



## January 2022

### THE RESERVE STAFF

**Property Manager-**  
Kehris Snead

**Assistant Property Manager-**  
Amy McCracken

**Leasing Consultants-**  
Erica Short  
Kristin Chapman

Kevin Moore

**Maintenance Supervisor-**  
Jason Kagey

**Assistant Maintenance Supervisor-**  
Joel Short

**Maintenance Technicians-**  
Nathan Conley  
Isaiah Kagey  
Brodi Hummel



**Newsletter Ideas?**  
Have an idea or pictures to add to our community newsletter?  
Email us at:  
eshort@liveatstoneport.com,  
kchapman@liveatstoneport.com or  
kmoore@liveatstoneport.com



# THE RESERVE

at Stone Port

2015 Reserve Circle • Rockingham, VA 22801 • (540) 434-2000  
www.liveatstoneport.com

### January Resident Event!

Come see us and grab a bowl of soup on Tuesday, January 11th, 5-7pm at the Clubhouse.

We are so excited to have a Soup Bar with all the fixins for you to enjoy during this cold month!

- If you have a soup recipe you would like to share with the community, please email it to the leasing office at leasing@liveatstoneport.com or bring a paper copy by for us to use by January 7th. •

We will prepare a recipe booklet for everyone to have with all of the recipes we receive!



“Soup puts the heart at ease, calms down hunger, eliminates the tension of the day and awakens & refines the appetite.” - August Escoffier

### Christmas Tree Disposal

We wanted to take a moment to remind everyone that we are not able to allow for disposal of Christmas Trees in the trash compactor. Please be sure to take trees to the Rockingham County Landfill located at: **813 Greendale Road Harrisonburg, Va 22801.** They are open Monday-Saturday from 7:00am-4:30pm.

### RSP Community Service

- Our residents always show up to help others in need in our local community and we are so proud of that!
- We collected 453 pounds of food to donate to the Blue Ridge Area Food Bank in November 2021! This provided 378 meals to those in need. •
  - The Wish Upon a Star Tree gifts were delivered to The Mercy House on December 14th! They were so appreciative of our efforts to give two families a very Merry Christmas. •

*Be the change*

### Office Hours

Monday	10:00 am–6:00 pm
Tuesday	10:00 am–6:00 pm
Wednesday	10:00 am–6:00 pm
Thursday	10:00 am–6:00 pm
Friday	10:00 am–6:00 pm
Saturday	11:00 am–4:00 pm
Sunday	Closed

540.434.2000  
www.liveatstoneport.com

### Knock-Knock, New Year

January gets its name from the Latin word for door, since it opens the new year.



### Oranges

Winter is the prime season for one of the most popular citrus fruits. Peel into these tidbits about oranges.

- They originated about 6,000 years ago in Southeast Asia.
- Christopher Columbus brought orange seeds to the New World on his second voyage in 1493. Later, in the 1500s, Spanish explorers planted orange trees in Florida.
- The color orange was named after the fruit, not the other way around.
- Oranges are classified into two categories: sweet oranges, which are consumed fresh and in juice, and bitter oranges, used to make marmalades and flavor desserts and liqueurs.
- There are about 600 varieties of oranges worldwide.
- Juicy and seedless, the navel orange is the most popular variety for eating. Other types include Valencia, Cara Cara, and blood oranges, named for their deep red flesh.
- Florida grows the most oranges in the U.S., followed by California.
- Nearly 90% of Florida's orange crop is processed to make juice. Most California oranges are sold fresh.
- One of the two trees that started the California navel orange industry still stands in Riverside, Calif. Planted in the 1870s, it continues to produce fruit.
- Oranges are high in fiber and celebrated for being an excellent source of vitamin C.



### Special Snowflakes

You've probably heard that no two snowflakes are the same. But how do we know this for sure? Scientists say it's a matter of probability: A fully formed snowflake has about a quintillion molecules (a quintillion is the number 1 followed by 18 zeroes).

The chance of these molecules arranging themselves in the exact same way more than once is incredibly slim, especially when affected by constantly changing factors like temperature and humidity.

### Maintenance Tip of the Month

**Cleaning your glass stovetop!**

Before you start, make sure your stovetop has completely cooled. You can damage the stovetop if it is still warm.

Use a cloth (microfiber works great), sponge, or Scotch-Brite scrubber for more grit. *Never use steel wool or a razor blade as they will cause damage.*

For general cleaning, use Dawn (or similar) dish soap.

For tougher messes or to give your stovetop nice shine, we recommend Weiman Glass Cook Top Cleaner & Polish. Shake bottle, then apply to stovetop and spread to all affected areas. Leave on for a few minutes, then scrub and clean with earlier mentioned item or paper towel. Buff with cloth or paper towel. Repeat if needed.

### Winter Sports to Try!

#### Massanutten Resort (McGaheysville, VA):

- Skiing
- Snowboarding
- Snow Tubing
- Ice Skating

#### Generations Park (Bridgewater, VA):

- Ice Skating

#### Bryce Resort (Bayse, VA):

- Skiing
- Snowboarding
- Snow Tubing



### Winter Weather Tips!

- Keep your garage doors closed when it is not in use as there are pipes inside that could freeze.
- Park a few inches away from sidewalks to leave space for maintenance to get them cleared quickly.
- Use caution as you are walking down stairs or on sidewalks as these areas get slippery.

