



THE RESERVE at Stone Port

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



APRIL 2018



NOTES & NEWS

RSP STAFF

Property Manager-

Kehris Snead

Assistant Property Manager-

Ryan Knicely

Leasing Consultant-

Savannah Mendoza

Leasing Consultant-

Kristin Chapman

Leasing Consultant-

Erica Pope

Maintenance Supervisor-

Michael Waybright

Assistant Maintenance Supervisor-

Theo Sherman

Day Porter-

Shawn Wisman



DON'T FORGET TAX DAY

HIGHLIGHTS

New Cathcart Club Card Participating Businesses Mattress Outlet

15% off current sales price (not valid with any other offers, must show card for discount). Located at 600A University Blvd, Harrisonburg, Va. 22801.

Harrisonburg Family and Cosmetic Dentistry

10% all treatments for residents of The Reserve at Stone Port. Located at 1451 Brookhaven Drive, Harrisonburg, Va. 22801

Sylvia's Pets LLC.

15% off all supplies (may not be combined with other discounts). Located at 226 University Blvd., Harrisonburg, VA 22802.

BULLETIN BOARD

Pay Rent Online

Free Online Payments available using a bank account! Visit our website or stop by the office if you have any questions or need assistance setting up an online account!

Brainteaser

Question: A man was taking a walk when it started to rain. He didn't have an umbrella and wasn't wearing a hat. His clothes were soaked, but not his hair. How is this possible?

Answer: The man was bald.

We Love
Our Residents

Seasonal ABCs

S is for Springing up
P is for Plants and flowers
R is for Ready to bloom
O is for Opening up
U is for Under the sun
T is for Tender and new

Resident Appreciation Week April 16 - April 20

Skidamarink a dink a dink, Skidamarink a doo,
We love you. Skidamarink a dink a dink,
Skidamarink a doo, We love you. We love you in
the morning And in the afternoon, We love you in
the evening And underneath the moon; Oh,
Skidamarink a dink a dink, Skidamarink a doo,
We love you!

TRIVIA WHIZ



A Special Stone

People born in April have as their birthstone the planet's hardest natural substance, diamonds.

- Diamonds are composed of a single element: carbon. The diamonds we find today were formed billions of years ago under immense heat and pressure many miles below Earth's surface. The minerals were carried to the surface by volcanic eruptions.
- Diamonds have been valued for thousands of years. They were traded in India as early as the fourth century B.C.
- The early Romans and Greeks believed diamonds were splinters from falling stars.
- The word diamond comes from the Greek *adamas*, which means "invincible."
- In ancient times, people wore the gems to promote strength and courage.
- The United States does not produce diamonds for commercial consumption, but Americans buy more than 40 percent of the world's gem-quality diamonds.
- Although most people think of diamonds as colorless, the jewels can be blue, green, orange, red, yellow, pink, brown or black.
- At Crater of Diamonds State Park in Arkansas, anyone can hunt for diamonds and keep what they find.
- The largest diamond ever discovered was mined in 1905 in South Africa. Named the Cullinan diamond, it weighed 3,106 carats. The stone was given to England's King Edward VII and later cut into nine large diamonds and about 100 smaller ones. The two largest gems are part of the British crown jewels.



Earn a Little Extra Cash

Whether filing your taxes has you rethinking your budget or you're dreaming of a vacation getaway, it might be time to look into a side hustle—a way to make extra money outside of your "day job."

Popular side hustles include waiting tables, cleaning houses and walking dogs, but a side hustle can be pretty much anything. Many people discover they have a talent or hobby that can bring in some cash. If you want to start a side hustle, first evaluate your skill set. What are you

good at? Could you make money doing it or teaching someone else how to do it?

Talented writers can produce online content for websites and blogs or write resumes for job seekers. If you speak a foreign language, look for translating opportunities.

If you are an artist, photographer or craftsperson, consider selling your wares on a website such as Etsy.

Do you have a pickup truck? You could transport furniture or pick up and deliver mulch for homeowners. No matter what kind of car you drive, you can deliver food or become a driver for a ride-sharing service.

