



Probation Department’s Baker-to-Vegas Squad Continues to Shine in the Desert

Described as the “Super Bowl” of relay races, the 33rd annual Baker-to-Vegas Challenge Cup Relay took place in the Mojave Desert.

With over 274 teams from various states and counties participating in this year’s race, the Los Angeles County Probation Team finished 7th in the “Mixed Division”, out of 29 teams—the Department placed 91st overall.

“This is a big deal for our Department,” proclaimed Chief Probation Officer Terri McDonald. “This race is highly-esteemed within the law-enforcement world, and most agencies compete just for bragging rights that come with it. It’s a badge of honor to say that you’ve run Baker-to-Vegas.”



2017 L.A. County Probation Team (not everyone on the team is featured in the above photo).

The Baker to Vegas Challenge Cup Relay is a 120-mile, 20-stage foot race beginning in Baker, California and concluding in Las Vegas, Nevada. There are 20 sections of the race, each segment averaging six miles in length; with the longest being 10.7 miles and the shortest being 4 miles. The race is conducted over hostile terrain and unpredictable weather through Mojave Desert’s Death Valley, located near the border of California and Nevada. It is not uncommon to run in 100-degree heat during the day, and sub-freezing temperatures at night.

Co-team Captain Deputy Probation Officer Timothy Vallez said the team was comprised of newer and veteran staff with a cross-section from all the Department’s bureaus.

“This year’s team of talented and dedicated runners put forth an amazing effort,” Vallez stated.

Supervising Deputy Probation Officer Barbara Ann McAfee saved the day as a back-up runner when she was called to run at the last minute, demonstrating just how important alternate runners are.

The success of the Probation Baker-to-Vegas team would not be possible without support staff. Their dedication and efforts are vital to the team’s success, without them there would be no running team.

“The Los Angeles County Probation Baker to Vegas Committee express our sincere appreciation to everyone who contributed to this year’s success—from runners and support staff, to Probation management and all who purchased tee-shirts,” Vallez stated. “The Committee members are grateful for the Department’s continued support of the Baker-to-Vegas Relay team.

All female and male sworn staff are encouraged to participate and try out for the 2018 Baker-to-Vegas team. Any Probation employee, regardless of position, may volunteer to help as support for the race.

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Calendar of Events

Los Angeles County Museum of Art
(323) 857-6010
www.lacma.org

Through July 2 – Tony Smith’s Smoke
Through July 9 – The Inner Eye: Vision and Transcendence in African Arts
Through October 15 – Home-So Different, So Appealing

The Music Center
(213) 972-7211
www.musiccenter.org

Dorothy Chandler Pavilion
July 23 through July 25 – Eifman Ballet of St. Petersburg’s Tchaikovsky

Center Theatre Group
(213) 628-2772
www.centertheatregroup.org

Ahmanson Theatre
August 2 through September 10 – The Curious Incident of the Dog in the Night-Time

Kirk Douglas Theatre
July 9 through August 6 – King of the Yees

Mark Taper Forum
June 28 through August 6 – Heisenberg

Grand Park
(213) 972-8080
www.grandparkla.org

Every Tuesday – Bootcamp
Every Tuesday through Thursday – Lunchtime! Food Trucks
Every Wednesday and Friday – Lunchtime! Yoga Retreat
June 30 – Dance DTLA

Hollywood Bowl
(323) 850-2000
www.hollywoodbowl.com

July 2 through July 4 – July 4th Fireworks Spectacular
July 6 through July 8 – Harry Potter and the Prisoner of Azkaban



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



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Lisa M. Garrett
Director of Personnel

Carla D. Williams
Senior Human Resources Manager

John S. Mina
Editor-in-Chief

County DIGEST 

County DIGEST Editorial Office
Department of Human Resources
500 West Temple Street, Suite 555
Los Angeles, CA 90012
(213) 893-7810

CountyDIGEST@hr.lacounty.gov

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

Check out the DIGEST at
<http://hr.lacounty.gov/about-the-county/>

Share Your Heart Share Your Home

*Become a Foster/Adoptive Parent
Dept. of Children and Family Services*

One of the best ways to get to know another person is “in person.” Sharing a laugh, a smile, or a fun activity is sure to bring people together, despite our own pre-conceived notions about others. This is the premise Kidsave is built upon, and the power of this great program is helping our sometimes forgotten youth in foster care find positive adult role models and advocates and sometimes even forever families.

