



DIGEST

Preparing for an Earthquake

Governor George Deukmejian has proclaimed April 15-20, 1985 as Earthquake Preparedness Week. To commemorate this week, the County of Los Angeles will be participating in the first statewide earthquake campaign.

During this special week, Californians can learn about earthquakes — the do's and don'ts of earthquake safety and survival.

Los Angeles County will be joining with many other cities and counties, major corporations, volunteer and service organizations, elementary schools, Neighborhood Watch groups and the Girl Scouts to urge individuals in our community and throughout the state to be prepared in the event of a major earthquake.

If a major earthquake strikes this area and causes widespread damage, will you be prepared?

While local government, utility, Red Cross, and other emergency agency officials work to restore order, what should you do to help yourself and your family?

Here are some suggestions.

THINGS TO DO:

- Stay calm. Turn on your portable radio for emergency bulletins.

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Sheriff's Department is looking for a few good men and women

Volunteerism is nothing new at the Sheriff's Department. From the very first days of County history, the Sheriff has called upon the citizen volunteer to help maintain law and order. The most common call was for a "posse" to give chase to some desperado trying to make his getaway from the scene of the crime.

Those days may be gone but the Sheriff's Posse still rides today as one of the five groups that make up the Sheriff's Reserve and Volunteer Programs. Together they contribute thousands of hours each year as they do their part to ensure the safety and security of the communities in Los Angeles County.

The Department sponsors a citizen volunteer program of 870 non-sworn personnel whose activities range from clerical work to extremely technical fields such as communications, management systems, and legal and scientific endeavors. In addition to the Volunteer Program, the Sheriff also offers four "sworn" and "deputized" categories for Reserve Officers. These areas are: Mountain Rescue Teams, Patrol, Specialists, and, of course, the Posse.

Altogether the Reserves number 1,102 men and women who work a minimum of 16 hours each month in their respective assignments.

The Reserves and volunteers come from all walks of life. Many are regular employees of other County Departments. Despite the diverse backgrounds, they all share a common desire to do something to make Los Angeles County a safer and more peaceful place to live.

Typical of our family of County employees who also volunteer their services to the Sheriff's Department are

Patrol Reserve Deputy William Calicchia, Specialist Reserve Deputy Nick Hasselkus, and Civilian Volunteer Bob Lynch.

Deputy Calicchia serves as a Patrol Officer assigned to San Dimas Station. In his regular County employment he works as a Senior Inspector for the County Agricultural Commissioner/Weights and Measures. Recently, he was commended by Sheriff Sherman Block for saving the life of a choking two-year-old child while he was on routine patrol. He also donates his time as an instructor for the Law Enforcement Explorer Scout Program.

Deputy Nick Hasselkus, who works for the Los Angeles County Department of Regional Planning, is a Specialist Reserve assigned to the Headquarters Company/Sheriff's Reserve. This Specialist group is one of several which engages in highly technical projects with the purpose of making the Department's operations more efficient. Deputy Hasselkus has played a major role in changes that have saved the Department (and County taxpayers) millions of dollars.

Bob Lynch retired from the County Counsel's Office in 1984. For most of his 33 years of service he served as Counsel to the Sheriff. His career spanned Sheriffs Biscailuz, Pitchess, and Block. After Lynch's retirement, Sheriff Block recruited him as a volunteer. He does legal research on issues affecting the Civilian Volunteer Program. He uses the legal facilities of the Sheriff's Department and his former office. The popular Lynch keeps in touch with many of the Sheriff's Department's executives he has watched come up through the ranks. To ensure that this work is consistent with

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Sheriff seeks Volunteers

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current policy, Bob submits his opinions to Gary Daigh of the County Counsel's Office for approval. Lynch comes in to work on Thursdays. "It's the day the cleaning lady comes to the house and I'm better off out of her way."

Bob's work during the past four months has provided written support for some of Sheriff's Block's innovative programs, as well as information that can be distributed to other law enforcement agencies desirous of starting their own programs.

The Sheriff's volunteers are given "on-the-job" training at facilities of their choice and are usually given an assignment that can be scheduled as the volunteer deems necessary.

Reserve Deputies are given Academy Training and sworn in as Peace Officers before they are assigned their regular duty stations. They are also given additional on-the-job training in their respective home units.

If you are interested in becoming a Reserve or volunteer, contact the Reserve Forces Bureau at (213) 946-7875 for more information. They are looking for more good men and women who, like the Posse of yesteryear, are willing to lend a hand.

February Employee of the Month



NAOMI LEGOHN

Naomi Legohn, Custodian Supervisor, Facilities Management Department, was selected as the February 1985 Employee of the Month for the County of Los Angeles. Chairman of the Board of Supervisors Edmund D. Edelman presented a scroll to Ms. Legohn recently in Board Room ceremonies.

