



# DIGEST

## Sheriff elected to chair Los Angeles County's major child abuse council

Sheriff Sherman Block has been elected to serve a two year term as Chairperson of Los Angeles County's Inter-Agency Council on Child Abuse and Neglect (ICAN). ICAN, a nationally acclaimed multi-disciplinary council, serves as the County's official child abuse and neglect coordinating body. ICAN's member agencies include major State, County, and City departments involved in the child protection system.

ICAN is mobilizing resources in the public and private sectors to deal with the shocking rise in the incidence of reported child sexual abuse. The ICAN Child Sexual Abuse Task Force will provide a single forum to integrate and coordinate services and systems, especially the less visible but urgently needed interventions for developmentally disabled child sexual abuse victims and for child perpetrators of sexual abuse.

ICAN is also preparing, for national release, Child Death Review Protocols, which contain systematic methods for investigating the more than 100 suspicious child fatalities occurring in Los Angeles County each year. These Protocols are designed to help prevent

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## CAO Submits Budget Forecast to Board of Supervisors

On December 26 the Chief Administrative Office filed a report to the Board of Supervisors on the current and projected future state of County finances.

The report advises the Board that 1984-1985 spending by County departments will reduce the County's year end reserves to \$3.5 million.

The major problems in this year's budget are mandated open-end programs such as jail inmate overcrowding, County hospital patient load increases, and welfare caseload increases. Reduced interest earnings for County treasury investments also contribute to this year's budget woes.

The CAO comments that the projected year end fund balance of \$3.5 million "is an extremely thin operating margin and would suggest caution in terms of future spending commitments as well as the need to generate additional savings."

The projected budget shortfall for 1985-86 may range from \$24.2 to \$104.2 million short of meeting "critical unmet needs." The CAO projects that to merely maintain present programs — fund already granted salary increases and finance mandated caseload and program increases — will require an additional \$73.8 million next year. New financing available to meet these needs is estimated at \$69.6 million for a new shortfall of \$4.2 million.

Beyond the \$4.2 million shortfall are the financing requirements of many critical needs. Not financed in the CAO's projections are a collection of unmet needs which may total from \$20.0 million to \$100 million. These include:

- Salary and Benefit increases for employees. Current contracts with most represented employees expire August 31, 1985.
- Added workload demands in jails, juvenile care, health and court facilities.
- New capital construction financed by the General Fund.
- Other critical program needs in areas such as law enforcement, fire protection and children's services.
- Minimal budget reserves to cover unanticipated losses from State and/or Federal budget cuts such as a potential loss of Revenue Sharing which could cost the County \$60.0 million.

The CAO has suggested several local options and State legislative actions which would improve the County fiscal picture for 1985-86. These include:

- Expenditure controls over most County departments to increase the 1984-85 year end fund balance and reduce 1985-86 requirements.
- Negotiation with the Board of Investments for reductions in the County contribution to the retirement system while funding 100% of future need (\$32.9 million).
- Reversion of Joint Powers Authority and Non-Profit Corporation surplus funds to the County General Fund (\$22.0 million).
- Equitable property tax allocation through changes in State law (\$45.0 million).

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## Sheriff Chairs Child Abuse Council

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child deaths and assure the safety of surviving brothers and sisters.

ICAN's unique partnership with the ICAN Associates, a private fund-raising group sponsoring six ICAN Neighborhood Family Centers, provides an innovative linkage between public and private child abuse and neglect interventions systems.

"Only a forum like ICAN can bring all parts of the system, public and private, law enforcement and social services agencies, to work together. We need this kind of cooperation to tackle the problems of child abuse and neglect, which have no territorial boundaries," Sheriff Block said.

## Blood Donor Participation Increases

Prior to the December Civic Center Blood Donor Drive, Supervisor Deane Dana sent a letter to all Civic Center employees requesting them to seriously consider donating.

Employees gave 160 units of blood, a 17% increase from the last drive. Carl's Jr. provided a hamburger coupon to each donor.

The next blood donor drive is scheduled for March, 1985.

