

North Valley Community Connection

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NORTHRIDGE • PORTER RANCH • CHATSWORTH • GRANADA HILLS

Construction of New Mixed Use Project in Northridge Completed

Construction of The Mix at Harman, a creative office redevelopment project located in Northridge at 8500 Balboa Boulevard is a 44-acre mixed-use site that combines office, retail, and restaurant space in a campus environment that promotes walkability and a connection between buildings.

The property's creative office space features collaborative indoor and outdoor meeting spaces, game areas, private patios, a food truck pavilion, on-site restaurants, brand-name retail services and a 30,000 square foot town square/central park. The Mix caters to the region's expanding demand by entertainment and technology companies for amenity-rich campus-style office



space, as well as traditional companies seeking a healthy, fun and collaborative work experience for their employees.



The Mix at Harman Campus has been constructed over three phases since first breaking ground in May 2016. Phases 1 and 2 centered on the renovation of an existing 200,000 square foot building into a multi-tenant creative office space. The transformation included a new exterior red brick, wood and metal entry façade, and a new interior circulation corridor for potential multi-tenant office or industrial tenants. This central corridor evokes the feeling of a modern gallery with open-air windows, high ceilings and natural light, while providing varied types of meeting/social spaces that

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Oakridge Estate Park to Open December 10th November Historic Tours a Huge Success

The Oakridge Estate Park opening ceremony will be held at 10 am on December 10th. The community is invited to attend.

Over 100 guests recently toured the 80-year-old historic "house on the hill" in Northridge. The two story English Tudor style residence with four fireplaces, five bedrooms, eight bathrooms, a three car garage,



tennis court and long pool was built in 1937 for famous Hollywood movie star Barbara Stanwyck. The Marwyck Ranch home was designed by renown "architect of the stars" Paul Revere Williams. Several years following Stanwyck's marriage to actor Richard Taylor the home was purchased by comedian Jack Oakie. He and his wife Victoria Horne Oakie resided in the home for over six decades. The Marwyck companion "house on the

hill" was built, also in 1937, for Marion and Zeppo Marx who were partners with Stanwyck and Harry S. Hart in the finest Thoroughbred breeding and training facility west of the Mississippi. Marwyck Ranch, a combination of both owners' surnames, was a state of the art Thoroughbred stud farm.

In 1943 Marwyck became Northridge Farms when purchased by J.H. Ryan whose breeding and

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Entrance to Oakridge Estate
Photo by Marcie Heacox 2014

Northridge Hospital 18th Annual "Helping Hands Holiday Jam" December 6th

On Thursday, December 6th, 2018, the Northridge Hospital Foundation and Dignity Health Northridge Hospital will host their 18th Annual "Helping Hands Holiday Jam" for over 300 local underserved children.

The Northridge Hospital Foundation in partnership with the Harold & Carole Pump Foundation, is now turning an ordinary parking lot into a child's holiday paradise! Over three hundred (300) underserved children from the San Fernando Valley have been invited to celebrate a true gifted Christmas with carnival games, arts and crafts, food, a visit and photo with Santa



and a bag full of gifts to take home.

For the past 17 years the Holiday Jam has been a Holiday highlight for thousands of children from our local area elementary schools between the ages of 7-10. These children are part of the "Title I/No Child Left Behind" program that provides financial assistance to local agencies for the education of children of low-income families. For many of these children, this will be their only Christmas.

This is also a special day for these children to celebrate and

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Granada Hills Charter High Students Place at the Top at Forestry Challenge

Eight students from Granada Hill Charter High School participated recently in the 2018 Santa Cruz Forestry Challenge, one group of a total of 69 high school students from 7 schools from the Santa Cruz and Southern California region. The event was October 10 to 13 at Redwood Christian Park, near Boulder Creek, California. Granada Hills Charter's two teams placed first

and third out of a field of 18 teams.

One of the highlights for the students this year was learning how to conduct "Brown's Transects", a method to quantify

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Granada Hills Charter High School students studied the Santa Cruz Sandhills ecosystem at the 2018 Santa Cruz Forestry Challenge. Front row, left to right: Diego Padilla, Kiernan Hagan, Maya Bernstein. Middle row, left to right: Makena Plourde, Aminah Mahadi, Wendy Hagan (advisor). Back row: Micah Hagan (advisor), Kevin Urrutia, Zion Ramirez.



Kevin Urrutia, a senior at Granada Hills Charter High School, uses a logger's tape to measure the diameter of a redwood tree, one of the many skills learned at the 2018 Santa Cruz Forestry Challenge.



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Help for Valley Homebuyers

FHFA Increases Conforming Loan Limits

The Federal Housing Finance Agency (FHFA) announced that the maximum conforming loan limits for mortgages acquired by Fannie Mae and Freddie Mac for 2019 will increase.

“Loans eligible to be purchased by Fannie and Freddie generally have lower interest rates and are easier to qualify for than non-quality so-called ‘jumbo’ loans,” said Congressman Brad Sherman (D-Sherman Oaks).

In high cost areas, including Los Angeles County, the conforming loan limits for one-unit

properties will be \$726,525 – this is an increase from \$679,650 in 2018. In most of the country, which are not classified as high-cost, the 2019 maximum loan limit for one-unit properties will be \$484,350 – an increase from \$453,100.

“Valley homes are far more expensive than the national average. That’s why it’s so important for Valley homebuyers to get federally assisted mortgages of up to \$726,525,” said Sherman. “In Omaha, \$726,525 buys a mansion – but in the Valley it buys, at best, a middle-class home.”

