



MAY 2015

COUNTY OF LOS ANGELES



A Caring Response

County Firefighters Trek to Nepal to Save Earthquake Victims

Personnel from the Los Angeles County Fire Department traveled to Nepal at the end of April as part of the USA-2 Medium Urban Search and Rescue (USAR) team, which is serving on the U.S. Agency for International Development (USAID) Disaster Assistance Response Team (DART).

USAID deployed the DART to Nepal on April 25, 2015 following a magnitude 7.8 earthquake the same day. The DART’s responsibilities included coordinating the U.S. government’s response efforts, conducting disaster assessments, and providing search and rescue capabilities.

Following a magnitude 7.3 aftershock that struck about 50 miles east of Nepal’s capital, Kathmandu, on May 12, 2015, the DART continued search and rescue operations to find and treat survivors. Additionally, USAID DART members conducted aerial assessments of the hardest-hit areas to determine the extent of the damage.

The DART is comprised of 133 people, including 22 USAID disaster experts, a 54-person USAR team from Fairfax, Virginia, a 57-person USAR team from Los Angeles County, and 12 canines.

USA-2, known domestically as California Task Force 2, has partnerships with USAID/Office of U.S. Foreign Disaster Assistance for international missions and the Federal Emergency Management Agency for domestic responses. The team maintains constant operational readiness for both international and domestic deployments.

For more information on Nepal and how to donate to disaster relief efforts, visit www.usaid.gov/nepal-earthquake or www.cidi.org, or contact the Center for International Disaster Information at (202) 821-1999.



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CALENDAR OF EVENTS

Los Angeles County Museum of Art

(323) 857-6010

www.lacma.org

Ongoing – 50 for 50: Gifts on the Occasion of LACMA’s Anniversary
 Through June 7 – Nature and the American Vision: The Hudson River School
 Through June 7 – Raku: The Cosmos in a Tea Bowl
 Through August 2 – Ed Moses: Drawings from the 1960s and 70s
 Through October 12 – African Textiles and Adornment: Selections from the Marcel and Zaira Mis Collection
 Through October 18 – From the Archives: Art and Technology at LACMA, 1967-1971
 May 30 through November 1 – Various Small Fires

Center Theatre Group

(213) 628-2772

www.centertheatregroup.org

Ahmanson Theatre

May 29 through July 12 – Matilda The Musical

Kirk Douglas Theatre

Through May 31 – Throw Me on the Burnpile and Light Me Up

Mark Taper Forum

Through June 7 – Immediate Family

Dorothy Chandler Pavilion

June 3 and 4 – Sufjan Stevens on Tour

June 11 through June 15 – Dog Days

Walt Disney Concert Hall

Through June 14 – Next of Grand: Contemporary Americans

Grand Park

www.grandparkla.org

Every Wednesday and Thursday – Lunch A La Park

Every Wednesday and Friday – Lunchtime Yoga reTREAT

Visit <http://hr.lacounty.gov> for information on employment opportunities with the County of Los Angeles



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Submissions to the DIGEST may be edited or otherwise altered for clarity. Check out the DIGEST at

<http://dhrdcap.co.la.ca.us/jic/digest/>



health talk



by **Mark Richman, M.D., M.P.H.**
*Physician Specialist, Emergency Medicine
 Olive View-UCLA Medical Center
 and Amy Skelton, Research Volunteer*

Not Just Blowing Smoke

Part 1 in a Series of 2

Smoking is bad for you. There, I've said it. Most of you probably knew that already. But why is there so much interest in smoking prevention and treatment? For those answers, we asked a panel of experts:

Respiratory Therapist B. Reathe Wright: Long-term smokers develop irreversible airway obstruction known as chronic obstructive pulmonary disease or COPD. They have chronic cough with phlegm, are easily short-of-breath, and frequently get pneumonia.

Patient Mrs. Moker: I'm sorry if you can't hear me clearly through my tracheostomy hole. Breathing through one's neck is not always clear. Well, I guess I'd never have gotten into this situation if I hadn't taken up smoking.

Dr. Clare Leung: Smoking causes early skin aging and teeth yellowing. And, it causes cancer of the lungs, esophagus, mouth/throat, bladder, ovaries, and more.

Dr. Hart: Don't forget that smoking is a critical, reversible risk for heart disease and stroke.

Among the most addictive substances in the world, nicotine (unfortunately) is an ideal delivery accompaniment for the many chemicals that make smoking dangerous. Nicotine is so addictive that the brain forms extra nicotine receptors to accommodate the large amounts of nicotine entering the body. Once that nicotine supply stops, people get nicotine withdrawal, with feelings of anxiety, irritability, and nicotine craving.

In Not Just Blowing Smoke: Part 2, more experts will discuss second-hand smoke and smoking prevention and treatment.

