



THE RESERVE

a t S t o n e P o r t

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

March 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

Here's a Cool Kid's Craft for St. Patrick's Day!

Using their little fingerprints, you can create this masterpiece!

You will need white/black paper, rainbow paints, glue, scissors, and gold glitter.

Start by having the child dip their pointer finger in the red paint, and starting from the pot, make an arch.

Continue the different colors, wiping off their finger before switching colors.

Take a glue stick and rub it on the top of the black pot and sprinkle gold glitter on it.

Add some fingerprint shamrocks with green paint around the rainbow, and there you have a fun St. Patrick's Day art project!



Virtual BINGO will start on Tuesday, March 1st

Each morning Monday-Friday, we will be posting a number to the front Clubhouse window and to our private residents' Facebook group for you to see!

Come pick up your BINGO card with attached instructions on how to play starting at 10:00am on Tuesday, 3/1, at the Clubhouse!

We will be playing five games simultaneously for the month of March. The first five residents that have BINGO for the game they are playing and turn it in to the Leasing

Office will win!

Good Luck!!



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

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

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Going Green on March 17

St. Patrick's Day has become a celebration of Irish culture and a whole lot of green!

Folklore says that wearing the color makes a person invisible to leprechauns, who will only pinch those they can see.

Don't get pinched - Remember to wear green 3/17!

Spring's Favorite Bird

The red-breasted robin is a familiar sign that spring is coming. Welcome the new season with these rockin' robin facts:

- As the weather warms, you'll see many robins returning from their winter homes, but not all robins migrate. They're just harder to see in winter, since they mostly stay nestled in the trees.
- American robins are the largest members of the thrush family of birds, which includes bluebirds and nightingales. Males and females are almost identical, but males tend to be more brightly colored.
- The idiom "the early bird gets the worm" definitely applies to robins. They're often spotted eating earthworms out of the ground during the morning hours. The birds also love berries, and at feeders, they prefer suet and mealworms to birdseed.
- Impressive singers, robins' best-known tune is their wake-up call of "cheer up, cheer up, cheerily." Dawn is their noisiest time, but they'll tweet throughout the day, and are among the last songbirds heard before sunset.
- Robins build their nests on tree branches and on the ground. Their pale blue eggs are so recognizable that there is a trademarked color called "robin's egg blue."
- The birds are very social and will roost in large groups. In some areas, a single flock can consist of a quarter million robins!
- The American robin is the state bird of Connecticut, Michigan and Wisconsin.
- In some Native American tribes, robins are symbols of peace and protection, and they are valued as hardworking and nurturing.

Shamrock Shakes - 3 Ways

Base Ingredients

- 1 3/4 cups vanilla ice cream
- 1/3 cup milk
- 1 1/4 teaspoon peppermint extract
- 8 drops green food coloring

Classic

- Whipped cream
- Garnish: Cherry, green sprinkles

Boozy

- 1 tablespoon Baileys
- 1 tablespoon peppermint schnapps
- Whipped cream
- Garnish: sprig of mint

Chocolate Cookies and Cream

- 3 crushed chocolate wafer cookies
- Whipped cream
- Garnish: Crushed cookies

Steps

Base Ingredients

- Blend all base ingredients in a blender until smooth and creamy.

Classic

- Top with whipped cream and a cherry.
- Garnish with sprinkles.

Boozy

- Add Baileys and peppermint schnapps to the base, and garnish with whipped cream and a sprig of mint.

Chocolate Cookies and Cream

- Add crushed cookies to the base, and garnish with whipped cream and more crushed cookies.



Spring Into a Clean Apartment!

Spring cleaning—we may not look forward to it, but the results of our efforts can be satisfying. Here are a few tips to help you get your home sparkling and your sense of accomplishment soaring:

Make a plan and set goals. Write down what areas of your home you will clean and when. Plan to tackle only one area at a time. The best part of such a list is crossing off each item as it is completed.

Check your inventory. Make sure you have all the cleaning supplies you will need, including cleansers, cloths, sponges, and a mop, broom and dustpan. Gather the smaller items and put them in a bucket or basket so they are easier to carry and keep together.

Before cleaning, declutter. Consider paring down the knickknacks you have on display. Give away or recycle magazines. The fewer items

you need to move while cleaning, the faster you will finish. Use a laundry basket to gather items you need someone else in the household to sort through.

