MARCH 2015 | Spring into Action | COUNTY OF LOS ANGELES

Take a Walk Along the Paths of Grand Park

Have you noticed the brightly colored decals with phrases like "GO GO GO," "INHALE EXHALE," and "YOU'RE AMAZING" in Grand Park? The Department of Human Resources and the team at Grand Park worked diligently to come up with a unique, whimsical design that was not only meant to encourage Grand Park visitors to crack a smile, but also reduce the stresses of everyday life in the Civic Center. The result of a yearlong collaborative effort to promote health and wellness are easy-to-follow walking routes through the nooks and crannies of the park. There are two distinct exercise paths: Champion Path and Hero Path. Both paths have start and end points on Spring Street and Grand Avenue, spanning the 12-acre space. The Champion Path features green decals on its journey from one end of the park to the other; this path has no stairs and is fully ADA accessible. Avid walkers and runners can get on the Hero Path, which also starts at either park entrance, and follow pink decals for a more challenging path that includes stairs.

Kids and families can have fun taking these paths together and discovering positive and encouraging messaging along the way. Whatever the level, skill, or work schedule, Grand Park's walking paths are a great way to explore the park, lift one's spirits, and encourage a healthier, more vibrant community.

Photo: Javier Guillen

County Libraries Hold Giant Used Book Sale

"Books! Books! Books!" and more books will be for sale on Saturday, April 11, 2015, at the County of Los Angeles Public Library system-wide used book sale. Sales will be booming at all County libraries that are regularly open on Saturdays. Whether it's a mystery, a cookbook, or a preschool picture book, readers will find what they're looking for at the largest book sale in the County. The sale is sponsored by the County Library's Friends of the Library Groups and the Los Angeles County Library Foundation. All proceeds will be used to benefit the community libraries of the County of Los Angeles Public Library.

The "Books! Books! Books!" event is scheduled to coincide with National Library Week, April 12-19. During this week, libraries throughout the nation celebrate the importance of books, reading, and library services. Drop by your local County library and join the celebration of libraries while you pick up a few bargain books for your reading enjoyment.

Find library locations at the County of Los Angeles Public Library website, www.colapublib.org, or call the County Library for information at (562) 940-8403.

HIGHLIGHTS

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CALENDAR OF EVENTS

Los Angeles County Museum of Art
(323) 857-6010
www.lacma.org

Through June 7 – Nature and the American Vision: The Hudson River School
Through June 7 – Raku: The Cosmos in a Tea Bowl
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 through May 3 – Walking the Tightrope

Mark Taper Forum
April 22 through June 7 – Immediate Family

Dorothy Chandler Pavilion
April 15 through April 19 – Alvin Ailey American Dance Theater

Walt Disney Concert Hall
March 29 – Gil Shaham Plays Bach with original films by David Michalek
March 31 – Spotlight Grand Finale Performance
April 4 – Johnny Mathis with the Los Angeles Philharmonic

Grand Park
www.grandparkla.org

March 28 – Downtown Bookfest featuring Artizen Lab
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

Members of the Board

Michael D. Antonovich
Mayor
Fifth District

Hilda L. Solis
First District

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Second District

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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/

health talk

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

Overweight But Undernourished?

Did you know you can be overweight but undernourished? Nourishment means the body has the right amount of nutrients, such as proteins, fiber, vitamins, and minerals. A person can have enough (or too many) calories (weight), but not enough of the nutrients that allow good body function.

Fortification of foods with folic acid, calcium, fiber, and vitamin D has done much to prevent nutritional deficiency in America. However, many people are undernourished because they don't eat enough fortified food. Fast food diets may not contain enough various nutrients for healthy body function.

Common nutrients below:

Nutrient	Where it comes from	What It Does	Problems in Deficiency
Calcium	Dairy	Bone health	Osteoporosis (brittle bones)
Fiber	Beans, wheat, brown rice, crunchy vegetables	Bowel function	Constipation
Folate (folic acid)	Dark leafy greens	Nerve function	Nervous system birth defects
Vitamin A	Meat, potatoes, leafy greens	Lining of eyes, lung, gut, urinary tract	Eye ulcers, blindness, infections
Vitamin B12	Meat , dairy	Nerve function, blood cell development	Tingling sensation, dementia, anemia
Vitamin D	Fish, meat	Bone development	Unbalanced gait, falls

Vegetarians and people with problems absorbing food are at risk for vitamin B12 deficiency. Otherwise, vitamin B12 deficiency is rare, because it's fat soluble.

