



*A Room with a View.*

## NOVEMBER 2024



## NOTES & NEWS

### Happy Thanksgiving to All

“What I love about Thanksgiving is that it’s purely about getting together with friends or family and enjoying food. It’s really for everybody, and it doesn’t matter where you’re from.” —Daniel Humm

### November Gratitude

A few things to be thankful for this month:

- The beauty of the changing leaves.
- Time with loved ones during the holiday season.
- The service of veterans and current military members.

What else can you add?

### To Your Health: Don't Forget D

Sunlight helps our bodies produce vitamin D, a nutrient important for mental and emotional health. If chilly weather keeps you indoors, be sure to eat foods that are good sources of vitamin D, such as salmon, tuna, milk, eggs and fortified cereals. Vitamin D supplements are also an option.

## HIGHLIGHTS

### Global Greetings

Hi! *Bonjour!* ¡*Hola!* However you say “hello,” participate in World Hello Day on Nov. 21 and give a friendly greeting to at least 10 people. Join others in 180 countries around the world by advancing peace through personal communication on this day.

### Gourd-eous Décor

Related to melons and squash, ornamental gourds add festive flair to autumn tables. Gourds are one of the earliest domesticated plants, and numerous cultures have used them as tools, bowls and cups, musical instruments and more.

### De-stress Your Holidays

For many of us, the holidays come with a dose of extra stress. Here’s a one-minute stress reliever that you can do anywhere, anytime: mindful breathing. Take deep breaths that expand your entire abdomen (stomach, sides and lower back) while focusing solely on your breath.

### Gaze at the Night Sky

Take advantage of a cool fall night by sitting outside for some skygazing. Experts say evenings between the crescent and quarter moon are the best for observing stars with the naked eye. Give your eyes about 15 minutes to adjust to the dark, and use binoculars for even better views.

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# TRIVIA WHIZ

## Flowers of November

Changing leaves take center stage this time of year, but several flowers hold special meaning during the month of November.

*Chrysanthemum.* From Greek words meaning “gold flower,” this stunning autumnal bloom is not only found in shades of orange and yellow, but also white, red, pink, purple and green. Mums, which are the primary birth flower of November, are associated with loyalty, friendship and joy, and in their native China, the flowers are believed to bring youth and good fortune. In Japan, a festival honoring the flower is held every fall.

*Red poppy.* Veterans Day, Nov. 11, is a time to recognize all past and present U.S. veterans and thank them for their service. The red poppy has been linked with veterans since World War I, thanks to the poem “In Flanders Fields,” written by Canadian soldier Lt. Col. John McCrae. Red poppies are a large part of veterans’ ceremonies in countries such as Australia, Canada and the U.K., where Nov. 11 is known as Remembrance Day. In the U.S., red poppies are more often associated with Memorial Day in May, but you’ll still find veterans groups handing out artificial poppies in November as a sign of support.

*Forget-me-not.* The delicate blue forget-me-not is a poignant symbol of Alzheimer’s disease and other dementias. This flower is displayed by people with dementia and their caregivers, as well as advocates for a cure. Since November is Alzheimer’s Disease Awareness Month, now is a good time to showcase the forget-me-not.

*Peony.* Though associated with springtime, the peony also serves as November’s secondary birth flower. Like mums, peonies are native to East Asia, where they are treasured as a symbol of honor and love.



## Fall Fun for Everyone

From sipping pumpkin spiced lattes to cheering for your favorite football team, autumn is full of memorable moments. Celebrate the season’s crisp weather and vibrant colors with some of these fun fall activities.

*Around town.* Make a trip to the farmers’ market to buy fall vegetables, such as winter squash, Brussels sprouts and leeks; fly a kite; organize a touch football game; plan a scavenger hunt; spend a few hours at a fall festival or art fair; take a nature hike; run or walk a 5K race for charity.

*On the road.* Go on a train ride that features views of fall foliage; rent a cabin in the woods or stay at a bed and breakfast; visit a national park; plan a camping trip; go for a hot air balloon ride; tailgate at a football game; visit a pumpkin patch and go on a hayride; pick your own fruit at an apple orchard.

*At home.* Learn to knit and make cozy scarves for friends and family; buy or make a festive wreath and hang it on your door; use pumpkins, leaves and nuts to create a table display; teach a child how to make a pinecone bird feeder.

*In the kitchen.* Use your apple orchard bounty to make apple fritters, apple pie and caramel apples; put your slow cooker to work simmering butternut squash soup, hot spiced cider or spicy chili; cook a pumpkin for pie and roast the seeds; make popcorn balls for a fun and festive snack.



## A Month for Thanks

Salute your friends and family this month for all they have done for you. In the spirit of Thanksgiving, take time to make those close to you feel loved and appreciated. Get creative with a thank-you note and let your actions speak loudly as you celebrate your confidantes.

*Creative juices.* Spice up the normal thank-you card by catching your loved one by surprise. Try sneaking a note into their car, slipping it into a desk drawer or packing it with their lunch.

*Now you’re cooking.* Let your friends’ and family’s stomachs know you’re thankful! Bake a batch of cookies to share or cook them a meal.

*Thanks in bloom.* A dozen roses are wonderful, but a single blossom with a verbal “thank you” can be just as nice. Or consider gifting a potted plant. The simpler the upkeep, the better.