DPSS Restaurant Meals Program

Helping to Boost the Local Economy

In addition to helping nourish the County's eligible low-income population, the Department of Public Social Services' (DPSS) Restaurant Meals Program (RMP), operated by the CalFresh Program, is also helping to boost the local economy.



The RMP serves people who are homeless, disabled, and age 60 and over who do not have a stove or access to a place where they can prepare meals. CalFresh participants can use their Electronic Benefits Transfer card to purchase breakfast, lunch, or dinner from participating restaurants. Los Angeles County is one of seven counties in California currently participating in the RMP.

The successful program was recognized at the 2011 National Conference of State Legislatures Summit for its effective impact on ending hunger and stimulating small businesses. From its implementation in July 2005 through December 2014, the RMP was responsible for 21,435,058 CalFresh restaurant transactions, which resulted in \$211 million in sales. In 2014 alone, the program accounted for 4.5 million transactions, resulting in \$46.9 million in sales.

In support of California Department of Social Services and the United States Department of Agriculture-Food and Nutrition Service's efforts to promote healthy eating, DPSS and the L.A. County Department of Public Health have developed a new "5-Healthier Options" system to select restaurants that offer healthier meal options for RMP participation. Restaurants are required to comply with the system to participate in the program.

"Participants who eat at a RMP-certified restaurant will receive a nutritious meal in a food-safe environment," said Sheryl L. Spiller, DPSS Director. "We will continue to take the appropriate steps to ensure that there is a wide range of participating restaurants."

DPSS and Community Partners Launch 2015 CalFresh Awareness Month



The Department of Public Social Services (DPSS) and its broad-based community collaborative have launched the May 2015 “CalFresh Awareness Month (CFAM).”

The effort is the partnership’s annual campaign to increase access to food assistance and promote healthier food choices in the nation’s largest and most populated county.

In its 5th year, CFAM has become one of the most comprehensive and coordinated efforts in the state to bring awareness to the CalFresh Program, the Supplemental

Nutrition Assistance Program administered by DPSS. With the success of CFAM in Los Angeles County, the California Department of Social Services has encouraged the other 57 counties to adopt similar outreach strategies.

Many L.A. County residents are unaware that they may qualify for CalFresh, not to mention those who do not apply because of the stigma associated with receiving public assistance. Working closely with a number of key community and faith-based organizations, food banks, schools, supermarkets and farmer’s markets, the CFAM partnership’s goal is to remove the barriers that are discouraging eligible individuals and families from applying.

For more information and the CFAM calendar of activities, visit <http://dpss.lacounty.gov/dpss/calfresh/awareness.cfm>.

DHR’s Wellness Corner

Bringing you inspiration from around the County

The Countywide Fitness Challenge Can Save Your Life!
By Araceli “Sally” Carreon (Department of Public Health)

I cannot thank the Countywide Fitness Challenge team enough for offering all the incredible events for employees and their families. My daughters and I have been attending these events since they first began in 2010. They are truly awesome, not only for the fun activities and games, but also for all the nutritional information; yummy, healthy snacks; and of course, the incredible prizes they give away. However, for me, the most important part of the event is the health screenings that they provide for free for the whole family.

Last year, we attended the kick-off event at Whittier Narrows where health screenings were provided. My daughter, Patty, and I had the carotid artery screening to check for any blockage. It was normal. No blockage was found, but the technician mentioned that both of our scans showed a “nodule” in our thyroid. It was suggested that we have this checked with our primary care physician. We both went to our doctors and had a thyroid scan done. Nodules were found on both our thyroids. We were both scheduled for biopsies. My biopsy was normal, but my daughter’s was found to be Stage 1 cancer.



I cannot begin to tell you how my daughter and I felt and what went through our minds when we heard the word “cancer.” At that moment, it was just devastating. But it could easily have been worse. We might never have known to get it checked. If it wasn’t for the Countywide Fitness Challenge events, we wouldn’t have caught her cancer that early. It could have easily gone to Stage 2, 3, 4, or 5. My daughter immediately had surgery, and I am being monitored yearly for my thyroid.

We are so thankful that this was found in time. I thank the County of Los Angeles for hosting the Countywide Fitness Challenge. I want to encourage everyone to take advantage of these wellness events and screenings. They can save lives!

Working for You

L.A. County Department of Public Health

Each year, Mother’s Day marks the beginning of National Women’s Health Week. Its goal is to empower women to make health a priority. The Department of Public Health encourages all women to improve their health by adopting the healthy habits listed below:

See your doctor

Your doctor is your partner in health. During your visit, explain how you feel, give details, and answer questions honestly. This will help your doctor better assess you for any health or emotional needs. Also ask questions, especially if you don’t understand something or need clarification.

