

# Pacific Views

A Publication of the Pacific View Estates Homeowners Association

Summer 2010

## Pacific View Estates Homeowners Association

### OFFICERS

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Tom McNutt  
454-8242 tbn@ymlaw.net

#### VICE PRESIDENT

Ron Levin  
459-8244 ronster11@aol.com

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Save this Date!  
Sunday, September 12  
PVE ANNUAL Party

## Neighborhood Watch to Launch



The Pacific View Estates Homeowners Association is implementing a Neighborhood Watch program as a valid and important layer of protection, awareness and reporting for all types of threatening activity in Pacific View Estates.

The PVE Neighborhood Watch is working in concert with the West LA Community Police Station as a cornerstone of the LAPD's crime prevention strategy. The Neighborhood Watch is designed to educate PVE residents regarding our roles and responsibilities in reporting and the preventing crime in our neighborhood.

Our primary goal is to build a cohesive program that promotes a safer, crime-free neighborhood for the 95 homes and residents that comprise Pacific View Estates.

James Leitz, 17960 Seabreeze Drive, will be the lead organizer (Block Captain Supervisor) for the PVE Neighborhood Watch.

All residents are encouraged to provide your current e-mail address and telephone number (if you haven't done so already), to help us to organize the most up-to-date communication network for our community. Please send to [james.leitz@imgworld.com](mailto:james.leitz@imgworld.com).

Pacific View Estates has been divided in seven zones (or blocks). Each zone will have a Block Captain. Block Captains will be responsible and vigilant for the homes on their block, reporting to both the Block Captain Supervisor and the residents on their respective phone or e-mail tree. All 7 zones now have volunteer Block Captains, representing 100% coverage of our neighborhood.

Neighborhood Watch signs will be posted in the coming weeks.

A test of the e-mail communications tree will commence shortly. Residents will be notified at that time of their block and Block Captains and receive their respective Captain's telephone and e-mail information. Quarterly Neighborhood Watch bulletins will be sent via e-mail quarterly or as necessary with updates, Block Captain meeting schedule, advice and helpful security tips.

(continued on p. 6)

### Drainage.

Even though it is summer and there is no rain, we must not forget our drains. This includes your home's surface drains and drainage culverts. During the summer, the culverts can become clogged with leaves, weeds and debris, which then prevent their efficiently disposing of runoff during the rainy season. This is the time to ensure that they are clean and clear of debris. This is also the time to check surface drains to make sure that they are clear and functioning properly. If your drains are clogged, you run the risk of flooding your property and perhaps that of your downhill neighbor's. Resulting damage may not be covered under your existing insurance policies. Do any of us carry flood insurance? Do yourself and your neighbors a favor – keep your drains clean.

### Speeding, anyone?



Please keep our neighborhood safe. Please don't speed. Given the steepness of our streets, it is easy to go too fast. The next time you feel the need to speed, think how you'd feel if you struck a neighbor, injuring or killing them (not to mention striking a car or a tree, killing yourself). Don't speed!

### Clubs, anyone?

We suspect that there are many among us who share the same passions but don't share those passions with one another. This would include walkers, dog walkers, runners/joggers, hikers, bicyclists, artists, movie buffs, etc. Does anyone want to share their passions or activities with their neighbors? The Board supports such sharing, which promotes spirit of community. If you've got a passion that you want to share, email a Board member and form a club! (for contact information, go to the PVE website: [pacificviewstates.org](http://pacificviewstates.org)). The Board will put you in touch with persons of similar interests. Tennis, anyone?



### Does doggie doo—and you don't?

If you're one of those dog owners who sneaks out in the dead of night to let your dog leave a calling card—read on. Here's a way to clean up poop, and at the same time do something green.

One product—Pooch PickUp—is made from biodegradable cornstarch, of all things. You can get a pack of 100 for a cost of about 9 cents each. And the extended handles make it so easy to tie it up and carry back. Locally, Pooch Pick-Up is carried by Collar & Leash, in the Highlands shopping strip. We're sure there are other biodegradable bags available elsewhere.



