



August 2026

Spread Sunshine

"Those who bring sunshine into the lives of others cannot keep it from themselves." —James Matthew Barrie

Flip Phone Summer

A movement of young adults is embracing a "flip phone summer," choosing to swap their smartphones for a flip phone for the season, so they can pursue mentally healthy activities, like spending time with friends or in nature.

Born in the late 1990s through early 2010s, Gen Z is the first generation to have grown up with ever-present smartphones and social media. According to a 2024 Pew Research Center survey, about half of American teens report that they are online almost constantly and believe they spend too much time on social media.

People from all generations find digital detoxes—set times spent away from devices and social media—to be helpful for their mental health.



A Room with a View.



Succulent Survival Tips

Hardy succulents, which store water in their leaves and stems, can survive just about anything—except the indoors, unless you're careful. These three tips can help keep your succulents alive and well, even in air-conditioning.

Go green. Green succulents like aloe vera, crassula and haworthia tend to fare better indoors than their brightly colored cousins.

Watch the water. Too much water will kill succulents, so it's important to keep plants in well-draining pots. Water about once a week, unless the soil is still moist.

Stay sunny. Succulents love the sunlight, so try to keep your plant on a windowsill or in the best-lit place in your home.

A Tall Glass of Coconut Water

Coconut water, sometimes called "nature's sports drink," is full of electrolytes and minerals necessary to staying hydrated. Here are three coconut water "courses" for a hot summer day.

Morning. Start your day right with a green juice made of coconut water, spinach, lemon juice and ginger, blended with ice.

Afternoon. Take a break with lemonade made from coconut water mixed with lemon juice, mint, honey and ice.

Night. Add your favorite frozen or fresh fruits, coconut water and ice to a blender for a delicious cooling dessert.



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Office Hours

Monday	10 AM - 6 PM
Tuesday	10 AM - 6 PM
Wednesday	10 AM - 6 PM
Thursday	10 AM - 6 PM
Friday	10 AM - 6 PM
Saturday	9 AM - 2 PM
Sunday	9 AM - 12 PM

Save on Supplies

This time of year brings back-to-school sales. Take advantage of seasonal deals to refill your supply of pens, buy a new pair of scissors or replace a worn backpack since these and other office essentials are usually discounted.

Bright Ideas!

Necessity may be the mother of invention, but happenstance is a close cousin! Consider how these well-known inventions got their somewhat inauspicious starts:

- The Slinky was the result of a failed attempt in 1943 by engineer Richard James to produce a spring for ship instruments that would counterbalance the wave motion that rocks a ship at sea.
- During World War II, GE engineer James Wright was tasked with creating a cheap substitute for rubber that could be used to produce tires, gas masks and other military gear. The result? Silly Putty.
- It was the event of the century—the 1904 World's Fair in St. Louis—and an ice cream vendor was about to run out of cups. Meanwhile, his neighboring vendor couldn't sell his waffle-esque zalabia. The two teamed up to create the classic ice cream cone.
- While attempting to invent a superstrong glue, 3M employee Spencer Silver created an adhesive that was so weak, it would barely hold two pieces of paper together. Colleague Art Fry used the glue to mark the pages of his hymnal with small scraps of paper, and Post-it Notes were born!
- In 1905, 11-year-old Frank Epperson left his soda water mix outside on a freezing night with the stir stick inside. The young accidental inventor tasted his frozen soda the next morning and knew he had struck gold. He first named the cold treat Epsicle, (Epperson + icicle), but later renamed it popsicle.



Focus on Photography

Celebrate World Photography Day on Aug. 19 with these snapshots of influential photographers.

Ansel Adams (1902-1984). In the early 20th century, a bright San Francisco boy with a crooked nose struggled in school. By the age of 14, the young Adams had traded the classroom for the wild nature of California, spending summers in Yosemite Valley. He became a Sierra Club member as a teen, where his passion for photography bloomed into

an influential commercial and artistic career, eventually earning him the Presidential Medal of Freedom.

Gordon Parks (1912-2006). Born in Kansas during segregation, Parks was a young man when he recognized the power of a camera to effect change. Parks was a magazine photographer and captured acclaimed pictures of the civil rights movement and the lives of African Americans. Parks was also an author, filmmaker, composer and painter.

Mick Rock (1948-2021). “The man who shot the seventies” framed some of the most famous names in rock and roll—including David Bowie, Queen and Blondie—throughout several decades. Some of his works are in the National Portrait Gallery in London, and many more live on as iconic album art.

