



APRIL 2015

Celebrate Milestones

COUNTY OF LOS ANGELES

LACMA Celebrates Its 50th Anniversary

This spring, the Los Angeles County Museum of Art (LACMA) marks its 50th anniversary by celebrating its past and looking to its future. Opening in April, the exhibition *50 for 50: Gifts on the Occasion of LACMA's 50th Anniversary* features all new gifts from a variety of generous donors and representing all areas of the museum's diverse collection, from European masters like Jean-Auguste-Dominique Ingres to pop icons like Andy Warhol, as well as historic works from around the globe. The exhibition also includes selected highlights from the recent, historic bequest of A. Jerrold Perenchio, a collection of masterpieces from the 19th and 20th centuries by artists including Degas, Toulouse-Lautrec, Vuillard, and others.



Levitated Mass

These newly-promised gifts in *50 for 50* will be unveiled at an anniversary gala event on April 18, 2015 followed by a week of members-only previews and parties. As a testament to the community's support, more than 15,000 of LACMA's members have supported the museum for 20 years or more. Their support also makes possible a day of free admission for all on April 26, 2015, the public opening of *50 for 50*.

As part of the festivities, the popular *Jazz at LACMA* series opens its 2015 season on April 24, 2015 with Cannonball Adderley's band, in tribute to the museum's first jazz concert. Later that

weekend, *Sundays Live* recreates the museum's 1965 opening concert with a performance by the Los Angeles Symphonic Winds. On April 29, 2015, the museum will



Urban Light

host "Celebrating Los Angeles," a concert event featuring some of the world's finest composers and ensembles, all of whom call L.A. home. The week of concerts concludes on May 2, 2015 with a performance by legendary avant-garde composer John Zorn, who will present a series of improvisations inside the galleries over the course of five hours.

Since its inception in 1965, LACMA has been devoted to collecting works of art that span both history and geography, in addition to representing Los Angeles' uniquely diverse population.

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CALENDAR OF EVENTS

Los Angeles County Museum of Art

(323) 857-6010

www.lacma.org

April 26 (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 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

Center Theatre Group

(213) 628-2772

www.centertheatregroup.org

Ahmanson Theatre

Through April 26 – Rodgers & Hammerstein’s Cinderella

May 29 through July 12 – Matilda The Musical

Kirk Douglas Theatre

April 28 – Staging the Un-stageable

May 2 and 3 – Walking the Tightrope

Mark Taper Forum

April 22 through June 7 – Immediate Family

Dorothy Chandler Pavilion

June 3 and 4 – Sufjan Stevens on Tour

Walt Disney Concert Hall

April 25 – Gracias a la Vida: The Rebel Spirit of Violeta Parra

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



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

Alcohol Awareness

Alcohol is often used for social gatherings, such as family dinners, parties, sports events, religious ceremonies, and nightcaps. Though widely used, alcohol is not generally conducive of good health. Alcohol contains seven calories/gram, most of which are “empty calories” (calories that contain no nutrients).

Heavy alcohol use can have harmful effects on the:

- **Brain:** Alcohol interferes with communication, disrupts mood and behavior, and makes it harder to think clearly and move with coordination. Long-term heavy alcohol use causes dementia.
- **Cardiovascular:** Heart failure, heart rate, and rhythm problems such as an irregular heartbeat, stroke, high blood pressure.
- **Liver:** Alcohol can cause the liver to become fatty, and cause liver inflammation, scarring, and failure (cirrhosis).

Although not necessary for health, moderate amounts of alcohol can have health benefits, including:

- Improved cholesterol levels
- Lower blood pressure
- Reduced risk of developing and dying from heart disease
- Possibly reduced risk for ischemic stroke
- Possibly reduced risk for diabetes

Despite the health benefits of alcohol, always drink responsibly and in moderation to avoid the lifelong harmful effects of alcoholism. It is recommended that women of all ages and men 65 years and older drink no more than one alcoholic beverage a day. For men 65 and younger, up to two drinks per day is acceptable.

One drink may include:

- Beer: 12 fluid ounces
- Wine: 5 fluid ounces
- Distilled spirits (tequila): 1.5 fluid ounces

Persons should not drink alcohol if they have certain medical conditions, such as:

- History of alcoholism
- End-stage liver disease (cirrhosis)
- Alcohol-related heart disease

County to Verify Benefits Eligibility for Dependents

In the coming months, the County of Los Angeles will conduct a Dependent Eligibility Verification (DEV) to ensure that only eligible dependents are enrolled in the County’s health plans. A DEV program requires you to provide proof that your relationship with your dependents – including spouses, domestic partners and children – remains valid. Such a project involves some amount of effort by County employees with dependents; however, the overall benefit in terms of cost management will help keep the plans strong for all employees and their dependents.

