

The Greens and the Meadows At Northridge

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



JANUARY 2020



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.

HIGHLIGHTS

Happiness Helper: Be Bright: A quick and easy mood booster could be as close as your closet. Perk up a gray winter day by putting on a piece of brightly colored clothing. Studies show there's a connection between colors and emotions, and wearing hues such as yellow, orange and green can help produce positive feelings. **Laugh Away the Winter Blahs:** If you find yourself with a case of the winter blahs, try watching a comedy or chatting with a funny friend. Studies show that laughter causes your brain to release mood-lifting endorphins.

First Impressions: If you want to make a good first impression when meeting someone, the "eyes" have it. Body language experts say an eyebrow flash—quickly raising your eyebrows when you smile—sends a nonverbal signal of friendliness.

On the Menu: Clean Eating: The term "clean eating" is likely to be heard a lot this month as people make New Year's resolutions focused on improving health. The trend focuses on eating natural, whole foods as much as possible, while avoiding highly processed foods with artificial ingredients. Clean eating usually favors plant-based foods, especially fruits, vegetables, beans and whole grains.

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!

Your Friendly Staff

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

TRIVIA WHIZ



A Peek at Polar Bears

Polar bears are a high-profile species, seen in films, storybooks and ads. “Paws” for a minute to learn all about these fascinating animals.

- Polar bears spend most of their lives on the sea ice of the Arctic Ocean. Their scientific name, *ursus maritimus*, means “sea bear,” and they are classified as marine mammals.
- With large males weighing up to 1,700 pounds and standing 11 feet tall on their hind legs, polar bears are the planet’s largest land carnivores. Females are about half as big as males, and newborn bears are the size of a guinea pig.
- Although they appear white, polar bears have hollow fur, which reflects light and acts as camouflage in their snowy environment. Under their coat, the bears have black skin that absorbs sunlight and keeps them warm.
- When swimming, polar bears use their back legs as a rudder to steer, and their front paws to move forward at speeds up to 6 mph. On land, they can run up to 25 mph.
- Since clean fur provides better insulation, the bears bathe by rolling around in the snow.
- When not rearing cubs, polar bears are mostly solitary, but will occasionally gather in groups, called sleuths.
- The Inuit of Canada call the polar bear *nanuq*, which means “an animal worthy of great respect.”
- The first Coca-Cola ads featuring polar bears aired in 1993, and the animals have since become mascots for the company.



Keep Clutter at Bay

Many websites, books and TV shows offer advice on decluttering, but they often call for you to undertake a huge project. Instead, here’s how to pare things down gradually and develop habits that prevent clutter in the first place.

Did you receive a sweater for the holidays? Find room for the new item by donating a piece of clothing that no longer fits. Make this “one in, one out” rule a New Year’s resolution, and

every time you shop for something new, whether a kitchen skillet, backpack or scarf, come up with a specific item you’ll be discarding before following through with the purchase. You can cut clutter even faster by changing the rule to “one in, two out.”

Prevent piles of paperwork by sorting your mail as soon as you get it. Open envelopes near the trash can so you can immediately throw away anything you don’t need. Put bills in a special folder instead of creating a stack, which looks untidy.

When you decide to get rid of something, don’t let it linger in your home. Take trash and recyclables out right away, and arrange to drop off donations as soon as possible.

Make an effort to put things away where they belong until it becomes a habit. You will come to appreciate your tidy home and be more motivated to keep it that way.

Boost Your Immunity

Your immune system fights off illness and disease, and several everyday habits can make it stronger.

Eat healthy foods. Colorful fruits and vegetables are rich in vitamins and antioxidants, which strengthen immunity. The good bacteria found in yogurt and sauerkraut also helps fight infections. Limit sugar, unhealthy fats and processed foods.

Stay hydrated. Consuming plenty of fluids flushes out toxins and keeps the respiratory system moist, providing a protective barrier against germs. In addition to drinking water, sip on herbal teas and soups.

Exercise. Regular physical activity, such as walking, swimming and other exercise, promotes good circulation, helping boost immunity.

Get plenty of sleep. Seven or eight hours a night is ideal for most people. Sleep restores the body and lowers cortisol, a stress hormone that

can damage the immune system.

Socialize. Loneliness can lead to depression, which can weaken immunity. Chatting with a friend, joining a club or taking part in a group activity can improve mental and physical health.

Smile. Smiling and laughing release serotonin, a feel-good brain chemical that also plays an important role in a strong immune system.



