



SEPTEMBER 2016

COUNTY OF LOS ANGELES

# Lori Glasgow

*Executive Officer - Board of Supervisors*



Lori Glasgow, a native of Los Angeles, was appointed Executive Officer – Board of Supervisors on March 1, 2016. She is responsible for all operations of the Executive Office, from short and long-term strategic planning, personnel, budget and preparation of the agenda for Board meetings, to a wide range of administrative functions within policy guidelines adopted by the Board.

Glasgow’s oversight responsibilities encompass the Assessment Appeals Board, Information Systems Advisory Body, County Equity Oversight Panel, Office of the Inspector General, as well as numerous citizen advisory boards created by the Board of Supervisors.

She also appoints all employees of the department, implements change through her managers, and evaluates programs and services that have an organization-wide impact.

Glasgow brings to the position more than 34 years of public administration experience at both the local and state levels of government. Prior to her most recent appointment, she served for 17 years as a member of the Senior Executive Team in the Office of Supervisor Michael D. Antonovich (Fifth District). She managed all operations of the Fifth District Board Office, and served as the Justice and Public Safety Deputy from 1991 to 1998.

While with the Supervisor’s office, she collaborated with County executives, managers, union officials, state and federal representatives, community leaders and other stakeholders on many issues of importance. Glasgow evaluated and recommended candidates for executive positions, testified before State Legislative and Congressional subcommittees on County issues, and oversaw all aspects of the budget, including policy development and appropriation.

She has taught more than 40 classes in public and business administration at the University of Southern California (USC) Sol Price School of Planning and Public Policy, California State University at Long Beach, the University of La Verne, and the University of Nevada, Las Vegas.

Glasgow earned a Bachelor of Arts degree in social ecology from the University of California, Irvine and a Masters and Doctoral degree in Public Administration from the University of Southern California. She also studied international relations at the University of London - School of Economics.

Calendar of Events.....	2
Back to School/Rideshare L.A. County.....	3
Fall for Forsythe/Chat with Skye.....	4
Working for You/Enroll on Your Smartphone.....	5

## HIGHLIGHTS

Volume 48 Issue 9

Ask Dr. Jones/JAM Sessions at the Ford.....	6
DHR's Wellness Corner/CERT Training.....	7
Cyber Security Awareness Event.....	8
Retirees.....	9

# Calendar of Events

## Los Angeles County Museum of Art

(323) 857-6010

[www.lacma.org](http://www.lacma.org)

Through January 2 – The Serial Impulse at Gemini G.E.L.

Through January 2 – Toba Khedoori

## Ford Theatres

(323) 461-3673

[www.fordtheatres.org](http://www.fordtheatres.org)

September 30 – After it Happened by Invertigo Dance Theatre

October 1 – Chester Whitmore: Lord of the Swing

October 2 – Angel City Jazz Festival - Inside Out

October 3 – JAM Session: Celtic Dance

October 7 – The ICELAND Concert by Overtone Industries

October 8 – An Evening with Martin Nievera by PAE Live!

October 10 – JAM Session: Bollywood Dance

October 14 – L.A. Noir UnScripted by Impro Theatre

October 15 – 89.9 KCRW & Afro Funke' present Africa Rising

October 17 – JAM Session: Swing Dance

## The Music Center

(213) 972-7211

[www.themusiccenter.org](http://www.themusiccenter.org)

### Dorothy Chandler Pavilion

October 21 through 23 – Celebrate Forsythe

## Center Theatre Group

(213) 628-2772

[www.centertheatregroup.org](http://www.centertheatregroup.org)

### Ahmanson Theatre

Through October 16 – A View From the Bridge

### Kirk Douglas Theatre

Through October 2 – Throw Me on the Burnpile and Light Me Up

### Mark Taper Forum

Through October 16 – Ma Rainey's Black Bottom

## Grand Park

(213) 972-8080

[www.grandparkla.org](http://www.grandparkla.org)