Get the recommended health screenings

Screenings can detect health problems before you feel or look unwell, so you can get treatment early and experience better health outcomes. In addition to routine blood pressure and cholesterol tests, recommended screenings for women include:

- Pap smear for cervical cancer;
- Mammogram for breast cancer, the most common cancer among women;
- Bone mineral density test for Osteoporosis;
- Sexually transmitted infections, including chlamydia, gonorrhea, and HIV; and
- Colorectal cancer screening for the third most common cancer and third cause of cancer death among women.

All screenings are recommended at different times and intervals based on age, medical history, and behaviors. Talk to your doctor to find out when you need each test. For more information about general screening guidelines, visit www.womenshealth.gov/screening-tests-and-vaccines/.

Get into the habit of health

It can be a challenge to set aside time to take care of your health when juggling work and family. Find ways to take small steps to improve health.

- Eat more fruits and vegetables. Experiment with meatless dinners each week and substitute candy cravings with fruit.
- Get moving. Make evening strolls a family affair. On weekends, commit to using the car less; walk or bike to places when possible.
- Exercise the brain. Have fun learning something new with a family member or friend. Learn a new

language. Sign up for yoga lessons. Take a pottery class.

- Carve out “me” time. Take moments to de-stress.
- Get help to quit smoking by visiting www.laquits.com. Lung cancer is the leading cause of cancer death among women.

Share these tips with the mothers, daughters, and other cherished women in your life!

Spending Account Balances

Use It or Lose It

If you participated in a Health Care or Dependent Care Spending Account for 2014, you have until June 30, 2015 to file claims for expenses incurred in 2014. If you do not file any claims by the deadline, you will forfeit any remaining balance in your 2014 Dependent Care Spending Account and any remaining balance in your Health Care Spending Account over the allowable \$500 carryover amount. File your claims today!

How to File a Claim

Online: Log in to mylacountybenefits.com and select “Spending Accounts” in the “my tools” menu. On the spending account page, click “Submit Claims” in the right-side menu. Fill in your claim form online and upload your scanned claim documentation or send the documentation via mail* (see address below).

Fax: Fax your complete claim form and copies of your documentation (on letter-sized paper) to 866-629-6390.

Mail: Send your complete claim form and copies of your documentation* (on letter-sized paper) to:

Spending Account Administrator
P.O. Box 67128
Los Angeles, CA 90067

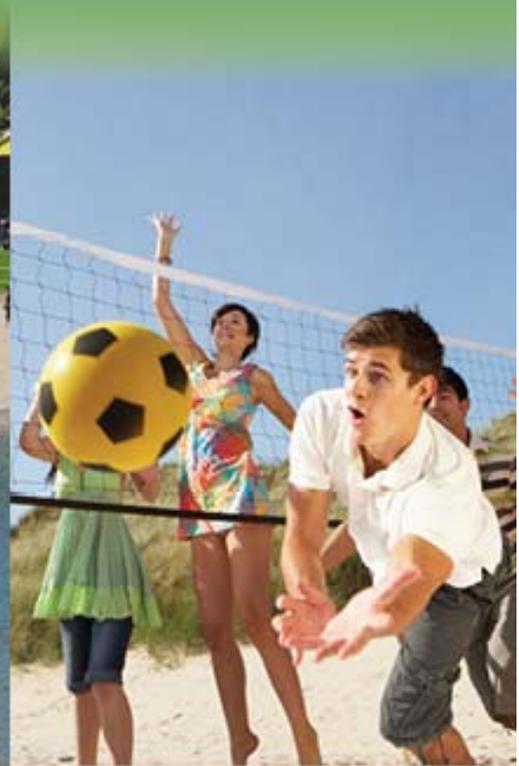
**Keep in mind that all claims and documentation for claims must be received by June 30, 2015.*

Question about your account?

To check the balance of your Health Care or Dependent Care Spending Accounts, you can log on to mylacountybenefits.com or if you have any questions about claims administration of the spending accounts, call the Spending Account Plan Administrator (BCI) toll-free at 866-629-6436, Monday through Friday, 5:30 a.m. to 6:30 p.m. (Pacific Time).



COUNTYWIDE FITNESS CHALLENGE 2015



MAKE A SPLASH!

Visit this great location for some water fun!

- KAYAKING*
- PADDLE BOARDS*
- 3K HIKE TO A LOOKOUT
- 5K RUN
- VOLLEYBALL
- HORSESHOE GAMES
- HEALTHY SNACKS
- GIVEAWAYS
- PICNIC AREA

Castaic Lake State Recreation Area

Paradise Cove, Lower Lake
32132 Castaic Lake Drive
Castaic, CA 91384
5th Supervisorial District

Saturday, June 20, 2015
8:00 a.m. – Noon

*Kayaks & Paddle Boards will be provided



RSVP to secure your giveaways at <http://dhr.lacounty.info>





Share Your Heart Share Your Home

Become a Foster/Adoptive Parent

May is National Foster Care Awareness month and we need your help in raising awareness and in finding adoptive families for our children in foster care. Besides becoming a foster or adoptive parent, there are other ways to get involved.