“In Congress, I have continued my work to support home values, which forms a critical component of our economy in the San Fernando Valley,” said Sherman. “Higher FHFA conforming loan limits are crucial to supporting housing prices and overall economic recovery.”

Sherman is well-situated to address such concerns, serving as a senior member of the House Committee on Financial Services. The committee has jurisdiction over housing policy, mortgage finance, real estate sales transactions and other real estate issues.

On The “Lighter” Side

Something Ventured — Nothing Gained

**By Barry Pascal, PharmD
Humorist, Satirist, and All-Around Nice Guy**

In previous articles I have discussed one of the most significant problems, if not the major problem, of retirement – marriage. In retirement you have greater contact with your spouse. During your working life, you would say good-bye in the morning, become absorbed with the problems you encounter during your work day, and then come home to enjoy time with your spouse and family.

When you retire, the time that was formerly your work time becomes shared time. And we all know what that means the word “share” in this context no longer contains the concept of share (especially the 50-50 part).

It seems that when we retire our spouses, who in our minds were always our trusted partners, our trusted advisers, and our family copresident, become not only president but also chairwoman (or chairman) of the board. Luckily for me, it turns out that Shirley is an extremely intelligent and competent leader, planner, and director. I just have trouble with the time thing.

When I was working, my time was blocked out and devoted to my job. I worked as a pharmacist from XX hours until XX hours, or I managed the business from this period until that. I was scheduled by my responsibilities or the needs of the drugstore. My staff protected that time and needed me to do my job ... that is to say, unless they came up to me and asked, “Are you busy right now?” which, of course, really meant, “I need to talk to you about a raise.”

I got used to working long hours, worrying about the store all the time, and fitting my private life in where I could. Now that I am retired, all of that has changed. I am no longer able to complete any task. I do not have protected time or a protected schedule. My days are divided up into daily “projects” and “required confirmed appointments” (ie., doctors, dentists, classes, concerts, plays, vacations, etc). What I

don’t have is a protected “my-time” or “my-choice” schedule every day. I can’t get anything finished when I want anything finished.

For example, I start out trying to write an article (like this one). After an hour or less (and maybe one completed paragraph or thought), Shirley comes into my office and wants to know if we can clean out the garage today? Then we spend the next two hours discussing each of our positions — I want to finish my article and Shirley needs to know why we can’t tackle the garage right now and when are we going to do it? Half of my premium creative and thinking time is now gone, and when I get back to my article I can only concentrate on the garage. (I am surprised that I don’t have more articles about our garage.)

The real problem, of course, is that Shirley wants to convert my-time into required confirmed appointment-time. While I was working, I dreamed of retiring and having all my time to do whatever I wanted to do whenever I wanted to do it. That’s not exactly how it worked out.

Another complication of retirement turns out to be me. I have many things I should do and when I sit down to do them I start thinking about what I want to do instead.

Organizing next year’s tax return material is a perfect example. I sat down last Sunday to start compiling preliminary tax information (like cataloging receipts, verifying and chronicling my Quicken files, etc.) when, for some unknown reason, I started surfing the TV channel guide. Sure enough, something caught my attention and then distracted me – “The Thomas Crown Affair” (that terrific 1968 movie with Steve McQueen and Faye Dunaway). I should have returned to my important tax information-gathering task, but I didn’t want to and I certainly didn’t. Yes, I have seen the movie three times (now four) since 1968 (and I loved it every time). Unfortunately for me, retirement does not come with an “important-things-to-do-first” button or program.

So, not only does Shirley change my schedule from moment to moment, but so do I. It is impossible to get anything important or necessary done when there are so many other better things to do. Instead of me doing the most important things first, I do the most interesting or most enjoyable things first. Here it is, December, and I have already decided to apply for an extension on my taxes which, of course, I will never get done by April 15th. Retirement can create definite scheduling problems, and for me, it turns out that “Something Ventured” always seems to turn out to be



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North Valley
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Opinion

E-verify: An Immigration Policy Conservatives and Liberals Can Get Behind

By Stacy Washington

Is there any way to break the policy logjam on immigration?

Most Republicans favor tougher border security measures, while Democrats tend to support a path to citizenship for illegal immigrants. Many progressives, aghast at the separation of parents and children at the border, even want to “abolish ICE” – the Immigration and Customs Enforcement agency.

But conservatives and liberals do agree on one thing: The need to crack down on unscrupulous business owners who hire and exploit illegal immigrants. Fifty-six percent of Democrats, 67 percent of Independents, and 81 percent of Republicans support fining such employers, according to a recent poll from NPR-Ipsos.

There’s already a free online system designed to prevent businesses from hiring illegal workers: It’s called “E-Verify.” Making it mandatory for all employers would humanely deter people from illegally coming to America in search of work, without the need for a border wall or family separations.

E-Verify is easy to use. Employers simply plug in a new hire’s name, date of birth, and Social Security number. The system checks that data against records held by the Social Security Administration and Department of Homeland Security and determines if the person is authorized to work in the United States.

About a quarter of a million businesses already use E-Verify. And some states – including Alabama, Mississippi, South Carolina, and Arizona – require all private and government employers to use E-Verify on prospective employees.

Mandatory E-Verify could dramatically curb illegal immigration. In 2016, economists at the Federal Reserve Bank of Dallas and Agnes Scott College analyzed several state-level E-Verify mandates. The study suggested that “having an E-Verify law reduces the number of less-educated prime-age immigrants



Stacy Washington

from Mexico and Central America – immigrants who are likely to be unauthorized – living in a state.”