Kidsave is a one-of-a-kind program in Los Angeles County that partners with the Department of Children and Family Services to bring youth nine and above to monthly events that range from scavenger hunts to bowling to cooking classes. These monthly events are arranged so kids in foster care who need a family and adults who want to mentor and work with kids in foster care, can come together. Matches are made from these events and after a short family assessment and background checks, these kids can spend weekends with their Kidsave Host. This Kidsave Host will advocate, emotionally support, and provide new life experiences for these special kids in foster care. Sometimes these host families even adopt our kids. The hosting experience is as rewarding to the families as it is to the youth.

Meet Brittany, age 14. Brittany is a new member of the Kidsave program and hopes to not only find herself an adoption advocate and mentor but maybe even an adoptive parent who can provide her with life-long commitment and stability.

Brittany can be somewhat quiet and reserved when meeting new people, but once she is comfortable, she is engaging and very personable and funny. Brittany has attended two fun events and she is looking forward to a third event as she has already started to make some great connections. Brittany enjoys being independent of thought and mind and takes pride in making sound decisions that may not necessarily go with the flow of her peers. She has no problem saying no to peer pressure and prides herself on this quality. Brittany loves all sports ranging from jujutsu to volleyball, basketball and even soccer. She really is a natural born athlete who pours her



everything into whatever sport she plays. She reports that sports are her “escape”. She is also very well-rounded and grounded and supports health causes like Breast Cancer Awareness. Brittany enjoys painting, listening to music, and going for walks in the park. She has even taken up knitting. Brittany would love to have a family to create a permanent tapestry of memories, as she continues to work her way through the loops and twists that are part of life.

To learn more about getting involved in Kidsave, please call (310) 642-7283 or visit www.Kidsave.org. To learn more about adopting Brittany, please call (888) 811-1121.



Thelma Houston: My Motown, Memories & More on August 27

L.A.'s Freshest Venue *The Place to be This Summer*

The revitalized historic Ford Theatres will showcase the fully transformed John Anson Ford Amphitheatre this summer with a diverse season of music, dance and theatre events. From July 15 to October 16, the Ford is the place to be: experience world class performances in an intimate setting, an all-new picnic terrace with epic views and unforgettable summer nights under the stars.

The 2017 Summer Season has something for everyone – from memorable performances that reflect the world in which we live to free interactive arts events to a Saturday morning series perfect for the whole family! The season line-up features artists new to the Ford stage, such as **Savion Glover**, **Youssou N'Dour**, **Thelma Houston**, **Samba Society** and **Booker T. Jones** (as part of **KJAZZ 88.1's Hollywood Blues Bash**); perennial audience favorites including **Grandeza Mexicana Folk Ballet Company**; **Viver Brasil**; the **Angel City Jazz Festival**, celebrating Thelonious Monk's centennial; and **Kayamanan Ng Lahi Philippine Folk Arts**; as well as cultural collaborations with the Apollo Theater, The Music Center, LA Opera and the Skirball Cultural Center.

Check out the city's freshest summer season! Tickets on sale now at FordTheatres.org.

June is “Refugee Awareness Month”

Celebrating the numerous contributions that refugees have made to enhance the culture in the County, the Board of Supervisors has proclaimed June as “Refugee Awareness Month” in Los Angeles County.

