



MAY 2012

WELLNESS

COUNTY OF LOS ANGELES

Get Active!

Physical activity is key to improving individual health and community health. Research has shown that physical activity can reduce the risk of chronic diseases, promote weight loss, and help a person sleep better at night.

But what exactly is physical activity? Quite simply, physical activity is anything that gets your body moving. And how much physical activity does a person need? Here are the recommended federal guidelines for children, adults, and older adults.

Children and Adolescents (6-17 years old): 60 minutes or more of physical activity every day. These minutes should include at least three different types of activity: aerobic, muscle strengthening, and bone strengthening. This variety of activities should be done at least three times a week.

Most of the 60 minutes should be from *aerobic activity*, either moderate-intensity (such as walking) or vigorous-intensity (such as running). *Muscle strengthening activities* (like gymnastics or push-ups) should also be part of the regimen, as well as *bone strengthening activities* (like jumping rope or basketball). Work with your child to find which activities he or she enjoys. Just like yourself, your child is more likely to stick with a physical activity routine if it is fun.

Adults (18-64 years old): 2 hours and 30 minutes (150 minutes) of moderate-intensity *aerobic activity* (such as brisk walking) per week **and** two or more days a week of *muscle-strengthening activities* that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms). **OR,** 1 hour and 15 minutes (75 minutes) of *vigorous-intensity aerobic activity* (such as jogging or running) per week **and** two or more days a week of *muscle-strengthening activities* that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms). Pick activities that you enjoy and mix them up from week to week to keep it interesting.

Older Adults 65+: Follow the same recommendations as for adults 18-64 years old as long as you are generally fit and have no limiting health conditions. Do aerobic and muscle-strengthening activities regularly to prevent many health problems. Just remember that doing some physical activity is better than doing none.



For more information about the current physical activity guidelines, go to <http://www.publichealth.lacounty.gov/physact>.

Note: If you have a chronic medical condition, consult a physician before beginning any exercise program.

Veterans and U.S. Military Resources Webpage

The Department of Public Social Services (DPSS) is excited to announce the new Veterans and U.S. Military Resources webpage. The purpose of this webpage is to assist the growing number of veterans and their families in accessing information and government benefits, as well as community resources. The webpage provides information on services and benefits for veterans throughout Los Angeles County. The webpage can be accessed by clicking on the “Veterans and U.S. Military Resources” tab located at the bottom of the DPSS homepage at <http://dpss.lacounty.gov>.

As part of DPSS’ marketing and promotional efforts to ensure individuals are aware of the webpage and the information it offers, an ad was created and is being aired on the County Channel. Visitors to the Veterans and U.S. Military Resources page will find a wealth of information that is easily accessible and comprehensive, which DPSS believes will be of value to everyone.

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CALENDAR OF EVENTS

The Music Center

www.musiccenter.org

World City™ – FREE

May 19 – Halau O’Keikiali i

Active Arts® – FREE

May 18 – Dance Downtown

Center Theatre Group

www.centertheatregroup.org

Ahmanson Theatre

Through June 9 – Follies

Mark Taper Forum

May 23 through July 1 – Los Otros

Kirk Douglas Theatre

Through May 13 – The Convert

Los Angeles Opera

(performances at the Dorothy Chandler Pavilion)

www.losangelesopera.com

May 12 through June 2 – La Boheme

Natural History Museum

900 Exposition Boulevard, Los Angeles 90007

(213) 763-DINO

www.nhm.org

Now open – New Dinosaur Hall and Fin Whale Passage

The Ford

2580 Cahuenga Boulevard East, Hollywood 90068

(323) 461-3673

www.FordTheatres.org

May 18 – Kina Grannis *In Your Arms World Tour 2012*

LACMA

5905 Wilshire Boulevard, Los Angeles 90036

(323) 857-6010

May 12 – Teen Event: After Dark

May 18 – Free Friday at LACMA

May 28 – Target Free Holiday Mondays: Memorial Day

“Remembering Our Veterans & Their Families– Past, Present and Future”

May 26

10 a.m. to 3 p.m.