October 2 – Make Your Mark in the Park

Every Tuesday, Wednesday and Friday – Lunchtime Food Trucks

Every Wednesday and Friday – Lunchtime Yoga Retreat

## Hollywood Bowl

(323) 850-2000

[www.hollywoodbowl.com](http://www.hollywoodbowl.com)

October 1 and 2 – Dolly Parton

October 5 – The Lumineers

October 10 – Dixie Chicks

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



### Members of the Board

#### Hilda L. Solis

Chair

First District

#### Mark Ridley-Thomas

Second District

#### Sheila Kuehl

Third District

#### Don Knabe

Fourth District

#### Michael D. Antonovich

Fifth District

**D | H | R**

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#### Carla D. Williams

Senior Human Resources Manager

#### John S. Mina

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

Check out the DIGEST at

<http://hr.lacounty.gov/county-digest/>



## Back to School

### What You Need to Know About Immunizations

It's the time of year again when many students prepare to go back to school. Get your child prepared for the new school year by speaking with your healthcare provider regarding required vaccinations. Staying up-to-date with recommended and student-required vaccinations protects your family and helps prevent the spread of vaccine-preventable diseases.

#### California School Immunization Requirements

New students or those heading back to school should note that proof of immunizations is required for school entry. All students, parents, faculty, and staff are also encouraged to get the annual flu vaccine that is available in late October. The following are required vaccines for each grade level:

#### Preschool

- DTaP (diphtheria, tetanus, and acellular pertussis)
- MMR (measles, mumps, and rubella)
- Hib (Haemophilus influenzae type b)
- Hepatitis B
- Varicella (chickenpox)
- Polio

#### Kindergarten

- DTaP
- MMR
- Hepatitis B
- Varicella
- Polio

#### 7th Grade

- Tdap (diphtheria, tetanus, and pertussis) Verification must be provided that the vaccine was given to the child on or after his/her 7th birthday.

#### College/University

- Immunization requirements for colleges and universities vary by institution. Guidelines for students may be found at <http://www.shotsforschool.org/college/>.

Under a new law known as Senate Bill (SB) 277, beginning July 1, 2016, exemptions based on personal beliefs, including religious beliefs, are no longer an option for the vaccines that are currently required for entry into child care or school in California. Most families will not be affected by the new law because their children have received all required vaccinations. Personal belief exemptions on file for a child already attending child care or school will remain valid until the child reaches the next immunization checkpoint at kindergarten (including transitional kindergarten) or 7th grade.

For more information about SB 277, check out <http://www.shotsforschool.org/laws/sb277faq/>. For more information about school immunization requirements and resources, please visit the California Department of Public Health's website at [www.shotsforschool.org](http://www.shotsforschool.org).

Residents are encouraged to contact their regular healthcare provider for vaccines. Many insurance plans will cover immunizations at no cost to the patient. People without health insurance or immunization coverage can call the L.A. County Information Line at 211 or visit the Department of Public Health Immunization Program website at <http://publichealth.lacounty.gov/ip/> for referrals to clinics that provide no-cost or low-cost vaccines. For more information, visit [www.publichealth.lacounty.gov](http://www.publichealth.lacounty.gov).

## Rideshare L.A. County!

### from Workplace Programs and Marketing

Did you know that you can connect from one end of Los Angeles to another without driving a car? It's true. From any Metro Rail station, you can get to places like Chatsworth, Culver City, Downtown Long Beach, Old Town Pasadena, and Universal Studios/City Walk.

For information on all Metro Light Rail stations, please visit [www.Metro.net](http://www.Metro.net). Metro Light Rail covers most of Los Angeles and is the perfect way to get around town. Taking Metro Light Rail is also an excellent way to get to work. You can walk, bike, or even carpool to a Metro Light Rail station near your home. Using one method of Ridesharing can eliminate hundreds of pounds of fuel emissions a year. But if you're creative and use more than one method, you can reduce your carbon footprint even more. Riding the Metro Light Rail is a great way to get around Los Angeles and also help the environment.