The annual observance serves as an opportunity to highlight the collaboration between the Department of Public Social Services’ (DPSS) Greater Avenues for Independence (GAIN) Program, the community, and faith-based partners to help families and individuals begin new lives in the County, free of political, religious, and other social issues they faced in their country of origin.

“The decision to leave their country often involves unimaginable risks,” said Sheryl L. Spiller, DPSS Director. “In choosing the County as their new-found home, we are afforded the opportunity to serve and assist them in rebuilding their lives free from the harm, oppression and the violence they left behind.”

Home to 10.4 million residents, 140 cultures, and as many as 224 languages, the County is the most populated and culturally diverse county in the nation. DPSS, along with the Department of Public Health (DPH) and a host of voluntary resettlement agencies, plays an integral part in assisting refugees in the County.

Locally, the DPSS GAIN Refugee Employment Program (REP) partners with community organizations to provide culturally and linguistically sensitive resettlement assistance. This includes a variety of specialized services designed to provide employment and training services for eligible refugees and asylees residing in the United States, up to five years from date of entry in the U.S. or from the date asylum was granted. The REP also provides outreach, case management, placement services, and helps refugees adjust and adapt to the American workplace.

The County celebration coincides with the State of California’s annual “Refugee Awareness Month” observance and the United Nations High Commission on Refugees declaration of “World Refugee Day” on June 20.

During the month, DPSS also joins DPH and the Los Angeles Refugee Forum to host the annual World Refugee Day Informational Fair to offer information on family reunification, applying for benefits and employment, and many other available services to help refugees with their difficult transitions.

For more information, please visit <http://dpss.lacounty.gov/dpss/gain/refugee/default.cfm>.

Call for PQA Entries

Deadline July 7, 2017

Is there a Gold, Silver, or Bronze Award in your future?

Has your Department enhanced its quality and productivity because of a new, innovative, and creative project?

Tell us all about it in a 2017 Productivity and Quality Awards (PQA) entry with the theme, “Celebrating Quality Service!” Application forms and guidelines have been sent out to all County Departments and Related Agencies. Deadline to submit entries is Friday, July 7, 2017.

All PQA applications must be signed by the lead Department Director, Productivity and Project managers.

Tips to consider that will strengthen your PQA entry range from the cost benefit of the project and its impact to transferability and productivity or service enhancement.

The 31st annual Productivity and Quality Awards luncheon ceremony, sponsored by the Board of Supervisors, Chief Executive Office and the Quality and Productivity Commission, will take place on Wednesday, October 18, 2017, 11:30 a.m., in the Dorothy Chandler Pavilion of the Music Center.

For more information, contact your Department Productivity Manager or call the Commission Office at (213) 893-0322.



KCBS-TV Anchor Rick Garcia, left, and Rev. Nguyen, second from left, joins Commissioners and Supervisors Hilda Solis and Sheila Kuehl at the 2016 PQA event.



“March for Babies”

2017 March of Dimes

On April 29, 2017, 25,000 walkers joined the County of Los Angeles in the annual “March for Babies” fundraising walk. Did you know that premature birth is the number one killer of babies in the United States and is the leading killer of death among children under five around the world? As rich in resources as the United States is, we have one of the highest premature birth rates in any comparable nation. Right here in Los Angeles County, 1 in 12 babies is born prematurely every year.

The County is a 33-year partner with March of Dimes to support the well-being of mothers and babies in our communities. Each year, the County provides opportunities to raise funds for babies and families in our community, as well as research and outreach efforts. The County was the nation’s largest fundraising organization for 2016 with \$316,000 in donations. Our goal for 2017 is \$365, 000, and by 2019, the 35th anniversary of our partnership, we hope to raise over a half million dollars.

Just because the March for Babies is over for 2017, it doesn’t mean that you can’t still donate. You have until June 30, 2017 to make your contribution. Make a difference. Go to <https://www.marchforbabies.org/EventInfo/?EventID=18582>.

