



Grand Park's Playground Delights Kids of All Ages



Photo: Javier Guillen

Reflecting the heart of the community and meeting its needs is an important part of the mission that The Music Center has created for Grand Park. Now, visiting Grand Park is even more exciting for kids with the opening of the park's new children's playground, a one-of-a-

kind play area created expressly for use by young children and their families. Developed at the behest of former Los Angeles County Supervisor Gloria Molina and supported by First 5 LA, the playground complements the highly popular "splash pad" in the park's iconic fountain. Together, these kid-friendly features meet the needs of the more than 1,500 families with young children who visit Grand Park each weekend. Leveraging public and private resources, the play area was funded by a \$500,000 grant from First 5 LA and \$500,000 from Supervisor Molina through funds from Proposition A/Los Angeles County Regional Park and Open District.

Located in the park between Broadway and Spring Street, the innovative playground has the feel of a fanciful forest with a large play surface and a number of interactive features. Designed by Rios Clementi Hale Studios, the original architect of Grand Park, under the direction of Supervisor Molina and The Music Center, the playground was cleverly planned to fit naturally into the look and feel of the park. Features include a custom 20-foot-high tree house with a four-foot-tall roller slide and a 12-foot-tall tube slide. The tree house gives children a "kids-eye-view" of the park and the surrounding cityscape. The floor of the playground is

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Share Your Heart Share Your Home



Become a Foster/Adoptive Parent

LOVE, that four-letter word that inspires poetry and songs, brings smiles to people's faces and has the power to heal wounds and change lives, is celebrated every February. Some say "love is all you need." This February, let's bring a little love to a waiting child, by finding a forever family for little Alexis.



Photo: Pam Nelson

Through no fault of her own, Alexis, eight, has been in foster care for some time. Sadly, she does not have any family connections and is hoping to find a family who can provide her with a home and the unconditional love and care she deserves. With bright blue eyes, a generous dose of adorable freckles, and stunning red hair, Alexis is truly a standout in the crowd. She shares her sweet smile freely and, as you can see (on page 4), is very gentle and loving with animals. Her favorite part of this photo shoot was getting to hug a chicken, a turkey, and even a cow. Alexis lights up around animals and announced that someday she would love to live on a farm. She did say if



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CALENDAR OF EVENTS

Los Angeles County Museum of Art

(323) 857-6010

www.lacma.org

- Through April 5 – Christine Corday: Protoist Series, Selected Forms
- Through April 12 – Thomas Demand: Pacific Sun
- Through April 26 – German Cinema in the 1920s
- Through June 7 – Nature and the American Vision: The Hudson River School
- Through June 13 – Bari Kumar: Remembering the Future (at the Charles White Elementary)
- Through July 4 – Lens Work: Celebrating LACMA’s Experimental Photography at 50
- Through July 26 – The Language of Xu Bing

Center Theatre Group

(213) 628-2772

www.centertheatregroup.org

Ahmanson Theatre

- Through March 15 – Dame Edna’s Glorious Goodbye: The Farewell Tour
- March 17 through April 26 – Rodgers & Hammerstein’s Cinderella

Kirk Douglas Theatre

- Through March 1 – Chavez Ravine: An L.A. Revival

Mark Taper Forum

- Through March 22 – The Price

Dorothy Chandler Pavilion

- Through March 1 – The Ghosts of Versailles
- March 8 through March 22 – The Barber of Seville

Walt Disney Concert Hall

- Through February 21 – Chinese New Year: From Tchaikovsky to Tan Dun
- March 5 through March 8 – Dudamel & Mahler 6
- March 15 – Murray Perahia in Recital

Grand Park

www.grandparkla.org

- Every Wednesday and Thursday – Lunch A La Park
- Every 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/>



health talk



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

Don't Cave In To Cavities

Every parent wants their children to have a set of pearly whites. However, children may develop many problems with oral health. Visiting the dentist twice a year will help reduce and identify common problems like cavities, temporomandibular joint (TMJ) disorders, and overbite disorders early.

Cavities

The human mouth is full of bacteria (more than a cat or dog's mouth). In fact, a human bite is more likely to be infected than a similar cat or dog bite.