By shutting off the jobs magnet that attracts illegal workers, E-Verify would boost the pay of less-skilled Americans and legal immigrants.

The House of Representatives was poised to consider an E-Verify bill this summer. But agricultural corporations’ lobbyists on Capitol Hill distorted the legislation by adding provisions that would massively expand guest-worker programs. Bringing in millions more unskilled workers would cancel out the wage gains American workers would enjoy under a mandatory E-Verify system.

The economy isn’t as strong as it appears. Although the official unemployment rate is hovering around 4 percent, that figure doesn’t include people who want full-time jobs but can only find part-time work. Nor does it factor in people who have become so discouraged that they’ve given up looking for jobs. If the government counted those folks, the unemployment rate would be about 8 percent.

In other words, roughly 13 million Americans still can’t find full-time work, in part because employers have chosen to hire illegal laborers who accept lower wages.

Universal E-Verify would make it much easier to identify and prosecute businesses abusing immigration laws. It’s the cheapest and most effective way to hold corporations accountable and open up job opportunities for Americans and legal immigrants.

Stacy Washington is a decorated Air Force Veteran, an Emmy nominated TV personality, and the host of the nationally syndicated radio program “Stacy on the Right.” This piece originally ran in Newsweek.

Do you have a strong opinion about a public policy issue? Share it with your fellow readers. Email us at infowga@aol.com. In the subject box put CC Opinion.

The Mix

(Continued from page 1)

promote a collaborative work environment. The existing brick and exposed structure of the building were intentionally left intact to create industrial design aesthetic, while new materials, colors and textures were used to highlight

the major building and tenant entries.

In the recently completed Phase 3, two new single-story speculative retail and restaurant buildings totaling 17,000 square feet were constructed, along with Town Square Park, a central landscaped courtyard amenity space including bocce ball courts and outdoor dining areas.

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Holiday Gifts that Keep on Giving

By Melinda Myers

Make gift giving easy with unique green gifts that provide weeks and in some cases months and years of beauty. Plus, gifting easy-care blooming plants is an experiential gift that’s ideal for everyone, especially that person on your list who has everything.

Gardeners as well as practical family members and friends will enjoy the dual purpose the Christmas rose (Hellebore) provides. This popular European holiday plant is gaining popularity in holiday celebrations here in the U.S. Recipients will enjoy up to two months of blossoms indoors when grown in a cool bright location. Once the danger of frost has passed, it can be moved outdoors into a full or partially shaded spot in the garden for years of added beauty.

Even non-gardeners will be fascinated by the amaryllis as its beauty erupts from the bulb. Everyone will eagerly watch for the bulb to sprout, flower stems to quickly grow and eventually produce several large trumpet-



shaped blooms.

Make it easy and fun for all with a waxed amaryllis bulb. Dipped in colorful wax, these freestanding bulbs need no soil or water. Just set the waxed bulb in a space where they can be enjoyed and watch the magic happen as the

Continued on page 8

Oakridge Estate Park

(Continued from page 1)

training expertise produced many famous race horses who ran at Hollywood Park, Del Mar, Santa Anita, Tanforan and Bay Meadows for over two decades. Many local residents still remember the 6 furlong (3/4 mile) Marwyck training track that was located on Reseda and Lassen Streets until the mid 1960’s.

Oakridge Estate house tours will be offered at 10 a.m. and 2 p.m. on Saturday, December 15th. If tour demand is great, a Sunday tour may be added. Tours fill quickly so please make your reservation online via the Friends of Oakridge website. On-site parking is limited so kindly consider carpooling. The tour fee is \$15.00 per person for a 90-minute docent led tour of the house and grounds. If the park has opened by the 15th, why not pack a lunch and enjoy a stroll in the

park following the tour?

The new eight acre Oakridge Estate Park, directly adjacent to the residence, is schedule to open to the public in December. The entrance to the park is on south side of Devonshire Street directly across from the Little League fields between Reseda Boulevard and Wilbur Street. Both Council District 12 and the Department of Recreation and Parks will be advertising the opening date, time and parking information. How marvelous to have a new park in Northridge!

Please visit the Friends of Oakridge website for tour reservations and the park opening date. Add your email address for future event early notification at www.theoakridgeestate.org. If you have questions, you can also reach Friends of Oakridge at info@theoakridgeestate.org or call 818 739-0292. We hope you will soon visit this iconic Los Angeles historic treasure!

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Best wishes for a Happy Thanksgiving!

Northridge East Neighborhood Council



“Making Northridge a Better Place to Live, Work, Play and Learn”

**Next Board Meeting:
Wednesday, December 19 at 7:00 pm
Northridge Woman’s Club, 18401 Lassen Street**

Agenda topics will include:

- ✓ Update on latest proposed land use projects in Northridge
- ✓ New Neighborhood Watch yard signs for individual properties will be available

Property Owner, Business/Employee, At-Large, and Alternate Board Member openings (4 total) – Apply Now

Applications accepted from NENC stakeholders for these open Board seats
Visit www.NENC-LA.org for more details on Board positions.
To apply, email GlennBaileyNENC@yahoo.com or call 818-514-5355.

“Make a difference. Get involved.”

The Northridge East Neighborhood Council (NENC) meets on the third Wednesday of every month at 7:00 p.m. at the Northridge Woman’s Club, 18401 Lassen Street, Northridge.

The NENC includes all of the Northridge community east of Reseda Boulevard and north of Nordhoff Street. For more information on the NENC and to subscribe to receive our meeting notices, visit www.NENC-LA.org, email info@NENC-LA.org, or telephone 818-527-2913.