Ms. Legohn has 11 years of County service and is currently assigned to the Hall of Records. She was lauded for superior performance in creating and maintaining a clean, safe and healthy environment for both County employees and the public in such a high traffic building.

Ms. Legohn was further described as a loyal conscientious employee, even when faced with a forced reduction in position due to budget cuts. She has offered suggestions for task simplification measures which were adopted for use by her department. One of her suggestions has, through coordinated security measures, prevented supply losses resulting in a fiscal year departmental savings of \$2,400.

She is very active in community work as a 30 year member of Holman United Methodist Church and as a member of the Eastern Star. She has three adult children, Nancy, Clarence and Traci; resides in the City of Inglewood; enjoys reading and playing with her three grandchildren.

Designating to a Favorite Charity: Have you considered the United Negro College Fund?

As the Charitable Giving Spring Campaign winds down, it is important to be mindful that funds designated through the payroll deduction process to a favorite charity cover a maximum twelve month period. Therefore, if you were enrolled in the payroll deduction plan prior to 1985 and you want to continue supporting a particular charitable agency, you should redesignate. Each redesignation covers a calendar year period (January-December). Redesignations in this Spring Campaign will cover all of 1985.

If you are contemplating redesignation or possibly designating for the first time, the Board of Supervisors would like you to consider the United Negro College Fund (UNCF). This organization provides funds for 43 historically black colleges and universities, all of which are private, fully accredited four-year institutions. Through the UNCF, funds are provided for scholarships, faculty salaries, expanded course offerings, books and equipment. Since more than 90% of the students attending the UNCF's member colleges and universities require financial aid, the UNCF supports a very necessary and worthwhile educational effort.

You can use designation forms provided either by the United Way or the Brotherhood Crusade to direct your funds to the UNCF or other favorite charity.

RETIREES . . .

The following people have retired or have been approved for retirement by the Retirement Board in recent months after more than thirty years of service to the County:

Sheriff: Elden L. Adcock, Fred O. Cram, Donald R. Foxen, Donald Goodnight, Kenneth H. Johnston, William F. Krieg, June L. Roach, Tayek Shiraishi, James R. Barker, John J.

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County of Los Angeles

DIGEST

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HAPPY BIRTHDAY, MISS LIBERTY!! —County Supervisor Michael D. Antonovich (right) launches a fund-raising and signature-gathering drive for the California Jaycees by inking the first signature of a 120,000-signature goal for a California 100th Birthday Card for the Statue of Liberty. Looking on is State Jaycee President Greg Stavish of Pomona, who said Jaycees across the state will be selling "Diamonds for the Lady" almonds to raise money for the restoration of the American symbol, whose 100th birthday will be celebrated next year.

Supervisor Antonovich urged "all Los Angeles County residents and patriotic Americans throughout the state to support the Jaycee drive. This particular campaign touches the hearts of all of us," Antonovich said, "and Jaycee chapters, which also benefit from this campaign, are consistent contributors to the economic, cultural and civic betterment of our communities."

Gleason, Donald J. LeMaster, Benedict A. Lubbon, Robert H. Wright, Norman G. Erwin.

Marshal: John William Hart, John V. Matarazzo, Jerome M. Schwager,

Thomas Shadowen, Jr., Larry Licht.

District Attorney: Thomas E. Lannin, Mary A. Hogans.

Assessor: Thelma J. Adams, Juanita Hopkins, Bennie Lee Lewis.

Retirees (Cont'd)

Probation: Sammie J. Banks, James Loo, Keiso Oshima.

Central Health Services: Mary J. Doughty, John S. Valentine.

Purchasing & Stores: Nancy K. Goya, Adolph Villalvazo.

Probation: Charles L. Harrington, Richard F. Inman.

Engineer: Nick Janich, Wayne Ten.

Road: Martin E. Pruet, Henry Torres.

Flood Control: Richard Rabago, John J. Sievers, Nicholas Chico, Manuel Garcia.

Fire: William M. Frownfelter, Stuart Culp, Jr., Brian B. Markley, Curtis W. Davis.

Also: James Burks, Jr., Personnel; Margaret L. Dyer, Children's Services; Louis L. Fuller, Art Museum; Arthur Leroy Graham, Public Administrator; Willard S. Hinkle, Building Services; Alphina C. McDonald, Auditor/Controller; Dora Jean Mmodana, Public Library; Doreen M. O'Connor, Public Health; Jeanann Ross, L.A. Municipal Court; Josephine Secakuku, Harbor General; Emil Settlege, Public Social Services; Artista Taylor, Medical Center; Mary K. Umehara, E.L.A. Children's Clinic; William Watson, Jr., Mechanical; Johnny C. Williams, County Clerk; Ralph W. Munger, Jr., Fire Protection; Daniel Terzo, Air Pollution; Wilford H. Dover, Parks & Recreation.

