

SUMMIT LIFE

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THE DEPARTMENT OF PUBLIC WORKS NOW THREATENS PROPERTY LIENS TO SPEED-UP SNAIL-LIKE PACE OF WOOLSEY CANYON CLEAN UP

Abandoned limo is one of many new junk surprises suddenly appearing on remediation site

L.A. COUNTY TIGHTENS JUNK REMOVAL NOOSE AROUND DUMPING DEFENDANT ROBERT BISHOP

Los Angeles County moved closer in late March to forcing a timeline on the removal of junk from the Woolsey Canyon property of convicted dumping defendant Robert Bishop (see Summit Life, February 2018). The property parallels the Mountain View and Summit Mobile Home Communities and has been overrun with roadside junk since 2016.

On March 27, The L.A. County Department of Public Works served notice on Bishop to clean and clear his property within 15 days. If the property is not cleared by April 16, the county will issue a 30-day clean and clear notice. If Bishop fails to respond to that timeline, the county will clean and clear the property and assess the costs to Bishop, either directly or as a lien against his property.



This out-of-code wooden fence has earned dumping offender Robert Bishop one of many violation findings from the County Department of Regional Planning.

Bishop has been slow in responding to a step-by-step remediation plan ordered in February by Van Nuys District Court Judge Michael Jesic. To speed up the process, the County Department of Regional Planning has recently filed an out-of-code fencing violation against the property. Also, a junk stretch limousine has suddenly appeared

on a previously cleared portion of the site. “It’s arrived to drive us to the poorhouse,” joked one Mobile home owner whose property value has declined due to the mounting collection of roadside debris.

Formal sentencing of Bishop is pending and his efforts in cleaning the property will be considered by the court. ❖

Mayo Clinic Newsletter:

TEA DRINKING MAY REDUCE RISK OF COGNITIVE DISORDERS

Coffee isn’t the only hot, healthy beverage - drinking tea also has many health benefits. According to a recent study, this may include reducing the risk of developing memory (cognitive) disorders.

The study, published in the Journal of Nutrition, Health and Aging, followed 1,000 older adults for five years. In that group, about 70 percent of people were regular tea drinkers. At the end of the study, tea drinkers were nearly half as likely as those who didn’t drink tea to develop a cognitive disorder. Various types of tea - whether green, black or oolong- appeared to be equally effective. The more important factor in reducing risk of

cognitive disorders was regular tea drinking over long periods of time.

Although the study is suggestive of the tea-drinking benefit, it doesn’t prove cause and effect. In addition, there were factors that may have affected the results. As a group, the tea drinkers had higher levels of education, ate a healthier diet, had better mental status scores at the outset and were more likely to be physically active than were non-tea drinkers. When researchers controlled statistically for these factors, the calculated tea-drinking benefit was somewhat weakened. This study isn’t the first to find an association between tea drinking and reduced risk of

cognitive decline or dementia. More investigation is needed to determine whether drinking tea or other lifestyle choices and demographic characteristics associated with drinking tea are cognitively protective.

There may be numerous health benefits to enjoying tea. Tea contains polyphenols such as catechins. These compounds help protect cells with their antioxidant activity. Research has also associated tea consumption with living longer and having better functional ability - more specifically, improvements in cardiovascular health, cholesterol levels and blood pressure. ❖

SSMPA'S EARLY MORNING HIKE ALONG BOEING FIELD LAB'S SOUTHERN BUFFER ZONE REVEALS DANGERS OF EXCESSIVE SITE CLEANUP

By Marcy Wormser,
Staff Writer

A local organization dedicated to preserving open space once again appealed to the community for support in its fight against excessive cleanup of a local Boeing site, an overreaching project that it says would negatively impact the community.

The Santa Susana Mountain Park Association participated in a conference of the Public Land Alliance Network in March at Boeing's polluted Santa Susana Field Laboratory to update members of local environmental groups and nearby communities on the site cleanup.

The meeting began with an early-morning hike led by John Luker, SSMPA Director-at-Large, in the former lab's Southern Buffer Zone.

Luker showed the group the part of the buffer zone where conservation efforts are underway to supplement stressed and dying oak trees with new plantings and restore habitat where wildlife, including a mother mountain lion and her two teenagers, call home. The family would be forced to leave if there were excessive cleanup.