Arcadia County Park

405 South Santa Anita Avenue, Arcadia 91006

(see page 6 for more details)

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



Members of the Board

Zev Yaroslavsky

Chairman
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Gloria Molina

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Don Knabe

Fourth District

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

Check out the DIGEST at

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

L.A. County Celebrates César Chávez Week

For the past decade, L.A. County has honored César Chávez, co-founder of the United Farm Workers and advocate for social justice, with a day of volunteer service. This year, staff from the Office of Supervisor Gloria Molina partnered with the Volunteers of East Los Angeles to help repair a charming home in East L.A.'s Whiteside region.

Elsewhere, First District field office staff partnered with the Probation Department to host a César Chávez artwork and essay contest for minors incarcerated in three L.A. County juvenile detention facilities: Camp Afflerbaugh, Camp Paige and Camp Rockey. The event marked the grand finale in a week-long memorial celebration honoring one of America's greatest civil rights activists.

To view César Chávez Week artwork and read winning essays, visit the Photo Gallery section of Supervisor Molina's website at molina.lacounty.gov.



LACERA General Member Election

A LACERA election will be held this year to elect the Third Member of the Board of Investments and the Third Member of the Board of Retirement for terms of office commencing January 1, 2013.

General Members interested in running for these offices may obtain nomination packets from the Registrar-Recorder/County Clerk at 12400 Imperial Hwy., Norwalk, CA 90650. Nominating petitions must be signed by at least 50 active county employees (as of March 1, 2012) who are General Members. Petitions must be filed with the Registrar-Recorder/County Clerk, before 5:00 p.m. **Tuesday, May 22, 2012.**

For more information, contact your departmental election coordinator.



WHAT'S ON YOUR PLATE TODAY?

ACTIVE ARTS® AT THE MUSIC CENTER

24/1

GRAB A CAMERA AND TELL US YOUR STORY.

Tell us about your life in Los Angeles and share your story based on the theme: "What's On Your Plate Today?" Submit a series of photographs taken within a 24-hour / 1 day time period.

Submit online now through May 15, 2012 at musiccenter.org/activearts. FREE.

For amateurs 18 years and older.

Open to public voting, six winners will each receive a \$300 gift card from Samy's Camera, plus a shared feature in a print publication. *Rules and requirements apply.*

Active Arts at the Music Center invites you to sing, dance, make music and tell stories in Downtown Los Angeles. **Be Active** with this series of low or no cost do-it-yourself programs.

Program support provided by The James Irvine Foundation.


PROMOTIONAL PARTNER


MEDIA PARTNER


MEDIA PARTNER

musiccenter.org/activearts | (213) 972-3660



COUNTYWIDE FITNESS CHALLENGE 2012



Saturday, May 19, 2012
8:00 a.m. – Noon

**Frank G. Bonelli
Regional Park**
120 Via Verde
San Dimas, CA 91773
5th Supervisorial District

WALK IT OFF!

Join us for a day of family fun featuring a
5K fitness walk and wellness screenings.

APPEARANCE BY SNOOPY

EXERCISE DEMOS

HEALTHY SNACKS

FREE GIVEAWAYS

DRAWING PRIZES

5K FITNESS WALK
8:30 a.m.

American Cancer Society Booth
American Diabetes Association Booth
Hula Hoop & Jump Rope Contests
Massage Therapy
Medical & Dental Plan Booths
Parks and Recreation
"Play for Life!" Booth

EXERCISE SESSIONS:
Extreme Bootcamp
Pilates and Cardio Aerobics
Kick Boxing

HEALTH SCREENINGS FOR:
Blood Pressure
Body Mass Index
Carotid Artery
Cholesterol
Glucose
Grip Strength

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



L.A. County Celebrates Asian-Pacific American Heritage Month

The County of Los Angeles salutes Asian-Pacific American Heritage Month, a celebration of Asians and Pacific Islanders throughout the United States.

The month of May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869. The majority of the workers who laid the tracks were Chinese immigrants.

