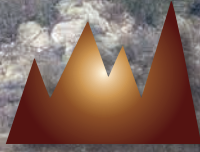


SUMMIT LIFE

VOLUME IV, #37



SEPTEMBER 2016



THE ROAD MORE TRAVELED: About 500 additional cars from the Pulte/Sterling housing tract will join the morning commute at the intersection of Valley Circle and Roscoe Boulevards over the next few years. This view of the development's super-sized internal roadway waiting for asphalt seems to support that estimate. Larry LaComb/Summit Life photo.

ONE-PERCENTERS MAY BE ABLE TO AFFORD IT, BUT THEY BETTER HURRY IF THEY WANT A SINGLE-STORY PULTE HOME

For the local one percent that can afford a house in the million-dollar price range, you'd better hurry if you don't want stairs. That's because only 14 of the 143 homes in the Pulte/Sterling tract will be single story structures. They're the only homes that will

border Valley Circle Boulevard and thus be subject to vehicular noise and pollution.

But rich people with bad knees can't be choosers. Only one single story home site is being released for sale on the 24th of this month. If you're interested, call the Pulte

sales people immediately at 818-746-4450. Homes that sell in the \$868,000 to \$1,111,000 price range do not sell like hot cakes. But they're going relatively fast. A total of 20 home sites have been sold thus far with a goal of 30 sales by the end of the year. ♦



Meet Your Neighbor:

THE TWO SIDES OF SHEILA: A SELF-HELP PRACTITIONER, A HARD-NOSED REAL ESTATE AGENT. TAKE YOUR PICK BECAUSE BOTH SIDES ARE REAL

What is success? Sheila Mac has spent most of her adult life helping her fans around the world answer that question.

“Success is elusive,” says one of the Summit’s newest residents. “For some people, success is being able to play golf every morning. For others, success is simply being able to be there for their families,” explains Sheila.

In reality, no two successes are alike. Forget fame and fortune. We can learn to make our own authentic successes through empowerment breakthroughs that Sheila calls work/life design. She has empowered her own success by combining self-help spiritualism with her professional experience in real estate.

“I love my little view home in nature,” Sheila says. Located at the top of the Summit, her doublewide went unoccupied for most of the first half of 2016 while she journeyed the globe studying with Monks at the One World Academy in India and speaking as a consultant at various business expos across Europe. She will introduce you to some of the high power business entrepreneurs and self-help gurus she’s met along the way on the Sheila Mac Show. It is scheduled to air for the first time this fall on WCOBM Hollywood Radio.

At 10, Sheila was homeless, but she said she had a passion for good even at that early age that lead her to speak on social injustice including an invitation to speak at the White House. She married a real estate broker and the couple helped raise three foster children as well as two boys and a girl of their own.



After what Sheila terms “a peaceful divorce to a life long friend and fellow co-parent,” she studied with such self-help entrepreneurs as the late Dr. Wayne (The Erroneous Zone), Tony Robbins (The best way to transform yourself is to get out of your patterns) and Cloe Madanes (Psycho Therapy is the art of finding the angel of hope in the midst of terror, despair and madness).

In terms of a more traditional education, Sheila attended Glendale College and then graduated from Woodbury University, Burbank. She holds a Montessori teaching certificate from UC, Santa Barbara, and a real estate sales license.

Sheila’s spiritualism is central to her real estate activities, helping elderly couples transition from a large home to a caring senior living facility or a senior apartment; finding that first house or condo for a young couple; showing struggling business owners how to realize lifetime security through a 1031 commercial real estate exchange. She regularly donates one percent of her sales commissions to a tax-free 501c3 plan of her client’s choosing.

“Real estate inflation, and the cost

to rent a home can run rampant,” the real estate consultant stressed. “That’s why it’s always important to ask yourself, is your house serving you or are you serving your house?”

With a motto of “Sheila Mac’s got your back,” this is a person who seems to mean exactly what she says. You can call her at 818-316-5084 or email her at sheilamac@bigblockrealty.com. ♦

Mayo Clinic Health Letter: DOES HEART TROUBLE MEAN SKIPPING A FLU SHOT THIS FALL?