Why is the County conducting a DEV program?

As an employer of choice, the County offers quality, affordable health care to its employees and their families. Verifying the eligibility of dependents has become a regular practice for most major employers. A DEV will insure that only eligible dependents receive County benefits and will help keep costs affordable for eligible employees and their families.

Who is an eligible dependent and who is not eligible?

Eligible dependents include your spouse/domestic partner, your child through age 25 (or disabled child past age 25 if approved by the health plan). Ex-spouses, ex-domestic partners, former step children, parents, parents-in-law, other relatives, and nondisabled children age 26 and over are **not** eligible for coverage. For more information, refer to any of the Summary Plan Descriptions available at <http://mylacountybenefits.com>.

Who will conduct the project and when will it happen?

The Department of Human Resources will work with an outside company that specializes in verification

April is National 9-1-1 Education Month

The Los Angeles County Fire Department began a month-long campaign in April to help its four million residents of all ages recognize the importance of 9-1-1 and the role they play in ensuring effective and efficient emergency response in times of crisis. Fire departments across our nation join the United States Congress and the National Emergency Number Association in recognizing April as National 9-1-1 Education Month, and are encouraging everyone to engage in 9-1-1 awareness and education activities throughout April.

The Do's and Don'ts of Calling 9-1-1:

- **DO** use 9-1-1 **ONLY** in emergency situations.
- **DO** know your location when calling for help.
- **DO** keep your phone locked when not in use to avoid calling 9-1-1 accidentally.
- **DO** listen carefully, speak clearly, and remain calm when speaking to a 9-1-1 dispatcher.
- **DO** teach children how to properly use 9-1-1.

- **DON'T** program 9-1-1 into your phone.
- **DON'T** hang up if you accidentally dial 9-1-1.
- **DON'T** call 9-1-1 and ask for non-emergency numbers.
- **DON'T** use 9-1-1 as an "information line."
- **DON'T** call 9-1-1 for a tow truck or taxi; dispatchers cannot transfer callers.

The department decided to launch its new Monthly Public Education Campaign during the month of April to stress the importance of 9-1-1 as the first step in any call for help. Follow our 9-1-1 tips to test your knowledge of 9-1-1, and teach friends and family members about this critical topic. Make 9-1-1 work for you so that when you need it, you will know exactly how to use it!

DHR's Wellness Corner

Bringing you inspiration from around the County

Running the L.A. Marathon One Step at a Time
By Trisha Tucker (Department of Human Resources)

I was never a runner. I love sports but running just didn't capture my interest the way other workouts did. But I had a few friends who competed in marathons, and I was jealous of their ability to overcome insurmountable odds and run 26.2 miles at a time. They kept telling me about the endorphin rush and how they really tested their limits. They also talked about the camaraderie of a marathon training team, and how they develop a training strategy for each team member and encourage each other along the way. In the back of my mind, I really wanted to do it; I just wasn't sure if I could. I finally decided in September 2014 to see if I could push myself to test my own limits to complete the 2015 LA Marathon and officially cross this off my bucket list.

I remember my first day out training in early September. My training team met every Saturday at 7 a.m. no matter what, which meant getting up at 5:30 a.m. It was awful! The longest I had ever run was during my first training session – 3K and it took 44 minutes to do it. I was in the 12.5 mile per hour pace group, and we initially ran three minutes, then walked one minute as we built up our endurance. As my training progressed, I got stronger and better at running and started to enjoy things I had not expected; like the energy that a crowd of runners gives off, or the simple truth that life doesn't happen three or four feet in front of you; it's where you are at that moment that counts.

On Sunday, March 15, 2015, I finished my first marathon in seven hours and 10 grueling minutes, and I am proud that I emerged victorious in my quest. Along the way, there were little memories of that day that will always be with me; like the man on the bench holding a sign that read, "I am proud of you, random stranger!" or running past so many amazing Los Angeles landmarks from Dodger Stadium to Santa Monica. I will always feel a deeper connection to this incredible city from this experience. Will I do it again? My knees say no, but no one knows what the future holds. I am living in the moment.