Like most commemorative months, Asian-Pacific Heritage Month originated in a congressional bill. In June 1977, Representatives Frank Horton (NY) and Norman Y. Mineta (CA) introduced a House resolution that called on the President to proclaim the first ten days of May as Asian-Pacific Heritage Week.

The following month, the U.S. Senate introduced a similar bill. Both bills were passed. On October 5, 1978, President Jimmy Carter signed a Joint Resolution designating the annual celebration. Twelve years later, President George W. Bush signed an extension making the week-long celebration into a month-long celebration. In 1992, Asian-Pacific American Heritage Month was signed into law.

The County of Los Angeles celebrates the thousands of Asian Americans and Pacific Islanders whose talents and contributions help strengthen the economy, protect security, and enrich the lives of participants served each day.



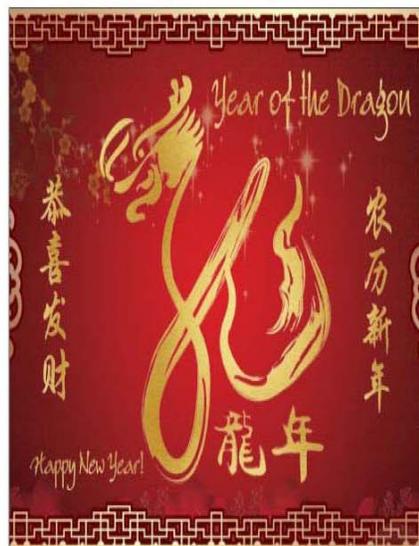
Los Angeles County
Asian American Employees Association

Proudly Presents

ASIAN PACIFIC AMERICAN HERITAGE DAY

2012 - Year of the Dragon

Thursday • May 24, 2012 • 11:00 am to 1:00 pm



ACTIVITIES FOR ALL...

EMCEES:

- ♦ *Ted Chen (KNBC 4)*
- ♦ *Suzie Suh (KCAL 9)*

GUEST SPEAKERS:

- ♦ *William T. Fujioka*
L.A. CO. Chief Executive Officer
- ♦ *Sharon Harada*
L.A. CO. Probation Deputy Chief

ENTERTAINMENT:

- ♦ *Dancers*
- ♦ *Fashion Show*
- ♦ *and more...*

FOOD TRUCKS:

- ♦ *Curbside Cravings (Filipino)*
- ♦ *Mighty Boba (Chinese)*
- ♦ *Street of Thailand (Thai)*
- ♦ *Tainamite (Vietnamese)*

Place:

Kenneth Hahn Hall of Administration
500 W. Temple Street
Los Angeles, CA 90012
(Front Courtyard across from the Cathedral)

Free Parking:

Music Center
135 N. Grand Avenue
Los Angeles, CA 90012
(Entrance is between First and Temple)

Visit our Website WWW.LACAAEA.COM for more information

LOS ANGELES COUNTY DEPARTMENT OF PARKS AND RECREATION AND
 LOS ANGELES COUNTY SUPERVISOR MICHAEL D. ANTONOVICH

INVITES YOU TO THE

**ANTONOVICH TRAIL
 DUSTERS RIDE**

AT LOS PINETOS



Activities: Check in and pancake breakfast at 7:00 a.m. The event will kick off at 9:00 a.m. and continue through the scenic trails of Los Pinetos. The day will conclude with a traditional barbecue and live country western music.

For information and to register call: (909) 599-8411 or online
 at <http://reservations.lacounty.gov/reservations/product.asp>

For horse rental reservations: Graham Bros. Call Lee
 Graham (760) 245-7695 email: info@grahambroslivestock.com

\$30 per person (horse rental not included)

SUNDAY MAY 20, 2012
 LOS PINETOS TRAIL

Special Recognition: Equestrian Trails Inc., Corrals #12 Sylmar Vista Del Valle, #20 Shadow Hills Rough Riders, #22 L.A. County, #54 Chatsworth Rocky Hills Riders and the Sheriff's Department

ADA NOTICE

Pursuant to the Americans with Disabilities Act (ADA), the County of Los Angeles Department of Parks & Recreation has designated an ADA Coordinator to carry out this Department's compliance with the non-discriminatory provisions of the ADA. For more information you may contact the ADA Coordinator's Office. Tel. (213) 738-2970 TDD (213) 427-6118 Fax (213) 487-0380 Upon 3-day request notice, sign language interpreters and related materials in alternative formats (Braille-transcript, large print, audio-record, video-captioning, live description) or any other reasonable accommodations are available to the public for County-sponsored activities and events.