Contact your departmental March of Dimes Coordinator for additional information.



Keep Your Pets Safe During the 4th of July

Department of Animal Care and Control

The Department of Animal Care and Control (DACC) would like to remind all pet owners to keep their pets in a safe, cool, and comfortable place while enjoying the holiday festivities.

“Our pet community is typically frightened by the sounds of this holiday, and that is perfectly understandable,” said Marcia Mayeda, the Department’s Director. “They react to the sounds and bright flashes of fireworks, which may trigger the fight or flight instinct. The fight instinct could cause a friendly pet to bite out of fear and the flight instinct would cause them to run from the noise and excitement,” Mayeda said. This is one of DACC’s busiest holidays, which sends dogs fleeing onto busy streets and freeways or running scared far from home.



Cats feel the same anxiety, but generally find a dark place to hide at home until the festivities subside.

To ensure the safety of your pets, here are a few tips:

- Make sure your pet’s license is current and the tags are securely affixed to your pet’s collar.
- Microchip your pet.
- Keep your pets indoors in a cool, comfortable place with some “white noise” distraction such as a radio or television.
- Do not keep your pets in the backyard or tied up. Dogs, in particular, may panic and injure themselves on a rope or chain.
- Do not take your pets to community fireworks events. Most events do not allow pets. The noise and other activities at these events can easily surprise and frighten your pet.
- If you are leaving town for the weekend and cannot take your pets with you, make sure you leave them with someone who will be cautious and responsible during the 4th of July celebrations.

Have a safe and happy Fourth of July everyone!

Compton Turns the Tables Live Concert Draws Hundreds



Compton Library played host to a 10-week beginners DJ course from February to April, offered for free by L.A. County Library to students age 15-21. Taught by DJ Lynnée Denise, the course covered both skills and business training. To wrap up the class and celebrate the students' accomplishments, L.A. County Library puts on a grand finale event—a live concert which allowed the students to showcase their skills, complete with guest musical performers and celebrity panelists.

The concert was the first public performance by the students. A crucial component of DJ training is to help new DJs get in front of the crowd as quickly as possible so they can gain valuable experience performing. DJing is not something that you can learn only behind closed doors. There are things you can only learn when performing in front of an audience. Realizing that, the L.A. County Library put together the live concert event so that the students have the opportunity to gain real life experience by performing in front of family, friends, and the community.

Each student DJ'd a 10-minute set and then received feedback from the panelists—actress Dawn Lewis from “A Different World,” Tyler Perry’s music scorer, Elvin Ross, Rayan from boy band group Mindless Behavior, and actor Mandell Frazier from “If Loving You is Wrong.” All feedback was constructive and intended to help the students continue to build on their talents. Between the student sets, the concert featured performances from local musical artists—pop sensation Kay Dee, rapper Lee Lamaj, R&B heartthrob Anthony Lewis, and hip-hop legend and actress, Yo-Yo. The Westbrooks Sisters from BET’s series #The Westbrooks were also on site to wish the students success. Students, musical guests and celebrity panelists were all interviewed during a special pre-show red carpet by host Melanie Eke. The concert itself was hosted by KJLH 102.3 Radio DJ Lon McQ, who helped keep the crowd’s energy up and gave out gift bags with library merchandise.

Despite the threat of rain, more than 300 people were in attendance at Compton Civic Plaza to watch the show; check out the MakMo, a vehicle that travels throughout the County with creative programming in Science, Technology, Engineering, and Math; and enjoy food provided by the Second District. By the end of the show, the crowd was on their feet for the last 30 minutes, dancing and cheering on the final students to perform. Everyone enjoyed the concert and many have requested to make the live concert an annual event.



Free Fitness Ideas

Summer is just around the corner. The Department of Beaches and Harbors is offering free fitness activities to help you get swimsuit-ready.

