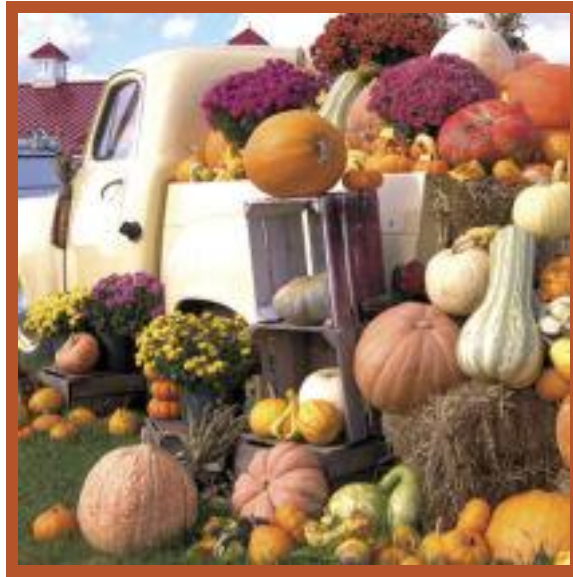




A Room with a View.

OCTOBER 2018



NOTES & NEWS

Gaze at the Night Sky

Take advantage of a cool fall night by sitting outside for some skygazing. Experts say evenings between the crescent and quarter moon are the best for observing stars with the naked eye. Give your eyes about 15 minutes to adjust to the dark, and use binoculars for even better views.

Another Fall Fruit

While pumpkins are plentiful this time of year, there's another orange fall fruit, the persimmon. Native to Asia, persimmons were introduced to the U.S. in the late 19th century. The two most common varieties are the fuyu, which looks like a squat tomato, and the hachiya, which is acorn-shaped. Both can be eaten fresh or cooked into sweet and savory recipes.

True Colors

The shades of red, orange and yellow you see on fall leaves are actually present year-round. The chlorophyll in the trees turns the leaves green in the spring and summer, covering up the other colors.

HIGHLIGHTS

To Your Health: Reduce Arthritis Risk

Lifting light weights not only keeps your muscles and bones strong, but the activity is also good for maintaining joint health and reducing your risk for arthritis. Muscle mass is key to preventing osteoarthritis and joint pain. Strengthening the muscles around joints lightens the load on the joints themselves, helping them stay healthy.

Battery Best Practices

Any type of battery that contains metal is recyclable. Many retailers that sell batteries will also accept them for recycling. This includes both single-use and rechargeable batteries. There are also mail-in programs. After batteries are collected by a recycler, the acids, metals and plastics are all processed for reuse in new products. Batteries in a landfill are an environmental hazard, so before throwing a battery in the trash, do an internet search for "battery recycling" to discover what other options are available.

Last Call for Swimming

We will be closing the pool on Oct. 15. We hope you had an enjoyable summer!

Happy Halloween

Halloween is on its way, so watch out for all the little ghosts, goblins, witches and ghouls that will soon be haunting our community! Have a happy holiday, and stay safe!

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TRIVIA WHIZ



Popular Popcorn

October is National Popcorn Poppin' Month, a time to celebrate one of America's oldest and most popular snack foods. You'll be ready for a popcorn pop quiz after you learn these tidbits:

- Popcorn is a type of maize and is scientifically known as *Zea mays everta*.
- A kernel of popcorn contains about 14 percent water, and when heated, the water turns to steam. Unlike other grains, the shell is not water permeable, making it possible for pressure to build until the hull ruptures.
- The ideal popping temperature is 400° F. A single kernel pops with enough force to travel up to 3 feet.
- In Mexico, archaeologists found remnants of popcorn that date to 3600 B.C. Popcorn was also used by Native American tribes for food and for decoration.
- Americans consume 17 billion quarts of popped popcorn each year; the average American eats about 68 quarts. Nebraska produces more popcorn than any other state.
- In the popcorn industry, a popped kernel of corn is known as a flake, and "popability" refers to the percentage of kernels that pop.
- Kettle corn is a variation of normal popcorn, cooked with sugar and salt, traditionally in a large copper kettle.
- Popcorn is a whole grain and much healthier than many other snack foods. One cup of air-popped popcorn contains 30 calories. Popcorn is high in fiber and very low in fat, and contains no salt or sugar. Among other health benefits, popped corn helps build bones and muscle tissues and assists in digestion.



