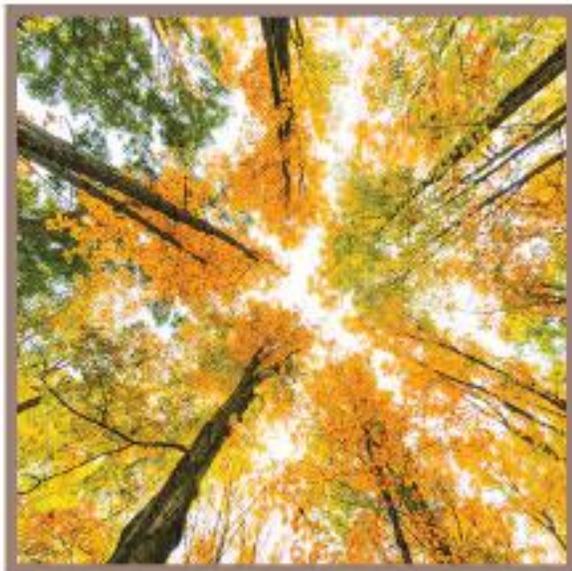


THE RESERVE

a t D a l e v i l l e

25 Daleville Lane • Daleville, VA 24083

SEPTEMBER 2021



NOTES & NEWS

Change Is in the Air

For many, September has become the “other January,” signaling a fresh start as summer winds down and fall arrives. The shift in nature can also inspire you to turn over a new leaf. Use the change in seasons to kick off a healthy habit or hobby or to switch up an aspect of your routine.

Take Care of Clutter

Manage clutter by making time for a weekly straightening session. Tackle spots where things like shoes and mail tend to pile up after several days, and put away the items or toss what’s not needed. These regular spurts of tidying can prevent having to put in a marathon cleanup when clutter gets out of control.

Commemorating 9/11

2021 marks the 20th anniversary of 9/11. Dedicated to honoring those who died on that tragic day, each Sept. 11 is observed as Patriot Day and a National Day of Service and Remembrance.

HIGHLIGHTS

Uplift and Inspire

Whether it’s a kind word, helpful tip, high five or a hug, inspire those around you on the National Day of Encouragement, Sept. 12.

Make Passwords Hack-Proof

Create a hard-to-crack password by using a phrase, such as a random combination of four or more words. Or string together the first letters in the words from a line in your favorite song. Tech experts say short passwords are easier to hack.

Prevent Bleacher Backaches

Football season kicks off this month at many high school, college and NFL stadiums. Fans who cheer on their favorite teams or players by attending games in person may be familiar with the aches and pains of sitting in the stands for long periods. To help prevent what doctors call “bleacher back,” be sure to get up and stretch often during a game, and use trips to the concession stand or restroom (as well as cheering for your team!) as opportunities to move your legs. If you go to games regularly, you may benefit from investing in a stadium seat or cushion for bleacher seats.

Photographic Memories

Do something with all those pictures on your phone during Save Your Photos Month in September.

BULLETIN BOARD

Sunset on Summer

The Labor Day holiday signals the unofficial end of summer. Play, picnic, splash and celebrate the last days of the season! Fall arrives Sept. 22.

Boost Your Mood With Good Posture

Sit up for a lift. Studies show that good posture may put you in a good mood. Scientists say there’s a brain-body link called embodied cognition, and the way you carry yourself connects to your mindset.

Office Hours

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

TRIVIA WHIZ



Time for Lunch

A quick break, usually around noon, lunch is a time to feed your body, rest your brain and recharge for the next part of your day. We've packed up some info about lunch in America and abroad.

- The average lunch break for those who work outside the home is about 30 minutes.
- Leftovers from last night's dinner or a sandwich, soup and salad are popular go-to lunch meals.
- Sandwiches are standard lunch fare in England, France and the Netherlands.
- Why do we call it lunch? It's a short form of the word luncheon, which was used as far back as the 1500s to describe a light meal in between two bigger meals.
- The midday bite to eat became an essential and portable meal away from home during the Industrial Revolution of the 1800s. Workers needed the break to keep up with their long hours at factory jobs.
- In some countries, such as Brazil, Spain, Russia and Saudi Arabia, lunch is often the main meal of the day and may take place later in the afternoon.
- Serving about 5 billion meals to U.S. schoolkids every year, the National School Lunch Program was created in 1946.
- Mickey Mouse became the first licensed character to appear on a lunchbox back in 1935.
- Lunches in Japan are packed into wooden or plastic bento boxes, which have small compartments to separate different foods. In India, round metal tiffin boxes are used to carry meals.



Fall To-Do's for a Fresh and Tidy Home

With fall arriving this month, it's a good time to refresh and prepare your home for the season.

The temperatures will be getting cooler, so start switching out bedding and other linens. Launder lightweight items and store them. Pull out heavier comforters, quilts or blankets. If you have throws and toss pillows in seasonal colors, place those on your sofa and chairs.

If space allows for it, keep your closet and dresser less cluttered by using them to hold clothing and accessories you'll be wearing for the current season. As you come across items you haven't worn, set them aside to donate.

Decorate your space with seasonal plants. The most popular type is the chrysanthemum, which comes in a range of shades. Sunflowers and a bowl of apples or pears can also create that fall feel.

Since shorter days with less sunlight are ahead, wipe down lampshades and light fixtures with a clean, damp cloth. Your home will look brighter as nightfall comes earlier.

Are you planning on doing extra cooking and baking for the holidays? Prepare your kitchen ahead of time by organizing cabinets and the fridge.

Finally, a quick "spring" cleaning is always in season, and is sure to revitalize your home.