"She came here because of the good habitat," said Luker, of the mountain lion. "She thought it would be a good place to raise her family."

Luker pointed out the fact that a 60-acre oak woodland site will be torn down during the extensive cleanup.

"How will they replace it?" he asked. "It's not possible."

NASA officials, he said, have noted that some of the holes left over at the woodland site will be



SSMPA vice president Wendi Gladstone and director-at-large John Luker protest excessive remediation plans for Boeing's Santa Susana Field Laboratory. In a recent SSMPA community meeting, the pair called for support of the Rim of the Valley (ROV) wildlife corridor which would add 191,000 acres to the Santa Monica Mountain National Recreation Area. *Diane Brown/Summit Life photo.*

20-feet deep and will just be filled with gravel.

"This is not habitat restoration," said Luker.

"[Support for the excessive cleanup] is political," said Luker, explaining that some of former Sen. Barbara Boxer's constituents who support the excessive cleanup befriended her and encouraged her to take their side, even though she's never visited the site.

Parents of children who live in the West Valley and who have cancer also pressured her to support the excessive site cleanup, even though it hasn't been proven that pollutants there caused their illness.

"It would look bad if she didn't support them," he said.

In September 2017, the organization released an official statement on its position on the cleanup:

"SSMPA recommends that all responsible parties at the Santa Susana Field Lab execute a minimal impact risk-based cleanup, protective of human health and environment, to the Environmental Protection Agency's recreational open space standard.

"SSMPA recommends against excessive cleanup of inert, non-hazardous waste; that is, against a cleanup with a risk that may far exceed the risk of leaving inert materials in place."

The group has written letters to County supervisors and the California Department of Toxic Substances Control, appealing to them to oppose the excessive cleanup measures.

(Story continued on page 5)

FORGET THE HOSPITALS AND THE MEDICATIONS. A CHATSWORTH THERAPY CENTER'S 98% RECOVERY RATE AMONG MENTAL HEALTH PATIENTS WITH A FOUR HORSE THERAPY

It's just two and a half miles down the road. That's where you'll find the four horsepower love machine.

Turn left at the bottom of Woolsey Canyon Road and follow Valley Circle through Chatsworth Lake until you reach Baden Drive where you turn left again. About half a mile down Baden on your left you'll see a dirt road paralleling a long white fence. Drive up the road slowly to avoid a world class dust cloud. When the dust settles, you'll be in another world of horses, weather-beaten corrals, a rickety wooden barn and old chairs everywhere waiting for you to sit. That's right, just sit down for a while.

You'll soon meet Dr. Susan Swim, a soft-spoken PhD therapist in boots and Levis who will offer you bottled water to cool your thirst and quietly suggest that you say hello to the loves of her life, her four horses, Maggie, 32. Jack, 27, one-year-old Oliver Angel and his mother Teresa Margarita. Largely because of this place and those horses, Dr. Swim and her associate, David Abramovitch, as well as four additional staff in training, have amassed an almost unheard of 98 percent recovery rate among the mental health and substance abuse patients they counsel. If you're like most people, you'll instantly feel the magic of this place.

A middle-aged man in a tee shirt leans patiently against the top rail of the corral. He looks at us and smiles. "I've been coming here with my daughter since Summer," he says. "This is the only place that treats my daughter like a human being. By sitting and talking and helping feed

and groom the animals, my 16-year-old finally came to see herself as a person instead of as a medical record number." That's why the word "person" is included in Dr. Swim's business license...NOW I SEE A PERSON INSTITUTE (NISIPI).

"Mental health therapies have become deficiency laden," says Dr. Swim. "We diagnose somebody, tell them what's wrong with them, perhaps in many cases put them on medication, and then they're told they have a disease for the rest of their lives which they need to learn how to manage. What we've succeeded in our field is creating a population of chronic people needing continued help."

"NISIPI takes a different approach. After seven years of

research, we focus more on the traumas that elicit the patient's symptoms, using the love and trust of family, friends and animals to help patients piece the puzzle of their lives back together again. Once patients can see those pieces falling into place, they often no longer need a psychologist nor any mental health professional."

