



*A Room with a View.*

## AUGUST 2024



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## NOTES & NEWS

### Life's a Peach

The peach, that sweet summer fruit, has long been a way to describe someone or something lovely—think “You’re a peach!” or “Things are just peachy.” The 1950s brought the fun phrase “peachy keen,” and an idyllic existence is sometimes called “peaches and cream”—as in “Life is not always peaches and cream.” Get a true taste of what these words are all about by enjoying some fresh peaches this month. You may find the experience just peachy!

### Simplify Your Cleaning Supplies

Most of the time, you don’t need a separate cleaning solution for every area in your home. Multipurpose cleaners are designed to handle messes on a variety of surfaces, from kitchen counters to bathroom tiles to windows and mirrors. You can save money and storage space by keeping only one or two general cleaning products on hand.

### Outdoor Therapy

Take a book or deck of cards outside and enjoy the summer breezes while you relax.

## HIGHLIGHTS

### Reading Challenge: Isn't It Romantic?

Fall in love with reading again in August: It’s Read-a-Romance Month! If you’re already a fan of love stories, step outside your usual comfort zone—maybe a historical romance or a graphic novel? Your happily ever after is waiting for you (in book form, of course)!

### Fall Back Asleep

The medical journal *Sleep Medicine* reports that at least three times a week, roughly one-third of Americans wake up in the middle of the night. And nearly half of them struggle to fall back asleep. Sound familiar? If so, these tips may help:

- Turn on as few lights as possible. Make sure you can safely get up if you need to, but use a lamp or flashlight instead of switching on a main light.
- Don’t check the clock—knowing just how many hours you have before you need to rise can make you more anxious and less likely to drift back to dreamland.
- Change your scenery. If it’s been 20 minutes and you’re still awake, get up and go to a different room. The distraction of being in a new setting can make you drowsy, as well as help you associate your bed with sleeping instead of tossing and turning.

### Carriage Hill

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# TRIVIA WHIZ



## You'll 'Lava' These Volcano Facts

Fiery and fascinating, volcanoes are some of the planet's most stunning natural features. Have a blast learning more about them!

- A volcano is formed when the Earth's crust cracks, releasing magma (molten rock), ash and numerous gases from beneath the surface. These eruptions can be large and explosive or slow and gentle.
- When magma reaches the Earth's surface, it's called lava. The temperature of lava can range from 1,300 to 2,200° F—so hot that it glows bright red, orange or white.
- Around 75% of the world's volcanoes are located underwater in the Ring of Fire, encircling the Pacific Ocean.
- Volcanoes are named after Vulcan, the Roman god of fire.
- A volcano can be tall and cone-shaped (stratovolcano) or wide and broad (shield volcano). Many famous mountains—including Mount Fuji in Japan and Washington state's Mount Rainier—are actually large stratovolcanoes, also called composite volcanoes, since they are formed by layers of cooled lava and ash.
- Why do people live near volcanoes? Although they can be destructive, volcanoes also provide rich, fertile soil and heat in the form of geothermal energy.
- Volcanoes are also a tourism draw. One example, Hawaii Volcanoes National Park, is home to Mauna Loa, the largest active volcano on the planet, as well as Kilauea, one of the most active volcanoes.
- There are even volcanoes in outer space! The solar system's largest known volcano is Olympus Mons on Mars.

## Preserve Summer's Bounty

In addition to letting you enjoy the vibrant flavors of summer produce all year long, the following preservation methods can let you stock up on summer goodies when they're at their most abundant—and inexpensive!

**Freeze.** Wash and dry fruits and vegetables, and then lay them on a baking sheet to freeze before transferring them to a freezer-safe bag or container. For certain veggies like broccoli, carrots, green beans and peppers, blanching them before freezing helps them hold on to their color and crunch.

**Dehydrate.** Dried fruit and veggie chips are a great snack on their own or added to a trail mix. You can use a tabletop dehydrator or simply bake sliced produce at a low temperature for a few hours until crisp. Try it with strawberries, peaches, beets and zucchini.

**Pickle.** Cucumbers are the classic choice for pickling, but you can use this method to preserve almost anything—from asparagus to okra to watermelon. "Quick pickle" recipes will last a few weeks in the refrigerator. Look up safe home canning methods to make pickled produce last longer.

**Make jam.** Homemade jam is ideal for a bounty of fresh fruit, and you can even go savory with jalapeño jelly. Like with pickles, you can make small portions of jam for short-term use or use home canning instructions for large batches—especially to give as gifts!



## Sunscreen—An Everyday Habit

With the summer sun high in the sky, keeping sunscreen nearby just makes sense. But protecting your skin from the sun should be a part of your daily routine, regardless of the season.

The sun's harmful UV rays are stronger and more noticeable in the summer but are still present during the cooler seasons, as well as on cloudy days and even through windows! Not all sun damage is in the form of a sunburn. Overexposure to UV rays

can cause changes to skin texture and health, from wrinkles and age spots to skin cancer.