Working for You

L.A. County Department of Public Health

April 28, 2015 is World Day for Safety and Health at Work, and the Department of Public Health encourages everyone to adopt habits at work to reduce stress, avoid injury, and improve overall health throughout the workday. The following are ways to incorporate physical and mental wellness activities while on the job:

Recognize and Manage Stress Effectively

The County is a busy place, and there may be times when we're challenged with periods of heightened anxiety. If you're feeling stressed at work, try to identify triggers. *Is it a noisy, crowded, or messy work area? Is it a frustrating project or a poor relationship with a colleague?*

Once identified, find ways to resolve the issue or, if the stressor is beyond your control, reframe your response.

- Talk with your supervisor and colleagues about what is and isn't working, and come up with collaborative solutions.
- Aim to be clear, direct, professional, and assertive when talking, and use active listening techniques when colleagues are speaking to minimize conflict.
- Improve and utilize time management skills.
- Seek professional help if needed. Find information about the Employee Assistance Program.

Prevent Occupational Injuries

Accidents happen but many job-related injuries and disabilities can be prevented.

- Alert appropriate staff if you see potential environmental hazards, such as water on the floor, loose carpet or ceiling tiles, and obstructed walkways.
- Arrange your workspace in ways that minimize eye and body strain, pressure points, poor posture, and repetitive motion.
- Use proper techniques and equipment when moving heavy objects or ask for assistance.
- Practice safe driving habits. Don't text or use hand-held phones while driving.

Promote Healthy Habits

Many of us spend all day sitting at a desk, and research demonstrates that sitting all the time can be bad for your health. Below are easy strategies to create a healthier worksite:

- Stand up and walk around for a few minutes every half hour and organize office walks during breaks and lunch. Take the stairs instead of the elevator.

- Bring healthy snacks; set out a bowl of fruit instead of pastries.
- Stay home when you're sick to avoid infecting others.

For more ideas about worksite wellness, go to <http://www.cdc.gov/sustainability/workplace/index.htm>.

The Sounds of L.A. The 2015 Musicians Roster



Quattro

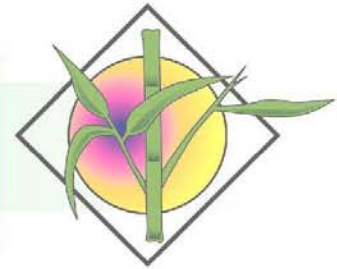
Looking for a cool local indie band for your next event? Or perhaps you're in the mood to explore something new...Cajun or Balinese perhaps? Wherever your musical tastes lie, there's a good chance that the Los Angeles County Arts Commission's Musicians Roster has it. With more than 100 musicians and performing groups, the roster represents a variety of musical genres, including Celtic, klezmer, Indian classical, reggae, *son jarocho*, slack-key guitar, and many more.

In addition to variety, the roster represents artistic excellence. Each artist on this annual list was selected by a panel of experienced music professionals. Created to be used by organizations presenting concerts through the County's Free Concerts in Public Sites program, the list also serves as a resource for the general public. So feel free to take a look, listen to the audio clips, and reference the Musicians Roster next time you're planning an event. Because who knows? The next big Balinese band could be playing at your bash.

For more information about the L.A. County Musicians Roster, visit <http://lacountyarts.org/musiciansroster>.

LACAAEA

SAVE THE DATE



2015
THE YEAR OF THE
GOAT ♦ RAM ♦ SHEEP

2015

Asian Pacific American Heritage Day Celebration

"Many Cultures, One Voice: Promote Equality and Inclusion"

May 20, 2015

11:30 am to 1:30 pm

Grand Park

200 North Grand Avenue

Los Angeles, CA 90012

(Next to Kenneth Hahn Hall of Administration
Parking at Music Center—validations available)



Entertainment



Entertainment



Dragon Dance by Department Heads

Community Booths



Community Booths



LACAAEA
Los Angeles County
Asian American
Employees Association
[Facebook.com/lacaaea](https://www.facebook.com/lacaaea)



LACAAEA Board Members, Suzie Suh, Ms. Chinatown
and Princess



Food Trucks

For additional information, please contact Andy Mao at andy.mao@lacaaea.com

Earth Day Every Day

On April 22, 2015, people all over the world will celebrate the 45th annual Earth Day by holding demonstrations and attending events in support of environmental protection. Earth Day may be one date on the calendar but our care and concern for the environment should become a part of our everyday lives.

