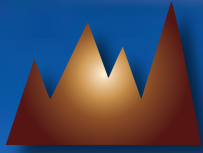


SUMMIT LIFE

VOLUME VI, #48



FEBRUARY 2018

AT LONG LAST, JUDGE ORDERS JUNK REMOVED ALONG WOOLSEY CANYON ROADWAY OPPOSITE MOUNTAIN VIEW AND SUMMIT MOBILE HOME COMMUNITIES



ROBERT BISHOP BLOCKS ROADWAY WHILE PILING JUNK ONTO HIS WOOLSEY CANYON PROPERTY LINE

AFTER ALMOST A YEAR IN COURT, WOOLSEY CANYON PROPERTY OWNERS THAT HAVE CREATED A “GARBAGE DUMP” WITH VISUAL POLLUTION AND

Chatsworth Resident Robert Bishop has been ordered to immediately halt the collection of junk on his Woolsey Canyon property site and on the site of a neighbor and to begin a cleanup effort that, along with future measures, will hopefully return the undeveloped land to its natural state by summer.

The site parallels the Mountain View and Summit Mobile Home Communities and, since 2016, has slowly become home to an assortment of debris that includes used tires, rusting machinery, wooden pallets and abandoned automobiles. The collection has destroyed the natural beauty of the area and undermined mobile home values, court witnesses have testified. One witness, Summit co-owner Philip Miller, accused Van Nuys District Court Judge Michael Jesic of failing to recognize the urgency of a problem that has held the Summit hostage to Bishop's actions for over a year.

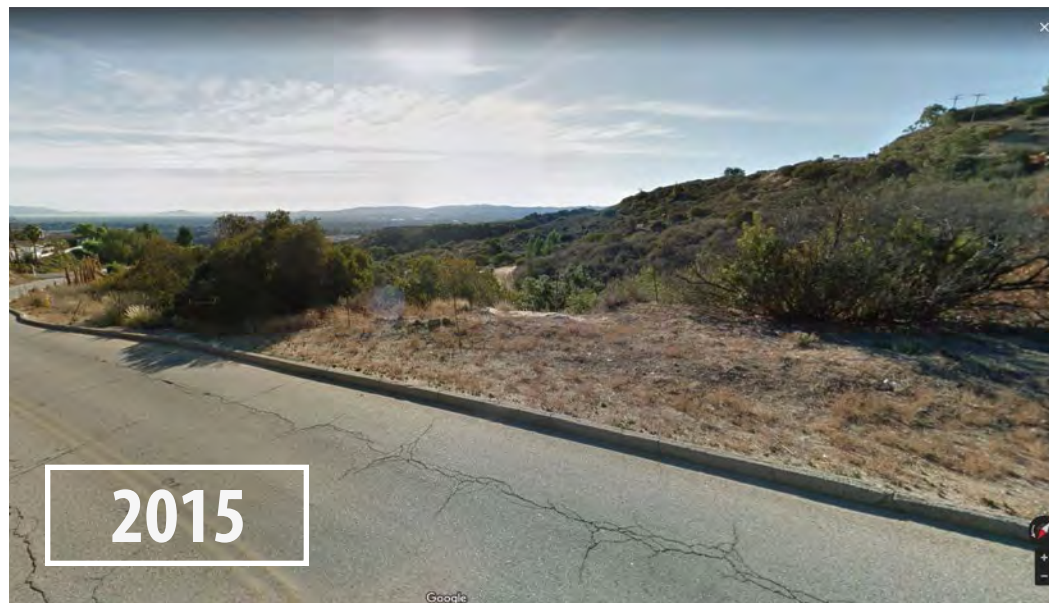
In the February sentencing of Bishop, Judge Jesic ordered the cleanup of the two offending sites to begin immediately under a deliberate, step-by-step remediation plan and timeline proposed by L.A. County Deputy District Attorney Karen Tandler in concert with Bishop's Public Defender Derek Dillman. The initial part of the plan calls for the early March removal of about fifty dried and highly combustible Christmas Trees, a junk Miata automobile, abandoned trailers, a wooden shack and the pickup and removal of a storage container and large propane tank owned by a second party.

While Bishop's sentencing could

be tempered by his cooperative and timely participation in the cleanup, each of three land use violations against him call for a maximum jail time of 180 days and up to \$1,000 in fines for each day that the violation exists on the property.