## CAO Submits Budget Forecast to Board of Supervisors

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- State funding of SB-90 mandates (\$44.7 million).
- Additional State support for mandated programs including:

|  | <b>Revenue (Millions)</b> |
|--|---------------------------|
| — Tippler's tax of 5¢ for jail operations or 50/50 jail cost sharing | \$ 75.0 or 68.3           |
| — Support for Children's Services                                    | 15.7                      |
| — Additional funds for MIA health programs                           | 33.1                      |
| — Transfer court and related costs to State                          | 143.0                     |
| <b>Total</b>   | <b>\$266.8 or \$260.1</b> |

The forecast does not include any future State or Federal budget cuts which may impact the County. The Governor's 1985-86 Budget will be released this month while the President's FY 1986 Budget is expected to be released in February.

## Money Available to Start Innovative Projects

The Productivity Investment Fund (PIF) is completing the first cycle since its inception in early 1984. The Board of Supervisors established this \$500,000 revolving fund to allow departmental managers to borrow "seed money" to start innovative projects designed to increase cost effectiveness. Administering the fund is a Productivity Investment Board (PIB) which is made up of eight appointed members from the Productivity Advisory Committee (PAC).

Marvin Rosenberg is the Chairman of PAC and Richard Van Kirk, Western Regional Director of Arthur Young, Inc., serves as Chairman of PIB. Van Kirk recently expressed optimism about the ratio of dollars loaned to anticipated savings. Project proposals are reviewed by PIB. Based on qualitative and quantitative criteria, PIB then recommends eligible projects to the Board of Supervisors for funding consideration. The Auditor-Controller verifies cost data.

PIF loans range from \$50,000 to \$150,000 and are to be repaid within 12 months after implementation, from savings the project yields. Short payback projects allow a fast turnover of funds.

It is estimated that the fund will yield savings of four to six times the initial fund amount. It is hoped that, as the fund proves its effectiveness, the basic pool of money in the fund can be increased to permit the implementation of a larger number of proposals.

Ten departments submitted proposals. For example, Flood Control (now in Public Works Department) needed a \$103,105 advance to purchase and maintain a Xerox 2080 which will substantially reduce a backlog of drawings and permits. This is expected to increase productivity in design of projects, be repaid in 5 months, and yield a 3 year savings of \$633,576 with a 6.17:1 savings/cost ratio.

County of Los Angeles

### DIGEST

EDITORIAL BOARD

TED L. REED

Asst. Chief Administrative Officer

CHARLES R. STEAKLEY

Editor

EDITORIAL OFFICE

Room 783, Hall of Administration  
500 West Temple Street  
Los Angeles, CA 90012

Telephone: 974-1785



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## Exercise that is Just Right for You

"Aerobics," the system of regular workouts that enhances the body's use of oxygen—it's a word that has brought the nation to its feet. But are these workouts inadequate, excessive, or just right for the person doing the routine?

The answer depends on who's exercising, how, and what they hope to achieve. For example, people who hope to lower their risk of heart disease need to work out more than those who want to relieve tension.

At California State University in Long Beach, Dr. Robert Thayer has found that people who take a 10-minute walk on a treadmill report feeling more energy for half an hour afterwards. A short walk outdoors—around the block, say—gives a boost for up to two hours.

Stanford University studies indicate that running eight to ten miles a week helps transform compulsive Type A's into more easygoing Type B's. And three half-hour aerobic sessions weekly will help fight depression and anxiety, according to researchers at Duke, Purdue and the University of San Francisco.

For losing weight, the three-times-a-week begins to provide the potential benefits you want. Other kinds of exercise are not nearly as effective for long-term weight loss. Exercise in bursts, such as in weightlifting, provides quick energy, but does not tend to raise the metabolic rate. Using aerobics, the metabolic rate rises so you burn more calories not only while you're exercising, but for hours afterwards.