Board Game Benefits

A classic in family entertainment, the traditional board game is more than nostalgia. According to several studies, board games could be key to keeping your mind active and healthy. In fact, they can promote overall health for people of all ages.

Here are some of the benefits of playing board games:

Cognitive. In order to do well, players must learn the rules of the game and strategize techniques to help them win. Many board games also deal with problem-solving and

complex situations. These aspects of board games help develop the brain and sharpen memory. Research reported in the *British Medical Journal* found that playing board games reduces the risk of cognitive decline, such as that associated with dementia and Alzheimer's disease.

Social. Playing games together is a great way to get to know people and build relationships in a fun atmosphere. The competition offers players opportunities to outwit opponents and exhibit sportsmanship. Children can learn patience and cooperation as they gain a sense of belonging to a group.

Physical. The laughter and enjoyment that comes with playing board games releases endorphins in the body, which reduces stress, eases muscle tension and lowers blood pressure. These effects boost your immune system, helping to keep you healthy and feeling more positive.

A Pumpkin's Potential

Native to North America, pumpkins are incredibly versatile and nutritious. Here are some ways you can make sure no part of this autumn staple goes to waste.

Pumpkin puree. Pumpkin pulp, or flesh, is high in fiber, vitamins and minerals. To make puree from the pulp, cut the pumpkin in half, scoop out the seeds and strings, and place cut side down on a baking sheet. Bake at 350° F until fork tender, about an hour. Scoop out the flesh and puree in a food processor or blender. The paste can be used in a variety of tasty recipes, from soup to cheesecake.

Savory or sweet seeds. Pumpkin seeds are not only yummy, but also full of valuable nutrients. To roast the seeds, separate them from the strings, rinse, and place the seeds in a single layer on an oiled baking sheet. Add salt for classic roasted pumpkin seeds, or brown sugar and

cinnamon for a sweeter treat. Bake at 250° F for 15 to 20 minutes.

Serving shells. The pumpkin rind isn't edible, but it can still be put to good use. Use the shell as a bowl to serve soup or dip. Or stuff the shell with a wild rice casserole or macaroni and cheese, then bake.

String stock. Finally, the stringy pieces that surround the seeds of a pumpkin can be used to make stock. Boil the fibers in water for about 30 minutes, cool and strain. Pumpkin stock is perfect for adding flavor to soups or casseroles.





WIT & WISDOM



Display Your Memories

If you're like most people, there's a good chance many of your photos are on your phone or computer, piled in a shoebox, or stuck in a scrapbook. Wouldn't it be nice to see images of your favorite people and places in your home every day? We've rounded up some creative ideas for ways to display photos, and to keep things simple, you don't even need to find frames.

Gather some vintage canning jars or simple glass bottles and slide the photos inside them. Arrange a whole collection on a bookshelf or tabletop.

For a fun and funky look, hang photo prints from wooden pants hangers. Create a more industrial vibe by attaching photos to old clipboards, which you can hang or lean against a wall.

Akin to a clothesline, stretch a piece of wire, twine or ribbon across a wall, bookcase or headboard. Secure snapshots to the line with clothespins.

For a back-to-nature feel, select three or four photos and arrange them stacked vertically, with a little space between them. Glue a long piece of string or ribbon to the backs of the photos. Repeat to make several rows. Tie the top end of each row to a small tree branch. Gather several branches in a vase to make a "photo tree."

And for the easiest solution of all, fill a small basket with treasured photos and place it on a side table or coffee table, where family members and guests can browse through the images.

