



A Room with a View.

JUNE 2019



NOTES & NEWS

Sweet Tea Twist

Summer's warm temperatures may have you reaching for a refreshing glass of iced tea. If you like sweetened tea, swap out sugar for slices of fresh fruit or a splash of fruit juice for a healthier drink.

Carry a Summer Scarf

A large, lightweight scarf can come in handy in the summer. Use it to drape over your neck and shoulders in chilly restaurants and theaters, and to protect your head from the sun when you're outdoors.

Travel Tip: Look at a Map

Before you leave on a trip to a new place, study a map to get a sense of your destination. Knowing what's north vs. south and east vs. west will help you navigate an unfamiliar city more easily.

Quiz Your Queue

Before you head to a theme park or other venue where you will have to spend time waiting in lines, download a couple of phone apps with quizzes and group games you can play to pass the time.

HIGHLIGHTS

Knead to Know Gnocchi

Sun, June 9, 2019 1:00 PM – 3:30 PM
@ Red Pump Kitchen. Light as a feather, our made-from-scratch pillowy dumplings are bites of perfection. In this hands-on cooking class, you will learn our Chef's secret to making no-fail ricotta gnocchi that is fun and delicious for summer.

Class includes a meal and two glasses of wine.

Bark in the Park Charlottesville

Tue, Jun 18, 6:30 – 8:00 PM. Join us at the **Charlottesville High School** for the annual *Bark in the Park* night hosted by the Charlottesville Tom Sox. The Compassionate Care-A-Van will be on site with adoptable dogs!

Summer Movie Series: Mary Poppins Returns

Tue, Jun 18, 4 – 7 PM @ Graduate Charlottesville. It's a family affair! Join us in our 2nd-floor game room our free Summer Movie Series, featuring Mary Poppins Returns.

Charlottesville City Market-

June 29th, 2019 Sat, 7 AM – 12 PM
100 Water Street East Charlottesville, VA 22902

Fresh produce, herbs, plants, grass-fed meats, crafts, and baked goods all from local vendors!

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TRIVIA WHIZ



Fathers in Film

Father figures can be found not just in real life, but in movies, too. This Father's Day, consider the paternal pride shown in the following on-screen dads.

Atticus Finch. In the 1962 classic "To Kill a Mockingbird," Gregory Peck's Southern lawyer shows integrity, courage and compassion as he faces a perilous trial and the responsibilities of parenting his children, Scout and Jem, in troubled times.

Dr. Henry Jones. First appearing in 1989's "Indiana Jones and the Last Crusade," Sean Connery's senior Dr. Jones may irritate his globetrotting archaeologist son Indiana, but despite their bickering, audiences can tell there is a real bond between "Junior" and his dad.

Sam Baldwin. Though recently widowed and still grieving, Sam, played by Tom Hanks, is a positive and caring father for his son, Jonah, in the 1993 romantic comedy "Sleepless in Seattle."

Marlin. The overprotective clown fish in 2003's animated hit "Finding Nemo," Marlin, voiced by Albert Brooks, embarks on an epic journey filled with danger and self-discovery as he searches the sea for his kidnapped son Nemo.

Chris Gardner. In the 2006 drama "The Pursuit of Happyness," which is based on a true story, Will Smith portrays a devoted father who goes from homelessness to a career as a stockbroker. Gardner is determined to make the best possible life for his son, and no matter how difficult things get, he always finds the time and energy to be a good dad.

"The quality of a father can be seen in the goals, dreams and aspirations he sets not only for himself, but for his family."

—Reed Markham



Find the Freshest Fruit

A fresh fruit salad is one of the highlights of summer cuisine. Use your senses of sight, touch and smell to select the tastiest and freshest produce.

Blueberries. Pick berries that are firm, plump and completely blue, with no red tint.

Cantaloupes. The melons should have a sweet smell and be cream or golden in color, not green. Avoid fruits with soft spots.

Cherries. Choose those that

are plump and shiny. Cherries with intact stems will stay fresh longer.

Grapes. The best specimens will be firm, plump and heavy for their size. They should be firmly attached to the stems, which should be green, not brown and dried out.

Kiwifruits. Avoid fruits that are either rock hard or mushy, instead selecting those that give slightly when pressed.

Peaches. Choose fragrant, deeply colored fruits that are just a little soft at the stem end. Pass on peaches with wrinkles or bruises.

Strawberries. Select small to medium-sized strawberries that are fragrant, shiny and fully red, with no white at the top. The freshest will still have green stems.

Watermelons. The ripest melon will have a large yellow spot on one side where it sat on the ground, be heavy for its size, and sound hollow when you tap it with your knuckles.

Be a Great Wedding Guest

Wedding season is in full swing, and if you've been invited to share in the festivities of a friend or family member, be a model guest by brushing up on some wedding etiquette.

Always RSVP. Be sure to RSVP by the deadline. The couple needs to know who will be attending so they can plan details such as food and seating.

Review your wardrobe. Most couples will clearly state the dress code on their invitations. If you're not sure what is appropriate, ask someone familiar with the wedding, such as a bridesmaid. One rule etiquette experts agree on is that guests should never wear white; that is reserved for the bride.

Give a gift. Even if you can't attend the event, you may wish to give the couple a wedding present. If you shop from the registry, you'll know your gift is something they will enjoy. Cash or gift cards are also perfectly acceptable.

Don't play paparazzi. The bride and groom are likely looking forward to having photos taken by a professional photographer they hired to do the job. Guests should keep their phones and cameras out of sight until the reception.

Pause before you post. Respect the newlyweds' wishes when it comes to sharing photos and videos of the festivities on social media sites. A general rule is to not post anything online until after the couple has had a chance to do so.





