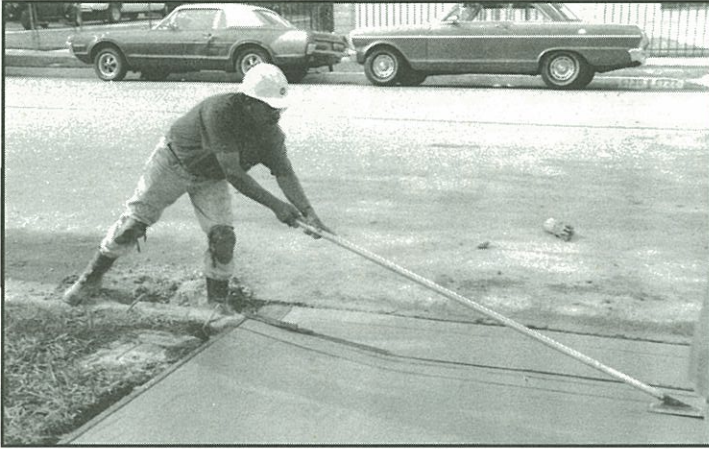


County DIGEST



August 14, 1992

COUNTY OF LOS ANGELES



Road Time: Public Works employee Jose Soto replaces a concrete driveway.

For most folks, the phrase *on the road* creates images of nonstop movement, traveling town to town, never settling down. But that

PUBLIC WORKS SPOTLIGHT

On the Road Again

scenario doesn't work for about 600 County employees.

Over at Public Works' Road Maintenance Division, the phrase means taking care of 5,100 miles of roads, 200,000 trees and more than 1,800 equipment pieces. It's the department's largest division with a budget exceeding \$50 million.

When a citizen in an unincorporated County area gets on the phone about potholes or tree trimming, the

division arrives at the scene. Day-to-day duties run the gamut—from litter removal, street sweeping and dirt-road grading to sidewalk, curb and gutter repairs and replacement. But the action doesn't stop with daily duties.

Staff members also build mountain roads, resurface streets and clean up hazardous material spills.

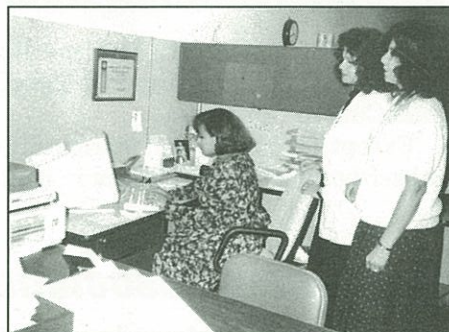
And when storms in February and March arrived this year so did a wide range of duties: 840,000 sandbags were distributed, 137 roads closed while others stayed open through constant patrolling.

REBUILDING L.A.

Hundreds Receive Government Jobs

Hundreds of people who lost jobs during the Los Angeles riots are getting temporary government employment thanks to a new project run by the County's Private Industry Council and the Department of Community and Senior Citizens Services.

Before the ashes cooled, DCSCS staff members completed a proposal requesting assistance for out-of-work employees. The state granted \$4.7 million, while \$1.8



A riot victim, seated, goes to work for the Department of Community and Senior Citizens Services while her supervisor Diana Gonzalez, center, and Civil Unrest Project Coordinator Virginia Enriquez look on.

Mental Health Gets \$2.3 Million Emergency Grant

In a move to help thousands of residents, the Mental Health Department has received a \$2.3 million federal grant to boost post-riot crisis counseling and services.

Funded by the Federal Emergency Management Agency, the 60-day grant will help the Department provide a wide range of services, including a 24-

(Continued on Page 4)

(Continued on Page 4)

HARBOR-UCLA ENTERS NEW ERA

Officials Break Ground on New Patient Center

Ushering in the first major on-site construction in 29 years, County officials broke ground at Harbor-UCLA Medical Center in Torrance July 9 for a new patient care center.

Called the Primary Care and Diagnostic Center, the new 47,000-square-foot facility will serve patients with a wide range of services, including emergency-care clinics.

"This new facility will help reduce the overcrowding that now occurs on a regular basis in the emergency room," Supervisor Kenneth Hahn said. "It took a unified effort between the County and the State to make the center possible."

Planning for the project started in 1984 when the Board of Supervisors approved developing a Medical Center master plan.

According to Health officials, completion of the center is scheduled for 1994.



(L to R) Robert Gates, Health Services Director; Mary Pittman, California Association of Public Hospitals President; Supervisor Kenneth Hahn; Yvonne Braithwaite Burke, 2nd District Supervisor Candidate; and Ed Foley, Acting Health Services Assistant Director.

