

**SAN ROQUE  
MOBILEHOME  
PARK**

**5700 Via Real  
Carpinteria CA 93013**

**Manager: Diego Jara**

**Office Manager:  
Krystal Venegas**

**THIS MONTH**

- American Heart Month
- National Snack Food Month
- National Hot Breakfast Month

**OFFICE HOURS**

**Monday-Friday:**

**9am-12pm**

**Rent Collection:**

**Mon 3rd—Wed 5th**

**9am-5pm**

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Rent is due on the 1st of each month and considered late if received after 5:00pm on the 5th of each month.

PLEASE MAKE YOUR PAYMENT FOR THE EXACT AMOUNT, CLEARLY and LEGIBLY. BE SURE TO DOUBLE CHECK THE AMOUNT, DATE and SIGNATURE.

**FEBRUARY 2020**

# PARK NEWS

GIFTED WITH BEAUTIFUL MOUNTAINS AND OCEAN BREEZES  
VISIT US ONLINE [WWW.SANROQUEMHP.COM](http://WWW.SANROQUEMHP.COM)



## **In Honor of American Heart Month Here Are Some Tips to be Heart Healthy**

- **Daily exercise** - Do at least 30 minutes of aerobic activity on 5 or more days of the week. Even 10 minutes at a time may offer some health benefits.
- **Aim for a healthy body weight** - Be conscious of portions. Control calorie intake. Don't forget high in fiber foods like vegetables, fruits, nuts and whole grains.
- **Relax** - People under stress may overeat, start smoking or smoke more than they otherwise would. Lower your stress levels by using relaxation techniques such as taking deep breaths periodically during the day. Go for a walk. Drive in the slow lane. Smile at your neighbor.
- **Know signs & symptoms** - Some symptoms include chest pain, shortness of breath, jaw pain, neck pain and sudden weakness or lightheadedness.
- **Stop smoking** - There are more resources than ever to help you - commit to quit.
- **Manage diabetes** - People with diabetes are two to four times likely to develop heart disease.

Try out these tips for better heart health. You'll be surprised how many of them can become lifelong habits.

(Info taken from [cdc.gov](http://cdc.gov) and [heart.org](http://heart.org))



## Local Happenings:

**Thursdays:** Carpinteria Farmer's Market

Hours: 3:00pm - 6:30pm.

800 block of Linden Ave, Carpinteria CA

[www.sbfarmersmarket.org](http://www.sbfarmersmarket.org)

**Friends of the Library Used Bookstore book sale**

Saturday, February 1

9:00am-1:30pm

5103 Carpinteria Avenue Carpinteria CA

**Preschool Stories in the Park**

Tuesday, February 4

Hours: 10:00am—11:00pm

El Carro Park

Sing songs, play games and read books!

**First Friday**

Friday, February 7

Hours: 5:00—8:00pm

Listen to live music, shop for local specials and enjoy your favorite restaurant!

Linden Avenue, Downtown Carpinteria

**Carpinteria Valley Museum of History Marketplace**

Saturday, February 29

Hours: 8:00am-3:00pm

[www.carpinteriahistoricalmuseum.org](http://www.carpinteriahistoricalmuseum.org)

**City Council Meeting**

10th & 24th 5:30pm to 8:30pm

## Park Happenings:

**Monday, February 3rd:  
Donut Day!**



**Sponsored by Pacifica Homes**

**Looking to trade-in or sell your old home?  
Stop by the office for a donut and more information.**



## General Info:

- ◆ **Please follow up** with removing any weeds and trimming down your plants, or bushes.
- ◆ Check gutters for growing weeds and debris.
- ◆ **DOGS off leash is prohibited.** Make sure your dog is not getting out and using other property homesites to go to the bathroom.
- ◆ EJJARRISON will do 1 **FREE PICK UP** a year. If there is anything you notice and want to get rid of, schedule with EJ Harrison directly for your free yearly pick up—805-647-1414.
- ◆ When writing your check to pay the space rent: **PLEASE** be sure to fill out the complete check **WITH** the correct amount due.
- ◆ It is very **IMPORTANT** to submit any concerns, complaints or changes to our office in writing. This document will need to be signed and dated by the resident/owner.
- ◆ **Only** manufactured swim wear is permitted in the pool. **No T-shirts, cut-offs, shorts, or jockey shorts** are permitted in the pool. Also, **no diapers.** Also please remember tie your hair up.
- ◆ All residents must have pool key with them while in the pool area. Please do not let other people in that don't have their key.