Here are some ways you can support the County's efforts to protect our planet:

- Take your **hazardous household and electronic waste** to a collection event or permanent collection center. Residents may utilize this free service to properly dispose of items which may contain hazardous and potentially toxic substances.
- For **painting projects**, assess how much is needed so you can buy the right amount of paint. Recycle any leftover paint for free at a local retail store. For details and locations, visit www.PaintCare.org.



- Use **reusable bags** when you go shopping to reduce the negative environmental and economic impacts associated with single bag use.

- Attend a free **Smart Gardening** workshop and receive hands-on instruction on composting, water-wise gardening, and grasscycling. You can take the tools you learn in these workshops to improve your own garden and reduce waste.

Visit www.CleanLA.com for more information on any of the above events and programs, as well as several other environmentally-conscious actions you can take to help the Earth.

DID YOU KNOW?

SOMEONE IN AMERICA IS SEXUALLY ASSAULTED



EVERY 2 MINUTES

AGE OF SEXUAL ASSAULT VICTIMS

UNDER AGE 30

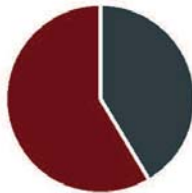
80%

UNDER AGE 18

44%

DECLINE IN SEXUAL ASSAULTS SINCE 1993

60%



AVERAGE NUMBER OF sexual assaults per year

237,550

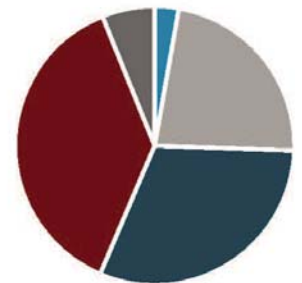
42% REPORTED
58% UNREPORTED

PERCENTAGE OF SEXUAL ASSAULTS REPORTED TO THE POLICE

April is Sexual Assault Awareness Month



38% ACQUAINTANCE
31% STRANGER
23% INTIMATE
6% UNKNOWN 3% OTHER RELATIVE



ATTACKER'S RELATIONSHIP TO VICTIM

ABOUT

10%
sexual assault victims
ARE MEN

1 in 6

WOMEN HAVE BEEN VICTIM OF AN ATTEMPTED OR COMPLETED RAPE

2 in 3

SEXUAL ASSAULTS ARE COMMITTED BY SOMEONE THE VICTIM KNOWS

Protecting Against Cybercrime

from the Countywide Information Security Program

What is Cybercrime?

Cybercrime, also known as hacking, encompasses any criminal act dealing with computers and networks. The recent cyber-attacks against Anthem and Sony Pictures, resulting in the theft of millions of sensitive data records, are clearly cybercrime. Identity theft is another type of cybercrime where hackers and scammers use fake emails (phishing) to trick users into giving up passwords, personal information, or to download malicious software (malware).

Who Are the Cyber-Criminals and What Do They Want?

Most cybercrimes are committed by individuals or organized crime groups. These “professional” criminals continually find new ways to commit crimes. They treat cybercrime like a business and form global criminal communities primarily to make money. The creators of the CryptoLocker ransomware made approximately \$300,000 during its first 100 days.

How Can You Protect Yourself?

Cybercrime, whether from malware on a single computer or from high-profile computer networks, impacts everyone. Below are key practices to help minimize your risk of becoming a victim:

- **Configure Your Computer Securely**
Enable privacy and security settings in your software, email system, and web browsers. Install anti-malware software and keep it updated.
- **Keep Operating Systems and Applications Updated with Security Patches**
- **Use Strong Passwords**
Passwords should have at least 10 characters with a combination of upper and lower case letters, numbers, and symbols.
- **Be Cautious About Clicking Links and Opening Attachments in Email Messages**

CYBERCRIME
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Making A Difference

With the celebration of National Volunteer Appreciation Week this month, the Department of Animal Care and Control would like to thank the residents of the County of Los Angeles for their dedicated support. In 2014, over 1,500 individuals from the County put in over 90,000 hours of service helping to care for and find new homes for shelter pets. Through their efforts, we have been able to sustain existing programs and implement new ones. Volunteers provide an invaluable workforce to our Animal Care Centers and we are pleased to honor them during National Volunteer Appreciation Week and all throughout the year!



Castaic Animal Care Center Volunteer and a 2015 Volunteer of the Year, Larissa Barnes, caring for just one of the many animals she has helped at our care center.

