



*A Room with a View.*

## JANUARY 2025



## NOTES & NEWS

### **Curl Up in Comfort**

“What a splendid piece of furniture an armchair is. ... During those long winter evenings, it is often sweet and always advisable to stretch out luxuriously in one, far from the din of the crowds.” —Xavier de Maistre

### **Get Your Vitamin C**

Vitamin C is important for healthy teeth and gums, helps our bodies use iron, and aids in healing wounds. Natural sources of vitamin C include citrus fruits and juices, strawberries, cantaloupe, tomatoes, broccoli, green vegetables and potatoes.

### **Daily Observations**

Have you ever thought about using a calendar as a journal? Wall calendars sometimes arrive free in the mail or can be found at deep discounts after the first of the year. Use each day’s square to jot down observations such as the price of gas, the weather, a meal you cooked and any significant things that happen. It’s an easy way to record everyday life.

## HIGHLIGHTS

### **Day of Service**

The federal holiday honoring Martin Luther King Jr. is a day off for some, but organizations across the country want folks to make it a day on—by volunteering. As a national day of service, people are encouraged to put their time and talent to work serving their community.

### **Exercise With a Friend**

Exercising regularly can help you fight off seasonal colds. But if you need motivation to get moving, get a little help from a friend. Working out with a companion provides encouragement to stick with the commitment and helps take your focus off the physical exertion.

### **Soothing Sounds for Better Sleep**

Do too many sounds, or maybe no sound at all, keep you up at night? Steady, humming white noise, such as a whirring fan, can drown out distractions in your environment and lull you to sleep. Try a small bedside fan or noise machine, or look for smartphone apps that play a variety of relaxing sounds.

### **Inaugural Event**

Franklin D. Roosevelt’s second-term inauguration in 1937 marked the first time the ceremony was held in January. Previous U.S. presidents took the oath of office on March 4, before the 20th Amendment changed the date to Jan. 20.

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# TRIVIA WHIZ



## Extreme Weather Wonders

We love to talk about the weather—especially when it goes wild! Add these fun facts to your collection of conversation starters:

- Alaska is the coldest U.S. state, with an average temperature of 28.4° F. North Dakota, Wyoming, Minnesota and Montana round out the top five.
- If that temperature has you reaching for a warm blanket, remind yourself that at least you don't live in the East Antarctic Plateau. That's where the lowest surface temperature on Earth has been measured: a frigid 144.4 below zero (° F).
- Valentine's Day on top of a mountain? Sounds romantic, but we don't recommend it. On Feb. 14, 1927, Japan's Mount Ibuki received over 90 inches of snow, which accumulated on top of existing snowfall. The resulting depth was 38.8 feet.
- Ice is a common sight in winter, but it also makes an appearance during summer thunderstorms in the form of hail. The U.S. record for largest hailstone fell in South Dakota in July 2010. It had a diameter of 8 inches—about the size of a volleyball—and weighed 1.9 pounds.
- Worldwide, about 44 lightning strikes occur every second. During severe thunderstorms, huge lightning bolts called "megaflashes" can occur. Measured using infrared technology, the largest known megaflash spanned more than 477 miles over the southern U.S.
- Mawsynram, India, is widely considered the wettest place in the world. On average, the city receives 467 inches of rain every year, mostly during the monsoon season between April and October.

## Have a Happy Winter

Winter is a beautiful season, but it can also be full of challenges. We'll help you overcome them with this quick guide:

**Warmth.** Both indoors and out, wearing layers will keep you feeling cozy. If you get too toasty, simply shed a layer or two—a better option than wishing you'd dressed warmer. Bundling up in sweatshirts and thick socks can also help you keep the thermostat down in your home.

**Safety.** When walking or driving in winter weather, go slow. Wear shoes or boots with nonskid soles, turn on your headlights and watch for slick spots on roads and sidewalks. Keep a blanket in your vehicle in case you get stuck.

**Boredom.** Colder and shorter days may keep you inside, but there are plenty of activities to stay entertained. Winter is the perfect time to tackle your reading list, work on puzzles or

craft projects, play video or board games, and try new recipes.

**Winter blues.** Fewer daylight hours can lead to seasonal affective disorder, or SAD. Talk to a health care provider if you're feeling down. In addition to medication, SAD can be treated with light therapy and vitamin D supplements. When possible, try to spend a little time outdoors to enjoy the fresh air and sunshine.



## Cozy Container Gardens

Container gardens allow plant lovers to nurture their hobby all year long, no matter the size of their space or the changing of the seasons. When colder weather arrives, some plants must be moved indoors to survive, but there are lots of ways to care for containers in outdoor areas.

An easy first step is to move pots and planters as close to the building as possible. Surround more delicate plants with other containers to help protect them. Top plants off with soil and/or mulch to provide more

insulation. You can also wrap pots in burlap to keep them extra cozy.

