



OCTOBER 2015

COUNTY OF LOS ANGELES

Firefighters Inspire Young Women at Girls Fire Camp

A group of teenage girls got a first-hand look at what it takes to be a firefighter during the Los Angeles County Fire Department’s first-ever Girls Fire Camp in mid-September.

“The young ladies were thrilled that we did (the camp),” said Fire Captain Brent Burton, who heads up the Fire Department’s Recruitment Unit. “They all want to come back and do it again.”

Forty-two girls ages 14 through 19 participated in the September 12 event, which was led by 12 of the Department’s female firefighters. Five female fire explorers also assisted throughout the day.

Some of the Department’s highest-ranking women—including the first female Chief Deputy Dawnna Lawrence and Battalion Chief Veronie Steele-Small—told participants about how their careers began.

Then, firefighters led the girls in a short workout and a cadence run. Attendees also watched training videos about becoming a firefighter.

Participants learned about different fire apparatuses. They even had a chance to take a tour of Command and Control and try on firefighting gear.

“(The girls) really liked the interaction they had with the women firefighters,” Burton said.

The camp concluded with presentation of certificates, a group photo, and remarks from Fire Chief Daryl Osby, who told all the girls to dream big. Each girl also received a commemorative T-shirt and information about the Department’s Fire Explorer Program.

The entire day was “outstanding,” and one thing is certain: “We will do it again,” Burton said.

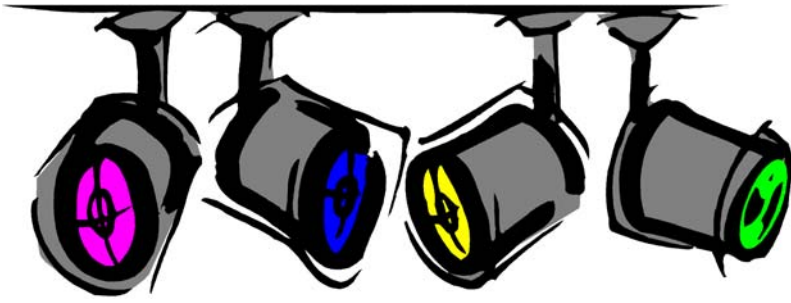


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Calendar of Events

Los Angeles County Museum of Art

(323) 857-6010

www.lacma.org

Through January 10 – AKTION! Art and Revolution in Germany, 1918-19

Through February 7 – The Magic Medium

Through March 20 – Frank Gehry

Center Theatre Group

(213) 628-2772

www.centertheatregroup.org

Ahmanson Theatre

Through October 31 – The Sound of Music

November 6 through 8 – Hubbard Street + The Second City

Kirk Douglas Theatre

Through November 8 – Kansas City Choir Boy

November 20 through December 20 – Straight White Men

Mark Taper Forum

Through November 1 – Appropriate

December 2 through January 10 – The Christians

Dorothy Chandler Pavilion

November 6 – Sleepless: The Music Center After Hours

December 11 – Ukulele Christmas Orchestra Americana Edition

Through November 28 – Moby Dick

Grand Park

www.grandparkla.org

(213) 972-8080

Every Tuesday, Wednesday, and Thursday – Lunchtime Lunch Trucks

Every Wednesday and Friday – Lunchtime Yoga

November 29 through December 26 – Light Up the Holidays

October 18 and 19 – The Big Draw along Ciclaviva

Walt Disney Concert Hall

www.hollywoodbowl.com

(323) 850-2000

November 9 – Glen Hansard

October 29 through November 1 – Mendelssohn & Strauss

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



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October is National Breast Cancer Awareness Month

You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face.

– Eleanor Roosevelt

The Department of Health Services is proud to participate in National Breast Cancer Awareness Month. According to www.breastcancer.org, breast cancer is the second most common kind of cancer in women. About one in eight women born today in the United States will get breast cancer at some point in their lifetime.

The good news is that many women can survive breast cancer if it's found and treated early.

- If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.
- If you are a woman age 50 to 74, be sure to get a mammogram every two years. You may also choose to get them more often.

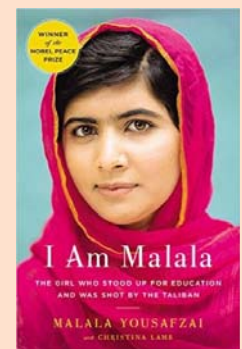
Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

- The DHS Every Woman Counts (EWC) Program provides free clinical breast exams, mammograms, pelvic exams, and Pap tests to California's underserved women. For more information including locations, please visit <https://dhs.county.gov> and search "EWC Program."
- For more information, visit <http://www.cdc.gov/cancer/breast/pdf/breastcancerfactsheet.pdf>.

