



# LAKE SIDE

-LUXURY LIVING-

200 Lake Club Court • Charlottesville, VA 22902 • (434) 984-5253

## MARCH 2022



## NOTES & NEWS

### Cheers to Being Cheerful

March is Optimism Month, and studies show that looking on the bright side is good for your health. Optimists are better at problem-solving, have stronger immune systems, and recover faster from illness and injury than pessimists.

### What's What About Nut Butters

Nut butters, such as spreads made from almonds, cashews and walnuts, have become more popular as alternatives for those with peanut allergies, but can be enjoyed by all. The unique flavor and texture of each type of nut butter allows people to reap the heart-healthy benefits of plant-based proteins in many ways by using them in different recipes.

### First Flowers

The cup-shaped crocus is one of the first flowers to bloom every year. Popping up from the cold ground, sometimes through a blanket of snow, the blossoms announce the arrival of spring with their cheerful colors of purple, yellow and white.

## BULLETIN BOARD

### Unplug for Earth Hour

Since 2007, millions of people around the world have switched off their lights for one hour on the last Saturday in March. Known as Earth Hour, the event aims to raise awareness about environmental concerns and show support for eco-friendly causes. At 8:30 p.m. local time, folks turn off their lights and limit use of electronic devices as a symbolic gesture.

## HIGHLIGHTS

### OFFICE STAFF

Property Manager ..... Adam Reeve  
Asst. Property Manager ..... Rachael Mixon  
Leasing Consultant ..... Pam Ankeney  
Leasing Consultant ..... Tashia Bowles

### MAINTENANCE TEAM

Maintenance Supervisor ..... Joe Sacre  
Asst. Maint. Supervisor ..... Chay Harris  
Maint. Technician ..... Steven Huff  
Maint. Technician ..... Alex Owah  
Groundskeeper ..... Glenn Thacker

### \$\$\$ Resident Referrals \$\$\$

Did you know you can get a \$250 rent credit just by referring other members of the community to live here at Lakeside? You already talk about Lakeside with friends, family, and your coworkers, so why not make some money for doing it? Each referral you make will need to sign at least a 6-month lease and list you as their referral source upon first contact with the Lakeside leasing office. Once they've lived here for a month, we'll send you the rent credit. Boom - easy money!

### Stone of the Sea

The light-colored blue-green gem known as aquamarine is the birthstone for March. In the same mineral family as emeralds, aquamarine stones have long been admired for their connection to the sea and the belief that they could calm waves and protect sailors.

### Important Numbers

Leasing Office ..... (434) 984-5253  
Fax ..... (434) 977-4637  
Emergency Maintenance ..... (434) 972-7014

[service@liveatlakeside.com](mailto:service@liveatlakeside.com) or  
[www.liveatlakeside.com](http://www.liveatlakeside.com)  
for nonemergency work orders.

### Office Hours

Monday-Friday ..... 10 a.m.-6 p.m.  
Saturday ..... 11 a.m.-4 p.m.  
Sunday ..... CLOSED

# TRIVIA WHIZ



## 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.



## Have a Spring Staycation

It's good to escape a regular routine for a few days, even if you don't go anywhere. These staycation ideas can refresh your mind and body for the new season.

*Outdoor adventures.* As the world turns green again, take in the sights by picnicking at a park, hiking a nearby trail, going on a bike ride, or taking a fishing or camping trip.

*The spa experience.* Treat yourself to a massage, a day at a local spa, a mani-pedi or a haircut. Or simply relax and unwind at home: Wrap yourself in a robe, put on some soft music, grab a book or magazine, and sit back and soak your feet.

*Artist's retreat.* Get out craft supplies and enjoy a stretch of uninterrupted creative flow. You can also use this time to take an online art class, work on a DIY project, or exercise your creative writing muscles.

*Fitness camp.* If physical exercise is more your thing, how about trying a new-to-you workout? Something whimsical like goat yoga or exciting like parkour will make your staycation memorable.

*Virtual vacation.* Grant your wish to wander by choosing a faraway destination, then enjoy food, music, movies and books from that culture. Many famous attractions offer free online virtual tours.

## Plant Parenting 101

Houseplants can help a home feel brighter and full of life, while tending to them provides mental health perks. So it's no wonder that indoor gardening is a trend that keeps growing in popularity. Whether you're a new or experienced plant parent, this guide will help your houseplants thrive.

All plants need sunlight to survive, and there are plenty of options for both bright and dim settings. When choosing a plant, research the light requirements so you can find a suitable spot in your home.

A properly draining pot is essential to plant care. If your desired container doesn't have a drainage hole, some garden centers will drill one for you. Or you can also keep a plant in the plastic nursery pot, slip it inside a larger container, and take it out to water and let drain.

The most common mistake that plant parents make is watering too

much or too often. Before watering, always check the soil with your finger. If the top inch is dry, then water the plant slowly and evenly. Some tropical plants will also need regular misting to keep their leaves lush.

