

The Greens and the Meadows At Northridge

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



SEPTEMBER 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

Pool Will Be Closing

The time has come for us to close down the pool for the season. The last day for the pool will be Sunday September 8, 2019.

The Office Will Be Closed

The Office will be closed on the following dates; Saturday August 31, 2019 and Monday September 2, 2019 due to the Holiday. On Thursday September 19, 2019 office will be closed for Corporate Training.

Happiness Helper

A quick and easy mood booster could be as close as your closet. Perk up a gray day by putting on a piece of brightly colored clothing. Studies show there's a connection between colors and emotions, and wearing such colors as yellow and orange can help produce positive feelings.

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!

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 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

TRIVIA WHIZ



100 Years of the NFL

This year is the 100th season of the National Football League, which will mark the milestone with a series of events celebrating players, fans and communities.

The 2019 schedule features weekly games honoring NFL history, including the Green Bay Packers versus the Chicago Bears in the league's best-known rivalry; the Packers versus the Kansas City Chiefs in a rematch of Super Bowl I; and the Cincinnati Bengals versus the Cleveland Browns in the Battle of Ohio, the birthplace of the NFL.

Here are a few fun football facts to kick around in honor of the league's centennial:

- The NFL was founded in 1920 in Canton, Ohio, which is now home to the Pro Football Hall of Fame.
- In 1933, the league stopped using the Collegiate Rules Book and began to develop its own rules.
- As a rookie in 1934, Beattie Feathers became the first player to rush for 1,000 yards in a season.
- A 1939 matchup between the Philadelphia Eagles and the Brooklyn Dodgers was the first televised football game.
- NFL players were not required to wear helmets until 1943.
- The 1972 Miami Dolphins became the first NFL team to have a perfect season. Their 17–0 record culminated with a win at Super Bowl VII.
- Deion Sanders is the only athlete who has played in both a Super Bowl and a World Series.
- In 2015, the league hired its first full-time female referee, Sarah Thomas.



Reasons To Read

Getting lost in a good book is an enjoyment for many people. More than just entertainment, reading has been shown to be good for your health.

Boosts brain power. Much like exercise for the body, reading a book is a workout for the brain. Critical thinking is required to process the text, make connections between chapters and retain information. This forges new pathways in the brain, which can help protect against cognitive decline.

Increases empathy. When immersed in reading, especially a fiction story, we are likely to identify with the characters and their emotions. This may help us better relate to people in real life, strengthening bonds and prompting positive interactions.

Promotes sleep. A bedtime routine that includes reading with dimmed lights sends a signal to the body that it's time to wind down. Physical books work best at night since the glare from digital devices can disrupt sleep.

Reduces stress. A page-turner often transports the reader to another world, providing a break from worries. Participants in one study began to relax after just six minutes of reading.

More than just entertainment, reading has been shown to be good for your health

Cut Cooking Time With Rotisserie Chicken

During National Chicken Month in September, hatch a plan to put this versatile meat on your table. Start with a fully cooked rotisserie chicken from the grocery store, and you won't have to wing it when you want a quick, protein-packed meal.

Super soups. Check your cupboard for beans, broth and pasta and then whip up some white bean chicken chili, chicken noodle soup or chicken corn chowder.

Mexican. Tortillas, cheese, salsa and seasonings, along with shredded chicken, can be the basis for enchiladas, tacos, quesadillas, nachos, tostadas or taquitos. Serve sour cream and lettuce on the side.

Sauce it up. Add spicy buffalo sauce to your rotisserie chicken and make some buffalo chicken mac and cheese, buffalo chicken flatbread or buffalo chicken sliders. If you prefer

barbecue sauce, you have the basis for barbecue chicken-stuffed baked potatoes, barbecue chicken pizza or pulled chicken sandwiches with slaw.

The lighter side. Chicken is great in cold sandwiches and salads. For a classic, add mayo, chopped celery and apple and serve on a croissant. Prepare a grain bowl by combining chicken with quinoa, avocado, onions, greens and tomatoes. Stuff a pita pocket with chicken, feta cheese, diced cucumbers and tomatoes, and then drizzle yogurt dressing on top.





