



*A Room with a View.*

## JULY 2024



## NOTES & NEWS

### Sit Back and Relax

Long, lazy summer days are made for relaxing—and you shouldn't feel guilty about it. Experts say taking time to rest your body and mind is vital to good health. Regular relaxation can also help you cope with stress related to chronic conditions.

### Beat Brain Freeze

If ice-cold summertime treats, such as slushes, milkshakes and ice cream, give you the intense sensation known as brain freeze, here's a quick remedy: Press your tongue firmly against the roof of your mouth. It can help alleviate the headache.

### July Celebrations

Is there any month that says "summer" more than July? The seventh month of the year is: National Blueberry Month, Grilling Month, Ice Cream Month, Hot Dog Month, Watermelon Month, Park and Recreation Month, and Vacation Rental Month.

### Love the Little Things

"With freedom, books, flowers and the moon, who could not be happy?" — Oscar Wilde

## HIGHLIGHTS

### Celebrate Our Freedom

On July 4, all across the land of the free and the home of the brave, the U.S. commemorates the adoption of the Declaration of Independence by the Continental Congress in 1776. Happy birthday, America!

### Popcorn Pick: 'The Sandlot'

Blissful summertime, baseball and boyhood are the ingredients for this coming-of-age classic set in the early 1960s. New kid Scotty Smalls moves to a small California town, and thanks to a group of boys who play in the neighborhood sandlot, learns about friendship and how to play baseball. When Scotty borrows his stepfather's Babe Ruth-autographed ball for a game, it lands in a nearby junkyard guarded by a huge dog named "The Beast," forcing the friends to go to humorous lengths to fetch it from its canine clutches.

### Host a Mini Olympics

Create a version of the Summer Games with your crew. Gather some toys or household items, find an open space outside and go for the gold! Here are some ideas: Set up an obstacle course, water balloon relays, a Frisbee toss or a hula-hoop marathon. Compete like the athletes in one of the Olympic sports with a game of basketball or volleyball, or hit the pool for a swimming race.

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# TRIVIA WHIZ



## Special Sauces

For many, a hot dog isn't complete without a squiggly line of ketchup or mustard. Condiments add flavor to a wide variety of foods all over the world. Whet your appetite with these fun facts about some favorite fixin's.

- The term "condiment" originally described pickled or preserved foods, but it now refers to spices, sauces and other mixtures that enhance the flavor of a dish.
- Ketchup is the most popular condiment in America—97% of U.S. households have a bottle in their kitchen at any given time.
- H.J. Heinz started selling ketchup in individual packets in 1968.
- Since mustard is made from ground mustard seeds, the tangy topping contains several nutrients, including protein, calcium and antioxidants.
- The spice turmeric gives mustard its bright yellow color.
- "Mayonnaise" is from the Old French word *moyeu*, which means "egg yolk," the creamy spread's main ingredient.
- In several European countries, mayo is a more popular dip for french fries than ketchup.
- Adapted from Indian chutney recipes, pickle relish was one of the earliest condiments in North America. Sweet pickle relish remains a favorite hot dog topping.
- Si Racha, a coastal town in Thailand, is believed to be the birthplace of the hot sauce Sriracha. In the U.S., the condiment is often called "rooster sauce" thanks to Huy Fong's popular version, which has an image of a rooster on a bright red bottle.



## Patriotic Movie Picks

Queue up one of these movie picks that celebrate the red, white and blue.

*"The Longest Day" (1962)*. With an all-star international cast that includes legends John Wayne, Richard Burton and Sean Connery, this film follows the action of the 1944 D-Day invasion from multiple points of view.

*"Glory" (1989)*. Denzel Washington and Morgan Freeman star in this Civil War drama about

one of the first African American regiments in the Union Army.

*"Independence Day" (1996)*. An invasion by space aliens, a Fourth of July mission and a rousing speech about saving mankind make this action movie a favorite.

*"Miracle" (2004)*. This feel-good film is the inspiring true story of the U.S. men's hockey team win over the Soviet Union at the 1980 Winter Olympics.

*"Captain America: The First Avenger" (2011)*. With a superhero sporting red, white and blue and a patriotic spirit, this Marvel Comics adventure radiates U.S. pride.

*"Hidden Figures" (2016)*. Based on true events, this film follows the lives of three female African American mathematicians who work at NASA during the 1960s space race. The trio overcomes obstacles and helps with the mission that makes John Glenn the first American to orbit the Earth.

## Stay Healthy by Staying Connected

Research shows that having strong social connections can boost your health. Staying active within your community has been proven to strengthen the immune system, speed recovery from illness, and reduce anxiety and depression.

There are many ways to maintain beneficial social networks, such as staying in touch with former classmates and co-workers, taking part in family traditions and making new memories with friends.

Smiling at another person is one of the simplest ways to connect with them. Initiate conversations. Ask people about their lives, families and hobbies, and actively listen to what they have to say. Giving your full attention to the person you're with enhances the connection, and showing sincere interest in others' lives helps build relationships.

Create a list of friends and family members you want to stay in touch with and make a commitment to call, write, email or get together with those people on a regular basis. Social media and video calls can help you connect with those who live far away.

