



A Room with a View.

OCTOBER 2024



NOTES & NEWS

True Colors

The shades of red, orange and yellow you see on fall leaves are actually present year-round. The chlorophyll in the trees turns the leaves green in the spring and summer, covering up the other colors.

Stretch Your Toes

Give your toes some wiggle room after wearing shoes all day. Sit in a chair with your feet flat on the floor, and then cross one foot across your lap. Hold your toes and pull them toward your ankle until you feel a gentle stretch along the bottom of your foot. Use your other hand to massage the arch of your foot for about 10 seconds. Repeat 10 times for each foot.

Frugal Friend Dates

Sometimes, getting together with friends includes meals, movies and other activities that can ding your budget. Don't be afraid to be honest when you simply can't afford to go out. Suggest ways to spend time together that won't cost a cent, such as taking a walk or having a game night at someone's home.

HIGHLIGHTS

Plentiful Pumpkins

Carved, painted or simply sitting in decorative displays, pumpkins symbolize the fall season. From coast to coast, they're found in many sizes and colors, but the classic round, orange squash you'll find ripe for the picking at pumpkin patches and markets is the Connecticut field pumpkin. Of the 2 billion pounds of pumpkins grown in the U.S., most are processed into food products.

Go Whole Hog

National Pulled Pork Day on Oct. 12 is a good excuse to pull out the slow cooker. Using this appliance is the easiest and most popular way to prepare pork shoulder: Simply season the meat as desired, add about 1 cup of liquid—such as water, apple cider or cola—and generously drizzle the pork with barbecue sauce. Depending on the size of your roast, cook on low between 8 and 10 hours, until the meat easily pulls apart with a fork. The pork freezes well and can be used in a variety of dishes, not just sandwiches! Try pulled pork in tacos, mac and cheese, or chili; or use it as a topping for pizza or baked potatoes.

HALL WEEN

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Charlottesville, VA
22911

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TRIVIA WHIZ



A Full Deck of Facts

With games like bridge, poker, Go Fish and solitaire, decks of cards have provided hours of entertainment for thousands of years. Shuffle through this list of trivia tidbits:

- Playing cards were invented in China during the 9th century.
- The four suits used today— hearts, diamonds, clubs and spades—were developed in the 1500s by French card makers, who also divided the suits into red and black.
- Each king in a deck of cards is said to have originally represented a historical leader: Alexander the Great (clubs), Charlemagne (hearts), King David (spades) and Julius Caesar (diamonds).
- The symbols printed on a given card, indicating the value and suit, are called pips.
- A standard deck of cards has many similarities to our calendar. The 52 cards equal 52 weeks in a year; the four suits can be used to symbolize the four seasons; and each suit has 13 values (ace through king), just like there are 13 lunar cycles in a year.
- The United States Playing Card Company is one of the world's largest producers of playing cards, manufacturing over 100 million decks each year.
- Every time you shuffle a deck of cards, you're almost guaranteed to create an exact order of the cards that's never existed before. That's because there are more variations of a shuffled deck of cards than there are atoms in the universe. To get the exact number—an 8 followed by 67 zeroes!—you need to multiply 52 by 51 by 50, and so on, all the way to 1. (This is called 52 factorial.)

Coming Home for Homecoming

For current students and alumni alike, homecoming is a treasured fall tradition.

Several American colleges, including Baylor University and the University of Illinois, began hosting homecoming football games in the early 1900s. But it was the University of Missouri's 1911 event that wrote the unofficial rulebook for future homecomings. To increase excitement for the first home football game against the school's rival, the University of Kansas, Mizzou encouraged alumni to "come home" for a celebration complete with a bonfire, pep rally, parade and the finale—the big game.

Today, most colleges and high schools follow the same formula. Involvement is high among current students, alumni and members of the community. In high schools, a week of "spirit days"—such as Pajama

Day and Crazy Hat Day—lead up to a Friday night game where the homecoming queen and king are often announced at halftime. A schoolwide dance takes place after the game or on the following night. At some schools, the "HoCo" dance is revered as much as prom.

Parades, another highlight of homecoming festivities, typically feature marching bands, colorful floats, fire trucks and more. Some schools celebrate homecoming with a special banquet or tailgating before the football game.



Who's Whooo of Owls

Symbols of wisdom and insight, owls are found throughout pop culture as characters who exhibit these qualities. Consider a few feathered favorites:

Friend Owl. He grumbles about noisy critters keeping him awake and warns about the dangers of getting "twitterpated," otherwise known as falling in love. But Friend Owl is a wise mentor to the forest animals in the 1942 Disney cartoon "Bambi."

Mr. Owl. This candy mascot was first seen in a 1970 TV commercial attempting to answer the age-old question, "How many licks does it take

to get to the Tootsie Roll center of a Tootsie Pop?"

Woodsy Owl. Created in 1970 by the U.S. Forest Service, Woodsy taught youngsters to "Give a Hoot, Don't Pollute." He continues to make appearances to share his latest eco-friendly slogan: "Lend a Hand, Care for the Land."

Hoots the Owl. Since his debut on "Sesame Street" in 1985, this jazzy Muppet musician has played his saxophone alongside famous entertainers such as Little Richard, Wynton Marsalis and John Legend. Also a talented singer, Hoots is best known for the song "Put Down the Duckie."