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Northridge West Neighborhood Council General Board Meeting & Holiday Mixer Tuesday, December 11, 2018

We meet from 6:15pm to 8:30pm

**Northridge Christian Church
18901 Chatsworth Street, Northridge, CA 91326**

Refreshments will be served

Northridge West NC has open At Large Seats, for more information please contact Pamela at PBolin@northridgewest.org

NWNC general meetings are on the second Tuesday of each month

“Christmas is a time to reflect on the whole year, A time of renewal and hope, giving, helping and sharing, but most of all, love!”

— Nishan Panwar

~~Have a safe and happy holiday season!~~

Northridge Hospital Medical Center Welcomes New President

Paul H. Watkins has been named president of Dignity Health – Northridge Hospital Medical Center and will lead the overall direction, strategy and operation of the hospital.

In his most recent role, Watkins served as the chief administrative officer and chief operating officer for UCLA Medical Center, Santa Monica, a CMS 5-Star rated facility.

“Paul’s leadership, experience and passion for delivering safe, high-quality health care made him the right person to lead Northridge Hospital,” says Julie J. Sprengel, Dignity Health President, Southern California Service Area. “His proven ability to work collaboratively and spearhead successful growth will help ensure a strong future for this hospital.”

With extensive experience in health care, Watkins is a seasoned, dynamic leader with a diverse background in hospital administration. Watkins has a spectacular record of achievement, having demonstrated success in initiating culture change through his collaborative approach, with a focus on decreasing readmission rates, improving safety measures and implementing strategic initiatives.

“I am honored to be selected as the next President of Dignity Health Northridge Hospital Medical Center,” states Paul H. Watkins, NHMC President. “I look forward to supporting the physicians and staff that provide quality care to patients and make the hos-



Paul H. Watkins

pital an important resource for the community.”

Watkins holds a Juris Doctor degree and a Bachelor of Science in Law degree from Peninsula University, Mountain View, CA. Additionally, Watkins has completed the Healthcare Facilities Executive Program from the University of Notre Dame, the Healthcare Executive Leadership Institute from Georgetown University and the Healthcare Supply Chain Lean Certification from the University of Michigan.

Some of the Longest, Most Unpronounceable and Ironic Words in the English Language

By Robin Kellogg

Ask anyone whose first language is not English and they will tell you that it is a confusing form of communication that doesn’t seem to have any logical rules, which may explain why there are some words that can induce a headache just by looking at them.

Here are a few examples of some of the most tongue-twisting words in our lexicon—so if you have Hippopotomonstrosesquipedaliophobia, also known as sesquipedalophobia (a fear long words) you may want to stop reading now. However, for those with polysyllabicmania (a fondness for big words), you’ll enjoy this.

Honorificabilitudinitatibus—We can thank Shakespeare for this beauty, which appeared in his comedy, Love’s Labour’s Lost. It means

being able to achieve honors. So simple a statement in such a complicated word.

Sesquipedalian—If can’t abide by those who are long-winded, you now can ask them not to use such sesquipedalian terms. It’s a bit ironic that this 14-letter word describes long-windedness. The original term, “sesquipedalian verba,” meaning words a foot-and-a-half long, comes from the Roman poet Horace, who invented it as a tongue-in-cheek way to warn young poets



Robin Kellogg

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Northridge West Neighborhood Council Updates

By Greg Kromhout
Vice President
Administration, NWNC

Councilmember Englander will be stepping down from his seat at the end of 2018. The Northridge West Neighborhood Council (NWNC) unanimously supports a special election to determine Englander's replacement in lieu of a hand-selected appointee. NWNC is writing a letter to the Los Angeles City Council in support of this opinion.

The Los Angeles Department of Transportation (LADOT) is proposing an increase in the speed limit on parts of Wilbur Avenue in Northridge from 40 miles per hour (mph) to 45 mph. NWNC unanimously opposes the proposal and will send a letter of objection to the LADOT. If you have questions or concerns about this matter, please contact Jaelyn Garcia, Transportation Planning Associate, at jaelyn.garcia@lacity.org.

The next Northridge West Neighborhood Council general board meeting will be a holiday mixer for the community. It will be held on December 11 (always the second Tuesday of each month). Please join us for some holiday cheer and complimentary food and refreshments. See below for time and location.

The Department of City Planning's November e-newsletter included a reminder about their Community Corner feature, which is a "snapshot of policy work and public outreach," a valuable resource to Los Angeles stakeholders. This month's newsletter includes the city's proposed Restaurant Beverage Program Ordinance, meant to standardize review of sit-down restaurants seeking to serve alcohol. A public hearing is scheduled for December 5. For any additional information, please contact City Planning Associate Esther Ahn by email esther.ahn@lacity.org or by phone at (213) 978-1486.

NWNC approved the following expenditures at our November board meeting.

First, up to \$1,500 for CPR/First Aid training for stakeholders, teachers and staff who are interested in joining us at Nobel Middle School, tentatively scheduled for Saturday, December 8. This is free event to the community and includes a certificate of completion. Second, a Neighborhood Purposes Grant of \$500 in support of the 41st 10K "Tovey Run" on April 12, from O'Melveny Park to Nobel Charter Middle School. This run promotes health and wellness of middle schoolers.

A warm thank you to Cub Scout Pack 911 and Cubmaster Steven Koch for presenting the flag, leading the Pledge of Allegiance and presenting thoughtful questions to the board during the November board meeting.