Museum Seeks Volunteer Help

The Natural History Museum needs volunteers for a wide range of duties, including leading school tours, assisting curators, staffing the information desk and helping with special events and public relations.

Requirements include enthusiasm, commitment and a desire to join this rapidly expanding museum.

For more information, call Isabel at (213) 744-3341.

Lincoln National Gets Name Change

Lincoln National, the medical insurance carrier for Options participants, was acquired by TakeCare, Inc., in May and is now known as TakeCare of California.

Except for the name change, the transition is virtually transparent to subscribers, with no changes in benefits or provider networks.

Retirement Association Elections Set

Three seats are up for grabs on two Employee Retirement Association boards.

Only safety members, who work for Marshal, Sheriff, Beaches and Harbors, Forester and Fire Warden, Parks and Recreation, District Attorney and Probation departments are eligible for the Board of Investments and Board of Retirement seats.

Nominating petitions must be filed with the Registrar-Recorder by September 11.

For more information, contact your personnel office, the Registrar-Recorder or the Board of Supervisors' Executive Office at (213) 974-1748.

Employees Reduce Traffic, Win Awards



(L to R) Don Deise, Labor/Management Advisory Committee Chairman; Tom Tidemanson, Public Works Director; Supervisor Deane Dana; and Don Truelson, Public Works Transportation Director.

Helping fight the nonstop war against air pollution and traffic jams, six employees walked home with County awards July 28 for getting hundreds of cars off the streets.

During the first annual Trip Reduction Program Awards Ceremony in downtown Los Angeles, Board Chairman Deane Dana lauded the employees and their three departments for cutting cars traveling to and from work by at least 30 percent.

"I was stunned; I didn't know I was up for an award," said Probation Department employee Georgia Roberson. "We're getting people to make new transit choices; it will really help the environment."

In addition to the Probation Department, Public Social Services and Public Works met or exceeded County trip reduction goals.

Winners included DPSS Director Eddy Tanaka and his trip reduction team, Anna Marie Castro, Vernon High, Tina Trujillo and Matias Wesby; Public Works Director Tom Tidemanson and department transportation director Don Truelson; and Chief Probation Officer Barry Nidorf, along with transportation coordinator Georgia Roberson.

REACHING OUT CONSUMER QUESTIONS ANSWERED WITH NEW PHONE SYSTEM

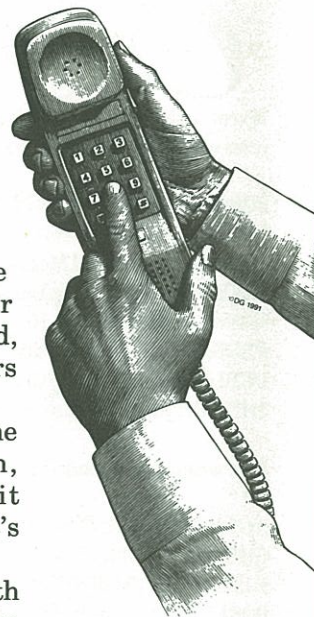
Hoping to double the number of people served, the Department of Consumer Affairs recently installed an automated, 24-hour telephone system that answers 50 of the most frequently asked consumer questions.

Available seven days a week at (213) 974-1452, the system provides a wide variety of information, including landlord/tenant relationships, credit messages, retail sales rights and the department's lineup of services.

Callers from 8 a.m. to 4:30 p.m. can also speak with a consumer protection counselor after listening to the appropriate message.

The most requested messages so far concern security deposits, complaint histories, credit reports, refunds, door-to-door sales and vehicle purchase problems.

For more information, call the Department of Consumer Affairs, (213) 974-1452.



Employees can now get half-price tickets for *Bluebeard*, a Long Beach Opera production running August 22, 26 and 29 at the John Anson Ford Theater in Hollywood. Starring Perrin Allen, left, and Susan Davis Holmes, the rarely performed comic romp tells the legend of Sir Bluebeard, who poisoned his first five wives but met a formidable challenge in Boulette, number six. Show time is 8:30 p.m. Tickets are \$37.50, \$18.75 and \$11 each. For ticket and other information, call (310) 596-5556.

CONGRATULATIONS RETIREES

Warm wishes and congratulations are extended to the following employees who are retiring with 30 years or more of County service:

FORESTER & FIRE WARDEN: James N. Chatfield, Dennis E. Rostawicki
 HEALTH SERVICES: Norma J. Adams, George Geary, Elnora Lawson, Roberta McGlothen, Daniel Moon, Clifford Mosby, Martha Ohanesian, Charles E. Seymore, Dorothy Taylor, