



*A Room with a View.*

## JULY 2020



## NOTES & NEWS

### Best Foot Forward

A summertime staple, flip-flops are easy to slip on, but their open design can leave your feet susceptible to cuts and scrapes. Watch your step when you're out and about in a pair, or take the advice of doctors, who say to save them for the swimming pool or the beach.

### Chill Out in the Shower

Ending a shower with a minute or two under cold water can cool you down on a hot day and provide some health benefits. Along with increasing circulation and boosting energy, a cold rinse causes your body to release endorphins, which can elevate your mood.

### Ciao to Cherry Stains

Snacking on fresh cherries is a sweet summertime treat, but getting their red juice stains on your clothing is the pits! If the stain is fresh, cold running water will likely do the trick. Make sure the reverse side of the stain is facing the faucet, so the water stream will force the juice out of the fibers.

## HIGHLIGHTS

### Red, White and Blueberry

July brings National Blueberry Month, the prime time for the little blue fruit. It's one of only a few fruits native to North America, and the U.S. is the world's largest producer of blueberries, growing about 600 million pounds of wild and cultivated varieties each year.

### Quick Phone Cover

For quick protection from outdoor elements, place your smartphone in a zip-close plastic sandwich bag. It will shield the device from water, sand or dirt, and you'll still be able to see and use the phone's touch screen.

### A Bright Idea for Energy Savings

Much like dimming your smartphone screen can save its battery life, adjusting the brightness of televisions and computer monitors can reduce the amount of power the appliances use. The default brightness level on many TVs and computer screens is set very high, helping the device stand out when displayed in a store, but is unnecessarily bright for most home settings. Lowering a screen's brightness can also be more comfortable for your eyes.

### A Sweet Serving

One scoop of ice cream can dish out about 10% of the daily recommended amount of calcium.

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# TRIVIA WHIZ

## In the Swim

When the summertime temps rise, one way to cool off is to put on your bathing suit and splash around in some water. Did you know that swimming suits are a relatively new invention? Soak up these facts about the wardrobe staple.

- Early styles of swimwear were extremely modest. Women wore ankle-length, long-sleeved bathing gowns made of heavy wool or flannel.
- Before swimming trunks became the norm, men wore one-piece suits that covered their chests and legs.
- The term “swimming suit” was first used in 1921 in magazine ads created by Jantzen, a swimsuit manufacturer in Portland, Ore.
- On July 5, 1946, the bikini made quite a splash when it debuted in France. The two-piece design, with strings that tied around the neck and hips, was considered very daring at the time.
- The invention of fabrics such as nylon and spandex helped to make swimsuits more flexible and formfitting.
- When the surfing culture became the rage in the 1950s and '60s, bright-colored board shorts for men rode a wave of popularity.
- Designers have dived into high-tech swimwear, or tech suits, with fabric blends that help competitive swimmers glide through the water faster.
- Some kids and adults now opt to wear swim shirts with a UPF rating, which is a fabric's ultraviolet protection factor, indicating how much of the sun's UV rays it blocks.



## Patriotic Movie Picks

Queue up one of these movie picks that celebrate the red, white and blue.

*“The Longest Day” (1962)*. With an all-star international cast that includes legends John Wayne, Richard Burton and Sean Connery, this film follows the action of the 1944 D-Day invasion from multiple points of view.

*“Glory” (1989)*. Denzel Washington and Morgan Freeman star in this Civil War drama about one of the first African American regiments in the Union Army.

*“Independence Day” (1996)*. An invasion by space aliens, a Fourth of July mission, and a rousing speech about saving mankind make this action movie a favorite decades after it premiered.

*“Miracle” (2004)*. This feel-good film is the inspiring true story of the U.S. men's hockey team win over the Soviet Union at the 1980 Winter Olympics. Kurt Russell plays U.S. coach Herb Brooks.

*“Captain America: The First Avenger” (2011)*. With a superhero sporting red, white and blue and a World War II setting, this Marvel Comics adventure radiates U.S. pride.

*“Hidden Figures” (2016)*. Based on true events, this film follows the lives of three female African American mathematicians who work at NASA during the 1960s space race. The trio overcomes obstacles and helps in the mission to make John Glenn the first American to orbit the Earth.

## French Fry Frenzy

“Do you want fries with that?” It's a question that many of us answer with an enthusiastic “Yes!” In the U.S., french fries are so popular that the average person eats nearly 30 pounds of them in a year!

Despite their name, the exact origin of french fries is hard to pin down. Potatoes, native to South America, arrived in Europe in the mid-1500s, and Spain, France and Belgium all claim to be the place where the vegetable was first served cut up and fried in oil.