New Porter Ranch Park Naming

Councilmember Englander and The Department of Recreation and Parks held a Community Meeting on Friday, November 16 at 4 p.m at the Granada Hills Charter High School to assist in the naming of the new park in Porter Ranch, which is under construction. For more information, contact Jessica Strobel at Jessica.strobel@lacity.org, or (818) 882.1212.

Join Your Neighborhood Council

Northridge West NC has open At-Large seats. Are you concerned about crime, development, homelessness, cleanliness and beautification? Would you like to make a difference and have your voice heard? Please join our board, or you may wish to join one of our committees that deal with these issues. For more information, please contact Pamela at PBolin@northridgewest.org.

NWNC general meetings are on the second Tuesday of each month at Northridge Christian Church, 18901 Chatsworth St., Northridge, CA 91326. Please see our website at <https://northridgewest.org> for more information on events, minutes and our agendas.

Balance and Postural Control Adversely Affected When Feet Fail to Function Properly

By Dr. Arthur Fass, DPM

The foot is a wondrous mechanism of balance and support. It has a spring like action which absorbs impact shock from the ground and provides balance from uneven surfaces and becomes rigid to help push the body forward. When the foot fails to function properly, the balance and control of forward motion is adversely affected.

The nerve endings on the bottom of the feet help in proprioception. The specialized nerve cells in the sole of the foot sends information to the brain and signals are sent to the motor part of the brain to fire muscles to control forward movement. If there is numbness and a loss of nerve function such as in uncontrolled diabetes, there is a loss of postural control. Other conditions such as excessive use of alcohol or things like chemotherapy treatment can cause a loss in sensitivity of nerve ending of the soles. Some patients should avoid shoes with an excessively thick sole to have the nerve endings as close to the ground as possible. Tight control of diabetes helps to prevent neuropathy.

The aging process causes decrease in muscle strength and flexibility which also affects balance. Muscle strengthening exercises and stretching exercises are need to counteract these changes.

The arch of the foot tends to lower and leads to excessive pronation of the foot with aging. This causes a rolling in motion of the ankle causing gait instability. Painful syndromes often occur such as heel pain, ankle pain and arch pain along with bunions and

hammertoes. The patient often requires custom orthoses to restore the natural raising of the arch in gait and improve balance as well as relieve painful symptoms.

If there is some paralysis of the lower extremity, especially after a stroke, there is loss of muscle strength and function which can lead to a drop foot. An ankle foot orthoses or AFO is needed to support the entire foot and leg to allow for balanced ambulation.

Diabetic patients are entitled under medicare to receive extra depth shoes and custom insoles. The shoes provide support and balance and the insoles prevent ulcer sores from developing.

Good shoes are generally needed to improve balance and support. They should be flexible, relatively light weight, with wide toe boxes and a good fit with supportive heel counter.

Sometimes foot surgery is needed to correct fixed deformities such as bunions and hammertoes. The great toe and the lesser toes are very important for balance and support and they function only when they are straight and the toe pads make contact with the ground.

Dr. Fass can be reached at 818-701-5088.



Dr. Arthur Fass

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Northridge South Neighborhood Council

Do you want your voice to be heard?

If you live, work, attend school or church, or belong to an organization or association in the southern part of Northridge (south of Nordhoff), we want to hear from you.

The Northridge South Neighborhood Council is one of the more than ninety Neighborhood Councils in Los Angeles. Neighborhood Councils facilitate communication between the community and the city by providing an inclusive and open forum for public discussion of matters of a city wide nature including city governance and the delivery of city services as well as take part in projects to improve their council area.

Help us represent you, get involved, and make your community a better place.

Take part in our meetings at:
Northridge Middle School – Library
17960 Chase Street
Northridge, CA 91325

Agenda setting meeting 12-3 at 6 p.m. and regular meeting 12-13 at 7 p.m.

For more information visit: <http://www.northridgesouth.org>

How Strengthening Your Legs Will Fix Your Back!

By Carla Kazimir PT

A lot of my patients who come in to my clinic with an aching back feel that their back is weak. Often they might have a history of a herniated disc or sciatica. They want to strengthen their back. Their back hurts and therefore their back must be weak. This is not so!

There are people that have significantly weak backs but they usually don't have back pain. Back pain is usually produced by the over use of the lumbar muscles. Instead of using the power muscles of the legs, people use their back. When people stop using their legs - their legs get weak. Their low back muscles

take over and eventually they get tired and spasm. The spasm creates that stiffness and sometimes it pinches on nerves that cause pain that radiates down the legs.

Every day we have people come in with back pain. Usually they have muscles groups in the legs that are substantially weak. I teach them a simple routine that takes no more than 10 or 15 minutes. If people do this routine every day their back pain gets significantly better.

I had a golfer come in that routinely had pain after a round of golf.

We tested his lower body strength. He was in great shape, very flexible, but a couple muscle groups were

weak. This golfer went to the gym every day. He golfed regularly. Still he did not exercise the muscle that needed it most. He had no idea. He now adds a couple more exercises to the routine and he is pain free.

Another client comes in with back pain. He is stiff in one muscle group which turned off or inhibited his leg muscle from working correctly. He added one stretch to his routine which made all the difference.

Sometimes it is the person's occupation that is the culprit. Sitting over a computer all day gets old really fast. You need to be doing certain stretches in order to maintain your good posture. Otherwise you could start having muscle imbalances and faulty movement patterns.