*Hug it out.* A physical sign of gratitude, a hug can comfort both the giver and the receiver.

*Pass the word.* If someone inspired you to do or accomplish something in your life, remind yourself to share your appreciation with them. Letting others know the positive impact they’ve had in your life can mean more than you think.

*Sweet tooth.* Place a candy bar, piece of fruit or other treat on your friend’s desk or somewhere else they’ll find it. You don’t even need to leave a note; simply let the treat brighten their day.





# WIT & WISDOM



## Responding to Invitations

The hustle and bustle of the holiday season makes everything seem busier these days, including our social calendars. If your mailbox is packed with party invitations, are you required to reply to each one? That depends on four little letters most people recognize but may not know the meaning of: RSVP. This is short for the French phrase *répondez s'il vous plaît*, or “please reply.”

So how exactly should you reply? Etiquette experts at The Emily Post Institute offer some insight in handling party responses. Simply put, reply in the manner indicated on the invitation:

*A formal invitation with a response card.* If a host went to the trouble of providing an RSVP card, it would be rude not to send it back. Clearly, the host is looking for an accurate head count.

*A formal invitation with no response card.* Look for directions on the invitation itself. If a phone number is given, it's best to call—only send a text message if the invitation instructs you to.

*By email or via social media.* If you receive an invitation electronically, it is absolutely appropriate to accept or decline electronically, too.

*Regrets only.* In this instance, reply only if you do not plan to attend.

Other advice to keep in mind: Respond promptly—ideally within a day or two of receiving an invitation. If the invitation is clearly addressed to certain recipients, don't ask to bring additional guests.

## Featured Recipe

### Apple Crumble

Pies aren't the only stars of the Thanksgiving dessert table. This apple crumble is easy to make and oh-so-tasty!

#### Ingredients:

- 1 can (20 ounces) apple pie filling
- 1 box yellow cake mix
- 1/2 cup chopped pecans, optional
- 1 1/2 sticks (6 ounces) butter, melted
- Whipped cream or vanilla ice cream, for topping

#### Directions:

Preheat oven to 375° F.

In a baking dish, spread apple pie filling across the bottom. Mix the yellow cake mix with pecans, if using, then cover apple pie filling with the cake mix.

Cover cake mix with melted butter. If butter pools in one spot, pick up the baking dish and gently move it from side to side to spread the butter out evenly.

Bake 30 minutes, until crust is brown.

Serve with whipped cream or vanilla ice cream, if desired.

*Find more recipes at Culinary.net.*



“Many people will walk in and out of your life, but only true friends will leave footprints in your heart.”

—**Eleanor Roosevelt**

“The only way to have a friend is to be one.”

—**Ralph Waldo Emerson**

“There's nothing like a really loyal, dependable, good friend. Nothing.”

—**Jennifer Aniston**

“The most beautiful discovery true friends make is that they can grow separately without growing apart.”

—**Elisabeth Foley**

“Friends are those rare people who ask how we are and then wait to hear the answer.”

—**Ed Cunningham**

“A single rose can be my garden ... a single friend, my world.”

—**Leo Buscaglia**

“A loyal friend laughs at your jokes when they're not so good, and sympathizes with your problems when they're not so bad.”

—**Arnold H. Glasow**

“I would rather walk with a friend in the dark, than alone in the light.”

—**Helen Keller**

“A true friend is someone who thinks that you are a good egg even though he knows that you are slightly cracked.”



—**Bernard Meltzer**

“Awards become corroded; friends gather no dust.”

—**Jesse Owens**



# November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<i>November</i>						1	2	
3	4	5	<b>Pest Control</b> Bldg. 855	6	7	8 	9	
10	<b>Veterans Day</b>	11	12	<b>Pest Control</b> Bldg. 880	13	14	15	16
17	18		19	<b>Pest Control</b> 810-1005 Bldg.	20	21	22	23
24	25	26	<b>Pest Control</b> 1015-1075 Bldg.	27	<b>Thanksgiving</b>	28	29	30

## “This Month In History”

### NOVEMBER

**1876:** Yale defeats Princeton in the first college football game played on Thanksgiving.

**1935:** Departing from San Francisco, the China Clipper seaplane carries over 110,000 pieces of mail across the Pacific Ocean, arriving in the Philippines seven days later. The completion of the voyage marked the beginning of trans-Pacific airmail service and travel.

**1945:** The super-strong, spunky girl with the mismatched socks is introduced to readers when

Astrid Lindgren’s book “Pippi Longstocking” is published in Sweden.

**1963:** Priced at \$15.95, the Easy-Bake Oven debuts in toy stores. Half a million of the mini appliances were sold during the first year.

**1982:** The first Honda Accord rolls off the assembly line in Marysville, Ohio, making Honda the first Asian automaker to manufacture cars in the U.S.

**1993:** A football record is set when the Miami Dolphins defeat the Philadelphia Eagles, crowning head coach Don Shula the winningest coach in NFL history.

**2005:** Angela Merkel is sworn in as the first female chancellor of Germany.

**2019:** The iconic black leather outfit worn by Olivia Newton-John in the 1978 film “Grease” is auctioned off for \$405,700, with 100% of the proceeds donated to the actress’ cancer research organization.