



A Room with a View.

JANUARY 2019



NOTES & NEWS

Small and Sweet

A fresh fruit to enjoy this month is the kumquat, which looks like a miniature oval-shaped orange. This tiny member of the citrus family is typically in season now through April. Kumquats have an intense sweet-tart flavor and are eaten whole—skin, seeds and all.

Jot It Down

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.

Random Act of Kindness

The next time a child appears at your front door or workplace selling cookies or popcorn, go ahead and buy something. If you don't like the item, you can always give it away. The important thing is you made someone smile.

HIGHLIGHTS

Happiness Helper: Be Bright

A quick and easy mood booster could be as close as your closet. Perk up a gray winter day by putting on a piece of brightly colored clothing. Studies show there's a connection between colors and emotions, and wearing hues such as yellow, orange and green can help produce positive feelings.

Laugh Away the Winter Blahs

If you find yourself with a case of the winter blahs, try watching a comedy or chatting with a funny friend. Studies show that laughter causes your brain to release mood-lifting endorphins.

First Impressions

If you want to make a good first impression when meeting someone, the "eyes" have it. Body language experts say an eyebrow flash—quickly raising your eyebrows when you smile—sends a nonverbal signal of friendliness.

On the Menu: Clean Eating

The term "clean eating" is likely to be heard a lot this month as people make New Year's resolutions focused on improving health. The trend focuses on eating natural, whole foods as much as possible, while avoiding highly processed foods with artificial ingredients. Clean eating usually favors plant-based foods, especially fruits, vegetables, beans and whole grains.

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TRIVIA WHIZ



In Praise of Penguins

They've been featured in movies and are a main attraction at many zoos and aquariums. Here's a peek into the world of the personable penguin.

- There are at least 17 species of penguins, and they all live in the Southern Hemisphere, in climates as diverse as Antarctica, South Africa, Chile, Australia and the Galapagos Islands.
- The smallest species is the little blue penguin, which is about 16 inches tall. The largest, the emperor penguin, stands nearly 4 feet tall.
- They are flightless birds, but penguins are great swimmers and spend much of their lives in water.
- Penguins hunt for fish, squid, crabs and krill during underwater dives that can last up to 20 minutes. Insulating feathers help penguins stay warm in the water.
- Once a year, penguins lose all their feathers during a process called a catastrophic molt. They can't enter the water to hunt for two to three weeks while the feathers regrow, so they fatten themselves up beforehand.
- Penguins' tuxedo colors help hide them from predators while swimming. Viewed from above, their dark backs blend in with the ocean, and from below, their white bellies match the light at the water's surface.
- Penguin nesting areas are called rookeries and may contain thousands of pairs of birds. Most penguins lay two eggs, although emperor and king penguins lay only one. The male and female usually share incubation duties.



The Best of Times

From exercising to grocery shopping, there is an optimal time to schedule many activities in life. Start the year off right by learning these timing tips.

Medical care. Spend less time in the waiting room by scheduling a doctor's appointment first thing in the morning or right after the office's lunch break. Studies show the best time to have surgery is in the morning, preferably on a Monday or Tuesday.

Working out. Complete your

exercise regimen in the late afternoon or early evening. Experts say that is when lungs use oxygen most efficiently and hand-eye coordination is at its peak.

Grocery shopping. For the freshest selection, hit the grocery store during the morning hours, when baked goods, produce and meat are newly stocked. If you want to avoid crowds, shop weekday mornings or after 8 p.m. any day.

Visiting theme parks. Enthusiasts say a weekday in early spring is the best time to go to an amusement park. The crowds will be smaller, and you will be able to experience more of the park.

Buying a car. If you're in the market for a new vehicle, go shopping on a Monday or Wednesday, the slowest days at most dealerships. There will be fewer customers, and the salesperson will be able to focus on your needs.

Know Your Oats

Eating a bowl of oatmeal can be a comforting, heart-healthy breakfast. The different processing methods for this whole-grain food create a variety of oats to choose from.

Steel-cut. Whole oat kernels, called groats, are chopped into coarse pieces to make steel-cut oatmeal, also known as Irish oatmeal. This type is the least processed, so it takes up to 30 minutes to cook and has a chewy texture and slightly nutty flavor.

Scottish. Groats are stone-ground into small, fine pieces to make Scottish oatmeal, which is thick and creamy like porridge.

Old-fashioned. Also called rolled oats, these are the most commonly used in oatmeal and are made by steaming groats and flattening them between rollers into flakes. Old-fashioned oats are often used in baked goods, such as cookies and muffins.

Quick. These are another form of

rolled oats, but are steamed longer and rolled thinner. They make a fast breakfast since their smooth, thin flakes cook in just one minute.

Instant. Usually sold in single-serve packets with added flavors such as brown sugar, cinnamon and various fruits for sweetness, the oats in instant oatmeal have a soft texture. They have been fully cooked during processing and then dehydrated.



The different processing methods for oats create a variety of products



WIT & WISDOM



E-Waste Answers

If you recently received a new electronic gadget as a gift or are planning such a purchase soon, consider what you are going to do with your old tech, items known as e-waste.