Riding Conditions: Trail Route estimated at 8.5 miles round trip with 2 rest stops for a 3 to 4 hour ride. Moderate trail with a few steep hills, water crossings and great views of the San Fernando Valley

NON-RIDERS ARE WELCOME. RIDERS UNDER 18 MUST BE ACCOMPANIED BY AN ADULT. NO STALLIONS OR DOGS, PLEASE. NO DOUBLE RIDING

STAGING AREA: 14445 OLIVE VIEW DRIVE, SYLMAR, CA 91342 (ADJACENT TO OLIVE VIEW MEDICAL CENTER)

ANTONOVICH TRAIL DUSTERS RIDE RESERVATION FORM

PLEASE MAKE CHECKS PAYABLE TO:
 County of Los Angeles Department of Parks & Recreation
 FOR INFORMATION CALL: Vincent Pedroza (909) 599-8411

MAIL RESERVATION FORM & PAYMENT TO:
 Supervisor's Trail Ride, Department of Parks & Recreation,
 120 E. Via Verde Road, San Dimas, CA 91773

PRE-REGISTRATION IS A MUST. RESERVATION DEADLINE BY FRIDAY, MAY 18, 2012

Name:		Phone: ()
Address:		City:
Number of Trail Ride Tickets @ \$30.00 Per Person:		
Number of Riders:	Number of Non Riders:	Total Enclosed:

Important Information Concerning Health Care and Dependent Care Spending Accounts

Beat the Rush! The deadline to submit spending account claims for 2011 expenses is June 30, 2012.

If you participated in a health care or dependent care spending account in 2011 and have a balance in your account, you have until June 30, 2012 to submit a claim. If you do not submit a claim by the deadline, you will forfeit any money left in your spending accounts.

Don't wait until June 30! Payment of last minute claims may potentially be delayed due to high volumes in claims received by the administrator. The sooner you turn in health care and dependent care claims, the sooner you will receive your claim reimbursements!

You may submit claims:

- **Online** – at www.mylacountybenefits.com. Click on “Spending Accounts” on your home page under My Tools.
- **By Mail or Fax** – Download claim forms at www.mylacountybenefits.com. Click the “Enroll or make changes” button and then download forms from the “Spending Account Forms” menu in the left-side navigation bar.

For more information, call the Benefits Hotline at (213) 388-9982, Monday through Friday, from 8 am to 4 pm. For information on your account balance, call Benefit Concepts Inc. at (866) 629-6436, from 8 am to 6 pm.



SAVE THE DATE

The County of Los Angeles Department of Public Works
Women's Leadership Council
is proud to present our third annual

Women's Leadership Legacy Conference

“The Journey”

October 18, 2012

Pasadena Convention Center

Join us for this innovative conference featuring
inspiring women in leadership positions in
government, the workplace, and the community.

Please visit our website at:

<http://dpw.lacounty.gov/general/leadershipconference/>



MICHAEL D. ANTONOVICH
LOS ANGELES COUNTY SUPERVISOR

Invites You
to the 15TH Annual Veterans' Event



REMEMBERING OUR VETERANS & THEIR FAMILIES, PAST, PRESENT AND FUTURE

SATURDAY, MAY 26, 2012 - 10 A.M. TO 3 P.M.

**ARCADIA COUNTY PARK
405 S. SANTA ANITA AVENUE, ARCADIA 91006**

FEATURING

- SKYDIVERS
- FLYOVER BY WWII FIGHTER PLANES
- FOOD BOOTHS
- LIVE MUSIC

NO COST

- IMMUNIZATIONS
- HAIRCUTS/MANICURES
- HEALTH SCREENINGS

ASSISTANCE

- EMPLOYMENT INFORMATION
- VETERANS BENEFIT INFORMATION
- LEGAL INFORMATION



Community & Senior Services
Adult Protective Services
HOT LINE: (877) 477-3646

A SPECIAL TRIBUTE TO OUR ARMED FORCES
WILL BE HELD AT 11:30 A.M.

