



A Room with a View.

FEBRUARY 2023



NOTES & NEWS

Hugs and Kisses

Etched on candy hearts and signed at the bottom of love letters, the letters “xoxo” symbolize a sweet sentiment of “hugs and kisses.” Substituting the letter X for a smooch dates back to the Middle Ages. People who could not read or write would sign documents with an X, then kiss the mark to pledge their sincerity. The letter O joined the X much later, in the mid-1900s, to pair the kiss with a hug.

Potato Lovers, Assemble!

February is Potato Lovers Month! Filling, affordable and versatile, potatoes are a star vegetable. Throw them in the fryer, bake them and heap on hearty toppings like chili or cheese, or mash them with seasonings. In celebration, try out some new potato recipes this month!

Bath Mat Benefits

A rug is a must for any size bathroom. Not only does a bath mat look nice, but it also provides protection from slippery tile, regulates body temperature after bathing and prevents mildew by keeping the floor dry.

HIGHLIGHTS

Super Bowl LVII

Scheduled for Feb. 12 in Glendale, Ariz., Super Bowl Sunday is sure to be loads of fun this year! Prepare your favorite snacks, clear your schedule and safely enjoy the big game.

Chef Shake-Up

Loved by fitness fans, shaker bottles—drink containers with a ball-shaped whisk inside—are convenient ways to blend a protein shake or smoothie. However, the cups can also be used to mix pancake batter, make homemade sauces and salad dressings, or beat eggs for a fluffy breakfast scramble.

Floating Lantern Festivals

Like small hot air balloons, paper lanterns have an opening at the bottom where a heat source is suspended, allowing the lantern to drift across the sky. These bright, floating marvels originated in China and were used as a military signal during the Eastern Han Dynasty (A.D. 25–220). Now, they are used mostly for celebration or in remembrance ceremonies. This tradition doesn't only occur in China; many cultures hold festivals with floating lanterns, including areas in North America, India, Vietnam, Thailand and Poland. Often, a wish, riddle or message to a loved one is written on the lantern before it's released into the sky.

BULLETIN BOARD

825 Beverley Drive
Charlottesville, VA
22911

p: (434) 971-8439
f: (434) 971-4742

Carriage Hill Staff
Property Manager
Tommea Thomas
Assistant Manager
Ashland Taylor
Maintenance
Supervisor
Paul Schools

Carriage Hill

NEW Emergency Maintenance #
(434) 972-1973

Business Center Fax
(434) 971-9184

Service E-Mail

leasing@carriagehillapts.com

Professionally Managed by
Cathcart Property Management

TRIVIA WHIZ



Pump Up Your Heart IQ

Hearts, the universal symbol for love, are all around this month as businesses and consumers alike celebrate Valentine's Day. Get pumped up for the holiday with these fun facts!

- Romans, Egyptians and Greeks are among the ancient cultures who valued the human heart as a source of life and emotion.
- The familiar heart symbol is believed to have been inspired by plants, including the seeds of an ancient variety of fennel, as well as the leaves of water lilies and ivy.
- Until the 1400s, the heart symbol was usually portrayed upside-down, with the pointed end up.
- Early in the 16th century, Leonardo da Vinci drew the first known accurate sketch of the human heart.
- Most animals only have one heart, but octopuses, squids and cuttlefish have three. Some creatures, including jellyfish and starfish, don't have a heart at all!
- The heart of a blue whale, the biggest animal on the planet, weighs over 400 pounds. When the whale is underwater, its heart beats only two to 10 times a minute.
- In a standard playing card deck, the king of hearts is the only king without a mustache.
- From the smiley face with heart-eyes to heart shapes in every color of the rainbow, there are at least 39 emoji that feature a heart in some way.
- Invented by Richard Cadbury, the first heart-shaped boxes of chocolates were sold in 1861. Every year, people buy over 36 million of the sweet samplers for Valentine's Day.



Forming New Friendships

Connecting with others makes our lives more meaningful and provides both mental and physical health benefits, but that doesn't mean it's always easy. These pointers can help you when searching for a new pal:

Explore your existing interests.

By participating in activities that you like, you're bound to find people similar to you. Opportunities for friendship include book clubs, fitness or hobby-based classes, sports teams and volunteer groups.

Have an open mind. It's normal to feel nervous about meeting new people, but assume that others like you and want to hang out. Say yes to invitations, even those outside your usual circle, and give new friendships a chance.

Take advantage of apps. Mobile apps focused on friendship are nearly as popular as dating apps, connecting you with strangers who have similar interests. If you enjoy connecting with others online, give apps a go.

Stay in touch. All relationships take effort. Be consistent with scheduling friend dates and activities to strengthen bonds with friends, new and old.

Know you're not alone. Meeting new people as an adult is hard for pretty much everyone. Use this fact to boost your confidence when reaching out to a potential friend. They probably feel the same way you do and will be excited to spend time with you.

Pack Up Some Care

A fun way to help others, whether they live nearby or across the world, is putting together a donation kit. A kit can be a bag, box or bucket of supplies that fit a specific need. Shopping for these kits and assembling them with a group is a meaningful way to socialize and give back. Start by picking a category that speaks to you, then grab some friends and get packing!

Hygiene. These kits can contain general toiletries or be catered to specific groups, such as babies, children or women. Hygiene kits usually include things like a bar of soap, body wash, shampoo, lotion, washcloths and deodorant.

