



A Room with a View.

JUNE 2024



NOTES & NEWS

Ready, Set, Summer!

Get ready to enjoy the sun-drenched glow of summertime. The summer solstice this month signals the official start of the season. It will bring the longest stretch of daylight and the shortest night of the year in the Northern Hemisphere.

Iced Is Nice

Summer days are a time to cool down and kick back with a refreshing glass of iced tea. This popular thirst-quencher accounts for about 80% of the tea consumed in the United States.

Tell Me 'Y'

It's fun to stay—and play—at the YMCA! We can thank the nonprofit organization, founded in June 1844, for influencing our culture's fascination with fitness and sports. Two major sports, basketball and volleyball, were invented by Y instructors. The YMCA was also the first place where Americans could take group swimming lessons. Today, the U.S. is home to over 2,700 Y locations, where people from all walks of life can cultivate a love for sports.

HIGHLIGHTS

Roses for Dad

People often think to give flowers to the women in their lives, but studies show that men appreciate floral gifts just as much—yet they're less likely to get them. You can change that oversight this month by honoring a special guy in your life with a red rose, the traditional flower for Father's Day. The custom dates back to the very first Father's Day celebration, held in 1910.

Decorate Like a Pro

When adding accessories to a room, place items in groups of three or five. Vary the height of objects, such as putting a tall vase next to a medium-height plant next to a small picture frame.

Salad Add-Ons

Light yet filling, salad is a go-to summer meal. Healthy additions can enhance the nutrition of a plate of leafy greens and veggies. Get a dose of healthy fat with avocado slices or a spoonful of nuts or seeds, and pack on some protein with a hard-boiled egg or a serving of beans.

The Golden Hour

Twice a day, nature provides the perfect conditions to take a good photograph, no matter your skill level or the type of camera you have. The "golden hour" happens for about an hour after sunrise and an hour before sunset, and it provides soft, warm light that flatters every skin tone and helps your subject stand out.

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TRIVIA WHIZ

Bar Code Blitz

You likely see them every day, and they make many aspects of life much easier. We're talking about simple bar codes, and they've been used by consumers for 50 years! Scan this list of fun facts about this technology tool:

- The bar code was conceived back in the late '40s by engineering professor Norman Joseph Woodland. Inspired by Morse code's dots and dashes, he sketched his early designs at the beach by drawing lines in the sand.
- Woodland and colleague Bernard Silver received a patent for the bar code in 1952 and later sold it for \$15,000.
- Bar codes had limited uses until June 26, 1974—when the first grocery product featuring a bar code was scanned. The item? A pack of Wrigley's Juicy Fruit gum.
- The type of code on the gum, and still the most common bar code today, is known as a Universal Product Code, or UPC.
- Worldwide, billions of UPCs are scanned every day!
- UPCs and similar bar codes are linear, or one-dimensional. There are also 2D bar codes, including the popular Quick Response codes. QR codes were created in 1994 by a Toyota subsidiary to help track vehicle parts faster. Nowadays, they can be scanned by smartphones to visit a website or used as a ticket for events and transportation.
- In May 2022, farmers in Indiana planted crops in unique rows to create the world's largest QR code. A quarter-mile long on each side, it was about the size of 20 football fields!



Have Fun Getting Fit

Exercise is a key component of good health, and luckily, working out doesn't have to feel like work! Try one of these fun approaches to fitness:

Bust a move. It's easy to forget you're exercising when you're grooving to music. Let the rhythm lead you into an impromptu dance party at home, or get serious about technique by signing up for a dance class.

Join a team. Turn fitness into a game—literally!—by joining a sports team or starting your own with friends and co-workers. From pickleball to bowling, the possibilities are endless.

Play pretend. Exercise your body and your imagination with an activity like paintball, laser tag or live action role playing. You can even wear a fun costume!

Fly to new heights. We're not clowning around. Circus-inspired workouts like trapeze,

tightrope walking and aerial silks are soaring in popularity.

Rock ... Challenge yourself both mentally and physically by trying out rock climbing, either on an artificial climbing wall or in the great outdoors.

... and roll. The retro activity of roller skating is experiencing a renaissance. It's even more fun with a group of pals!

Take a hike! No, we're not telling you to get lost! Simply go for a nature walk to rejuvenate your body and mood. Admire the scenery, try to identify birds and plants, or chat with a friend.



Golden Rules of Food Safety

World Food Safety Day is held every year on June 7—a good time to review the four basic components of preventing foodborne illnesses at home:

Clean. Washing your hands with soap and water, then drying with a clean towel, is essential at specific times: before, during and after food prep; after handling raw meat or eggs; and before you eat. Utensils, cookware and dishes should be washed after each use. Remember to

wipe down countertops, taking extra care if raw meat or eggs have touched the surface.

Separate. This rule refers to cross-contamination, a major source of foodborne illness. Be aware of which foods touched which surfaces. For example, use separate cutting boards and plates when prepping meals—one for raw meat, another for fresh produce.