Slow Cooker Pork Loin With Vegetables

Ingredients:

- 2-pound pork loin
- Salt
- Pepper
- 1 large red onion
- 1 1/2 pounds baby potatoes
- 1 pound baby carrots
- 4 garlic cloves, minced
- 1 cup apple butter
- 1/3 cup Dijon mustard
- 1/3 cup soy sauce
- 1 cup beef broth

Directions:

Place large nonstick skillet over medium-high heat. (If using regular skillet, add 1 tablespoon oil.) Season pork loin with salt and pepper, and place in skillet.

Sear pork loin on all sides, about 8 to 10 minutes.

Peel onion and cut into large chunks. Cover bottom of 6-quart slow cooker with half the onion, potatoes and carrots.

Lay seared pork loin over top and surround with remaining vegetables.

In small bowl, whisk together minced garlic, apple butter, mustard, soy sauce and broth. Pour mixture over pork and vegetables.

Cover slow cooker and cook on low 8 to 10 hours or high 4 to 6 hours.

Once potatoes are tender, cut pork loin into thin slices and place on platter, surrounded by vegetables.

Pour liquid from slow cooker over pork and serve.

Find more recipes at Musselmans.com.



"The game of life is a lot like football. You have to tackle your problems, block your fears, and score your points when you get the opportunities."

—**Lewis Grizzard**

"My favorite memories were with my dad, throwing a football around when he came home from work. As long as kids are having fun, that's the biggest deal at the end of the day."

—**Andrew Luck**

"Football is unconditional love."

—**Tom Brady**

"There's two times of year for me: football season, and waiting for football season."

—**Darius Rucker**

"Football teaches you hard work.

It takes a lot of unspectacular preparation to have spectacular results in both business and football."

—**Roger Staubach**

"I want little girls to grow up knowing they can do anything, even play football."

—**Jen Welter**

"Football fans share a universal language that cuts across many cultures and many personality types. A serious football fan is never alone. We are legion, and football is often the only thing we have in common."

—**Hunter S. Thompson**

"I am endlessly fascinated that playing football is considered a training ground for leadership, but raising children isn't."





—**Dee Dee Myers**

"In life, as in football, you won't go far unless you know where the goal posts are."

—**Arnold H. Glasow**



October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Rent Is Due	2 Coffee and Conversation 10 a.m.	3 Pest Control Bldg. 880	4	5 Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!	6 Rent Is Late
7	Columbus Day 8	9 Coffee and Conversation 10 a.m.	10 Pest Control Bldg. 855	11 	12	13
14	15	16 Coffee and Conversation 10 a.m.	17 Pest Control Bldg. 865	18	19	20
21	22 	23 Coffee and Conversation 10 a.m.	24 Pest Control Bldg. 875	25	26	27
28	29	30 Coffee and Conversation 10 a.m.	31 Pest Control Bldg. 920	 OCTOBER 		

"This Month In History" OCTOBER

1900: The U.S. Navy commissions its first modern submarine, the USS Holland, named for its designer, John Philip Holland.

1907: One of the world's landmark hotels, the Plaza opens in New York City.

1915: Woodrow Wilson becomes the first U.S. president to attend a World Series game.

1929: The New York Stock Exchange crashes on what will later be known as "Black Tuesday."

1935: Considered one of the first great American operas, George Gershwin's "Porgy and Bess" premieres on Broadway.

1947: Air Force pilot Chuck Yeager flies an experimental plane and becomes the first person to break the sound barrier.

1950: Charles Schulz's "Peanuts" comic strip debuts in several newspapers.

1962: The Beach Boys release their debut album, "Surfin' Safari."

1972: Called the "Match of the Century," American Bobby Fischer wins the World Chess Championship by defeating Boris Spassky of the Soviet Union.

1986: The International Olympic Committee announces it will change its 70-year tradition and hold the Summer and Winter Games in different years.

1998: Comedian Richard Pryor receives the first Mark Twain Prize for American Humor.

2007: Alex Rodriguez signs a record 10-year, \$275 million contract with the New York Yankees. It was the richest deal in pro sports at the time.

2016: Singer-songwriter Bob Dylan is awarded the Nobel Prize for literature. He was the first songwriter to win the prestigious award.