

# The Greens and the Meadows At Northridge

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



## JULY 2019



## 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

### Light Up the Sky

The Office will be closed on the 4th of July and the office will also be closed on July 17th due to Corporate Training.

**All Meadows Residents-** We will be hosting a friendly game of Bingo on July 16th. Please come out and join us; we will have prizes and light refreshments.

**All Greens Residents-** We will be hosting a friendly game of Bingo on July 18th. Please come out and join us; we will have prizes and light refreshments.

**Fireworks- Will not be permitted on property Grounds for the Fourth of July.**

**Yowell Park-** Will be having Fourth of July traditional Fireworks on the 4th at 9:15 PM located at Col. Jameson Blvd & other areas in town. Other activities at Yowell Park include: Crafts and Food Vendors at 5 PM, Moon bounces 4PM-8:30PM, Hayrides 4PM-8:30PM and Entertainment/Band 5:30PM-8:30PM.

### Friendly Reminder:

Submitting Maintenance Requests  
Did you know you can submit maintenance requests PLUS track their statuses online? Just head to our website – [www.northridgeapthomes.com](http://www.northridgeapthomes.com) and click on the 'Services' tab. You'll need to get registered if you haven't already - contact us if you need help!

## 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  
Rebecca Crosen .. Assistant Community Manager  
Samantha Ferguson ..... Leasing Consultant  
Mario Ruano ..... Maintenance Supervisor  
Bill Dunn ..... Maintenance Technician  
Abby Marshall ..... Regional Manager  
Ashley Kantruss ..... Regional Marketing Manager  
Website ..... [www.northridgeapthomes.com](http://www.northridgeapthomes.com)

# TRIVIA WHIZ



## Special Sauces

For many, a hot dog isn't complete without a squiggly line of ketchup or mustard. Condiments add flavor to a wide variety of foods all over the world. Whet your appetite with these fun facts about some favorite fixin's.

- The term "condiment" originally described pickled or preserved foods, but it now refers to spices, sauces and other mixtures that enhance the flavor of a dish.
- Ketchup is the most popular condiment in America—97% of U.S. households have a bottle in their kitchen at any given time.
- H.J. Heinz started selling ketchup in individual packets in 1968.
- Since mustard is made from ground mustard seeds, the tangy topping contains several nutrients, including protein, calcium and antioxidants.
- The spice turmeric gives mustard its bright yellow color.
- "Mayonnaise" is from the Old French word *moyeu*, which means "egg yolk," the creamy spread's main ingredient.
- In several European countries, mayo is a more popular dip for french fries than ketchup.
- Adapted from Indian chutney recipes, pickle relish was one of the earliest condiments in North America. Sweet pickle relish remains a favorite hot dog topping.
- Si Racha, a coastal town in Thailand, is believed to be the birthplace of the hot sauce Sriracha. In the U.S., the condiment is often called "rooster sauce" thanks to Huy Fong's popular version, which has an image of a rooster on a bright red bottle.



## What Was Out Is In Again

Nostalgia can be powerful, and many people feel affection for things that remind them of their childhood. Today, vintage and retro items are more popular than ever.

Retro is a term used to describe something that was once culturally outdated but has since come back in style.

An example is vinyl records, which have surged in popularity in the past few years. Many people say they

prefer the sound quality that vinyl produces, offering a warmth and depth that is missing in digital music. Top artists are now releasing albums on LPs. Some records are collectible not only for the music but also for the cover art and inserts.

With the comeback of vinyl, the demand for turntables increased, and many companies have answered the call. You can buy recently manufactured turntable players with a retro-look body and high-tech electronics.

The use of Polaroid and other instant cameras declined with the advent of digital cameras and smartphones. Now instant cameras have a cool "old-school" vibe, and the appeal of an immediate keepsake remains. Some cameras are sold with filters and colorful cases, and may include the ability to receive a digital copy of your images as well as the instant print.

## Add Zest With Zucchini

As the summer heats up, gardens begin bursting with zucchini. Pick up a few at a farmers' market or find a gardening friend willing to share their bounty, and then try some of these ideas for using zucchini in dishes that range from sweet to savory.

*In baked goods.* Zucchini has a mild flavor, so it is a great way to turn sweets into more healthy treats. When baking with zucchini, you can use less oil since the squash has a high water content. In addition to the popular zucchini bread, consider whipping up some zucchini muffins, pancakes, waffles, cake, brownies, tarts or cobbler.

*Served on the side.* For a quick side dish, sauté zucchini chunks in a bit of olive oil with chopped onions, bell peppers and garlic. Top with Parmesan cheese. You can also make battered zucchini sticks, stuffed zucchini, zucchini fritters or cheesy zucchini rice.

*As the main event.* Zucchini is a common low-carb alternative to pasta. Slice it thinly and use in place of lasagna noodles, or cut the squash into thin strips, sauté lightly and top with pasta sauce and grated cheese. Make burgers and meatballs extra juicy by adding grated zucchini to the ground meat.