**Boost your immune system
and stay healthy all winter**



WIT & WISDOM



Begin a Journaling Journey

If you're looking to chronicle your life in the new year, consider keeping a journal. See if one of these styles is "write" for you.

Daily journal. This is the classic "Dear Diary" style of journaling, in which you record the day's events, your observations and how you're feeling.

Gratitude journal. Take a few minutes each day to write down some things you are thankful for in a gratitude journal. This daily habit has been shown to increase happiness, and rereading your journal entries can provide comfort and perspective.

One-line-a-day journal. Quick and easy, these journals typically cover a five-year period. You simply record one thought every day, and the pages are formatted so that you can look back at what happened on the same date in previous years.

Dream journal. Keep a dream journal at your bedside, and write down the details of your dreams when you wake up. This habit can help you train your brain to remember your dreams more often. You may also gain insight by studying your dream patterns and symbols.

Bullet journal. The contents of this kind of journal can be tailored to reflect what is relevant to your life, from appointments and to-do lists to daily observations and future goals. Using a variety of symbols and ink colors helps the lists stay organized.

Pork Chops in Creamy Roasted Garlic Sauce

Ingredients:

- 4 boneless pork chops
- Salt, to taste
- Pepper, to taste
- 4 tablespoons olive oil, divided
- 8 cloves garlic, minced
- 1/4 cup bacon pieces, half-cooked
- 1/2 cup chicken stock
- 2 cups heavy cream
- 3 cups chopped fresh baby spinach
- 1/2 cup chopped fresh tomato
- 1/4 cup grated Parmesan cheese
- 1 teaspoon Italian seasoning

Directions:

Season pork chops on both sides with salt and pepper.

In large skillet, heat 2 tablespoons oil over medium heat. Cook pork chops 4 to 5 minutes per side until internal temperature reaches 145° F. Remove pork chops from pan and keep warm.

In same skillet, heat remaining oil over medium heat. Add minced garlic and bacon to skillet; cook about 3 minutes. Add chicken stock and bring to simmer.

Reduce heat to low and add heavy cream. Season with salt and pepper.

Add spinach and tomatoes to sauce; let spinach wilt. Stir in Parmesan cheese and Italian seasoning; simmer about 3 minutes.

Return pork chops to pan along with juices. Spoon sauce over chops; simmer 3 to 5 minutes.

More recipes at www.Smithfield.com.



"The way we spend our time defines who we are."
—**Jonathan Estrin**

"You can't make up for lost time. You can only do better in the future."
—**Ashley Ormon**

"There's only one thing more precious than our time, and that's who we spend it on."
—**Leo Christopher**

"All we have to decide is what to do with the time that is given us."
—**J.R.R. Tolkien**

"They always say that time changes things, but you actually have to change them yourself."
—**Andy Warhol**

"You can't have a better tomorrow if you are thinking about yesterday all the time."
—**Charles F. Kettering**

"There's never enough time to do all the nothing you want."
—**Bill Watterson**





"Watches are so named as a reminder—if you don't watch carefully what you do with your time, it will slip away from you."
—**Terri Guillemets**

"If you love life, don't waste time, for time is what life is made up of."
—**Bruce Lee**

"Time, which changes people, does not alter the image we have of them."
—**Marcel Proust**



January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 JANUARY 			New Year's Day 1	2	3	4
5	6	7	8	9	 10	11
12	13	14	15	16	17	18
19	Martin Luther King Jr. Day 20	 21	22	23	24	25
26	27	28	29	30	31	

"This Month In History" DECEMBER

1913: Created as a new game to entertain readers, the first crossword puzzle is published in the Sunday edition of the New York World newspaper.

1925: The world's first motel opens in San Luis Obispo, Calif. It charged \$1.50–\$3 a day.

1947: A snowstorm hits the Northeast, burying New York City in more than 25 inches of snow in less than 24 hours.

1955: Rosa Parks is arrested after refusing to give up her seat on a public bus in Montgomery, Ala. Her actions helped spark the civil rights movement.

1979: The first Susan B. Anthony dollar coins are minted. This marked the first time a woman appeared on a circulating U.S. coin.

1987: Ron Hextall of the Philadelphia Flyers becomes the first NHL goalie to shoot and score a goal.

2006: Legendary blues musician B.B. King is awarded the Presidential Medal of Freedom.

2018: Tom Brady, quarterback of the New England Patriots, breaks the record for most touchdown passes in NFL history, with 580.