Take pride, share the ride.

## Fall for Forsythe

This fall, The Music Center is partnering with the Los Angeles County Museum of Art (LACMA) and the USC Glorya Kaufman School of Dance to present



*Dancers Riley Watts and Rauf Yasit perform Stelentstellen.*

*Fall for Forsythe*, a month-long celebration that pays tribute to the work of American-born and internationally recognized choreographer William Forsythe. A number of events and performances will invite audiences to understand dance as

a 21<sup>st</sup> century art form through the works of one of the world's most revered choreographers.

*Fall for Forsythe* begins September 29, 2016 with "Focus Forsythe: The Choreographer's Process," a showing and lecture at the Glorya Kaufman International Dance Center on the USC Campus. The Music Center follows suit with the opening of "Forsythe Designed: A Costume Exhibition." This intriguing display of costumes from a number of Forsythe's dance works will be featured at locations around The Music Center campus.

Students from the USC Glorya Kaufman School of Dance will join dancers Riley Watts and Rauf "Rubberlegz" Yasit in "Site-Specific Forsythe," performances of Forsythe's work at LACMA on October 15-16, 2016. The salute to Forsythe culminates at The Music Center's Dorothy Chandler Pavilion on October 21-23 with "Celebrate Forsythe." This distinctive dance engagement will feature performances by Houston Ballet, San Francisco Ballet, and Pacific Northwest Ballet, with each company performing one of the famed choreographer's significant works. The Music Center is offering all County employees a special 20% discount\* to the "Celebrate Forsythe" performances. Visit [musiccenter.org/forsythe](http://musiccenter.org/forsythe) and use the code 30688 when purchasing tickets.

*\*20% off valid for all performances in the following sections only: Main Orchestra, Front Orchestra Ring, Orchestra Ring and Main Founders. Other restrictions may apply. No refunds, cancellations or exchanges. Offer expires October 7, 2016 at 11:59 a.m.*

## Greater L.A. Heart Walk

- Pasadena/Rose Bowl – October 8
- Santa Clarita/Bridgeport Park – October 15
- Palmdale/Marie Kerr Park – November 5

For information, contact your Departmental Coordinator.



**Your  
Voice  
Your  
Library**

*Your Community*

Connect with your County Library Director  
to create the library of your dreams

Starting August 27, County Librarian Skye Patrick began holding weekly town-hall-styled open discussion sessions with local community members (except Labor Day weekend). The goal of these discussion sessions is to allow the community to voice their thoughts and concerns to better understand the communities' needs for local libraries. Information gathered through these discussion sessions will impact the future planning of County libraries.

In each session, the discussion will be live-streamed to two other locations to accommodate more participation from interested citizens. The remaining schedule is as listed below. We encourage you to drop by and join the conversation!

[September 10, 10am-12pm](#)

Norwalk Library

*Live streaming at Diamond Bar Library and Sorensen Library*

[September 17, 10am-12pm](#)

Lennox Library

*Live streaming at Culver City Julian Dixon Library and East Rancho Dominguez Library*

[September 24, 10am – 12pm](#)

Lancaster Library

*Live streaming at La Crescenta Library and Temple City Library*

[October 1, 10am-12pm](#)

East Los Angeles Library

*Live streaming at Claremont Library and Pico Rivera Library*

Please visit [colapublic.org/ChatWithSkye](http://colapublic.org/ChatWithSkye) for additional information.

## Working for You

### Department of Public Health

Protect yourself and your family from getting sick this summer from mosquito-borne diseases such as West Nile virus (WNV) and Zika virus. WNV can appear anywhere in Los Angeles County and is spread to people through the bite of an infected mosquito. WNV infections can be very severe, resulting in meningitis, paralysis and death – particularly in older adults and persons with weakened immune systems. Most people infected with WNV never become sick or have only very mild symptoms that include fever, headache, and body aches. Symptoms of WNV can appear three to 12 days after infection.