County Public Library Celebrates "Girls' Empowerment Month" with Youth Book Clubs

Once the Board of Supervisors declared October as "Girls' Empowerment Month" on a motion jointly authored by Supervisors Hilda L. Solis and Mark Ridley-Thomas, the County Public Library got right into the spirit!

First, we tailored youth book club reading lists and corresponding art activities to fit the special theme. Pre-Kindergarten and Kindergarten-age girls participating in Storytime Sessions at Hermosa Beach Library, Lynwood Library, West Covina Library, and Westlake Village Library were treated to "I Like Myself" by Karen Beaumont, "Ninja Red Riding Hood" by Corey Rosen Schwartz, and "Not All Princesses Wear Pink" by Jane Yolen and Heidi E. Y. Stemple.



Girls in grades 1-5 participating in School-Age Book Clubs at Hawthorne Library, Rosemead Library, and West Hollywood Library read "Firebird" by Misty Copeland and Christopher Meyers. Copeland made history in June 2015 when she became the first African-American female principal dancer with the prestigious American Ballet Theatre in the company's 75-year history. She grew up in Gardena, and later in San Pedro, after having been introduced to ballet at the Boys & Girls Club in Bellflower.

Young women in grades 6-12 participating in our Teen Book Clubs at Castaic Library, Norwalk Library, and Stevenson Ranch Library read "I Am Malala" (Young Reader's Edition) by Malala Yousafzai and Christina Lamb. Girls residing at Camp Scudder and Camp Scott, two facilities operated by the Probation Department, also participated. Girls from one of the Sheriff Department's youth programs participated, as well.

GIRLS' EMPOWERMENT
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Cyber Security is Our Shared Responsibility

from the Countywide Information Security Program

In recognition of National Cyber Security Awareness Month, the 2nd annual Cyber Security Awareness event occurred on October 14, 2015 with the collaboration of nine departments: Assessor, Auditor-Controller, Board of Supervisors, Chief Executive Office, Human Resources, Internal Services, Public Works, Public Library, and Treasurer and Tax Collector. Departmental Information Security Officers (DISO) from the aforementioned departments participated in the planning of this event. This continual effort is consistent with the Countywide Information Security Program to increase employee awareness of cyber security safeguards and practices. The event drew more than 102 enthusiastic and attentive employees. It featured four prominent information security professionals focused on the partnership between local, State, and Federal cyber security agencies.



The Chief Information Security Officer of the County of Los Angeles, Dr. Robert Pittman, gave the keynote address. His topics included the current cyber ecosystem, the County's Information Security Program, and statistics on County's vulnerabilities and threats. Erin Meehan, Cyber Security Engagement Program Lead, Department of Homeland Security (Washington, D.C.), discussed the "Stop Think Connect Campaign." Michael Sohn, Supervising Special Agent, Federal Bureau of Investigation, engaged the group with his experience in exciting cases. Donn Hoffman, Deputy District Attorney, District Attorney's Cyber Investigation Response Team (DA-CiRT), gave us real-life examples from the County and stressed the importance of reporting potential cyber incidents.

All of the speakers reiterated the importance of cyber security and how it affects us in our daily work at the County. Additionally, useful tips were provided on how we can protect ourselves, our families, and the County. Everyone left with a broader understanding of how cybercrime can be mitigated.

This event provided tabletop activities where employees had hands-on opportunities to practice and learn about the importance of strong passwords, detecting email phishing scams, and testing their "Internet Security IQ."

Here are some basic online security tips to stay safe online:

- Keep your computer software updated.
- Make sure you have anti-virus and anti-spyware software installed and updated.
- Use strong passwords that are long and complex.
- Use two-step verification or two-factor authentication whenever possible in addition to having strong passwords.
- Do not click on any links in e-mails, as they may be phishing scams.
- Report suspicious email messages or other cyber related incidents to your DISO and/or department's helpdesk.