For most people exercise begins to pay off when they work hard enough for the "training effect." The body becomes trained with exercise for at least 20 to 30 minutes every other day. Each session must be intense enough to push the pulse to 70% to 85% of its maximum rate (220 minus your age). You feel the difference the training effect makes at about 1,000 calories of exercise a week.

The changes are profound. Heart muscles thicken and become stronger,

while the pulse rate slows down. Red blood cells increase in number, while blood pressure may drop slightly. The lungs take in more oxygen, increasing their capacity. Aerobic training also makes the body's cells more sensitive to insulin, an important matter for diabetics.

Many of these changes begin with around three half-hour sessions a week, the level of activity that has become the standard prescription for aerobic exercise. But depending on what you want to achieve, you may want to push your body into a higher level, or you may be able to get by with an easier schedule.

Researchers find that people who exercise four or five times a week, though they did not alter their diets lost about a half a pound a week or three times more than those who had three weekly bouts of exercise.

Above all, get an exercise program you will enjoy. As one physiologist says, "The reward has to lie in the exercise itself."

## U.S. Savings Bond Interest Rate Up

The new U.S. Savings Bond interest rate for November 1984 through April 1985 semiannual interest period is **10.94%**. This is the fifth rate change to take effect since market-based variable rates were introduced on November 1, 1982, and represents a significant increase from the May-October rate of **9.95%**. The rates are changed every six months, in November and May. From November 1982 to April 1985, the average yield for the five semiannual periods was **10.00%**.

It is smarter than ever to join the payroll savings plan for Savings Bonds. If you have hesitated in the past to sign up for bonds because of the interest rate, it is time to reconsider and take another look at bonds.

## New Logo For Department of Treasurer and Tax Collector

The recently consolidated Treasurer and Tax Collector now has a new logo reflecting the department's treasury and collection functions. It will be used on various policy and procedural manuals, brochures, television public service slides, and approved authorized mailers to property owners. This logo was designed by Mr. Antonio Sanchez, an employee of the department, who in July 1984, participated in a Department sponsored logo contest opened to all departmental employees. All logos submitted were reviewed by the department head, and his senior staff. Mr. Richard B. Dixon, Treasurer and Tax Collector, awarded a \$75 U.S. Savings Bond to Mr. Sanchez for the winning design.



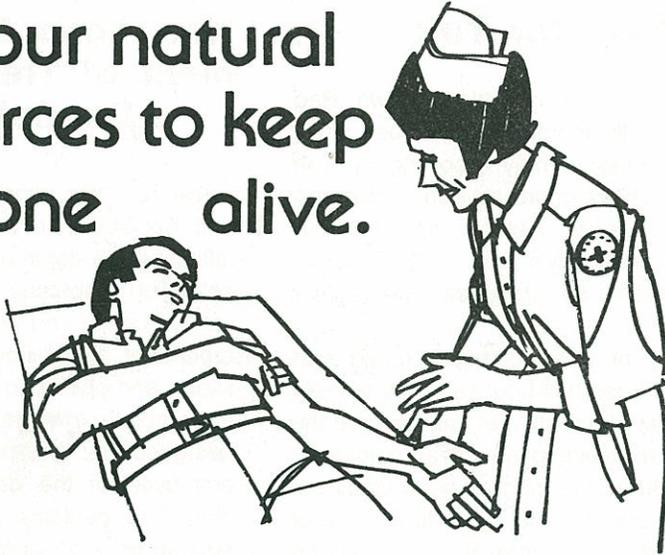
## RETIREES . . .

The following people have retired in recent months after more than thirty years of service to the County:

Don Paul Gelleo, Agricultural Commissioner; Paula London, Martin Luther King Hospital; Reed M. Morgan, Communications; Tom B. Brown, Fire; Claudie D. Hawkins, District Attorney; Ruth Acosta, Harbor General Hospital; John J. Corcoran, Jr., County Clerk; Anne F. Smith, Superior Court; Jack R. Fry, Road; Irving Rabin, Mechanical.

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Use your natural  
resources to keep  
someone alive.



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### Those Dangerous Toothpicks

About 8,000 people are injured yearly by toothpicks that are swallowed or that puncture an eye, ear, or other part of the body.

