



## OFFICE HOURS

**Tuesday**

4:00 P.M.—6:00 P.M.

**Friday:**

8:00 A.M.—11:00 A.M.

**OFFICE PHONE**

342-5472

**EMERGENCY PHONE:**

896-5904

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

- ⇒ Call Amy and leave a message for a quick callback during business hours OR
- ⇒ Call Amy to set up an appointment OR
- ⇒ E-Mail Amy at:  
amy@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
- ⇒ ONLINE SUBMITTAL  
www.parkviewaprtments.com

## Oooh... Changes, Changes, Changes

Hello, Friends and Residents!  
My time at Parkview as the Resident Manager has come to an end. I am happy to say that I have been promoted to the Property Manager position for SFinvest.

Since I have been promoted within the company, I am still responsible for the property and will work closely with Dan, your interim Resident Manager, and Amy, your new permanent Resident Manager. Together we will continue to maintain a **High Standard** at Parkview. We will be persistent in providing an enjoyable, peaceful and quiet home for you.



My son, Kaelin will also continue working at Parkview performing various maintenance and pool tasks.

Since Parkview is such a great place to live, my children and I have decided to continue living here as usual. We are happy and content in the Parkview community and look forward to seeing and speaking with you from time to time.

Sincerely,

SFinvest

*Shelly Gilcrest*

Property Manager

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

The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles but to live in the present moment wisely and earnestly."  
~Buddah

Don't forget ~ Monday September 4th is Labor Day! ~ Enjoy the Holiday ~



**Eat-right flash:** Nice spice ~ Protection against diabetes and heart disease may be as close as your kitchen cupboard. Two studies presented at the Experimental Biology meeting in San Francisco suggest both cinnamon and cloves improve insulin function while lowering cholesterol, triglycerides and glucose levels by up to 30 percent. Add cinnamon to yogurt, or throw whole cloves into soups.

**Size Matters** ~ When offered varying portions of pretzels, M&M's and Tootsie Rolls, people polished off every bite, according to researchers at the University of Pennsylvania in Philadelphia. The reason: We tend to think of food in units and feel compelled to finish each serving, however big or small. Measure out your servings and use small plates for automatic portion



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



**Health flash:** Melting Down? Half of those who stress about stress say they're trying to quell it, a survey by the American Psychological Association in Washington, D.C., reports. People most concerned about stress also complained about hypertension, depression, anxiety, and obesity, among other ills. Take action to chill everyday.



## Safety Information



**Lock Your Doors** -- When at home or when you leave, keep your doors locked at all times.

**Bolt your Doors** -- Use the safety lock on your front door.

**Beware Of Strangers** -- Check the identity of strangers by looking out the peep hole in the door.

**Keep Lights On** -- Let management know if the entry light is not working so your entrance is well lit at all times.

**Keep Out** -- If you see signs of forced entry, turn around and notify management and the police. Do not expose yourself to a criminal if you can avoid it.

**Be Aware** -- Be sensitive and respect your body language. If the hair stands up on your neck or you get that feeling, be extra careful and assess your surroundings.

For detailed information go to: [www.parkviewapartments.com/women's\\_safety1.htm](http://www.parkviewapartments.com/women's_safety1.htm)

## PARKVIEW COMMUNITY REMINDERS!

Please be respectful of your neighbors and keep noise to a minimum .

### Quiet hours:

**10:00 P.M. to 8:00 A.M.**

All trash should be properly bagged and placed inside the trash container.

Smoking is not allowed in any apartment or patio/balcony and/or entry area.

Please properly dispose your cigarette butts into the proper receptacle— not into the flowerbeds, sidewalks, or parking lot.

Drive slow through the

complex and keep an eye out for children.

No pets or other animals are allowed on the premises, on either a temporary or a permanent basis, except with prior written consent from the Landlord.

**BUG PROBLEM?** If you have a bug problem, we will call Chippewa Pest Control out to take care of it immediately. Please do not wait for the problem to get unbearable— there is no charge to you for pest control.



## Renter's Insurance



If you don't have renter's insurance, you are at risk! Parkview's insurance does not cover your belongings. Rental Insurance Premium rates can be as low as \$25 per month. You can contact your insurance agent or you may want to call a local agent for more information.