

# The Greens and the Meadows At Northridge

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



## FEBRUARY 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

Per your lease agreement: **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:** Ensure that your Northridge Issued parking pass is clearly displayed and that any guests are 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. Please do not dispose of large items, like furniture/mattresses, in the dumpsters.**

## HIGHLIGHTS

### Northridge News

We hope that January treated you well and that February is off to a good start!

### General Information

1. Thanks to our residents who donated food & toiletry items over the holiday season. We were able to make a sizable donation to the Culpeper Food Closet. Your generosity enabled more families to enjoy meals together this winter!
2. Thank you to everyone for updating your personal emergency information! For such a large community, we realize that emergencies of all types can happen at any time. By having the appropriate information on hand, we are able to act in a timely manner if needed.
3. We realize that we all enjoy grilling out, especially in the winter, but we would like to remind everyone that we have provided grills for your use and at no time should anyone have a grill on their balcony/deck or elsewhere. This is a safety concern for the community.

### Sweetheart Dance

We are so excited to celebrate Valentine's Day with you! We will be hosting a **Sweetheart Dance** for all of our residents, especially the children, on **Saturday, February 9, 2019, from 5pm-8pm** in our Clubhouse. Grab your sweetheart, your valentines, and your dancing shoes, then join US!

### Your Friendly Staff

Tara Craft ..... Community Manager  
Rebecca Crosen .. Assistant Community Manager  
Mario Ruma ..... Maintenance Supervisor  
Bill Dunn ..... Maintenance Technician  
Joe Lazaro ..... Maintenance Technician  
Abby Marshall ..... Regional Manager  
Ashley Kantruss .... Regional Marketing Manager  
Website ..... [www.northridgeapthomes.com](http://www.northridgeapthomes.com)

# TRIVIA WHIZ



## Ville de L'Amour

Known as the City of Love, Paris became the capital of France in A.D. 987. Located along the Seine River, it now covers an area of 41 square miles. Here are a few more tidbits about this celebrated seat of romance:

- The name Paris comes from its early inhabitants, the Celtic Parisii tribe.
- The city's most famous landmark, the Eiffel Tower, was built for the Paris Exposition of 1889. The tower consists of 15,000 steel sections held together by 2.5 million rivets.
- The tree-lined Avenue des Champs-Élysées has been called the most beautiful avenue in the world. It is home to restaurants, boutiques, museums and nightclubs.
- There are about 1,200 bakeries in Paris, and most sell the popular bread known as a baguette. The size and dough consistency of baguettes is regulated by law.
- In the 1920s and '30s, Paris was a hotbed of experimentation in art and literature. Salvador Dali, Pablo Picasso, Ernest Hemingway, James Joyce, Gertrude Stein and Ezra Pound lived in the city during this time.
- The oldest bridge in Paris is more than 400 years old. It is called Pont Neuf, which means "New Bridge."
- Walking across the city from north to south takes about two hours and 15 minutes.
- The 20 arrondissements (administrative districts) in Paris start at the heart of the city and continue in numerical order outward in a spiral fashion.
- The oldest house in Paris can be found at 51 Rue de Montmorency, in the Third Arrondissement. The home was built in 1407.



## Let Your Love Show

There are many ways to show the significant people in your life how much you care about them. Whether a spouse, partner, parent, child or friend, you can express your love in simple ways that mean a lot.

Write your loved one a note or postcard describing all the things you appreciate about them. Put it in their lunchbox or on their pillow, or drop it in the mail.

Be open to trying an activity that the other person loves.

Surprise them by doing a task they

dislike, whether it's walking the dog, taking out the trash or folding laundry.

Laugh at your loved one's jokes.

Ask their advice, even if you don't need help making a decision. It shows you value what they have to say.

Give your loved one a book you have enjoyed and inscribe it with a meaningful message.

If you know they have a big event coming up, show interest in it and support their efforts.

Plan a surprise outing, such as dinner at a favorite restaurant or tickets to a sporting event.

Send a text asking how their day is going.

Look for something online that you know they need and forward them the link.

Ask, "What can I do to help you today?"

Listen. The most flattering thing in the world is to have someone's undivided attention.

## Bagels to Brag About

The versatile bagel is not just for breakfast anymore. Load your favorite flavor with some inventive toppings and enjoy it any time of the day.