A balanced diet meets your nutritional needs. Consume enough, but not too much, of any one nutrient.

Women who are pregnant or trying to become pregnant should take prenatal vitamins, as they are at risk for under-nutrition, particularly during pregnancy. Prenatal vitamins have more folic acid and iron than standard adult vitamins. Although they may supplement one's diet, they're not a substitute for good nutrition.

Rideshare L.A. County!

from the CEO/Office of Workplace Programs

Walking to work is one of the best ways of getting some exercise. It's a meditative way to focus your mind and a great way to help clean the air. If you live close enough to walk to work, you can have a focused mind for the day ahead. While you walk, you are benefiting from the different processes in your body that make you healthier faster and it's also a great way to help clean the air we breathe. By walking to work, that's one more car off the road. If you can't walk to work because it's too far, walk more to the places you regularly go to by car like the store or the park. Every little bit helps you and the environment. Take pride. Share the ride. www.rideshare.lacounty.gov

Share Your Heart Share Your Home

Become a Foster/Adoptive Parent

Photo: Jimmy Martinez

Spring is in the air! It's a time of new beginnings and fresh starts and a perfect time to consider building your family through adoption. With nearly 500 children in need of a new beginning in Los Angeles County, we are sure to have a child who may be just the right fit for your family.

Sofia, age 10, is our featured child of the month. Patiently waiting for a family to call her own, she hopes to have a new beginning and fresh start with the right family. Sofia means "wisdom" and that certainly fits the bill for this little girl with the sweet smile and sparkling eyes. Sofia is described as intelligent, kind, loving and wise beyond her years. She is a good student and loves to learn new things. She is a sweet young lady who gets along with everyone she meets. She is a crafty girl and making bracelets, coloring and drawing are among her favorite activities. She also loves to sing. Sofia

SOFIA
continued on back page

DHR's Wellness Corner

Bringing you inspiration from around the County

The Slimsons
By Christine Macias (Department of Human Resources)

As with many of us, over the years I noticed that it was harder to lose weight and stay focused on my health. I was so glad to see that the Countywide Fitness Challenge was launching its annual Greatest Loser contest. Greatest Loser was the ideal vehicle for starting anew. I decided to form a team, because I knew that it would make me accountable, and I also knew I could help motivate others to make lifestyle changes to improve their health. We weighed in and made a pact to do it together. Since the launch of Greatest Loser on February 2, as a team we have lost a total of 32.8 pounds in these first three weeks!

We each had our own demons to tackle. Here are some of the promises we made:

- Give up sugar and sugary snacks!
- Eat more fish and less red meat!
- Increase intake of fresh vegetables and fruits instead of carbohydrates!
- Wear a FitBit or download a Smartphone app that tracks steps to encourage more movement!
- Take the clothes hanging on the treadmill off and using it daily to walk!
- Replace soda with water!
- Replace chips with unbuttered, low fat popcorn!
- Grill foods instead of frying them!
- Dance with my kids for half an hour! Make a game out of it!
- Get to the gym! Try new classes such as GRIT Cardio (Killer high intensity interval training)!

We motivate each other every day, and look to each other for support and encouragement. We are going to win this contest, and by doing so; we will each win better health. Be sure to check in with us later – maybe at an upcoming Countywide Fitness Challenge event! We know you are watching us!

Working for You

L.A. County Department of Public Health

National Public Health Week – April 6-12, 2015

The Department of Public Health (DPH) plans to celebrate National Public Health Week, traditionally observed during the first full week of April, with activities throughout the entire month. The week recognizes the important public health work achieved every day to protect health, prevent disease, and promote health and well-being. This year's national theme, ***Healthiest Nation 2030***, reflects the ambitious goal of becoming the healthiest nation within one generation. Meeting this challenge will require active participation from all public and private sectors that play a key role in your health—including you!