Skin cancer is one of the most common types of cancer in the world. At least one in five Americans will receive a skin cancer diagnosis by age 70, and 90% of those cases are directly related to UV radiation. People of all skin colors can develop skin cancer, and because sun damage accumulates over time, the risk of skin cancer increases with age. Older adults can also be more susceptible to sun damage, since skin naturally gets thinner over time.

The good news is that skin cancer is highly preventable with—you guessed it—sunscreen! Every day, apply sunscreen to your face, hands and other areas of exposed skin. Use whatever sunscreen you prefer, whether a cream, gel, stick or spray. Just make sure it's a broad spectrum sunscreen that's SPF 30 or higher.



## WIT & WISDOM



### One Last Hurrah

Need a getaway but haven't had a chance to plan one? Booking a last-minute trip can be exhilarating and rewarding.

Flexibility is key when choosing to take an impromptu vacation. Let the available deals and discounts guide you where to go. Consider different types of lodging rather than a traditional hotel, and be open to traveling midweek instead of over a weekend—you can save money and face fewer crowds.

Once you've decided on dates and a destination, sketch out a light itinerary of things to do, but avoid planning down to the last detail. Make spontaneity the theme of your trip. Aim to eat at local places and sightsee at whatever attractions grab you.

In the same spirit, pack with versatility in mind. Choose clothing you can mix and match and also wear again. Keep your load light by only bringing the essentials, including basic toiletries, your phone charger and wallet.

It's natural to feel rushed when making last-minute plans. De-stress by taking deep breaths and making to-do lists to clear your head. Make sure you let someone know where you're going and when you'll be gone. On the day you're leaving, give yourself time to check your home: Turn off appliances, throw out perishables and take out the garbage, and make sure everything is locked up.

## Featured Recipe

### Grapefruit Avocado Bruschetta

#### Ingredients:

- 1 baguette, sliced on the bias
- 2 to 3 whole garlic cloves, peeled and halved
- 1 cup chopped grapefruit sections
- 3 to 4 Roma tomatoes, seeded and chopped
- 1 large avocado, chopped
- 1/2 small red onion, chopped
- 1/4 cup chopped cilantro
- 2 tablespoons olive oil
- Salt and pepper, to taste
- Additional grapefruit segments (optional)
- Additional cilantro sprigs (optional)

#### Directions:

Preheat oven to 350° F.

Place baguette slices on a baking sheet and toast for 5 to 7 minutes, or until golden brown. Rub the toasted side of the bread with the cut side of the garlic cloves. Set toast aside.

In a medium bowl, combine chopped grapefruit, tomatoes, avocado, red onion, cilantro and olive oil. Add salt and pepper. Stir gently to combine.

Spoon grapefruit mixture over the toasted baguette slices. Garnish with fresh grapefruit segments and cilantro, if desired.

Find more recipes at [FloridaCitrus.org](http://FloridaCitrus.org).



Celebrate 85 years of "The Wizard of Oz" by remembering the movie's most magical quotes:

"Toto, I've a feeling we're not in Kansas anymore."  
—*Dorothy*

"I'll get you, my pretty, and your little dog, too!"  
—*The Wicked Witch of the West*

"Some people without brains do an awful lot of talking, don't they?"  
—*The Scarecrow*

"Lions and tigers and bears, oh my!"  
—*Dorothy, the Scarecrow and the Tin Man*

"I haven't any courage at all. I even scare myself!"  
—*The Cowardly Lion*

"I'm melting, melting!"  
—*The Wicked Witch of the West*

"Pay no attention to that man behind the curtain!"  
—*The Wizard of Oz*

"Now I know I've got a heart, 'cause it's breaking."  
—*The Tin Man*





"If I ever go looking for my heart's desire again, I won't look any further than my own backyard. Because if it isn't there, I never really lost it to begin with!"  
—*Dorothy*

"You've always had the power, my dear. You just had to learn it for yourself."  
—*Glinda*

"There's no place like home!"  
—*Dorothy*



# August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <span style="font-size: 48pt; font-weight: bold;">AUGUST</span> 				1	2	3
4	5	6	7	8		10
11	12	13	14	15	16	17
18		20	21	22	23	24
25	26	27	28	29	30	31

## “This Month In History” AUGUST

**1907:** UPS is founded as a messenger service by two teenagers in Seattle. It’s now one of the world’s largest package delivery companies.

**1913:** Stainless steel is invented by Harry Brearley of England.

**1946:** The first U.S. coin honoring an African American is authorized for minting. A commemorative half dollar was designed to pay tribute to educator Booker T. Washington.

**1959:** President Dwight D. Eisenhower signs an official proclamation admitting Hawaii as the 50th U.S. state.

**1969:** Half a million people gather at a farm in upstate New York for the Woodstock music festival. The landmark three-day event featured more than 30 artists and bands.

**1990:** MLB history is made when Ken Griffey Sr. and Ken Griffey Jr. become the first father and son to play on the same team, the Seattle Mariners.

**2005:** Hurricane Katrina forms in the Atlantic and makes landfall along the Gulf Coast, devastating the region.

**2020:** The music video of the hit song “Dynamite,” by Korean boy band BTS, sets a record on YouTube as the first video with over 100 million views in its first 24 hours.