Want to dance? Free Zumba classes are held from 6:30 to 7:30 p.m. every Monday, Wednesday, and Friday at the Dockweiler Youth Center, located at 12505 Vista del Mar in Playa del Rey. For more information, call (310) 726-4128.

For those who prefer a slower pace, the free Burton Chace Park Walking Club meets at 10:30 a.m. Tuesdays and Thursdays for a one-hour walk. The club meets at Burton Chace Park, located at 13650 Mindanao Way in Marina del Rey. Call (424) 526-7903 for more information.

Of course, you don't need a class to get physically fit on Los Angeles County beaches or in Marina del Rey. Play volleyball with a group of friends. Many beaches have public volleyball nets or go for a run in the sand. Ride your bike on the Marvin Braude Bike Path along the coast or take advantage of the free parcourse at Yvonne Burke Park in Marina del Rey.

Visit beaches.lacounty.gov for more information.

Working for You

Department of Public Health

Distracted Driving

Eight people die every day in the United States from crashes due to distracted driving, according to the Centers for Disease Control and Prevention (CDC). Distracted driving is when a person does an activity that takes their full attention away from driving. These activities can include:

- Talking on the phone
- Texting or dialing
- Using navigation systems
- Talking to a passenger
- Eating or drinking
- Applying make-up
- Changing music
- Reading



In California, there are many laws to prevent distracted driving. For example, it's now illegal to use a handheld wireless phone while driving. Visit www.dmv.ca.org for more information on these laws.

While anyone can be affected by distracted driving, data shows that teens and young drivers are at highest risk of death or injury related to distracted driving. According to the CDC, drivers under the age of 20 have the highest rate of death due to distracted driving.

These deaths are preventable. Here's what you can do:

- **As a driver**—Pull over and turn off the engine when you need to text, make a phone call, or do another activity that will distract you from driving.
- **As a passenger**—If your driver is distracted, speak up. Let them know you don't feel comfortable with them driving if they're not paying attention. You can ask them to pull over or to just focus on driving.
- **As a parent**—Talk to your teens and young adults about distracted driving. Let them know that any activity can wait. If they have to text or take a call, they should pull over and turn off the engine. Model positive behavior by avoiding distracted driving when you're behind the wheel.

Protect yourself and those you love. Avoid distractions while driving. Pull over and turn off the engine if you need to use your phone or engage in other activities.

Visit the following websites for additional information:
www.publichealth.lacounty.gov/ivpp/JustDrive/home.htm
www.cdc.gov/motorvehiclesafety/distracted_driving
www.distraction.gov

Heat Safety Tips

Fire Department

Too much fun in the sun can be dangerous to your health; it can even cause death. As summer approaches, the Fire Department recommends you make simple changes in everyday activities as the best defense against heat-related illness.



Here are a few tips on how you can protect you and your family this summer:

- Drink plenty of fluids every 15 minutes even if you're not thirsty; replace salt and minerals lost from sweat.
- Avoid strenuous work during the warmest part of the day.
- Wear appropriate clothing and sunscreen.
- Schedule outdoor activities after peak hours.
- Stay cool indoors.
- Monitor those considered high-risk: infants and children up to four years of age, people who work outdoors, people who are 65 years of age or older.
- Keep pets indoors.

Warning Signs of Heat-Related Injuries

The body usually cools itself by sweating. During hot weather, especially with high humidity, sweating isn't enough. If you don't drink enough water and rest in the shade, your body temperature can rise to dangerous levels which can lead to heat exhaustion or heat stroke.