HERE'S THE STRAIGHT POOP!

Now wouldn't it be a relief not to skulk around, looking up and down the street to see if anybody's watching? Be a poop picker-upper, and walk around with your head high and your tail up.

### Don't trash your curb appeal.

So if you spend all that money on a gardener to keep the front of your property attractive—then why leave your empty trash cans out for days? Are you waiting for that same gardener to come and take in the empties? Hey, take them in yourself and get some exercise.



*There's actually an L.A. City ordinance that says, "Trash out after 6 PM Monday, and empty cans removed by 8 PM Tuesday." Granted, this is not always possible or practical, but some PVE homeowners have gone to the other extreme.*

Please. Stop uglifying your street, and practice trash etiquette.



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## Charter: bundled at the bottom—again.



A recent Consumer Reports article rated all the major telecom services for customer satisfaction. The survey covered three service categories: Internet, Phone and Television. It also rated “Bundled” deals, where all three services come from a single provider.

- For Internet, Charter scored 25<sup>th</sup> out of 27.
- For Phone service, Charter ranked 20<sup>th</sup> out of 23.
- For Television, Charter was dead last of 16 providers.
- And if you bought all three “Bundled”, Charter hit bottom again, last out of the 12 telecom services.

The last time I checked, PVE residents have no choice for Internet access beyond Charter. Even though Verizon mailers promote DSL and FIOS, neither is available to us. (It seems we’re too far from the Switching Station.)

Happily, for television, there’s satellite. Every time I complained about Charter’s TV service, people would say: “Get DirecTV”. So I did. Couldn’t be happier.

*ronster11@aol.com*

## PVE Website: Making progress!

Make a note of this web address or save it to your Bookmarks/Favorite Places: [pacificviewstates.org](http://pacificviewstates.org). We have posted our CC&Rs, ByLaws and Architectural Guidelines — all of which you can download and print out. Plus contact information for our Board members and Architectural Committee. Future postings will include PVE news, upcoming events and reports from your Neighborhood Watch committee.

In the event of emergency situations (such as fires) we hope to provide helpful information.

## Get to the root of your problems.

I’m told that when PVE was built in the 1960s, the main sewer drains to the street were the old clay pipe sections with concrete sealed joints. Bad idea. Any earth movement during the past 45 years could have separated the joints, allowing thirsty roots to enter and thrive. It’s why many of us have to call a root reamer service every couple of years. If your toilets back up over a weekend (they always do), you could pay almost \$300 with overtime and add-on footage charges. Maybe they’ll even sell you a pricey video to look at the inside of your sewer line. Followed by a pitch for a sewer pipe “liner”.

So here’s an alternative that’s worth a try: commercial root killers available in hardware stores, costing about \$15 to \$20 a treatment. A friend who grew up on a farm plagued by sewer root problems swears by a product called, appropriately enough, “Root Destroyer”. Other brands include “RootX” and “Roebic Foaming”. They suggest one treatment every 6 months. Wait until after the last toilet use of the day and simply flush it down the toilet nearest the main sewer line—and it goes to work. (It’s that rare case when flushing money down the toilet is a good thing.)



Note: Not all products use key ingredient copper sulfate, which is banned in certain counties but Los Angeles is not one of them. And some users prefer a “foaming” product, which fills the sewer pipe from top to bottom, and makes better contact with the roots. If your sewer is already clogged shut, you will have to roter it before you can use the above products effectively.

*ronster11@aol.com*

## Join the Board!

Six (of 11) PVE Board members are up for re-election in September. To be considered by the Nominating Committee, submit your name and brief bio (including why you want to join) by August 16 via email to:

Barbara Kohn [barbara@kohn.com](mailto:barbara@kohn.com)

or Mary Ann Jesson [surfingfam@aol.com](mailto:surfingfam@aol.com)

## Managing That "Narrow Fellow In The Grass"

A narrow Fellow in the grass  
Occasionally rides—  
You may have met him—did you not?  
His notice sudden is—

The Grass divides as with a Comb—  
A spotted shaft is seen—  
And then it closes at your feet  
And opens further on—

EEEEEEEEKKK!!!!!!!!!! A snake slithers at your feet. You yell, you run..... and then what? He's rattling away, so you know you can't just pick him up and throw him away. Not that you would EVER have the nerve to do that anyway.