Start at the top. Clean rooms from top to bottom—from ceilings to baseboards and everything in between. Don't forget to clean behind and under furniture and appliances, if possible.

When you are finished, take some time to sit back, relax, and enjoy your spotless space!



CHANGE YOUR CLOCKS

Daylight Saving Time in the United States

In the United States, daylight saving time was first used in 1918 when a bill introduced the idea of a seasonal time shift. It lasted seven months before the bill was repealed. During World War II, President Franklin Roosevelt re-established the idea of daylight saving time. It was called "War Time." War Time began in February 1942 and lasted until the end of September 1945. In 1966, the Uniform Time Act of 1966 established the idea of regulating a yearly time change. Daylight saving time would begin the last Sunday in April and end the last Sunday in October. During the 1973 oil embargo, the United States Congress ordered a year-round period of daylight saving time to save energy. The period would run from January 1974 to April 1975. The plan did little to save energy and in October 1974, the U.S. switched back to standard time. From 1987 through 2006, daylight saving time started the first weekend in April, running through the last weekend in October. In 2007, the start and end of daylight saving time shifted again. That year, it began on the second Sunday in March and it ended on the first Sunday in November. Daylight saving time starts on Sunday, March 13, this year.

Rainbow Grain Bowl

This healthy entrée is bursting with color and flavor.

Ingredients:

- 2 cups cooked quinoa
- 2 (5 ounces) cans solid white albacore tuna in water, drained and flaked
- 1/2 cup chopped purple cabbage
- 1/3 cup diced cucumber
- 1/3 cup shredded carrots
- 1/3 cup diced red bell pepper
- 1/3 cup diced mango or pineapple
- 1/3 cup chopped green onions
- 4 tablespoons apple cider vinegar
- 2 tablespoons olive oil
- 2 tablespoons honey
- 1 tablespoon sesame oil
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 teaspoon sesame seeds

Directions:

Divide the cooked quinoa between four bowls. Top each with tuna, cabbage, cucumber, carrots, red bell peppers, mango or pineapple, and green onions.

In a small bowl, whisk together apple cider vinegar, olive oil, honey, sesame oil, salt and pepper. Drizzle dressing over each bowl. Garnish with sesame seeds.

For more recipes, visit ChickenOfTheSea.com.



Wit & Wisdom

“There is no personal charm so great as the charm of a cheerful temperament.”

—Henry Van Dyke

“Just as the petals of a flower unfold and open to the warmth and light of the sun, so do we unfold and open to the enchantment of charm.”

—Thokoza

“Charm is the ability to make someone else think that both of you are pretty wonderful.”

—Kathleen Winsor

“Without painting, sculpture, music, poetry, and the emotions produced by natural beauty of every kind, life would lose half its charm.”

—Herbert Spencer

“Perhaps the basic thing which contributes to charm is the ability to forget oneself and be engrossed in other people.”

—Eleanor Roosevelt

“You know what charm is: a way of getting the answer ‘yes’ without having asked any clear question.”

—Albert Camus

“There is no charm equal to tenderness of heart.”

—Jane Austen

“Charm’s key ingredient is consideration for others.”

—Ellen Lubin-Sherman

“We live in a wonderful world that is full of beauty, charm and adventure. There is no end to the adventures we can have if only we seek them with our eyes open.”

—Jawaharlal Nehru

March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Mardi Gras	2 Dr. Seuss Birthday	3	4 9pm Snow Moon Fest at Massanutten	5 9pm Snow Moon Fest at Massanutten
6	7 National Cereal Day	8	9 	10	11 Paint the Night Downtown 5:30-7:30pm Tickets Available at Eventbrite.com	12 Kings Dominion 2022 Opening Day
13 Spring Forward! Daylight Saving Time Begins!	14 National Pi Day RCPS Spring Break	15 RCPS Spring Break	16 RCPS Spring Break	17 	18 RCPS Spring Break	19 <i>Spring is in the air</i>
20 First Day of Spring!	21	22	23 National Puppy Day!	24	25	26
27 94th Academy Awards - 8pm	28	29 	30	31	March	



HOP
To It
and

Daylight saving time begins the second Sunday in March.

SPRING
Forward!