



DIGEST

July 15, 1988

COUNTY OF LOS ANGELES

Sheriff Deputies Help Disabled Kids

On June 2, 1988, Sheriff Sherman Block presented a check for \$10,000 to Robert Chaffee, Director of the County Department of Children's Services. The check represented

charitable donations pledged by deputies participating in the "999 Run for Kids."

In March of this year, over 1,000 Southern California law enforcement officers competed



Sheriff Block with six-year-old Elizabeth Covarubias of the Medical Placement Unit, Department of Children's Services.

in the annual 120 mile cross-country relay race from Baker, California to Las Vegas, Nevada. However, this year two teams from the County Sheriff's Department had an additional purpose for competing in the desert run.

A combined team of Sheriff's Deputies from Juvenile Investigations Bureau and Juvenile Operations Bureau, as well as a team from the Hall of Justice, sponsored 50 severely handicapped, foster children, who were victims of child abuse. The purpose of the pledge this year was to purchase equipment such as sport wheelchairs, special clothing, and medically-oriented toys and games.

"The members of this Department who gave so generously of their time and themselves to aid, and more importantly, to develop relationships with this special group of children, are to be commended," said Sheriff Block.

Bob Chaffee presented Sheriff Sherman Block with a plaque in appreciation for his leadership and participation in this event which works to brighten the lives of physically disabled children.

At the time of the presentation, the children who will benefit from the donation shared cake and ice cream with their sponsors at the Sheriff's Training Academy and Regional Service Center and viewed a display presented by the Department's Special Enforcement Bureau.

First In A Three-Part Series Caring For A Dependent Elder

Being that special someone who provides care and attention for others can be very rewarding, but it can also be very demanding emotionally.

Sometimes you may feel very confused and you may have conflicting emotions such as resentment, shame, and guilt towards an older person. You may also think that these feelings are "wrong." Remember, it is important to understand that these feelings are normal, and that it is possible to feel both love and anger towards someone at the same time.

Once you accept that you can have a full range of feelings about being a caregiver, it will be easier to put them into perspective, to feel less confused and frustrated. Some people find it helpful to keep a diary and write about their feelings, or at least go through a mental checklist. To get started, here are some questions you should ask yourself:

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Employees Sportsfest Huge Success

On Saturday, June 25, 1988, County employees, their families and friends participated in the first annual Los Angeles County Employees Sportsfest (LACES) at Whittier Narrows Recreation Area. LACES was sponsored by the Department of Health Services in conjunction with other County departments. An intradepartmental steering committee, chaired by Gloria Gray from Health Services, planned the event. Its focus was to promote team work among County employees, highlight employee fitness, and provide an environment of fun for County employees.

Irving H. Cohen, Assistant Director of Health Services, Administration & Finance, representing Robert C. Gates, Director of Health Services; Sandra Tracey, Treasurer-Tax Collector; and Charles Gale, representing Supervisor Schabarum's office welcomed employees at the park and joined in the fun.



Various fun activities held throughout the day were highlighted with a three-person team 15K relay race. More than 50 teams of all male, female or coed participants, and individual runners represented the following departments: Sheriff, Fire, Health Services, Public Social Services, Mental Health, Treasurer-Tax Collector, Library, County Courts, County Counsel, Marshal, Agricultural Commission, Museum of Natural History, Animal Control, Probation, Chief Administrative Office, Public Works, and the

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Summertime Crime Prevention Tips

School is out and summer vacation is upon us. For many families, this means packing up the kids and leaving town for several days. Unfortunately, for many vacationers, it also means returning to a home that has been burglarized. To avoid having your pleasant summer memories marred, here are a few tips for you.

Do not spread the word that you will be away from home for an extended period of time. In many cases, it is advisable not to set specific vacation dates until your children are out of school. In their excitement, they may tell the wrong people. The more people that know your home will be vacant, the more vulnerable it becomes.

Have someone that you trust, a neighbor, relative, or close friend, keep an eye on your home. Ask them to report any suspicious people or circumstances to your local law enforcement agency. If possible, provide them a telephone number and an itinerary of your travel plans so they can reach you in case of an emergency. It is also a good idea to call your local Sheriff's station or police department and request frequent checks of your home while you are out of town.

Take extra precautions with your valuables. Record the serial numbers and take photographs of your property to aid in identification. If you are unable to secure your valuables properly, then you may want to give some thought to a bank safety deposit box. They are ideal storage for small items.

When you leave your home, make sure all doors and windows are locked. Sliding glass doors should be wedged shut with a sturdy rod of wood or metal. Windows should be braced so that they cannot be lifted out of their tracks. Put a "vacation hold" on mail, newspaper delivery, or any other service which, if continued in your absence, would strongly suggest that no one is at home.