Cavities are holes caused by the breakdown of teeth from the acid formed by mouth bacteria. Teeth are naturally protected from cavities by a hard surface (enamel) and saliva. When food stays in the mouth too long, bacteria grow on the food and break it into acids, which erode the teeth.

To eliminate food and bacteria from the mouth:

1. Brush at least twice daily. Sing a song in your head or watch a video. Brush until song or video ends.
2. Replace the toothbrush every 3 to 4 months. Sooner if bristles are frayed.
3. Floss daily, or when there is something between the teeth.
4. Drink fluoridated water. Municipal water is fluoridated.

Why do we care about baby teeth if they fall out?

1. Baby teeth are necessary to chew with.
2. Strong, healthy teeth are needed for speech development.
3. Baby teeth hold space for adult teeth growing underneath the gums.
4. Baby tooth decay could lead to a higher risk of adult tooth decay.
5. A healthy smile is important for a child's self-esteem.

Temporomandibular Joint Disorders

The temporomandibular joint connects the jaw to the skull—for talking, chewing, and yawning. TMJ disorders may cause tenderness around the jaw, difficulty with jaw opening, swelling on the side of the face, and a popping noise when chewing.

Causes:

1. Tooth grinding, which places unnecessary pressure on the jaw.
2. Arthritis in the TMJ.
3. Stress, causing tightened face and jaw muscles.

Overbite

A common condition in which the upper teeth extend forward and cover the bottom teeth. Most cases are not serious enough for intervention. An American anthropologist has proposed a theory that the human overbite first emerged 250 years ago as a result of the adoption of the table knife and fork.

Causes:

1. Heredity: You can inherit an overbite just as you inherit your parents' eye color.
2. Poor chewing may push upper teeth out farther.
3. Sucking on fingers, leading to distorted facial structure.

If you are concerned your child may have one or more of these conditions, contact a dentist.

Black History Month Celebration

Mayor Michael D. Antonovich has invited the County family to the annual observance of Black History Month on Thursday, February 26, 2015, in the Board Hearing Room 381-B, Kenneth Hahn Hall of Administration in downtown Los Angeles.

“A Century of Black Life, History & Culture” is the theme. Festivities begin at 11:30 a.m. and continue to 1 p.m. Professor Ron Brewington, Santa Monica City College, will be the Master of Ceremonies. The celebration is open to the public free of charge.

“The annual observance of Black History Month is an effective way of sharing the rich heritage of African Americans,” said Mayor Antonovich.

Honorees will be Patricia Williams, owner of 14 McDonald's franchises in the County, and D. Channsin Berry, producer-director.

DHR's Wellness Corner

Bringing you inspiration from around the County

Finding My Way Back to Health and Fitness

By Rosanna Franco (Department of Human Resources)

Over the years while raising a family and working full-time, I had let my healthy habits slip away one by one. I used to be motivated and fit. After a health crisis, I decided it was time to take control of my life again. At the beginning of 2014, I purchased a stationary bike to get started. Although it took a while to get going (six months!), I finally jumped on that bike and began riding five to six miles, three or four times a week. I found my energy level was increasing, and I started craving healthier foods. I concentrated on limiting my red meat and carbohydrate intake and eating more fruits and vegetables. In no time at all, I was peddling 10 to 12 miles, four times a week, and the weight began to drop off. In five months, I dropped 16 pounds...and almost two sizes! My biggest cheerleader was my 18-year-old son, Emilio, who wanted his mom healthy and feeling well again. We started hiking on the weekends in Azusa Canyon and discovered that we really enjoyed spending more time together and that hiking was the perfect exercise for catching up on our busy lives. We have become closer, thanks to taking this new path to fitness together.



The holidays hit, and I was really worried about staying on course, so I decided to use this time to stabilize my weight and concentrate on not gaining. I wanted to enjoy my favorite holiday foods and activities without guilt. I learned to indulge periodically instead of all the time and managed not to gain an ounce during that time period. Now that the New Year has begun, I decided it was time to recommit to losing the rest of the weight. I am grateful that the Greatest Loser contest is here to help. I have formed a team with my coworkers to inspire each other to work together toward this goal. My advice to you? Life sometimes gets in the way of your best intentions, so make sure you have a good support group, like my son, Emilio, and my coworkers, and you will find anything is possible!

