

The Greens and the Meadows At Northridge

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



NOVEMBER 2019



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.

HIGHLIGHTS

Recertification

Is It Time for Your Recertification? As a tax-credit affordable community, each year we strive to ensure that every resident is up-to-date on all information and documentation. If it's time for your recertification, you can now begin your recertification process through RentCafe.com - if you have any questions regarding the recertification or renewal, feel free to contact Rebecca Crossen at 540.825.6300. Remember, you can also use RentCafe.com to make your monthly rent payments, request work orders, or even refer a friend to our community.

Thanksgiving Gathering -The holiday season is upon us and we want to gather and share with you the blessings of the season. We will be sending out a flyer letting you know when to join us for a community Thanksgiving celebration.

Geography 101: Plymouth Rock

Marking the spot where the Pilgrims landed in 1620 to establish an English settlement, Plymouth Rock sits on the shore of Plymouth Harbor in Massachusetts. A relocation in 1774 caused the rock to split in two, and pieces were chipped away for souvenirs. In 1880, the top and bottom halves were reunited and cemented, and the year 1620 was carved into it. Plymouth Rock is part of Pilgrim Memorial State Park.

Your Friendly Staff

Tara Craft Community Manager
Rebecca Crossen Assistant Community Manager
Samantha Ferguson Leasing Consultant
Mario Ruano Maintenance Supervisor
Vicente Sanchez Maintenance Technician
Bill Dunn Maintenance Technician
Abby Marshall Regional Manager
Ashley Kantruss Regional Marketing Manager
Website www.northridgeapthomes.com

TRIVIA WHIZ



Thanksgiving by the Numbers

The first Thanksgiving festivities took place over three days in the autumn of 1621 and included 50 Pilgrims and 90 members of the Wampanoag tribe. Here are some more holiday facts to share over your feast.

- About 95% of American households say they celebrate Thanksgiving.
- A majority of those people spend the day with family. "Friendsgiving," which is sharing a Thanksgiving meal with friends, is also popular.
- The American Automobile Association predicts an estimated 50 million people will travel at least 50 miles to reach their holiday destination.
- Nearly 90% of those celebrating Thanksgiving eat turkey, whether roasted or deep-fried, according to the National Turkey Federation. The average weight of a bird bought for the meal is 16 pounds.
- The Butterball Turkey Talk-Line answers more than 100,000 calls each November and December from people needing cooking advice.
- Three-quarters of those surveyed said they enjoyed Thanksgiving leftovers more than the actual meal.
- The first Macy's Thanksgiving Day Parade took place in New York City in 1924. Today, the parade attracts 3.5 million spectators along its 2.5-mile route, and another 50 million people watch it on television.
- The Detroit Lions and Dallas Cowboys host games every Thanksgiving—the Lions since 1934, and the Cowboys since 1966. The National Football League later added a third game to the holiday schedule.



Plan a Healthy Feast

You don't need to feel as stuffed as the holiday bird after your Thanksgiving dinner. There are simple ways to lighten up the traditional meal and even add nutritional value without sacrificing taste. Try some of the following ideas when preparing your feast this year.

Better baked goods. Swap white flour for whole-wheat flour to create healthier homemade bread and rolls. Use an egg substitute in place of

whole eggs in cornbread. Replace oil with applesauce in muffins and cakes.

Slimmer stuffing. Lighten up your stuffing by replacing a portion of the bread cubes with chopped onions, carrots, parsnips or apples. Or turn to versions that call for brown rice, barley or quinoa rather than bread. Instead of chicken stock, use vegetable broth. If your recipe includes pork sausage, opt for leaner turkey sausage.

Potato mashup. When made with heavy cream and butter, mashed potatoes are high in fat and calories. Try switching to skim milk and using fat-free sour cream. Replacing half of the potatoes with mashed cauliflower will cut calories and add nutrients.

Simple sweet potatoes. Instead of making a sweet potato casserole, let the vegetable's natural sweetness shine with some simple preparation: Bake the potatoes whole, then scoop out the cooked potato and flavor with a little sautéed garlic.

Esports Explained

Short for electronic sports, esports describes the world of organized video game competitions. Individual players or teams of players face off in the same video games that are popular with at-home gamers, including the bestselling titles "Fortnite," "League of Legends" and "Madden NFL."