How You Can Help:

Animal Adoption Specialist & Outreach Events – Encourage and participate in the adoption of homeless animals and provide public education.

Shelter Host – Provide quality customer service to the visiting general public and support staff.

Foster Home Care – Provide a temporary home for the shelter animals that require special attention until they can be returned to the shelter for adoption.

Groomer – Groom animals in preparation for adoption.

Professional Services – To enhance existing shelter services. Licensed Veterinarians, Registered Veterinarian Technicians, photography, web design, fundraising, etc.



For further information about volunteering, please visit us at www.animalcare.lacounty.gov



CYBERCRIME

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- **Protect Your Personal Information**
Be aware of sensitive information you give out. Cybercriminals will look at your social networking webpages to find information about you.
- **Review Your Financial Statements Regularly**

What to Do If You Are a Victim?

For County-related computing:

- **IMMEDIATELY CONTACT** your department's local help desk.
- **NOTIFY** your Departmental Information Security Officer (DISO).

For home/personal-related computing:

- If you've been a victim of identity theft:
 - o Inform your bank and any other entities with which you have accounts that someone may be using your account fraudulently.
 - o Contact all three major credit bureaus to request a credit report, and have a fraud alert and a credit freeze placed on your account.
- Internet-related crime should be reported to authorities such as your local police department, CA District Attorney (<http://oag.ca.gov/ecrime>) and/or FBI Internet Crime Complaint Center (<http://www.ic3.gov/default.aspx>).

For More Information

Visit <http://www.stopthinkconnect.org/>, the County's cyber security partner. STOP.THINK.CONNECT.

DEV

continued from page 3

services, and employees will shortly receive more information regarding the DEV. In June of 2015, employees can expect to receive a verification packet in their home mail and will have time to provide the required documents.

What documents will be requested?

Employees will need to provide a marriage certificate, birth certificate or other appropriate documents to verify their dependent relationships. If you provided marriage and birth certificates to enroll your dependents within the past ten years, you will not need to provide them again; however, you may be required to provide more than one document to verify your dependent is eligible for coverage. For example, you may need to provide a copy of your marriage certificate and a proof of shared residence to verify eligibility for your spouse. When you receive the verification packet, it will inform you of the required documentation for each dependent enrolled in your medical and/or dental plan.

**Share Your Heart
Share Your Home**

Become a Foster/Adoptive Parent

Special Children in Need of Special Families

All children are adoptable and deserve a chance to have a loving, committed family. Our children with special medical needs are among the most vulnerable children in foster care. The Placement and Recruitment Unit (PRU) in the Department of Children and Family Services has partnered with the Angels in Waiting program to make it their mission to find forever families for these special kids. Nurses who care for these special children can receive foster care reimbursement and Medi-Cal, which allows them to basically work from home as they provide a child with lots of TLC. Angels in Waiting has just taken flight, but our hopes are high that this partnership with local hospitals and nursing programs will find loving families for our kids with special medical needs.



Photo: Jean Kim

We all know that the best place to grow up is with a family, and that is just what PRU is hoping to find for this adorable little girl. Four-year-old Janae is a fighter, through and through. Born premature in 2010, the odds were already stacked against this sweet little girl when she came into this world. It was Janae's strong will and determination that led her to become the affectionate and loving little girl she is today. Janae will need an experienced family willing to go the extra mile to assure her special needs are met. Suffering from blindness, seizures, and developmental delays, Janae benefits from all the services the Regional Center has to offer. She loves music and a good game of patty cake. She is a very hands-on little girl and loves snuggling with a soft stuffed animal or blanket. Her easy-going and happy demeanor makes her a joy to be around. Janae is in need of a permanent, loving family who can help her grow and thrive. Can you be the family Janae needs in her corner? Call (888) 811-1121 to learn more about adopting Janae today. You can also visit our website at <http://heartgalleryla.org> to see other available children.



COUNTYWIDE FITNESS CHALLENGE 2015



JOIN US FOR THESE FUN FAMILY EVENTS

WALK IT OFF!

Dragon boats, exercise sessions, and health screenings.

Saturday, May 16, 2015
8:00 a.m. – Noon

Whittier Narrows Recreation Area
751 South Santa Anita Avenue
South El Monte 91733

MAKE A SPLASH!

A day of water fun with kayaking, paddle boards, and volleyball.

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

Castaic Lake State Recreation Area
Paradise Cove, Lower Lake
32132 Castaic Lake Drive
Castaic 91384

PARKS MAKE LIFE BETTER!