Although no locally transmitted cases of Zika have been reported in L.A. County, cases of Zika have been reported in returning travelers. Zika is spread to people mostly through mosquito bites of the Aedes mosquito. Infected men can also spread Zika to their sexual partners. The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting up to a week. Pregnant women should be particularly concerned as the Zika virus may cause birth defects. Because of this risk, pregnant women should avoid travel to areas with Zika. Pregnant women who plan to travel to an area of ongoing Zika transmission should talk with their doctor and should strictly follow precautions to avoid mosquito bites.

To prevent mosquito-borne diseases, there are things that all of us can do. This is especially important as mosquitos also spread dengue and chikungunya among humans, as well as heartworm among animals. Let's protect the health of people and pets by doing our part to eliminate mosquito breeding sites around our homes and prevent mosquito bites by doing the following:

- Protect yourself from mosquito bites, particularly at dawn and dusk when mosquitos are most likely to bite, and from June through October by:
  - o Avoiding mosquito-infested areas
  - o Wearing long-sleeved shirts and long pants when you are outdoors
  - o Applying repellents to keep mosquitos from biting that contain DEET, picaridin, IR3535, para-menthane-diol, or oil of eucalyptus
  - o Making sure doors and windows have tight-fitting screens to keep out mosquitoes
- Reduce mosquitos around your home and in your community
  - o Do not allow water to collect in old tires, flowerpots, pet bowls, or other containers
  - o Cover rain barrels

- o Keep swimming pools operating properly; drain water from pool covers
- o Stock garden ponds with mosquito-eating fish, which can be obtained for free from your Vector Control District
- o Empty and wash birdbaths and wading pools weekly

If you have additional questions about mosquitos, please call:

- Greater Los Angeles County Vector Control District (562) 944-9656
- Los Angeles County West Vector Control District (310) 915-7370
- San Gabriel Valley Mosquito and Vector Control District (626) 814-9466
- Antelope Valley Mosquito and Vector Control District (661) 942-2917
- Compton Creek Mosquito Abatement District (310) 933-5321
- Pasadena City Health Department (626) 744-6004
- City of Long Beach Vector Control Program (562) 570-4132

For more information, visit [www.publichealth.lacounty.gov](http://www.publichealth.lacounty.gov).

## #Easy #Quick – Enroll for Benefits on Your Tablet or Smartphone This Year



Most County employees enroll using their computers, although we have a few who prefer to use the telephone enrollment system, even though they have a smartphone. Now, get the best of both worlds by enrolling on

your smartphone or tablet this year! Use your phone's web browser to visit [mylacountybenefits.com](http://mylacountybenefits.com). This easy-to-use site is customized for mobile devices.

Our health plans also offer smartphone apps designed to provide you with a variety of services, including where to go for urgent care. For details, see your enrollment materials or visit your health plan's website.

WeTip

**WELFARE FRAUD**  
**1 (800) 87-FRAUD**



## Ask Dr. Carissa Jones, DVM

*Department of Animal Care and Control*

### Microchips, the How and Why

Let us provide a scenario: You come home from a long day at work to find your poodle “Princess” has gone missing. Last year, you had her spayed and opted for the microchip to be implanted. But what do you do now?

#### Implantation process:

- The microchip is a rice grain size capsule that is injected using a syringe under the skin on the shoulder blades.
- The microchip contains a unique serial number that, when your animal is scanned by any animal care facility (veterinarian, shelter), will show up on the scanner along with the company that owns that number.
- The chip is not a tracking device (i.e.: GPS) and can only be found with a scanner.
- The company is then contacted by the facility, who in turn contacts you using only the information you provided when registering your microchip.