- Have you always loved helping youth and teens but are not ready for the full-time commitment of being a parent? **Kidsave Weekend Miracles** may be just the right fit for you. Become a weekend host and spend quality time getting to know a foster youth, introduce them to your circle of friends and family, and help them find a permanent family. To learn more, call Kidsave at (310) 642-7283 or visit www.kidsave.org.
- Do you attend a place of worship? Would they be willing to host a Heart Gallery display or have an “Open Your Heart Sunday” event at your church? Talk to your faith leader or person in charge of community outreach and see if this would be something they would consider. It does not cost a thing and we do all the work. The end result is we find new families for our children in foster care. You or your place of worship can contact Stephanie Clancy at (909) 802-1411 or at clancs@dcfs.lacounty.gov.
- Do you have a reliable vehicle and love kids? Become a volunteer through our Hope Driving Program. We recruit, train, and approve volunteers who drive our youth to various events, such as adoption matching fairs, to help them build relationships, and connections with adults. To learn more, call Christina Delight at (310) 972-3286.
- If you have professional photographer experience and love children, you can volunteer as a Heart Gallery photographer. Contact Stephanie Clancy to be added to the photographer list.
- **Probation and Department of Children and Family Services (DCFS) staff, here is some information just for you.** Did you know that Probation staff can be foster parents, as well as adopt children who are with DCFS and can't safely return to their families? Further, DCFS staff can be foster parents to youth who are with the Department of Probation. To learn more about this process, we are

hosting a special event on Tuesday, July 21, 2015, from 9:30 a.m. to 11:30 a.m. at the California Endowment Center in Los Angeles. If you are a Probation or DCFS staff member and are interested in learning more or want to sign-up to attend, call (888) 811-1121.

If all of these things still seem a bit daunting, you can simply help us spread the word. Tell a neighbor or a friend that there are children of all ages in need of loving foster and adoptive families in L.A. County. Email clancs@dcfs.lacounty.gov for brochures that can be sent to you. In turn, you can hand them out at your place of worship, library, grocery store, or anywhere families are found.

The point is...**anyone** can make a difference! So, in honor of National Foster Care Awareness month, do your part by making a pledge to do at least one thing on the list.

WeTip
WELFARE FRAUD
1 (800) 87-FRAUD



Rideshare L.A. County!
from the CEO/Office of Workplace Programs

If you're looking for a way to get healthy and commute to work while improving the air quality at the same time, then biking to work may be for you. If you feel the need for a little training on how to ride your bike on the streets, the County of Los Angeles will be holding free Bicycle Skills Training and Basics of Bicycle Safety classes in 2015. So keep a look out for those classes.

Biking to work is simple and can be very gratifying, especially when you can get healthier while doing it. You help clean the air when you bike to work since you are not creating any emissions on your bike. Your bike is the ultimate zero-emission vehicle powered by you. Take pride. Share the ride.



Phishing - Don't Get Hooked!

from the Countywide Information Security Program

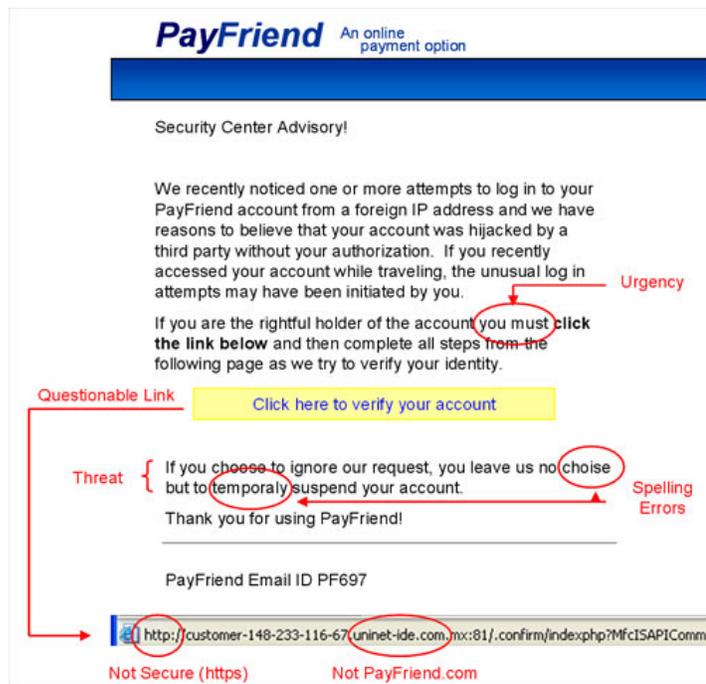
Email has become an essential tool for communicating and conducting County business (refer to Board Policy 6.104 for guidance on electronic communications). Unfortunately, cyber criminals have found numerous ways to trick people into disclosing confidential information and installing malicious programs on computers, smart phones, and tablets through **email phishing**.