If you see any of the following symptoms, you may be dealing with a potentially life-threatening situation and should seek medical attention immediately. Watch for these symptoms of heat exhaustion:

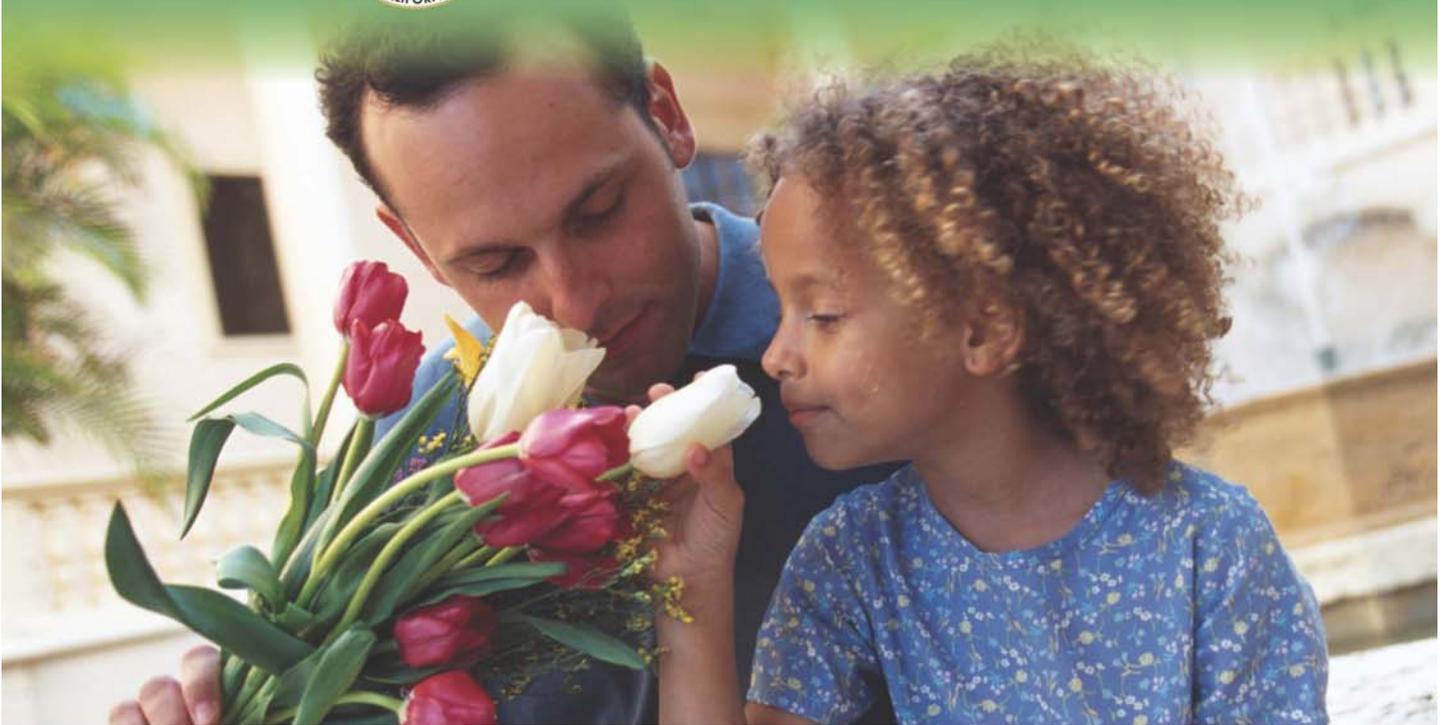
- Heavy sweating
- Muscle cramps
- Weakness
- Headaches
- Nausea or vomiting
- Paleness, tiredness, dizziness

Heat stroke is the most serious form of heat-related illness and occurs when the body becomes unable to regulate its core temperature. Symptoms of heat stroke include:

HEAT SAFETY TIPS
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COUNTYWIDE FITNESS CHALLENGE 2017



A DAY AT THE FARMERS' MARKET

STOP & SMELL THE FLOWERS!

Join us at the Farmers' Market for healthy foods,
softball tournament, and power walks.