ALEXIS

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she couldn't live on a farm, she wouldn't mind living with a family who has a dog or two (or three)! Alexis will need help accessing supportive therapeutic services wherever she lives. More than anything, Alexis can use a regular dose of good old fashioned LOVE!

Help this little girl find the family she deserves.

Make it your mission to share her picture with others or better yet pick up the phone and find a way to get involved. Call (888) 811-1121. It really is that simple.



Photo: Pam Nelson



PLAYGROUND

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a soft play surface resembling a forest floor with larger-than-life shapes in a variety of nature-inspired colors. Seven berms ranging from one to four feet tall have added features, such as rock-climbing handles, a rope climber and a tunnel constructed from a reclaimed storm drain pipe. Several curved benches situated inside the playground provide comfortable seating for parents and caregivers while observing their children. Three outdoor xylophones allow kids to make a bit of music as they play. Leaf-shaped signage adorns the 3.5-foot-tall fence with the words "Let's Play" translated into the 25 languages that are found on Los Angeles County voter registration materials.



Photo: Javier Guillen

Youth Self-Sufficiency Project

Helping Connect Former DCFS/Probation Foster Care Youth to Social Services



Representing the team that contributed to the success of the recent “Youth Self-Sufficiency” (YSS) Pomona Pilot Project, the Department of Public Social Services (DPSS) GAIN Program Policy Manager/Los Angeles County Linkages Coordinator, Gloria Rojas-Jakini, received a scroll from Supervisor Don Knabe in recognition of the Pilot Project.

DPSS, in collaboration with the Department of Children and Family Services (DCFS) and other agencies, launched the YSS Pomona Pilot in October 2013. The pilot project’s goal was to assist current and former DCFS/Probation Foster Care Youth in maximizing their opportunities to become self-sufficient.

YSS helped to connect the youth with DPSS services, including CalFresh, Health Care/Medi-Cal, subsidized employment and/or cash assistance programs. As of June 30, 2014, the project successfully exceeded its goals, referring youth to much needed DPSS services, including placing the youth in subsidized employment programs and internships at the L.A. County Department of Public Works.

To accomplish this goal, a team of dedicated individuals from both DPSS and DCFS assisted with referrals, tracking, and follow-ups to ensure the referred youth were properly assisted and, most importantly, counseled and motivated the youth to participate. This achievement was made possible due to the dedication and skillfulness of Mario Rodriguez, the South Bay Workforce Investment Board Job Specialist, who worked directly with the youth and employers to place the youth in jobs.



Quality and Productivity Commission Productivity Investment Fund

The Productivity Investment Fund provides grants and loans to departments for creative and innovative projects that:

- improve service delivery,
- improve efficiency of operations, or
- generate cost savings.

The Commission accepts proposals quarterly. The upcoming proposal dates are:

April 10, 2015
July 10, 2015
October 9, 2015

For further information, visit <http://qpc.co.la.ca.us> or call (213) 974-1390.

County of Los Angeles City Terrace Public Library Wins “Best Documentary” Prize

The County of Los Angeles Library Department announced with great pride that “Surrounded by Art: The Murals of City Terrace” – a 12-minute documentary filmed and edited by students from the City Terrace Public Library as part of the Mobile Film Classroom program series – won the Best Documentary award at the 2014 International Family Film Festival YouthFest in the 14-17 Years Class category. The documentary chronicles how Eastside muralists felt compelled to transform their urban community into one where local residents were surrounded by art in their everyday lives.

The film features vibrant murals decorating the unincorporated East Los Angeles neighborhood of City Terrace and opens with teens on a local mural tour hosted by Daniel Hernandez, Chicano Resource Center Librarian. The documentary also presents an especially compelling and insightful interview with muralist Willie Heron III about his piece “The Wall that Cracked Open”. Painted in 1972 after the near-fatal stabbing of his brother, Herron describes the mural as “a protest against gang warfare and revenge”.