For mobile devices:

- Set a passcode and configure it to automatically lock after a certain period of time.
- Always log out of your accounts when finished (e.g., e-mail, banking/financial, and social media).
- DO NOT keep ANY pictures on your mobile devices that you wouldn't want others to see.
- Read the user rating BEFORE downloading or installing apps and make sure they are from trusted sources. If the user ratings are negative or if there aren't many ratings at all, it's a good indication that you should not install it.
- **Remember, whatever you place on the Internet is there forever, even if you delete it.**

Working for You

L.A. County Department of Public Health

It has been shown that healthy pets can lead to healthier people. The Department of Public Health would like to remind residents that healthy habits can ensure that you and your pet have many happy years together. Simple steps such as making time to play with your cat or going for a run or a walk with your dog can help you and your pet stay mentally or physically healthy. We often forget that pets become overweight the same way that people do by overeating, consuming high calorie foods, and not exercising. In fact, just like people, overweight pets are at higher risk for diabetes, arthritis, hypertension, and respiratory conditions. The following are a few tips to keep both you and your pet healthy.



Take your pet to the veterinarian one to two times a year

To be fully protected, pets require a series of vaccines initially, followed by booster shots throughout their lives. Ask your veterinarian's opinion about your pet's diet, behavior, parasite control, teeth, skin, coat, and general health.

Spay or neuter your pet

Spaying (in females) and *neutering* (in males) helps prevent unwanted puppies and kittens. These surgeries can help pets live a longer, healthier life by:

- **Lowering** chances of **mammary** and **testicular cancers**
- **Reducing** roaming (decreasing the chance of being hit by a car), urine-marking, and aggression (decreasing the likelihood of bites to people)

Exercise with your pet

Adults should engage in 150 minutes of moderate activity per week such as walking. Just one 10-minute walk with your dog, three times a day, five days a week can meet this goal. If you own a pet, staying healthy should be a team effort that will ultimately keep you and your pet fit. Other health benefits include:

- Improving heart health
- Connecting you with your neighbors
- Preventing obesity and obesity-related illness
- Strengthening your bond with your dog

Prevent zoonotic diseases

Diseases that can be transmitted between animals and people are known as zoonotic diseases and can spread in several ways, including being bitten by an infected pet, being bitten

by an infected flea/mosquito/tick, and contact with animal feces/urine. You can help prevent zoonotic disease by:

- Keeping your pet up-to-date on recommended vaccinations
- Using appropriate flea and tick control year-round
- Avoiding "pet kisses"
- Hand washing after touching your pet and picking up after your pet

For more information about animal health issues, visit the Department of Public Health's Veterinary Public Health Program website at <http://publichealth.lacounty.gov/vet/index.htm>.

GIRLS' EMPOWERMENT

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Yousafzai is a world-famous Pakistani activist for female education who, at 17 years of age, became the youngest winner of the Nobel Peace Prize in 2014 after surviving a gunshot to the head by a Taliban assassin in October 2012. Her story was chronicled in the documentary "He Named Me Malala," which many of the participating young women got to see at the Microsoft Theater in downtown L.A. along with approximately 7,000 fellow teen-age girls from throughout the County of Los Angeles!

"Many thanks to the Library Foundation for their financial commitment to this endeavor," said Acting County Librarian Yolanda De Ramus. "Because of their financial generosity, we were able to supply participating girls with a special surprise: Their very own copies of the books they read during Girls' Empowerment Month!"



Rideshare L.A. County!

from the CEO/Office of Workplace Programs

October is Rideshare Month. So, get on board and Rideshare! The month of October is full of exciting opportunities and incentives for Ridesharing. You can Rideshare by riding the train, light rail, or public transit. Even walking is considered Ridesharing. Ridesharing is any alternative to driving alone and there are some great benefits if you Rideshare. Save time, save money, and save lives when you Rideshare. You can get to work without the hassle of traffic. Ridesharing is cost effective and can save you thousands per year, depending on how you Rideshare and the distance traveled. Pollution is now being linked to health effects in Los Angeles County and diseases like cancer and asthma can result from poor air quality. Rideshare L.A. County is also giving away prizes to L.A. County employees for being a part of the Commuter Benefit Program. Check out the program by going to www.wageworks.com. Take pride, share the ride.

What Animal is Best for My Family?

Department of Animal Care and Control



So you have decided you want to adopt a pet! But which animal is best for you? There are many different species of animals out there available for adoption.

What type of household do I have?

- Small children can be difficult to keep away from a pet so an animal that is more comfortable with being played with would be best. Young dogs are also better at getting along with children as they tend to learn from the beginning that the children are part of their family.
- Having multiple new people coming into a house regularly can be frightening for some dogs.
- If you have other pets, you need to consider them as well. Some breeds of dogs are less friendly toward others.

How big is my house?