Activity. Usually age-specific, this type of kit includes toys and leisure items. Some things you may pack in an activity kit include crayons, coloring books, crossword puzzles, card games, books and sensory toys.

Food. Kits like this can contain

kitchen essentials such as measuring cups and utensils, or they may be full of canned goods; ingredients for a specific meal; or food products tailored to families, seniors or students.

Cleanup. A typical cleanup kit is a five-gallon bucket packed with products to aid after a disaster such as a tornado, hurricane or earthquake. Paper towels, bleach, trash bags, work gloves and scrub brushes are helpful items to include.

Many organizations will send your group supplies for the kits and even distribute the kits where they are needed. You can also deliver the kits to schools, shelters or other organizations.





WIT & WISDOM



65 Years of Speed

One week after fans go wild for the Super Bowl, another high-stakes sporting event holds the ticket for fun. Daytona 500, the NASCAR Cup Series season opener, takes place on Feb. 19. This will be the 65th annual Daytona 500, which started in 1959.

Known as the “Great American Race,” the event is held at Daytona International Speedway in Daytona Beach, Fla. With three concourse levels, the stadium is home to 100,000-plus seats, 60 luxury suites, 11 social neighborhoods (each measuring the size of a football field!), 17 elevators and 40 escalators—making it the record-holder for most escalators in an outdoor stadium in the U.S. The asphalt track is about 2 1/2 miles long, with four turns; the 500-mile race requires a driver to make 200 laps.

With seven victories, Richard Petty has won the Daytona 500 more times than any other driver. His father, Lee Petty, was the race’s very first champion, and Petty Enterprises is also the team with the most Daytona 500 wins, with nine total. The youngest winner was Trevor Bayne, who won in 2011 at age 20, and Buddy Baker became the oldest winner in 1988, at age 50. Baker also set the record for the fastest Daytona 500, with an average speed of 177 mph in an Oldsmobile car, a brand that was discontinued in 2004.

The Daytona 500 has sold out for the past five years, but NASCAR fans can catch the event on television and various radio stations.

Featured Recipe

Cherry Coffee Cake

Sweeten your morning with this easy-to-make breakfast treat.

Ingredients:

- 1 can (12.4 ounces) refrigerated cinnamon rolls with icing
- 1 1/2 cups (21-ounce can) cherry pie filling
- 1/2 cup slivered almonds or pecans (optional)

Directions:

Preheat oven to 375° F.

Spray a 9-inch round cake pan with nonstick cooking spray.

Open the can of cinnamon roll dough and set aside the package of icing. Separate dough into eight rolls; cut each roll into quarters. Place dough rounded-side down in pan.

Spoon pie filling over rolls. If desired, sprinkle slivered almonds or pecans on top of cherry filling.

Bake 25 to 35 minutes, or until golden brown.

Invert pan onto plate or cutting board; invert again onto serving plate.

Open the package of icing and pour into a small bowl. Microwave for 3 to 10 seconds. Stir icing and drizzle over cake. Serve warm.

Find more recipes at
Culinary.net.



“Diamonds are nothing more than chunks of coal that stuck to their jobs.”

—**Malcolm Forbes**

“True friends are like diamonds—bright, beautiful, valuable and always in style.”

—**Nicole Richie**

“The hues of the opal, the light of the diamond, are not to be seen, if the eye is too near.”

—**Ralph Waldo Emerson**

“Better a diamond with a flaw than a pebble without.”

—**Confucius**

“If wisdom and diamonds grew on the same tree we could soon tell how much men loved wisdom.”

—**Lemuel K. Washburn**

“I never worry about diets. The only carrots that interest me are the number you get in a diamond.”

—**Mae West**

“There are three things extremely hard: steel, a diamond and to know one’s self.”

—**Benjamin Franklin**

“It’s diamonds in your pockets one week, macaroni and cheese the next.”

—**Jolene Blalock**

“Let us not be too particular. It is better to have old secondhand diamonds than none at all.”

—**Mark Twain**

“The hardness of a diamond is part of its usefulness, but its true value is in the light that shines through it.”

—**B.K.S. Iyengar**



February 2023

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 Presidents Day	20	21	22	23	24	25
26	27	28	<i>february</i>			

"This Month In History"

FEBRUARY

1903: The first teddy bear, named after President Theodore Roosevelt, goes on sale.

1913: New York City's newly renovated Grand Central Terminal opens. More than 150,000 people visited the train station on opening day.

1935: In a secret demonstration, engineer Robert Watson-Watt uses radio waves to determine the location of nearby aircraft. The experiment led to the development of radar, from the words "radio detection and ranging."

1942: The first-ever gold record is presented to Glenn Miller for his song "Chattanooga Choo-Choo," which had sold 1.2 million copies.

1959: Commonly known as a microchip, the integrated circuit is patented, allowing electronics to become smaller, faster and less expensive.

1964: The Beatles perform in the U.S. for the first time.

1971: Apollo 14 lands on the moon, becoming the third crewed mission to do so, as well as the first to visit the lunar highlands.

1990: In South Africa, Nelson Mandela is released from prison at age 71. He served 27 years for his activism against the government-sanctioned segregation known as apartheid.

2001: Disney's California Adventure Park, a 72-acre attraction next door to Disneyland, opens.

2018: Paul Simon announces his farewell tour. His singing and songwriting career spanned six decades as both a solo artist and as part of the duo Simon & Garfunkel.