

SUMMIT LIFE

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ANATOMY OF A 911 MEDICAL EMERGENCY

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HISTORY, ALLERGIES, MEDICINES

Los Angeles County Fire Department's 911 medical rescue squad will ask you for ham when they arrive at your front door. They're not talking about pork, but about a commonly used acronym among 911 responders for HISTORY, ALLERGIES AND MEDICINES. HAM information is essential in order to get you to the appropriate hospital ASAP.

It's often difficult to get patients to supply this vital information in a timely manner, according to first responders. They say it's not uncommon to find a patient in pain, unable to talk, while other members of his or her family are in the dark about the patient's medical history and medications.

In this digital age, the solution is simple. People with acute medical conditions should use a computer or smart phone or tablet to chronicle their medical history. They should briefly describe a heart condition, for example, and all treatments related to it including surgeries. List all drugs that they are allergic to, and all meds that they're currently taking. Make sure first responders can easily access this information. Even better, print the information out in small type

and keep the printed document in your wallet or purse at all times. It's a straightforward task that could save your life.

A HAM document could also make it easier for you to be taken to a hospital of your choice. If you are a Summit resident in stable condition and your HAM shows a medical history with Kaiser Permanente, paramedics may decide to drive you there instead of to West Hills Hospital, the closer facility by about six miles. Seven LACFD specialists comprise a 911-rescue squad. Three such squads continually move around the West San Fernando Valley on 911 calls. Their goal is always the same, to get you to the nearest hospital as fast as possible so that they can turn around and respond just as rapidly to subsequent 911 callers.

Whether having dinner or in the middle of a shower, all squad members are required to be on the road within 45 seconds from the time of a 911 emergency call. Each squad serving the Summit is comprised of a captain and two specialists from Chatsworth Lake station 75, and two medics from Calabasas station 68. Two ambulance personnel from Calabasas are also part of the team.

Can these professionals refuse to take you where you want to go? You bet they can. Once the medics from station 68 have observed your condition (and hopefully have accessed your medical history and drug records), they will consult with physicians at West Hills hospital to determine the most conservative approach to your care. If you have difficulty breathing or exhibit other signs of a heart attack or stroke, forget Kaiser. You're going to West Hills, the closest facility, as fast as the ambulance can safely get you there.

There are two exceptions to this protocol. If hospital beds are limited, the LACFD squad is mandated to drive you to the closest open bed hospital even though it may be further away and require more driving time. Furthermore, all county emergency responders have a policy they follow regarding trauma. If a person has a gunshot wound, a torso stab or a head injury requiring immediate surgery, the patient would be ambulated to Northridge Hospital, the Valley's closest Trauma Center. (Editor's note: Only first responders from Los Angeles County where the Summit is located contributed to this article). ❖



LACFD Fire truck 75 from Chatsworth Lake is shown here. The unit rolls with the county's 911-rescue squad in response to emergency medical calls in the West Valley. *Larry LaCom/Summit Life photo*

UNCLE ERNIE'S, A 975 SQUARE FOOT PIZZERIA GOLDMINE

Let's go ya'all to the hole in the wall," suggests Southern Soul musician Mel Waiters. Well, Mel, here's a hole in the wall worth singing about that will come to you. It's a pizza place called Uncle Ernie's.

From a 975 square-foot interior with five tables, Uncle Ernie's cranks out from 120 to 250 sales tickets per day, most of which contain multiple food take-out orders. Do the math and you'll find that the enterprise in a Topanga Canyon Boulevard mini mall is a gold mine, albeit a small one. "We're busy because we're good," say owner Steve Apostolof.

Whether it's a single pizza or catered food for 200, Uncle Ernie's employees (about 24 in multiple shifts) work long and hard to prepare and deliver their tasty wares. That includes deliveries up the winding Santa Susana hillside to Summit residents, who consider Uncle Ernie a favorite Uncle. It's estimated that half the families in the mobile home park will order pizzas from Uncle Ernie's during the course of the year.

Even though such traditional Italian dishes as Lasagna and Chicken Parmesan are listed on the menu, Apostolof, 58, will tell you that he operates a pizzeria, not an Italian restaurant, "I'm a pizza man first, last and always," he insists. "I've been making pizzas since I was 18 and haven't stopped."

For the past 23 years, he's done so with a vengeance at Uncle Ernie's. The single store, open seven days a week, offers pizza combinations that are almost endless with 26 different toppings and four or five different sauces on two or three different crusts. Thousands of dollars worth of food from meat, bakery and produce wholesalers are delivered weekly to the hole in the wall. The store's monthly cheese bill alone is \$6,000.

When you call to place an order



Steve Apostolof, owner of Uncle Ernie's Pizza, sits in front of Uncle Ernie's sign at his hole-in-wall restaurant on Topanga Canyon Boulevard. "There's really no Uncle Ernie," Mr. Apostolof admits, "just a voice actor with a Brooklyn accent who answers the phone when you order." *Larry LaCom/Summit Life photo*

at 818-709-3663, be prepared for a surprise. A tough talking Brooklyn guy with an attitude will probably answer. "Hey, welcome to Uncle Ernie's," the voice will say. "Have we got a deal for you." Well, that tough guy is not Uncle Ernie. The man talking is a hired voice actor, the third employed by Mr. Apostolof over those 23 years. Uncle Ernie himself is purely imaginary.