“This award highlights how programming at County Public Libraries enriches local youth by helping them chronicle the history of their own neighborhood,” said County Librarian Margaret Donnellan Todd. “Hopefully as the Mobile Film Classroom travels from region to region, teens in various parts of Los Angeles County will tell their own stories of their own neighborhoods, through their own perspectives.”

“Surrounded by Art: The Murals of City Terrace” was produced by Manon Danta of Los Angeles in conjunction with the Mobile Film Classroom, a digital media production studio-on-wheels which helps bridge the Digital Divide by providing instruction to at-risk and under-served youth, providing a bridge from early cinema to modern film making using digital media tools. To learn more, go to <http://mobilefilmclassroom.org/>.

For more information on Library arts, cultural, and educational programs, visit us at <http://www.colapublib.org>.

Love your Pets; Spay/Neuter Them

♥ Spaying your female pet early will help promote a healthier life for her by drastically decreasing uterine infections and breast cancer, which is fatal in about 50 percent of dogs and 90 percent of cats.

♥ Good for the community; spay/neutering your pet is monumental in reducing the number of stray roaming animals who can be prone to damaging property and endangering you and your loved ones.



♥ Neutering your male pet before six months will prevent testicular cancer and remove the urge to escape your property to mate (which may cause injury to him or others.)

♥ Neutered males will be much better behaved. Many aggression problems can be avoided by early neutering.

Millions of animals go homeless every year; you can help drastically reduce that number by spaying or neutering your pet.



For questions on adoptions, low-cost vaccinations, and donations, please visit us at:

www.animalcare.lacounty.gov



Measles in California

A Reminder of the Importance of Vaccination

We've all been hearing a lot about measles in the news lately. Between late December 2014 and February 1, 2015, the California Department of Public Health has reported nearly 100 cases of measles in the state, due to a measles exposure at the Disneyland Adventure Parks in Anaheim. The Los Angeles County Department of Public Health (DPH) has confirmed 21 cases of measles in the County, while 13 other states and Mexico have also reported cases connected to the Disneyland exposure. DPH has been working diligently to control the outbreak by identifying those who may have been exposed and ensuring the implementation of critical interventions.

What is measles and how can I get it?

Measles is a serious disease that spreads very easily in people who have never been exposed to the virus or the measles vaccine. The good news is that it can be prevented by getting the measles-mumps-rubella vaccine (MMR). The measles virus lives in the nose and throat and spreads easily through the air when a sick person coughs or sneezes. The virus can also stay in the air and on surfaces for hours after the infected person has left. Ninety percent of the time, an unvaccinated person who comes into close contact with a person sick with measles will get sick.

Public Health's vaccination efforts have been so effective that measles was declared eliminated from the US in 2000. Generally, vaccination rates in L.A. County have been high enough to prevent people from getting and spreading diseases, like measles. But, a growing number of parents have decided not to vaccinate their children due to personal beliefs and as a result, the level of immunity that's needed to create community-wide protection is decreasing.

Protect yourself, your family, and your community.

Getting vaccinated is the best way to keep from getting and spreading measles. People born in 1957 or later should get the MMR vaccine if they haven't had 2 doses of the vaccine or don't know if they've ever had the MMR vaccine. You can get the MMR vaccine from your doctor, at some pharmacies, or at a clinic offering no or low-cost vaccinations. Call 211 or visit www.publichealth.lacounty.gov/ip to find a nearby clinic.

What to do if you think you've been exposed.

Call your doctor if you think you have had contact with a person sick with the measles or have measles symptoms. And be sure to also call before going to an urgent care center or an Emergency Department, so they can take steps to prevent the spread of measles in waiting rooms.

Measles Symptoms

- High fever
- Cough
- Red, watery eyes
- Runny nose
- A rash that starts on the face and spreads to the rest of the body

Visit <http://publichealth.lacounty.gov/media/measles/index.htm> for updated information.

For more information about measles:

L.A. County Department of Public Health

<http://publichealth.lacounty.gov/media/measles/index.htm>

California Department of Public Health

<http://www.cdph.ca.gov/HealthInfo/discond/Pages/Measles.aspx>

Centers for Disease Control and Prevention

www.cdc.gov/measles/index.html



Save the Date: Public Health Expo 2015

“Kick Start A Healthier You!” and Countywide Fitness Challenge Kick-Off

Tuesday, April 7, 2015

11 a.m. to 2 p.m.