If you can afford a security alarm system, do not hesitate to have one installed. An alarm is the best way to thwart a burglar's attempt to victimize you. Check with your homeowner's insurance company. Some offer premium discounts if you install a security system.

Don't just sit back and think that it cannot happen to you. Always presume that it *will* happen to you. Act now by taking the necessary steps to protect your property before you go on vacation.

New Program Introduced To Rehabilitate Drunk Drivers

A residential rehabilitation program for persons convicted of driving under the influence (DUI) has been announced by Supervisor Michael D. Antonovich and the County Department of Health Services.

Located at the Antelope Valley Rehabilitation Centers' Warm Springs Branch, the program is designed to provide the citizens and courts of the County with a comprehensive alternative to alcoholic offenders.

To qualify, people must be referred by the court and be County residents. According to Supervisor Antonovich, the program is not a substitute for jail sentences, but rather is intended to supplement the laws as they exist for DUI offenders.

The program features thorough orientations, a variety of Alcoholics Anonymous meetings, alcohol awareness and education, family involvement, and various emotional and spiritual workshops and social activities.

For further information on the program, please contact the Admissions Division at (805) 257-2342.

Enjoy The Beach At Our RV Park



You and your family will find plenty to do at the County's RV Park located at Dockweiler Beach on the picturesque Santa Monica Bay just south of Marina del Rey. Its entrance is where Imperial Highway meets Vista del Mar at the ocean.

It is open every day of the year and staffed 6 a.m. to 10 p.m. There is a noon checkout, with earlier check-in if space is available. Sorry, but there is a 30-day limit from May 1 to September 30 and a 90-day limit from October 1 to April 30.

There is space for 118 vehicles (83 hook-up spaces, 35 non-hook-up spaces). All spaces are 35 feet long. Services provided include nighttime security, volleyball courts, a 1 1/2

mile beach bike path, security lighting, and a big ocean for water activities. There are fire rings for your evening campfire.

The park is adjacent to a white sandy beach. (Pets are allowed in the park but not on the beach.) It is open to all self-contained motorhomes, campers, vans, and trailers.

Northbound or southbound motorists on I-405 (San Diego Freeway) should take the Imperial Highway offramp, then drive on Imperial 3 1/4 miles to its western end, which is the entrance to the park.

For more information, call (213) 305-9545 and to make reservations, call 1 (800) 444-PARK.

Congratulations Retirees

We congratulate the following retirees who are leaving County Service after 30 or more years of employment and, hope they enjoy their well deserved leisure time.

Agricultural Commission: Linwood A. Pearce

Beaches & Harbors: Donald B. Rosenthal

Data Processing: John S. Ige
Facilities Management: Boyd L. Wheeler

Fire Department: Thomas M. Lloy, James W. Moss, Howard G. Smith

Forester & Fire Warden: Warner E. Boston

Health Services: Bernard F. Char
Probation: Joseph T. Wong

Public Social Services: Alfreda Chestnut, Algie P. O'Leary

Sheriff's Department: Vincent T. Bogdanich, Roger L. Yockey

We will also miss the following retirees with more than 25 years of service, and extend our best wishes.

Children's Services: Gaman G. Garrison

Facilities Management: John G. Linder

Health Services: Ethel Clanton, Arizona Jackson

Probation: Doris L. Topsy

Public Social Services: Shirley Coburn, Henrietta Davison, Mary F. Long, Basilio Ortiz

Sheriff's Department: Marion C. Bohannon, Jr., James Cook, Robert M. Harris, Charles T. Lane, Francis H. Linley, Eugene D. Rudolph

Treasurer-Tax Collector: Charlene Allen

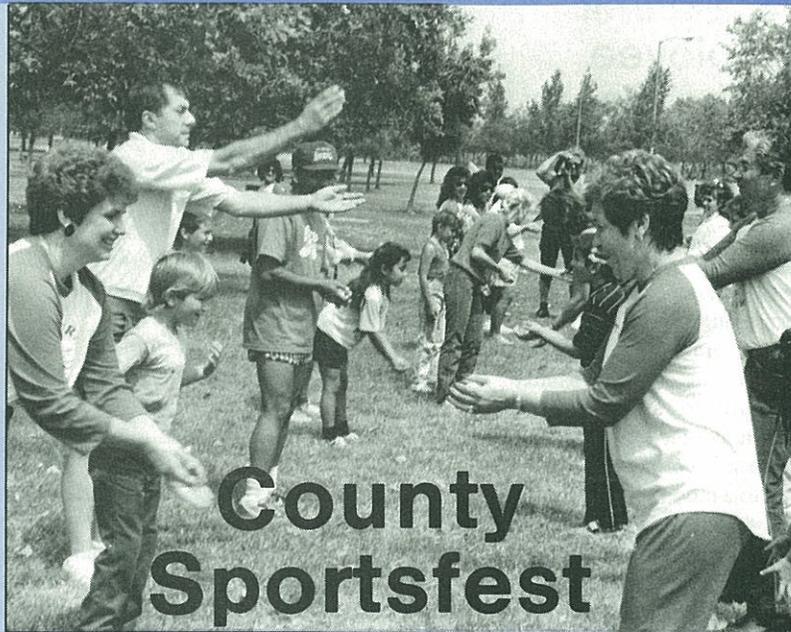
Sign-Language Classes Offered

Early registration is encouraged for fall semester County Sign-Language classes.