The answer in most cases is no. Unless you have a specific reason for not getting a flu (influenza) shot – such as an allergy – the flu shot is very safe, even if you have heart disease.

In fact, the toll that the flu can take on older adults in general and on those with heart disease is severe and the flu vaccine would be strongly recommended. About 50 to 70 percent of flu-related hospitalizations – and about 90 percent of flu related deaths – occur in adults 65 and older. In addition, about half the adults hospitalized last winter with the flu also had heart disease.

Getting the flu is a known risk factor for having cardiovascular events such as heart attack and stroke. The flu can also worsen heart failure or other conditions that can stress the cardiovascular system such as diabetes or asthma.

It’s not entirely clear how the flu triggers cardiovascular problems.

Continued on page 7.

An Occasional Column:

WHAT I DID ON MY SUMMER VACATION

By Garry Wormser

It's back to school time again and thousands if not millions of kids will once again write that enduring back to school essay "What I did on my summer vacation."

Almost two generations ago, I helped my own 11-year-old daughter and 13-year old son write one of those traditional pieces. It was entitled "My summer vacation in Mexico." In retrospect, I should have been made to sit in the back of the classroom wearing a dunce cap for leading two naïve kids into a potentially bad experience in a foreign country.

My mistake was a big one, volunteering to help my son hunt for super-sized

firecrackers while on vacation in Puerto Vallarta. He was forthright about it, and that made it all the more appealing.

"I promised my best friend Dan that I would bring back some really big firecrackers," he said. "Mexico is one of the few places where you can still buy them. And a promise is a promise after all."

So in the late afternoon on our last day in that picturesque town, my son, my daughter and I set out across the cobblestone streets to find the really big ones.

"No comprendo," said the first shopkeeper we approached. "I do not know this word 'firecracker.'" There was no Google in those days to look up the word in Spanish. In

fact, there were no cell phones, no computers and no Internet.

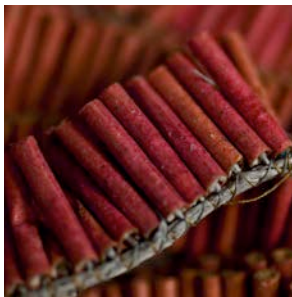
"Boom," I said. "Firecrackers go Boom." The shopkeeper shrugged his shoulders. "Boom, Boom, BOOM," said my daughter, jumping in the air as she said it.

The next three shops were as uninformed as the first. Or maybe the clerks were deaf. When a little boy, a little girl and a grown man approach you repeating the word "firecracker" and then the girl levitates herself by yelling BOOM, BOOM, BOOM, what's not to understand?

As the sun dipped down and touched the sea and the streetlights slowly came on, someone finally understood. "Si, firecrackers, firecrackers, I know where you can find them." The kindly shopkeeper directed us to a store a block away.

As we entered this last bastion of hope, I guess I was nearly hysterical. "Firecrackers, firecrackers," I yelled like a parched prospector. "Aisle seven," the clerk directed. We raced down the aisle and there they were, Graham Crackers, Animal Crackers, Saltine crackers, Cream Crackers, Ritz crackers, Cracker Jack Crackers, but no firecrackers.

You're right if you think there's a moral to this story. Being unable to communicate isn't always a bad thing. That's because a simple Spanish word for firecrackers, "petardo," could have placed a little boy, a little girl and a stupid father in harms way on that waning summer day in Mexico. ♦



SIX MASKED BANDITS, INVADE SUMMIT, THREATEN HOMEOWNER'S SANITY, DO MINOR DAMAGE

Summit resident Kit Berini reported that six masked intruders invaded his home here in the early morning hours of September 13, disrupting the sleep of he and his wife Debbie and causing minor damage.

"What frightened us most was the noise of the intruders on the roof," said Mr. Berini, a landscape architect. "In the middle of the night it sounded like an army had landed above our heads."