Grand Park

(200 N. Grand Avenue, Los Angeles 90012)

Activities include: free massages and health assessments, free prizes, pet adoption, zumba, and self-defense

“Kick Start A Healthier You!”

Saturday, April 11, 2015

10 a.m. to 3 p.m.

El Pueblo de Los Angeles Historical Monument aka Olvera Street

(125 Paseo de la Plaza, Los Angeles 90012)

Activities include: free health screenings, dental, vision, blood sugar, cholesterol, and more; free giveaways; and live performances

Healthy Pet Expo

Saturday, April 18, 2015

10 a.m. to 3 p.m.

Whittier Narrows Regional Park (750 S. Santa Anita Avenue, South El Monte 91733)

Activities include: free or low-cost services such as pet vaccinations, pet adoption, pet health education, pet ID tags, pet emergency preparedness, dog training, and more

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:

50+ Years

HEALTH SERVICES: Carolyn Ellis

45+ Years

CHILD SUPPORT SERVICES: Louella Tibbs
HEALTH SERVICES: Micaela Castillo Adams
PUBLIC SOCIAL SERVICES: Jeanette Gardner, Annie R. Harding

40+ Years

BOARD OF SUPERVISORS: Julie E. Zalace
CHILDREN & FAMILY SERVICES: Sheila A. Jackson, Phyllis W. Wilcher
CHILD SUPPORT SERVICES: Flory M. Diaz
HEALTH SERVICES: Diane Bangar, Enrique Diaz, Rinelle Jones, Charles M. Mehringer, Kathleen G. Stewart, Judith R. Trunell, Lynette C. Wilhite
INTERNAL SERVICES: Ernestine Hicks
PUBLIC HEALTH: Thelma B. Hayes, Michael H. Stephens, Joycelyn T. Whiten
PUBLIC SOCIAL SERVICES: Trudy Bonfiglio, Patricia Johnson, Joan R. Lett, Kay O. Perry
REGISTRAR-RECORDER/COUNTY CLERK: Patricia Dozier, Cristina Ortiz
PUBLIC WORKS: Carlos F. Faraldo
SHERIFF: Terri R. Davis, Dana K. Duncan, Velia Garcia, Toni G. Veltri
SUPERIOR COURT: Linda A. Biche, Shirley A. Jett

35+ Years

ASSESSOR: Robert M. Opsasnick
CHIEF EXECUTIVE OFFICE: Carlos E. Marquez
CHILDREN & FAMILY SERVICES: Dascha Y. Brooks, Cynthia Shed Long
COMMUNITY & SENIOR SERVICES: Mary L. Calhoun, Geraldo J. Rodriguez
COUNTY COUNSEL: George E. Hunter II, Queenie C. Tse
DISTRICT ATTORNEY: Peter K. Purmalis, Carolyn M. Davison, Patricia H. Horikawa, Wayne T. Sato
HEALTH SERVICES: Maria G. Alvarez, Todd W. Bowers, Rothy L. Drone, Jesusa A. Flores, Lo Nella J. Garrison,

Carmella Glezer, Lee E. Harris, Efrentitio Magsino, Edward Norment, Mary L. Nowland, Gwendolyne Paraguya, Felicia Y. Porraz, Benjamin Sosa, Ida L. Vasquez

INTERNAL SERVICES: Jose V. Franco, Heung E. Kim, John Y. Lee, Anthony E. Walker

MENTAL HEALTH: Christine R. Arismendez, Maximo H. Nunez

PUBLIC DEFENDER: Michelle J. Silverman

PUBLIC HEALTH: Sandra L. Luckey, Gloria A. Price

PUBLIC SOCIAL SERVICES: Carrie E. Clayton, La Tanya M. McGlothen

PUBLIC WORKS: George A. Ellis, Michael A. Montgomery

SHERIFF: Ben W. Liu, Charles M. Lueder

SUPERIOR COURT: Elaine M. Alaoglu

TREASURER & TAX COLLECTOR: Robert Waters

30+ Years

AGRICULTURAL COMMISSIONER/WEIGHTS & MEASURES: Randall C. Hamashita, Grigor Manasserian
ASSESSOR: Shirley J. Hunt