BRING A DUPLICATE OF A MILITARY PHOTO
TO BE PLACED ON
THE "WALL OF REMEMBRANCE"

FREE ADMISSION

EVENT WILL BE HELD RAIN OR SHINE

FOR MORE INFORMATION
CALL 626-967-1441 OR 909-394-2264.



The County of Los Angeles is an equal opportunity employer and, upon request, will provide reasonable accommodation for qualified individuals with disabilities.

Finding Family in the Face of Tragedy

Three months after three-year-old Steven and his mother came to the United States from Thailand, Steven's mother died. The child only spoke Thai and the only family that he knew were his maternal relatives living in Thailand.

The Department of Children and Family Services (DCFS) Asian Pacific Program (APP) worked tirelessly with the Thai Embassy in obtaining the proper home evaluations of the Thai relatives, verifying that they were related to the child.

The APP was established in 1987 to ensure that the Department meets the growing diversity in Los Angeles County's Asian-Pacific Community. Being the largest Asian-Pacific child protection service in the United States, the program is capable of handling approximately 12 languages and dialects spoken in the targeted communities including Tagalog, Vietnamese, Cantonese, Mandarin, Cambodian, Korean, Japanese, Hmong, Tongan and Laotian. Six units provide Countywide services to Asian and Pacific Island families in their native languages from the time a case is received from the Child Protection Hotline until services are terminated.

The staff of the APP worked diligently, ensuring that little Steven obtained the necessary legal documents so that he could return back to the United States when he reached 18 years of age. Four months later, Children's Court ordered that Steven be transported to his maternal family in Bangkok, Thailand.

The APP Supervising Children's Social Worker (SCSW) and the child's therapist personally transported Steven on a 16-hour plane ride back to Thailand. Once in Thailand, the SCSW was able to interview the maternal family and verified that little Steven did know his maternal family. The Thai government's Social Service Department staff worked closely with the social worker assisting with language translation.

To see little Steven's face light up as he was hugged and kissed by his family was priceless. His tearful family was speechless and eternally grateful to DCFS for returning their precious grandson.

If not for the extraordinary efforts of the APP and their collaboration with the Thai government, little Steven may have never reconnected with his Thai relatives. The APP Cambodian-Thai Children's Social Worker and SCSW were able to navigate the many cultural, legal, and language issues sensitive to this case and as a result, one young child was reunited with loving and caring relatives.



Be a Pollworker

Upcoming Elections

1. June 5, 2012 - Presidential Primary Election
2. November 6, 2012 - Presidential General Election

What Do Pollworkers Do?

1. Arrive at the Polling Place at 6 a.m.
- Help set-up -
2. Assist voters
3. Issue ballots
4. Help close Polling Place at 8 p.m.

EARN UP TO \$175.00 FOR THE DAY

SIGN UP TODAY TO BE A
POLLWORKER!!!
(800) 815-2666 Option 7
www.lavote.net



Do your part to protect Democracy!



Rideshare L.A. County!

If you bike to work, you'll be healthier and save a lot of money in fuel costs and maintenance on your car.

According to the Pedestrian and Bicycle Information Center's bike to work website, three hours of biking per week reduces the risk of heart disease and stroke by 50%. Women who bike 30+ minutes a day have a lower risk of breast cancer. Adolescents who bicycle are 48% less likely to be overweight as adults. Bicycling is great for the environment, too.