There are a lot of different scenarios but the point I want to make is that there are very simple fixes for pain and suffering that many people feel they are supposed to live with. Obviously, I am a very strong advocate for getting a physical therapy evaluation. A simple strength and flexibility evaluation can solve a multitude of problems. We are in the middle of an opioid crisis. Statistics show that one in four people that start out on an opioid drug for back pain will get addicted to it. The American Physical Therapy Association has done extensive research on back pain and the statistics show that people that start physical therapy early in the first month or two have the best outcomes. "Physical Therapy First" is the new motto. Start simple. You do not need expensive epidurals, addictive drugs and MRIs in most cases.



Carla Kazimir PT

Aging Doesn't Mean You Have to be Getting Old

Medications, Cramps, Ailments, Cataracts ...
Is this what we have to look forward to?

By James Lanza, CPFI

I was invited to a gathering a few weeks ago. It was a seventieth birthday party for a client. It wasn't called a birthday party because she doesn't have "birthdays" or "birthday parties" anymore. So, it was called a gathering. Kind of like the animals on the Serengeti. At the watering hole. A gathering. We all gathered. Whatever you want to call it, it was interesting.

She's been a client for many years. I don't have many clients over the age of seventy. The one's I do have certainly don't look or act like they're seventy. As I always say, seventy is the new fifty. When you exercise, you give your body the opportunity to do the things you did at fifty when you're seventy.

Anyway, I say the gathering was interesting because of the conversations I heard. I knew some of the people there because I've been her Fitness Professional, AKA, "Fit Pro" for many years. Most of the guests I had never met, so I was introduced as the Fit Pro. And of course, the questions start. "How do I lose weight?" "How do I get six pack abs?" "What's the best diet to be on?" I politely excuse myself to use the restroom. I think I used the restroom fourteen times that night.

So, when I wasn't getting fitness related questions, I listened in on the other conversations. One group was debating the effectiveness and side effects of high blood pressure meds. One group was comparing the cost of cholesterol meds. One group was trading the names of companies that make generic as opposed to top shelf. Another, and I didn't spend too much time with this group, was one upping each other on how many friends they lost and how many

funerals they've been to in the last year.

No talk of politics, (thank God), no talk of the current state of affairs, no talk of shootings, nuclear bombs, the stock market, movies, T.V., cars. Nothing. What I heard was "medications", "cramps", "ailments", "evening trips to the bathroom", "cataracts". Is this what I have to look forward to?

Hell no! As I said in previous articles, we will get old. Nothing you can do about that. But we don't have to get old! Exercise will keep the body young. Your muscles will stay strong. Your blood will travel easier and more efficiently throughout your body. Will you get gray? Sure. Will your skin sag a bit? Sure. Will your eyesight diminish? Sure. That's all a part of the ageing process. But you don't have to get old. Keep yourself moving. Walk, run, bike, play with the dog. Do some resistance training. It builds muscle which in turn will keep away Sarcopenia, Osteoporosis, high blood pressure, high cholesterol and all of the conversations I heard at "the gathering". Eat right and don't diet, it doesn't work. Eat clean, natural, organic, unprocessed, and NO FAST FOOD! Keep sugar and processed carbs to a minimum. Eat lean protein, good fats and complex carbs. And move! Keep the body moving. It's important for your heart, circulatory system, joints, muscles and bones. It works. I promise. My client just turned seventy and she is active and can do more than most fifty year olds. Bottom line...you're going to get old. But you don't have to get old.

I've been invited to a retirement party for a client next month. Can't wait. I'm going to bring my "Every Medication Explained" reference book, a list of all of the drug manufacturers in the Northern Hemisphere and a list of every mortuary in Southern California.

If you have any questions or would like to chat about an exercise program, feel free to contact me.

Thanks for listening and have a healthy day!

James Lanza is certified by the National Academy of Sports Medicine and the International Sports Sciences Association. He has been in the fitness industry for over twenty years. James owns Lanza Fitness Personal Training, a premiere private training facility located at 9737 Mason Ave. (corner of Lassen) in Chatsworth. His clients range from celebrities and athletes to housewives and retirees. James can be reached at his facility by calling 818-822-6127 or www.Lanzafitness.com



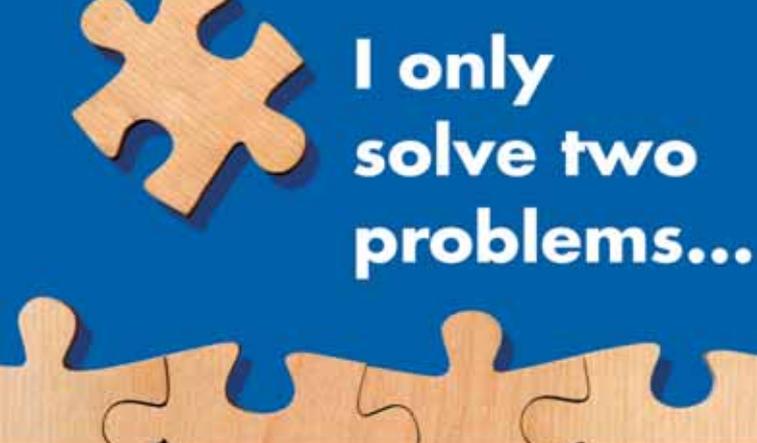
James Lanza, CPFI



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Continued on page 8



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Advertorial

You Need to Have an Estate Plan

In California, if you don't have an estate plan when you die, the government will have a plan for you and you are not going to like it

By Thomas Christopher, Esq.

We have been taught since grade school that Aif you fail to plan, you plan to fail@. The fact is that a little preventive maintenance can avoid unexpected financial disasters. Never is this sage advice more applicable than when answering the question Do I need an estate plan? If you own a home, you need a plan! If you have children, you need a plan! If you have assets exceeding \$150,000.00 you need a plan!

