

SANTA BARBARA  
WEST  
MOBILEHOME PARK  
30 WINCHESTER  
CANYON ROAD  
GOLETA, CA 93117  
(805) 968-7700

MANAGER:  
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### THIS MONTH:

- NATIONAL GROUND-HOG DAY (2/2)
- NATIONAL SEND A CARD TO A FRIEND DAY (2/7)
- NATIONAL PANCAKE DAY (2/21)
- NATIONAL STRAWBERRY DAY (2/27)

OFFICE HOURS  
Monday-Friday:  
9am-12pm  
Rent Collection:  
Wed 1st—Fri 3rd  
9am—5pm  
Rent is due on the  
1st of each month  
and considered  
late if received  
after 5:00pm on  
the 6th 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 2023 PARK NEWS

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## American Heart Month

American Heart Month isn't just for lovers. February also reminds us to take care of our hearts and consider risk factors.

Believe it or not, heart disease can happen at any age. However, some risk factors for heart disease and stroke are preventable.

Review these signs for heart disease risk:

**High blood pressure.** Millions of people in the United States have high blood pressure, and millions of them are as young as 40 or 50. If you are one of them, talk to your doctor about ways to control it.

**High cholesterol, diabetes, and obesity** are all conditions that can increase your risk for heart disease. If you fall into this category, work on eating healthy and getting some physical activity a few times a week.

**Smoking cigarettes.** Over 35 million adults in America are smokers, and thousands of young people pick up the habit daily. If you're a smoker, do your best to quit. It's best for your health.

So, if you want to stay on top of your health and try to avoid the risk of heart disease, there are a few things you can do. Start by managing any conditions you may have, such as high blood pressure and cholesterol. Make heart healthy diet decisions. Eat whole foods low in trans-fat, saturated fat, sodium and added sugar. A good rule of thumb is to fill half your plate with fruits and vegetables. Finally, get moving! Try to get in at least 20 minutes of physical activity 4-5 days a week, then build from there!

# FEBRUARY

## Local Happenings:

### Goleta Farmer's Market

Sundays: 10am-2pm  
Thursdays: 3pm -6pm  
Camino Real Shopping Center  
[www.sbfarmersmarket.org](http://www.sbfarmersmarket.org)



### State Street Promenade Market

Downtown State Street  
900-1000 Blocks of State Street  
Recurring weekly on Thursday  
Hours: 3pm-7pm  
Local artisans, non-profits and performers create a local's night for the community to enjoy!

### Santa Barbara Antique, Decorative Arts Vintage Show & Sale

February 24-26

Fri-Sat: 11am—6pm, Sun: 11am—4pm

Adults: \$8, Seniors: \$5 & children under 12 are FREE

[www.sbantiqueshow.com](http://www.sbantiqueshow.com)

### Sundays at the Ranch

Every Sunday: 11am—2pm

Live music the first Sunday of every month: 2pm—4pm

Stow House Ranch Yard

304 N. Los Carneros Road, Goleta

Barn animals, outdoor fun & tractor rides.

All FREE—tell a friend!



[www.goletahistory.org/sundays-at-the-ranch/](http://www.goletahistory.org/sundays-at-the-ranch/)

### City of Goleta Council Meetings – City Hall

February 7th & 21st —5:30pm

## Park Happenings:

### DONUT DAY:

Wednesday 1st

Stop by for a sweet treat,  
we look forward to seeing you!



**Rent collection:** Wed 1st—Friday 3rd

### SPONSORED BY PACIFICA HOMES

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



### Debris Free

If you are using a leaf blower to keep  
your homesite free from all debris,  
Please do NOT blow the debris into the  
street.

*Thank you!*

Crimes and any suspicious activity  
should be reported to the police.  
Goleta Police:805-681-4100



All dogs/cats found loose in the Park  
should be reported to the  
Animal Shelter:805-681-5285

6				3			5	
	9		4			2		
	2	3		7	8			6
4					5	1	7	9
7		6						4
			3					
	8	2						
	7				2	5		
	6	1		8		4		

## Sudoku Rules



- Each column must contain all of the numbers 1 through 9 and no two numbers in the same column can be the same.
- Each row must contain all of the numbers 1 through 9 and no two numbers in the same row can be the same.
- Each block must contain all of the numbers 1 through 9 and no two numbers in the same block can be the same.



Tuesday, February 14th



Monday, February 20th

**National Play Outside Day is Saturday, February 4th**

All year long, we are given numerous opportunities to get outside and play. But sometimes, life, responsibilities, and distractions keep us from spending time in the fresh air as we should. National Play Outside Day is a reminder to stretch our legs and spend some time in the great outdoors.



2	9	4	3	8	7	1	6	5
8	1	5	2	6	9	4	7	3
3	6	7	4	5	1	2	8	9
5	8	6	7	4	3	9	1	2
4	2	3	1	9	8	6	5	7
9	7	1	5	2	6	8	3	4
6	4	9	8	7	5	3	2	1
7	3	2	6	1	4	5	9	8
1	5	8	9	3	2	7	4	6

## Home Drainage and the Rainy Weather



Residents are required to drain all gutter water that falls on their mobile homesite directly to the street and not to adjacent lots or under any mobile home.



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Agoura Hills, CA 91301

[www.pacificahomesinc.com](http://www.pacificahomesinc.com)

### GENERAL INFO:

- \* **RESIDENTS ARE NOT PERMITTED TO PARK IN THE VISITOR/GUEST PARKING AREA**, unless authorized by management.
- \* **A two (2) weeks** advance notice is required to reserve the Clubhouse.
- \* **Please remember** any suggestions or complaints must be put in writing, along with your signature, so that they can be addressed by Management.
- \* **Home/Homesite Improvements:** Don't forget to get Management approval before undertaking any exterior improvements such as painting or additions to your homesite, i.e. landscaping, sheds, etc.
- \* Please observe and show courtesy for your neighbors by adhering to **QUIET HOURS: from 10:00PM - 8:00AM**
- \* Don't forget to register any person living with you.
- \* **Dogs and cats off leash is not permitted.** Make sure your dog or cat is not able to get out of your home and please do not allow your pet to do its "business" in the common areas or homesites.

**Your Cooperation is Appreciated!!!**