*What to do, oh what to do?*

Now your whole family is screaming. Everybody's terrified. Your kids are looking at you with eyes that say "*Dad. FIX THIS!*"... and you better have an answer.

Ok, you start thinking feverishly... maybe I can take the car and run it over. IF you manage to get the car out before the critter disappears, and IF you manage to actually run him over... you'll be left with a disgusting mess. And besides, it's not exactly *heroic* to use the *car*, ferkrissakes. (Also note: a decapitated snake head *can still bite you*. Do NOT do something as stupid as picking up a snake head just because it's removed from the body.)



"Snake tongs"

Ok, mighty warrior. Here's your weapon:

At 40 inches long (or longer), this tool allows you to capture the snake while maintaining a distance

too great for the snake to reach across. The handle at one end closes the tongs at the other, allowing you to safely pick the snake up and deposit it wherever you want. Plastic bag (make that two or three bags, please), small closable garbage container, wood chipper (hmm... ok, maybe not), the local ocean... you

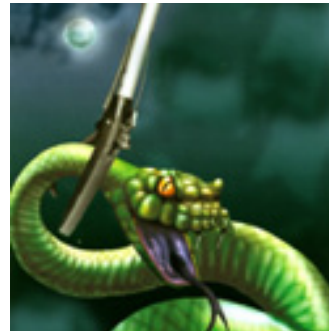


figure it out. Point is: the snake will be captured, and you will be the hero.

Life is good again.

Next.

Btw...

There are a lot of snakes out this time of year. The general characteristics of dangerous snakes are: triangular head, and/or varying body colors, and/or rattling tails. Do not take chances. Be careful. Be ready. And if by some unhappy chance someone is bitten, head for the nearest hospital emergency room *immediately*.

## Dues due!

If you have not done so, please pay your 2010 Homeowner dues, still only \$75. By joining the Association you will support the efforts of your Board and Architectural Review Committee to protect our property values, address issues such as security, traffic and views—and provide a website, newsletter and annual party. A major additional expense is liability insurance for your Association's Board and ARC members. Please mail your \$75 check, payable to PVEHOA, to: Stephanie Hubsch, Treasurer, 18021 Sea Reef Dr., Pacific Palisades 90272. You will receive a 2010 walk-on pass for 8 persons to the Getty Villa.



## View-blocking trees cost us all

If your trees are blocking your neighbor's view—trim them! Remember, taking away the view that added hundreds of thousands of dollars to the original purchase price of that neighbor's home—affects the value of your property also. When comparable prices are calculated by a lender, that home you helped devalue brings down the market price for your home too.

Help keep the View in Pacific View Estates!



## Should we take ads?

Your Board has considered offering a limited number of small space ads in our Newsletter. The intention is to offer a service to our PVE neighborhood, not to make money. Space cost would be minimal. The intention is to serve those who might offer babysitting, dog walking, piano lessons, — or who seek partners for bridge, mah jong, tennis, etc. Plus other similar categories. Advertisers must live in PVE. Because *Pacific Views* is a volunteer effort, publication dates are random. Please send your feedback to Ron Levin, [ronster11@aol.com](mailto:ronster11@aol.com).



## Post-Workout Meals:

### The Role Of Protein

*summarized by Walter O'Brien, MD*

*(from an article in USA Today, February 12, 2009)*

The long-held belief encouraging athletes to rehydrate and to reload with carbohydrates is being modified due to recent research. Immediately after exercise, muscle is very sensitive to nutrient intake. Carbohydrates combined with a little protein creates a better muscle refueling and building response, and it reduces cortisol, a hormone that breaks down muscle. Carbohydrates digest into glucose, and that glucose is gasoline to the muscles. Extra glucose gets stored in the muscles as glycogen to maintain normal blood glucose and fuel the brain.

