



THE RESERVE at Stone Port

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

August 2020

THE RESERVE STAFF

Property Manager-

Kehris Snead

Assistant Property Manager-

Amy McCracken

Leasing Consultants-

Erica Short

Kristin Chapman

Kevin Moore

Assistant Maintenance Supervisor-

Jason Kagey

Maintenance Technicians-

Joel Short

Shawn Wisman

Day Porter-

Nadeem Bitar

Pool Monitor-

Isaiah Kagey



August 2020 Events

Thursday, August 6th

White Oak Basket Making at Big Meadows Lodge on Skyline Drive.

Local basket artisan Clyde Jenkins will be teaching participants how to make a white oak baskets. Structured for beginners and intermediate. There is a \$70 per person fee which includes all materials to make the basket.

Reservations are encouraged; call 855-287-2602 to book!

Saturday, August 8th

Route 11 Yard Crawl is over 43 miles long. This is Virginia's largest yard sale which includes individual yard sales, business sales, and food trucks. There isn't a specified starting point of the yard crawl; however, it starts in New Market and ends in Stephen's City. It will be held from 7:00am to 3:00pm.

August 2020 Events

Monday, August 17th-Saturday, August 22nd

The Rockingham County Fair will be held at the fairgrounds from August 17th-22nd. The fair will have all livestock, homemaking, arts, photography, farm crops, horticulture, and flower competitions! Their food booths will be open for community members to enjoy! Make sure to check their website for updates and daily ticket pricing!

Friday, August 21st-Saturday, August 22nd

The Shenandoah Valley Music Festival will be held in Orkney Springs. They are currently selling tickets for pavilion seats. Music performances will start around 8:00PM. Tickets range from \$10-\$85 per person. You can purchase tickets online and view a list of performers on the Valley Music Festival's website.

Tuesday, August 25th

National Parks that normally charge an entrance fee will offer free admission to the public on this August 25th!



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

A Cool Combination

A cousin of the Popsicle, the classic Creamsicle has been a refreshing summertime delight since it debuted in the 1930s. Recognized by its outer shell of tangy orange sherbet that surrounds a mellow vanilla ice cream center, the cool and creamy treat has been adapted as a flavor for a variety of desserts and sweets.

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At the Beach

The combination of sand and surf creates scenic coastlines across the world. Relax, unwind and find out what makes some beaches fascinating and fantastic.

- Beaches became popular destinations during the 1700s. Doctors often prescribed a visit to the seashore to improve a person's health.
- Most beach sand is tan or white in color, but there are beaches with sand that's black, green, pink, purple and red.
- Brazil is home to the world's longest beach, Casino Beach, which stretches 150 miles long.
- You'll find the "shark tooth capital of the world" at Venice Beach in Florida. Every year, hundreds of fossilized teeth from prehistoric sharks wash ashore there.
- At 58 feet high, the world's tallest sandcastle was built on a German beach in 2019.
- Tides have turned California's Glass Beach from trash to treasure. Its shore is covered with polished pebbles of colorful sea glass, made from garbage tossed into the ocean long ago.
- A day at the beach or the spa? You can have both at New Zealand's Hot Water Beach, where the water underneath the beach heats up to 150 degrees. Beachgoers dig holes in the sand to soak in their own hot tubs.
- It's the wildlife that makes some beaches unique. Sea turtles, penguins, flamingos, monkeys and pigs are just some of the animals that roam the shores along with human visitors.

The 411 on Face Masks

How to properly wear a mask:

- Masks should fit snugly against the face and cover both your nose and mouth.
- Wash your hands or use hand sanitizer before putting the mask on and after taking it off. Take care to only touch the mask on the ear straps, and do not touch your eyes, nose or mouth.
- Cloth face coverings need to be washed at least once daily. Do not reuse a disposable mask.



Animal Facts

Check out these fun facts:

- A cow gives nearly 200,000 glasses of milk in her lifetime.
- Beaver teeth are so sharp that Native Americans once used them as knife blades.
- The newest dog breed is the Bull Boxer, first bred in the United States in 1990-91.
- A cat has four rows of whiskers.
- Elephant tusks grow throughout an elephant's life and can weigh more than 200 pounds.
- Camels have three eyelids to protect themselves from blowing sand.

Featured Recipe

Cold Drinks for Warm Days

August means that summer is winding down. Mix up a cool beverage and take time to savor a lazy, hazy day.

Raspberry Rickey. Fill a tall glass with ice. Squeeze in the juice of 1/4 of a lime. Fill glass almost to the top with club soda, and top it off with 1.5 ounces of raspberry syrup.

