



A Room with a View.

OCTOBER 2023



NOTES & NEWS

Apples for October

It's National Apple Month! Not only is it the perfect time for a warm, fragrant glass of apple cider or bundling up and going apple picking, but Oct. 31 also celebrates Caramel Apple Day.

Stop Noise-Induced Hearing Loss

October is Protect Your Hearing Month. In the U.S., 40 million people between the ages of 20 and 69 have noise-induced hearing loss. To help prevent this, turn down the volume on media devices, wear earplugs or protective earmuffs, and take breaks from noisy environments.

Thank You, Truckers

Literally the driving force behind much of the economy, millions of men and women serve as truck drivers, transporting goods across the country. The often-dangerous job keeps truckers on the road away from loved ones for extended periods of time—so give them a nod on Oct. 4, National Truckers Appreciation Day.

HIGHLIGHTS

Speedy Charging

Gain a quicker charge on your phone or tablet with these tips:

- Turn down the screen's brightness.
- Close apps you're not using.
- Switch to do not disturb, low-power or airplane mode. Or turn the device completely off if you're not using it.
- Plug your device into a wall outlet instead of a computer.

Where's Johnny?

New generations know the drawn-out phrase "Here's Johnny!" as an infamous line said by actor Jack Nicholson in the 1980 horror movie "The Shining." But the catchphrase first entered the public lexicon when sidekick and announcer Ed McMahon used it on the first episode of "The Tonight Show Starring Johnny Carson" on Oct. 1, 1962. McMahon's everlasting catchphrase introduced the "King of Late Night" for nearly 30 years!

A Sport for Everyone

Sports fans are sure to be animated this month. With football in full swing, baseball playoffs in motion and the new basketball and hockey seasons beginning, there's plenty of excitement to go around!

Nurture Yourself

"I've learned that for change to happen through me, growth needs to first happen in me." —Marie Beecham

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
Josh Harris
Maintenance Tech
Alex Brown

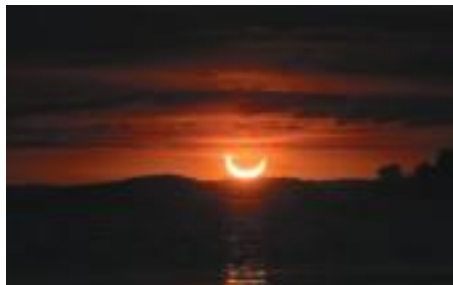
Carriage Hill
Emergency Maintenance #
(434) 972-1973
Business Center Fax
(434) 971-9184
Service E-Mail
leasing@carriagehillapts.com
Professionally Managed by
Cathcart Property Management

TRIVIA WHIZ

Savvy About Superstitions

Though not scientifically proven, superstitions are important to those who believe in them or simply a bit of fun for those who don't. How many of these common beliefs and rituals are you familiar with?

- Prevent jinxing yourself by knocking on wood. Old legends say that good spirits reside in trees, and touching the wood shows gratitude or seeks protection.
- Sporty superstitions include lucky clothing that cannot be washed, growing out a beard to compete better during playoffs, or eating a specific meal to win a game.
- A very common superstition is crossing your fingers. Some think this began as a way to support a friend's wish: Two people, the wisher and the supporter, would cross their index fingers together to make the wish come true.
- Having a cricket in your home is seen as a sign of good fortune. That is, if you can get past the constant chirping!
- If a penny is found heads up, then grab it for good luck. But if it's heads down, better leave it on the ground.
- Certain numbers can be lucky or unlucky. Number 13 falls into the latter category—buildings often don't even have a 13th floor! The fear of this particular number is named triskaidekaphobia.
- Rub that lucky rabbit's foot! This symbol of good luck dates back to the 16th century and is referenced in many cultures.
- Is "beginner's luck" real? Probably not, but new players often feel less pressure to win, which may be an advantage.



Don't Miss This Solar Eclipse!

This month brings an exciting sky event to those of us in the Western Hemisphere. On Oct. 14, a narrow path from the Oregon Coast to the Texas Gulf Coast will experience an annular solar eclipse, and the rest of the continental U.S. will be able to view a partial solar eclipse.

An annular solar eclipse occurs every one to two years, when the moon passes between the sun and Earth. The moon will appear smaller than the sun because it is farther away from Earth than during a total solar

eclipse. Because of this, a "ring of fire" will appear behind the moon, as the sun won't be completely blocked out. The partial solar eclipse, however, will reveal the sun as a crescent shape when the moon crosses in front of it because the viewing angle doesn't provide a perfect lineup of the Earth, moon and sun.

Be sure to use protective eyewear when viewing this spectacle. Normal sunglasses aren't appropriate; instead, you'll need special solar eclipse glasses or solar filters if viewing through a telescope, binoculars or camera. Welding safety glasses in shade 14 or darker are another option.

It can be fun to view the eclipse indirectly, too. Create a pinhole projector by simply punching a hole in a piece of paper. Then stand with your back to the sun, hold up the paper and let it project the sun's image onto a wall or clear spot of ground. You can also watch the eclipse online.

Switch Out Sweets

Battling a sweet tooth? Eating candy might provide a quick rush, but you'd merely be consuming empty calories with little to no nutrients. Satisfy the craving with one of these healthier alternatives:

Nature's candy. Rather than hitting up the candy aisle, swing by the produce section for some fruit, an easy sweet substitute. Packed with vitamins, minerals, fiber and antioxidants, fruit can be eaten fresh, dried or frozen. The abundance of flavors and natural sweetness is sure to please, and fruit can also lower inflammation and keep you feeling full longer.

