



A Room with a View.

MAY 2020



NOTES & NEWS

Calming Water

Sitting on a beach and gazing at gently rolling waves puts some folks in a state of bliss, but you don't have to visit an ocean to reap the calming effects of water. Studies show that being near a pool, lake or river, or simply visualizing a peaceful water scene, can help you relax.

Memorial Day

A day to remember the sacrifice of the country's fallen service members has been observed since the Civil War. Known as Decoration Day for a century, the holiday was renamed Memorial Day by federal law in 1967.

Best Innings for a Break

Attending a baseball game this season? Here's a tip on when to take a break from the action: Instead of waiting until the seventh inning stretch, the fourth, fifth and sixth innings are better times to leave your seat. By then, all the players on your team's lineup will have been up to bat, and you won't miss the excitement of the game's last few innings.

HIGHLIGHTS

A Flower for Moms

Because of its beauty, hardiness and prevalence, the carnation is regarded as the official flower of Mother's Day. The holiday's founder, Anna Jarvis, chose the frilly, fragrant bloom because it was her mother's favorite flower, and 500 white carnations were handed out at the first Mother's Day observance in 1908.

Ready for Summer Fun

Prepare for summer fun before the season begins. Check that you have a supply of sunscreen and insect repellent as well as a good pair of sunglasses and a comfortable hat. To avoid a last-minute scramble, stock up or replace items now and put them in a bag that's ready to go on an adventure when you are.

To Your Health: Better Balance

Studies have found that increased flexibility can lead to a longer life, so try this easy exercise: Stand on your right leg for 10 seconds, then switch and stand on your left leg. Try it while you're brushing your teeth. Over time, the exercise will improve your balance and agility.

Flocking to This Hobby

Bird-watching has become one of the fastest-growing outdoor activities in the country. An estimated 50 million people say they spend time watching birds in their backyards and away from home.

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TRIVIA WHIZ



Fizzy Favorites

Do you call your favorite soft drink “pop” or “soda”? No matter what it’s called, there are nearly 1,000 varieties to choose from in the U.S. Here are some more refreshing facts about soft drinks.

- In the Midwest and Pacific Northwest, people tend to say pop; in New England and the Southwest, they call it soda; and in the South, it’s usually Coke, even if the drink is not Coca-Cola.
- Carbonated beverages were marketed as health drinks in the 1800s. They were flavored with ingredients such as dandelions, birch bark and ginger.
- Coca-Cola is the world’s bestselling soda. The brand’s red and white logo is recognized by 94% of people around the globe.
- Pepsi-Cola was called Brad’s Drink when it was introduced in 1893.
- A blend of 23 flavors gives Dr Pepper its unique taste.
- The dimples on Sprite bottles represent the bubbles in the carbonated drink.
- The Royal Crown Co. rolled out the first sugar-free soft drink, Diet Rite, in 1958.
- Fanta produces more than 90 flavors worldwide. Orange is the most popular.
- A&W Root Beer was first sold at a roadside stand in California during a parade honoring World War I soldiers in 1919.
- Some out-of-this-world soft drink flavors include curry in Japan, black garlic in Switzerland, onion in South Korea and banana in Haiti.



Check Out Your Local Library

Did you know that Americans are more likely to visit a library than go to a ballgame or the movies? According to a recent poll, attending a library is the most common cultural activity among people in the U.S., who now have an array of options beyond just borrowing books. Public libraries have branched out their offerings to patrons in many ways.

From preschool to college. Most libraries schedule children’s story times, but more are also catering to

teens with coding classes, robotics clubs and poetry slams. Students doing research can access expensive academic journals.

Make and create. Do you want to learn how to play the guitar or explore our solar system? Some libraries have started lending nontraditional items such as musical instruments, telescopes, sewing machines, power tools and sports equipment. You can see if you like a new hobby before making an investment in supplies.

Fun for all. Discounts or free passes to cultural attractions including museums, zoos and botanical gardens are often available through libraries, and many branches host author talks, art exhibits and family game nights.

Learn and grow. Do you want to learn another language, where your ancestors are from or how to bake biscotti? Libraries provide classes and computer software programs in a wide variety of subjects.

Protect Your Peepers

May brings longer days, spring flowers and Healthy Vision Month. Before you head outdoors to enjoy some sunshine, make sure your eyes are protected with the proper sunglasses.

Block UV rays. Choose sunglasses that reduce exposure to ultraviolet rays. Look for those that have 100% UV protection. Blocking UV rays can help prevent cataracts and age-related macular degeneration. A sticker or tag on the sunglasses should state that the lenses protect from both UVA and UVB rays.

Fit matters. Oversized sunglasses or those that wrap around the sides of the head offer the most coverage for your eyes.

Don’t let price fool you. Just because sunglasses are expensive doesn’t mean they offer the best protection. Price often has more to do with fashion than function.