#### Registration process:

- When a microchip is implanted, the clinic will provide you with a form to fill out.
- Only the information on this form is used to contact you in the event that your pet is lost and found.
- Fill out the form, mail to the company, and check with that company within 30 days to ensure your information is stored in their system.
- Keep the microchip number in your important files along with the company’s name and number.
- Yearly registration renewal fee is usually required.

#### If your pet is lost:

- Contact the company and provide them with your most updated contact information.

#### Risks and benefits to the microchip:

- Rarely, the injection site can form a swelling which can lead to inflammation, infection, or abscess. Contact your veterinarian if this occurs.
- The needle is large so pain at the injection site for 24-48 hours is normal.
- Some opt to have the microchip implanted during an anesthetic procedure (like spay, neuter, or dental cleaning).
- In small pets, the microchip may dislodge and escape through the injection site. If this occurs, contact your

vet for assistance. Have your pet scanned during regular veterinary visits to ensure the chip is still present.

- Occasionally, the microchip can drift from its original location to the forelimbs, chest, or belly. Animal care facilities are trained to scan the whole animal so this shouldn’t pose a problem. But a second microchip can be placed if necessary. If a second microchip is placed, make sure to register both chips as a scanner will only pick up one and you never know which will be found.

Microchips can normally be found at your local veterinarian or vaccination/spay and neuter clinic. Microchips are strongly recommended in all pets to ensure your beloved family member’s safe return if ever lost. Contact your other family doctor, the veterinarian, for more details.



## JAM Sessions at the Ford

The Ford Theatres summer season is well underway and its popular free JAM Sessions series has returned! Each Monday night through October 17, get up on the new Ford stage and take part in these fun interactive events. From ukulele to Bollywood to swing dance and more, participants of all ages and skill levels are invited to release their inner artist and JAM with L.A. County-based musicians and dancers.

Experience something unexpected and reserve your spot at the next JAM Session at [FordTheatres.org](https://FordTheatres.org).

## DHR's Wellness Corner

*Bringing you inspiration from around the County*

### Take a Hike! It's Easier than You Think

By Joseph Richards (Superior Court)



Yosemite April 2015

I grew up with a condition that caused my bones to grow close to the joints, causing intense pain in even the slightest movement. So as a child, I had 15 operations that produced 25 scars. Growing up, I tried to be active in several sports. Because of the pain, I was told to stop. Through most of my adult life, I used that as a crutch, and the weight came with it. Fitness for most of us is not easy. We deal with the decision to do it or not every day. After all, it is a choice. A few years ago, I finally found my exercise passion—

hiking. Oh, how I love it! The trails can either take you on a nice stroll or help you reach the tallest peaks. It's up to you. Though I have challenged myself from time to time with the peaks, I do the strolls more. Living in Southern California, there are so many trails that provide different challenges for everyone. They allow the average person the chance to get outside and afford a nice workout.

In 2015, I added walking during the week. My daughter bought me a Fitbit for Christmas and I started to realize how much most of us “desk workers” never move throughout the day. I started to fit in a small walk during my breaks and right away averaged about 6,500 steps a day. Prior to that, I'm sure it would have been lucky to hit 1,000 to 1,500 steps for the day. I now average just over 10,000 steps a day from my parking space, a short morning walk, lunch time, a short afternoon walk, and back to my parking spot. I started tracking steps on Fitbit in mid-January 2015 and by the end of the year, logged nearly two million steps. My hiking travels in 2015 included several Southern California trails, with a few in Big Sur, Yosemite, and Colorado. My favorite place is Supai, AZ, literally heaven on earth (Google it!). We spent four days hiking 54 miles around the most beautiful waterfalls in the US, including a day hike of 10 miles along the Supai River, following it all the way to where it meets the Colorado River. Definitely a road less traveled.