Preregistration for sign-language class enrollment will be taken on August 25, 1988, between 11:30 and 1 p.m. in the Office of Affirmative Action Compliance, 500 W. Temple Street, Room 780, Hall of Administration. The class is being offered to all employees interested in learning sign-language, or those needing to improve their present skill.

Classes will be on Tuesday and Thursday, from 5:30 to 7:30 p.m., beginning September 12, 1988, through January 24, 1989. Location: (Civic Center Area), to be announced at a later date.

Please call (213) 974-1087 for further information.



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Los Angeles County Retirement Association.

Big hits with the children were the canine demonstration by the Sheriff's Department and face painting by the LAC/USC Medical Center's Clown Corps. Fingerprinting for children was also offered by the LAC/USC Medical Center Safety Police. Other popular activities included a sack race, egg toss, and tug-of-war. The day's program also included martial arts and yoga demonstrations and music provided by the "Cold Duck" band.

Awards were presented to the following winners:

Male: First Place (Public Works) Barry Witler, Joseph Young, Greg Jaquez.

Second Place (Fire) Fred Bland, Dale Baker, Angel Montoya.

Third Place (Sheriff) David Deffenbaugh, George Magallanes, Andy Magallanes.

Female: First Place (Marshal) Barbara Carlisle, Susan Diaz, Trini Fiscus.

Mixed: First Place (Agricultural Commission) Elizabeth Davis, Paul White, Greg Creekmur.

Second Place (Animal Control) Gaile

Miley, Mark Frey, Roger Nelson.

Third Place (Library & Probation) Chuck Billodeaux, Gilbert Rodriguez, Debbie Heineman.

The planning committee which included Health Services representatives Karen Reed, Luis Gomez, Janice and Richard Gilden, Mike Greigo, Pat Kennedy, Jack Weingert, and Jeanne Grant is to be commended for all the hard work that went into making this event a huge success.

Summer Care For Your Pets

The Department of Animal Care and Control offers several suggestions for the proper care of your pets during warm weather.

Keep license and I.D. tags on your dogs. If you are planning to take your pet along for the family vacation, remember dogs usually travel well, but cats do not. If traveling by car, take plenty of food and water, keeping the water available at all times. If traveling by public carrier, check well in advance for the carrier's rules and regulations concerning your pet's travel arrangements. Never release your pet in a strange area - he/she may wander away and not be able to find its way back.

If you choose to leave your pet at home, only a much trusted adult relative or friend should be delegated to care for your pet. Another alternative is a clean, reputable kennel in which to board your pet while traveling.

Remember that the temperature of a dog or cat is higher than that of humans and irreparable brain damage or death may result if a pet becomes overheated. If an animal becomes extremely weak, pants excessively or loses consciousness, it should immediately be sprayed with, or immersed in cold water. Then take him to the nearest veterinarian.

Never leave a pet in a parked car for longer than five minutes in warm weather. Even with the windows open, the inside temperature of the car can quickly reach 102 degrees when the

outside temperature is 85 degrees. These hot weather precautions are also important for pets other than dogs or cats and in the case of smaller pets - more important. Remember to place them in shade and provide plenty of fresh, cool water for them.

Fleas and other skin problems are aggravated by warm weather. Consult your veterinarian for an accurate diagnosis of any excessive itching or loss of hair. Follow his directions carefully and provide proper nutrition and cleanliness to help prevent skin diseases.

All these precautions will bring comfort and relief to your pet during warm weather and save you from unnecessary expenses and perhaps the loss of a beloved pet.

Care For Dependent Elders

(Continued from page 1)

- Can I accept my loved one as an "elderly" person?
- Can I accept approaching old age? (If you find it disturbing, it can affect the way you act towards the older person you want to help.)
- Can I accept my new role as caregiver?
- Do I feel overburdened?
- Can I identify activities and/or people that can act as a relief/support network for me?

Being a good caregiver means caring for yourself, too.