DPH will collaborate with the City of Los Angeles and the Departments of Human Resources, Animal Care and Control, and Parks and Recreation to host targeted events for County employees, Los Angeles County residents, and our pets. Kick start a healthier you by making healthier lifestyle choices that promote wellness and reduce the risk of chronic diseases.

The Department of Human Resources and DPH will co-host ***"Kick Start a Healthier You" Employee Public Health Expo*** and the ***Countywide Fitness Challenge Kick–Off*** for County employees in Grand Park. The event will offer free massages and health assessments, free prizes, a pet adoption, Zumba, Groov3 dancing, and other activities.

On the following Saturday, the City of Los Angeles and DPH will co-host a similar event for residents. The ***Community Public Health Expo*** will take place at Olvera Street in the El Pueblo De Los Angeles Historical Monument. It will feature free health screenings (such as dental, vision, hearing, blood pressure, blood sugar, and cholesterol), free giveaways, live entertainment by Mariachi Los Toros, Groov3 dancing, and more.

The final event brings together the Departments of Animal Care and Control, Parks and Recreation, and DPH to host the first ever ***Healthy Pet Expo*** for dogs and cats at Whittier Narrows Recreation Park. Participants will learn how taking care of their pets' health can improve their family's health.

DPH looks forward to celebrating National Public Health Week with you, your family and your pets!

For more information, contact Phyllis Tan at ptan@ph.lacounty.gov.

COUNTYWIDE FITNESS CHALLENGE 2015

Community Creativity Flourishes at 'Artizen Labs'

Music Center and County Library Collaborate

All great solutions start with one creative idea! In this spirit, the County of Los Angeles Public Library recently partnered with The Music Center to host Artizen Lab Idea Jams at the West Hollywood, East Los Angeles, Lennox, San Gabriel, and Angelo M. Iacoboni libraries.

The goal of each session was for participants to work with local artists and each other to bring any idea – whether conventional or unorthodox – from the drawing board to reality. The Idea Jam at the West Hollywood Library brought together dozens of people with local artists David Russell and Roberto Del Hoyo to paint a custom mobile mural, based on a library customer's design, that later toured the streets of West Hollywood.

"Participants had lots of fun," said County of Los Angeles Librarian Margaret Donnellan Todd. "The Idea Jams gave them the chance to meet new people while sharing creative concepts. You can see all the steps they took in their creative process by looking at pictures on the Mobile Mural Lab's Facebook page."

The Artizen Lab Idea Jams are the latest example of the expanding array of amenities offered by the County of Los Angeles Public Library, and of its transforming mission. By providing spaces for civic engagement and creativity – and by collaborating with organizations not traditionally associated with County Public Library – the department has begun a new chapter in its history, moving beyond books and truly helping create a sense of community.

For more information, go to http://artizenlab.org/.

Being Proper With Pesticides

You can see why it might not be a good idea (and it's illegal) to bring a pesticide home in any kind of container commonly used for food or drink. The two jars with black caps contain herbicides. The other glass containers have apple juice. Can you tell the difference? Could a child? This picture shows herbicide that was confiscated by the Department of Agricultural Commissioner/Weights and Measures (ACWM), which regulates commercial pesticide use and investigates claims of misapplication or mishandling of pesticides.

Several times per year, ACWM discovers situations like the one depicted in the picture. How many more times does it happen? Don't let it happen in your home! Pesticides must be kept in containers with appropriate labels.

If you suspect someone is misusing or mishandling pesticides, including storing them incorrectly, call ACWM's Environmental Protection Bureau at (626) 575-5466. The Bureau serves to protect public health and safety, pesticide handlers, agricultural workers, and the environment from the harmful effects of pesticide misuse.

You may use over-the-counter pesticides for your home gardening and pest control needs, provided you are following the label instructions. If you hire someone to apply pesticides, whether it is termite tenting a home or eradicating pests in your landscaping, that business should be registered with ACWM and licensed as a pesticide applicator.

California Poison Control can be reached at (800) 222-1222.

WeTip
WELFARE FRAUD
1 (800) 87-FRAUD

Poison Prevention Tips For Your Dog and Cat.

Dangerous Foods Dogs and Cats: Chocolate, Coffee, Alcohol, Avocado, Macadamia Nuts, Grapes, Raisins, Yeast Dough, Raw/Uncooked Meat, eggs, Xylitol (found in sweeteners, gum, candy, toothpaste), Onions, Garlic, Milk, and Salt.

