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 pavilion, on-site restaurants, brand-name retail services and a 30,000 square foot town square/central pavilion. 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 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

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 renowned “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 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 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 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 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 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 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 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 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 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

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 “Title1/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 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 and third out of a field of 18 teams.
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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: “do you have enough money for retirement if you are still alive when you retire?”

Sherman explained that in the Valley, home prices are generally higher, which forms a critical component of the economy. Therefore, it’s important for homebuyers to get federally assisted mortgages of up to $726,525, which is an increase from $679,650 in 2018.

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 co-president, 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 rating.”

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” (i.e., 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 organize 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 chroning 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-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, I do everything the most important first, I do the most interesting or most enjoyable things first. Here it is, December 19th, and I have already decided to apply for an extension on my taxes which, of course, I will never get done by April 15th (and I loved it every time).

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E-verify: An Immigration Policy Conservatves 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, agast 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 public 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 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 those 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 info@theoakridgeestate.org.

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 materi-
als, 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 restaur-
ant 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.

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 locat-
ed 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 carpool-
ing. 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 opening park date. Add your email address for future event early notification at www.theoakridgeestate.org. If you have ques-
tions, 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!

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 (Helleborus) 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 bulbs sprout, flower stems to quickly grow and eventually produce several large trumpet-shaped blooms.

Continued on page 8
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 hospital 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 Hippopotomonstrosesquippedalolohophobia, also known as sesquipedalophobia (a fear long words) you may want to stop reading now. However, for those with polysemilicnmania (a fondness for big words), you’ll enjoy this.

Honofricabilitadinitiatives—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 you 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 from using big words, you’ll enjoy this.

Continued on page 7

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 Northhoff 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.

Like us on Facebook and follow us on Twitter @NorthridgeEast

To Advertise call Decision Publications at (818) 588-6589

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!~~

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~~Have a safe and happy holiday season!~~
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 Jaclyn Garcia, Transportation Planning Associate, at jaclyn.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 and also includes information about 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 discuss 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.

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

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

By Dr. Arthur Fass, DPM

The foot is a wonderful 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 the 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 needed 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.

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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
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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, people use their back. When 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. He 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, and the statistics show that people that start physical therapy early in the process that made all the difference.

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Aging Doesn’t Mean You Have to 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 were 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 costs of cholesterol meds. One group was 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 10-year-old who came home from school that day and his mother told him about depression. He now adds a couple more exercises to his routine which made all the difference.

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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 if 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!

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;
* Probate proceedings make your private matters public;
* Homes can be foreclosed upon during Probate proceedings;
* Probate proceedings make your private information public record.

The good news is that it is 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’s legacy today and gain peace of mind – HAVE A PLAN!

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.

### Holiday Gifts

Amaryllis breaks through the wax coating and grows into a colorful specimen. Impress avid gardeners with unique varieties like Papilio Butterfly amaryllis (gardener-s.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 crocuses.

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

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

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.