- Be sure to eat a balanced diet, allowing sufficient time to eat in a relaxed atmosphere.
- Get regular check-ups and take care of medical problems as early as possible.
- Try to avoid making extra work for yourself and prioritize tasks.
- Don't feel guilty about setting limits.
- Exercise by walking, jogging, cycling, swimming, gardening, or stretching.
- Give yourself time alone, enjoy a hobby, read, visit a friend, take a break, do something nice for yourself.

As a caregiver, you may need to learn that it is O.K. to ask for help. Involving others and building a support network can make a big difference. Look into adult day care centers, community transport services, accept offers for shared shopping or errands, or have younger family members read the newspaper aloud.

Caring For Older Adults: Meeting The Challenge contains more details, a useful "Resources" section, and important phone numbers. For more information call the County Area Agency on Aging (213) 857-6466. This article is the first of a three-part series.

Encore, Encore! It's Employee Night At The Opera

The Los Angeles Music Center Opera will again welcome County employees to a special opera performance on August 10. The Opera is *Katya Kabanova* by Czech composer Leos Janacek ("Yah'-nah-check"), featuring Viennese superstar Leonie Rysanek and American soprano Karan Armstrong.

This melody-filled opera tells the story of Katya Kabanova, a sensitive young woman torn between her duty to a domineering mother-in-law, her failing affection for a weak husband, and her innocent world of dreams — dreams that will lead to a moonlit tryst and her ultimate stormy destruction. This dazzling Paris Opera coproduction was recently acclaimed as "A landmark in Parisian musical life!"

Janacek has been heralded as the Puccini of Eastern Europe and is enjoying a growing reputation in the West, with sold-out performances of *Katya Kabanova* in Chicago and San Francisco testifying to his popular appeal. Unique to his style is the use of unusual sounds and rhythms from Moravian folk music as well as the use of commonly used chords (Harmonies) in unusual ways. Through his operas, Janacek is able to illuminate the inner life of his characters to a profound degree, as well as the social and cultural forces that act upon them. In every case, his operas reveal much about the needs and motivations of the human spirit.

Katya Kabanova will be directed by Gotz



Karan Armstrong

Friedrich, who was responsible for the inaugural season production of *Otello* which catapulted Los Angeles Music Center Opera into the upper echelons of world class opera. Acclaimed Czech conductor Jiri Kout makes his North American debut with this Los Angeles production.

The opera is sung in Czech with English supertitles. Supertitles are English language paraphrases of the singers' lines, discreetly and conveniently projected above the stage. The performance lasts approximately 2 hours and 20 minutes including one intermission.

Tickets are available at the greatly reduced price of \$5. Seating is limited and unreserved. The performance will be on Wednesday, August 10 at 8:00 p.m. in the Dorothy Chandler Pavilion, 135 North Grand Avenue, across from the County Courthouse. The doors will open at 7:00 p.m.

Additional questions should be directed to



Leonie Rysanek

Richard Hoyer, Chief Administrative Office, County Special Programs, (213) 974-1768.

The deadline for ticket orders is July 29, 1988. Free parking will be available at the County Music Center parking lot.

Place your order early as *Katya Kabanova* promises to be an enjoyable evening of beautiful singing and extraordinary theatre that you and your family won't want to miss.

To obtain tickets, complete the blue form provided.

DID YOU KNOW?

Did you know that diagrams and seating for major performing arts centers and stadiums are shown in the front pages of The Greater Los Angeles Yellow Pages and the GTE Neighborhood Phone Book telephone directories?

Referring to them can be helpful before ordering tickets to events!

Yes, please send me _____ tickets to *Katya Kabanova* @ \$5.00 per person for a total of \$_____.

Name _____

Mailing Address _____

City _____

Zip Code _____

Telephone (Day) _____

Telephone (Evening) _____

Please detach and return with payment by July 29 to: Katya Preview, Los Angeles Music Center Opera
135 North Grand Avenue, Los Angeles, CA 90012

Make checks payable to: LOS ANGELES MUSIC CENTER OPERA

ORDER DEADLINE: JULY 29, 1988

Take The Time To Revitalize Yourself Investment Pays Big Dividends

Most of us are interested in finding sure ways to protect our investments. But, how many of us stop to think about the many ways in which we can invest in ourselves.

Our complex and busy lives seem to leave us with little or no time for ourselves. We never seem to have the personal time to do the special things that relax or revitalize us.

This investment in ourselves does not have to be any longer than the time it takes to read a chapter in a favorite book, walk two miles, listen to classical music, or simply snooze for 25 minutes. This special time is an investment

that will pay big dividends in terms of our personal health and happiness.

Some tips on how to invest in yourself:

- Plan special activities around "your personal time."
- Schedule your personal time and consider it a top priority.
- Remember, nothing is as important as your health, both physical and mental.

By making these and other personal investments, you will receive big dividends, no matter what the state of the economy.

County of Los Angeles

DIGEST

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