

# The Greens and the Meadows At Northridge

1050 Claire-Taylor Court • Culpeper, VA 22701  
Phone: (540) 825-6300 • Fax: (540) 825-8893



## JUNE 2021



## BULLETIN BOARD

### RESIDENT REFERRALS!

All resident referrals will receive a \$250 Rent Credit - just make sure your referred friends let us know.

### Hours

**Monday-Friday**  
9 a.m. – 6 p.m.  
**Saturday**  
10 a.m. - 2 p.m.  
**Sunday**  
Closed  
Phone-  
540-825-6300  
Fax-540-825-8893

## NOTES & NEWS

### If You Believe Your Car Has Been Towed, Contact:

**Trouble's Towing & Recovery**  
(540) 840-6072

Any motor vehicle without current license plate tags or a valid state inspection sticker, flat tires, or in unsightly state of repair is subject to towing. Any vehicle parked in a fire lane, parked on the grass, double parked, parked on or over the white line, or any other violation is also subject to towing.

Dumpsters are for **BAGGED GARBAGE only**. Absolutely no furniture/mattresses in or near dumpsters is permitted. You are required to carry those items to the county refuse site yourself.

**FOR THE GREENS:** Your Northridge issued parking pass **MUST BE** clearly displayed and any guests must be appropriately parked in the spaces marked for visitors.

## HIGHLIGHTS

### Celebrating Dads Everywhere

Father's Day, the third Sunday each June, is a holiday that got its start in the U.S. back in the 1900s. Today, about 160 countries across the globe have a day set aside to honor dads.

### Best Day To Fill Your Tank

The best time to fuel up is Monday morning, according to national stats on gas prices. In most parts of the country, filling up at the start of the week versus Friday afternoon, Saturday or Sunday will save you money. You'll also steer clear of busy pumps since many drivers fill up ahead of the weekend.

### Unshrink a Shirt

Did a laundry slipup cause your favorite T-shirt to shrink? Try this fix: Soak the shirt in lukewarm water with a bit of baby shampoo or hair conditioner for at least 30 minutes. Don't rinse it, but let the water drain from the shirt without wringing it out. Lay the shirt on a bath towel and roll up the two together to absorb as much moisture as possible. Unroll, and while it's still damp, stretch the shirt back to its original size. Pin down the edges or hold down the stretched shirt with a heavy book or object until it dries.

### A Patriotic Pop

June 24 celebrates a red, white and blue favorite. It's Bomb Pop Day!

### Your Friendly Staff

Tara Craft ..... Community Manager  
Samantha Ferguson ... Asst. Community Manager  
Katrina Hollins ..... Leasing Consultant  
Tina Conner ..... Regional Manager  
Mario Ruano ..... Maintenance Supervisor  
Website ..... [www.northridgeapthomes.com](http://www.northridgeapthomes.com)

# TRIVIA WHIZ



## Soaring Through the Skies

Up, up and away! Hot air balloons have captured the hearts of adventure lovers for hundreds of years.

- The methods behind hot air balloon technology date back over 2,000 years to the floating lanterns used in ancient China.
- The Montgolfier brothers of France created the first manned hot air balloons in the late 1700s.
- A rooster, duck and sheep were used as passengers for the first tethered hot air balloon flight, which took place in 1783 and lasted eight minutes.
- Today, most balloon trips are about an hour and reach an altitude of 2,000 feet.
- The record elevation for a hot air balloon flight is 68,986 feet, twice the height of what a commercial airplane flies.
- It takes about 15 minutes to inflate a typical balloon, which is called an envelope, and another 15 minutes to deflate it.
- Envelopes are made of heat-resistant nylon, since the inside of a balloon can reach 250° F.
- Balloon races are a major spectator sport. Albuquerque, N.M., hosts the largest hot air balloon festival, which features more than 500 balloons each year.
- Admired for their vivid colors and patterns, balloons also come in novelty shapes, such as cartoon characters, in addition to the classic teardrop.
- There's something romantic about floating through the air. Hot air balloons are a popular place to pop the question, and some weddings take place on them!
- Hot air balloons often show up in fictional tales, most famously in the book "The Wonderful Wizard of Oz" and the movie "Around the World in 80 Days."



## Walk This Way

You probably know that walking is one of the best things you can do for your physical health and fitness. It's the most popular exercise in the U.S. But even if it's part of your job, making a point to hit the ground walking during your personal downtime can provide major mental health benefits.

Trying to figure out a solution to a problem or needing inspiration for an idea? The act of walking allows your mind to refocus and wander, which

may produce that aha! moment.

Walking outdoors in the sunshine and fresh air of a park, nature trail or any green space has been shown to activate parts of the brain that can calm worries and relax the body. Taking a walk in a blue space—that's a place near a body of water such as a pond, river or beach—can also shift your mood to a positive mode.

If traditional meditation isn't for you, get the same peaceful perks with a walking version by concentrating on your steps and breathing. Or make it an exercise in mindfulness by focusing on your senses. Search for things you can see, hear, touch and smell. This can be an engaging activity if kids are tagging along.

When is the last time you felt a sense of wonder? Go for a 15-minute walk someplace new. Researchers say observing even the small details of different surroundings can spark feelings of happiness and awe.