During prolonged exercise, levels of glycogen in the muscles and liver are tapped. Glycogen depletion is associated with fatigue. Early studies showed that after exercising, athletes replaced depleted muscle glycogen more quickly by consuming carbohydrates compared with a high-protein or high-fat diet. The high-protein subjects remained glycogen-depleted for five days, while those on the high-carb diet replaced glycogen in two days. Carbs do not build or repair muscle. Protein does that job. Endurance athletes have found that eating within 30 minutes of a hard or prolonged workout is critical in recovery. Some feel that eating within 10 minutes is almost twice as good to replenish glycogen stores quickly. The ideal ratio of carbohydrates to protein is between 2-to-1 and 4-to-1.

Carbohydrate-rich foods: fruits, grains, vegetables, pasta, potatoes, rice. Protein-rich foods: chicken, tuna, red meat, peanut butter, milk, lentils, egg whites, tofu, nuts



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**Important Phone Numbers**

**LAPD:** Senior Lead Officer Michael Moore:

**310-444-0737**, or **27995@lapd.lacity.org**

For non-emergency immediate service: **877-275-5273**

**Fire Dept.: 911**

**Brush Clearance: 818-778-4927** (direct line to our area Inspector, John Novella)

**City Services and Building & Safety: 311** or **www.lacity.org/boss/request.htm**

This number is for any question or concern under City jurisdiction (pothole repair, brush clearance, code violations, tree removal, etc.) Graffiti removal (send photo) to Sgt. Tennison: **27902@lapd.lacity.org**

**City Council Office:**

Bill Rosendahl:

LA office: 200 N. Spring Street, Rm. 415, LA, CA 90012 **213-473-7011**

West LA: 1645 Corinth, Rm. 201, CA 90025: **310-575-8461**

**councilman.rosendahl@lacity.org**

Jessyca Avalos: Field Deputy for Pacific Palisades, **jessyca.avalos@lacity.org**

**Getty Villa Community Relations Committee:**

Kelly Comros: **310-459-5661** or **kcomras@hotmail.com**

**Getty Villa Complaint Hotline: 877-625-4282**

**Pacific Views Real Estate Report**

*by Dottie Weiler, dweiler@charter.net*

On May 18, 2010, a record sale was made in Pacific View Estates. 360 Surfview Drive closed escrow at \$5,000,000. This 5,000 square foot home situated on a 19,645 square foot lot with an unobstructed ocean view was remodeled several years ago by its former owner. Other recent activity is shown in the table below.

The market, in general, is improving. There are attractive loan rates available for buyers who can qualify and realistic sellers who do not overprice their homes.

*Neighborhood Watch, cont'd from p. 1*

The Neighborhood Watch program is designed to be non-invasive and private for our residents. We are asking for each of you to simply be aware and watchful. Now we will have a structure for reporting, as well as a notification platform to alert all residents to any threat to Pacific View Estates.

Official start date will be October 1.

*Be a Good Neighbor —  
trim your trees!*

Status	Address	Listing Price	Square Footage	Lot Size
Active	181 SURFVIEW DR	2,000,000	3800	25,696
Active	18000 BLUE SAIL DR	4,950,000	4500	15,675
Active	18017 SANDY CAPE DR	2,995,000	2916	19,035
Active	18048 BLUE SAIL DR	3,300,000	3400	17,424
Pending	434 SURFVIEW DR	3,695,000	4500	54,607
Sold	340 SURFVIEW DR	2,300,000	2556	17,641
Sold	330 SURFVIEW DR	2,995,000	4300	16,422
Sold	18013 SEA REEF DR	1,995,000	2620	17,467
Sold	18000 SEA REEF DR	1,495,000	2816	14,200
Sold	360 SURFVIEW DR	5,495,000	5000	19,645