WIT & WISDOM



Party of One

Traveling alone has advantages. You get to visit the sights you want to see, keep to your own schedule and feel a greater sense of independence. But solo travel has its challenges, too. Preparation and common sense are key to a successful trip.

First, give your friends and family a copy of your itinerary that includes departure and arrival times, hotel reservations, and an outline of your sightseeing schedule. Stay in touch regularly via phone, text, social media or email.

The best way to meet people while traveling solo is to hang out in coffee shops, public squares and museums. Take a walking tour of the city to learn about the town and meet other travelers. Talk to locals who know the area and can tell you where to visit and what to skip.

Use the opportunity of traveling alone to do something you wouldn't do at home or with friends, whether it's salsa dancing, surfing or eating an exotic food.

At mealtime, consider alternatives to formal dining. Try a food truck, deli or sidewalk café. During your meal, read a local newspaper, write in your travel journal or people-watch.

Always keep safety in mind. Stick to public places, especially at night. Look like you know what you're doing and where you're going, even if you have to fake it. If your instincts are telling you that something is not right, trust them.

Traveling solo has advantages and challenges



One Minute Chef

Cranberry-Orange Chia Granola

Ingredients:

- 2 1/2 cups old-fashioned oats
- 6 ounces pistachios, chopped
- 1/4 cup chia seeds
- 5 ounces dried cranberries
- 1 tablespoon orange zest
- 3/4 cup honey
- 3 tablespoons coconut oil
- 1 teaspoon vanilla
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon sea salt

Directions:

Heat oven to 325° F.

In large bowl, combine oats, pistachios, chia seeds, cranberries and orange zest. Toss until orange zest is evenly distributed.

In medium bowl, combine honey, coconut oil, vanilla, cinnamon and salt. Heat in microwave 1 minute; stir. Continue heating in 30-second intervals until coconut oil is melted.

Add honey mixture to oat mixture. Toss until thoroughly coated. Transfer to baking sheet lined with parchment paper. Spread into even layer and bake in center of oven 20 minutes. Stir and continue cooking until evenly browned, about 10 to 15 minutes.

Remove from oven and cool to room temperature. Granola can be stored in airtight container up to three weeks.

Find more recipes at www.Aldi.us.



“There are no rules of architecture for a castle in the clouds.”

—**G.K. Chesterton**

“How sweet to be a cloud, floating in the blue!”

—**A.A. Milne**

“Not a breath of air stirred over the free and open prairie; the clouds were like light piles of cotton, and where the blue sky was visible, it wore a hazy and languid aspect.”

—**Francis Parkman**

“Let's build us a happy little cloud that floats around the sky.”

—**Bob Ross**

“Summer is the annual permission slip to be lazy. To do nothing and have it count for something. To lie in the grass and count the stars. To sit on a branch and study the clouds.”

—**Regina Brett**

“You must not blame me if I do talk to the clouds.”

—**Henry David Thoreau**

“Human minds are more full of mysteries than any written book and more changeable than the cloud shapes in the air.”

—**Louisa May Alcott**

“The seasons do not push one another; neither do clouds race the wind across the sky. All things happen in their own good time.”

—**Dan Millman**

“When you're a kid, you lay in the grass and watch the clouds going over, and you literally don't have a thought in your mind. It's purely meditation, and we lose that.”

—**Dick Van Dyke**



June 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|------------------------------------------|---------------------------------------|--------------------------|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|
|  JUNE  | | | | | | 1 <i>Rent Is Due</i> |
| 2 | 3 | 4 Coffee and Conversation 10 a.m. | 5 Pest Control BLD 915 & 925 | 6 <i>Rent Is Late</i> | 7 <i>Doughnut DAY</i>  | 8 |
| 9 | 10 | 11 Coffee and Conversation 10 a.m. | 12 Pest Control BLD 935 & 945 | 13 | 14 | 15  NATURE Photography DAY |
| 16 I  DAD Happy Father's Day | 17 | 18 Coffee and Conversation 10 a.m. | 19 Pest Control BLD 1005 & 1015 | 20 | 21  SUMMER | 22 |
| 23/30 | 24 | 25 Coffee and Conversation 10 a.m. | 26 Pest Control BLD 1035 & 1055 | 27 | 28 | 29 |

"This Month In History" JUNE

1886: Grover Cleveland becomes the first U.S. president to be married in the White House. He wed Frances Folsom in a small ceremony in the Blue Room.

1905: The world's first nickelodeon, an early version of a movie theater, opens in Pittsburgh. Customers paid a 5-cent admission to see short silent films and live entertainment.

1925: Walter P. Chrysler founds his own auto company, the Chrysler Corp.

1938: The design of the modern-day ballpoint pen is patented by inventor Lazlo Biro in Britain.

1942: U.S. forces win a decisive victory against Japan at the Battle of Midway in the Pacific theater during World War II.

1962: Ray Charles' version of the country song "I Can't Stop Loving You" tops the pop music chart. It was one of the biggest hits of the singer's career.

1970: Army officers Anna Mae Hays and Elizabeth P. Hoisington are the first women in the U.S. military to be promoted to the rank of general.

1993: Ruth Bader Ginsberg is nominated to serve as an associate justice of the U.S. Supreme Court.

2002: The Los Angeles Lakers win their third straight NBA championship, and team center Shaquille O'Neal is named the most valuable player.

2016: "Hamilton," the Broadway musical about founding father Alexander Hamilton, wins 11 Tony Awards out of its record-breaking 16 nominations.

2018: A colt named Justify wins horse racing's Triple Crown. He was the 13th horse in history to earn the coveted title.