The intruding raccoons climbed from the roof onto the patio where they splashed around after emptying a half dozen Evian water bottles and destroying several potted Begonia plants.



"When they caught me watching them through the kitchen window, they put their wet noses on the other side of the glass and made fun of me," Mr. Berini told Summit Life magazine. "It was unsettling," he said.

After becoming completely debauched from too much Evian water and Begonia stems, the masked bandits rested on their backs for a while under some patio chairs and on the cushions of Mr. Berini's prized chaise lounge.

"Thankfully, they left at dawn," Mr. Berini said with great relief. A police report was not filed. ♦

AROUND THE TOWN VALLEY HAPPENINGS, OCTOBER

THEATER IN SAN FERNANDO VALLEY

Date(s): 10/01/2016 to 10/09/2016

Day(s): Saturday Sunday

Time(s): 7 PM to 9:30 PM

Address: 21338 Dumetz Road

Phone: 818-835-0612 Cost: \$15-\$40

The Charles Stewart Howard Playhouse of Woodland Hills presents "Once On This Island", a musical for the whole family from the Tony Award®-winning duo behind "Ragtime" and "Seussical".

On a stormy night, a group of villagers tell the story of Ti Moune to a frightened young girl. In the tale, Ti Moune is an orphan saved from a deadly storm like this one by the gods. After a chance meeting, she falls in love with young man from the upper class who returns her affection, but struggles with their difference in class. The legendary story tests whether love or death is stronger and conveys themes of faith, fate, forgiveness, family and the power of love

2016 UBAWA BOOK CONVENTION

Books in San Fernando Valley

Date(s): 10/01/2016 Day(s): Saturday

Time(s): 12-6

Address: 6316 Topanga Canyon Blvd Woodland Hills, CA Suite 2140 Cost: Free

The UBAWA Book Convention is an annual celebration of the contribution African-American authors have made in urban literature and in mainstream culture. The theme is Hollywood Walk of Fame, featuring authors from all across the country, and some from overseas. The UBAWA Awards Show will also take place, highlighting works from best selling authors and writers in the industry. Come meet your favorite authors, take a writing workshop, learn how to publish your book, and enjoy a day of fun and surprises. It's an event you don't want to miss. Get your tickets early. See you there!

ST. BERNARDINE OF SIENA FALL FESTIVAL

Festivals in San Fernando Valley

Date(s): 10/07/2016 to 10/09/2016

Day(s): Friday Saturday Sunday

Time(s): F 6-11, S 1-11, Su 1-9

Address: 24410 Calvert St., Woodland Hills, CA

Please join us for our 20th Annual Fall Festival! Fun Rides, Delicious Food Booths, Silent Auction, Beer Garden (margaritas and wine too!). It will be a fantastic weekend for the entire family!

October 7 6PM-11PM • October 8 1PM-11PM

October 9 1PM-9PM

St. Bernardine of Siena

24410 Calvert St. Woodland Hills, CA

Be sure to like us on facebook or find us on twitter @stbsfallfest

STUDIO CITY ART SHOW

Art in San Fernando Valley

Date(s): 10/08/2016 to 10/09/2016

Day(s): Saturday Sunday

Time(s): 10am-5pm

Address: 12061 Moorpark St. Studio City, CA 91604 Cost: FREE

The Fall Edition of the Studio City Art Show is coming up on October 8th & 9th this year and we, the Rotary Club of Studio City-Sherman Oaks, are looking forward to bringing art and culture to Studio City for the second time this year! We have been organizing this Art Show in Studio City, CA twice a year in May and October, since 1969!

Get a jump on your Holiday shopping and find a unique gift for yourself or special someone! There is something for everyone.

Between 90-120 hand selected fine artists and fine artisanal crafters successfully exhibit their artwork during this two-day event.

An estimated 3,000 visitors attend the show each day. This show has been held for over 40 years and has been a successful event for artists and art lovers alike..

MAJOR BARBARA

Theater in NoHo Arts Dist.

Date(s): 09/10/2016 to 10/15/2016

Day(s): Friday Saturday Sunday

Time(s): 8 p.m. Friday and Saturday; 2 p.m.

