

The Greens and the Meadows At Northridge

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



BULLETIN BOARD

Hours

Monday-Friday
9 a.m. – 6 p.m.

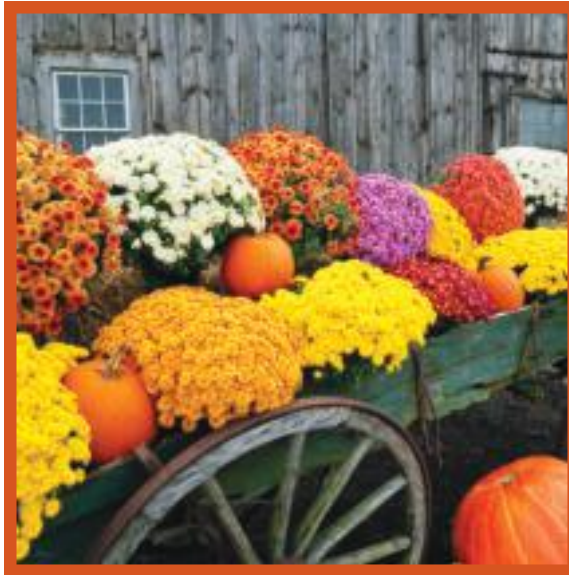
Saturday
10 a.m. - 2 p.m.

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!

OCTOBER 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

Fall Celebration & Halloween

Temperatures and leaves are falling and we want to celebrate the new season with you! Join us on Friday, October 18, 2019 from 4pm-6pm for some hearty chili & cornbread and crafts for the children.

Thursday, October 31, 2019 be sure to visit the Leasing Office with your ghouls, goblins, and witches to get some treats (no tricks!).

It's Cooling Off

Remember as the temperature drops, those little creepy crawly critters will be looking for a warm place to hide. Does this mean you need Pest Control? Likely not, but if it's an abnormal amount of insects then yes, you may need Pest Control. Pest Control is on property weekly to manage all scheduled treatments - if you feel you do need service, please call before 12:00PM on Mondays so that you can be added to the weekly schedule. If the schedule is full, you will be added to the following week.

Lease Renewals & Annual Recertifications

If your lease is expiring within 90-120 days, you will receive a notice that it's time to complete your recertification and/or renewal. We ask that you please respond by the dates noted on your letter. We appreciate your efforts to complete the renewals! Working together builds a stronger community.

Your Friendly Staff

Tara Craft Community Manager
Rebecca Crosen 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



Nuts About Squirrels

Squirrels are a common sight in big cities, small towns and suburbs. Since October is Squirrel Awareness Month, it's the perfect time to squirrel away some tidbits about these clever critters.

- Besides North America's familiar tree squirrels, the roughly 285 squirrel species around the world include flying squirrels, chipmunks and prairie dogs.
- The majority of a tree squirrel's diet consists of acorns, hickory nuts, walnuts, seeds and fruit. Squirrels eat their own body weight, about 1.5 pounds, in a week.
- In summer and fall, squirrels hoard nuts and seeds for the winter, digging small holes in the ground to bury their food. Abandoned burrows, hollow trees and flowerpots are other favored hiding spots.
- Thanks to a good memory and strong sense of smell, squirrels recover up to 80% of what they store. What they leave behind often germinates, helping to maintain forest tree populations.
- Squirrel nests are called dreys and can be spotted in the forks of trees. About the size of a football, dreys are made of twigs and lined with grass, bark, moss and feathers.
- A squirrel's big, bushy tail is used as a parachute to ensure a soft landing when the animal jumps or falls.
- Squirrels are very vocal, and communicate with each other by barking, chirping, chattering and purring. They also use body language, such as twitching their tails and stomping their feet.



Plan Some Festive Fall Adventures

Fall's cooler weather makes it a perfect time for outdoor activities. Plan one of these outings and enjoy what autumn has to offer:

Apples for all. In addition to the opportunity to pick your own apples, many apple orchards also have a cider mill you can tour. Be sure to take home plenty of fruit and try your hand at apple pie, applesauce

and baked apples. Store any unused fruit in a cool, dry place.

Pick a pumpkin. A trip to the pumpkin patch to find the perfect pumpkin is fun for all ages. Get a few extra to decorate your home. Some pumpkin patches also offer wagon rides and a corn or hay bale maze.

Take a tour. Many parts of the country offer views of colorful fall foliage. Go for a drive, and take a camera to record nature's beauty. Consider spending a day exploring a town you've never visited. Pack a picnic or stop at a family-owned restaurant for a one-of-a-kind meal.

Friday night lights. Go to a high school football game and root for the home team. The atmosphere and excitement may bring back memories of your own high school days.