Everything you need to know about biking to work can be found at www.biketoworkinfo.org.

supersenior MAY

never too old to play



ADOPTION DISCOUNTS AND SPECIALS*

For Mature Cats and Dogs For Senior Citizens

County of Los Angeles Department of Animal Care and Control
is offering two discounts during the month of May:

- * Waived adoption fee for senior citizens (age 60+)
- * Discounted adoptions for senior pets (5 years+)

Seven participating Animal Care Locations:

1. Agoura- 29525 Agoura Rd., Agoura 91301
2. AV Pet Stop- 42116 4th Street East, Lancaster 93535
3. Baldwin Park- 4275 N. Elton Street, Baldwin Park 91706
4. Carson- 216 W. Victoria St., Gardena 90248
5. Castaic- 31044 N. Charlie Canyon Rd, Castaic 91384
6. Downey- 11258 S. Garfield Ave., Downey 90242
7. Lancaster- 5210 W. Ave I., Lancaster 93536

www.facebook.com/CountyofLosAngelesAnimalCare
www.animalcare.lacounty.gov



COUNTY OF
LOS ANGELES
ANIMAL CARE
AND CONTROL



*Check your local shelters for details. Promotions will vary.

Happiness and Well-Being

Happiness is about the way you live, your view of the world, and how much personal freedom you have in your environment. Happiness has psychosocial responses that can predict health outcomes. With increased happiness levels, positive health behaviors increase. People are more likely to engage in physical activity, wear sunscreen, and go for regular checkups. It has been shown that happiness greatly decreases cortisol levels. Limited cortisol exposure is associated with reduced risk of high blood pressure, diabetes, and heart disease.

Well-being is an active process through which people become aware of, and make choices toward, being the best they can be. May 13 through 19 is National Women's Health Week. It's the perfect time for women to focus on their health.

Be Active, Eat Smart, Don't Smoke, Get Checked, and Be Happy!

WeTip
WELFARE FRAUD
1 (800) 87-FRAUD

May is National Foster Care Month!

The Department of Children and Family Services is responsible for thousands of children of all ages in Los Angeles County that cannot safely live with their own families due to abuse or neglect. These children need someone to provide a safe and loving home for them - sometimes temporarily and sometimes permanently. This May, which is National Foster Care Month, we are especially grateful for Los Angeles County's foster parents, who on a daily basis make such an important difference in the lives of children.

Did you know that a foster or adoptive parent can be single, married, divorced or living with a partner? Further, you can live in a house or an apartment and either rent or own and can work or stay home. More foster parents are needed, and we are looking for families that are committed to providing stability and can love and nurture a child that is not their own.

We are particularly in need of families for infants, sibling groups and teens. Personal and financial support is always available. Consider opening your heart and your home to a child. For more information call (888) 811-1121 or visit us at www.ShareYourHeartLA.org.



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 remaining 2012 dates are:

July 13, 2012
 October 12, 2012

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

WANT TO HAVE FUN? WANT TO GET FIT? WANT A UNIQUE EXPERIENCE?

Form a team of 10 PADDLERS in your community or at your company

to paddle at the

L.A. Dragonboat Festival



Date: Saturday, August 18, 2012

Location: Legg Lake Park,

Whittier Narrows Recreation Area in South El Monte



More information about the event at:

<http://www.ladragonboat.com/>

General Information:

Dr. Howard Chen

626-288-2888

drchen@ladragonboat.com



CO-SPONSORED BY

Los Angeles County

- **Supervisor Gloria Molina**
- **Department of Parks and Recreation**



No experience needed. Instruction and equipment provided.

Retirees

Congratulations to the following employees who are joining the ranks of the retired after their many years of service to Los Angeles County:

40+ Years:

CHILDREN & FAMILY SERVICES: David R. Hammond, Sharon A. O'Brien
FIRE: Charles D. Christ, Cindie L. Romanofsky
INTERNAL SERVICES: John T. Flynn, Romaldas J. Valley
PROBATION: Teresa Annett, Randolph J. Bray
PUBLIC SOCIAL SERVICES: Linda Austin, Anida Lane, Earl Myles, Drocilla Rasing, Nola Session
SUPERINTENDENT OF SCHOOLS: Carlos Rodriguez, Jr.