CERTIFIED NUTRITIONIST

5K RUN

FITNESS POWER WALKS

SCAVENGER HUNT

FREE GIVEAWAYS
DRAWING PRIZES

SOFTBALL TOURNAMENT*

*July 15 – Tournament
September 9 – Championship playoff
at Alondra Community Regional Park

Wilson Park Certified Farmers' Market

2200 Crenshaw Boulevard
Torrance, CA 90501
4th Supervisorial District

Saturday,
July 15, 2017

8:00 a.m. – Noon

EVENT SPONSOR



KAISER PERMANENTE.

RSVP to secure your giveaways at

<http://employee.hr.lacounty.gov/countywide-fitness-challenge-2/>



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

HEALTH SERVICES: Patricia P. Ahumada, Vicki Ball
PUBLIC DEFENDER: Clara R. Harrell

40+ Years

CHILDREN & FAMILY SERVICES: Ricky C. Brewer
CHILD SUPPORT SERVICES: Lorryne J. Green
DISTRICT ATTORNEY: Beverly J. Campbell
MENTAL HEALTH: Marge A. Johnso
PUBLIC SOCIAL SERVICES: Oretha Calhoun, Lalago T. Fao, Joyce F. Ismail, Bonita Lewis
SUPERIOR COURT: Patricia Perez-Villalobo

35+ Years

HEALTH SERVICES: Deloris Gaskin, Yolanda M. Gonzalez, Gregory R. Mason, Marilyn Monis, Barbara Thomas, Rayleen F. Winchester
INTERNAL SERVICES: Alvin R. Connish, Michael Jakubowski, Renee L. Moore-Higgin
PROBATION: Aline T. Davis, Shelia R. Kittling, Sandra Y. Stokes
PUBLIC DEFENDER: Michael A. Gottlieb, Irv M. Rubin
PUBLIC SOCIAL SERVICES: Zusset Y. Giannotta, Diane Hernandez, Yvonne Hunt, Maria C. Lacore, Myanh N. Lee
SHERIFF: Yolanda F. Johnson, Jocelyn R. Perez

30+ Years

BOARD OF SUPERVISORS: Laura A. Zucker
CHILDREN & FAMILY SERVICES: Jun Chang, Jung-Hae Lee, Shaw-Ling C. Tang
DISTRICT ATTORNEY: Kathryn Brown
FIRE: Mario A. Cantacessi, Michael D. Justiniano
HEALTH SERVICES: Yolanda Bubalo, Maurice Jackson, Betty J. Jones, Yvonne M. Klausmeier
INTERNAL SERVICES: Joseph D. Motis
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PUBLIC WORKS: Jeffrey Donaldson
SHERIFF: Leticia A. Acevedo, Sandra T. Dozal, Jeanette C. Freeman, Leonard L. Lee, Esperanza B. Macias
SUPERIOR COURT: Delores A. Abner

25+ Years

ASSESSOR: Angelita Gochuico

CHILDREN & FAMILY SERVICES: Vernon L. Hicks, Gladys Hidayat

CHILD SUPPORT SERVICES: Jose M. Cuevas

HEALTH SERVICES: Consuelo C. Aguilar, Cheryal M. Bryant, Lilian K. De Castro, Francisco Lerena, Susan Martinez-Arnwine

HUMAN RESOURCES: Cam T. Vo

INTERNAL SERVICES: Pennye M. King, Lee Kott, Gary L. Truax

MENTAL HEALTH: Catherine E. Stepan, Myeong H. Choi

PROBATION: Larry B. Holloway

PUBLIC DEFENDER: Vu H. Doan

PUBLIC HEALTH: Judith S. Riveros

PUBLIC LIBRARY: Marie A. Feneht, Ruth M. Senf

PUBLIC SOCIAL SERVICES: Magen C. Aquino, Seda Boghozian, Edgardo A. Castillo, Linda Ellwood, Evelyn Hambarchian, Gwendolyn Holman, Rose S. Jarusasi, Maria R. Martinez, Anita Padilla, Rosalind Taylor, Alma Todd, Eiko Usui

REGISTRAR-RECORDER/COUNTY CLERK: Maria Bernarte

SHERIFF: Christina L. Ashley, Jose A. Garcia, Gordon J. Mc Mullen, Jr.