Find a fair. Get a head start on your holiday shopping with a trip to an area craft fair. You will be sure to find unique gifts for friends and family.

Pasta Swaps

Pasta is a versatile and delicious food, and with dozens of options available today, there are plenty of opportunities to experiment with different flavors. Whether you are reducing carbs, have a gluten allergy or simply want to try something new, consider giving these noodle alternatives a "twirl."

Zoodles. These are made from zucchini that's been spiralized with a kitchen device that cuts vegetables into long strips. You can use this same method on carrots, turnips, beets and sweet potatoes, as well as buy packaged spiralized veggies in stores.

Soba noodles. These Japanese noodles are made with buckwheat flour and have a slightly nutty taste. They're often the star of cold Asian pasta salads or served in a bowl of hot broth.

Spaghetti squash. This gourd provides a healthy and affordable pasta substitute. Once cooked, the

squash's yellow-orange flesh can be separated with a fork into strings that mimic spaghetti noodles.

Shirataki noodles. Made from the fibrous root of an Asian plant called konjac, shirataki noodles contain virtually no fat or calories, and are therefore the perfect partner for a rich, hearty sauce.

Pasta made with kelp, brown rice, quinoa, lentils and chickpeas can also be found on store shelves, so why not use your noodle to come up with ways to try them all?





WIT & WISDOM



Migrating Monarchs

Each autumn, millions of monarchs take to the skies to begin their journey to a warmer climate for the winter. The annual migration is one of nature's most fascinating spectacles.

Cooler temperatures and shorter days alert the orange-and-black butterflies to take flight. Those west of the Rocky Mountains head to Southern California, where thousands hibernate in forests along the coast. But swarms of the eastern population travel much farther, from Canada and the northeastern U.S. to the mountains of central Mexico—a distance of nearly 3,000 miles. Monarchs numbering in the millions take shelter in the fir trees there.

How the butterflies find their way to the same sites year after year is a mystery to scientists, but they believe the insects use the sun as a compass. Even more remarkable is that new generations arrive each fall and settle in the same trees as their ancestors did!

When spring comes, monarchs begin their flight back north, laying eggs on milkweed plants along the way. When the caterpillars hatch and transform into butterflies, they continue the trip northward. Up to five generations take part in the annual migration.

Each autumn, millions of monarchs take to the skies to begin their journey to a warmer climate for the winter



One Minute Chef

Maple Apple Grilled Cheese

Ingredients:

- 1/4 cup maple syrup
- 1/4 teaspoon apple pie spice
- 3 tablespoons butter
- 8 slices whole-wheat bread
- 8 slices sharp cheddar cheese (1-ounce slices)
- 1 medium Golden Delicious apple, cored and cut into 16 thin slices
- 4 slices cooked bacon, coarsely chopped

Directions:

Mix maple syrup and apple pie spice. Set aside.

Butter one side of each bread slice. Layer two slices of cheese and four slices of apple on each of four bread slices with buttered side down. Sprinkle with chopped bacon, then drizzle with maple syrup mixture. Top with remaining bread slices with buttered side up.

Place sandwiches in large skillet or griddle on medium-low heat. Cook 3 to 4 minutes per side, or until bread is browned and cheese is melted. Cook in batches, if necessary.

Find more recipes at www.McCormick.com.



“The moon puts on an elegant show, different every time in shape, color and nuance.”

—Arthur Smith

“I still say, shoot for the moon; you might get there.”

—Buzz Aldrin

“Every phase of our life belongs to us. The moon does not, except in appearance, lose her first thin, luminous curve, nor her silvery crescent, in rounding to her full.”

—Lucy Larcom

“I love to think that animals and humans and plants and fishes and trees and stars and the moon are all connected.”

—Gloria Vanderbilt

“The moon is a friend for the lonesome to talk to.”

—Carl Sandburg

“Those are the same stars, and that is the same moon, that looks down upon your brothers and sisters, and which they see as they look up to them, though they are ever so far away from us.”

—Sojourner Truth

“Summer ends, and autumn comes, and he who would have it otherwise would have high tide always and a full moon every night.”

—Hal Borland

“To some people, the impossible is impossible. One fine day, they wake up in the morning knowing that they will never hold the moon in their hands, and with the certainty, perfect peace descends on them.”

—Elizabeth Bibesco



October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1	2	3	4 <i>World Smile Day</i>	5	
6	7	8	9	10	11	12	
13		14	15	16	17	18 Celebration 4pm-6pm Crafts, Chili, And Friends	19
20	21	22	23	24	25	26	
27	28	29	30	31 	 OCTOBER 		

Bring your colored picture

to the office as soon as possible or contact the office for the final due date.

Name: _____

Age: _____ Apartment #: _____

