



OFFICE HOURS

MONDAY

8:00 A.M.—12:00 P.M.

THURSDAY:

2:00 P.M.—5:00 P.M.

OFFICE PHONE

342-5472

EMERGENCY PHONE:

896-5904

Can't Make it during office hours? THEN...

- ⇒ Call Shelly and leave a message for a quick callback during business hours OR
- ⇒ Call Shelly to set up an appointment OR
- ⇒ E-Mail Shelly at: shelly@sfinvest.com

MAINTENANCE

PHONE: 898-0854

- ⇒ Call Tom for maintenance requests and information
- ⇒ Please provide: Name, apt. #, problem description and permission to enter on any request OR
- ⇒ E-Mail Tom at: tom@sfinvest.com OR
- ⇒ Submit Workorders online @: www.parkviewaprtments.com



Fireworks

Fireworks are completely illegal within the City Limits of Chico, and throughout Butte County. The only locations in Butte County that may allow fireworks are Biggs and Gridley. No sparklers, No roman candles, No Fireworks, No Exceptions.

If you do wish to discharge fireworks of any kind, you should contact the municipality where you plan on having your fireworks display to make sure it is allowable.

**At Parkview Apartments,
any displays are obviously prohibited.**

Now, before you cry, here is Bill's list of where to go to see fireworks:

1. Silver Dollar Speedway (or Costco Parking Lot) Expect at least 1 hour traffic jam when leaving!
2. Honeyrun Road is a great place to view fireworks.
3. Oroville Lake



Important Notice ~ Attached to this Newsletter you will find an Amended House Rules. These are effective immediately.

*Check out our website for useful information, submit work orders, and pay your rent at:
www.parkviewapartments.com*

Fitness Center Hours:
Daily:
6:00 A.M.—10:00 P.M.
(Strictly for Resident use only!)

Pool & Spa Hours:
Daily:
8:00 A.M.—10:00 P.M.



**"All stories teach us something, and promise us something, whether they're true or invented, legend or fact."
~ Stewart O'Nan**



Preventing Heat-Related Illness

- **Dress for the heat.** Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella.
- **Drink water.** Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body.
- **Eat small meals and eat more often.** Avoid foods that are high in protein which increase metabolic heat.
- **Avoid using salt tablets unless directed to do so by a physician.**
- **Slow down.** Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 a.m. and 7:00 a.m.
- **Stay indoors when possible.**

Take regular breaks when engaged in physical activity on warm days. Take time out to find a cool place. If you recognize that you, or someone else, is showing the signals of a heat-related illness, stop activity and find a cool place. Remember, have fun, but stay cool!

As always—Parkview continues to offer the resident referral bonus. If your refer a friend and they rent an apartment, you get money! How easy is that?

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Things
To be
Happy
About
Right now

All-American Edition

1. That fireworks thrill – no matter how many times you've seen 'em.
2. Red-white-and-blue rocket pops.
3. The way grilling doesn't feel like cooking, even if you're the one manning the grill.
4. Our country's 230th birthday. Makes you feel young, doesn't it?
5. Freedom.

Tilt & Whirl

The first U.S. roller coaster was an abandoned coal-transporting railroad car in a Pennsylvania mine. When the mine closed in 1872, tourists loved the scary 18-mile down-hill journey.

Find a Sense of CALM Tonight

Try these tips from the new book *Five Good Minutes in the Evening* by Jeffrey Brantley, M.D., and Wendy Millstine.

• Be A Tourist.

On your way home from work or the grocery store, pay attention to—and appreciate—your surroundings. Indulge in some people-watching, notice the colors of the trees and sky, and check out the changes in your neighborhood. Looking at the familiar with fresh eyes forces you to slow down and stay in the moment.

• Connect With a Living Thing.

Take some time to hang out with your cat and soak up the love she has for you. No pets? Head outdoors to work in your garden. Interacting with other living things is therapeutic and energizing.

• Cook From the Soul.

Let your meal feed your body and spirit. Instead of having on the news, listen to

soothing music while you cook. See how many colors you can work into a meal, or focus on the chop-chop of slicing veggies. When you relax into the rhythm of the process, cooking is less of a chore.

• Write it Out.

Jot down any pent-up worries that are clawing at your mind. Write from the gut—and don't censor your thoughts, no matter how harsh or fanciful. No one else has to read it, and you can always toss the paper when you're done.

• Unwind—Literally.

Close your eyes, take a deep breath, and imagine you're a spool of thread, unwinding from the clutches of work—home—related stress. Visualize your list of anxieties and tasks left undone as a thread and gradually loosen yourself from it. You can pick up the thread again tomorrow; for tonight, let it go.

ON THE ROAD AGAIN ~ The average American traveler drives 284 miles each way en route to summer vacation. (That's literally tens of thousands of bottles of beer on the wall.)