

APRIL

BEND

1195 NW Wall St, Suite A
Bend, Oregon 97703
(541) 728-0995
bend@rogue realestate.com

REDMOND

219 NW 6th Street, Suite 1
Redmond, Oregon 97756
(541) 923-8222
redmond@rogue realestate.com

ASHLAND

521 N Main Street
Ashland, Oregon 97520
(541) 482-3451
ashland@rogue realestate.com

MEDFORD

534 E Main Street
Medford, Oregon 97504
(541) 500-0800
medford@rogue realestate.com

ROSEBURG

256 SE Stephens Street
Roseburg, Oregon 97470
(541) 677-0299
roseburg@rogue realestate.com

VANCOUVER/PORTLAND

7017 NE Highway 99, Suite 102
Vancouver, Washington 98665
(360) 573-3400
vancouver@rogue realestate.com

NEED MAINTENANCE?

Log into your Tenant Portal at
www.rentrogue.com
and make a Maintenance Request.
We're happy to help!

OUTDOOR SPRING CLEANING TIPS



Spring has (almost) sprung, which means that warmer days, blooming flowers, and singing birds are just around the corner. It also means that the ravages left behind by winter are on full display, and that mud, leaves, and other debris have turned the exterior of your home into an unsightly mess. So, as you get started on spring cleaning, don't forget to tend to the outside of your house too.

Good **fences** may make good neighbors, but a rundown fence is just an eyesore — for both you and your neighbor. Spruce up your fence by raking leaves and other debris away from the base, and then hosing or scrubbing off any mud.

Don't let dirty **windows** dim the sparkle of spring sunshine. You'll need a sprayer hose attachment, ladder, squeegee, a rag or two, the cleaning solution of your choice, and quite a lot of elbow grease,

but the crisp view out your windows will make it all worthwhile.

While you're working your way around the outside of your house, don't forget your **garage**. Haul off unneeded tools, unused sports equipment, and other clutter to the thrift store, and toss anything that's no longer usable. Then, sweep the floors, wipe shelving units, knock down cobwebs, and give garage door springs and hinges a light touch of oil to keep them working smoothly and silently.

If you encounter problems with your garage door or any other aspect of your home, now is the time to make a maintenance request through your tenant portal at www.rentrogue.com

We want to make sure your experience with Rogue is the very best!

APRIL IS NATIONAL STRESS AWARENESS MONTH



Have you ever been in a situation that was overwhelming: you had deadlines approaching and a mile-long to do list, and you were just in way over your head?! Well, you're definitely not alone. Everyone feels stressed from time to time, especially as we get older and gain more responsibilities. A little bit of stress isn't necessarily a bad thing, but too much of it can be detrimental to our emotional and physical health. Learning to find that healthy balance is the best way to live a productive, happy life.

Here are some great ways to keep your mind clear and de-stress if you find yourself getting too overwhelmed.

Exercise. You've probably heard this one before, even though it's likely not what you want to do when you're feeling stressed. Exercise lowers your body's stress hormones like cortisol, and releases chemicals like dopamine that make you feel more at peace.

Think about taking **natural supplements** to help you feel more at ease. Natural

remedies like lemon balm, omega-3 fatty acids, ashwagandha, green tea, and essential oils can help you to relax.

Light a candle or turn on the oil diffusers, put on some soft, soothing music and dim the lights. Take a deep breath and list some of the things you're grateful for. You might find that the list is long!

Caffeine intake reduction can help (even though it's tough to kick the coffee!) because caffeine tends to make us jittery, which causes stress & anxiety.



Spend time **laughing** with friends and family. Let yourself have a good time and get your mind off the busyness of the real world.



BACON-WRAPPED CHEESE-STUFFED PORK TENDERLOIN

- 16 ounces pork tenderloin
- 14 slices bacon
- ½ small onion
- 2 teaspoons minced garlic
- 1 tablespoon olive oil
- 2 ounces spinach
- 3 ounces cream cheese
- ¾ teaspoon dried thyme
- ¾ teaspoon dried rosemary

Preheat the oven to 350F. Cut a deep lengthwise slit down the center of the tenderloin, stopping about 1/2-inch from the bottom of the roast. Open it up like a book. Cover the tenderloin with plastic wrap. Use a meat hammer to pound it evenly to a 3/4" thick rectangle.

Sauté the onions in 1 tbsp. olive oil over high heat. Once the onions soften, add the garlic and let cook for another minute. Add spinach and sauté a moment, then add cream cheese, stirring in half the spices. The other half will season the outside once wrapped in bacon.



Make a bacon weave that is the same length as the pork tenderloin square. Cut away excess of either if necessary. Lay the tenderloin over the bacon weave, and spread the cream cheese mixture onto the meat. Gently roll the pork tenderloin up with the bacon. Add toothpicks to keep everything intact. Season. Bake for 75 minutes. Enjoy!

NEED MAINTENANCE?

Log into your Tenant Portal at www.rentroque.com and make a Maintenance Request. We're happy to help!

