

# PARK NEWS

19100 Parthenia St., Suite 5  
Northridge, CA 91324  
Phone (818) 772-1080

Serving the Residents of  
Park Parthenia Apartments  
January 2012

Monday 10:30 AM- 5:00 PM  
Tuesday-Friday 9:00 AM- 5:00 PM  
Sat & Sun. 10:00 AM- 5:00 PM

## ANNUAL HOLIDAY

### WINDOW & BALCONY CONTEST

Congratulations to all the families that participated in our Annual Christmas Decoration Contest. Many families spent hours and showed tremendous effort in the decorations. Every apartment looked great. The judges selected the following winners.

#### Balconies:

1<sup>st</sup> Place Villagomez Family  
2<sup>nd</sup> Place Rangel Family  
3<sup>rd</sup> Place Echeverria Family

#### Windows:

1<sup>st</sup> Place Andrade Family  
2<sup>nd</sup> Place Benitez Family  
3<sup>rd</sup> Place Ulloa Family

Enjoy your prizes!!

Thanks to all the families for  
your support

**You can't miss  
this big opportunity**



Park Parthenia Residents will earn  
**\$500** just for referring a friend or  
relative to rent an apartment & move in  
during January. Call everyone you know.



**\$500**

**\$500**



This is a great opportunity to bring home  
some extra **CASH**. Call **NOW** for more  
information (818)772-1080

Thank you to the following Families for  
referring new residents last month:  
Silva, Cañas, Vargas

## Community Beat

### How to Eat Healthy and Stay Healthy During the Holiday Season

- Take care of yourself. Getting run down increases your chances of becoming sick. Treat yourself to mini-breaks or schedule a few hours during the week that are absolutely your time to relax or do something fun.
- Ask for help when you need it. We are so used to juggling projects we forget that we can request assistance.
- Keep good sleeping habits. Stick to your regular bedtime and get at least 8 hours per night.
- Take immediate steps if you feel yourself coming down with a flu or cold. Start taking over-the-counter medication, drink lots of fluids and rest as needed so your body can fight off the illness.

- Keep washing your hands. It's cold and flu season, meaning there are more germs around than usual
- During the season, eat as healthy as possible and to exercise at least once per week so a good habit will be in place when you start the new year.
- Eat a small, filling meal or snack before you attend dinners. Have an apple and some cheese, a serving of brown rice and veggies, or a granola bar and a piece of fruit an hour beforehand.
- Drink eight glasses of water per day. Staying hydrated is good for your overall health and helps control your eating habits.



### LAPD PALS YOUTH CENTER

The youth center will be open  
2-5pm during school break

Homework Help starts on  
January 9. M-Th 2:30-5:30

Knitting Class is for boys and girls  
Wednesdays 3:30-4:30

Other classes include Tae Kwon Do,  
Cooking, Tutoring, Sports, Art and  
Folklorico Dance

### NEW YEAR REMINDERS

**Rent:** All rent is due on the 1<sup>st</sup> of  
the month.

**Work Orders:** All work orders are  
taken in person and by email  
[parkmaintenance@socal.rr.com](mailto:parkmaintenance@socal.rr.com)  
**NO** work orders over the phone or  
by children, adults only.

**Holiday Decoration:** All exterior  
holiday decorations must be  
removed by January 10.

**Entrance Permits:** All permits  
must be renewed by the 15<sup>th</sup> of  
each month.

### IMPORTANT PHONE NUMBERS

**Park Parthenia Office**  
(818) 772-1080

**Park Parthenia Entrance**  
(818) 773-8159

**Community Family Center**  
(818) 739-5030

**PALS Youth Center**  
(818) 885-6432

**Devonshire Police Station**  
(818) 832-0633

**Police Non-Emergency Calls**  
1(877) 275-5273 DA