***Need a snow shovel? We have snow shovels that you may sign out in the Leasing Office during business hours.***



## How the World Celebrates the New Year

In the U.S., the New Year is often ushered in with parties, fireworks and a midnight kiss. The rest of the world revels in a variety of traditions.

**Spain.** At the stroke of midnight, people in Spain eat 12 grapes, one for each month of the year ahead, for good luck.

**Russia.** In the country's region of Siberia, divers plunge into icy lakes to place a New Year tree, or *yolka*, beneath the water's surface, symbolizing a new beginning.

**Germany.** Germans give a sweet greeting to Jan. 1 by eating the jelly doughnut known as a *Berliner*, *Pfannkuchen* or *Krapfen*.

**Japan.** All across this Asian nation, the sound of cities ringing in the New Year can be heard at midnight, when bells chime 108 times as a cleansing ritual.

**Colombia.** Those hoping for travel adventures in the coming year will carry an empty suitcase with them, a custom in Colombia and other Latin American countries.

**Greece.** Symbolizing renewal, onions are hung on doorways as a good luck token.

**Brazil.** To bring prosperity and good luck, Brazilians wear white on New Year's Eve and toss white flowers and candles into the ocean.

**Turkey.** At midnight, people here sprinkle salt on their doorsteps, which is believed to bring peace and good fortune.

**Finland.** A crafty custom in Finland is to melt down some tin and then pour it into cold water. When the metal hardens, the shape it forms gives a prediction for the year to come.

**Romania.** For protection in the new year, many dress up as bears and perform a dance to scare away bad luck.

## New Cathcart Club Card Member!

We are so excited to introduce you to 1 Tribe Farm! They are a regenerative farm & retreat center located in Mount Sidney, Va., & they just joined our Club Card! They will be offering residents of The Reserve a special discount on their Farm-store products.

You can find their flyer in the Clubhouse if you would like to grab one! Some of the items they offer include: Beef, Pork, Chicken, Eggs & Honey.

We will be rolling out a delivery program with them, and they will be personally delivering the items you order to the community. Please see the below information regarding how the program will work.

--Members of "Cathcart Club Card" will receive a 5% discount from 1 Tribe Farm Retail prices. **Reserve5** will be your code to use for the discount when placing an order online.

--Members must make a minimum order of \$25.00 to receive the discount.

-- Discount does not apply to **BUNDLES** (discount has already been applied to price).

--Members will place their orders via 1 Tribe Farm website **no later than 48 hours before delivery day.**

--Deliveries will be free!

--Deliveries will be made to The Reserve at Stone Port on the **2nd and 4th Saturday of each month.**

--Deliveries will be made to The Reserve Clubhouse between 1 and 3 pm.

--All orders and payments will be through their website at:

1Tribefarm.com - "**Order farm goods**"



1TRIBE FARM



## Beat the Winter Blues

Does it seem like winter has been going on forever, and you just want to curl up under the covers and stay there until the daffodils start blooming?

It's not uncommon to feel sad, irritated or less energetic during the winter months. Studies show about 20 percent of adults in America experience seasonal mood changes. The good news is there are many steps you can take to lift your mood, and remember, spring is right around the corner.

Exercise has been proven to reduce symptoms of depression. Bundle up for a walk, swim indoors, do yoga at home or head to the gym.

Make an effort to get exposure to sunlight. Place exercise equipment or your work area near a window. Take a lunchtime stroll outdoors. People in particularly dark regions sometimes purchase special lamps that mimic natural outdoor light.

Start a decluttering project, and clean out closets or purge old paper files.

Take up a hobby like knitting, painting or blogging. Plan a movie night for yourself and some friends, and choose a laugh-out-loud comedy. Even just listening to upbeat music has been shown to make people feel happier.

If your sadness or lethargy won't go away or make it hard for you to function, check in with your health care provider.

# January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>January</i>						1 HAPPY NEW YEAR!!!!
2 National Cream Puff Day!	3	4 National Spaghetti Day!	5 Steal the mug @ Stable Craft Brewing in Waynesboro beginning at 4pm	6	7 	8 1 Tribe Farm order pickup at the Clubhouse from 1-3pm!
9 National Law Enforcement Appreciation Day!	10 	11 Resident Event at the Clubhouse from 5pm to 7pm!	12 National Pharmacist Day!	13	14 National Dress Up Your Pet Day!	15 National Bagel Day! Be sure to go by Mr. J's Bagels today!
16 Adult Basketball Tournament @ Horizons Edge from 9:00am-4:00pm	17 Today Is Martin Luther King Jr. Day!	18	19 National Popcorn Day!	20 Free Taproom Trivia @ Sage Bird Ciderworks from 8-10pm	21	22 1 Tribe Farm order pickup at the Clubhouse from 1-3pm!
23/30 	24/31	25 Karaoke Night with D.J. Wolf @ Your Pie Pizza from 5:30-8:00pm	26 National Spouses Day! Time to plan a date night!	27	28	29 JMU Men's Basketball vs. Delaware Hens @ Atlantic Union Bank Center from 4-9pm