CHIEF EXECUTIVE OFFICE: Dora Franco

CHILD SUPPORT SERVICES: Lydia Heredia

COMMUNITY & SENIOR SERVICES: Alfredo Vasquez

COUNTY COUNSEL: Erlinda P. Schneider

DISTRICT ATTORNEY: James R. Kimmel

HEALTH SERVICES: Honorata B. Albano, Zosimo Ambros, Rosaline W. Cheng, Sonya S. Constantino, Romana C. Perez, Amarjeet Randhawa, Sandra J. Ray, Celerina M. Salary, Will Wade Jr., Victoria Wortham

LACERA: Apolinario P. Magsino

MENTAL HEALTH: Mary S. Garcia-Davis

PARKS & RECREATION: Ralph L. Searcy

PUBLIC HEALTH: Yen T. Nguyen, Sylvia C. Pianowski, Joe A. Ramirez

PUBLIC SOCIAL SERVICES: Donna Castillo, Pauline M. Chan, Naomi Garza, John D. Lujan

PUBLIC WORKS: Michael Long

SHERIFF: Nicholas A. Acosta, Charles R. Brooks, Mark E. Brooks, Michael D. Cofield, Gary A. Colombero, Arturo A. Flores, Donald R. Georgiades, Frederick M. Haemker, Victor G. Ibarra, Brian C. Jones, Cory A. Kennedy, Christopher M. Knox, Gary D. Laws, Larry D. Lewis, Wayne D. Liberator, Richard P. Lucas, John W. Mack, Timothy P. Martinez, Viola M. Moreno, Biran H. Oblander, Gerald V. Pillen, Richard J. Ramirez, David T. Rozas, Jay A. Sevoian, Carrie A. Stuart, Mark D. Wedel, Mark J. Weiss

SUPERIOR COURT: Janice A. Corradi, Celestine M. McDowell

25+ Years

ASSESSOR: Juliet D. Apfel, Elsa Hendricks, Li F. Hendrickson, Danilo M. San Pedro

CHILDREN & FAMILY SERVICES: Maria Bustamante, Jahchurl Chen, Jeffrey D. Dorsey, Florence R. Finney, Ruth M. Horne, Linda R. Smaul, Meryl F. Spitzer

DISTRICT ATTORNEY: Cheri Lewis, Carol L. Rose

HEALTH SERVICES: Irma L. Aguel, Maria G. Alcantar, Beatrice Bell, Michael F. Catello, Leticia Cruz, Harvey D. Link, Eleanor R. Lopez, Yolanda Lopez, Jonnie M. Nicholson, Debra K. Ricks-Jackson, Sandra C. Sasso, Bella Valente, Zoila F. Vasquez, Barbara McHenry

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LACERA: Masoud A. Mikhail

MENTAL HEALTH: Sharon Carlson, Camelia Y. Elias, Rocio R. Gonzalez

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PARKS & RECREATION: John S. Ragsdale, Andrew Henry, Anthony Withers

PUBLIC DEFENDER: Leslie L. Allenby, Linda K. Tonai

PUBLIC HEALTH: Alicia M. Burrola, La Tonia Johnson, Yvonne R. Williams

PUBLIC LIBRARY: Tina R. Carwile, Jackie L. Marshack, Alice J. Medina

PUBLIC SOCIAL SERVICES: Sri P. Adi, SR., Santiago Ballesteros, Rocio Ruth Berrospe, Pamela Elliott, Cesar A. Lopez, Juan G. Palma, Hilda Perdomo, Manouk Pezeshkian, Lina Ramirez, Chanty Ross, Patricia A. Ventress, Charlotte Watkins

PUBLIC WORKS: Charles Dutton, Magdy El-Shwahyk, Guita Sheikholeslami, William Spungin, Michael T. Tjan

SHERIFF: Karen A. Bandy, Joseph J. Dilisio, David A. Godfrey, Antonio J. Gonzalez, David R. Hall, David W. Kerr, Anthony N. Lazo, Douglas J. Lloyd, Ruby K. Munshi, Stephanie E. Patterson, Kelly L. Payne, William M. Spear, Gary A. Stairs, David E. Swanson

SUPERIOR COURT: Sylvia P. Balich, Linda K. Swartz

TREASURER & TAX COLLECTOR: Vivian B. Akinlude



Nate's Lot

Last month, members of the Los Angeles County Board of Supervisors, along with ISD Parking staff, joined long-time County employee Nate Boone and his family to dedicate Auto Park Lot 22 in his honor.

