



A Room with a View.

JUNE 2020



NOTES & NEWS

Hello, Sunshine!

Bring on the sun and fun! Summer officially begins on June 20.

Take a Meditation Break

You can't take years off your age, but you may be able to take years off your brain age. What's the secret? Some say it's practicing meditation. One research study showed that the physical appearance of meditators' brains appeared to be about seven years younger than those who didn't meditate. Scientists have observed that small bouts of consistent meditation, two to 10 minutes a day, can improve cognitive abilities.

TED's Anniversary

In June 2006, the first six TED Talks were posted on the internet. With the motto "Ideas Worth Spreading," TED began in 1984 as a technology, entertainment and design conference. Today, there are now more than 3,000 free talks at *TED.com* that cover a variety of topics with a total of over 1 billion views.

HIGHLIGHTS

Here's to Dads

Father's Day on Sunday, June 21, honors dads, granddads and father figures everywhere.

Naming Your Car

Baby, Betsy, Betty and the Beast ... In America, those are among the most popular names—for cars! Surveys consistently show that many drivers consider their vehicle a family member and name their four-wheeled friend.

Healthy Stone Fruits

It's the season for stone fruits, those fresh, juicy treats with a pit inside. Peaches, nectarines, apricots, mangoes, plums and cherries are all stone fruits. Bite into these, and you'll get a healthy dose of vitamin C, important for boosting your immune system.

A Dandy Sight

Blooms of dandelions are an annual sight across many landscapes. The plant's head holds as many as 300 ray flowers that look like tiny petals. These mature into white seeds that can disperse and drift off miles away. Folklore says the dandelion's life cycle symbolizes our solar system: The yellow flower resembles the sun, the white puff ball looks like the moon and the scattered seeds are the stars.

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TRIVIA WHIZ



A Megahit Movie

More than four decades after its release, the film “Jaws” still generates thrills for movie watchers. Called Hollywood’s first summer blockbuster, the smash hit premiered June 20, 1975. Dive into these fin-tastic facts about the iconic film.

- “Jaws” was based on the novel of the same name by Peter Benchley, who also co-wrote the screenplay. He originally titled the book “Silence in the Deep.”
- Three mechanical sharks were built to portray the great white beast that terrorizes a seaside town. Crew members nicknamed the sharks “Bruce.”
- To add suspense, the shark isn’t seen until nearly an hour and a half into the film. In total, it only has four minutes of screen time.
- The memorable line “You’re going to need a bigger boat” was ad-libbed by actor Roy Scheider, who played the town police chief, Martin Brody.
- The fishing boat used to track the shark is named the Orca. In real life, orcas are the only natural predators of great white sharks.
- John Williams composed the famously foreboding two-note “Jaws” theme, winning the Academy Award for best original score. The film’s sound and editing also earned Oscars.
- The first movie to make over \$100 million at the box office, “Jaws” was the highest-grossing film of all time until 1977’s “Star Wars.”



Refresh Your Hydration Routine

Drinking plenty of water every day is important for your overall health, especially during warm weather. Freshen up your motivation to stay hydrated with these simple tips:

Make it part of your daily schedule. Dietitians recommend drinking water at several specific points during the day: after you wake up, with meals, before and after working out, and when taking medication.

Pick a cup and fill ‘er up! An insulated bottle, a colorful tumbler, a mug with a handle ... it doesn’t matter what kind of drinkware you use, as long as you like it. Choose a container that is comfortable to use and suits your style.

Set reminders. By marking lines on the outside of a translucent, reusable bottle, you can visually track how much water you’re drinking throughout the day. You can also set alarms on your phone that remind you it’s time to take a swig.

Sip through a straw. Many people find it easier to drink through a straw, and you’ll get more water with every sip. Plus, sipping slowly is better than guzzling, which can cause bloating.

Find your favorite flavor. If you don’t like plain water or simply want some variety, enhance the flavor with a few fresh berries, some sliced fruit, a splash of juice, or sprigs of fresh herbs such as spearmint.

Wake Up to Overnight Oats

With summer on its way, this is the perfect time to switch up your breakfast routine and try your hand at cool and creamy overnight oats. The combination of oats, milk and other ingredients rests in the fridge overnight, and in the morning, you have a pudding-like porridge that is perfect for grab-and-go breakfasts.

Containing more protein than most grains, oats are also a rich source of fiber, which helps you feel full longer, and are high in antioxidants.

Start with old-fashioned rolled oats for the best consistency, and then add the milk of your choice, whether dairy milk or a plant-based milk such as almond or coconut milk. Greek yogurt will add protein and make the overnight oats more filling. A common ratio in overnight oats recipes is equal parts oats and milk, plus half as much yogurt.

Some overnight oats recipes include

chia seeds, which add a boost of fiber, protein and omega-3s. The seeds plump as they soak, giving the oats a creamier texture. Honey or maple syrup adds sweetness, and a pinch of salt will help balance all the flavors.