Address: 10509 Burbank Blvd.

Phone: 818-980-7529

Cost: \$28 General; \$14 student/senior George Bernard Shaw's hilarious classic attack on the politics of religion and the religion of war; a biting satire of the military industrial complex, the family unit, and the "saving of souls." 8 p.m. Fri and Sat; 2 p.m. Sundays through October 15.

STOP CANCER'S 7TH ANNUAL 5/10K RUN/WALK

Sporting Events in San Fernando Valley

Date(s): 10/23/2016 Day(s): Sunday

Time(s): 6:30 AM- Noon

Address: 6350 Woodley Ave. Van Nuys 91406

Phone: 310-841-2600 Cost: \$25-\$45

Help Stop Cancer raise \$350,000 to support life-saving cancer research at UCLA's Jonsson, USC Norris and City of Hope Comprehensive Cancer Centers! Enjoy a fast, flat course with chip timing and finish line video! Quality t-shirts! Finisher medals for all participants! Great prizes for top 3 Team Captain Fundraisers and Fastest Team! Music from L.A.'s hottest D.J.'s from the Dream Team! Best goody bag in Los Angeles! Hair Extensions by I.C.O.N.! Warm up & kids activities by Krav Maga Worldwide™! Clowns and cheek art! Pets and strollers welcome! Individual and Team sign-ups! Food Trucks! Join like-minded people who want to make a difference in the fight against cancer!

BURNED PAW PADS WILL AFFECT YOUR DOG'S COOLING ABILITY. THEY SWEAT THROUGH THEIR PAWS

By Bill Kreke, Owner,
Kahuna Dog Walking; LLC
(818) 806-WALK

We've all heard how summer temperatures can be hot enough to cook an egg on the sidewalk but have you considered what those temperatures could be doing to your pet's paws? During this time of year one of the most common injuries for stray dogs coming into the shelter system is burned paw pads. According to the Journal of the American Medical Association, in 87 F° weather asphalt in direct sun can reach temperatures as high as 143 F°. At 125 F° skin destruction can occur within as little as 60 seconds. Burned tissue on paw pads is not only painful but can adversely affect your pets cooling ability since dogs can only sweat through their paw pads and nose.

Here are some tips that you can use to avoid burning dog's paws:

AVOID THE HEAT

The hottest time of day is generally around 3pm. The day's heat has been building in the atmosphere since noon; streets, sidewalks, and parking lots have been soaking up direct sun for hours. This is not the time to take your pet to the store and walk them through a hot parking lot. Also, make sure to avoid metal sewer lids and utility covers, these plates can heat up faster than pavement.

TOUGHEN UP THEIR PAWS

Walking the dogs during cooler periods on the sidewalk or paved surfaces will toughen their paw pads up and help to reduce the risk of

damage. However, you still need to avoid the hot pavement.

BOOTIES

Not all dogs will take to wearing footwear but there is a wide variety of booties designed to not only protect your dog from hot pavement but also from thorns and cactus spines. Disposable dog booties are an option I use when sometimes a client's dog needs to be walked during the hot weather. In a pinch you can use an old pair of socks on your dog. I have even seen people use baby socks on their dog's paws, they seem to make a better fit and come in a wide range of colors.

PAW WAX

Just like surfboards you actually can buy wax for your dog's paws. This is a product I used originally to protect my dog's paws from salted streets during Chicago winters but it also works protecting their paws from hot sidewalks. There are many products, the one I use is called Musher's Secrete, it goes on like hand cream and creates a protective layer on your pet's paws. It's vitamin E enriched and helps to moisturize their paws and avoid cracking. Minor injuries like crack or rubbed paw pads can make your dog more susceptible to burns and infections.