30+ Years:

AGRICULTURAL COMMISSIONER/WEIGHTS & MEASURES: Paul J. Dufourd, James C. Wiseman
ASSESSOR: Eric N. Haagenson
CHILD SUPPORT SERVICES: Gavina L. Omnas
CHILDREN & FAMILY SERVICES: Mary L. Cabias, Chris G. Dragan, Norma Dreger, Vicky Enger, Barbara A. Jones, Karolyn S. Lampley, Amalia Lopez, Yvonne Mora, Susan K. Pommerville, Beverly J. Yates
COUNTY COUNSEL: Brenda Washington
DISTRICT ATTORNEY: Karen L. Davis
FIRE: James E. Crawford, Michael D. Flocks, James R. Jacobs, Patrick L. Jones, Thomas W. Kollmeyer, Timothy P. O'Cain, Steven A. Valenzuela
INTERNAL SERVICES: Esther Acosta, Tilton D. Batts, Hung-Jen Ko, Carroll Stephens
MEDICAL EXAMINER-CORONER: Dennis D. Crow
PARKS AND RECREATION: Phyllis A. Cunningham, Camille M. Johnson
PROBATION: John W. Bryant, Willa E. Bryant, Esther E. Delgado, Clara Goss, Ronald D. Hudson
PUBLIC HEALTH: Paula G. Aguilera, Emilia Aguirre, Callie S. Ball, Linda O. Fonseca, Michael Scot Kirk, Maybelle Lewis, Yeon S. Oh, Ella M. Shaw, Linda C. Woods
PUBLIC SOCIAL SERVICES: Carolyn Clark, Ella L. Gilbreath, Yolanda M. Glover, Martha Lopez, Lili A. Martinez, Algie McNeal, Carole F. McNulty, Linda K. Oliver, Diane Ricks, Michael Schidlowski, Edna B. Ware, Debra L. Warren, Dorothy Williams
PUBLIC WORKS: Ray Y. Kajiwarra, Trang-Cam L. Nguyen, Robert L. Siegel
REGISTRAR-RECORDER/COUNTY CLERK: Denis M. Sarro

SUPERIOR COURT: Kathryn C. Baldwin, Rebecca A. Barrios, Ruth M. Hernandez, Nicholas N. Makshanoff, Terry L. Niesley, Lerol V. White

TREASURER AND TAX COLLECTOR: Roberta Credit, Raymond G. Hocking, Elizabeth Pittmon

25+ Years:

BOARD OF SUPERVISORS: Yolanda Gutierrez-Herrera
CHILD SUPPORT SERVICES: Michael T. Sciorra
CHILDREN & FAMILY SERVICES: Meredith P. Barrett-Wilk, Gwendolyn M. Caraway, Kathleen J. McNabb
FIRE: Thomas W. Kobetitsch, Rafael Ortiz
INTERNAL SERVICES: Connie Thompson
PARKS AND RECREATION: Gary Buck
PROBATION: Lily Chen, Melvin Nalls, Merle D. Robinson
PUBLIC HEALTH: Priscilla Kwong, Juliana Westbrook
PUBLIC SOCIAL SERVICES: Alba A. Marquez, Rosie N. Vo
PUBLIC WORKS: Edward O. Alexanians, Ann Y. Chang
SUPERIOR COURT: William D. Burns, Jr., Everett F. Fields, Ernest M. Toledo

3rd Annual Marina Fest Features Something For Everyone

The 3rd Annual Marina del Rey Marina Fest is a community-based, waterfront family fun celebration of the boating lifestyle. The exciting event will take place on Saturday, May 19, and Sunday, May 20. Presented by the Automobile Club of Southern California, the Official Watercraft Insurance Provider, the annual event is held in Marina del Rey's G Basin and Pier 44 Slips, at the corner of Admiralty Way and Bali Way.



For more information, call (714) 633-7581 or visit www.marinafest.com. Show hours are Saturday from 10 am - 9 pm and Sunday from 11 am - 6 pm.



COUNTYWIDE FITNESS CHALLENGE 2012



The Countywide Fitness Challenge is back, bigger and better than ever, with new venues and fun fitness activities. Check out the exciting schedule of events for 2012! Bring the entire family out to Saturday events held from May through October.