Put all the ingredients in a jar or bowl, stir, cover and refrigerate overnight. In the morning, you can add toppings such as fruit and nuts. Mix-in ideas include banana almond overnight oats, chocolate peanut butter overnight oats and apple cinnamon overnight oats.





WIT & WISDOM



Hardy Houseplants for Your Home

There are many benefits to keeping indoor plants. They can purify the air, lift your mood and add a stylish touch of nature to any room. Create an indoor garden with ease with these durable, low-maintenance plants.

Aloe. The gel found inside aloe's long, pointed leaves can be used as a skin moisturizer and to soothe minor burns. This succulent likes a lot of sunlight and its soil should be allowed to dry completely between waterings.

Peace lily. This lovely plant has striking white blooms and dark green leaves. It tolerates low humidity and low light, making it ideal for rooms with few windows. The peace lily prefers moist soil.

Pothos. The fast-growing pothos has variegated leaves on long, trailing stems. Pruning the plants will keep them fuller at the base. Pothos plants like to dry out a bit between waterings. These plants are tolerant of all types of light conditions.

Snake plant. This succulent's thick, sword-shaped leaves come in a range of colors and patterns, adding visual interest to any room. Also known as mother-in-law's tongue, the plant grows well in almost any light. Water sparingly; the snake plant thrives on being ignored.

Spider plant. Spider plants look best in a hanging basket or on a pedestal. The grassy shoots produce baby plants, which can be cut off and planted on their own. Spider plants do well with evenly moist soil and bright or medium lighting conditions.



One Minute Chef

Open-Faced BLT Sandwiches

Ingredients:

- 6 to 8 strips bacon
- 1 loaf country bread
- 1 cup arugula leaves
- 1 cup cherry tomatoes, halved
- 1 tablespoon extra-virgin olive oil, plus additional to drizzle
- 1 tablespoon balsamic vinegar
- Kosher salt
- Ground pepper

Directions:

Heat oven to 375° F.

Place bacon on baking sheet and bake 15 to 20 minutes, depending on thickness of bacon. Remove bacon from oven and transfer to paper towels to drain.

Using bread knife, slice bread 1/3-inch thick into single-serving slices; toast lightly.

Add arugula leaves and cherry tomatoes to medium bowl. In separate bowl, whisk olive oil and balsamic vinegar. Add to arugula and tomatoes and toss gently to coat.

To assemble, drizzle olive oil on one side of toasted bread. Arrange bacon and arugula and tomato mixture on top. Finish each sandwich with a sprinkle of salt and ground pepper.



"There shall be eternal summer in the grateful heart."

—**Celia Thaxter**

"I have only to break into the tightness of a strawberry, and I see summer."

—**Toni Morrison**

"And so with the sunshine and the great bursts of leaves growing on the trees ... I had that familiar conviction that life was beginning over again with the summer."

—**F. Scott Fitzgerald**

"If summer had one defining scent, it'd definitely be the smell of barbecue."

—**Katie Lee**

"Summer is singing with joy, and the beaches are inviting you with dancing waves."

—**Debasish Mridha**

"Oh sun! Fervid sun! You welcome me with summer. Drench me in your rays."

—**Richelle E. Goodrich**

"In the summer, the days were long, stretching into each other ... this collection of weeks when anything was possible."

—**Sarah Dessen**

"Summer's lease hath all too short a date."





—**William Shakespeare**

"Summer was our best season: It was sleeping on the back screened porch in cots, or trying to sleep in the treehouse; summer was everything good to eat; it was a thousand colors in a parched landscape."

—**Harper Lee**



June 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>» Rent Is Due «</i>	2	3	4	5	6
7	8	9	10	11 	12	13
14	15	16	17	18	19	20 <i>1st Day of Summer</i> 
21 I ♥ DAD Happy Father's Day	22	23 	24	25	26	27
28	29	30	<i>June</i> 			

"This Month In History" JUNE

1910: The first statewide celebration of Father's Day is held in Washington. The day honoring fathers was proclaimed a national holiday in 1972.

1928: Louis Armstrong and his Hot Five band record "West End Blues," considered to be one of the greatest jazz songs of all time.

1939: The first Little League Baseball game is played in Williamsport, Pa.

1944: Allied forces storm the beaches of Normandy, France, in the D-Day invasion of World War II.

1956: The last Packard rolls off the production line at the luxury car's manufacturing plant in Detroit.

1978: Comic strip cat "Garfield," created by Jim Davis, debuts in 41 newspapers.

1993: Chuck Berry, Ruth Brown and Billy Joel are among the stars who help break ground for the new Rock & Roll Hall of Fame building in Cleveland.

2007: After recovering from near extinction, the American bald eagle is removed from the endangered species list.

2012: Daredevil Nik Wallenda makes high-wire history after walking a 1,800-foot-long wire suspended over Niagara Falls.

2019: "Jeopardy!" contestant James Holzhauer's winning streak ends at 32 games. He won over \$2.4 million on the TV quiz show.