Hedwig. Given to Harry Potter for his 11th birthday, this snowy owl served her owner by delivering his messages. Hedwig's intelligence and loyalty also proved to be valuable assets during the boy wizard's magical adventures.



WIT & WISDOM



Sleep Soundly With an Organized Nightstand

Like many areas in the home, a bedside table or nightstand can become a magnet for clutter. Multiple studies show that messy surroundings—especially in the bedroom—can heighten anxiety and reduce sleep quality. Keeping your nightstand tidy can help create a peaceful environment for drifting off to dreamland.

The first step to managing nightstand clutter is to review your nighttime routine. What do you truly need by your side when you get ready for bed?

Many bedtime essentials fit into these categories: electronics, personal care items, and reading or writing materials. Organize your nightstand items in a way that makes sense. You may find that your needs don't fit the type of nightstand you currently have, but that's OK! Many different types of furniture can function as a nightstand—a small table, chest of drawers, rolling cart or even a floating shelf. Work with what you have or seek out a design that fits your lifestyle.

Once you've chosen your actual nightstand, it's time for the fun part: organizing your stuff! You may wish to use a separate drawer or shelf for each category. Or you may find your nightstand functions better when you have your most frequently needed items grouped together.

Divided drawer organizers, trinket bowls and trays are smart solutions for organizing small items, such as jewelry or earplugs. Or try a fabric caddy that slides under your mattress and has pockets to hold items like a book, glasses and phone.

Featured Recipe

Three-Cheese Pizza With Pepperoni and Salami

Who needs delivery when you have this delicious pizza recipe?

Ingredients:

- 2 pizza dough balls
- 1/4 cup extra-virgin olive oil
- 2 tablespoons minced garlic
- 2 tablespoons chopped anchovies
- 1 cup grated Parmesan cheese
- 1 pound shredded fontina cheese
- 1 pound fresh mozzarella pearls
- 2 to 3 ounces thinly sliced salami
- 2 to 3 ounces sliced pepperoni
- 2 tablespoons chopped fresh parsley

Directions:

Preheat oven to 425° F. Roll each dough ball out onto separate 14-inch pizza pans.

On each rolled-out crust, drizzle 1/8 cup olive oil, and then top with 1 tablespoon garlic, 1 tablespoon anchovies, 1/2 cup Parmesan cheese, 1/2 pound fontina cheese, 1/2 pound fresh mozzarella pearls, and half of the salami and pepperoni.

Bake both pizzas for about 15 minutes, or until cheese is bubbly and crust is golden brown. Remove pizzas from oven and garnish with fresh parsley.

Find more recipes at Carando.com.



"In October, any wonderful unexpected thing might be possible."

—*Elizabeth George Speare*

"There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October."

—*Nathaniel Hawthorne*

"October had tremendous possibility. The summer's oppressive heat was a distant memory, and the golden leaves promised a world full of beautiful adventures."

—*Sarah Guillory*

"Listen! The wind is rising, and the air is wild with leaves, We have had our summer evenings, now for October eves!"

—*Humbert Wolfe*

"In the entire circle of the year, there are no days so delightful as those of a fine October ..."

—*Alexander Smith*

"What the light looks like in the pear trees, in October, is a hundred teardrops of gold, the whole orchard weeping."

—*Carole Maso*

"May you fall in love with October and all the beauty it brings, May your life be as colorful as the turning of the leaves ..."

—*Charmaine J. Forde*

"October is the opal month of the year. It is the month of glory, of ripeness."

—*Henry Ward Beecher*

"I'm so glad I live in a world where there are Octobers."

—*Lucy Maud Montgomery*



October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 BREAST CANCER AWARENESS	2	3	4	5
6	7	8	9	10	11 	12
13	Columbus Day 14	15	16	17	18	19
20		21	22	23 Resident Halloween Costume Party!!	24	25
27	28	29	30	31 HAPPY HALLOWEEN	October	

“This Month In History” OCTOBER

1900: The U.S. Navy commissions its first modern submarine, the USS Holland, named for its designer, John Philip Holland.

1907: One of the world’s landmark hotels, the Plaza opens in New York City.

1915: Woodrow Wilson becomes the first U.S. president to attend a World Series game.

1929: The New York Stock Exchange crashes on what will later be known as “Black Tuesday.”

1935: Considered one of the first great American operas, George Gershwin’s “Porgy and Bess” premieres on Broadway.

1947: Air Force pilot Chuck Yeager flies an experimental plane and becomes the first person to break the sound barrier.

1950: Charles Schulz’s “Peanuts” comic strip debuts in several newspapers.

1962: The Beach Boys release their debut album, “Surfin’ Safari.”

1972: Called the “Match of the Century,” American Bobby Fischer wins the World Chess Championship by defeating Boris Spassky of the Soviet Union.

1986: The International Olympic Committee announces it will change its 70-year tradition and hold the Summer and Winter Games in different years.

1998: Comedian Richard Pryor receives the first Mark Twain Prize for American Humor.

2007: Alex Rodriguez signs a record 10-year, \$275 million contract with the New York Yankees. It was the richest deal in pro sports at the time.

2016: Singer-songwriter Bob Dylan is awarded the Nobel Prize for literature. He was the first songwriter to win the prestigious award.