“Many people do not realize how land use violations committed by one person can impact the quality of life for many people living in a community,” explained

Deputy District Attorney Tandler. “This type of nuisance creates not just an economic impact on nearby property values, but an environmental and mental impact to the point where neighbors do not want to return to their own homes in the area due to the blight caused from seeing junk and salvage on a daily basis. Turning beautiful property into an unpermitted storage lot affects everyone



ER ROBERT BISHOP IS FOUND GUILTY OF LAND USE VIOLATIONS ID DROPPING HOME VALUES AFFECTING THOUSANDS

negatively,” she said.

Concurrent with his sentencing for zoning misdemeanors, Bishop faces felony charges stemming from the alleged mistreatment of more than two dozen animals that lived in corrals on his Woolsey Canyon property site in late 2015. The animals, from pigs to goats to horses and emus, were the nucleus of a petting zoo, according to Bishop. They were taken from the site and relocated by the L.A. Department of Animal Control in December of 2015. The case is scheduled for continuance in Judge Jesic’s Van Nuys courtroom in mid-March. ❖



The Unsinkable Margaret Aranda: **ONCE NEAR DEATH, DR. ARANDA HAS CHARTED AN UNPRECEDENTED COM**

Dr. Margaret Aranda was our newsletter cover girl in July, 2017, shortly after moving into Summit City. She was unable to work while recuperating from brain damage suffered in a car crash. Now slim and trim at 57, she is on an almost evangelical mission to get the word out on the web, on radio and television and in dozens of authored articles....“YOU TOO CAN MAKE A SPECTACULAR HEALTH COMEBACK, DEFYING SICKNESS AND AGING THROUGH A PROCESS CALLED CENEGENICS.”

Founded in 1997, Cenegenics is recognized for its pioneering work in age management medicine. The organization, headquartered in Las Vegas, has 35,000 patients worldwide with medical doctors comprising 25

percent of its membership. According to Dr. Aranda, it offers the most comprehensive preventative health evaluation and restorative program in the industry.

“I’ve spent most of my 25-year career in medicine as a physician and medical writer teaching anyone willing to listen how to achieve a healthy life style,” Dr. Aranda explained. “Now I’m moving to the other end of that spectrum, showing people who can afford the best how best to extend life.”

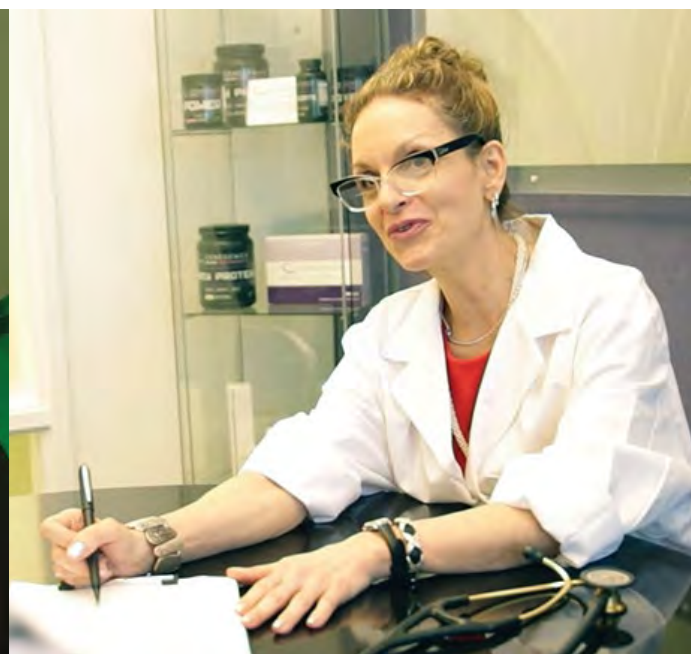
The physician points out that Cenegenics is concierge medicine with a medical doctor and exercise nutritionist assigned to each patient on a full-time basis. It begins with a total of 90 lab panels including a proprietary panel of markers for inflammation and chronic metabolic disease. “We leave no stone

untuned in our health care evaluations whereas most health maintenance organizations turn one stone at a time to limit cost.”