Cook. A food thermometer is every cook's friend! Consult a temperature chart—easily found online or in most cookbooks—to ensure food is completely cooked. Carefully read and follow the instructions when heating packaged foods.

Chill. Any perishable food should be refrigerated within two hours, or sooner if left in a hot car. Refrigerate leftovers immediately so they can begin cooling down. If you need to thaw food from the freezer, it's safest to do so in the fridge, not on the counter.



WIT & WISDOM



What Makes a Federal Holiday?

June is full of fun and festivities, from Father's Day to Flag Day to Juneteenth—but only one of these is a federal holiday. Juneteenth is the country's most recent federal holiday, added in 2021. So how does an observance become a federal holiday?

Federal holidays are introduced and voted on by Congress, and if a proposed holiday is approved by both the House of Representatives and the Senate, then it's sent to the president to sign into legislation. The first federal holidays were created in June 1870: New Year's Day, Independence Day, Thanksgiving and Christmas. Typically, holidays are deemed worthy of federal recognition if they are already celebrated in many states.

Members of Congress can propose holidays to be recognized as federal. Some recent suggestions have included Election Day and Indigenous Peoples' Day.

You may notice that several federal holidays shift dates every year. That's because of the Uniform Monday Holiday Act, which was passed in 1968 to create three-day weekends throughout the year. The long weekends are intended to make it easier for people to visit historic sites and gather for celebrations.

Most federal employees receive paid time off on federal holidays, and government offices are closed. This includes the post office, so mail is not delivered on these days. Many other businesses choose to close operations on federal holidays as well.

Granola Fruit Tart

Enjoy a slice of this light, refreshing tart for breakfast or dessert!

Ingredients:

- 4 cups granola
- 1/2 cup butter, softened
- 4 tablespoons honey
- Nonstick cooking spray
- 2 cups vanilla Greek yogurt
- 8 ounces cream cheese, softened
- 1/2 cup granulated sugar
- 1 teaspoon vanilla extract
- 1 package gelatin
- Strawberries, sliced
- Blueberries
- Kiwi, sliced

Directions:

Heat oven to 350° F.

In a large bowl, combine granola, butter and honey. Grease an 11-inch tart or pie pan with nonstick cooking spray. Line the bottom of the pan with parchment paper.

Press granola into pan. Place pan on a baking sheet and bake 10 minutes. Let cool.

In a separate bowl, use an electric mixer to combine the yogurt, cream cheese, sugar, vanilla extract and gelatin.

Pour cream cheese filling into cooled tart crust. Refrigerate for at least 1 hour.

Top the tart with strawberries, blueberries and kiwi.

Find more recipes at HomemadeInterest.com.



Dad Jokes

Happy Father's Day! We've rounded up the funniest, punniest "dad jokes" to make you groan ... and then giggle!

"Dad joke (noun): A wholesome joke of the type said to be told by fathers with a punchline that is often an obvious or predictable pun or play on words and usually judged to be endearingly corny or unfunny."

—*Merriam-Webster's Dictionary*

"They say a joke becomes a dad joke when it's apparent."

"In my career as a lumberjack, I've cut exactly 2,325 trees. Every time I chop one down, I keep a log."

"Elevator jokes are so good. They work on so many levels!"

"My friend claims he glued himself to his autobiography. I don't believe him, but that's his story and he's sticking to it."

"A steak pun is a rare medium done well."

"I was just reminiscing about the beautiful herb garden I grew last year. Good thymes!"

"I tell dad jokes, but I don't have any kids. I'm a faux pa."


"What does 'IDK' stand for? Everybody I ask just says 'I don't know.'"

"My kid wants to invent a pencil with an eraser on each end, but I just don't see the point."

"Sorry if you don't like dad jokes—that's just the way eye roll!"



June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>June</i>						1
2	3	4	5	6	7 	8
9	10	11	12	13	14	15
16 HAPPY FATHER'S DAY	17	18	19 HAPPY Juneteenth	20	21	22
23/30	24	25	26	27	28	29

Word Search

Category: Major League Baseball Teams

A S T R A N G E R S L G A K E C C O M X N L O M D S R E D S X G G S I D G C P A D R E S V D R A N G E R S L G G C C O B R A V E S N I W T E	1. <u>Dodgers</u> 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ 8. _____ 9. _____ 10. _____ 11. _____ 12. _____ 13. _____ 14. _____ 15. _____ 16. _____ 17. _____ 18. _____ 19. _____ 20. _____
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Word Search Solution:

1. Angels	11. Pirates
2. Astros	12. Rangers
3. Braves	13. Rays
4. Cubs	14. Reds
5. Dodgers	15. Red Sox
6. Giants	16. Rockies
7. Marlins	17. Royals
8. Mets	18. Tigers
9. Orioles	19. Twins
10. Padres	20. White Sox