Banana Blast. In a blender, combine 1 cup milk, 1 scoop vanilla ice cream and 1 banana, peeled, sliced and frozen. Blend until smooth.

"When fate hands you a lemon, make lemonade."

—Dale Carnegie

3 Things You Need to Know

The next time you prepare food for a picnic or other outdoor meal, try these tips:

- 1) Serve watermelon slices on small wooden craft sticks. Make a cut in the watermelon rind, then slide the stick straight in.
- 2) Keep apple slices from turning brown by putting them back into the shape of an apple and securing them with a rubber band.
- 3) Put clean grapes in a freezer bag and freeze them overnight. Frozen grapes are a refreshing hot-weather snack and can also be used instead of ice cubes to chill beverages.



Keep Cool in the Heat

Heat-related illnesses are preventable. To have a safe summer, follow these recommendations from the Centers for Disease Control and Prevention:

Fluids first. It's important to hydrate even before you feel thirsty. Avoid very cold drinks, because they can cause stomach cramps. Don't drink liquids that contain alcohol or large amounts of sugar because they can cause you to lose more body fluid.

Cool clothing. When at home, wear as little clothing as possible. If you are going outdoors, wear clothing that is lightweight, light-colored and loose-fitting. Add a wide-brimmed hat and sunglasses.

Don't skip sunscreen. Sunburn affects the body's ability to cool itself. Protect yourself by applying sunscreen 30 minutes before going outside. Use sunscreen with an SPF of 15 or higher and make sure the label says "broad spectrum" or "UVA/UVB protection."

Minimize midday exposure. Limit your outdoor activity to morning and evening hours. When you are outside, take time to rest in shady areas.

Play it safe. If the heat seems unbearable, stay indoors in an air-conditioned space. Take a cool shower or bath. At the beginning of summer, give your body time to adjust to the warmer temperatures.

Summer doesn't have to be unpleasant. With a few precautions, you can enjoy the activities of the season.



One Minute Chef

Peach Melba Crumbles

Ingredients:

410g can sliced peaches in syrup
1 tbsp butter
150g raspberries
100ml whipping cream
½ tbsp icing sugar
100g granola

Pour the can of peaches, with the syrup, into a small saucepan over a medium heat. Add the butter and simmer until the peaches are hot.

Once simmering, add the raspberries and cook for 1-2 mins more until hot. Meanwhile, put the cream in a large bowl with the icing sugar and whisk until lightly whipped.

Using a spoon, put the peach Melba mixture into serving dishes and top each with a sprinkling of granola and a dollop of cream.

Speedy Banana Splits

4 bananas
4 scoops vanilla ice cream
4 tbsp chocolate sauce (English Provender Belgian)
2 tbsp flaked toasted almond

Peel and split the bananas in half lengthways and place on two plates.

Top with the scoops of ice cream, drizzle over the sauce and scatter with almonds.



Wit & Wisdom

"Play is the exultation of the possible."
—Martin Buber

"Work hard, play hard, dream big, love loads, laugh as much as you can, and give back."
—Deirdre O'Kane

"Watch a child play, and you will see real power. They are fearless."
—Gray Scott

"Play keeps us vital and alive. It gives us an enthusiasm for life that is irreplaceable. Without it, life just doesn't taste good."
—Lucia Capacchione

"Play is hard to maintain as you get older. You get less playful. You shouldn't, of course."
—Richard Feynman

"It is a happy talent to know how to play."
—Ralph Waldo Emerson

"We are never more fully alive, more completely ourselves, or more deeply engrossed in anything than when we are playing."
—Charles Schaefer

"Play is our brain's favorite way of learning."
—Diane Ackerman

"Play energizes us and enlivens us. It eases our burdens. It renews our natural sense of optimism and opens us up to new possibilities."
—Stuart Brown

"The supreme accomplishment is to blur the line between work and play."
—Arnold J. Toynbee

August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>AUGUST</h1>						1
2	3 National Watermelon Day!	4	5	6 White Oak Basket Making at Big Meadows!	7 	8 Route 11 Yard Crawl from 7:00am-3pm
9	10	11	12 	13	14	15
16	17 The Rockingham County Fair Week Begins Today!	18 Jimmy Allen is performing at the fair tonight!	19 Jeep Jam is happening at the fair today!	20	21	22 Twilight Hiking on Big Meadows-Skyline Drive
23/30  ENJOY SUMMER!	24/31	25	26 National Dog Day!	27	28	29