Cut the glare. Polarized lenses that cut down on glare from water, sand or pavement are popular, but make sure the label also lists UV protection.

Pick a color. Sunglass lenses come in an assortment of colors, but gray is most common. Amber or green lenses can increase contrast and depth perception, which may be useful if you play sports such as baseball or golf. Choose according to your preference, but remember there is no relationship between color and UV protection.





WIT & WISDOM



Back-to-Nature Benefits

Enjoying the outdoors is one of the easiest ways to improve your physical, mental and emotional health. Soak up these science-backed reasons why going outside is good for you:

Gives a dose of vitamin D.

Although it's present in some foods, we get more than 90% of our vitamin D from daily exposure to sunlight. The nutrient helps our bodies absorb calcium, reduces inflammation, and strengthens the immune system.

Improves brain function. Spending more time outdoors increases concentration and mental clarity. According to research, going for a walk in a park or simply gazing at photographs of nature can sharpen memory and attention span. Enjoying nature is also known to boost creativity.

Reduces stress. Walking outside can result in less stress, depression and anxiety. Natural scents such as flowers, freshly cut grass and pine can make people feel more relaxed.

Brightens your day ... and night. Being outdoors gives you opportunities to connect with others in your community, which enhances your social life and builds self-esteem. Receiving natural light during the day also helps the body maintain proper melatonin levels, leading to a good night's sleep.

Some ways to incorporate outdoor time in your schedule include going to a park after dinner, starting a walking club with co-workers or neighbors, and planning at least one outdoor activity each weekend.



15 Minute Chef

Pecan-Topped Raspberry Cake

Ingredients:

- 3/4 cup granulated sugar, plus 1 tablespoon, divided
- 1/2 cup unsalted butter, softened
- 2 eggs
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- 1 bag (12 ounces) frozen raspberries
- 1 tablespoon lemon juice
- 1 teaspoon cinnamon
- 1/2 cup chopped pecans
- Whipped cream

Directions:

Heat oven to 350° F. Grease a 9-inch round baking pan.

In a bowl, cream 3/4 cup sugar and butter. Add eggs, one at a time, and beat until well incorporated. Add flour, baking powder and vanilla; beat well.

Pour batter evenly into pan. Place frozen raspberries on top of batter. Mix 1 tablespoon sugar, lemon juice, cinnamon and pecans. Sprinkle on top of raspberries.

Bake about 1 hour. Remove from oven and let cool.

Serve with whipped cream.

Find more recipes at www.RedRazz.org



“There is nothing as sincere as a mother’s kiss.”

—**Saleem Sharma**

“Mother’s love is peace. It need not be acquired, it need not be deserved.”

—**Erich Fromm**

“Being a mother is learning about strengths you didn’t know you had.”

—**Linda Wooten**

“It may be possible to gild pure gold, but who can make his mother more beautiful?”

—**Mahatma Gandhi**

“Youth fades; love droops; the leaves of friendship fall: A mother’s secret hope outlives them all.”

—**Oliver Wendell Holmes Sr.**

“The natural state of motherhood is unselfishness.”

—**Jessica Lange**

“There’s no way to be a perfect mother and a million ways to be a good one.”

—**Jill Churchill**

“A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie.”

—**Tenneva Jordan**

“When you look at your mother, you are looking at the purest love you will ever know.”






—**Mitch Albom**

“When your mother asks, ‘Do you want a piece of advice?’ it is a mere formality. It doesn’t matter if you answer yes or no. You’re going to get it anyway.”

—**Erma Bombeck**



May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 May 					1	2
3	4	5	6	7	8 	9
10  Mother's Day	11	12	13	14	15	16
17	18	19 	20	21	22	23 
24/31	25 Memorial Day	26	27	28	29	30

"This Month In History" MAY

1908: The first Mother's Day celebrations are held at gatherings in Grafton, W.Va., and Philadelphia.

1936: Joe DiMaggio makes his MLB debut, taking the field as a New York Yankee.

1942: To help the American war effort, gas rationing begins in 17 eastern states. By the end of the year, it was in effect in all 48 states.

1963: The first James Bond film, "Dr. No," premieres in the U.S. Scottish actor Sean Connery portrayed the fictional secret agent.

1973: Stevie Wonder's "You Are the Sunshine of My Life" is the No. 1 song played across the U.S.

1980: An earthquake triggers the volcanic eruption of Washington's Mount St. Helens.

1999: Discovery becomes the first space shuttle to dock with the International Space Station.

2003: After a 16-year run on Broadway, the musical "Les Miserables" closes.

2013: An 80-year-old Japanese man becomes the oldest person to climb Mount Everest, the world's highest mountain.

2018: England's Prince Harry marries American actress Meghan Markle in a ceremony broadcast around the world. The pair received the titles Duke and Duchess of Sussex.