The Buzz on Bee Species

They're some of the best-known pollinators, essential to helping crops and flowers grow. Here's the buzz about some common types of bees:

Honeybee. The world's most famous bee species, honeybees are prized for the sweet, golden honey they produce from nectar. To feed their hives, honeybees collect pollen in special "baskets" on their legs.

Bumblebee. Though larger and fuzzier than honeybees, bumblebees also live in groups and make honey, although not on a large enough scale for harvesting. Bumblebees move so quickly that they make a buzzing sound, which vibrates pollen off of flowers and onto their bodies.

Carpenter bee. A bit larger than bumblebees, carpenter bees are recognized by their smooth, mostly black bodies. They're sometimes considered pests because they drill holes and build nests in old

wood, including buildings.

Sweat bee. These tiny bees are attracted to salt found in perspiration, so they tend to buzz around people. Solitary and peaceful, they come in many colors, including metallic blue and green.

Leafcutter bee. You may have seen a female leafcutter bee hard at work trimming away pieces of foliage, which she uses to build a nest for her eggs. These solitary bees are efficient pollinators, since the pollen they carry on their bellies, not their legs, easily falls off from plant to plant.





WIT & WISDOM



Backpack Basics

With its grab-and-go portability, a backpack is a popular way to load up what you need for the day, whether for work, school or fun. We've got your back with some pointers for picking out and packing these carryalls.

A backpack should fit the person and the purpose. Getting the right size is key. The bag should sit just below the shoulders to about waist level. Look for padded shoulder straps that can be adjusted to fit snugly against your back.

What will the backpack carry, and when will you be wearing it? Think about the features you need, such as water-resistant fabric, accessible pockets or organization for supplies and electronics.

While a backpack's cool design may be appealing, be sure to inspect the bag, inside and out, before buying. Check the thickness of the padding and that the stitching is tight, especially on the shoulder straps.

Then take the advice from experts to "pack it light and wear it right." Don't overload a backpack. You should be able to easily stand up straight when wearing the packed bag. Load heavy items closest to your back. To help balance the weight, use the hip and chest straps, if the bag has them.

Lugging an overloaded backpack or one that doesn't fit can put you at risk for posture problems and strained neck, shoulder and back muscles. Also avoid wearing a pack slung over just one shoulder.

What's Cooking

Bacon-Wrapped Jalapeno Poppers

Spice up game day or movie night with this tasty finger food.

Ingredients:

- 2 packages thick-sliced bacon, slices cut in half
- 1 package ready-made refrigerated mashed potatoes, cheese flavored
- 1 package garlic and herb cheese spread
- 20 jalapeno peppers, halved and seeded, membranes removed
- 1/4 cup brown sugar
- 1 teaspoon ground cayenne pepper

Directions:

Heat oven to 400° F. Set out bacon so it warms to room temperature.

In a mixing bowl, stir together mashed potatoes and cheese spread. Spread 1 tablespoon of the mixture into each jalapeno half.

Next, wrap each jalapeno with 2 to 3 bacon slices, then place on a lined baking sheet.

In a small bowl, combine sugar and cayenne pepper. Sprinkle the mix over each wrapped jalapeno, pressing it gently into the bacon.

Bake 25 to 35 minutes, until bacon is crispy. Let cool for 5 minutes and serve.

Find more recipes at Culinary.net.



"It's only through listening that you learn."

—*Drew Barrymore*

"Learning is a treasure that will follow its owner everywhere."

—*Chinese proverb*

"When you make mistakes and you recover from them and you treat them as valuable learning experiences, then you've got something to share."

—*Steve Harvey*

"I'm a very strong believer in listening and learning from others."

—*Ruth Bader Ginsburg*

"I never learn anything talking. I only learn things when I ask questions."

—*Lou Holtz*

"This life is a process of learning."

—*Lauryn Hill*

"The beautiful thing about learning is that nobody can take it away from you."

—*B.B. King*

"Every relationship you have, you're learning and growing and taking something from that."

—*Blake Lively*

"I feel the older I get, the more I'm learning to handle life. Being on this quest for a long time, it's all about finding yourself."

—*Ringo Starr*

"I am learning all the time. The tombstone will be my diploma."

—*Eartha Kitt*



September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>September</h1>			1	2	3	4
5	6 <i>Labor Day!!</i>	7	8	9	10	11 PATRIOT DAY
12 <i>National Grandparents Day!!</i>	13	14 <i>National Virginia Day!!</i>	15	16 	17	18
19	20	21	22	23	24	25 <i>National Daughter's Day!!</i>
26 	27	28 <i>National Good Neighbor Day!!</i>	29 <i>National Coffee Day!!</i>	30		

“This Month In History” SEPTEMBER

1919: Crowds gather in New York City to welcome home Gen. John J. Pershing and 25,000 soldiers of the American Expeditionary Forces who fought in World War I.

1949: The Ladies Professional Golf Association is formed with 13 founding players.

1953: With 32 lanes, the world’s first four-level highway interchange opens in Los Angeles. Half a million vehicles travel it every day.

1969: “Ruh-roh!” The Saturday morning cartoon lineup gets a new addition when the mystery-comedy series “Scooby-Doo, Where Are You!” premieres.

1978: After years of lobbying, National Grandparents Day is officially observed for the first time.

1985: An American-French expedition locates the wreckage of the long-lost sunken ocean liner Titanic off the coast of Newfoundland, Canada.

1998: Internet search engine Google is founded.

2008: After its move to Oklahoma City, the NBA team the Seattle SuperSonics is renamed the Thunder.

2020: Sales stats show that music fans are buying more vinyl records, outselling CDs for the first time in decades.