- If you have a large home and yard, maybe an active dog is right for you.
- If your home is small, like an apartment or condo, you might want to consider an older dog, quieter breeds like a Shih tzu or a cat.
- Also, if you are renting your home, you need to consider the landlord's requests. Dominant breeds are sometimes not allowed in rental properties.

How much time am I willing to invest?

- If you have very little time for a pet but still want a companion, consider an independent animal, like a cat, reptile, pocket pet, or fish.
- If you love to jog or exercise, you need a dog willing to keep up with that lifestyle.
- If you want a dog that you can carry everywhere and loves to snuggle, consider a toy breed.

What animal do I want?

If you go to your local veterinarian, you can schedule an appointment to discuss what type of animal to get. The most important fact is that you have decided to expand your family to include a pet. This can be fulfilling and rewarding. Just make sure your decision is also made after gathering all the facts so that you can have a happy and healthy future with your new companion!



Share Your Heart Share Your Home

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

Leaves changing colors on the trees, pumpkin spice lattes, trick or treating, and tooth aches from too much candy...these are all things that come to mind when we think of the month of October. But did you know that **October** is also recognized as **Girls' Empowerment Month**? The Board of Supervisors declared October as Girls' Empowerment Month in hopes of bringing critical visibility to the many issues surrounding the young women and girls of Los Angeles County.

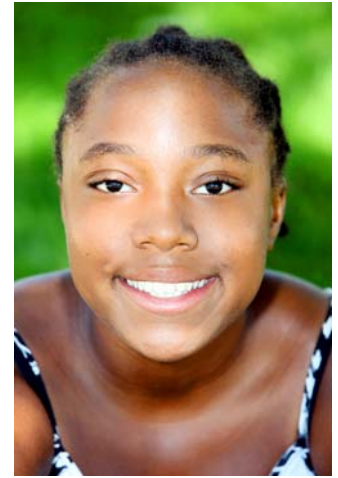


Photo: Rachel Murray Framingheddu

In addition to economic barriers, young women are dealing with violence in their neighborhoods, crime, gangs, and even sexual exploitation. Los Angeles is one of the top five human trafficking hubs in the nation. The average age at which minor victims first experience commercial sexual exploitation is between 12 and 13. Many of these young victims also come from the foster care system.



Photo: Rachel Murray Framingheddu

The Department of Children and Family Services works tirelessly to create better futures for all the children of L.A. County. Special programs and trainings are in place to prevent exploitation of our most vulnerable girls in foster care. Social workers have partnered with many community agencies to secure better outcomes for our girls. Research and common sense tells us that the best protective factor for our children and youth in foster care is a permanent and stable family. For those children and youth who cannot safely return home, adoption is a viable solution to the instability and vulnerability experienced by those who grow up in the foster care system.

What better way to put emphasis on Girls' Empowerment Month than to highlight thirteen-year-old Kyla? She is a strong, courageous, and beautiful girl who happens to be growing up in foster care. Through no fault of her own, Kyla is

not able to return to her birth family. Having moved multiple times while in foster care, Kyla knows that an adoptive family will give her the roots she needs to grow up as an empowered young lady.

Kyla states she is willing to literally "go out on a limb" to find a family to be there for her and love her unconditionally. With an interest in *Parkour*, which is a training discipline using movement, running, jumping, climbing, swinging, and rolling, often from high places, Kyla can quite easily go out on most limbs! She is an extraordinary athlete and prides herself on being fit. Before taking up *Parkour*, Kyla was an excellent track and field athlete. Now, she is on to more exciting endeavors. Kyla is ready for a committed family who will be there for all of life's adventures. She hopes to find someone patient enough to peel back her sometimes tough outer layers and uncover the sweet, fearless, and brave Kyla. What better way to celebrate Girls' Empowerment Month than by finding a family for L.A.'s very own super girl, Kyla!

Call (888) 811-1121 to learn more about adopting Kyla today.

LACERA Election Results

At its meeting of September 22, 2015, the Board of Supervisors approved the results of the August 11, 2015 elections for the Los Angeles County Employees Retirement Association (LACERA). The Board declared Vivian H. Gray elected to the office of the Third Member, Board of Retirement, and Herman B. Santos elected to the office of the Third Member, Board of Investments.