Dog Specific: Milk, and Raw Bones (Choking, bone splinter which may puncture your pet's digestive tract).

Related Symptoms Include; Vomiting and Diarrhea, Hyperactivity, Abnormal Heart Rhythm, Seizures, Difficulty Breathing, and Kidney Failure. Some ingestions may even be fatal.

Be Vigilant: Inspect your house for harmful materials regularly. Secure your house, make sure toxic items are out of your pets reach. Learn; do further research on what could potentially harm your pet. Read and Understand all medications administered to your pet. Finally; Prepare, along with a first aid kit, have the number of your local veterinary emergency hospital on hand.

*If you suspect your pet has eaten any of the following foods, please note the amount ingested and contact your veterinarian or the ASPCA Animal Poison Control Center at (888) 426-4435.

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

www.animalcare.lacounty.gov

Data Breaches

What is the County doing to Protect Data?

Cyber-attacks have become increasingly sophisticated and persistent with an intent to compromise an organization's confidential and critical data based on hackers' motivation for financial, political, or other gains. During 2014, a series of mega security data breaches and cyber-attacks occurred starting with the Target breach and ending with Sony Pictures Entertainment. Attacks continued into 2015 with the recent massive Anthem Blue Cross data breach. Commercial, public and private organizations are reevaluating and strengthening their cyber defenses to fight cyber-crime, cyber-terrorism, and cyber-warfare.

The County's Information Security Program team is constantly seeking ways to mitigate risk and block malicious cyber activities that may compromise employee and constituent confidential data.

In 2004, when the Board of Supervisors' adopted the Security Program they directed the Office of the Chief Information Officer through the Chief Information Security Officer (CISO) to provide information security leadership and strategy. The CISO, with Departmental Information Security Officer (DISO) developed a security program that focuses on people, process, and technology and now with Advanced Persistent Treats (APTs), disciplines such as Detect, Protect, and Respond must also be deployed.

Detect

Employees play a key role in mitigating threats and risks by detecting whether email is malicious or not. Legitimate looking emails may be phishing email seeking to obtain personal information or at times containing embedded cyber-attack code such as Ransomware that is designed to block access to your computer data until money is paid.

County security technologists are using various tools such as web application firewalls to detect suspicious and malicious behavior of a web application. Network monitoring systems are in place that can detect potential malicious activity such as a cyber-attack or malware software injections that are designed to damage or disable computer operations.

The CISO has developed a strong relationship with numerous agencies within the County and at the federal level whose goals are to maintain awareness of cyber-attacks and to protect data. For example, the District Attorney's Cyber Investigation Response Team, the Federal Bureau of Investigation, Department of Homeland Security, Multi-State Information Sharing Analysis Center, and the US Secret Service.

Protect

In 2007, a Security Program initiative required all laptops hard drives to have data encryption. In 2014, the Board adopted a motion from Supervisor Ridley-Thomas to expand the data encryption practice to include workstations containing confidential and or sensitive data. This action, when completed will protect critical data on 100,000 County computers.

Security Awareness is another key element of data protection. The Aberdeen Group states that security awareness training assists in changing employee online behavior and reduces the risk of a security breach by 45% to 70%. The County in partnership with Homeland Security has adopted the **"Stop | Think | Connect"** campaign, a national public awareness campaign aimed to empower citizens to be safer and more secure online by increasing the understanding of cyber threats.

Cyber awareness materials are available from DISO to increase departments' security awareness program. The

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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 for 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.

How to Create Fire Safe Landscaping

Fire hazards could be right in your own backyard

Your home is your castle! The Los Angeles County Fire Department takes great measures in protecting you and your property from wildfire but we need your help in preparing your home and landscape to be wildfire ready. Hardening your home, modifying native brush and addressing ornamental vegetation on your property are all critical elements in whether or not your home will survive a wildfire. County firefighters urge you to learn more about what types of trees, brush and ornamental shrubs are on your property – and what fire hazards could be right in your own backyard. Throughout March, the Department will teach you about fire safe landscaping by providing safety tips on the Fire Department's Facebook, Twitter and YouTube pages, and its website at www.fire.lacounty.gov.

