



# Parkview News

June 2006 Volume 4 Issue 6

By: Shelly Gilcrest, Resident Manager



## 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

# Summer Activities

## Activity

- ☞ Mountain Biking
- ☞ Swimming
- ☞ Boating
- ☞ Fishing
- ☞ Golfing
- ☞ Gambling
- ☞ Camping
- ☞ Tubing
- ☞ Auto Racing Class
- ☞ Motorcycling
- ☞ Water Skiing
- ☞ Wilderness Adventure
- ☞ Jogging or Walking

## Where to Do It

- ☞ Upper Bidwell Park
- ☞ One Mile Pool (CARD)
- ☞ Lake Oroville
- ☞ Everywhere
- ☞ Bidwell Country Club
- ☞ Gold Country Casino
- ☞ Lake Almanor
- ☞ Sacramento River
- ☞ Thunderhill, Willows
- ☞ Hall's Harley-Davidson
- ☞ Lake Oroville
- ☞ Ishi Wilderness Area
- ☞ Bidwell Park

## Fitness Center Hours:

(Strictly for Resident use only!)

### Daily:

6:00 A.M.—10:00 P.M.

### Pool Hours:

### Daily:

8:00 A.M.—10:00 P.M.

"If money is your hope for independence you will never have it. The only real security that a man will have in this world is a reserve of knowledge, experience, and ability".  
~Henry Ford

## health update

⇒ **Nix the butts** Smoking significantly raises your risk for heart disease and a range of cancers. Ask your doctor about trying a cessation aid such as nicotine-replacement therapy, and check out the American Lung Association's Freedom From Smoking program at FFSONline.org.

Total healthy years you'll gain 4

**Soothe stress** When you're chronically frazzled, your brain increases production of stress hormones that can damage cells over time. Your best bet? Create a stress-management strategy you can stick to as diligently as brushing your teeth—you'll be better able to manage any curveball. To get started, pick a tension tamer such as yoga, or a social outlet that you enjoy, like a cooking class, and blow off steam at least once a week.

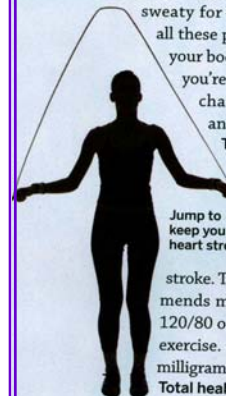
Total healthy years you'll gain 3.5

**Exercise to drop pounds** Besides increasing blood pressure and cholesterol, being overweight can also lead to sleep deprivation, stress and depression, which may impede other stay-healthy plans. Getting sweaty for even half an hour a day can combat all these problems. Go to Self.com to figure out your body-mass index (18.5 to 24.9 is best). If you're on the high end, try making small diet changes (cut about 250 calories a day) and increasing your activity level.

Total healthy years you'll gain 2.3

**Monitor your BP** High blood pressure causes nicks in the arterial lining, which the body repairs with cholesterol. The buildup can contribute to heart attack and stroke. The American Heart Association recommends measuring your BP once a year. If it's 120/80 or higher, the AHA advises stepping up exercise. Cutting salt intake to less than 2,400 milligrams a day may also help.

Total healthy years you'll gain 3.5



Jump to keep your heart strong.

The office will be closed from May 31st until June 7th. If you need maintenance or have questions, please call the appropriate phone number ~ we will be returning phone calls.

**\$ EASY MONEY \$**

We are always looking for great residents to join our community. Since we would prefer to pay you some cash instead of paying an advertiser, **We are continuing to offer you this deal!**