Fans can watch their favorite players via TV or video streaming or attend live competitions in sold-out arenas. In 2015, the Esports Arena in Santa Ana, Calif., became the first dedicated esports facility in the U.S.

Estimates are that this year, the total audience of esports will grow to more than 450 million viewers worldwide and revenues will increase to over \$1 billion.

Player earnings vary based on the event and if competitors play solo or as a team. Many professional gamers make tens of thousands of dollars a year, while the best in

the world have won millions from a single competition. In addition to the cash prizes, players can also earn money from sponsorships, endorsements and team salaries.

Some high schools now have esports teams, and a growing number of colleges offer esports at the varsity level, providing players scholarships. There is even talk of adding esports as a demonstration sport in the 2024 Olympics.





'Tis the Season To Save

The holiday season is approaching, but that doesn't mean it's time to overspend. Make this the year you set a budget and stick to it. Here are a few simple ways to accomplish that.

Head to the dollar store for greeting cards, gift bags, wrapping paper and bows. You may also find inexpensive decorations, seasonal candy, and tins and boxes for homemade presents.

Search online for store coupons. If you sign up for a retailer's email list, you will often receive an extra discount.

If you have a special skill, such as woodworking, sewing or decorating, give your talent as a present. Or offer to babysit, walk a dog or do some housecleaning.

Spend a day in your kitchen and make a whole batch of gifts. Homemade candy, cookies or trail mix can be presented in a canning jar decorated with a colorful ribbon.

If you typically host a sit-down holiday dinner, consider replacing the feast with a simple gathering and serve hors d'oeuvres, drinks and desserts. Save even more by making it a potluck and inviting your guests to bring an appetizer or dessert to share.

Avoid self-gifting. Holiday sales can tempt you to treat yourself while shopping for others, but this can lead to buying things you don't need. Remember that you made a budget for a reason!

There are many ways to save money during the holiday season

Gluten-Free Pumpkin and Chocolate Chip Bread

Ingredients:

- 4 cups oat flour
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- Pinch of salt
- 1 cup (2 sticks) butter, softened
- 2 cups granulated sugar
- 4 large eggs
- 2 teaspoons vanilla extract
- 1 can (15 ounces) pumpkin
- 2 cups chopped walnuts
- 1 cup bittersweet chocolate chips
- 1/2 cup powdered sugar
- 1 tablespoon milk

Directions:

Heat oven to 350° F. Grease two 8-by-4-inch loaf pans. In large bowl, combine oat flour, baking soda, cinnamon, nutmeg and salt.

In separate large bowl, use mixer to beat butter and sugar until light and fluffy. Beat in eggs one at a time. Add vanilla, oat flour mixture and pumpkin; beat until just blended. Stir in walnuts and chocolate chips. Spoon mixture into prepared pans.

Bake 50 to 55 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes. Remove from pan. Cool completely.

In small bowl, stir powdered sugar and milk until smooth. Drizzle mixture over pumpkin bread.

Find more recipes at
www.CansGetYouCooking.com.



"Many people will walk in and out of your life, but only true friends will leave footprints in your heart."

—**Eleanor Roosevelt**

"The only way to have a friend is to be one."

—**Ralph Waldo Emerson**

"There's nothing like a really loyal, dependable, good friend. Nothing."

—**Jennifer Aniston**

"The most beautiful discovery true friends make is that they can grow separately without growing apart."

—**Elisabeth Foley**

"Friends are those rare people who ask how we are and then wait to hear the answer."

—**Ed Cunningham**

"A single rose can be my garden ... a single friend, my world."

—**Leo Buscaglia**

"A loyal friend laughs at your jokes when they're not so good, and sympathizes with your problems when they're not so bad."

—**Arnold H. Glasow**

"I would rather walk with a friend in the dark, than alone in the light."

—**Helen Keller**

"A true friend is someone who thinks that you are a good egg even though he knows that you are slightly cracked."

—**Bernard Meltzer**

"A friend is a gift you give yourself."

—**Robert Louis Stevenson**

"Awards become corroded; friends gather no dust."

—**Jesse Owens**



November 2019

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<h1 style="margin: 0;">NOVEMBER</h1>							1	2
3 Fall Back! <small>Daylight Saving Time Ends</small>	4	5 ELECTION DAY	6	7	8	9		
10	Veterans Day 11	12	13	14	15 	16		
17	18	19 	20	21	22	23		
24	25	26	27	Thanksgiving 28	29	30		

