

ROSAMOND HILLS APARTMENTS



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Rosamond, CA 93560

Phone 661-256-3333 Fax 661-256-7891

In case of emergency
559-561-2200

COMMUNITY EVENTS

- Bingo every Tuesday @ 1:30pm in South Rec. Room (Please see Calendar for details)
- Karaoke every Wednesday @ 5pm-8pm in North Rec. Room
- Horseshoe every Thursday @ 12:30pm
- Yard Sale- Saturday April 2nd. Everyone is welcome to sell items in the North Rec. Room from 9AM-4AM
- Commodities- April 8th in the North Rec. Room @ 7:30am-8am
- Spaghetti Luncheon on April 20th at 1:00PM in the South Rec. Room

AVOCADO STRAWBERRY SPINACH SALAD WITH POPPYSEED DRESSING

A delicious spinach salad with fresh strawberries, avocados, and a simple poppy seed dressing.

PREP: 10 MINS TOTAL: 10 MINS

INGREDIENTS:

SALAD INGREDIENTS:

- 6 cups fresh baby spinach
- 1 pint strawberries, hulled and sliced
- 1 avocado, diced (or you can double this to 2 avocados!)
- 4 ounces crumbled gorgonzola or blue cheese
- 1/4 cup sliced almonds, toasted
- half a small red onion, thinly sliced
- poppy seed dressing (recipe below)

POPPYSEED DRESSING INGREDIENTS:

- 1/2 cup avocado oil (or any oil, such as olive oil)
- 3 Tablespoons apple cider vinegar
- 2 Tbsp. honey
- 1 Tbsp. poppy seeds
- pinch of ground dry mustard (optional)
- salt and pepper

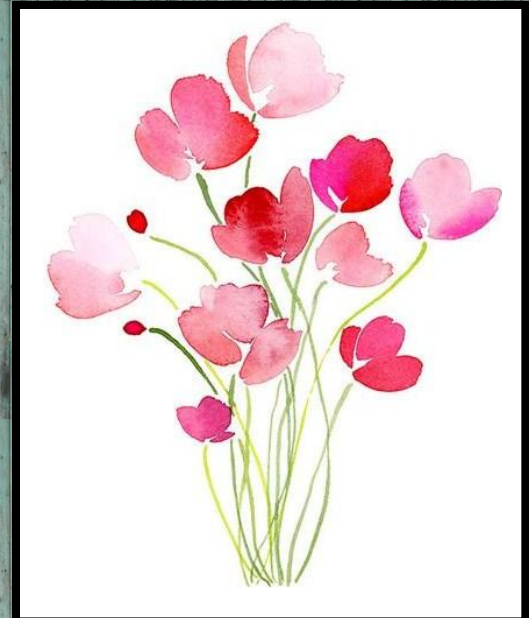
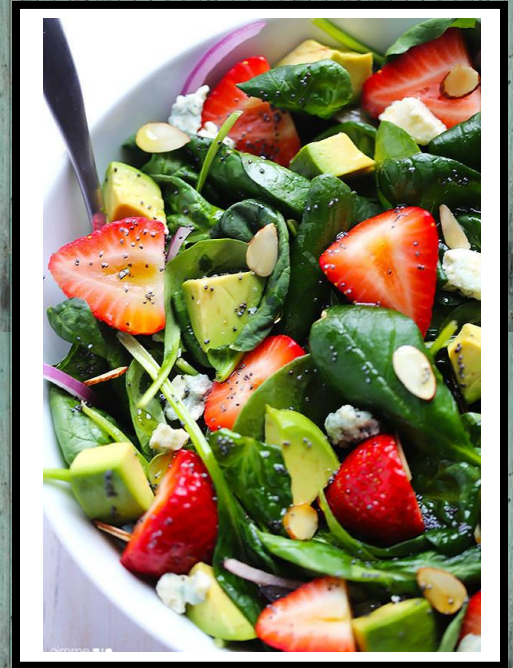
DIRECTIONS:

TO MAKE THE SALAD:

Toss all ingredients together with your desired amount of dressing until combined. Serve immediately.

TO MAKE THE POPPYSEED DRESSING:

Whisk all ingredients together until combined.



LAUNDRY ROOMS

If a washer or dryer isn't working you can call 1-800-342-5932, just provide them with the number of the machine and they will come out to fix it. When you are done using the washers please leave the doors open. If you leave them closed they don't dry properly which can cause the next load of laundry to smell.

