



# JUNE RESIDENT NEWSLETTER



## Notes from the Maintenance Supervisor:

- Per the Harrisonburg noise ordinance, there should be no loud noise after 10PM.
- All pets must be on a leash when outside and CANNOT be left outside. THIS IS A CITY ORDINANCE.
- Please do not allow your pets to use the bathroom in the community garden or the cemetery.
- Please keep your trash picked up in your yard. If maintenance picks up trash around your unit there will be charges.
- DO NOT park on the grass.
- Refer to calendar for big trash pick-up dates.
- For after-hours maintenance emergencies, please contact (540) 432-3921.
- When an inspection is scheduled, access to the entire unit is required.

## Messages from the Director and Property Manager:

- Absolutely no pools of any kind. This is a Harrisonburg city ordinance.
- You are responsible for your visitors.
- Conveniently pay your rent online or at the United Bank across from IHOP! Rent statements will still be mailed out each month to all tenants.
- Rent is due by June 10th.
- Notify the office if you have any work order/pest issues in your unit at (540) 434-7386.
- Pest Control: units 033-064.

## FSS Corner

This month is Mental Health Awareness Month. The Family Self-Sufficiency program also prioritizes the mental well-being of individuals and families participating in our FSS program. For this reason, we provide our participants \$200 and up to \$1,000 in cash incentives for mental health counseling and support groups. To enroll in the program, call us at 540-434-7386 ext 1103 or 1105. Or visit our office at 143 Reservoir Street. For those in the FSS program already, you can refer a friend or a family member over 18 years and receive a \$20 gift card while supplies last!

# Budget Friendly Recipe

## Goulash

### Ingredients

- **2 Tbsp.** extra virgin olive oil
- **1** medium yellow onion
- **2** cloves garlic, finely chopped
- **1 lb.** ground beef
- Kosher salt
- Freshly ground black pepper
- **1 Tbsp.** tomato paste
- **1** 15oz can diced tomatoes
- **1** 15oz can tomato sauce
- **1 1/4 c.** low-sodium beef broth
- **1 tsp.** Italian seasoning
- **1 tsp.** paprika
- **1 1/2 c.** elbow macaroni
- **1 c.** shredded cheddar
- Chopped fresh parsley, for serving

### Instructions

1. Step 1 - In a large skillet over medium heat, heat oil. Add onion and cook, stirring occasionally, until softened, about 7 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute more.
2. Step 2 - Add ground beef, season with salt and pepper, and cook, breaking up with a spoon, until no longer pink, about 6 minutes. Drain fat.
3. Step 3 - Add tomato paste and stir to coat, then pour in diced tomatoes, tomato sauce, and broth. Add Italian seasoning and paprika, then stir in macaroni. Bring to a simmer and cook, stirring occasionally, until pasta is tender, 10-15 minutes.
4. Step 4 - Stir in cheese until melted; season with salt and pepper, if needed. Remove from heat. Top with parsley.

# June

# 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5 Big Trash (except E. Bruce and Myers)	6	7	8
9	10 Rent is due	11	12 Big Trash E. Bruce and Myers	13	14	15
16	17 All changes due to caseworker  Pest Control	18	19 Big Trash (except E. Bruce and Myers)	20	21	22
23	24	25	26 Big Trash E. Bruce and Myers	27	28	29
30	1	2	3	4	5	6

## Notes:

- Rent is due by June 10th
- Pest control will be June 17th for units 033-064
- All changes due to caseworker by June 17th
- Office closed for Juneteenth on June 19th

# SUDOKU

Edited by Margie E. Burke

Difficulty: Easy

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	4		9		6	8		
				7	8			
		2						3
	8				2	1		7
7		4	8	1		6		
3					9	4		
				3				
	6		7	4				9

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each column must contain the numbers 1 to 9;  
and each set of 3 by 3 boxes must contain  
the numbers 1 to 9.