

The Greens and the Meadows At Northridge

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



APRIL 2020



HIGHLIGHTS

As you know, the situation regarding COVID-19 (Coronavirus) in the United States is evolving rapidly. Park properties Management Company is updating and adapting our policies on an ongoing basis in accordance with recommendation and guidance of the CDC. The health of our employees and residents is of utmost importance. The leasing office will be closed to all visitors until further notice. The leasing office will continue to be available via phone Monday-Friday from 9:00 am - 6:00 pm. The office will be closed on Saturday. Only emergency work orders will be completed for the time being. Routine work orders and inspections have been postponed until further notice. If you have a work order, you may still contact the office so it can be addressed once social distancing recommendations have loosened. After-hours emergency works orders will be handled normally. Preventative pest control has been postponed until further notice. If you have health concerns regarding COVID-19, please reach out to the local health department. If you need their contact information, please ask. The Greens at Northridge has once again been voted the BEST Apartment Community in Culpeper! We are beyond grateful for your votes and continued support. We appreciate each and every one of you!

BULLETIN BOARD

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

RESIDENT REFERRALS!

All resident referrals will receive a \$250 Rent Credit - just make sure your referred friends let us know you brought them here! We appreciate you!

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.

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.

For the MEADOWS: At this time, there is no assigned parking or permits; however, a reminder that any aides that assist you (or visitors) should park in a **VISITOR** space and not in resident spaces.

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.

Your Friendly Staff

Tara Craft Community Manager
Samantha Ferguson ... Asst. Community Manager
Mario Ruano Maintenance Supervisor
Bill Dunn Maintenance Technician
Abby Marshall Regional Manager
Website www.northridgeapthomes.com

TRIVIA WHIZ



Bunny Basics

Rabbits can be found living in city parks, suburban yards and country meadows. These cute critters are often seen as a symbol of spring. As the weather warms and the grass turns green, hop on in to these fun facts about rabbits.

- Although baby rabbits are called bunnies, they are actually kits or kittens. A female rabbit is a doe and a male rabbit is a buck.
- Carrot-crunching rabbits are often shown in cartoons, but the herbivores mainly eat grass, weeds, clover and other plants.
- When rabbits are happy, they jump in the air, twist and kick, an athletic leap known as a binky.
- Strong hind legs give rabbits their speed and jumping ability. Eastern cottontails, the most common rabbit in North America, can run up to 18 mph.
- Like cats, rabbits groom themselves by licking their fur and paws. They also purr when they are content and relaxed.
- Some types of rabbits dig underground burrows called warrens; others make nests above ground under dense cover.
- A rabbit can see behind, above and to the sides without turning its head.
- Their long, sensitive ears can detect sounds up to 2 miles away. The large surface area of the ears releases body heat, helping the animals stay cool.
- The largest rabbit is the Flemish giant, a domesticated breed that weighs up to 20 pounds and grows 2.5 feet long.



Ballpark Highlights

Some Major League Baseball stadiums are as iconic as the sport itself, and each one has its unique features. Here are some that make game days even more memorable.

Wrigley Field. The Chicago Cubs' century-old home is full of nostalgic features, and one of the most famous is the ivy that covers the brick walls of the outfield. It was planted in 1937 and grows so thick, baseballs get lost in it.

Pastry Picks

They're a sweet and satisfying accompaniment to a cup of coffee or tea. Sample some traditional pastries that are served up in other countries.

Cannoli. A favorite in Italy, these tube-shaped shells of fried dough are stuffed with creamy, slightly sweet ricotta cheese. Chocolate, nuts and powdered sugar are sometimes added as garnishes.

Bo lo bao. Its name means "pineapple bun" in Cantonese, but there's no fruit in this Hong Kong specialty. The roll is named for its sugary crust's crisscross pattern that resembles a pineapple.

Pastelito. The traditional filling for this Cuban puff pastry is guava and sweet cream cheese. Pineapple and coconut are also favorites.

Scone. Popularly served with tea, this British baked treat looks similar to a biscuit, but has a crumbly texture and lightly sweet taste. It's typically

Fenway Park. Standing 37 feet high and stretching across the left field of the nation's oldest MLB stadium is the fabled Green Monster, a fence that got its name when it was painted in 1947. Boston Red Sox fans can now watch the game from seats atop it.

Oracle Park. The Giants' ballpark sports views of the San Francisco Bay. The water is so close that fans can boat and kayak in a cove just off right field in hopes of catching home runs, or "splash hits."

Tropicana Field. A first for a sports venue, the Tampa Bay Rays have their namesake mascot swimming alongside them in a 10,000-gallon tank in right field.

T-Mobile Park. Because of the city's rainy weather, Seattle Mariners fans are used to umbrellas, and its ballfield is outfitted with one, too. Since debuting in 1999, the retractable roof has scored big for its open-air design.

topped with clotted cream and jam.