Join Celebrity Chef Sharone Hakman for healthy cooking demonstrations and more at this brand new location!

Saturday, July 11, 2015
8:00 a.m. – Noon

Hacienda Heights Community Center
1234 Valencia Avenue
Hacienda Heights 91745

STOP & SMELL THE FLOWERS!

Farmers' market, power walks, and softball tournament.

Saturday, July 25, 2015
8:00 a.m. – Noon

Wilson Park Farmers' Market
2200 Crenshaw Boulevard
Torrance 90501

GET CULTURED!

Dance Mania, yoga, and 2-mile hikes through the hills.

Saturday, August 8, 2015
9:00 a.m. – 1:00 p.m.

Hollywood Bowl
2301 North Highland Avenue
Los Angeles 90068

CHILL OUT!

Boogie board lessons, sand games, power walks and yoga.

Saturday, August 29, 2015
8:00 a.m. – Noon

Dockweiler Youth Center
12505 Vista del Mar
El Segundo 90245

BE ONE WITH NATURE!

Circuit training, softball playoff, power walks, exercise sessions, and nature walks.

Saturday, September 12, 2015
8:00 a.m. – Noon

Alondra Community Regional Park
3353 Redondo Beach Blvd.
Lawndale 90260
(enter at Yukon Ave.)

TAKE A HIKE!

A day of family fun with fitness hikes, nature walks, and wild animal encounter.

Saturday, September 26, 2015
7:30 a.m. – Noon

Placerita Canyon Nature Center
19152 Placerita Canyon Road
Newhall 91321

PLAY FOR LIFE!

A day of family fun featuring the "triath-a-fun!"—fitness walks, bicycle fun rides, and pedalboat rally.

Saturday, October 17, 2015
8:00 a.m. – Noon

Santa Fe Dam Recreation Area
15501 Arrow Highway
Irwindale 91706

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



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

PUBLIC SOCIAL SERVICES: Joanne Berry, Elaine George, Delois Harris, Carol L. Maston, Delphine R. Zwiebel

REGIONAL PLANNING: Paul D. McCarthy

SUPERIOR COURT: Clara M. Logan

40+ Years

CHILDREN & FAMILY SERVICES: Lillie M. Kinchen, Margaret Trujillo

CHILD SUPPORT SERVICES: Lawrence Hill

DISTRICT ATTORNEY: Cathie Pearson

HEALTH SERVICES: David Adame, Stephanie Banks, Barbara T. Chino, Gladys S. Fields, Thelda R. Goodlitt, Dale Luckie, Juan R. Mendoza, Margaret L. Moore, Elizabeth C. Villaroman, Reginald Voll, Suwanna Wilson

INTERNAL SERVICES: Derrick A. Craig, Kyung Y. Oak

MENTAL HEALTH: Paul G. Longobardi

PROBATION: William D. Robinson

PUBLIC HEALTH: Elaine M. Massengill

PUBLIC LIBRARY: Linda C. Primmer

PUBLIC SOCIAL SERVICES: Mickey Wong

PUBLIC WORKS: Flora E. Caranto

SHERIFF: Eduardo Arnaldo, Gail Colon, Jacqueline L. Harris, Jack S. Jordan Jr., Emma L. Walker

SUPERIOR COURT: Dorthea R. Morris, Terry E. Newton, Clarence Ramey

35+ Years

ASSESSOR: Purita K. Prather

CHIEF EXECUTIVE OFFICE: Rhonda Albey

CHILDREN & FAMILY SERVICES: Gail Irvis, Sherman Mickle, Terry L. Straub

DISTRICT ATTORNEY: Leigh Ann C. Fernstrom

FIRE: Nicholas A. Duvally

HEALTH SERVICES: Patricia A. Armstrong, Arnold S. Bayer, Orawan Huttayasombo, Letty Leal, Agatha U. Park, Concepcion Puentes Herrera, Elisa Ramirez, Juan P. Rodriguez, Martin Rodriguez Jr., Zinash T. Solomon, Manee Waraprateep, Rose Wong

MENTAL HEALTH: Lillian Hardy-Johnson

PROBATION: Daniel J. Scott, Glenda Worrall

PUBLIC HEALTH: Robert H. Gibson, Daivid Lafosse

PUBLIC LIBRARY: Enrique V. Freeman

PUBLIC SOCIAL SERVICES: Rita M. Daniel, Jacqueline B. Menjivar

PUBLIC WORKS: Wanda A. Lau-Quon, Gil Ramirez

SHERIFF: Louis C. Demmerle, Tim L. Hazlewood, Rodney F. Silos, David M. Silversparre