A Beginner's Guide to Vintage Ephemera

Vintage ephemera is one of the hottest trends in crafting, collecting and decorating. Ephemera, originating from the ancient Greek for “lasting only a day,” describes antique items that were originally meant to be disposable (think business cards, receipts or even seed packets) that have become valuable with age. Collectible ephemera ranges from antique (more than 100 years old) to more recent vintage (more than 20 years old).

Plenty of online stores sell genuine ephemera and reproductions. For a more hands-on experience, collectors can search for treasures in antique malls, flea markets and estate sales. Thrift stores can be a budget-friendly alternative since many carry old magazines, books and stationery.

These beginner-friendly projects

are a perfect opportunity to make use of vintage ephemera finds:

Greeting cards. A homemade card with ephemera becomes a keepsake. For a birthday card to a plant lover, glue vintage seed packets and botanical prints to paper, and then add a heartfelt handwritten wish.

Home décor. Add an elegant, whimsical touch to your surroundings by framing an especially interesting ephemera find, such as a vintage playbill or handwritten letter.





Healthy Travel Snacks for Every Adventure

These nutritionist-approved travel snacks will keep hunger at bay the healthy way for any summertime adventure.

Road trip. Next time you take the scenic route, swap junk food for snacks that are salty, sweet and satisfying, like freeze-dried fruit, seasoned nuts or chickpeas, popcorn and protein cookies. According to dietitians, sticking to foods high in protein and fiber can help support steady blood sugar and ward off the fatigue of hours on the open road.

Pool day. Soaking in the sun by the water—pool, lake, beach or something else—is a wonderful way to relax, as long as you have the right eats with you. To stay hydrated, experts recommend eating plenty of fresh fruits and veggies. Consider bringing frozen fruits like grapes and other berries for an extra cooling kick.

Nature hike. When two roads diverge in a wood, it's probably a good time to sit down and have a snack. Dry goods like granola bars, apple chips and pretzels filled with nut butter provide the carbohydrates and protein important to maintain energy and promote muscle recovery while hiking.

Long-distance trip. If you have a long journey ahead of you on a plane or train, opt for foods with high water content like cucumbers, watermelon and oranges to support hydration, skin health and digestion, as well as to combat jet lag.

Featured Recipe

Frozen Banana Split Cups

Serve these tasty bites as a mini dessert or a quick grab-and-go treat.

Ingredients:

- 2/3 cup chocolate chips, milk or dark chocolate
- 2 teaspoons vegetable oil
- 1 ripe banana, peeled and thinly sliced
- 3 strawberries, hulled and thinly sliced
- 2 tablespoons chopped roasted peanuts

Directions:

Line a 12-cup mini muffin tin with mini cupcake liners.

In a small, microwave-safe bowl, heat chocolate chips in microwave on high for 1 minute, or until melted, stirring every 20 seconds. Stir in oil.

Fill cupcake liners with half of chocolate mixture, then top each with 1 banana slice and 1 strawberry slice. Fill cups with remaining chocolate mixture and sprinkle each cup with peanuts.

Freeze for at least 1 hour. Store leftovers in an airtight container.

Find more recipes at Dole.com.



Pets:

Please be a good neighbor and clean up accidents inside and outside! Pet stations can be found around the exterior of the community.

Trash Butler:

Our Trash Butler service offers convenient doorstep waste collection for our residents. To ensure efficient pickup, please place all bagged trash inside and in the provided bin between 5:00 PM and 7:00 PM. Collection begins promptly at 7:00 PM. Kindly retrieve your empty bin by 9:00 AM the following morning. Thank you for your cooperation in maintaining a clean and pleasant community.



August 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August

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9		11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26		28	29

“This Month In History” AUGUST

1926: 19-year-old Gertrude Ederle becomes the first woman to successfully swim the English Channel. Her time of 14 hours and 31 minutes beat the existing men’s world record by nearly two hours.

1938: Hollywood dance duo Fred Astaire and Ginger Rogers are featured on the cover of Life magazine.

1964: “A Hard Day’s Night,” the Beatles first feature movie, debuts in the U.S.

1962: Little Eva travels to the top of the pop music chart with the hit song “Loco-Motion” and inspires a dance craze.

1975: The first nighttime match is played under lights at the U.S. Open tennis tournament in New York City.

1990: The largest and best-preserved Tyrannosaurus rex skeleton ever found is discovered in South Dakota. The 65 million-year-old dinosaur specimen is on display at Chicago’s Field Museum.

2015: Facebook hits a milestone, reporting that 1 billion people logged on to the social networking website in a single day. As of August 2025, more than 2 billion people use Facebook daily.