Frozen treats. Blend your choice of fruit with water, juice, milk or yogurt. Other worthwhile add-ins include nut butter, honey or dark chocolate chips. Freeze in ice pop molds or a tub so you can scoop up a bowl of "nice cream." Or try this light version of a Snickers bar: Cut a banana into four

pieces, slather with peanut butter, drizzle on caramel and chocolate syrup and sprinkle on chopped peanuts before freezing.

Avocado pudding. Avocado toast is a star of brunch, but did you know avocados can also make a quick dessert? Mash up an avocado with lemon juice and sugar, or choose cocoa powder and maple syrup instead. This pudding-like treat might just surprise your taste buds!

Other goodies. Roast nuts or chickpeas with brown sugar and cinnamon or try out a dessert hummus, such as brownie batter or cookie dough. Grab-and-go sweets include yogurt, granola bars or dark chocolate.





WIT & WISDOM



A Rainbow of Sound

A humming air conditioner or the pitter-patter of a gentle rain are familiar examples of ambient noise. Many people play what they call “white noise” to help them focus or fall asleep, but this is only one type of ambient noise.

Noise, just like light, can be categorized into different colors based on the size and frequency of their sound waves. The most well-known is **white noise**, which includes all frequencies we can hear. It’s characterized as a steady hum, such as TV static or the buzz of a fan. White noise is the go-to setting on a sound machine to drown out disruptive noise.

Pink noise, a touch deeper than white noise, has gained attention for helping people get better, more restful sleep, which can improve memory. Examples of pink noise include rain, ocean waves and a heartbeat.

In the middle of the sound spectrum, **green noise** has a calming effect. Often containing steady sounds of nature such as a babbling brook, green noise is recommended for studying or working.

If you prefer something low and rumbly, **brown**, aka **red noise**—like crashing waves, thunder or the hum of an airline jet—is great for blocking out other unwanted sounds.

Higher on the spectrum are **blue** and **violet noises**, similar to the hiss of a kinked hose. While the average person may find these sounds irritating, they can be effective therapies for tinnitus (a ringing or buzzing in the ears).

Featured Recipe

Chipotle Chicken Flatbreads

Simple flavors shine in this meal that you can make in under 20 minutes.

Ingredients:

- 2 flatbreads
- 2 cups shredded mozzarella cheese
- 1 clove garlic, diced
- 4 chicken tenders, cooked and cubed
- 1 pint cherry tomatoes, quartered
- Salt and pepper, to taste
- 1/2 cup ranch dressing
- 1 1/2 teaspoons chipotle seasoning
- Chopped fresh cilantro (optional)

Directions:

Preheat oven to 350° F.

Place flatbreads on a parchment paper-lined sheet pan. Sprinkle cheese on flatbreads, and then add garlic, chicken and tomatoes. Season each flatbread with salt and pepper, to taste.

Bake flatbreads for 16 minutes or until cheese is melted.

In a small bowl, mix ranch dressing and chipotle seasoning.

Drizzle dressing over cooked flatbreads and garnish with fresh cilantro, if desired.

Find more recipes at Culinary.net.



“Leaves sway sharp, and through the shadow-swallowed tree-tops the low nocturnal music of the wind makes magic of the vast night.”

—James Oppenheim

“Time flies over us, but leaves its shadow behind.”

—Nathaniel Hawthorne

“The poet is like the Earth’s shadow. The sun moves, and the poet writes something down.”

—Eileen Myles

“Hide not your talents. They for use were made. What’s a sundial in the shade?”

—Benjamin Franklin

“Shadow owes its birth to light.”

—John Gay

“Keep your face to the sunshine and you cannot see a shadow.”

—Helen Keller

“My shadow ... is one way I trace who I was and where I have been. My shadow and I have been on a journey for quite a while now!”

—Angela Cartwright

“Character is like a tree and reputation like a shadow. The shadow is what we think of it; the tree is the real thing.”

—Abraham Lincoln

“Poetry is an echo, asking a shadow to dance.”

—Carl Sandburg

“Hope is like the sun, which, as we journey towards it, casts the shadow of our burden behind us.”

—Samuel Smiles



October 2023

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

"This Month In History"

OCTOBER

1925: The National Life and Accident Insurance Company introduces its own radio station, WSM. A little over a month later, the station airs the Barn Dance program, and the Grand Ole Opry is born.

1945: The United Nations is established to maintain international peace and security. The UN took the place of the League of Nations after World War II, going into effect on Oct. 24.

1957: The Brooklyn Dodgers announce that the team is moving to Los Angeles. Although this left many New

Yorkers with broken hearts, the move brought the MLB to the Pacific Coast for the first time.

1968: NASA's Apollo 7 launches humans into space. It was the agency's first manned flight in over a year.

1975: "Live from New York, it's Saturday Night!" George Carlin hosts the first episode of "NBC's Saturday Night." Still on air, the sketch comedy show is now known as "Saturday Night Live" or simply "SNL."

1989: Wayne Gretzky becomes the all-time leading point scorer in the NHL. Surpassing Gordie Howe on Oct. 15, Gretzky still holds this record today with 2,857 points.

1993: Beloved novelist Toni Morrison wins the Nobel Prize in Literature. Receiving the prize for her "visionary force and poetic import," she was the first Black woman to earn this honor.

2014: The podcast boom begins with the debut of "Serial." After only a month, the true-crime series had been downloaded and streamed a record 5 million times.