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

AUDITOR-CONTROLLER: Yvonne D. Wood
CHILD SUPPORT SERVICES: Robert S. Scott
COUNTY COUNSEL: Benjamin C. Franklin
INTERNAL SERVICES: Gregory C. Smith
MENTAL HEALTH: Richard Kushi
PARKS & RECREATION: Pete M. Cloud
PROBATION: Francisco Torres
PUBLIC SOCIAL SERVICES: Betty Raspberry

40+ Years

AUDITOR-CONTROLLER: Georgiana Belone
DISTRICT ATTORNEY: Stacia Chambers, Paul Pfau
HEALTH SERVICES: Carlos J. Chavez, Mary Clark, Brenda J. Henry, Doris H. Kamar, Robert Megliorino, Antonia D. Sanchez
INTERNAL SERVICES: Allen C. Parker
PROBATION: Gilbert Rodriguez
PUBLIC DEFENDER: Mildred Hill
PUBLIC HEALTH: Linda Hillary, Shirley R. Holland
PUBLIC SOCIAL SERVICES: Myrtis Allison, Ailene Gonzalez, Rodney J. Jakes, Arlance D. Sims, Eric G. Williams
REGISTRAR-RECORDER/COUNTY CLERK: Stephen J. Logan
SHERIFF: Diane C. Dowling, Mary H. Grays, William J. McSweeney
SUPERIOR COURT: Jean Voong

35+ Years

ASSESSOR: Mamerta De Sagun
CHILDREN & FAMILY SERVICES: Drew A. Davis
CHILD SUPPORT SERVICES: Patricia Williams
DISTRICT ATTORNEY: Alisa C. McCullough
FIRE: Michael D. Jackson
HEALTH SERVICES: Adela Agnote, Denise Betancourt, Mary Harrell, Thomas Jewik, Neysa R. Neal
INTERNAL SERVICES: Hulon L. Walker
PARKS & RECREATION: Elena Wilson
PROBATION: Sandra E. Williams
PUBLIC SOCIAL SERVICES: Zusset Y. Giannotta, Nora V. Jimenez, Elaine Thomas
REGISTRAR-RECORDER/COUNTY CLERK: Robert L. Wilson
SHERIFF: Marlin J. Gorski, George H. Malik

SUPERIOR COURT: Jesus Chavez, Vicky R. Murray, Jody W. Steele

30+ Years

CHILDREN & FAMILY SERVICES: Deborah R. Guiloff, Darlene Ward
CHILD SUPPORT SERVICES: Jose L. Guerrero, Ann L. Truong
DISTRICT ATTORNEY: Stuart C. Lytton, Kevin M. Sleeth, Mark S. Suhr
FIRE: Dale R. Baker, Antonio Dominguez, Clark J. Pearson
HEALTH SERVICES: Thelma Baldonado, Pedro Escobar, Jr., Loretta Palmer, Donna Russell
HUMAN RESOURCES: Ann Gomez
MUSEUM OF ART: Don R. Menveg
PUBLIC SOCIAL SERVICES: Peng Loeung
SHERIFF: Michael F. Digby, Gerald W. Newbold, Debra A. Welch
SUPERIOR COURT: Sandra S. Williams

25+ Years

ASSESSOR: Elaine Bolton, George A. Chan, Manuel Diaz, Robert N. Zenzic
CHILDREN & FAMILY SERVICES: Damian C. Anum, Ana M. Hilden, Manuel Lizarzaburu
CHILD SUPPORT SERVICES: Jackie Sweeney
DISTRICT ATTORNEY: Judy Krantz
FIRE: Paul L. Biren, Leinbert C. Wilson
HEALTH SERVICES: Lucy Aldaz, Marcela Barker, Lisa Gonzalez-Stancin, Teresa Luna-Lollie, Disela Maciel, Dora Marchand, Santa Melendres, Catalina Santos, Vanda M. Silanoe, Pilar Solorzano
HUMAN RESOURCES: Enrico P. Lucio
PROBATION: Rochelle L. Loper, Armando D. Medina
PUBLIC DEFENDER: Thomas E. Gordon, Ira Kwatcher
PUBLIC HEALTH: Yvonne V. Vuong
PUBLIC SOCIAL SERVICES: Sam T. Duong, Razdan Galoussian, Belinda Garcia, Miriam Garcia, Salonia Johnson, Ronnie Saimi Lau, Ellen Yeekwa Matranga, Tuan T. Ngo, Alexander A. Ruiz
PUBLIC WORKS: Larry E. Muro, Frank L. Umina
SHERIFF: Claire Cappadona, Ronald M. Sabatine, Matthew C. Schwabe, Elton R. Simmons, William K. Smith
SUPERIOR COURT: Robert E. Brewster, Lorraine Mendoza, Bruce Mitchell, Donald R. Roberts

WeTip

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