"I was counseling a young girl raped by her father and listening to her explain how she felt unwanted; how she felt damaged. It was summer and Maggie the quarter horse was nudging her. Suddenly, her complaining stopped and her words turned into a narrative of hope," Dr. Swim explained. "Magically, as if by divine intervention, she became a passenger aboard our four



PhD therapist Dr. Susan Swim poses with two of her four horses, 32-year-old Maggie (left) and Jack, 27. She describes her four animals as her "four horsepower love machine." Larry LaCom /Summit Life photo.

PIST IN BLUE JEANS AND BOOTS IS ACHIEVING AN UNCANNY 98 PERCENT POWER LOVE MACHINE

horsepower express. Love transferred from horse to patient and back again. And so did trust, trust in the family members casually sitting around and talking with her on those rickety old chairs.”

Suffering loss, Dr. Swim believes,

is the cause of most mental illness, whether it's the loss of innocence and trust or loss of a loved one. Making life better for those who suffer loss by being nurturing, but non-judgmental and non-demanding is what good therapists

and good horses do best. Those interested in seeking therapeutic help or in donating to rebuilding lives through NISIPI can call Dr. Swim at 626-487-9305 or by emailing Swiminc@aol.com. ❖

SSMPA Warns of Excessive Site Clean Up

(Continued from page 3)

During the same month that SSMPA released its statement, the DTSC released a draft Program Environmental Impact Report for the cleanup.

The report, its detractors say, ignored California's Environmental Quality Act by considering only cleanup alternatives that would not improve anyone's safety and would unnecessarily require local community members to live with decades of negative transportation and air quality impacts.

The impacts would include clogged local roadways from as many as 96 field lab excavation trucks making daily trips up and down Woolsey Canyon Road while spewing carbon-based diesel pollutants into the atmosphere, opponents say.

SSMPA officials at the recent meeting said there will be even more traffic pileups on Roscoe Boulevard and Topanga Canyon, which already suffers from heavy traffic.

SSMPA President Tom Nachtrab also pointed out that the trucks would be hauling their loads directly past an elementary school on Devonshire and Topanga Canyon, which could harm the children's developing lungs.

SSMPA officials emphasized that studies show that children who live near the 710 Freeway experience more lung problems than children who don't, thanks to the pollution that the trucks and traffic expel.

Putting to rest any question of the future use of the laboratory, the Boeing Company last year recorded a conservation easement that would ensure that at least 2,400 acres will forever be preserved as open space habitat for the benefit of wildlife and the local community.

“We are trying to get the public's backing on this,” said Luker, at the recent meeting.

Luker also discussed the importance of community and political support for the proposed Rim of the Valley Wildlife Corridor proposal.

The ROV proposal calls for the extension of the Santa Monica Mountains National Recreational Area, which would interconnect natural land, trails and wildlife habitat in the region.

Calling it the “biggest piece of legislation in 40 years” in the affected area, Luker said that if it comes to fruition, the ROV could become the largest urban natural preserve, a national monument, a national park and a UNESCO World Heritage

site.

The ROV proposal already has the backing of several neighborhood councils. The Corridor Preservation Act, which was introduced by Congressman Adam Schiff, (D-Burbank), and California Sen. Dianne Feinstein, is gathering support, according to the SSMPA.

In October 2017, the bill was referred to the House Subcommittee on Federal Lands. Luker, however, remains doubtful – yet optimistic – that it will pass through legislation anytime soon. He appealed to community leaders and local organizations to form partnerships to support the proposal.

According to Congressman Schiff, the legislation would add more than 191,000 acres of the ROV Corridor to the Santa Monica Mountains National Recreational Area. The rim of the Valley stretches from the Simi Hills and Santa Susanas to the Verdugos and on to the San Gabriel Mountains.

The SSMPA, Luker says, supports environmental conservation efforts for future generations – for their children and their children's children.

