



A Room with a View.

MAY 2022



NOTES & NEWS

Florists on Wheels

Sharing the streets with food trucks are members of the latest mobile business trend: flower trucks! Bringing fresh-cut blooms to farmers' markets, craft fairs, private parties and other public events, these floral fleets allow customers to assemble their own unique bouquets on the spot. Since many flower trucks are refurbished from vintage vans, campers, pickup trucks and buses, they offer additional aesthetic appeal for folks wanting to snap a springtime photo for social media.

Make Good Use of Glass Jars

Using clean, empty jars for storage is a classic life hack. With some brands and products, the jars even have unique details once you peel away the label, such as etched designs or measurement markings, making them perfect for specific needs. To completely remove the label and sticky adhesive, soak the jars in hot water with a bit of dish soap and 1/2 cup of white vinegar first. This will also help remove any lingering food odors.

HIGHLIGHTS

Call of Remembrance

The 24 notes that sound out the bugle call known as taps will be played at numerous events this Memorial Day. The solemn melody has been around since the Civil War, when it was adapted from existing bugle calls that signaled the end of the day. Upon hearing the call, soldiers knew to extinguish their lamps and get ready for bed.

Stay Grounded

The next time you're relaxing outdoors, take a moment to connect with the Earth—literally. A type of therapy called grounding is gaining attention for its effects on chronic pain, sleep quality and mental health. The main method is simple: Stand or walk on the grass or sand while barefoot. You can also place your hand on the ground. Some research suggests that the Earth's electricity links to the body to reduce inflammation and improve mood, while other health experts believe the benefits are mostly due to the calming effects of being in nature.

Float Like a Butterfly

Did you ever wonder why someone who is friendly and outgoing is called a social butterfly? It's because they can float from person to person, striking up conversation with ease, much like a butterfly flits between different flowers in a garden.

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825 Beverley Drive
Charlottesville, VA
22911

p: (434) 971-8439
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TRIVIA WHIZ



Two Wheels Are Better Than One

Learning how to ride a bike is a rite of passage for many youngsters, and the skill is often brought to adulthood, with folks cycling to work, as exercise or just for fun! Do any of these bicycle facts ring a bell?

- The first bicycle was invented in 1817 by a German man named Karl von Drais. Called a velocipede (Latin for “swift foot”), it was propelled by the rider’s feet on the ground, much like modern balance bikes used by children.
- Other inventors tinkered with the design, adding pedals and brakes. These early models were known as boneshakers because of their bumpy rides!
- Those old-timey bicycles with the oversized front wheel are called penny-farthings, named after two different types of British coins.
- Cycling kicked into gear in the late 1800s with the first safety bicycle, the template for modern bikes. A New York Times article praised the invention, saying “the bicycle promises a splendid extension of personal power and freedom.”
- The most famous bike race in the world, the Tour de France, began in 1903, and has been held nearly every year since.
- Tandem bicycles with two seats are fairly common, but some can hold even more riders. A record-breaking bicycle had 35 seats and was over 65 feet long.
- In the Netherlands, there are more bicycles than people! About a quarter of the Dutch population rides a bike every day.
- The average speed on a bike is around 15 mph. American cyclist Denise Mueller-Korenek holds the fastest bike speed record at 183.9 mph.



Sweet and Simple Mother’s Day Greetings

A handmade card will warm the hearts of moms, grandmas and other important ladies in your life. Say something special with one of these fun ideas:

For the tea-riffic mom. Pour out your heart in this tea-themed card. Cut one of the corner cups out of a cardboard egg carton, then cut the cup in half so it can be glued flat against a blank card. Color the cardboard cup with watercolor paints

or markers. Attach a pipe cleaner handle and glue the teacup to the card. Then stick a teabag of Mom’s favorite blend inside the cup.

Let your love grow. Out of brown paper, cut out a simple flowerpot shape, then cut another to match. Glue one flowerpot on a blank card and write your message on it. Then place the other pot on top, only gluing at the top so you can lift the first layer to read the message. Add paper or fabric flowers coming out of the pot.

Pocket-sized greeting. Holding a blank card vertically, cut off the top two corners at a curve, so the resulting card shape resembles an apron. Cut a paper doily in half and glue it to the apron, round side down. Then attach a square of decorative paper on top of the doily, gluing around the sides and bottom edge only. Slide a gift card or small treat inside the apron pocket. Complete the look with a loop of ribbon at the top of the apron.

Seeds You Can Eat

Tiny but mighty, seeds are nutritional superheroes, containing all the vitamins and minerals needed to grow a healthy plant. That’s why they’re so good for people, too. Harvest the benefits by digging into these popular picks:

Sunflower seeds. This crunchy ballpark snack is a rich source of vitamin E, a skin-nourishing ingredient. The seeds’ high levels of zinc and selenium support the immune system, reduce inflammation and protect brain cells.

Flaxseeds. Also known as linseeds, these small brown seeds have loads of omega-3 fatty acids and can help lower cholesterol and blood pressure. Add a scoop of ground flaxseeds to yogurt or cereal, stir them into pasta sauce or a sandwich condiment, or use them to bulk up burgers, meatballs and meatloaf.