"The first step is to create a defensible space perimeter by thinning trees and brush within 30 feet – essentially a fire break around your home," says Fire Chief Daryl L. Osby. "This includes ornamental plants and trees known to be flammable, such as acacia, cedar, cypress, eucalyptus, juniper, pine and pampas grass. In extra hazard areas, the requirement may extend to 200 feet from the home."

Preventing conditions where fire can travel from native brush, through an ornamental landscape to your home, is the key to creating defensible space.

"Reducing fire intensity through clearance and maintenance is what creates defensible space for firefighters to protect your home," says Osby. "Trees touching or overhanging your home must be pruned back to provide a minimum of five feet of separation, and chimneys need 10 feet of clearance."

Poorly planned and maintained landscaping isn't the only danger on your property. Make sure to store flammable materials, liquids and solvents in metal containers outside at least 30 feet away from your home and any wooden fences. Stack firewood at least 30 feet away from your home, and clean up any dead vegetation, which can also act as fuel for a fire.

Don't risk your life or property by not taking these important preventive steps. Keep your home safe from the danger of wildfire! For guidelines and ideas, download your free copy of the Ready, Set, Go! Wildfire Action Plan at http://www.fire.lacounty.gov/wp-content/uploads/2014/02/RSG-Booklet.pdf.

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CISO will soon be obtaining security awareness training content for all employees to view through the Department of Human Resources Learning Management System. Content includes basic security and privacy concepts along with more in-depth training content such as HIPAA (Health Insurance Portability and Accountability Act) security and privacy training content.

Respond

Reacting to a cyber-attack has to be quick, effective and efficient. These elements work best when there is a formal incident response (IR) processes. The County's Information Security Steering Committee has developed a formal IR process to assists the Countywide Computer Emergency Response Team (CCERT) when activated by the CISO. The DISOs lead and facilitate their respective Departmental Computer Emergency Response Team and reports back to the CISO of security-related incidents. Based on the incident severity the CISO may engage the District Attorney and federal cyber intelligence agencies.

Security Program Theme for 2015 – "RICC"

Sophisticated Advanced Persistent Threats are playing a significant role in the most recent security data breaches. To continue diligence to safeguard the County's employee and constituent data the CISO has prepared a pre-emptive Security Program strategy dealing with Risk, Intelligence, Communication, and Compliance that the County staff will focus on during 2015 and for the foreseeable future. **"RICC"** is defined as:

Risk a risk management approach that assesses impact to the County's business, financial, and services provided to employees and its citizens.

Intelligence gather, collate and aggregate cyber-threat information from all local, state and federal cyber-intelligence agencies.

Communications increase employee security awareness and encourages good cyber practices at work, home, and on mobile devices.

Compliance ensuring adoption by all employees of the Board-adopted IT Security Policies.

The CISO and DISOs encourages employee involvement in RICC appreciates everyone's assistance. IT Security policies can be viewed at www.mylacounty.gov, or the Countywide Information Security intranet web site at http://infosec.mylacounty.gov.

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

CHILDREN & FAMILY SERVICES: William G. Mairs, Patrice P. Webster
CHILD SUPPORT SERVICES: Claudia D. Myles
HEALTH SERVICES: Catherine A. Earhart, Rosie L. Washington
INTERNAL SERVICES: Linda J. Frazier
MENTAL HEALTH: Hallie Carter, Emma J. Duncan
PUBLIC SOCIAL SERVICES: Susan L. Baughman, Lois A. Robertson, Bettye R. Ross

40+ Years

ASSESSOR: Mark A. Castaneda
BOARD OF SUPERVISORS: Robin A. Guerrero, Julie Zalace
CHIEF INFORMATION OFFICE: Petra Gonzales
CHILDREN & FAMILY SERVICES: Teresa Arevalo
HEALTH SERVICES: Sonia A. Davis, Linda C. Edwards, Yvonne G. Gaw, Hyoja Kwak, Dorothy F. Mc Cart, Patricia L. Nielsen, Samuel B. Norris III, Jose J. Rios, Doris Sullivan, Pablo A. Vega
HUMAN RESOURCES: Dela L. Trujillo
INTERNAL SERVICES: Tony J. Newman
MENTAL HEALTH: Carol S. Whitfield
PUBLIC HEALTH: Evelyn Hicklin
PUBLIC LIBRARY: Mosie L. Blow
PUBLIC SOCIAL SERVICES: Anita L. Bailey, Patricia Patterson, Dorothy Willis, Shirley J. Easton
PUBLIC WORKS: Robert Delgado, Pin-Ching Li, Raul G. Martinez, Belinda B. Popoff