- Coyotes have been spotted on the complex. Please be careful when walking your dogs at night.
- We ask that you please do not throw your trash away in a dumpster that is already full. **After you throw your trash away please close the dumpsters.** We have had issues with the birds leaving trash from the dumpsters around the complex.
- **Residents shall notify management of any requests or complaints. Each will be treated confidentially and with discretion. Management will take the appropriate action.**
- Every apartment has an assigned parking spot. Please park in your assigned spot. If you have any visitors make sure to let them know they can only park in visitors parking.

Office Parking is for office guests 8am-5pm, Monday-Friday. No residents or guest of residents are allowed to park in this area during these times. Anyone found parking here will receive a lease violation and can be towed.

Spring is here! This means its time for some spring cleaning. If you need any big items taken out for you please let the office know.

5 ITEMS TO START OFF YOUR SPRING CLEANING

1. Old Magazines

Get rid of old magazines you have lying around because chances are, you aren't going to read them again. Find places where you can donate your magazines to such as child care centers, doctor's offices, nail salons, nursing homes, and libraries

1. Receipts, Bills, and Documents

Throw away receipts for items that you aren't planning on returning, and ones that you won't need to use come tax time.

2. Clothes

Use the two-year-rule for clothes — get rid of apparel that you haven't worn in two years. Sell them to a thrift store or donate them to the needy.

3. Books

Go through your bookshelf and gather together books you haven't touched in months and ones that you aren't planning on rereading.. If you haven't touched it in a year, you're most likely not going to read it again.

4. Medicine and Vitamins

Take a look at your medicine closet and clear out drugs that have expired, medicine that has sat on your shelf for too long, or ones that you no longer use. First, check to see what the proper disposal methods are for the medication, and if you can't find any, check to see if your community has a drug take-back program.

5. Food

Go through your pantry and fridge and clear out items that need to be thrown out — the old, unused, and rotting. Do this weekly instead of monthly, just to make sure you don't have any unpleasant surprises.

Sun Tea

Directions:

- 1.) Sterilize the jars/lids or wash the mason jars and lids thoroughly with very hot water and soap. Rinse well. This step is essential to prevent bacterial growth. We aren't canning here but we still want to take proper precautions.
- 2.) Place 1 tea bag in each mason jar, cutting off the string part of the tea bag if necessary. Pour cold distilled water into the jar leaving a 1 1/2" clearance under the rim (you want room to fill the fruit in later). Screw lid on mason jars tightly.
- 3.) In hot weather under direct sunlight, place the jars of lid-covered tea to brew. In weather above 90 degrees F you can easily do this in one hour. Set a timer to keep track of time. (If it's not hot where you are or you simply don't like this sunning method, just park the tea in the fridge too steep for 6-8 hours. You'll get the same end result.)
- 4.) After 1 hour, take the jars of tea out of the sun. Open jars and use tongs to place fruit slices/pieces or herbs into each jar. Screw lids on tightly. Place them in the fridge for easy drinking later.

Iced Tea & Fruit Combos:

1. Peaches & Blueberries
(with black tea)
2. Oranges & Mint (with oolong)
3. Pineapple & Strawberries
(with rooibos)
4. Cucumber & Mint
(with green tea)
5. Strawberry & Basil
(with green tea)
6. Peach & Rosemary (with black tea)
7. Mango & Ginger (with oolong)
8. Apple & Spearmint
(with green tea)
9. Grapefruit & Strawberries
(with green tea)
10. Pitted Cherries & Lemon
(with black tea)



EMERGENCY CONTACT NUMBERS

POLICE/FIRE/AMBULANCE

DIAL 911

OFFICE	(661) 256-3333
OFF SITE EMERGENCY	(559) 561-2200
KERN COUNTY SHERIFF DEPT	(661) 256-9700
FIRE DEPT	(661) 256-2401
GAS	(800) 427-2200
ELECTRIC	(800) 611-1911
WATER	(661) 256-3411
POISON CONTROL	(800) 876-4766

We have a few volunteers who have offered to help with things you may need around your apartments.

(Ex. cleaning flowerbeds or washing windows)

If you need any assistance with something please let us know before April 7th so we can add your apartment to their schedule.

- Please be sure to turn the televisions off when you're finished watching them in both the rec. room and the laundry room.
- Please do not feed any of the animals (ex. birds, squirrels, coyotes, etc.) anyone seen feeding the animals will be lease violated and charged for any pest control fees it may cause.
- No animals (with the exception of service animals) are allowed in either of the Rec. Rooms.
- When you are walking your pets around the complex please be sure to pick up after them.
- Many of you have been having issues with your refrigerators lately. Please be cautious about how much food you are putting into your freezer, if you overfill your freezers it will cut off the circulation in your refrigerator and it will stop getting as cold as it should be.