Keep in mind that terracotta, concrete and ceramic pots may crack or break when moisture in the pot freezes and expands, but pots made of metal, plastic, resin and wood should withstand winter temperatures. You may wish to move more fragile containers inside or take extra caution in insulating them.

Root rot is more common in colder weather, since soil can take longer to dry out between waterings. Therefore, ensure both the soil and the containers themselves have good drainage, and water less often. This goes for indoor houseplants, too.

Another option for winter gardening is to plant cold-friendly species, such as ornamental kale, pansies and coral bells. Dwarf varieties of evergreen shrubs and trees also provide an attractive pop of green during the colder months.



# WIT & WISDOM



## That's a Wrap

*Pop-pop-pop!* For decades, the packing material known as Bubble Wrap has been making life a little easier—and more entertaining!

In 1957, Alfred Fielding and Marc Chavannes attempted to create textured wallpaper by heat-sealing two plastic shower curtains together. Their unexpected result—a plastic sheet with dozens of air bubbles—didn't exactly serve their original purpose, yet they knew they had something special. Naming their product Bubble Wrap, they set out to make it a success.

Bubble Wrap's big break arrived in 1960, when IBM began shipping their new 1401 computers to customers and needed something better than balled-up newspaper to protect the machinery during transport. Bubble Wrap was the answer. Soon, shipping and handling companies embraced the product as the ideal packing material: lightweight, effective and inexpensive.

For many, however, Bubble Wrap's most famous feature is how fun it is to pop! The amusing activity isn't just child's play: Research has shown that popping Bubble Wrap can help reduce stress and boost energy.

The material has also found a home among craft supplies. Artists can use Bubble Wrap as a stamp to make polka-dotted patterns, sew the material into handbags and even create jewelry.

## Mixed Berry Whole-Wheat Muffins

Reach for these healthy, hearty muffins for breakfast or a midday snack.

### Ingredients:

- 1 1/4 cups whole-wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/8 teaspoon salt
- 1 large egg
- 1/2 cup maple syrup
- 2 teaspoons vanilla extract
- 3/4 cup plain nonfat Greek yogurt
- 3/4 cup unsweetened applesauce
- 1/2 cup chopped strawberries
- 1/2 cup blueberries

### Directions:

Preheat oven to 400° F. Grease muffin pan and set aside.

In a medium bowl, whisk together flour, baking powder, baking soda and salt. In a separate large bowl, mix egg, maple syrup, vanilla, yogurt and applesauce.

Add dry ingredients to wet ingredients and stir until just combined. Fold in strawberries and blueberries.

Pour batter into muffin tins, filling each cup about 3/4 full.

Bake 15 minutes, until tops are golden brown and toothpick inserted in center comes out clean. Cool for 5 minutes in tin before removing.

*Find more recipes at [HealthyFamilyProject.com](http://HealthyFamilyProject.com).*



"To bring anything into your life, imagine that it's already there."

—**Richard Bach**

"The imagination is a palette of bright colors. You can use it to touch up memories—or you can use it to paint dreams."

—**Robert Brault**

"Perhaps imagination is only intelligence having fun."

—**George Scialabba**

"Memory has thousands of eyes staring into the experiences of the past, while imagination peers into every corner of the universe."

—**James Lendall Basford**

"Success is when reality catches up to our imagination."

—**Simon Sinek**

"Embrace your fear. Imagine what you're most afraid of, touch it and hold it so that you rob it of its power."

—**Maria Ressa**

"Never be limited by other people's limited imaginations."

—**Mae Jemison**

"Imagination does not become great until human beings, given the courage and the strength, use it to create."

—**Maria Montessori**

"If you fall in love with the imagination, you understand that it is a free spirit. It will go anywhere, and it can do anything."

—**Alice Walker**

"Let your imagination take you wherever you want to be."

—**Bob Ross**



# January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>New Year's Day</b> 1	2	3	4
5	6	7	8	9	 10	11
12	13	14	15	16	17	18
19	<b>Martin Luther King Jr. Day</b> 20	21	 22	23	24	25
26	27	28	29	30	31	

## "This Month In History" JANUARY

**1901:** The American Bowling Congress organizes the first national bowling tournament, held in Chicago.

**1938:** Benny Goodman plays a sold-out concert at New York City's Carnegie Hall. It was the first time jazz was played at the venue, and the first time that white and Black musicians performed together on a U.S. stage.

**1943:** Headquarters for the U.S. Department of Defense, the Pentagon building officially opens.

**1953:** Chevrolet debuts its new sports car, the Corvette.

**1986:** James Brown, Buddy Holly and Elvis Presley are among the first artists inducted into the Rock & Roll Hall of Fame.

**1994:** American speedskater Dan Jansen sets a new world record, skating 500 meters in 35.76 seconds at a race in Canada.

**2006:** An unmanned NASA probe blasts off to begin a 3 billion-mile journey to Pluto.

**2010:** Apple introduces its first iPad, a touch-screen tablet computer.

**2019:** A polar vortex sends frigid air across the upper Midwest and Northeast, causing record-breaking low temperatures.