Expand your social circle by participating in activities in your community, such as book clubs, classes, parties and game nights. Looking forward to special events will boost your spirits, too.







## WIT & WISDOM



### The XXXIII Olympiad

The 2024 Summer Olympics are scheduled to begin this month in Paris.

A unique opening ceremony is planned for July 26. For the first time, the ceremony will take place outside of a stadium, allowing thousands of spectators to freely attend. Olympic athletes will ride a boat along the Seine, passing famous landmarks such as the Louvre Museum and the Notre-Dame cathedral, and stop in front of the Trocadéro, a complex of gardens and museums across from the Eiffel Tower. The event is intended to not only put the City of Lights on dazzling display, but also open the Games up to a large live audience after the COVID-19 pandemic forced the previous Summer Olympics to be closed to the public.

Around 10,500 athletes from over 200 countries will compete in 45 sports, including the newly added breakdancing (officially referred to as “breaking”). Three of the sports introduced at the Tokyo Olympics will be returning: skateboarding, sport climbing and surfing. The surfing events will take place in Tahiti, the largest island in French Polynesia, which is located in the Pacific Ocean.

Winning an Olympic medal is always a huge honor, and this year, victors also get to take home a piece of French history. Each bronze, silver and gold medal is embedded with iron from the original construction of the Eiffel Tower.

## Featured Recipe

### Cajun Salmon Burgers With Lime Mayo

#### Ingredients:

- 1/2 cup mayonnaise, divided
- 1/2 teaspoon lime zest
- 1/2 teaspoon lime juice
- 3 pouches (5 ounces each) boneless, skinless salmon, drained
- 1 egg, beaten
- 1/3 cup panko breadcrumbs
- 1/4 cup finely chopped green onion
- 1/4 cup finely chopped red bell pepper
- 2 teaspoons Cajun seasoning
- 1 tablespoon oil
- 4 hamburger rolls

#### Directions:

Mix 1/4 cup mayonnaise, lime zest and lime juice in a small bowl until well blended. Cover and refrigerate until ready to serve.

For the burgers, mix salmon, egg, breadcrumbs, 1/4 cup mayonnaise, green onion, bell pepper and seasoning in a large bowl until well blended. Shape into four patties.

Heat oil in a large nonstick skillet on medium heat. Add salmon patties; cook 5 minutes per side or until lightly browned and cooked through.

Serve salmon burgers on rolls with lime mayo and desired toppings.

Find more recipes at [www.McCormick.com](http://www.McCormick.com).



“The best way to victory is to play well.”  
—*Quique Setién*

“Victory is won not in miles but in inches. Win a little now, hold your ground, and later, win a little more.”  
—*Louis L’Amour*

“There’s no reward without work, no victory without effort, no battle won without risk.”  
—*Nora Roberts*

“The ultimate victory in competition is derived from the inner satisfaction of knowing that you have done your best and that you have gotten the most out of what you had to give.”  
—*Howard Cosell*

“Even the smallest victory is never to be taken for granted. Each victory must be applauded.”  
—*Audre Lorde*

“I think the mental victory is worth it as much as a gold medal.”  
—*Cameron van der Burgh*

“There is a kind of victory in good work, no matter how humble.”  
—*Jack Kemp*




“Tomorrow’s victory is today’s practice.”  
—*Chris Bradford*

“The moment of victory is much too short to live for that and nothing else.”  
—*Martina Navratilova*

“When you fall, feel the pain. And then stand up. You were born for victory. And failure has no place in your world.”  
—*Robin Sharma*



# July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	<b>Pest Control</b> 3 Bldg. 935	4 	5	6
7	8	9	<b>Pest Control</b> 10 Bldg. 935	11	12	13
14	15	16	<b>Pest Control</b> 17 Bldg. 915	18	19	20
21	 22	23	<b>Pest Control</b> 24 Bldg. 905	25	26	27
28	29	30	<b>Pest Control</b> 31 Bldg. 1075	<i>July</i> 		

## “This Month In History” JULY

**1903:** Cyclists compete in the first Tour de France. Maurice Garin was the first to cross the finish line in Paris.

**1914:** A dance craze begins after the fox trot is performed at a club in New York City.

**1926:** Showing a fish swimming in the Florida Keys, the first underwater color photo is taken by a National Geographic magazine photographer.

**1937:** Cheap, filling and needing no refrigeration, the canned meat product Spam is introduced.

**1946:** The bikini swimsuit debuts at a fashion show in Paris.

**1958:** President Dwight D. Eisenhower signs the Alaska Statehood Act, allowing the territory to become the 49th state.

**1960:** Harper Lee’s “To Kill a Mockingbird” is published and quickly becomes a bestseller. The novel was awarded the Pulitzer Prize a year later.

**1988:** Sprinter Florence Griffith Joyner, nicknamed Flo-Jo, sets the world record for the women’s 100-meter. Her record of 10.49 seconds still stands today.

**2002:** Major League Baseball’s All-Star Game ends in a 7–7 tie after 11 innings because both teams run out of pitchers.

**2018:** In an effort to reduce environmental pollution, Starbucks announces it will stop providing disposable plastic straws in its stores by 2020.