## Dunk Into These Doughnut Trends

You can't go wrong with a classic doughnut, whether glazed, frosted or jelly-filled. But there's now a "hole" new world of doughnuts to explore.

National Doughnut Day, the first Friday in June, started as a fundraiser in 1938. Yet it's only been recently that bakers have started experimenting with nontraditional doughnuts. When a New York pastry chef introduced the Cronut—a cross between a croissant and a doughnut—in 2013, he sparked a craze to create innovative delights.

Trending doughnut mashups include extreme sandwiches using a sliced glazed doughnut as a bun, with fillings such as eggs and breakfast sausage, fried chicken, and ice cream. You can load up on doughnut nachos, with either dessert toppings or traditional Tex-Mex ingredients.

Nostalgia is a big motivator for many bakers, who have created

doughnuts that capture the flavor of a favorite candy bar or childhood treat, such as a PB&J. Sugary cereal and cookie pieces have swapped out sprinkles for toppings.

It's also becoming popular to make doughnuts at home, with recipes for the traditional method of frying them or baking them using special pans with ring-shaped wells. The next doughnut trend on the rise? Experts say it's using tangy sourdough to make both sweet and savory treats.







# WIT & WISDOM



## Historic Moments for Old Glory

Each year on June 14, the U.S. commemorates the adoption of the nation's flag. Since it was first sewn, the Stars and Stripes has been part of many defining moments in history.

**Fort McHenry.** After a daylong bombardment by British forces during the War of 1812, Francis Scott Key saw "by the dawn's early light" that the "flag was still there," flying over Baltimore Harbor's Fort McHenry. Inspired to write about the moment, his words later became the national anthem, "The Star-Spangled Banner."

**Iwo Jima.** The iconic World War II image of Marines raising a U.S. flag during the Battle of Iwo Jima in 1945 won a Pulitzer Prize for photography. The event has been commemorated in a bronze monument outside Washington, D.C., with an American flag that flies 24 hours a day.

**Moon landing.** After the crew of the Apollo 11 mission made the first moon landing on July 20, 1969, astronauts Neil Armstrong and Buzz Aldrin planted a flag on the lunar surface.

**9/11.** On Sept. 11, 2001, terrorist attacks reduced New York City's World Trade Center to rubble. Three firefighters hoisted a flag above the ruins, serving as a symbol of hope and unity. Another American flag that had flown atop one of the twin towers was later found in the debris. That tattered flag was carried by Team USA athletes and first responders at the opening ceremonies of the 2002 Winter Olympics in Salt Lake City.

## What's Cooking

### Slow-Cooked Shredded Chicken Tacos

Let your slow cooker do the work for you and ease into summer with this meal that's stress-free, but still full of flavor.

#### Ingredients:

- 1 teaspoon chili powder
- 2 teaspoons ground cumin
- 1 1/2 pounds boneless, skinless chicken breasts
- 1 16-ounce jar chunky salsa
- 1 dozen flour tortillas, warmed
- Assorted taco toppings of your choice

#### Directions:

In a small bowl, combine the chili powder and ground cumin. Season both sides of the chicken breasts.

Place the seasoned chicken in a slow cooker. Pour salsa over chicken.

Cover and cook on high for 4 hours or until chicken is fork-tender.

Remove chicken to a cutting board or work surface. Using 2 forks, shred the chicken.

Serve shredded chicken in warm tortillas. Include assorted toppings, such as shredded cheese and lettuce, salsa and sour cream.

*Find more recipes at [Culinary.net](http://Culinary.net).*



"The sky is an infinite movie to me. I never get tired of looking at what's happening up there."  
—**K.D. Lang**

"You cannot look up at the night sky on the planet Earth and not wonder what it's like to be up there amongst the stars."  
—**Tom Hanks**

"The sky is the ultimate art gallery just above us."  
—**Ralph Waldo Emerson**

"My experiences remind me that it's those black clouds that make the blue skies even more beautiful."  
—**Kelly Clarkson**

"I always believe that the sky is the beginning of the limit."  
—**MC Hammer**

"Passion isn't something that lives way up in the sky, in abstract dreams and hopes. It lives at ground level, in the specific details of what you're actually doing every day."  
—**Marcus Buckingham**

"Don't forget: Beautiful sunsets need cloudy skies."  
—**Paulo Coelho**

"I like to go outside at night by myself and look at the sky and just appreciate it."  
—**Kendall Jenner**

"We are a nation of communities ... a brilliant diversity spread like stars, like a thousand points of light in a broad and peaceful sky."  
—**George H.W. Bush**



# June 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 
6	7 	8	9	10	11	12
13	14	15	16 	17	18	19
20 	21	22	23	24	25	26
27	28	29	30	<i>June</i>		



## Summer Songs

Sunshine, long days and good times ... Summertime has been the subject of countless songs over the years. Soak up these songs about the season.

Year	Song	Artist
1958	"Summertime Blues"	Eddie Cochran
1963	"Those Lazy-Hazy-Crazy Days of Summer"	Nat King Cole
1978	"Summer Nights"	John Travolta and Olivia Newton-John
1984	"The Boys of Summer"	Don Henley
1991	"Summertime"	DJ Jazzy Jeff and the Fresh Prince
2005	"Sunshine and Summertime"	Faith Hill
2013	"Beat This Summer"	Brad Paisley