My condition is still there and the pain still comes with the activity. But for the most part, I try not to use it as a crutch. I consider myself far from being fit, but realize each year I have the energy to do more. You can find me out on the trails at least 40+ weekends per year and I have started leading groups on local hikes once a month. I share my story because I believe most of us can do it. When out on the trails I see people of all shapes, sizes, and ages going at their own pace. We just need that strength to take those first few steps. After that, just let the trail take you away.

## CERT Training

In recognition of National Preparedness Month this September, the Fire Department offers free, FEMA-approved, 20-hour Community Emergency Response Team (CERT) training to residents. Classes are taught by trained emergency personnel throughout the County.

CERT educates individuals about disaster preparedness for hazards that can affect their environment, as well as trains individuals in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Once the CERT course is completed, residents can help themselves and their neighbors in reducing emergency needs and managing existing resources until first responders become available.

The Fire Department recognizes the value that trained residents can bring in the event of a major disaster. CERT volunteers are also encouraged to support first responder agencies by taking an active role in emergency preparedness projects. Individuals can log on to [fire.lacounty.gov/cert](http://fire.lacounty.gov/cert) for more information or to sign up for a class near them.



Photo: Nicole Mooradian

Members of a CERT class participate in the final exercise, a mock earthquake, before receiving their certificates.



# Cyber Security Awareness Event

Supports the Countywide Information Security Program

## Wednesday October 19, 2016

1:00 PM to 4:30 PM

### Hall of Administration Board Hearing Room



*Why should I be concerned ?*



*What can I do to help?*

## Please Plan to Attend these Informative Sessions



1:40 PM  
**Dr. Robert Pittman**  
Chief Information Security Officer  
County of Los Angeles



2:20 PM  
**Michael Sohn**  
Supervising Special Agent  
Federal Bureau of Investigation  
Los Angeles Cyber Outreach



2:00 PM  
Department of Homeland Security  
Cybersecurity and Communications



3:30 PM  
**Britton Schaefer**  
**David Babcock**  
Cybercrime Senior Investigators  
County of Los Angeles  
District Attorney

*For more info: <http://mylacounty.gov/cyberevent>*

## Exhibitors • Hands-on Activities • Door Prizes • And More

Hosted by Assessor, Auditor-Controller, BOS, CEO, DHR, ISD, Regional Planning, and TTC

October is designated by the President of the United States as National Cyber Security Awareness Month to raise awareness about cybersecurity for staying safe online. Numerous informative and educational sessions are offered throughout the County. For more information, contact your Departmental Information Security Officer.

# 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:** Pamela Davis-Brittman,

## 40+ Years

**AGRICULTURAL COMMISSIONER/WEIGHTS & MEASURES:** Sharon A. Butterworth

**HUMAN RESOURCES:** Jadyne H. Yonekura

**MENTAL HEALTH:** Ruby L. Montgomery, Mary Vivian

**PUBLIC SOCIAL SERVICES:** Billie M. Jenkins, Victor M. Lojero

**PUBLIC WORKS:** Ramon Cruz

**REGISTRAR-RECORDER/COUNTY CLERK:** Susan Y. Fung

**TREASURER & TAX COLLECTOR:** Janice R. Glover

## 35+ Years

**FIRE:** Victor S. Lomeli, Tim L. Putich, Rosemarie Sanchez

**INTERNAL SERVICES:** Robert J. Henry, Candy Laforteza, Shirley R. Okray, Joyce L. Wroten

**MENTAL HEALTH:** Rene M. Kelly

**SHERIFF:** Wilfredo V. Jalandra, Melva Y. Mitchell, Priscilla L. Osborne

## 30+ Years

**CHILD SUPPORT SERVICES:** Ann M. Kochakji

**FIRE:** Steven P. Martin, Ysidro Miranda, Jon R. Robinson

**PUBLIC SOCIAL SERVICES:** Steven L. Champ

**INTERNAL SERVICES:** Magdalena B. Del Rosario

**PUBLIC WORKS:** Steven G. Steinhoff

**REGISTRAR-RECORDER/COUNTY CLERK:**

William J. Perea

**SHERIFF:** Lawrence S. Barnes, Alan G. Bennett, Richard A. Ellis, James T. Frost, Ralph J. Gama, Merrill E. Ladenheim, Paul G. Murphy, Danny R. Regalado, Thomas D. Wilson, Jr., Daniel R. Zumer