Chia seeds. Packed with fiber,

these tiny black seeds will plump up when added to liquid, giving them a unique texture. Adding chia seeds to water with lemon is a trendy way to boost digestive health and reduce blood sugar. They also go great in yogurt, smoothies, overnight oats and salad dressings.

Pumpkin seeds. A popular fall snack, there’s good reason to eat pumpkin seeds all year round. Also called pepitas, they’re very high in protein and are one of the best dietary sources of magnesium, an important nutrient for muscle and bone health.





WIT & WISDOM



Why Museums Are Great Places To Go

Art, history, science or something else—whatever your passion, there's likely a museum dedicated to it. With many places offering virtual tours or free admission days, experiencing the benefits of a museum visit has never been easier.

No matter what kind of museum you visit, you'll learn something new before you leave. Knowledge and appreciation of any subject expands your horizons as a person, helping you relate to others better and have interesting things to bring up in conversation.

Exploring an exhibit with others is a fun social activity, and many museums offer interactive displays and photo ops. Museums are great places to meet new people, too, whether at a special event or simply by chatting with a stranger as you look at the same artwork or artifact.

You'll also find opportunities for peaceful solitude. Galleries provide a quiet space to walk around while admiring beautiful works of art. Botanical gardens and other attractions dedicated to nature are ideal places for introspection and inspiration.

At the end of your visit, be sure to stop at the gift shop, even if you're exploring online. Museums are often sources of unique items, from clothing and accessories to home goods and books. You can also gift someone admission to a museum or special exhibit you think they'd like.

Turkey and Bean Tostadas

Ingredients:

- 2 medium tomatoes, chopped
- 1 medium avocado, diced
- 1 cup corn kernels
- 1 to 2 fresh jalapenos, chopped
- 2 tablespoons chopped red onion
- 2 tablespoons lime juice
- Cooking spray
- 5 corn tortillas (6 inches each)
- 8 ounces ground turkey
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 can (15.5 ounces) black beans, rinsed and drained
- 2 tablespoons water

Directions:

Make salsa by stirring together first six ingredients in a small bowl. Set aside.

Preheat oven to 400° F. Spray baking sheet with cooking spray. Place tortillas on baking sheet and apply cooking spray. Use a fork to pierce several holes in each tortilla. Bake 5 minutes or until tortillas are golden brown.

Place turkey in a skillet and season with chili powder and cumin. Cook over medium-high heat, breaking meat apart with a spatula, for 5 to 7 minutes or until turkey is no longer pink.

Add beans and water to skillet. Cook 5 minutes until beans are heated through. Coarsely mash beans with a fork. Remove from heat.

Spread turkey and bean mixture over each tortilla and top with corn and avocado salsa.

More recipes at Heart.org.



“My future starts when I wake up in the morning and see the light.”

—*Miles Davis*

“Happy is the person who knows what to remember of the past, what to enjoy in the present, and what to plan for in the future.”

—*Arnold H. Glasow*

“Sometimes we have to soak ourselves in the tears and fears of the past to water our future gardens.”

—*Suzu Kassem*

“The purpose of thinking about the future is not to predict it, but to raise people's hopes.”

—*Freeman Dyson*

“Every day we write the future. Together we sign it, together we declare it, we share it, for this truth marches on inside each of us.”

—*Amanda Gorman*

“It would be wonderful to think that the future is unknown and sort of surprising.”

—*Alan Rickman*

“Happy accidents are real gifts, and they can open the door to a future that didn't even exist.”

—*David Lynch*

“Champions don't think twice about their future. They know it's going to come anyhow, and so they prepare for it.”

—*Alpha A. Timbo*

“The future doesn't just happen. We are building it, and we are building it all the time.”

—*Hannah Fry*



May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	 9	10	11	12	13	14
15	16	17	18	19	 20	21
22	23	24	25	26	27	28
29	Memorial Day 30	31	<h1>May</h1>			

“This Month In History” MAY

1908: The first Mother’s Day celebrations are held at gatherings in Grafton, W.Va., and Philadelphia.

1936: Joe DiMaggio makes his MLB debut, taking the field as a New York Yankee.

1942: To help the American war effort, gas rationing begins in 17 eastern states. By the end of the year, it was in effect in all 48 states.

1963: The first James Bond film, “Dr. No,” premieres in the U.S. Scottish actor Sean Connery portrayed the fictional secret agent.

1973: Stevie Wonder’s “You Are the Sunshine of My Life” is the No. 1 song played across the U.S.

1980: An earthquake triggers the volcanic eruption of Washington’s Mount St. Helens.

1999: Discovery becomes the first space shuttle to dock with the International Space Station.

2003: After a 16-year run on Broadway, the musical “Les Miserables” closes.

2013: An 80-year-old Japanese man becomes the oldest person to climb Mount Everest, the world’s highest mountain.

2018: England’s Prince Harry marries American actress Meghan Markle in a ceremony broadcast around the world. The pair received the titles Duke and Duchess of Sussex.