Go ahead and satisfy your morning munchies by topping a whole-wheat bagel with a fried egg, cheddar cheese and avocado. For a sweeter treat, lightly toast a cinnamon raisin bagel and add plain cream cheese, sliced apples and a drizzle of honey. A toasted honey wheat bagel is a great base for some ricotta cheese and sliced strawberries. Greek yogurt and blueberries are another topping option.

When lunchtime rolls around, consider these combinations: smoked salmon, cream cheese and dill; goat cheese and sliced pears; feta and pickled beets; mashed avocado with lemon juice and sliced radishes; hummus with sliced onions, cucumbers and tomatoes; peanut butter and jelly; and ham or turkey with Swiss or

provolone cheese.

Dinner is the perfect time for a pizza bagel. Broil layers of prosciutto, tomato, red onion and Gruyere until the cheese is gooey and the top is golden brown. Or spread each bagel half with spaghetti sauce and add slices of meatballs and mozzarella cheese, then toast in an oven for 10 minutes.

For a snack anytime, create your own flavored cream cheese by mixing in various ingredients. Try honey and cinnamon; mashed strawberries; or garlic powder and dried herbs.





## WIT & WISDOM



### Beat the Winter Blues

Does it seem like winter has been going on forever, and you just want to curl up under the covers and stay there until the daffodils start blooming?

It's not uncommon to feel sad, irritated or less energetic during the winter months. Studies show about 20 percent of adults in America experience seasonal mood changes.

The good news is there are many steps you can take to lift your mood, and remember, spring is right around the corner.

Exercise has been proven to reduce symptoms of depression. Bundle up for a walk, swim indoors, do yoga at home or head to the gym.

A healthy diet will boost your mood and give you more energy. Choose lean proteins, whole grains, fruits and vegetables.

Make an effort to get exposure to sunlight. Place exercise equipment or your work area near a window. Take a lunchtime stroll outdoors. People in particularly dark regions sometimes purchase special lamps that mimic natural outdoor light.

Start a decluttering project, and clean out closets or purge old paper files. Take up a hobby like knitting, painting or blogging. Plan a movie night for yourself and some friends, and choose a laugh-out-loud comedy. Even just listening to upbeat music has been shown to make people feel happier.

If your sadness or lethargy won't go away or make it hard for you to function, check in with your health care provider.



## One Minute Chef

### Dark Chocolate Soufflé

#### Ingredients:

- 1/2 tablespoon light olive oil, plus additional for coating pan
- 1/4 cup granulated sugar, plus additional for coating pan
- 4 ounces dark chocolate (70 percent cocoa)
- 1 ounce heavy cream (30 percent fat)
- 3 egg whites
- 2 egg yolks
- Pinch of cream of tartar

#### Directions:

Heat oven to 375° F. Grease two 6-ounce ramekins with olive oil and dust with sugar.

In double boiler, melt chocolate, 1/2 tablespoon olive oil and cream; let cool. Using electric mixer, beat egg whites until soft peaks form.

Whisk egg yolks into cooled chocolate mixture. Fold in egg whites, 1/4 cup sugar and cream of tartar. Pour into prepared ramekins. Bake 15 minutes.

Garnish with fresh berries, if desired.

Tip: This recipe can easily be doubled.

Find more recipes at [FilippoBerio.com](http://FilippoBerio.com).



"The person born with a talent they are meant to use will find their greatest happiness in using it."

—*Johann Wolfgang von Goethe*

"A great deal of talent is lost to the world for want of a little courage."

—*Sydney Smith*

"Use what talents you possess; the woods would be very silent if no birds sang there except those that sang best."

—*Henry Van Dyke*

"I would like to be remembered as someone who did the best she could with the talent she had."

—*J.K. Rowling*

"We are told that talent creates its own opportunities. But it sometimes seems that intense desire creates not only its own opportunities but its own talents."

—*Eric Hoffer*

"Enjoying success requires the ability to adapt. Only by being open to change will you have a true opportunity to get the most from your talent."

—*Nolan Ryan*

"Above everything else I've done, I've always said I've had more guts than I've got talent."

—*Dolly Parton*

"It is the combination of reasonable talent and the ability to keep going in the face of defeat that leads to success."

—*Martin Seligman*

"Success is what you do with your ability. It's how you use your talent."

—*George Allen Sr.*





"The big talent is persistence."

—*Octavia E. Butler*



# February 2019

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

 <h1 style="font-size: 2em;">FEBRUARY</h1> 					1	2 
3	4	5	6	7	8	9
10	11	12	13	14 	15	16
17 <b>Presidents Day</b>	18	19	20	21	22	23
24	25	26	27	28		