Though they are only a relatively small factor in overall causes of accidental injury, Dr. Lawrence Budnick points out that most of those injured are under 24 years of age, and that injuries are the leading cause of death in that age group.

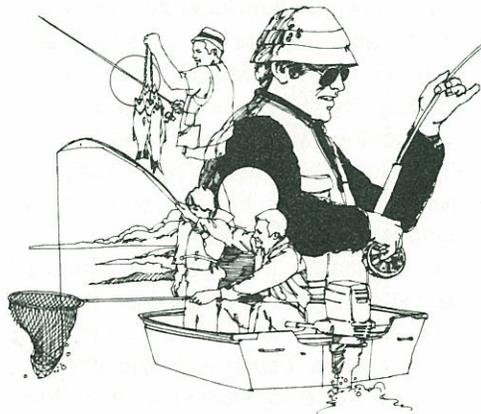
Dr. Budnick, who prepared the study for the National Centers for Control in Atlanta, says children under age five are most likely to be injured.

Toothpicks are commonplace and not considered to be dangerous. Before the study toothpicks were considered a hazard only to adults wearing dentures, to the mentally incompetent, and to people who have dulled mouth sensations with alcohol, Budnick said.

Records now show cases of adults who have died after a swallowed toothpick punctured a vital organ. In some cases where the toothpick was found and removed, the victim didn't realize that it had been swallowed at all.

Because they are so commonplace, Dr. Budnick recommends that they be

recognized by everyone as another "harmless" household item that can cause accidental injury. He recommends that parents keep them out of children's reach, and that food preparers who use toothpicks in sandwiches and hors d'oeuvres make sure that the toothpicks are clearly visible. Toothpicks should always be picked up from the floor as soon as they are noticed.



### RETIREES...

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The following have retired with over twenty-five years of County Service:

Road: Bruce Challman, John Mitamura, San Wong.

Public Social Services: Henry R. Kline, Pansy R. Clay, Natalie Martin, Ann G. Gravely, Roland L. Baker, Nancy L. Blair.

Rancho Los Amigos: Kathreen O. Lehman, Patrick Schallitz.

Flood Control: Frederick D. Seares, Fernando L. Grijalva.

Medical Center Services: Harry L. Warrior, Nancy Telfer.

Mechanical: William Yost, Manuel O. Blanco, William S. Renwick.

Sheriff: Frank O. Sonzogni, Nola M. Diemel, Carlos V. Rubio, Thurston G. Carlson, Jr., Kenneth A. Fish, Tommy Curtis, Jr., Conrad Alvarez, Lewis W. Schaal, William Herold, Kenneth Swensson.

Probation: Mary J. Haller, Bette D. Richards, Wayland L. Wells.

Fire: Lewis W. Shall, Alan W. West.

Engineer: Vincent Rizzo, Robert J. Brown, Jr.

Building Services: Morris Dugan, James R. Kennedy.

Health Services: Mary Esther Mann, Katherine P. Nelson.

Also: Donald W. Curtis, Communications; Charles P. Gatti, Purchasing & Stores; Joyce L. Haynes, Pediatric Pavilion; John W. Madden, District Attorney; Carol Marquez, General Hospital; Darnell Nealy, Sewer Maintenance; Elsie M. Porter, Auditor-Controller; Gerard P. Vacchio, Assessor; Frances Young, County Clerk; Delores A. Bady, Adoptions; James V. Jacks, Data Processing; Richard A. Veraldi, Hospital Administration; Bob Lai, Data Processing; Richard F. Vernon, Los Angeles Municipal Court; Beverly G. Akins, El Monte Municipal Court; George H. Bates, Purchasing & Stores; Amando Mercado, Central Health Services; Richard C. Kenen, Public Health; Verlina Poston, Harbor Hospital; Clayburn W. Juniel, Martin Luther King Hospital; Jessie Mae Lien, Olive View Hospital; Vertenis Shephard; Ambulatory Care Services.