35+ Years

ASSESSOR: Charlene D. Robertson, Esther Young
CHIEF EXECUTIVE OFFICE: Myung H. Cho, Kerry K. Fuse
CHILDREN & FAMILY SERVICES: Tedjitou Dessalegn, Donald Luther
COUNTY COUNSEL: George E. Hunter II, Queenie Tse
HEALTH SERVICES: Porfirio Delgado, Irene Durazo, Frederick Huicochea, Cheue Y. Kuo, Noemi M. Valdovinos, Sylvia Villanueva, Luther Wortham Jr.
MENTAL HEALTH: Virginia A. Borrero, Lourdes Marquez
MUSEUM OF NATURAL HISTORY: Cathy McNassor
PUBLIC HEALTH: Gloria Awit, Judy A. Lay
PUBLIC SOCIAL SERVICES: Yean Port, Maria D. Reyna, Marina Vieyra
PUBLIC WORKS: Jose Loza
REGISTRAR-RECORDER/COUNTY CLERK: Natalie Smith
SUPERIOR COURT: Deloris Mc Neely, Linda J. Miller, Cathy A. Rosenbaum, Jenny Rosenstein
TREASURER & TAX COLLECTOR: Robert O. Waters

30+ Years

ALTERNATE PUBLIC DEFENDER: Gary D. Baucum
CHILDREN & FAMILY SERVICES: Thomas Cota Jr., Deborah W. Bennett, Patricia Hidalgo, Eva E. Juhasz
COUNTY COUNSEL: Erlinda Schneider
DISTRICT ATTORNEY: Stephen A. De Prima, Lawrence A. Dimmick, Carolyn L. McNary

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HEALTH SERVICES: Violeta Bautista, Cynthia A. Cadena, Ruby Y. Contreras, Stanley H. Inkelis, Dennis F. Levin, Deborah J. McClam, Susie J. Spears, Olive Tritch, Matthew Wheaton Jr.
INTERNAL SERVICES: Steve W. Gonzales, Tonita E. Page, Karl Schroeder
MUSEUM OF NATURAL HISTORY: John M. Harris
PUBLIC DEFENDER: Maria Contreras
PUBLIC HEALTH: Wynsor H. Kawamoto, Gloria Miladin, Ruby E. Ruiz
PUBLIC SOCIAL SERVICES: Gay G. Faucett, Kiza Suh
PUBLIC WORKS: John Ceballos, Tuong D. Nguyen
REGISTRAR-RECORDER/COUNTY CLERK: Benny P. Fabian
SUPERIOR COURT: Esther P. Enriquez, Irma V. Odvina, Carol J. Najera

25+ Years

AGRICULTURALCOMMISSIONER/WEIGHTS & MEASURES: Pacomio Garcia
ASSESSOR: Jude K. Njoku
CHILDREN & FAMILY SERVICES: Susan M. Andrews, Zola D. Johnson, Marvella K. Little, Edgar Lockett Jr., Lillie M. Perdomo
DISTRICT ATTORNEY: Gene C. Salvino
HEALTH SERVICES: Cynthia Abapo, Nairi Bekmezian, Michael K. Chan, Veronica T. Davila, Elvira C. Del Rosario, Peggy I. Evans, Irene A. Hernandez, Alice L. Hicks, Salvacion G. Hugo, Sharie O. Lee, Maria E. Paez, Esther Robles, Lydia San Jose, Katrina T. Soliven, Antoinette Zaragoza, Antoinette Zaragoza
INTERNAL SERVICES: Terrylynn D. Fithian, Gloria M. Van Muijen G
MENTAL HEALTH: Allen A. Fernandez, Brady Gallagher, Agnes B. Reyes
MILITARY & VETERANS AFFAIRS: Josephine T. Richardson
PUBLIC DEFENDER: Mark D. Dewit
PUBLIC HEALTH: Felicitas S. Roter, Bahram Zakarian
PUBLIC LIBRARY: Alice S. Tang
PUBLIC SOCIAL SERVICES: Peter Amador, Maria-Violet Bos, Cosal H. Chhun, Sharyn D. Jones, Ernest F. Olguin, Ana M. Robles
PUBLIC WORKS: Chien L. Lee, Charles R. Padget, Oscar Rodriguez
SUPERIOR COURT: Gladys L. Carter, Mila J. Gorecho, Edward L. Tiu
TREASURER & TAX COLLECTOR: Vivian Akinlude