What is email phishing?

Phishing is the attempt by cyber criminals, hacktivists, and nation-states to trick users into disclosing sensitive information such as usernames, passwords, and credit card details by masquerading as a trustworthy entity in an electronic communication. The word *phishing* is derived from the act of fishing due to the similarity of using “fake bait” in an attempt to catch a victim.

Communications purporting to be from popular social web sites, auction sites, banks, online payment processors, or IT administrators are commonly used to lure unsuspecting victims.

Here is an example of what a phishing scam in an email message might look like.



- Installation of malware on a computer
- Harm to County reputation
- Legal impact and financial loss
- Identity theft

Always remember:

- Legitimate organizations should never request personal information via email
- Be wary of urgent requests for sensitive information
- Never click on suspicious links or open suspicious attachments

What to do if you get a phishing email?

- Seek advice from your IT Help Desk or Departmental Information Security Officer (DISO)
- When in doubt, delete suspicious emails

For more information, please visit the County’s cyber security partner STOP|THINK|CONNECT at www.stopthinkconnect.org.

Holiday Celebration

Application Open



The Los Angeles County Arts Commission seeks Los Angeles County youth and adult community and professional choirs, music ensembles, folk and traditional artists, and dance companies to perform in the 56th Annual Los Angeles County Holiday Celebration on December 24, 2015. Interested artists are required to submit an electronic application, which is accessible via the Arts Commission website at <http://holidaycelebration.org>. Both the application and guidelines for applying are available online. The deadline to apply is Wednesday, August 5, 2015.

The L.A. County Holiday Celebration is a free public event that honors the spirit of many cultures and holiday traditions through music, song, and dance. The event takes place every December 24 at the Dorothy Chandler Pavilion at The Music Center in downtown Los Angeles.

Possible risks:

- Theft of confidential information (e.g., passwords, personally identifiable information, etc.)
- Breach of County systems and networks

Green Leadership Awards

Recognizing Private and Public Sector Achievement in Environmental Sustainability

Supervisor Michael D. Antonovich, Mayor, presented the 2015 Green Leadership Awards (GLA) during the April 28, 2015 Board of Supervisors meeting.

“The Green Leadership Awards, established in 2008, promote citizen involvement in conservation and protection of our natural resources,” said Mayor Antonovich. “The awards are presented as part of the County’s official observance of Earth Week.”

GLA entries are reviewed and evaluated by subject matter experts in the Departments of Public Works, Chief Executive Office, Regional Planning, and Internal Services’ Office of Sustainability.

Recipients/Categories

Resident – *“The Green Condo Project – Retrofitting Multifamily Housing.”* 2311 Fourth Street Home Owners Association, Santa Monica, which reduced energy usage, water consumption, and installed solar and electric vehicle charging stations.

Business – *“Floor Recycling Program and Waste Reduction.”* Armstrong World Industries, Inc. in South Gate established a recycling program for vinyl composition tile flooring that takes in more recycled materials than they generate, leading to a “net positive” for waste.

Public Agency – *“Harvest Food Donation Program.”* Los Angeles World Airports (LAWA), in partnership with Host Marriott Services Corporation and Hudson Group, spearheaded a program to redirect airport food waste from landfills to non-profit, community groups that serve the homeless and others in need. The Food Donation Connection coordinates the donations and tracks program measures and statistics.

Non-Profit – *“Landscaping for Resilience Project.”* The Theodore Payne Foundation for Wild Flowers and Native Plants, following in the footsteps of its founder, teaches residents how to transform water-thirsty lawns into beautiful, energy and water-saving native landscapes.

L.A. County Department – *“Pitchess Detention Center Material Reclamation Project.”* The Sheriff’s Department created an innovative training program for inmates that also diverted tons of materials from landfills. The program also reduces landfill fees and generates revenue.

Chair Leadership Award – Tom Tindall, Director of Internal Services (Retired). As Director of ISD from 2008 - 2013, Tindall led the effort to put environmental sustainability on the County’s radar. He established the first County Office of Sustainability, appointed staff to focus on reducing the County’s carbon footprint, and helped develop a County Strategic Initiative Goal for Sustainability.



