

Northgate

welcome home

1331 Silverada Blvd. • Reno, NV 89512

Community Team

Manager	Carrie Phillips
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Maintenance	Jaime Murillo
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Office Hours

Monday - Friday 8am-8pm
Saturday - Sunday 10am-8pm



Let's Have a Great New Year!

As the year of 2018 has come to a close, Northgate has seen a few changes. We have some new employees, a lot of new houses, and some of you even have new neighbors! 2018 saw 7 new home sales, and we are hoping to do more in 2019! Northgate is currently offering an amazing referral offer! If any resident refers someone and they purchase a BRAND NEW HOME, you will receive 4 months of free rent. Make sure to let your friends and family know that they need to let us know that you referred them the day that they stop by Northgate to tour. This AMAZING offer expires on January 12, 2019.

January 2019



Thank You, Residents

Northgate wants to give a big thank you to all of our AMAZING residents. We have had a wonderful time during the past few months at all of our various functions with you. Thanksgiving Dinner was such a fun night. We had so many people come out to join us. It's truly a blessing to be able to work with each and every one of you. Our movie nights and paint nights continue to be a success. Always make sure to call us and ask us when we might be having a new event or take a look at the calendar. December is a big month for new and exciting activities!

How the World Celebrates the New Year

In the U.S., the New Year is often ushered in with parties, fireworks and a midnight kiss. The rest of the world revels in a variety of traditions.

Spain. At the stroke of midnight, people in Spain eat 12 grapes, one for each month of the year ahead, for good luck.

Russia. In the country's region of Siberia, divers plunge into icy lakes to place a New Year tree, or *yolka*, beneath the water's surface, symbolizing a new beginning.

Germany. Germans give a sweet greeting to Jan. 1 by eating the jelly doughnut known as a *Berliner*, *Pfannkuchen* or *Krapfen*.

Japan. In this Asian nation, the sound of cities ringing in the New Year can be heard at midnight, when bells chime 108 times as a cleansing ritual.

Colombia. Those hoping for travel adventures in the coming year will carry an empty suitcase with them, a custom in Colombia and other Latin American countries.

Greece. Symbolizing renewal, onions are hung on doorways as a good luck token.

Brazil. To bring prosperity and good luck, Brazilians wear white on New Year's Eve and toss white flowers and candles into the ocean.

Turkey. At midnight, people here sprinkle salt on their doorsteps, which is believed to bring peace and good fortune.



Know Your Oats

Eating a bowl of oatmeal can be a comforting, heart-healthy breakfast. The different processing methods for this whole-grain food create a variety of oats to choose from.

Steel-cut. Whole oat kernels, called groats, are chopped into coarse pieces to make steel-cut oatmeal, also known as Irish oatmeal. This type is the least processed, so it takes up to 30 minutes to cook and has a chewy texture.

Scottish. Groats are stone-ground into small, fine pieces to make Scottish oatmeal, which is thick and creamy like porridge.

Old-fashioned. Also called rolled oats, these are the most commonly used in oatmeal and are made by steaming groats and flattening them between rollers into flakes. Old-fashioned oats are often used in baked goods.

Quick. These are another form of rolled oats, but are steamed longer and rolled thinner. They make a fast breakfast since their smooth, thin flakes cook in just one minute.

Instant. Usually sold in single-serve packets, the oats in instant oatmeal have been fully cooked during processing and then dehydrated.

Dine and Be Kind

January is Be Kind to Food Servers Month. Show your appreciation to these hardworking individuals by following these tips when dining out:

Be upfront with special requests. If you have food allergies or dietary restrictions, or if your group would like to split the bill, let your server know before you place your order.

Make eye contact. Looking at your waiter shows respect and, along with speaking clearly, can help minimize the chances of a mistaken order.

Learn your server's name. Use your server's name, and avoid whistling or snapping your fingers when you are trying to get his or her attention.

Remember the golden rule. Treat your server how you would like to be treated. Say "please" and "thank you," and if something isn't right, be polite when voicing a complaint.

Tip with respect. A 15 to 20 percent tip is customary at restaurants. If a coupon or other discount is applied, you should tip according to what the full price of the meal would have been.





Therapy in Art

Creating art, whether it's with paint, pencils, wood or another material, can be a fun, rewarding activity. Let these benefits of art therapy paint a picture:

Relieves stress. Participating in art activities can be soothing and relaxing. Focusing on a project often boosts positive feelings and has been shown to lower anxiety and depression.

Word Search Success

A fun way to exercise the brain, expand one's vocabulary or just pass the time, word searches are one of the most popular types of puzzles.

The earliest puzzle resembling a word search can be found in "Everybody's Illustrated Book of Puzzles," published in 1890 in London. Titled "Proverbs Within a Maze," the puzzle featured a grid of letters, and readers were instructed to wind their way through the puzzle to find hidden sayings.

The American word search as we now know it first appeared in 1968, when Norman E. Gibat created a puzzle for a want-ad digest that he published for

Increases cognitive skills. From selecting materials to choosing a color scheme, many decisions are made during the creative process, stimulating the brain. Artistic endeavors can also trigger memories from long ago.

Promotes self-expression. Art is a nonverbal outlet for communicating and sharing with others. Making something by hand is a personal experience that lets people express their thoughts and feelings.

Sharpens motor skills. Small movements such as brushing paint across a canvas or sanding a piece of wood improve dexterity and hand-eye coordination.

businesses in Norman, Okla. Calling it an "Oklahoma anagram," he designed a grid of jumbled letters containing the names of 34 towns. The game was an instant hit, with readers demanding more and local teachers using it as a student activity.

Gibat's puzzle design eventually spread across the country. Word searches became a staple in newspapers, puzzle books and classrooms.



Wit & Wisdom

"Even though the future seems far away, it is actually beginning right now."

—Mattie Stepanek

"There will come a time when you believe everything is finished. That will be the beginning."

—Louis L'Amour

"Do not wait until the conditions are perfect to begin. Beginning makes the conditions perfect."

—Alan Cohen

"You will never win if you never begin."

—Helen Rowland

"Forgiveness says you are given another chance to make a new beginning."

—Desmond Tutu

"The beginning is the most important part of any work."

—Plato

"Begin somewhere; you cannot build a reputation on what you intend to do."

—Liz Smith

"The way to get started is to quit talking and begin doing."




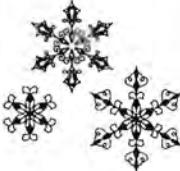

—Walt Disney

"Begin at the beginning and go on till you come to the end; then stop."

—Lewis Carroll

January 2019

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	1 Rent Is Due New Year's Day Office Closed	2	3 	4 Free Donut Friday!!!	5 Last Day to Pay Rent With No Late Fees
6	7	8	9 Town Hall Meeting 5-6pm Discussion On R&Rs and Community Standards	10 Free Donut Friday!!!	11 Free Donut Friday!!! Paint Night 5-7pm
12	13 Movie Night 5-7pm	14	15 	16 Free Donut Friday!!!	17 Free Donut Friday!!!
18	19	20 Martin Luther King Jr. Day	21 Breakfast on the Go! 7-9am	22 Free Donut Friday!!!	23 Free Donut Friday!!!
24	25	26	27 	28	29 
30	31				