Women's History Month*

103 Years of Women's History Made at the County Public Library!

County Librarians – clockwise from bottom left: Celia Gleason (1913-1924), Helen Vogelson (1924-1946), John Henderson (1947-1963), Carol Moss (1973-1981), Linda Crismond (1981-1989), Sandra Reuben (1989-2001), and Margaret Donnellan Todd (2001-Present).

For over 100 years, the County of Los Angeles Public Library has provided amazing opportunities for women to serve in executive leadership positions. In fact, the County's first female department head was the County Librarian!

WOMEN'S HISTORY
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by the Department of Consumer and Business Affairs

Consumer Protection Dos and Don'ts

The Department of Consumer and Business Affairs celebrated National Consumer Protection Week earlier in March. National Consumer Protection Week is an annual coordinated campaign that encourages consumers nationwide to take full advantage of their consumer rights and make better-informed decisions.

Consumer protection starts with the consumer. When you make wise decisions, you can better avoid fraud and scams.

When it comes to being a smarter consumer, remember these important Dos and Don'ts:

- **Do** some research before you make a big purchase. Know the costs of cars, electronics, or nearby homes to make sure your price is fair.
- **Don't** sign a contract with any missing information or that you don't fully understand.
- **Do** insist on getting clear information in writing. Make sure what's on paper matches the costs and terms you negotiated.
- **Don't** ignore debt collectors, but always verify if the debt in question is legitimate and that they have the authority to collect.
- **Do** yourself a favor by saving money today, even if it's just a little bit. You will need that money for common, unexpected emergencies.
- **Don't** leave your personal information in an unsafe place. This includes your credit card numbers, bank account numbers, Social Security number, driver's license number, and any passwords or PIN numbers.
- **Do** a three-times-a-year check of your credit report. Go to annualcreditreport.com and get a report from each of the three credit reporting agencies once a year for free. Check for accuracy.
- **Don't** max out your credit cards. It will cost you in the short term—with interest and fees—and long term—with a lower credit score.

WOMEN'S HISTORY
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Though the 19th Amendment would not guarantee American women the right to vote until 1920, the Los Angeles County Board of Supervisors foreshadowed this historic change by appointing Celia Gleason as County Librarian in 1912. She served in this post until 1924, establishing dozens of community libraries.

"The County Public Library has changed considerably since Gleason's tenure," said County Librarian Margaret Donnellan Todd, who was appointed by the Board of Supervisors in 2001. "We now maintain 86 community libraries and four ethnic resource centers. Our collection contains close to five million items and we maintain a massive 24-7 Virtual Library. But in our department's 103-year history – as our mission and methods evolve – what has not changed is our commitment to public service and the executive leadership opportunities we've offered to generations of women. Six of our seven County Librarians have been women. Two-thirds of our executive leadership posts currently are held by women. Young women are some of the most enthusiastic participants in our Leadership Development Program. Over a century ago, Gleason established a strong tradition of respected female leadership at the County of Los Angeles Public Library – and I am proud to continue it."

**Women's History Month is an annual celebration honoring the achievements of women, authorized by the President of the United States. It had its origins in 1981 when the Congress of the United States authorized and requested the President to proclaim the week beginning March 7, 1982 as "Women's History Week." A few years later, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year as "Women's History Month."*

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really enjoys celebrating her Mexican culture and hopes to find a family that can cook all of her favorite foods, especially tamales, enchiladas, flautas, and sopes. She would love it even more if she could help you prepare these traditional meals. Consider adopting this beautiful little girl or visit our website at www.heartgalleryla.org to meet more children currently waiting for their new beginning.