The following have retired or have been approved for retirement by the Retirement Board with over twenty-five years of County Service:

Fire: Roy A. Arnold, Clarence Robert Levy, Albert W. Todd, Obert H. Thompson.

Sheriff: Albert T. Farnes, Harold Hippler, William D. McKeeby, Forrest C. Wilcher, Jr., William L. McMillan, George H. Eckels, Clyde M. Garrison, Murle C. Hess, Robert Pease, Patrick Shields, James L. Williams, Richard Vick, Leroy Cotton, Arthur Garcia, Ralph H. Poole.

Marshal: Al Gubba-Reiner, Robert E. Owens.

Harbor General: William H. Beshears,

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Thousand Meter Test Swim April 6 For Ocean Lifeguard Candidates

A 1,000 meter ocean swim test will be offered Saturday, April 6, for men and women, 18 and over, interested in being ocean lifeguards for the County's Department of Beaches and Harbors.

The 7 a.m. test swim will start on the south side of the Santa Monica Beach pier.

To qualify for the ocean swim, candidates must first demonstrate that they can swim 1,000 meters in 18 minutes or less in a regulation-size swimming pool. This requirement can be certified by any swim coach.

Applications can be obtained from any lifeguard station between Zuma Beach and Cabrillo Beach. Deadline for filing the applications is April 3.

Informal training sessions for the April 6 test will be offered March 23-24 and 30-31, between 8 and 10 a.m. at the Santa Monica Lifeguard Headquar-

ters, 1642 Promenade.

Candidates selected after the ocean swim test will participate in a six-day training program conducted by the Lifeguard Division. They will also be given oral interviews and will be required to pass a strenuous two-part physical examination.

The training session will include instruction and evaluation in general lifeguarding, first-aid and CPR, tower-to-surf-to-berm rescues, grueling run and swim tests, rescue paddleboard usage and races, and rough water ocean swims.

Training begins April 21 and candidates selected must pass all phases in order to maintain their qualification status.

Information on the ocean lifeguard program may be obtained by calling (213) 545-4502.

How to Take Your Medicine

The more you know about the medications you take, the better they will help take care of you. But . . .

Every day, millions of Americans buy medicine prescribed by a physician — and according to studies, only about half of them take their medicine properly.

If you don't take your drugs at the right times, or for long enough, you might not get well as fast as you could.

If you take them with certain foods or other drugs, there is a possibility of bad reactions. If not that, the medicine probably won't work as well as it could under the right conditions.

Asking the following questions is a good start toward working with health care practitioners. They want to help you use your medicine properly, so don't hesitate to get this basic information:

- What is the name of the drug, and what is it supposed to do?
- How and when do I take it — and

for how long? (Until I just feel better, or until it's all used up?)

- Will any food, drink or other medicine affect how it's used? Is there anything that should not be eaten or taken?
- Are there any side effects, and what should I do if they occur?
- Is there any written information available about this medicine?

**Save for a sunny day.
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Earthquake Preparedness

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- If you smell gas or see smoke, get everyone out of the house and turn off the gas and electricity at the main meters.
- Treat all injured with basic first aid.
- Turn off appliances.
- Check on your pets and tie them up if they are loose.
- See if your food, water, first aid kit, and flashlights have been damaged.
- If you are in your car, stop and stay where you are until emergency vehicles come.

THINGS NOT TO DO:

- Do **not** walk around barefoot (keep a pair of tennis shoes handy).
- Do **not** use the telephone. Lines will need to be kept open.
- Do **not** leave. Stay where you are unless you are in danger. Then move outside, well away from hazards.
- Do **not** use water on electrical or gas fires. Use a fire extinguisher.

Retirees

(Continued from page 3)

Jr., Helene Saunders.

Public Health: Warren O. Beuchel, Raymond Butler.

Public Social Services: Enrique H. Burrell, Ralph S. Doster, Jr., Juanita L. Hitchens, Arthur I. Wolf.

Mechanical: Charles E. Campbell, Vertle D. Coles, Charles H. Smead, Jr.

Community Development: Armand DeLuna, Paul M. Moore.

Probation: Don C. Duncan, Ann Gimbelain, Edward Gordon, Seymour Rich, George C. Zidbeck, Barbara D. Riley, John Thomas Shea.

Assessor: Harold E. Horvitz, Ada Stewart.

County Clerk: Jacqueline Jackson, Dorothy Simmons.

Building Services: Arthur Johnson, Jr., Burley G. Thomas.

Adoptions: Arline N. Lurge, Marie T. McKeever.

Road: Louis Gonzales, Jerome Weiss.