“We are buying into the future,” he said. ❖

An Occasional Column:

TESTING THE SECRET SERVICE AT THE CENTURY PLAZA

By Garry Wormser

When you're a lobbyist or a PR man, you award those folks who diligently support your brand. That's exactly what I did with Herbie, an ambitious young business writer with the Philadelphia Evening Bulletin. Every time my client company held its annual meeting in Philly, Herbie would write a glowing report, sending the stock price climbing. So, in return, Herbie and his wife received an all expense paid junket to L.A. with a leisurely stopover in Las Vegas. Their lodgings were among the most luxurious available in 1973, suites at both the Century Plaza and Caesars Palace Hotels.

My wife and I took the recently married couple to dinner upon their arrival in L.A. Halfway through the meal, I called attention to a newspaper article that said President Nixon was flying in from

Washington and would be a guest at the Century Plaza the following night. That got Herbie thinking...."Here I was," he later admitted, "an accredited reporter and Johnny on the Spot, soon to rub elbows with the President of the United States. Certainly there must be a timely



story here, one that I could write for my newspaper.....but WHAT?????" Alone with his thoughts later that evening, Herbie came up with an idea that almost got him shot. He decided to test the effectiveness of the President's security force, the

Secret Service.

His first step actually consisted of a low-crawl through the bushes outside the hotel. But nobody paid attention, or so it seemed. Then he tried the hotel kitchen, slinking between pots, pans and the Sous Chef. No one even said "stay away from my soup." Herbie was small and thin, not someone who would stand out in a crowd. Finally, wearing a crushed Stetson hat and dark glasses, he rode the hotel elevators up and down and down and up to the roof and back. Not a Secret Service agent in sight. Dereliction of duty, Herbie concluded. He rented a portable typewriter, brought it to his room and began writing about the Secret Service's seeming failure to establish a protective perimeter around the soon to arrive President. That's when his door exploded open and three agents stormed in with their guns drawn.

While Herbie identified me and the company chairman as the sponsors of his junket, the Secret

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Publishers/Owners - Louis and Philip Miller

Editor - Garry Wormser

Staff Writer - Marci Wormser

Graphic Designer - Susan Leinen

Photography - Diane Brown

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Service saw us as his “dark ops” handlers and demanded that we report to the hotel for questioning at 3 o’clock in the morning. To make matters worse, our inquisitors discovered that the three of us had Russian ancestors with Herbie’s dating all the way back to the Czars. So we were grilled by stern men in white shirts wearing shoulder

holsters. Calls were made. Records were checked. At first light, they let us go. No “thank you’s,” no free breakfast. These guys were highly trained professionals who had Herbie spotted from the beginning, but probably couldn’t believe what they were seeing.

I don’t know what mischief Herbie got himself into on his trip

home through Las Vegas. Thank heaven for the motto “what happens in Vegas stays in Vegas.” Herbie passed away several years ago, never writing or breathing a word about the dangerous but hilarious “I Spy” role he once created for himself on his whirlwind tour of L.A. ♦

THE THREE RULES OF THE ROAD FOR DOGS AT THE SUMMIT

1. Dogs must be leashed at all times when walking in the park.
2. Dog droppings anywhere in the park must be immediately picked up and properly disposed of by the owner.
3. Owners of barking dogs will receive two park warning notices to silence their dogs. After the second notice, owners will be required to either dispose of the animal or vacate their lot.

AROUND THE TOWN, April - May, 2018

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Day(s): Friday Saturday
Time(s): 8 p.m. Fri. and Sat.
Address: 3606 W. Magnolia Blvd., Burbank, CA 91505
Phone: 818-980-7529
Cost: \$32 general

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Theater in San Fernando Valley
Date(s): 03/25/2018 to 05/06/2018
Day(s): Sunday
Time(s): 7:00 pm
Address: 13500 Ventura Blvd. Sherman Oaks, CA. 91423
Phone: (323) 960-7724
Cost: \$22.00

A FAERY HUNT MOTHER EARTH DAY SHOW

Performance in San Fernando Valley
Date(s): 04/21/2018
Day(s): Saturday
Time(s): 10:30 a.m. - 11:30 a.m.
Address: 16756 Moorpark Street, Encino, CA 91436
Phone: 818-324-6802
Cost: \$12.50

ROGUE ARTISTS ENSEMBLE’S WOOD BOY DOG FISH

Theater in Burbank
Date(s): 05/12/2018 to 06/24/2018
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