Other ideas include: Managing social media for small businesses, teaching music lessons, tutoring students, or participating in focus groups and marketing studies.

With almost limitless opportunities, you are sure to find something that works for you.

Healthy Reasons to Laugh

Kidding around has some serious benefits—and not just for your funny bone! Here's how laughter can improve your life:

Provides a workout. A bout of boisterous laughter is like a mild workout. Your heart starts beating faster, sending oxygen throughout your body and stimulating muscles. Giggling for 10 to 15 minutes can burn as much as 50 calories.

Boosts your immune system. Laughs produce positive thoughts, which prompt your body to release antibodies that help fight illness.

Lifts your spirits. Laughing boosts the brain's levels of dopamine and serotonin, chemicals that can improve mood and may help lessen depression. Often, people who embrace laughter find it easier to cope with difficult situations and let go of stress and anger.

Keeps you connected. Laughter is

contagious. One researcher estimates we are 30 times more likely to laugh with others than when we're alone. Spending time with people can help you laugh more and improve your quality of life. Laughing together is also a common way to bond with loved ones as well as make new friends.

Relieves pain temporarily. When you laugh, your body releases endorphins, the "feel-good" brain chemicals that act as natural pain relievers. Research shows that your muscles stay relaxed for up to 45 minutes after a good chuckle, helping ease tension and stress.





WIT & WISDOM



Earth Day Resolutions

Celebrate Earth Day on April 22 by resolving to take steps to help the environment. You may find that going green is easier than you think. Following are some ways to make your daily routine more eco-friendly.

Eating. When ordering takeout, tell the restaurant you don't need plastic forks and knives. Try to do without plastic straws, too. Purchase a reusable water bottle and make a habit of carrying it with you. Reduce food waste by using a meal plan, following a shopping list and making use of leftovers.

Shopping. Limit online shopping. E-commerce packaging is a growing source of waste. When shopping in a store, look for products with minimal packaging. Take your own tote bags with you. They not only reduce plastic waste, but are sturdier and easier to carry than most disposable bags. Buy used products whenever possible. Sources include thrift stores, garage sales, used-book stores, and websites such as Craigslist and Freecycle.

At home. Turn off lights when you leave a room, and unplug appliances that aren't in use. Reuse gift wrap and bows, or make your own gift wrap from newspapers, magazines or maps. Donate or recycle your old cell phones and other electronic devices.

You can start helping the planet right now. No effort is too trivial, so make your Earth Day resolutions today.

**Celebrate Earth Day
on April 22**

Bacon Lattice Breakfast Tart

Ingredients:

- 6 slices thick-cut bacon
- 1 cup sliced cremini or button mushrooms
- 3 cups lightly packed baby spinach
- 1 refrigerated prepared pie crust
- 6 large eggs
- 1 cup half-and-half
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Directions:

Heat oven to 350° F.

In skillet, cook bacon over medium heat until slices begin to curl. Remove from pan and drain on paper towels. Drain all but 1 tablespoon fat from pan and cook mushrooms over high heat 4 to 5 minutes, or until softened, stirring occasionally. Add spinach leaves and cook 1 minute, or until just wilted.

Line 9-inch pie plate with pie crust.

In bowl, lightly whisk eggs and stir in half-and-half, Parmesan, salt and pepper. Add mushrooms and spinach to egg mixture and stir to combine.

Pour into pie crust and bake 20 to 25 minutes, or until eggs begin to set. Increase oven temperature to 400° F. Arrange bacon loosely in woven lattice form on top of pie and return to oven. Bake 18 to 20 minutes, or until bacon begins to crisp and crust is golden brown.

Let cool on wire rack 10 minutes before serving.

Find more recipes at
www.Smithfield.com.



"The best thing one can do when it's raining is to let it rain."

—**Henry Wadsworth Longfellow**

"Let the rain kiss you. Let the rain beat upon your head with silver liquid drops. Let the rain sing you a lullaby."

—**Langston Hughes**

"The sound of the rain needs no translation."