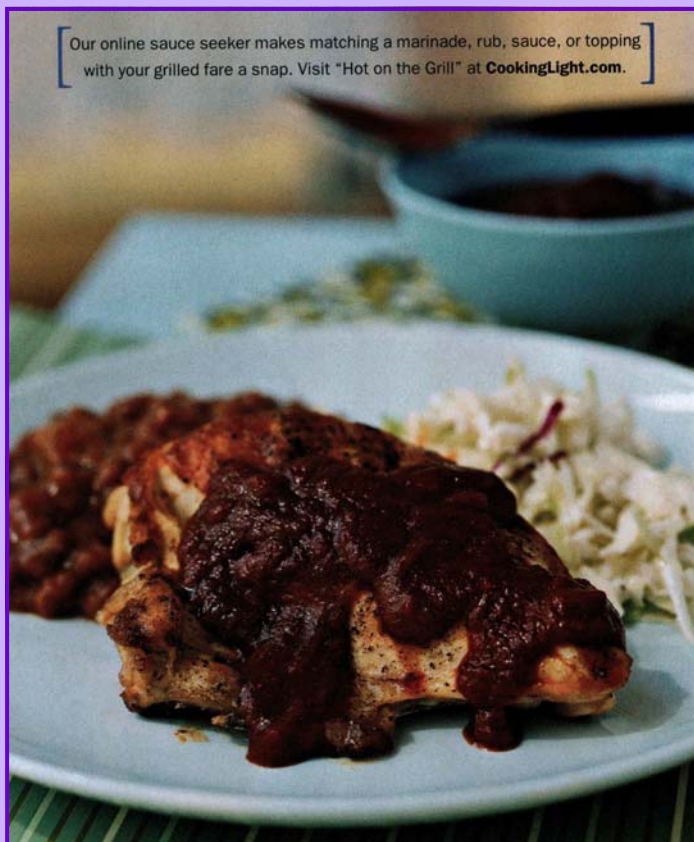
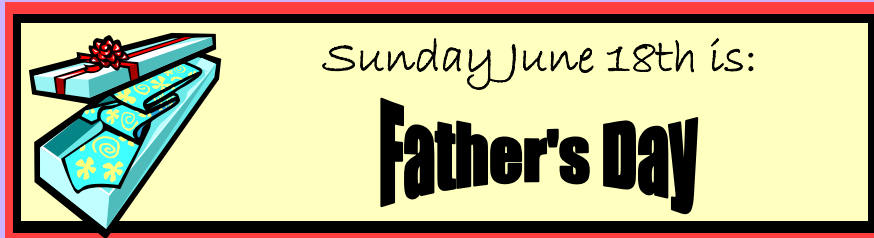
1. Refer a quality resident that you would like as your neighbor to us.
2. Show them how great it is to live at Parkview.
3. Give the person you are referring an application package (available in the office). Make sure to put your name on the application saying "referred by" and "your name".
4. Have the applicant deliver the application to our office and make sure they mention your name.
5. **If your referral is approved for a lease and rents an apartment, you get \$\$!**

**June Cash Bonuses**

- 1 Bedroom: **\$100.00**
- 2 Bedroom: **\$200.00**
- 3 Bedroom: **\$200.00**

**Rental Agreement Reminders**

- No pets or other animals are allowed on the premises, on either temporary or a permanent basis, except with prior written consent of Landlord.
  - Residents shall not cause any nuisance or commit any act which may disturb the quiet enjoyment of any resident in the building.
  - Smoking tobacco or other substances is prohibited inside any apartment unit.
  - Residents using the pool area are expected to respect their neighbor's right to use the area peacefully, and must avoid noisy and boisterous behavior when others are present.
  - Please, please, please drive slow through the complex—visitor's too ~ for everyone's safety!
  - Please do not leave trash or garbage n your front porch or stoop.
  - All trash must be properly bagged and placed into the dumpster—not on top of the dumpster or on the ground.
- Thanks for helping to keep  
Parkview Beautiful!



Our online sauce seeker makes matching a marinade, rub, sauce, or topping with your grilled fare a snap. Visit "Hot on the Grill" at [CookingLight.com](http://CookingLight.com).

**◀ Brown Sugar Barbecue Sauce**

This thick, classic-style sauce is particularly good on grilled chicken breasts with coleslaw and baked beans on the side, and it's much lower in sodium than commercial sauces. For a version with extra smoky flavor, use Spanish smoked paprika.

- 1 1/2 cups no salt-added tomato sauce
- 2/3 cup packed dark brown sugar
- 3 tablespoons cider vinegar
- 1 1/2 tablespoons molasses
- 1 tablespoon Worcestershire sauce
- 1 teaspoon salt
- 2 teaspoons dry mustard
- 2 teaspoons chili powder
- 2 teaspoons paprika
- 1 teaspoon onion powder
- 2 teaspoons barbecue smoked seasoning (such as Hickory Liquid Smoke)
- 1/2 teaspoon garlic powder
- 1/4 teaspoon celery seeds
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground red pepper
- 1 (6-ounce) can tomato paste

1. Combine tomato sauce, sugar, vinegar, molasses, Worcestershire sauce, and the remaining ingredients in a large saucepan over medium-high heat; bring to a simmer. Cook 15 minutes, stirring frequently. Yield: 2 cups (serving size: 2 tablespoons).

CALORIES 63 (4% from fat); FAT 0.3g (sat 0g, mono 0g, poly 0.1g); PROTEIN 0.7g; CARB 14.9g; FIBER 0.9g; CHOL 0mg; IRON 1mg; SODIUM 261mg; CALC 21mg

*Check out our website for useful information, submit work orders, and pay your rent at: [www.parkviewapartments.com](http://www.parkviewapartments.com)*