These are a few tips I use to help protect my dogs paws. When our summer temperatures go up we need to be aware the pavement temperate and the potential damage that can occur. My rule of thumb is if the pavement is too hot for you to hold your hand on it for 10 seconds it's too hot for your pet. Of course it's best to avoid the heat but if you must be outside with your dog during the hottest times of day stick to the grass shaded areas or worse case carry your pet. ♦

WANNA BE A NEWS PHOTOGRAPHER AND GET SOME USE OUT OF YOUR NEW, EXPENSIVE, SUPER DUPER, MULTI-PIXEL DIGITAL CAMERA?

Do we have news for you. Larry LaCom, our longtime Summit Life photographer, is taking himself out of the picture. He's retiring from his day job in November and moving to Tehachapi. His loss could be your gain. We need and will pay for a part time photographer for our monthly park publication.

In the best of all worlds, we want a talented cameraman who loves working at odd hours, lives in the park and is willing to take on from five to seven photo assignments per month. Please email a brief resume, photo samples and monthly retainer requirements to garrywormser@gmail.com. We promise to get right back to you.



ENJOYING THE SPA at Acton Pig farm are rescued brothers Little John (top) and Poy Poy (bottom). Both pigs were left behind when authorities closed down their Woolsey Canyon ranch home a year ago. Little John was found walking down Shoup Avenue last May. Poy Poy was captured near the ranch in August after being lured into a trap by curvaceous lady pig named Buttercup (back to camera).

THE LOST HILLS SHERIFF'S STATION SUGGESTS 12 WAYS TO PROTECT YOUR PROPERTY



1 Keep your home and vehicle doors and windows locked/secured to make burglaries more difficult.

2 Light the exterior of your residence with dawn/dusk automatic lights, porch lights, and motion sensor light, so that anyone not authorized to be on your property will be illuminated.

3 Install security cameras around your property to deter theft and burglary and to potentially identify any suspects who commit crimes (camera systems can be purchased at reasonable prices from discount stores and Costco).

4 Install an alarm system. Some companies also offer security patrols.

5 Be aware of who is in our park. If you observe any illegal behavior or safety issues, call 911, or the Lost Hills Sheriff's Station at (818)-878-1808. If you observe problematic behavior, call the park office (818) 340-7564 or the night manager after business hours at (818) 934-0476.

6 For traffic collisions or illegal parking issues in the Park, call the CHP via 911.

7 Keep a cell phone/camera/notepad and pen handy, and note any suspicious vehicles, license plates and people.

8 Pick up your mail regularly, and if you are leaving for a few days, have the post office hold your mail, or have a trusted friend pick it up for you.

9 Have newspapers picked up or held, so that it is not obvious that you are away.

10 Shred bill stubs, credit offers and any other mail that contains your personal information.

11 Enjoy public holidays such as July 4th and January 1 with celebrations, but without illegal fireworks and gunfire. Fireworks frequently cause personal injury such as burns, and brushfires; stray bullets cause injury and death.

12 Should you lose a dog or cat, the Summit one call notification system has identified and helped locate many lost animals. If no one in the park responds, L.A. County Animal Regulation, Agoura, (818)-991-0071 handles this area. L.A. City Animal Regulation (818)-756-9325 is also nearby and your lost animal could have been taken there. Your animal may have been rescued and taken to one of these locations. ❖

Mayo Clinic Health Letter

Con't from page 3.

The flu may make artery-clogging plaques more unstable and vulnerable to rupture. It may lower oxygen levels and make the heart work harder, it may directly injure heart cells, or it may simply put too much stress on a more frail body. A recent review of research suggests that getting the flu vaccine may reduce the risk of heart attack. The review found that older adults who got the flu vaccine reduced their risk of heart attack over the next eight months by about 36 percent. Among older adults with pre-existing heart disease, getting a flu shot reduced heart attack risk by over half.

SUMMIT LIFE

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Staff Writer - Marci Wormser

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Please visit us at
www.summitmobilecommunity.com



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CA Friends: **"Sheila Mac's Got Your Back!"**

*"As always, I wish you,
"Life, Love,
Laughter & Light!"*

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SheilaMac.com
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savm@sbcglobal.net



SHEILA MAC

Realtor Extraordinaire at Big Block Realty
818-658-9434



<http://sheilamac.backagentsite.com>

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