30+ Years

BEACHES & HARBORS: Paul V. Wong

FIRE: Paul Asquini, Michael B. Davis, Arthur J. Ellis, Eduardo Hernandez, Richard A. Muro, Donald Thompson, Gregory B. White, Javier S. Zavala

HEALTH SERVICES: Edwin Dizon, Arnold Go, Seung D. Kim, Thomas Smith, Rolando M. Soriano

MENTAL HEALTH: Elaine Kendrick

PROBATION: Treva Carroll, Marshall Heads

PUBLIC WORKS: Frank Lavin, Thomas Stratman

SHERIFF: Michael J. Alerich, Teresa R. Anderson, Barbara S. Brazil, David W. Ehoff, Benny L. Hollowell Jr., Robert L. Lambert, Esther Morgan, Harry M. Mossinger, John A. Nemeth, Scott G. Osborne, Margarit M. Salas, Brian J. Schoonmaker, Gerald A. Velona, Richard D. Wells Jr.

SUPERIOR COURT: Nagi A. Ghobrial

25+ Years

ALTERNATE PUBLIC DEFENDER: Ernestine V. Odom

ASSESSOR: Rosalie D. Bolusan

CHILDREN & FAMILY SERVICES: Sanford Dunson, Lillie M. Perdomo, Sandra Smith

DISTRICT ATTORNEY: Michael N. Harris, Steven M. Slavitt

FIRE: Daniel J. Martin, Nari Pornbida, Michael R. Shannon, Alexander O. Solis, Thomas R. Valdez, Eric W. Wood

HEALTH SERVICES: Hue L. Chin, Won H. Chong, Jeni Gutierrez, Myung J. Lee, Venece Mosley, Nenita O. Ramos, Verba L. Robinson, Sandra D. Ruiz

INTERNAL SERVICES: Keo Keokot

MENTAL HEALTH: Robert R. Diaz, Eileen Libbey

PROBATION: Phillip D. Holland

PUBLIC HEALTH: Silvia Barrientos, Seda H. Dodikian, Rene I. Galano

RETIREES

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LOS ANGELES COUNTY MAYOR
MICHAEL D. ANTONOVICH

PRESENTS

18TH ANNUAL SALUTE TO VETERANS AND THEIR FAMILIES

HONORING THOSE WHO HAVE
SERVED THIS COUNTRY

SATURDAY, MAY 23, 2015

10:00 AM TO 2:00 PM

MEMORIAL DAY TRIBUTE AT 11:00 AM

- ★ VETERAN'S BENEFITS AND SERVICES
- ★ LIVE MUSIC; FOOD VENDORS; CHILDREN'S AREA
- ★ FREE HAIRCUTS; MANICURES; IMMUNIZATIONS AND HEALTH SCREENINGS
- ★ VINTAGE AIRCRAFT FLYOVER AND SKYDIVERS
- ★ WALL OF REMEMBRANCE-
BRING A VETERAN'S PHOTO TO DISPLAY

FREE ADMISSION & PARKING



ARCADIA COUNTY PARK
405 S. SANTA ANITA AVENUE, ARCADIA

FOR MORE INFORMATION CALL: 909-394-2264

EVENT SPONSORS:



Foothill Transit

RETIREES

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PUBLIC SOCIAL SERVICES: Emma J. Cobb, Clarice V. Cook, Fernando Merida, Stefan R. Oprisan, Evelyn J. Taylor, Mel L. Woon, Rose Alva Yuman

PUBLIC WORKS: Raul Field-Escandon, Victor M. Nepomuceno

REGISTRAR-RECORDER/COUNTY CLERK: Serafin G. Ednalino

SHERIFF: Denise L. Barry, Alan L. Bash, Marcus Friedemann, Patricia A. Guy Clarke, Aasia Kinney, Becky L. Martin, Amabel P. Patricio, Michael Rubacha, William J. Sheerin, Christine M. Sweeney, Stephen D. Vaughan, Robert A. Webber, Glen T. Williams,

SUPERIOR COURT: Kalista Raphael



March of Dimes Tote Bag

Only \$5



Proceeds benefit the 2015 March of Dimes Campaign. Deadline to purchase is Tuesday, June 23, 2015. For more information, contact workplaceprograms@ceo.lacounty.gov.