Interim CEO Sachi Hamai, fourth from right, and honoree Tom Tindall, fourth from left, are joined by, rear, from left, Chief Operating Officer, CEO Jim Jones; ISD executives David Chittenden, Howard Choy, and Aaron Klemm; and members of the ISD Office of Sustainability during a reception prior to Mayor Antonovich’s presentation of the Green Leadership Awards at the Board meeting.

LACERA Elections

Board of Retirement and Board of Investments

LACERA Elections will be held this year to elect the Third Member of the Board of Investments and the Third Member of the Board of Retirement for terms of office commencing January 1, 2016. The elections will be held Tuesday, August 11, 2015.

General Members interested in running for these offices may obtain nomination packets from the Registrar-Recorder/County Clerk at 12400 Imperial Highway, Norwalk, 90650. Nominating petitions must be signed by at least 50 active General Members of LACERA, who themselves were active General Members on March 1, 2015. Petitions must be filed with the Registrar-Recorder/County Clerk, before 5 p.m. Tuesday, June 9, 2015.

For more information, contact your departmental election coordinator.

FOR KIDS



Basic Water Safety Steps in and around Pools and Spas

Drowning is a leading – but preventable – cause of death for children under the age of five.

- Never go in to the water alone – always have an adult and/or parent watching.
- Learn how to swim.
- Never play or swim near drains or suction outlets in pools and spas.
- Never swim in a pool or hot tub that has a broken, loose or missing drain cover.
- Learn water safety skills and other life saving techniques.



A public education campaign from the U.S. Consumer Product Safety Commission

PoolSafely.gov



NEOGOV

The Department of Human Resources is pleased to announce that the County will be replacing its prior Countywide applicant examination system with a new system starting in May 2015. The system will be powered by NEOGOV, a leader in public sector human resources information systems.

Each year, the County receives over 200,000 applications from the public and our employees. The new NEOGOV system will provide more efficiency for the County and offer an integrated solution for managing job announcements, online filing, candidate information, examination processing and scoring, and applicant scheduling.

Implementation of the NEOGOV system is being done through a phased approach that splits County departments into four groups and rolls out the new system to one group at a time each month, starting in May with the first group and ending in August with the fourth.

On April 20, 2015, employees received an email on how to create an account in the new system. Using the new system, applicants to County positions will see the following benefits, among many others:

- User friendly interface;
- Ability to view submitted applications;
- Ability to easily track the status of their application;
- Potential self-service examination scheduling; and
- Email notifications, including for positions of interest not currently open.

The old applicant examination system will be retired in September 2015. From May to September, both systems will be available for candidates to use depending on the particular job opening. After September, all applications and examinations will be tracked through NEOGOV.

We encourage you to create your NEOGOV profile today by visiting www.governmentjobs.com/careers/lacounty.

Elder Fraud Prevention Workshops

To help local seniors identify elder fraud warning signs

Nobody wants to be a target of fraud, especially after spending a lifetime saving for retirement. Even if you're nowhere near your golden years, you may be a caregiver for your parents or a family friend. So, it's important to know what warning signs to look for.

To help out, the County of Los Angeles Public Library hosted Elder Fraud Prevention Workshops at the Carson, Lancaster, Montebello, Norwalk, and West Hollywood libraries from April through the middle of May.

"Libraries are trusted sources of information so they're a perfect venue for hosting informational workshops like these," said County Librarian Margaret Donnellan Todd. "Accessibility is important, too. County public libraries typically are located along mass transit lines or local shuttle routes."

Attendees learn to identify common types of fraud and realize when they're being targeted as a potential victim. They'll also learn how to report it.

"Consumer fraud is a multi-billion dollar problem in the U.S. with many victims too embarrassed to admit they were duped," Todd continued. "Hopefully, these workshops will prevent people from being victimized in the first place."

The workshops were made possible through collaboration with the Department of Community and Senior Services, the Department of Consumer and Business Affairs, as well as the District Attorney's Office, and were funded by the California State Library via the Library Services and Technology Act.

LOS ANGELES COUNTY
DEPT. OF
PARK AND RECREATION

AND
LOS ANGELES COUNTY SUPERVISOR MICHAEL D. ANTONOVICH

INVITE YOU TO THE

ANTONOVICH

TRAIL DUSTERS RIDE

TEJON RANCH



SUNDAY, MAY 31, 2015

- CHECK IN AND PANCAKE BREAKFAST 7:00 A.M.
- BARBECUE & LIVE COUNTRY WESTERN MUSIC
- EVENT KICK OFF AND TRAIL RIDE 9:00 A.M.
- \$30 PER PERSON (HORSE RENTAL NOT INCLUDED)

For horse rental reservations: Graham Bros. Call Lee Graham (760) 245-7695 email: info@grahambroslivestock.com

• Service Animals Only • No Stallions Please • Shovels Required In Vehicle • Waiver Required

Special Recognition: Tejon Ranch (privately owned and operated), Backcountry Horsemen of CA Antelope Valley Unit, ETI Corral 9, ETI Corral 21, ETI Corral 83, ETI Corral 138, North County Mounted Assistance Unit and Los Angeles County Sheriff Mounted Unit Parks Bureau

STAGING AREA: TEJON RANCH AT FISH CREEK CORRALS. NEAREST INTERSECTION: 300TH STREET WEST AND GASKELL ROAD. THE GATE IS 4.7 MILES NORTH ON 300TH STREET WEST FROM HWY. 138 (LANCASTER BLVD).