"When a partner and I opened our first pizzeria in Canoga Park in 1985, we purchased a defunct shell of a restaurant that only had one thing of value, \$4,000 worth of Uncle

Ernie signs that we couldn't afford to replace," Mr. Apostolof explained. Those signs and the wise-guy voice actor recordings have since proven invaluable as marketing tools.

"As grumpy and gruff as I seem, I love my job," said Mr. Apostolof. "Cooking has nothing to do with it. In fact, cooking gets boring. What I love is talking to as many as 250 interesting customers a day; policemen, firemen, office workers, the wealthy and the disenfranchised. There's a large cross section of people out there that simply like pizza and find their way to our hole in the wall." ♦

"BACK TO THE FUTURE" ARTISTS GET A REVISIT

Editor's note: Four months ago, Summit Life featured a trio of three musicians in its Meet Your Neighbor column. The three, Peter Durrance, 27, Augustus (Gus) Hooevestal, 24, and Urban Labrencic, 27, call themselves "The Lucid Dream Factory." Their goal is to create innovative new Pop music for the 21st century, music to dream by. Here's how they've been doing.

In a hotly competitive Los Angeles music market, the Lucid Dream Factory is still searching for that special sound that will put their name on the musical map.

Over 70 years ago in New York, Glen Miller won the first gold record in the music industry for Chattanooga Choo Choo. In 1960, The Beatles came together in Liverpool. But to succeed here, Peter, August and Urban firmly believe they must go back to the future, hybridizing today's synthesized music with the real or organic music of the past.

Since October, the artists have been working closely with their Santa Barbara mentor, Alan Parsons, to achieve that elusive balance between the old and the new. While working earlier in the U.K., Parsons, a sound engineer, helped to produce the hugely popular albums Abbey Road and Dark Side of the Moon. Thanks to his production and direction, the musical trio believes they're now closing in on the right sound for an extended play album showcasing a few songs from their ever-growing catalogue.

But the album is only part of the total package that big labels demand today before investing significant sums in startups like the Dream Factory. "You have to have all your ducks in a row, a turn-key product," the trio explained. With their reputations on the line, major labels try to eliminate risk, demanding near perfect recordings for radio listening that don't have to be re-cut at company expense. And



Drummer and sound engineer Peter Durrance works late into the night while the Summit sleeps. Only A Capella singing has been known to penetrate the sound-deadened walls of the recording group's Summit home. *Photo courtesy of the Lucid Dream Factory.*

they want recording artists who know how to promote themselves and how to produce live shows that are completely "on point." In short, they want musicians who've learned how to be both a band and a brand.

To that end, the members of the Dream Factory wear a number of different hats. They stay in daily touch with important mentors and business contacts while promoting their image in the social media with blogs and video clips on Face Book and the Internet. And they continue to sharpen their musical edge both vocally and instrumentally. While the trio commutes between the Summit and Santa Barbara for recording and mixing, their freezer remains stocked with Popsicles to clear the throat and free the vocal cords for A Capella sessions in their living room.

But a normal day is often a blur to these recording artists. They work whenever their creative juices demand it, searching for a state of musical grace perhaps best described by Antonio Salieri in Amadeus:

"Extraordinary! On the page it looked nothing. The beginning simple, almost comic. Just a pulse - bassoons and basset horns - like a rusty squeezebox. Then suddenly - high above it - an oboe, a single note, hanging there unwavering, till a clarinet took over and sweetened it into a phrase of such delight! This was no composition by a performing monkey! This was a music I'd never heard. Filled with such longing, such unfulfillable longing, it had me trembling. It seemed to me that I was hearing a voice of God." ❖



Toronto Blue Jay baseball players Kevin Pillar, holding sign at left, and Rob Rasmussen, standing to right of sign in light blue T-shirt, celebrate successful cleanup campaign with El Camino Real Charter High School students at Five Horse turnout on Woolsey Canyon Drive. As volunteer members of the Major League Baseball Action Team, the students removed refuse from Woolsey Canyon every month during the past school year. Their cleanup efforts were resumed this month with the extraction from the Canyon of two tons of trash. The cleanup program was established in 2013 by Mountain View resident Bruce Kuhn.

CLASSIC THANKSGIVING TURKEY RECIPE

INGREDIENTS:

- 1 (16 to 18-pound) turkey
- 2 lemons, halved
- 4 sprigs rosemary, plus more for garnish
- 2 large Spanish onions, peeled and quartered
- 4 cups water
- 1 stick butter
- Salt and freshly ground black pepper

DIRECTIONS:

1. Preheat the oven to 325 degrees F.
2. Remove the turkey giblets from the cavity and rinse the turkey well. Pat dry and put it on a roasting rack in a roasting pan. Salt the turkey cavity and squeeze the juice of the lemons inside the cavity. Stuff the cavity with the lemon



*Recipe courtesy Claire Robinson, 2010
Read more at: www.foodnetwork.com*

halves, rosemary and 2 onion quarters. Add the remaining onion, all of the giblets and turkey parts, and 4 cups water to the bottom of the roasting pan. Season the skin of the turkey with salt and pepper, to taste, and rub with butter. Put the turkey in the oven and roast until the temperature of the breast reaches 170 degrees F on an instant-read thermometer, 3 1/2 to 4 hours. Baste the turkey with pan juices every 30 minutes. Cover with foil if browning too fast.

3. Remove the turkey to a cutting board when ready and allow it to rest for 20 to 30 minutes before carving. Arrange the carved turkey on a serving platter and gobble it up!



Pet Waste stations are installed throughout the Summit to help keep the park pristine. Your neighbors thank you for using them.

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www.summitmobilecommunity.com.