*In a summer salad.* Make coleslaw with grated zucchini and carrots, or use diced zucchini in place of cucumber in a green salad or pasta salad.





# WIT & WISDOM



## Jump On In

Summer is full of enjoyable activities, including finding ways to keep cool when the sun is blazing. Fun and refreshing, water sports also offer a cardiovascular workout, improve joint and muscle health, and can reduce stress and anxiety.

Whether you prefer an ocean, lake or swimming pool, there is a wide range of water sports to choose from.

**Water polo.** This sport involves a full body workout, as players must swim and defend the ball as well as try to score in the opponent's goal.

**Water aerobics.** Doing aerobic exercise in shallow water reduces the risk of injury to muscles and joints and prevents overheating. It is great for improving balance and can be done even if you are not a good swimmer.

**Water skiing.** In this classic summer sport, a person uses one or two skis to skim along the surface of the water while being pulled by a powerboat.

**Jet Skiing.** Named after the most common brand of water scooter, this activity can be a unique way to explore an area. The sport includes adrenaline-pumping elements such as jumps, flips and other tricks.

**Parasailing.** The experience of drifting above a body of water in a parachute while a motorboat pulls you along has made parasailing a popular and exhilarating activity for vacationers.

**Fishing.** Not only a sport, but also a form of meditation, fishing is proven to reduce anxiety and blood pressure. It also teaches patience.

## Pepperoni Pizza Sliders

### Ingredients:

- 1 package slider rolls
- 1/2 cup pizza sauce
- 1/2 cup mini pepperoni slices
- 1 1/2 cups shredded mozzarella cheese
- 1/4 cup butter, melted
- 1 teaspoon parsley flakes
- 1/2 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/2 cup shredded Parmesan cheese
- Nonstick cooking spray

### Directions:

Heat oven to 350° F.

Keeping rolls connected, cut sheet of rolls horizontally, separating tops from bottoms. Place bottom halves of rolls in baking dish.

Spread pizza sauce evenly over bottom halves. Arrange pepperoni over sauce. Sprinkle mozzarella over pepperoni and cover with top halves of rolls.

Mix melted butter with parsley flakes, dried oregano, garlic powder and shredded Parmesan cheese. Spoon evenly over sliders.

Cover baking dish with aluminum foil sprayed with nonstick cooking spray to keep cheese from sticking.

Bake 20 minutes.

Remove foil and bake additional 5 to 10 minutes or until Parmesan is melted and golden brown.

Cut sliders and serve immediately.

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



“Every day is a great day to give love, spread joy and sparkle!”

—**Sheri Fink**

“Charisma is a sparkle in people that money can't buy. It's an invisible energy with visible effects.”

—**Marianne Williamson**

“Use each moment to make another's eyes sparkle and to warm a heart.”

—**Doreen Virtue**

“Enthusiasm is the sparkle in your eyes, the swing in your gait, the grip of your hand, the irresistible surge of will and energy to execute your ideas.”

—**Henry Ford**

“Stay close to those who sing, tell stories, and enjoy life, and whose eyes sparkle with happiness.”

—**Paulo Coelho**

“Don't let the insecurities of others dull your sparkle. Shine like the star you are born to be.”

—**Karen Civil**

“Everybody loves things that sparkle.”

—**Philip Treacy**

“Any woman can look her best if she feels good in her skin. It's not a question of clothes or makeup.

It's how she sparkles.”

—**Sophia Loren**

“I like to be sparkly! It makes me happy. ... I hope the sparkle and glitter that I spread makes other people happy, too.”

—**Alexa Bliss**

“A star never lets anything dull its sparkle, not even darkness.”

—**Matshona Dhliwayo**



# July 2019

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	31			

## “This Month In History” JULY

**1903:** Cyclists compete in the first Tour de France. Maurice Garin was the first to cross the finish line in Paris.

**1914:** A dance craze begins after the fox trot is performed at a club in New York City.

**1926:** Showing a fish swimming in the Florida Keys, the first underwater color photo is taken by a National Geographic magazine photographer.

**1937:** Cheap, filling and needing no refrigeration, the canned meat product Spam is introduced.

**1946:** The bikini swimsuit debuts at a fashion show in Paris.

**1958:** President Dwight D. Eisenhower signs the Alaska Statehood Act, allowing the territory to become the 49th state.

**1960:** Harper Lee’s “To Kill a Mockingbird” is published and quickly becomes a best-seller. The novel was awarded the Pulitzer Prize a year later.

**1988:** Sprinter Florence Griffith Joyner, nicknamed Flo-Jo, sets the world record for the women’s 100-meter. Her record of 10.49 seconds still stands today.

**2002:** Major League Baseball’s All-Star Game ends in a 7–7 tie after 11 innings because both teams run out of pitchers.

**2018:** In an effort to reduce environmental pollution, Starbucks announces it will stop providing disposable plastic straws in its stores by 2020.