



# JULY COMPANION

The first OHA lunch of July will be held on the 2nd, Shirley will be preparing hot pork sandwiches for all to enjoy.

We will be noting July birthdays at this lunch.



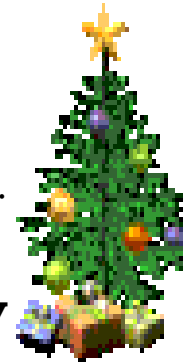
On the 16th we will be celebrating

## *Christmas in July*

while dining on roast turkey and baked ham with all the trimmings.

Dust off that Christmas shirt and join in the fun.

**The meal is only \$4.00. We hope many of you will join us.**



### PARKVIEW

Alan B. 1

Jean B. 14

Rachel G. 15

Daisy B. 21

Janice K. 28

Evelyn P. 31

### ROLLING HILLS

Leslie S. 11

### SUNRISE

Caleb D. 8

Sharlene W. 10

Sarah V. 25

### SCATTERED SITES

Phylisa Z. 8

Jesse B. 17



*Reminder!*

### **OHA will be CLOSED —**

Friday, July 4th in celebration of Independence Day. Be back on Monday with business as usual.

**HAPPY HOLIDAY!!**



*Blessed are those who give without remembering and receive without forgetting.*



## NOTICE PET OWNERS



Just a reminder that **YOU** are responsible for cleaning up and properly disposing of the “poo” after your pets.

Please help keep the lawns nice and clean.



## NOTICE

### Sunrise Residents



MAINTENANCE  
WILL BE DOING  
INSECT PREVENTION SPRAY-  
ING ON THURSDAY, JULY  
10TH IN ALL APARTMENTS  
AND ENTRIES.

Thank you for your cooperation.

## SLOW-COOKER PEPPER STEAK

2# sirloin-cut into 2” strips  
garlic powder- to taste  
3T veg oil  
1 beef bouillon cube  
1/4c hot water  
1T corn starch

1/2c onion, chopped  
2 lg. grn peppers, rough chopped  
1 can (14oz) stewed tomato w/juice  
3T soy sauce  
1t white sugar  
1t salt



Sprinkle meat with garlic powder, in large skillet heat the oil and brown the meat strips, transfer to the slow cooker. Mix bouillon cube in hot water until dissolved, then add in the corn starch and mix well, pour into the cooker with meat. Stir in the onion, green peppers, tomatoes, soy sauce, sugar and salt. Cover and cook on high for 3-4 hours or on low for 6-8 hours. \*\*\*You can also toss in a red pepper to add more color.\*\*\*

Serve over wild (or white) rice along with a loaf of garlic bread,  
**YUM!!**

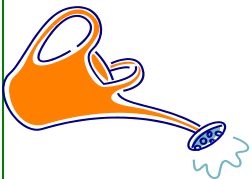


# "I Am An American"

*I am an American.  
That's the way most of us put it, just matter of factly.  
They are plain words, those four.  
You could write them on your thumbnail,  
or you could sweep them clear across this bright autumn sky.  
But remember too that they are more than words.  
They are a way of life.  
So whenever you speak them, speak them firmly;  
speak them proudly; speak them gratefully.  
I am an American.*

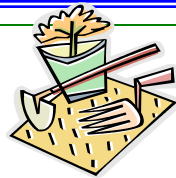
Congratulations to the June yard of the month contest winners:

Parkview-Apartment #141  
Scattered Sites-801 S.19th Street--  
each will receive **\$25 in Chamber Bucks.**



Judging in July will be on Wednesday the 23rd.

Keep up the great work!



Attached you will find Part 1 of a two part summer contest. Correctly complete and return Part 1 to the office, the second part will accompany the August Companion. The prize winner will be announced in the September Companion.

**GOOD LUCK**



June 2014

YARD OF THE MONTH WINNERS