—**Alan Watts**

"There are many things I do for amusement, but for happiness I like to gather up my memories and go for a walk in the rain."

—**Robert Brault**

"The shortest period of time lies between the minute you put some money away for a rainy day and the unexpected arrival of rain."

—**Jane Bryant Quinn**

"I like it when it rains hard. It sounds like white noise everywhere, which is like silence but not empty."

—**Mark Haddon**

"I have always considered the rain to be healing—a blanket—the comfort of a friend."

—**Douglas Coupland**

"A rainy day is the perfect time for a walk in the woods."

—**Rachel Carson**

"Tears of joy are like the summer raindrops pierced by sunbeams."

—**Hosea Ballou**

"After the rain cometh the fair weather."

—**Aesop**



April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>1</p>	2	3	4	5	<p>6</p> <p>Go Out and Grab a New Book! Today Is the Last Day That the Green Valley Book Fair Is Open.</p>	7
<p>8</p> <p>Wine and Watercolor Paint Night @ Bluestone Vineyards From 2pm-4pm.</p>	9	<p>10</p> <p>Coffee & Conversation at the Clubhouse 9:30am-10:30am</p>	<p>11</p> <p>JMU Softball vs UNC @ 5pm</p>	12	<p>13</p> <p>JMU Spring Football Game Is Tomorrow, 4/14 @ 1pm.</p>	<p>14</p> <p>Redbud Spring Arts & Crafts Festival on College Street in Dayton, VA Starting @ 10:00am</p>
<p>15</p> <p><i>We Love Our Residents</i></p>	<p>16</p> <p>Monday Muffins & More! Stop by the Clubhouse 8-10 to Grab a Treat and Start Your Day Off Right!</p>	<p>17</p> <p>Take Out Tuesday (stay Tuned for Details)</p>	<p>18</p> <p>Join Us for WINE DOWN WEDNESDAY at the Clubhouse From 5pm-8pm</p>	<p>19</p> <p>Kids Crafts at the Clubhouse 3pm-5pm</p>	<p>20</p> <p>Join Us by the Pool at 7:30pm For Move Night! Sponsored by Comcast/Xfinity</p>	21
<p>22</p>  <p>Earth Day</p>	23	24	25	26	27	<p>28</p> <p>Free Shows EVERY Saturday @ JMU Planetarium 11, 1, 2:15 & 3:30</p>
<p>29</p>	<p>30</p> <p>"How I Became A Pirate" Play @ The Forbes Center for the Performing Arts Starting 7:00pm</p>	 <p>APRIL</p>				

"This Month In History"

APRIL

1800: Congress establishes the Library of Congress. Today, it holds more than 168 million items.

1900: The U.S. Postal Service issues the first books of postage stamps.

1902: J.C. Penney opens his first store in Kemmerer, Wyo. Sales for the first day tallied \$33.

1913: The Woolworth Building in New York City is completed. At 60 stories high, it was the world's tallest building at the time.

1930: Hostess Twinkies snack cakes go on sale. They debuted with a banana cream filling, which was switched to vanilla during World War II rationing.

1948: The World Health Organization, an agency of the United Nations, is created to improve public health conditions across the globe.

1955: Des Plaines, Ill., becomes home to the first McDonald's franchise.

1964: For his role in "Lilies of the Field," Sidney Poitier becomes the first African-American to win the best actor Oscar.

1970: President Richard M. Nixon signs the Public Health Cigarette Smoking Act into law, requiring health warning labels on tobacco products and banning cigarette commercials on TV and radio.

1982: Sally Ride is selected by NASA to be the first female astronaut.

1997: MLB honors Jackie Robinson by retiring his uniform number, 42, for all teams. Every April 15, Jackie Robinson Day is celebrated with all players and coaches wearing the number on their jerseys.

2004: The last Oldsmobile rolls off the assembly line in Michigan, ending 107 years of production.

2008: Danica Patrick becomes the first woman to win an IndyCar race.

2012: "The Lion King" overtakes "The Phantom of the Opera" as the all-time highest-grossing Broadway show.