May	<p>Official Kick Off</p> <p>Kick off the 2012 Countywide Fitness Challenge with a visit to the Music Center! Join in the start to a healthier you by getting your health screenings, and joining the exercise classes, hula hoop and jump rope contests, and prize drawings!</p>	<p>When: Tuesday, May 15 11:00 a.m. to 2:00 p.m.</p> <p>Where: Music Center – Performing Arts Center of Los Angeles 135 N. Grand Avenue Los Angeles, CA 90012</p>	May	 <p>Kicks off the week of May 21st for eight weeks. Watch for the e-blast from your Wellness Manager on how to join or go to http://dhr.lacounty.info for all the details.</p>	 <p>Kaiser's new online healthy eating program is geared toward increasing the amounts of fruits and vegetables you eat daily. It's easy – just log in your daily portions and reap the rewards. Go to http://dhr.lacounty.info to check it out!</p>
May	<p>Walk It Off! – Activity Kick Off</p> <p>Help us kick off the 2012 Countywide Fitness Challenge! Join the 5K multi-level fitness walk, biometric screenings, exercise demos, great giveaways, face painting, and a special visit by Snoopy!</p>	<p>When: Saturday, May 19 8:00 a.m. to Noon</p> <p>Where: Frank G. Bonelli Regional Park 120 Via Verde San Dimas, CA 91773</p>	June	<p>Play for Life!</p> <p>Enter our “triathlon,” an event for the whole family — a two-mile power walk, bicycle/buggy fun ride and paddle boat rally.</p>	<p>When: Saturday, June 16 8:00 a.m. to Noon</p> <p>Where: Santa Fe Dam Recreation Area 15501 Arrow Highway Irwindale, CA 91706</p>
July	<p>Stop & Smell the Flowers!</p> <p>Check out the flowers, fruits and vegetables while participating in a scavenger hunt, and fitness walks, juicing demonstrations and more. Bring the entire family.</p>	<p>When: Saturday, July 14 8:00 a.m. to Noon</p> <p>Where: Cerritos Farmers' Market 18074 Park Plaza Drive Cerritos, CA 90703</p>	July	<p>Stop & Smell the Flowers!</p> <p>More scavenger hunts, fitness walks, juicing demonstrations and a softball scrimmage.</p>	<p>When: Saturday, July 28 8:00 a.m. to Noon</p> <p>Where: Victory Park Pasadena Farmers' Market 2575 Paloma Street Pasadena, CA 91107</p>
August	<p>Get Cultured!</p> <p>Get your groove on with “Dance Mania,” a 1½ hour choreographed dance class featuring an assortment of dance styles. Visit our Wellness Center with yoga classes, chair massage, and nutritional counseling.</p>	<p>When: Saturday, August 25 9:00 a.m. to 1:00 p.m.</p> <p>Where: Hollywood Bowl 2301 North Highland Avenue Los Angeles, CA 90068</p>	September	<p>Take a Hike!</p> <p>Hike through this hidden wilderness with local trail guides for hikes to a waterfall or try a beginner's hike. Afterward, join the volleyball challenge for some fitness fun.</p>	<p>When: Saturday, September 15 7:30 a.m. to Noon Hikes start at 8:30, 9:30 and 10:30 a.m. (But don't miss the warm-ups!)</p> <p>Where: Kenneth Hahn State Recreation Area 4100 S. La Cienega Boulevard Los Angeles, CA 90056</p>
September	<p>Chill Out!</p> <p>Get seaside for healthy cooking demonstrations, multi-level fitness walks around the marina and prize drawings.</p>	<p>When: Saturday, September 29 8:00 a.m. to Noon</p> <p>Where: Burton Chace Park 13650 Mindanao Way Marina del Rey, CA 90292</p>	October	<p>Be One With Nature!</p> <p>Join us for bird walks/nature hikes, two 5K challenge hikes, and health screenings.</p>	<p>When: Saturday, October 20 7:30 a.m. to Noon</p> <p>Where: Placerita Canyon Natural Area and Nature Center 19152 Placerita Canyon Road Newhall, CA 91321</p>