Many devices contain toxic chemicals, such as lead and mercury, which can harm the environment. About 70 percent of heavy metals that end up in landfills come from electronic devices.

If your equipment can still be used, consider donating or selling it. Many charitable organizations will pass along your donations to schools or community groups. Craigslist and Facebook groups are a popular option for selling.

Before donating or selling a computer, you will need to use special software to completely clear the hard drive of your personal data. Consult a technology professional if you need help with the process.

E-waste that can be recycled includes printers, ink cartridges, phones, gaming consoles, video games, laptops, desktop computers, tablets, CDs, DVDs, digital cameras, cables and motherboards.

Many electronics retailers and office supply stores have e-waste recycling programs and accept used equipment. Contact a store near you to inquire about curbside drop-off and any daily limits they might have.

Visit Earth911.com or RecycleNation.com for more information on how you can help reduce e-waste.

Chicken Pad Thai

Ingredients:

- 1 pound chicken breast
- Freshly ground pepper, to taste
- 1 tablespoon olive oil
- 1 tablespoon honey
- 2 teaspoons chili garlic sauce
- 3 tablespoons rice wine vinegar
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon peanut butter
- 1/4 cup water
- 1 medium zucchini, spiralized (about 1 cup)
- 2 medium carrots, spiralized (about 1 cup)
- 1 cup cooked pad thai stir-fry noodles
- 1 cup bean sprouts
- 1 cup thinly sliced cabbage
- 1 lime, quartered
- 1/4 cup unsalted peanuts, crushed
- 2 tablespoons chopped cilantro

Directions:

Season chicken with pepper. In large, nonstick skillet, heat olive oil over medium-high heat and cook chicken until juices are clear. Remove chicken from pan and allow to rest 5 minutes before slicing.

To make sauce: In small bowl, whisk together honey, chili garlic sauce, rice wine vinegar, soy sauce, peanut butter and water.

Add zucchini, carrots, pad thai noodles and sliced chicken to pan; pour in sauce and toss to coat. Toss in bean sprouts and cabbage. Serve with lime wedge, crushed peanuts and cilantro.

Find more recipes at www.GaPeanuts.com.



“Even though the future seems far away, it is actually beginning right now.”

—**Mattie Stepanek**

“There will come a time when you believe everything is finished. That will be the beginning.”

—**Louis L'Amour**

“Do not wait until the conditions are perfect to begin. Beginning makes the conditions perfect.”

—**Alan Cohen**

“You will never win if you never begin.”

—**Helen Rowland**

“Forgiveness says you are given another chance to make a new beginning.”

—**Desmond Tutu**

“The beginning is the most important part of any work.”

—**Plato**

“All achievements, all earned riches, have their beginning in an idea.”

—**Napoleon Hill**

“Begin somewhere; you cannot build a reputation on what you intend to do.”

—**Liz Smith**

“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.”

—**Maria Robinson**

“The way to get started is to quit talking and begin doing.”

—**Walt Disney**

“Begin at the beginning and go on till you come to the end; then stop.”

—**Lewis Carroll**



January 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|--|---------------------------------|--|--------|--|
|  | | New Year's Day Office Closed Rent Is Due | 1 Pest Control 1220 | 2 | 3 | 4 Don't Miss It! Last Day to Pay Rent Before Late Fees Begin! |
| 6 | 7 | 8 Coffee and Conversation 10 a.m. | 9 Pest Control 810 & 820 | 10 | 11 | 12 |
| 13 | 14 | 15 Coffee and Conversation 10 a.m. | 16 Pest Control 830 & 905 | 17  | 18 | 19 |
| 20 Martin Luther King Jr. Day Office Closed | 21 | 22 Coffee and Conversation 10 a.m. | 23 Pest Control 915 & 925 | 24 | 25 | 26  |
| 27 | 28 | 29 Coffee and Conversation 10 a.m. | 30 Pest Control 935 & 945 | 31 | | |

"This Month In History" JANUARY

1906: The sport of football is forever changed when a new game rule makes the forward pass a legal play.

1912: New Mexico joins the union as the 47th state.

1924: The first Winter Olympics are held in Chamonix, France.

1943: Franklin D. Roosevelt becomes the first U.S. president to travel by airplane while in office. He flew to Morocco to meet with

British Prime Minister Winston Churchill.

1955: Singer Marian Anderson takes the stage at the Metropolitan Opera in New York City. She was the first African-American to perform a leading role with the company.

1968: Country music star Johnny Cash records a live album by playing two concerts at California's Folsom State Prison.

1972: U.S. President Richard M. Nixon orders the development of a "new type of space transportation system," the space shuttle program.

1986: The first national Martin Luther King Jr. holiday is observed.

1994: A magnitude 6.7 earthquake strikes the San Fernando Valley region of Los Angeles.

2000: Celebrations worldwide mark the turn of the new millennium.

2011: Wikipedia, a popular internet encyclopedia, celebrates its 10th anniversary.

2015: At age 17, Lydia Ko of New Zealand becomes the youngest golfer in history to be ranked No. 1 in the world.