U.S. President Thomas Jefferson, who spent time in France as an ambassador, gets the credit for introducing fries to America when he requested that a White House dinner in 1802 include “potatoes served in the French manner.” By that time, street carts selling deep-fried foods were common in France, and chefs there had also popularized the julienne

technique, the cutting of food into long, thin strips. This likely led to the name french fried potatoes, which was eventually shortened to fries.

Nowadays, options include crinkle-cut, shoestring, waffle, curly and steak fries. While ketchup is the go-to condiment, ranch dressing and honey mustard are also popular, as are toppings of cheese or chili. And there are healthier versions, such as zucchini fries or baked sweet potato fries, to satisfy cravings.





## WIT & WISDOM



### New Fans Flip for Pinball

Flashy graphics, buzzing sound effects, a climbing score and nimble fingers poised over the controls. No, this isn't the latest video game, but a vintage amusement that's found a new audience. This is pinball.

Before becoming the loud, shiny arcade staple of the 20th century, pinball can be traced back to a French billiards game from the 1700s called bagatelle. Bagatelle made its way to the U.S., where a British immigrant named Montague Redgrave invented a tabletop style in 1871. Featuring a spring-loaded plunger that propelled a marble-sized ball onto the playing board, this game laid the groundwork for modern pinball.

People of all ages took to the game, and in the 1930s, when coin-operated machines were produced, they flocked to play them at penny arcades. Electric-powered features such as lights, sound effects and music added to the attraction. Pinball's signature player-controlled flipper paddles, which kept the metal ball in play longer, were invented in 1947, and the innovation further boosted pinball's popularity.

Today, pinball is experiencing a revival. Despite computer versions of the game, it's the vintage machines that are attracting fans to arcades and pinball museums either to relive their childhoods or to discover the machines' retro charms. Players worldwide can also compete in over 3,500 annual pinball tournaments.



## One Minute Chef

### 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.

*More recipes at Dole.com.*



"This nation will remain the land of the free only so long as it is the home of the brave."

—*Elmer Davis*

"Be bold, be brave enough to be your true self."

—*Queen Latifah*

"He doesn't need to be big to be brave, because bravery is the courage found in the heart."

—*Aishah Madadih*

"Be brave. Take risks. Nothing can substitute experience."

—*Paulo Coelho*

"Brave means listening to the still small voice inside and doing as it says. Regardless of what the rest of the world is saying."

—*Glennon Doyle*

"Being brave isn't the absence of fear. Being brave is having that fear but finding a way through it."

—*Bear Grylls*

"The real man smiles in trouble, gathers strength from distress, and grows brave by reflection."

—*Thomas Paine*

"You'll never do a whole lot unless you're brave enough to try."

—*Dolly Parton*

"Bravery is the audacity to be unhindered by failures and to walk with freedom, strength, and hope in the face of things unknown."



—*Morgan Harper Nichols*

"Fill your lives with love and bravery and you shall lead a life uncommon."

—*Jewel*



## July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>July</i>			1 <b>RENT IS DUE</b>	2	3	4 <i>July 4th</i>
5	6 <b>RENT IS LATE</b> 	7 National Strawberry Sundae Day	8	9	10	11
12	13 Amazon Prime Day	14	15	16	17	18
19	20	21 National Junk Food Day	22	23	24 	25 National Wine and Cheese Day
26	27	28	29	30 International Day of Friendship	31	

# "This Month In History"

## JULY

**1922:** Johnny Weissmuller breaks a world record. The future Olympic champion and Hollywood actor was the first person to swim 100 meters in under one minute.

**1938:** On the 75th anniversary of the Battle of Gettysburg, President Franklin D. Roosevelt dedicates the Eternal Light Peace Memorial at the Civil War site in Pennsylvania. An eternal flame burns atop the monument's 47-foot-tall stone tower.

**1957:** Jack Paar debuts as host of TV's "Tonight" show.

**1969:** Apollo 11 astronaut Neil Armstrong takes "one giant leap for mankind," becoming the first man to walk on the moon.

**1972:** "Lean on Me" by Bill Withers is the No. 1 song on the music charts.

**1985:** After three months of consumer complaints about New Coke, the Coca-Cola Co. announces it is bringing back the soft drink's original formula.

**1991:** Major League Baseball approves adding two new teams, the Florida Marlins and the Colorado Rockies.

**2003:** The last classic-style Volkswagen Beetle rolls off the production line.

**2012:** The 30th Summer Olympics open in London.

**2018:** In Thailand, 12 boys and their soccer coach are rescued after being trapped in a cave flooded by monsoon rains. The 18-day mission riveted the world.