Riding conditions: : Combination of rolling hills, and level areas. The ride is to be 3 1/2 hours with two rest stops.

NON-RIDERS ARE WELCOME. RIDERS UNDER 18 MUST BE ACCOMPANIED BY AN ADULT.

PRE-REGISTRATION IS A MUST. RESERVATION DEADLINE BY FRIDAY, MAY 29, 2015

RESERVATION FORM

PLEASE MAKE CHECKS PAYABLE TO:
County of Los Angeles Department of Parks & Recreation
FOR INFO CALL: Vincent Pedroza (909) 599-8411

MAIL RESERVATION FORM & PAYMENT TO:
Supervisor's Trail Ride, Department of Parks & Recreation,
120 E. Via Verde Road, San Dimas, CA 91773

Name: _____ Phone: _____

Address: _____

City: _____

No. of Tickets: _____ No. of Riders: _____ No. of Non Riders: _____

Total Enclosed: _____

Online Registration at <http://reservations.lacounty.gov/reservations/product.asp>

Retirees

Congratulations to the following employees who are joining the ranks of the retired after their many years of service to the County of Los Angeles:

45+ Years

CHILDREN & FAMILY SERVICES: Maria A. Cardona
PROBATION: Andrea L. Gordon, Deborah F. Weathersby
PUBLIC SOCIAL SERVICES: Linda Wilcox

40+ Years

AGRICULTURAL COMMISSIONER/WEIGHTS & MEASURES: Paul W. Monson
CHILDREN & FAMILY SERVICES: Linda Carter
DISTRICT ATTORNEY: Diane T. Gaines
HEALTH SERVICES: Jesse B. Shields
INTERNAL SERVICES: Eric D. Richardson
PROBATION: Rosa M. Bretado-Soriano, Doreen Heintzelman
PUBLIC SOCIAL SERVICES: Maria P. Rodriguez, Carolyn Williams

35+ Years

BOARD OF SUPERVISORS: Alice Madrigal
CHILDREN & FAMILY SERVICES: Donald Luther, Mitchell H. Mason
FIRE: Steven M. Sanders, Arlene R. Thiem
HEALTH SERVICES: Carlota R. De La Torre, Patrick A. Granados, Zaida Q. Gutierrez, Thomas Heiberg, Richard Linares, Deborah T. Neely, Anna D. Otero, Rosa M. Sandoval, Yadira Valentine, Allan Voloso, Linda Morgan
INTERNAL SERVICES: Clyde A. Sakamoto
MEDICAL EXAMINER-CORONER: Martha Rivera
MENTAL HEALTH: Rose M. Chappel
PUBLIC HEALTH: Manus Boonkokua, Patricia K. Symanski
PUBLIC SOCIAL SERVICES: Judie K. Green, Virginia Ruiz
PUBLIC WORKS: Stephen A. Hiller, Michael A. Montgomery
SHERIFF: William T. Carey, Michael C. Waldman
SUPERIOR COURT: Vivian Revilla

30+ Years

AUDITOR-CONTROLLER: Vatcharin Vanijjakornv
CHILDREN & FAMILY SERVICES: Sergio R. Perezcano, Kathleen Volchko-Gallis
CHILD SUPPORT SERVICES: Gertrude Hines

FIRE: Roland L. Dykes, Lenko Spaleta, Kenneth C. Smith
HEALTH SERVICES: Brenda P. Lee, Lyndora Reed-Martin, Emma A. Reyes, Cathy P. Wilson
HUMAN RESOURCES: Marion C. Figueroa
INTERNAL SERVICES: Ethelinda L. Mangahas, Frederic C. Monfils
MENTAL HEALTH: Michael P. Maloney, Desiree Taylor
PROBATION: Alphonso K. Barnes
PUBLIC SOCIAL SERVICES: Gale M. Blankenship, Leslie Buckner
PUBLIC WORKS: John W. Fallon
REGISTRAR-RECORDER/COUNTY CLERK: Myrna I. Camargo
SHERIFF: James N. Bitetto, Anthony Ponce, Timothy L. Robarge
SUPERIOR COURT: Diana L. Summerhayes