“In addition, body composition is accurately determined at Cenegenics by using state of the art DEXA Scanning that measures lean muscle mass, body fat percentage and bone mineral density. We check your balance and core strength so you can optimize them to avoid falls, especially if you are a man.”

“Thirty percent of men with a hip fracture die in the first year,” the physician explained. “Instead of ambulances chasing you in your Golden Years, Cenegenics wants to see a well-balanced you chasing your grandchildren.”

For her medical work as well as her bravery in overcoming personal diversity, Dr. Aranda was named a



Dr. Aranda chats with digital talk show host Orlando Burgos over CRN Digital Talk Radio at left while evaluating a patient in the Beverly Hills office of Cenegenics at right.

MEBACK AS A HEALTH PRACTITIONER IN AGE MANAGEMENT MEDICINE

Top Doctor of 2016, an award honoring those healthcare practitioners who have demonstrated clinical excellence while delivering the highest standards of patient care.

The doctor is noted for her inspirational writing on medical matters, including her 2011 memoir, 'No

More Tears: A Physician-Turned-Patient Inspires Recovery.' She also contributes to many medical journals, and is renowned internationally as a foremost expert in dysautonomia. She can be contacted at www.cenergenics.com. Her four self-help medical books and two children's

book are available in press with Say-Saga Inspirational Publishing. You can follow the doctor on twitter@TheRebelPatient. ❖

MILKBONE TREATS FOR YOUR DOGGIE'S TEETH ARE HEAVEN SENT, THEY'LL MAKE YOU WONDER WHERE THE YELLOW WENT

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

We may buy the best food for our dogs and give them lots of exercise, but are we overlooking their dental health? When harmful bacteria builds up in our dog's mouth, it can not only negatively affect their teeth and gums but get into their bloodstream and impact organs like the: heart, kidneys, and liver. Here are some important steps to follow to hopefully prevent a potential problem.

Dogs are not known for having fresh breath, but does your dog have excessive bad breath? The odor is a byproduct of bacteria coming from leftover food that may be trapped between your dog's teeth and jowls. This combination of food and bacteria will lead to the buildup of plaque on the teeth and gums. If left untreated, gum disease and other complications like cracked or missing teeth can occur.

Vets recommend that you brush your dog's teeth at least once a day or, to be more realistic, at least a

minimum of several times a week. However, brushing a dog's teeth is not as hard as it may sound if you use the right products. Human toothpaste is a big No NO! Many human brands of toothpaste contain ingredients such as: abrasives, detergents, and whitening properties. Human toothpaste also contains a vomiting agent designed to protect young children from consuming large quantities of toothpastes. Instead, dog toothpaste and toothbrushes come in a variety of flavors like chicken that dogs love and are safe to eat.

Flexible chew toys and hard treats like milk bones are good at promoting dog chewing. The act of chewing, even on a toy, creates saliva that helps in removing built up plaque and the bacteria that causes bad doggie breath. I recommend rotating your dog's chew toys weekly to avoid your dog getting bored. Stay away from rawhide chews because small pieces can break off and create a choking hazard. Also, harsh bleaching chemicals are used in the manufacturing process. Instead look for toys and treats that have the "VOHC stamp". These are toys and chews approved by the Veterinary Oral Health Council.

Say No to feeding your dog



human food, especially junk food. Dogs don't ever need to be eating cookies candies and sweet snacks. This will also create a dog that associates human food with their food and that scenario creates a begging dog. If you feed your dog soft canned food, mix in more kibble than soft food. The kibble, like a milk bone, will help remove plaque and bacteria.

In some cases a deep cleaning may be performed by your veterinarian. While this procedure is very effective it can also be very pricey. In the long run, it's far better to be on the offensive rather than play defense when it comes to Rover's dental health. ❖

THE SUMMIT IN THE NEWS!

From *Valley News Group*, Jan 11, 2018

Real Estate & Home Improvement

Mobile Home Park First to Get Fannie Mae Green Reward

The Summit Mobile Home Park in West Hills is the first such development to receive a loan on Fannie Mae's Green Rewards Program.

Fannie Mae's Green Rewards Program provides lower interest rates for refinancing of properties that include energy-efficient appliances, low-flow toilets or solar energy systems.

The park will receive \$33.6 million, with a percentage of the loan going to installation of solar panels to increase energy efficiency. The 15-year loan includes five years of interest-only payments.