Public Library Announces 'lynda.com' Launch

The County of Los Angeles Public Library is proud to announce that all library card users now have access to lynda.com, an innovative online learning source designed to help users achieve their personal goals or improve their professional marketability by offering top-quality business, software, technology, and creative skills courses.

“All you need is a County Public Library card and PIN to access lynda.com’s vast collection of courses,” said County Librarian Margaret Donnellan Todd. “Our patrons can take an unlimited number of lynda.com classes with 24-7 access on their computer or smartphone. It’s an especially useful tool because customers can learn at their own pace.”

Courses offered via lynda.com are taught by accomplished teachers and recognized industry experts and cover a wide range of subjects including photography, animation, business, music, web development, software, and project management. Classes range in level from beginner to advanced.

Lynda.com is renowned for its user-friendly format. Users browse the coursework video library and organize classes that interest them into personalized categories called “playlists”. The site clearly displays the duration of each video and how far users have progressed in viewing it. Lynda.com also keeps track of completed coursework and offers certificates of completion.

Rideshare L.A. County!

from the CEO/Office of Workplace Programs

Our air quality is improving and that is due to the efforts of people like you. We still have more work to do and everyone who participates in ridesharing is improving the quality of our air every time they do it. Whether it’s riding the Metrolink or vanpooling to work, ridesharing is a sure way to improve our air quality while saving time and saving money. Earth Day is just around the corner and ridesharing can be one way you can contribute to the environment. Take pride and share the ride.



Avoid Scholarship Scams

Your First College Lesson

College is expensive. Getting a scholarship can help students manage the high costs of higher education. Searching for scholarships can be difficult and confusing, and your search might make you vulnerable to scams.

Here are some scholarship scams the Department of Consumer and Business Affairs (DCBA) wants you to avoid:

The scholarship prize (if you pay first): This scam tells you that you've won a college scholarship, but requires you to pay a fee or taxes first. Real scholarships don't require you to pay upfront.

The "guaranteed" service: Beware of scholarship-matching services that guarantee you'll win a scholarship. No legitimate scholarship sponsor will guarantee you'll win an award.

Warning signs that might indicate fraud:

"Everybody is eligible": No, they're not. Scholarship sponsors look for candidates who best match a certain criteria.

The "unclaimed scholarships" myth: Some say millions of dollars for scholarships go unused each year because students don't know where to apply. Not true. There's no such thing as an unclaimed scholarship.

"We apply on your behalf": To win a scholarship, you must do the work. Be cautious of any scholarship service that claims to do all the work for you.

Protect yourself from becoming a victim. How?

- Get an independent opinion from a trusted source, such as a financial aid administrator, guidance counselor, or librarian.
- Get all offers guaranteed in writing.
- Don't respond to unsolicited offers.

For more on scholarship scams, read our full consumer news article at DCBA's website, <http://dcba.lacounty.gov>. You can also reach DCBA at (800) 593-8222.

Veterans Resource Center Opens in Lancaster

As the men and women of our Armed Forces return home from duty, the County of Los Angeles Public Library is committed to helping them transition successfully back to civilian life. That is why we recently began a partnership with the California Department of Veterans Affairs (CalVet) to implement "Veterans Connect @ The Library" on a local level by opening the Veterans Resource Center in Lancaster – a pilot project that ideally will be expanded Countywide.

"Our goal is to connect veterans to any public benefits or services to which they are eligible," said County Librarian Margaret Donnellan Todd. "Customer service is a major priority here. Anyone utilizing the Veterans Resource Center will receive on-site help from trained volunteers well-versed in navigating the veterans' benefits system."

The Veterans Resource Center provides free access to laptops and printers so veterans can easily complete online applications and do internet research. It also includes a circulating collection of books and DVDs of special interest to veterans and their families, as well as free informational brochures and booklets from CalVet.

Veterans Connect @ The Library is an endeavor spearheaded by the State of California to increase registration of veterans into the CalVet Reintegration System; to increase California veteran claims; and to provide veterans and their families with benefits, local services information, and referrals to organizations serving them – especially local County service offices, CalVet, and the Federal VA.

The Veterans Resource Center is funded by a grant supported by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, and administered in California by the State Librarian.

Go to <http://calibrariesforveterans.org> for more information.

WeTip
WELFARE FRAUD
1 (800) 87-FRAUD