Now known as “Nate’s Lot,” Boone has served as the parking lot attendant in Lot 22 for 43 years and counting. The parking lot serves as a reserved area for Board of Supervisors guests, VIPs, and dignitaries. Boone is the first person they meet when they come to visit the Kenneth Hahn Hall of Administration.

“There are a lot of clichés about first impressions,” said Supervisor Don Knabe. “What I know about them is that there isn’t anyone I would rather have as our first impression than Nate. He is friendly, respectful, and we hope he continues working in ‘Nate’s Lot’ for another 43 years!”

In November 2014, the Board of Supervisors unanimously approved Supervisor Knabe’s motion to rename County Auto Park 22 as “Nate’s Lot.”

WeTip
WELFARE FRAUD
1 (800) 87-FRAUD



The Department of Consumer and Business Affairs

New Name, Expanded Services

The Department of Consumer Affairs has always been dedicated to making the County of Los Angeles a better place to live, shop, and do business. That has remained unchanged for nearly 40 years.

On February 23, 2015, there will be a significant change to our department. We will be changing our name to represent our expanded services.

We are proud to reintroduce ourselves as the **Department of Consumer and Business Affairs**.

Our new name continues to represent our dedication to the department's on-going mission:

"To promote a fair and vibrant marketplace, we serve consumers, businesses, and communities through education, advocacy, and complaint resolution."

We are proud to be L.A. County's local, go-to resource for consumers. Now, we will also strive to become L.A. County's go-to resource for small business owners.

Our department now includes a new Small Business Assistance Center as we welcome the staff from the County's Office of Small Business. The County's Small Business assistance will expand beyond certifying local small businesses and will now include helping those who wish to start a small business in Los Angeles County.

Please contact the **Department of Consumer and Business Affairs** if you own a small business in L.A. County and want to learn more about our programs or if you are starting a small business in unincorporated L.A. County and need some help.

For consumers, it's business as usual. We will continue to accept consumer complaints, mediate disputes, provide Small Claims Court advice and provide the top-notch customer service you have come to expect from our department.

You can find out more about the **Department of Consumer and Business Affairs** and all of our services at our new website dcbalacounty.gov that will be launching later this month.

American Heart Month

from the American Heart Association

An estimated 80 million adults in the U.S. have high blood pressure, but less than half of the people treated for high blood pressure have it under control.

According to the American Heart Association, people should aim for a blood pressure reading of less than 120/80 mm Hg. By managing your blood pressure, you can lower your risk of heart disease, stroke, and even death.

Here are some tips:

- **Check your blood pressure.** Regularly check your blood pressure at home or with your doctor, pharmacy or fitness center, and set goals with your doctor to get it to a healthy range.
- **Track your blood pressure.** Use Heart360 or a printable tracker to log your blood pressure readings, medications and more.
- **Reduce your risks.** Learn more about the eight main ways to control your blood pressure and talk to your doctor about necessary lifestyle modifications and potential barriers to improving your health.

Learn more at www.heart.org/hbp.



Rideshare L.A. County!

from the CEO/ Office of Workplace Programs

If you don't love Rideshare now, you will after you see how much money you can save compared to driving alone. If you drive alone to work on a 30-mile commute one way, you are spending about \$746 a month if you drive a vehicle with a 20 mpg rating. That equals about \$8,950 a year. If you commute with three other people instead of driving alone, you'll save about \$6,720 a year or \$560 a month. The more people who share the ride with you, the more you save. With three others, you can save enough to take a romantic trip next year. Take pride and share the ride. Check out www.rideshare.lacounty.gov.