25+ Years

AGRICULTURAL COMMISSIONER/WEIGHTS & MEASURES: Gayle C. Vallejo
ASSESSOR: Linda Chen
CHIEF EXECUTIVE OFFICE: Yusef Khorasane
CHILDREN & FAMILY SERVICES: Marvella K. Little, Angelica Magana, Michele E. Nakamura
CHILD SUPPORT SERVICES: Li-Wen Chen
FIRE: Carol L. Simone
HEALTH SERVICES: Elisea A. Barot, Darlene M. Chavez, Leonard Chiong, Elenita D. Ernacio, Muttukumar Indrakumaran, Reina E. Lopez, Lois A. Lucci, Sandarae Osborne, Hai V. Pham, Shirley A. Turner, Primitiva A. Ulep, Luanne A. Underwood
INTERNAL SERVICES: Joachim S. Marin
MENTAL HEALTH: Debbie S. Frazier
PROBATION: Lydia Fernandez
PUBLIC DEFENDER: Richard B. Sanford, Ralph J. Tamers
PUBLIC HEALTH: Rose M. Bustamante
PUBLIC LIBRARY: Pamela S. Hall
PUBLIC SOCIAL SERVICES: Ghoukas Baghdasarian, Mari Farajian, Sofia Haworth-Rivera, Libia Londono, Claudia D. Marshall, Bernardo L. Riel
PUBLIC WORKS: Frank Lavin
SHERIFF: David Arredondo, Mark C. Bailey, Irene J. Hampson, Patsy O. Hazlett, Raymond W. Moeller, Marjorie D. Morales, Orlando H. Pile, Michael W. Shedd, Richard G. Webster
SUPERIOR COURT: Maria L. Donato, Sandra S. Little, Elaine D. Osollo, Angeles M. Sorensen



Donate Wisely to Disaster Charities

If you choose to help victims of recent disasters, beware of fraud and identify theft

The Department of Consumer and Business Affairs reminds you to be wise if you choose to donate to victims of the earthquake in Nepal or other disasters. Make sure your donation goes to victims, not to scam artists.

Beware of bogus and fraudulent charities reaching out to you through emails, text messages, social networking sites, telemarketing, and door-to-door soliciting.

Here are some important tips from the Department of Consumer and Business Affairs, the Federal Trade Commission, and the FBI:

Charities

- **Give to charities you know.** You can donate safely through well-known charities like the American Red Cross or UNICEF.
- **Be careful with brand-new charities.** Some may mean well, but lack the infrastructure to really help. Others may be scam artists. And look out for charities with names that sound like familiar charities.
- **Research charities before you donate.** Check out the California Attorney General’s office to find out about a charity. Charities in the City of Los Angeles must register with the Los Angeles Police Commission’s Charitable Service Section.
- **Don’t give or send cash.** For security and tax-record purposes, pay by check or credit card. Write the official name of the charity on your check.

Solicitors

- **Give directly to the charity,** not the solicitors for the charity or any other people. Solicitors take a portion of the proceeds to cover their costs, which leaves less to help victims.

- **Do not give out personal or financial information** – including your Social Security number or credit card and bank account numbers – to anyone who asks for a donation from you. Scam artists use this information to commit fraud or identity theft against you.
- **Ask for identification** if you’re approached in person. Fundraisers must identify themselves as such and name the charity for which they are soliciting.
- **Be skeptical of individuals** claiming to be surviving victims or officials, especially if they reach you by email or social networking sites.

Emails, text messages, and social media posts

- **You don’t have to donate** if someone contacts you with an unsolicited email, phone call, text message, or post on social media sites like Facebook or Twitter. It’s better to give through a legitimate website you visited or a legitimate phone number you called.
- **Text donations are not immediate.** Depending on the text message service the charity uses, text donations can take between 30-90 days to get to the charity. If you want your donation to get to a charity quickly, go to the charity’s website, call the charity directly, or send a check by mail.
- **Read the fine print.** When you donate by text message, you might also be signing up for future text message updates from the charity. A charity’s website should have details about what you’re signing up for and how to opt out.
- **Don’t click on links or open attachments** from unsolicited emails or social media posts. Some bogus emails claim to show pictures of the disaster areas in attached files but actually contain viruses. Only open attachments from people you know.

If you have a complaint or a question about charities, solicitors, and possible scam artists, call the **Los Angeles County Department of Consumer and Business Affairs** at (800) 593-8222.

HOLIDAY CELEBRATION *continued from page 8*

The stage production is also broadcast live on public television.

All performing groups are paid. Proposed programming should be suitably themed for a multicultural holiday production.

For more information, please visit the Arts Commission website, email publicevents@arts.lacounty.gov, or call (323) 856-5793.