In California, if you don't have an estate plan when you die, the government will have a plan for you and you are not going to like it.

Without an estate plan:

- * The government decides who will get your property;
- * The Government decides who will be the guardians of your children;
- * All Estates in excess of \$150,000 end up in Probate;
- * Probate proceedings tie up property for 1-2 years on average;
- * Families and Businesses must still pay mortgages & bills during Probate proceedings;
- * Homes can be foreclosed upon during Probate proceedings;
- * Probate proceedings make your private information public record.

The good news is that it=s not too late to

make a plan. I founded Christopher Law Group, Inc. to provide an easy, comfortable and convenient way to create an estate plan. My office is conveniently located in Porter Ranch. An attorney will meet you in your home at no cost to discuss your estate planning options. We will do the same for you if you have a plan already but want it reviewed or updated. We are uniquely situated to serve seniors and families with young children because we will come to your home at your convenience if you are not able to meet in our offices.

If you already have a plan that has not been reviewed in 5 years, we can review and update your plan!

Please call my office today at (818) 360-9500, or visit us on the Web at www.christopherlawgroup.com to schedule a complimentary meeting in your home. Protect your family legacy today and gain peace of mind – HAVE A PLAN!

Thomas P. Christopher, Esq., Christopher Law Group, Inc., (818) 360-9500, 11260 Wilbur Ave., Suite 105, Porter Ranch, California 91326. www.christopherlawgroup.com.



Thomas P. Christopher, Esq.

Preparing for Business Operations After an Earthquake

Bill Allen will present the top recommendations from Los Angeles Economic Development Corporation's (LAEDC) new guide – Preparing for Business Operations after an Earthquake at the “Are you Prepared? Shift Happens!” Conference on Friday, January 11th from 7:30am-1:30pm at Cal State University Northridge's Student Union Center. The guide will be released at the conference and is a collective of the region's top experts on business continuity, earthquake preparedness and steps that will reduce the impact of a disaster on critical business systems.

Bill Allen has served as LAEDC's CEO since 2006, and was the first CEO of The Valley Economic Alliance, created in the aftermath of the Northridge Earthquake. Bill will share lessons learned from the economic disruption of the Northridge Earthquake and compare to the risks we face today. The discussion will center on ways we can collectively insulate our economy and its jobs base from disaster.

Visit www.tinyurl.com/ShiftHappens2019 to for tickets and sponsorship opportunities.



Bill Allen, President of the Los Angeles Economic Development Corporation

Robin Kellogg

(Continued from page 4)

about using long words.

Floccinaucinihilipilification—Ironically, this word means “the estimation of something worthless” or “an act or instance of judging something to be worthless or trivial.” It is comprised of four Latin terms that can mean “of little value” or “trivial”.

- Flocci, from floccus, is a tuft of wool, but can also be interpreted as “something trivial”
- Pili the plural of pilus, a hair, can also mean “a whit, jot, trifle or a thing that is insignificant”
- Nihili, from nihil, translates into “nothing”
- Nauci means “worthless”

The term was developed by students at Briton's Eton College in the 18th century who strung together these four Latin terms and added “fication” to the end.

Two of the more commonly used words,

and again I suppose it depends on the circles you travel in, are disproportionableness (the state of being disproportionate) and incomprehensibilities (being incomprehensible). And possibly one of the better-known long words is antidisestablishmentarianism, which was developed when the idea to remove the tie between the Anglican Church and the state was being discussed to mean those who were against such a notion.

Enjoy the remainder of the holiday season and let's avoid being loquacious in our greeting unless we want our words to be seen as a floccinaucinihilipilification. Keep it simple.

Robin Kellogg is a content and marketing writer based in Chatsworth, CA. She works with business professionals to help them hone in on their audience and present messaging that elevates their business to new levels. She can be reached at 818-993-5468 or at robin@yourwritingresource.com.

CHAMBER OF COMMERCE WELCOMES NEW MEMBERS

The Northridge Chamber of Commerce welcomes the following businesses. Residents are urged to conduct business with members of the chamber who ascribe to the high ethical standards expected of a community business.

For all your service's needs, visit the chamber website at www.NorthridgeChamber.org

Egremont School– Tina Struve
 (818) 363-7803
www.egremont.org
 19850 Devonshire Street, Chatsworth, CA 91311

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Haven Hills – Cristina Nissen
 (818) 887-7481 x121
 19548 Turtle Ridge Lane, Porter Ranch, CA 91326
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Haven Hills provides safety, shelter, and support to all victims of domestic violence while working to break the cycle of abuse. We save lives, inspire change, and transform victims to empowered survivors.

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 8500 Balboa Blvd., Suite 130, Northridge, CA 91325

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Mr. Fleck is a former white collar criminal prosecutor from the Los Angeles District Attorneys Office. For the last 10 years, he has represented businesses and business owners in litigation and trials. In light of his background as a deputy district attorney, his experience has been particularly helpful to victims of business, real estate and investment fraud.