WIT & WISDOM



Be Prepared With an Emergency Kit

National Preparedness Month in September is a time to ready yourself and those in your care for the unexpected. Take the first step by assembling a kit equipped with the supplies you might need in the event of a natural disaster or other emergency.

Keep your supplies in something that is easy to carry in case you must leave your home. Suggestions include a wheeled suitcase, a large plastic storage container or a couple of backpacks.

The Federal Emergency Management Agency recommends stocking these items in your emergency kit: nonperishable food, such as dried fruit, canned tuna or chicken, and peanut butter; bottled water; manual can opener; plates, utensils and wet wipes; first aid kit and toiletries; change of clothes; blanket; work gloves; multipurpose tool; matches; battery-powered radio, flashlight and extra batteries; whistle to signal for help; local map; cash; copies of insurance policies and identification; and paper and pencils.

Depending on your household members, you may need to include prescription medications, baby supplies, pet supplies, and books and games for children.

Make sure you have enough supplies for at least three days.

Gathering these items and packing your emergency kit can help you feel more secure. For more information on how to be prepared, visit www.Ready.gov.

Turkey and Potato Wrap

Ingredients:

- 3/4 pound russet potatoes, cut into 1/2-inch pieces
- 1 tablespoon water
- 1 tablespoon canola oil
- 3/4 pound ground turkey
- 1 large carrot, shredded
- 1/3 cup sliced green onions
- 1 can (8 ounces) tomato sauce
- 2/3 cup shredded cheddar cheese
- 1 teaspoon dried Italian seasoning
- Salt and pepper, to taste
- 4 large tortillas
- Sour cream (optional)

Directions:

Place potatoes in microwave-safe bowl; sprinkle with water. Cover, venting one corner. Microwave on high 5 to 8 minutes until potatoes are tender.

In large nonstick skillet over medium-high heat, heat oil. Add turkey; break up meat with spatula and cook 5 minutes. Mix in carrot; cook 2 minutes. Add potatoes and onions; stir and cook 2 minutes. Reduce heat to medium; mix in tomato sauce, cheese and Italian seasoning.

Cook, stirring occasionally, 4 to 5 minutes until mixture is hot and most sauce is absorbed. Season with salt and pepper, to taste. On work surface, lay out tortillas. Place 3/4 cup hot turkey mixture on each; fold and roll into burritos.

Cut in halves and place on serving plates. Top each with sour cream, if desired.

Find more recipes at www.EatWisconsinPotatoes.com.



“When you are asked if you can do a job, tell ‘em, ‘Certainly I can!’ Then get busy and find out how to do it.”

—**Theodore Roosevelt**

“I don’t know that there are any shortcuts to doing a good job.”

—**Sandra Day O’Connor**

“Even though your time on the job is temporary, if you do a good enough job, your work there will last forever.”

—**Idowu Koyenikan**

“America was not built on fear. America was built on courage, on imagination and an unbeatable determination to do the job at hand.”

—**Harry S. Truman**

“Good and productive labor is valuable, and it doesn’t mean you have to have a fancy job description.

You don’t have to become rich. You can be ordinary. Happiness lies there. Do good work, create good work for others.”

—**Jay Parini**

“Nothing is particularly hard if you divide it into small jobs.”

—**Henry Ford**

“I love argument, I love debate. I don’t expect anyone just to sit there and agree with me—that’s not their job.”

—**Margaret Thatcher**

“Maturity: Be able to stick with a job until it is finished. Be able to bear an injustice without having to get even. Be able to carry money without spending it. Do your duty without being supervised.”

—**Ann Landers**



September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day	3	4	5	6	7
8 National Grandparents Day	9	10	11	12	13 	14
15	16 	17	18	19	20	21
22	23 	24	25	26	27	28
29	30	 SEPTEMBER 				

AUTUMN