Gulab jamun. Balls of fried dough are soaked in a syrup flavored with sugar, rose water and cardamom to make this Indian dessert.

Franzbrötchen. A cross between a cinnamon roll and a croissant, this flaky, spiral pastry is a breakfast staple in the German city of Hamburg.

Croquembouche. In France, special occasions often feature these cream puffs, which are artfully arranged into a showstopping tower decorated with strands of caramelized sugar.





WIT & WISDOM



Earth Day Every Day

April 22, 2020, marks the 50th anniversary of the first Earth Day, which sparked a movement to protect the environment. There are many ways you can help our planet on Earth Day and every day, and they offer additional benefits for you as well.

Need to stop at the supermarket, pharmacy and ATM? Combine these errands in one trip, and plan your route so you don't have to backtrack. *Perks:* If taking your own vehicle, you'll save money on gas and reduce fuel emissions. Using public transportation? You'll spend less time waiting.

Take reusable bags with you when you go shopping, carry a refillable water bottle instead of buying bottled water, and bring your own travel mug to coffee shops and convenience stores. *Perks:* Many businesses offer discounts to customers who bring their own bags and drink containers. Saving a few cents on every purchase can add up quickly!

Leaving the water running for just a minute can send 3 gallons of water down the drain, so turn the faucet off while brushing your teeth or shaving. Try to trim a few minutes off your shower time. *Perks:* In addition to saving hot water for the rest of the people in your household, you will be contributing to water conservation in your community.

When you can, reduce your carbon footprint by walking or cycling to your destination. *Perks:* You'll get exercise and fresh air, which benefits both your physical and mental health.



One Minute Chef

Breakfast Casserole

Ingredients:

- Nonstick cooking spray
- 3 cups frozen shredded hash browns, thawed
- 3/4 cup shredded Monterey Jack cheese
- 1 cup diced cooked ham, breakfast sausage or Canadian bacon
- 2 green onions, sliced
- 4 eggs, beaten
- 1 1/2 cups milk
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 2 jalapenos, seeded and chopped

Directions:

Heat oven to 350° F.

Coat a 2-quart square baking dish with nonstick cooking spray. Arrange hash browns evenly in the bottom of the dish. Sprinkle cheese, meat and green onions over hash browns.

In a bowl, combine eggs, milk, salt, pepper and jalapenos. Pour egg mixture over hash brown mixture in dish.

Bake, uncovered, 50 to 55 minutes or until a knife inserted near the center comes out clean.

Let stand 5 minutes before serving.

Find more recipes at www.BHG.com/recipes.



"Life isn't about waiting for the storm to pass; it's about learning to dance in the rain."

—*Vivian Greene*

"There are shortcuts to happiness, and dancing is one of them."

—*Vicki Baum*

"The beauty of dance is being a part of something that is all you, from creation to performance."

—*Misty Copeland*

"Life is short and there will always be dirty dishes, so let's dance."

—*James Howe*

"To watch us dance is to hear our hearts speak."

—*Hopi proverb*

"The only way to make sense out of change is to plunge into it, move with it, and join the dance."

—*Alan Watts*

"Dancing is creating a sculpture that is visible only for a moment."

—*Erol Ozan*

"When you dance, your purpose is not to get to a certain place on the floor. It's to enjoy each step along the way."

—*Wayne Dyer*

"Every day brings a chance for you to draw in a breath, kick off your shoes, and dance."

—*Oprah Winfrey*

"Let us read, and let us dance; these two amusements will never do any harm to the world."

—*Voltaire*

"Any kind of dancing is better than no dancing at all."

—*Lynda Barry*



April 2020

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

Word Search

Category: Peters and Pauls

U E B E R R O T H J B M D R O F W A L S K H C A L O R R E S G K L C S R H D D W U N D H A E R S O A S D I S F R F L E H G S R N S L T G D O L A A N N V D N L I G O L L N E O S E D C I N T E L J W M Y D Y V S A O S A D M I L Y N D E C M V N F A S D O N I V R O S K G N A D N O F I N C H A	1. (Paul) Newman _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ 8. _____ 9. _____ 10. _____ 11. _____ 12. _____ 13. _____ 14. _____ 15. _____ 16. _____ 17. _____ 18. _____ 19. _____ 20. _____
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Word Search Solution:

1. (Peter) Falk	11. (Peter) Ustinov
2. (Peter) Finch	12. (Paul) Anka
3. (Peter) Fonda	13. (Paul) Harvey
4. (Peter) Jennings	14. (Paul) Hogan
5. (Peter) Lawford	15. (Paul) Lynde
6. (Peter) Lorre	16. (Paul) McCartney
7. (Peter) Marshall	17. (Paul) Newman
8. (Peter) O'Toole	18. (Paul) Simon
9. (Peter) Sellers	19. (Paul) Sorvino
10. (Peter) Ueberroth	20. (Paul) Williams