Mimi's Cafe– Karen Sampaio
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 8349 Reseda Blvd, Unit F, Northridge CA 91324

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18860 Nordhoff Street, Suite 203
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December 2018 Chamber Calendar

RSVP's are requested for all events via nikki@northridgechamber.org or phone, (818) 349-5676

<p style="text-align: center;">Tuesday, Dec 4th 6:00pm-8:00pm Toastmasters Club “Speaking Your Business”</p> <p style="text-align: center;">Event Location: BFG Boardroom, 2nd Floor 5121 Van Nuys Blvd, Sherman Oaks RSVP (818) 349-5676</p>	<p style="text-align: center;">Wed, Dec 5th 12pm-1:30pm Next Gen Young Professionals Doing Business</p> <p style="text-align: center;">Event Location: Macaroni Grill 19400 Plummer St, Northridge Please RSVP (818) 349-5676</p>	<p style="text-align: center;">Monday, Dec 6th 11:30a-1pm Farewell Luncheon Honoring CD12 Councilman Mitchell Englander</p> <p style="text-align: center;">Event Location: Porter Valley Country Club (Corner of Rinaldi & Porter Valley Dr.) Cost: \$30; RSVP Required</p>
<p style="text-align: center;">Thursday, Dec 6th 5:00pm-9pm Joint Holiday Mixer!</p> <p style="text-align: center;">Hosted By: The Northridge Chamber of Commerce New Sahara Inc. Gallery The Museum of the SF Valley</p> <p style="text-align: center;">Event Location: 18860 Nordhoff St, 2nd Floor, Northridge FREE EVENT : RSVP (818) 349-5676</p>	<p style="text-align: center;">Tuesday, Dec 18th 6:00-8:00pm Toastmasters Club “Speaking Your Business”</p> <p style="text-align: center;">Event Location: BFG Boardroom, 2nd Floor 5121 Van Nuys Blvd, Sherman Oaks RSVP (818) 349-5676</p>	<p style="text-align: center;">Senior Services Business/ HIRE Council Meeting No Meeting In December Next Meeting: Tuesday, Jan 15th</p> <p style="text-align: center;">Coffee, Contacts & Comedy Membership Breakfast No Meeting In December Next Meeting: Tuesday, Jan 22nd</p> <p style="text-align: center;">Education Connection No Meeting In December Next Meeting: Wednesday, Jan 23rd</p>
<p style="text-align: center;">HAPPY HOLIDAYS TO YOU AND YOUR FAMILY FROM OURS!</p> <p style="text-align: center;">We are excited to support you in your prosperous 2019!</p>		<p style="text-align: center;">18860 Nordhoff Street, Suite 204B Northridge, CA 91324 (818) 349-5676 www.NorthridgeChamber.org</p>

“Helping Hands Holiday Jam”

(Continued from page 1)

just be a kid. Thanks to the 100+ volunteers from Northridge Hospital and the community who donate their time, money and products to make certain that this event is a success. Even students from Cal State Northridge University take time from their busy scholastic schedules and laugh alongside the children to share holiday joy and companionship.

“Every individual I know truly wants a job or a role that truly excites and engages them. If you want to make an impact on a child for a day and enjoy seeing kids smile ... this is the job for you! We could not host this terrific event without the cooperation and charitable intent of our many community partners” says Brian Hammel, President, Northridge Hospital Foundation.

Holiday Gifts

(Continued from page 3)

amaryllis breaks through the wax coating and grows into a colorful specimen.

Impress avid gardeners with unique varieties like Papillio Butterfly amaryllis (gardeners.com). The flowers resemble orchids and are quite striking with maroon striped green petals. The narrow chartreuse lily-like blossoms of Evergreen eventually turn apple green, making it stand out among the red amaryllis and poinsettias of the season.

Dress up your amaryllis gift by planting the bulb in a pretty container, setting it on stones in a glass hurricane or combining it with spring-flowering bulbs like tulips, grape hyacinths and crocus.

Provide some aromatherapy, flavor and beauty with fragrant flowers and herbs. Lily-of-the-valley may be a bully in the garden, but

it's a fragrant beauty sure to brighten a winter day when planted in a container and enjoyed indoors. The calming fragrance of Spanish lavender can be enjoyed fresh or the stems and flowers snipped, dried and added to bouquets and sachets. Rosemary's flavor makes it a perfect gift for the foodies on your list. And everyone, including non-cooks, will enjoy its fragrance. Grow it indoors in a cool location with morning sun or under artificial lights.

Make this the year you give the perfect gift; one that's unique and is sure to provide instant smiles and weeks or months of fragrance and beauty.

Melinda Myers is the author of more than 20 gardening books and host of The Great Courses' How to Grow Anything DVD series. Her website, www.MelindaMyers.com, offers gardening tips and videos.

Carla Kazimir

(Continued from page 6)

In most cases we are dealing with simple mechanical issues - that proper target exercises and stretches will fix.

If you would like to get a strength and flexibility evaluation please contact North Valley Physical Therapy. This evaluation may be covered by insurance. North Valley Physical

Therapy is in network with Medicare, Blue Shield and VA Choice. We will bill all private insurances.

North Valley Physical Therapy is located at 11858 1/2 Balboa Bl Granada Hills 818-217-4868. NorthValleyPT.com. The clinic is owned and operated by Carla Kazimir PT. She is on the Board of Directors of the Northridge Chamber. Carla has been treating patients in the San Fernando Valley since 1985.

Granada Hills Charter: Forestry Challenge

(Continued from page 1)

woody debris in a natural landscape. Students measured surface fuel at Henry Cowell Redwoods State Park in an area that was recently treated to control vegetation and rehabilitate the Santa Cruz Sandhills ecosystem. During the Challenge, the teams of students also completed field training, followed by a field test, to assess their technical forestry

knowledge.

Granada Hills Charter's top team earned a score of 201.7 out of a possible 250 total points, and will advance to the state finals, to be held near Yosemite National Park in April. Seventeen other teams from Trinity to Riverside Counties qualified to compete at the Championship event after competing at four regional events statewide.

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