The Summit is a 203-pad manufactured housing community off Woolsey Canyon Road which includes a clubhouse, tennis courts, swimming pool and spa.

Larry Wilemon, president of Hunt Mortgage Group, who coordinated the loan, said "The



The Summit Mobile Home Park in West Hills.

owners have maintained a 95% plus occupancy rate at the park. The asset is very well cared for." The Miller family developed and has managed the property since 1980.

Jesse Hooker, Summit's Operations Officer, has been selling, citing and repairing manufactured homes since he was

17 and has a mandate from park co-owner Philip Miller to make "Summit City" one of the most in-demand residential communities in Southern California.

For more information on the Summit Mobile Home Park at 24425 Woolsey Canyon Road call Hooker at 704-1788 or email superiorhomes105@gmail.com.

SUMMIT LIFE

Summit Life

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Real estate at the Summit is subject to
the Federal Fair Housing Act of 1968
and its amendments.

Please visit us at

www.summitmobilecommunity.com

Mayo Clinic Newsletter:

MANAGING YOUR TRIGGERS CAN HELP PUT AN END TO "MINDLESS" SNACKING

One of the most neglected secrets of maintaining a healthy weight is staying ahead of the triggers that cause you to overeat or avoid exercise.

Whether it's a hard day at work or yucky weather outside, becoming aware of the specific cues and having a plan for dealing with them is key. That way, you don't have to rely on

your willpower in the moment.

If you eat when you're bored, try distracting yourself with an alternative activity, such as going for a brief walk. Having a small snack before grocery shopping can make you less tempted to buy unhealthy foods. Create meal plans and fill your fridge with fruits and vegetables.

For many people, TV is a

trigger that can affect both diet and exercise. If you're going to watch TV, do strength training or balance exercises during commercials - or better yet, exercise all the way through a program. Don't eat while watching TV - it can lead to mindless snacking. ❖

AROUND THE TOWN, March – April, 2018

THE MAD SHAKE YOUR SHAMROCK SHOW BY THE MADJACKRATS!

Comedy in NoHo Arts Dist.
Date(s): 03/18/2018
Day(s): Sunday
Time(s): 730-9pm
Address: 5112 Lankershim Blvd,
North Hollywood, 91607
Phone: 917-467-3445
Cost: \$17 to \$20

MR. JIMMY - LED ZEPPELIN REVIVAL HOW THE WEST WAS WON 1972

Music in San Fernando Valley
Date(s): 03/30/2018
Day(s): Friday
Time(s): 7pm - 1am
Address: 6025 Reseda Blvd. Tarzana
CA. 91356
Cost: \$55

TONYA KAY'S PINUP POLE SHOW AND CLASSIC CAR CRUISE-IN

Performance in NoHo Arts Dist.
Date(s): 03/31/2018
Time(s): 6p classic cars, 6p dinner/
drinks, 8p performance
Address: 5303 Lankershim Blvd.,
North Hollywood, CA
Cost: \$15 to \$40

UNEMPLOYED ELEPHANTS - A LOVE STORY

Theater in Burbank
Date(s): 03/02/2018 to 04/15/2018
Day(s): Friday Saturday Sunday
Time(s): Fri - Sat. 8:00 pm; Sun. 4:00
pm
Address: 3324 W. Victory Blvd.
Phone: 818-841-5422
Cost: \$20 to \$34

HANG GLIDING AIR FAIRE

Date(s): 04/07/2017 to 04/07/2018
Day(s): Saturday Sunday
Time(s): 1:00 - 4:00 pm
Address: 12580 Gridley St, Sylmar,
CA, 91342
Phone: 818 367-2430
Cost: Free to the public

CATS 16TH ANNUAL "VICTORY FOR VICTIMS" 5K/10K RUN/ WALK

Date: 04/21/2018
Time: 6:30am - 12:00pm
Address: Lake Balboa Park, Encino
Phone: (818) 718-5922
Cost: The 5K and 10K River Run is
\$35, after April 1st is \$40. The Kids
Fun Run is \$15.00.

This year we will host our first
AKC Friendly Dog Walk, the fee
is \$25 and all dogs will receive a
participant bandanna and start the
walk at 10:15 am



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