## REMINDERS:

- \* Please remember that your driveway and surrounding areas around your home need to be clear of all items not listed below.

11.5(b) Patio furniture, bicycles, and barbecue equipment in good condition are the only objects which may be stored outside the mobile home. Items such as, but not limited to; tools, trash, debris, boxes, barrel, brooms, ladders, and anything else deemed unsightly or unattractive by management shall be stored out of view at managers request.

- \* Please keep in mind that all cars need to be in your mobile home driveway. **NO** parking is allowed on the street in front of your space. It blocks the street for the neighbors around you, as well as emergency vehicles that need access to our streets at all times. We will be enforcing this throughout the year and would appreciate everyone's assistance!
- \* Please Remember that any guest staying with you longer than 20 consecutive days or a total of 30 days in a calendar year must be registered with the park.
- \* Please keep your space free of weeds and debris. Now is a great time to organize your area, get rid of what you don't need, and help make the park look beautiful for everyone to enjoy. Thank you for your cooperation with this!

Please remember that San Roque Drive where the mailboxes are is a one-way street. Please DO NOT drive the wrong way down that street.



**YOUR # 1 MOBILE HOME DEALER IN  
SAN ROUQUE MHP**

WE SPECIALIZE IN BRAND NEW HOMES & REPLACEMENT HOMES.  
ASK ABOUT OUR PACIFICA HOMES "SIGNATURE SERIES".

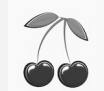
FOR INQUIRIES, OR TO SELL YOUR HOME,  
PLEASE CONTACT US:

**(805) 804-3540**  
sales@pacificahomesinc.com

4682 Calle Bolero Suite C  
Camarillo, CA 93102

www.pacificahomesinc.com

## Did You Know...



- Tart cherries are a great part of a heart healthy diet.
- Recent studies show that tart cherries are a super fruit that have anti-inflammatory benefits.
- They can help elevate pain from gout as well as arthritis.
- A recent study showed tart cherries help reduce blood cholesterol levels, body weight and fat.
- Tart cherries are full of antioxidants, more than any other super fruit ranking 14 out 50 super foods with antioxidant content. This is more than its counter parts of red wine, chocolate and prunes.

## EMERGENCY ALERTS

### SANTA BARBARA COUNTY

Sign up for emergency alerts  
from

Santa Barbara County at

[www.awareandprepare.org](http://www.awareandprepare.org)

## THE MARKET PLACE

If you have something to sell,  
consider using Park Watch's  
own Market Place. It's FREE!

Simply come into the office,  
provide us with product and  
contact info and we will advertise  
it for you!

So whether you need to sell the  
car or get rid of some furniture,  
the market place is the place to  
go.

*Please submit items for  
sale no later than the  
10th of each month.*



Parking has always been an issue in our community, and we will continue to enforce street and visitor parking. Thank you to all who continue to follow park rules. If you need an RV storage please come to the office for availability.

Remember to remove all holiday decoration.

Rules and Regulations:

10. HOLIDAY DECORATIONS: Exterior holiday decorations and/or lighting fixtures are permitted but are to be removed within 10 days after the holiday.

## FEBRUARY FUN FACT



Due to its short nature at only 28 days, February is the only month that can pass without the occurrence of a full moon. That last happened in 2018, and isn't scheduled to occur again until 2037!

P I H S D N E I R F D I P U C A L  
V D H S U R C A C F B A L E N D O  
N Y N T I A E A S O L C T O Y M V  
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T L E D I D S F A O N T W S A R B  
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E A Y C N A F O R E V E R L I K E  
R D R O T I U S D N O I T O V E D

## VALENTINE'S DAY

ADMIRER	DEAR
FANCY	DEVOTION
FONDNESS	FLOWERS
FRIENDSHIP	FOREVER
ADORE	GIFT
AFFECTION	GIRLFRIEND
ATTRACTION	HEARTS
BEAU	JEWELRY
BELOVED	LOVERS
BOYFRIEND	PARTNER
CANDLES	PROPOSAL
COUPLE	RELATIONSHIP
CRUSH	RESTAURANT
CUPID	ROMNANCE
DARLING	ROSES
DATE	SENTIMENT