## 25+ Years

**COUNTY COUNSEL:** Elizabeth Cortez

**FIRE:** Brice M. Livoti, Dale R. Schueller, Rickey A. Sewell

**PUBLIC SOCIAL SERVICES:** Joyce M. Clower, Steven Hemme, Elena Marcos, Ines Maria Naranjo, Daniel Zaldivar

**PUBLIC WORKS:** Craig A. David, Arturo J. Razo

**SHERIFF:** Melinda L. Berry, Daniel G. Brownell, Thomas P. Caire, John T. Fredendall, Darryl M. Ketchens, Christian J. Mayhew, Arthur M. Mitchell II, Jeffrey t. Shiroishi, Darren A. Toguchi

## Dia de los Muertos

On Saturday, October 29, 2016, at 7 p.m., Grand Park and Self Help Graphics will present a traditional *Noche de Ofrenda* ceremony honoring the dead and featuring prayer led by the local indigenous community. The evening will include performances by traditional dancers representing the Aztecan, Oaxacan, and Michoacán traditions, as well as Los Angeles-based poets and musicians.

This free observance kicks off Grand Park's celebration of the traditions of *Día de los Muertos* with the unveiling of more than 35 *Día de los Muertos* altars and art installations developed by local artists and community groups in Grand Park. The altars will focus on themes that impact local communities with subjects that range from personal stories that celebrate families and lost loved ones, to more contemporary expressions of current affairs and community challenges. The park will also honor Oaxacan *Día de los Muertos* traditions by paying special tribute to Los Angeles' Oaxacan community.

*Día de los Muertos* altars will be on display in Grand Park from October 30 through November 5, 2016. Free lunchtime tours open to the public will highlight the artwork and discuss the traditions of the holiday.

## Grand Ave Arts: All Access

*Grand Ave Arts: All Access* returns to downtown Los Angeles on October 29, 2016 to put a spotlight on the world-class arts and cultural organizations located on Grand Avenue in Downtown Los Angeles between Temple and Sixth Streets. Audiences can enjoy free programs and behind-the-scenes access to some of L.A.'s most prestigious cultural organizations. This one-day community event will feature performances, exhibitions, behind-the-scenes tours, and interactive, family-friendly activities. Area restaurants will offer food and beverages and a selection of food trucks parked in Grand Park and adjacent to the Museum of Contemporary Art (MOCA) will provide additional dining options.

Participating organizations include: The Broad, Center Theatre Group, Colburn School, Grand Park, LA Opera, Los Angeles Central Library, Los Angeles Master Chorale, Los Angeles Philharmonic, MOCA, The Music Center, and REDCAT. The event will run from 10 a.m. to 5 p.m. Visit [grandavearts.tumblr.com](http://grandavearts.tumblr.com) or call (213) 972-8500 for more information.



# COUNTYWIDE FITNESS CHALLENGE 2016



## GET CULTURED!

Join us for a day of family fun featuring DanceMania!

- GROOV3 DANCE PARTY
- 2-MILE HIKE
- BEGINNER FITNESS WALK
- CHAIR MASSAGE
- YOGA
- NUTRITIONAL COUNSELING
- FREE GIVEAWAYS
- DRAWING PRIZES

**Griffith Park**  
**Crystal Springs Picnic Area**

4730 Crystal Springs Drive  
Los Angeles, CA 90027  
3rd Supervisorial District

EVENT SPONSOR



**Saturday, October 1, 2016**  
**8:00 a.m. – Noon**

RSVP to secure your giveaways at  
<http://employee.hr.lacounty.gov/countywide-fitness-challenge-2/>