Trim away brown or yellow leaves to keep your plant's energy focused on new growth. If a plant begins to look overgrown, you can cut back some sections and use them to sprout new roots and make more plants.





## Neighboring Lessons From Mr. Rogers

He taught many children the importance of kindness, and his legacy lives on every year on his birthday, March 20, as Won't You Be My Neighbor Day. Take some pointers from Mr. Rogers on how to do good in your neighborhood.

**Say hello.** In each episode of "Mister Rogers' Neighborhood," the soft-spoken host took time to say "Hi, neighbor!" to his viewers. A simple greeting can make others feel noticed and important. Regularly exchanging hellos can also lead to a friendly relationship between neighbors.

**Communicate and listen.** Kids learned how to handle conflict peacefully from the puppets that lived in the Neighborhood of Make-Believe. Hearing what others have to say and offering your own opinion in a gentle manner makes solving problems easier.

**Be a helper.** During frightening events, Mr. Rogers reminded us of his mother's advice: "Look for the helpers. You will always find people who are helping." No matter what's going on in the world, you can always offer assistance to members of your community, in both big and small ways.

**Embrace responsibility.** Mr. Rogers made certain tasks part of his daily routine, such as carefully hanging up his coat and feeding his pet fish. Take pride in your neighborhood by keeping your home and common areas tidy, reporting maintenance issues, and being mindful of noise.

## 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](http://ChickenOfTheSea.com).



"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."

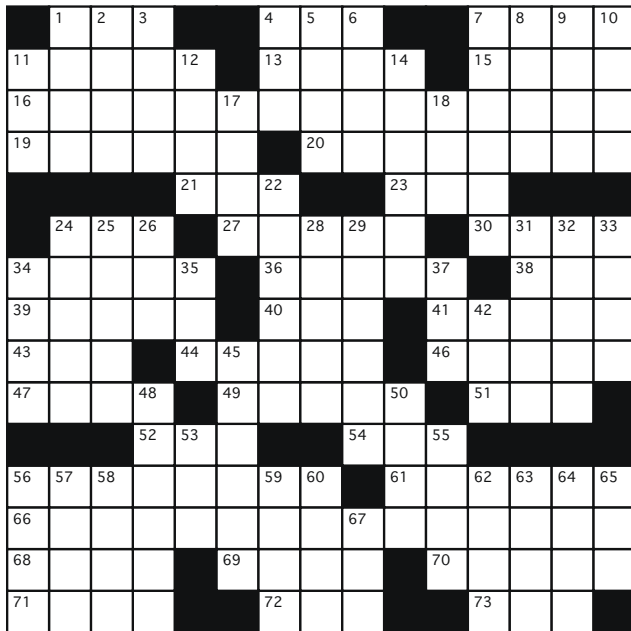
—**Jawaharlal Nehru**



# March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Rent Is Due	2	3	4	5 Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!
6 Rent Is Late	7 	8	9	10	11	12
13	14	15	16	17 	18	19
20	21	22	23	24	25	26
27	28	29	30	31	<i>March</i>	

## Crossword Puzzle



### ACROSS

1. Mount Blanc, for one
4. Early 11th-century year
7. Morning
11. "...heart skipped \_\_\_..."
13. Italian town
15. Like meringue
16. Popular 1986 film
19. Spring celebration
20. Recently arising
21. Patriotic org.
23. Scottish one
24. Front porch item
27. Type of palm
30. Unhealthy lung sound
34. Unreasonably zealous
36. Sign of life
38. Nothing
39. Shady bower
40. Santa \_\_\_, California
41. Narratives
43. Polly Holliday role
44. Three and four
46. Panorama
47. Little ones
49. Bookish fellows
51. Refrain syllable
52. Golf term
54. Heavy imbibor
56. Uninhabited
61. Contemptuous writing

66. Long-running Broadway play
  68. Eur. language
  69. This: Sp.
  70. Implements
  71. Soaks
  72. Afternoon event
  73. Italian numeral
- ### DOWN
1. Magician's opener
  2. Midsummer babies
  3. Covenant
  4. Tropical cocktail \_\_ Tai
  5. \_\_\_ Royale National Park
  6. Thing
  7. Hazard
  8. \_\_\_-de-camp
  9. Treetop singer
  10. Putin's refusal
  11. King topper
  12. Sock parts
  14. High principles
  17. Dull
  18. Coffee dispenser
  22. Do roadwork
  24. \_\_\_ Thomas
  25. Man of the cloth
  26. Madre's brother
  28. Grand adjuster
  29. Animals with twisted horns

31. One of Seven Deadly Sins
32. Tropical vine
33. Otherwise
34. Simplest of watercraft
35. Prescribers: abbr.
37. Suffix for murder or poet
42. One of five in "Hamlet"
45. Infuriate
48. Goes bad
50. Mediocre
53. Thirst quencher
55. Tight
56. Speaker's place
57. Within: pref.
58. Ginger \_\_\_
59. Examination
60. Ending for Paul or Nan
62. Run
63. Mr. Stravinsky
64. Reign
65. English letters
67. Verily