HEAT SAFETY TIPS

continued from page 7

- An extremely high body temperature (103° F)
- Unconsciousness
- Dizziness, nausea and confusion
- Red, hot and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache



Top Travel Tips

Spend Smart and Stay Safe

As the weather warms up, you're looking forward to weekend getaways and long vacations. Excited for your well-deserved break, you can't wait for a relaxing time. Unfortunately, traveling can easily become a stressful, dangerous experience. Enjoy some peace of mind with these tips from the Department of Consumer and Business Affairs.

- **Share your itinerary with family or friends** – When you need a ride to the airport, one person immediately comes to mind. Don't forget to give this trustworthy loved one a copy of your itinerary, including all transportation details, duration of stay in each city or country, and contact info for accommodations.
- **Only carry the necessities** – Packing light is the first step for a safe and enjoyable trip. Carefully plan your outfits and accessories head-to-toe, keeping in mind the season and your personal needs (prescription medication etc.). You can always pick up small items like toiletries at your destination – you may even save some money.
- **Separate money & stash cash** – Carry more than one form of currency (cash, credit card, local currency) and store your money in multiple places. Keep a good portion of your cash and one credit card in a secure place, such as the safe in your hotel. Keep the rest in your wallet and on your person. Use a money belt or Anti-Theft bag to deter thieves and scammers.
- **Share your travel plans with your bank and credit card company** – Contact your bank to inquire about international credit card fees, and inform them where and when you are traveling to avoid a blocked card. If travelling abroad, make the most of your money by using ATMs or credit cards; double check the exchange rates as things may change on a daily basis.
- **Ask prices before accepting services** – Avoid common scams, and be especially careful when taking a taxi or public transportation abroad. Ask the hotel

staff to give you an estimate of what transportation should cost you. Whether you decide to take a taxi, train, or a ride sharing service, make it a priority to be alert and take safety precautions.

- **Spend wisely** – While it's OK to splurge on vacation, it's best to create a budget and stick to it. Accommodations can quickly eat up your budget. Consider a charming bed & breakfast, or the modern-day equivalent, Airbnb. Remember to stay safe with these tips.
- **Contact your wireless service provider** – Stay smart with your smart phone, and contact your service provider to ask about international calling and data plans. Weigh your options and decide if you want to turn your phone off while traveling abroad, and possibly purchase a prepaid phone locally.
- **Keep photocopies of documents** – Make two sets of copies of all travel documents; one to keep in a safe place with you while you travel, and the other to store with a trusted family member or friend at home. Keep a list of contact details for the local U.S. embassy or consulate.
- **Confirm insurance coverage** – If you have health insurance, call up the company and ask the scope of coverage, and what documents you will need to file a claim while abroad. Make sure to keep a copy of your insurance card with you at all times. You may want to purchase additional policies such as travel medical insurance to cover unexpected costs.

Remember, for both international and domestic travel, spend smart and stay safe.

For more information about protecting consumers and business owners, visit our website at dcba.lacounty.gov. Follow us on Twitter, Facebook, Instagram, and YouTube.

Rideshare L.A. County!

from Department of Human Resources

The County Rideshare Program will be giving away a total of five folding bikes to employees who Rideshare on a regular basis. The first bike will be given away in June and the last in October. For your chance to win a folding bike, you must be enrolled in the Commuter Benefit Plan (CBP). You can sign up at www.wageworks.com and choose a monthly pass or place a few dollars onto a TAP card. As long as you are signed up by the 10th of each month, you have multiple chances to win. Sign up now. For more information, contact your local Employee Transportation Coordinator (ETC) or visit www.rideshare.lacounty.gov.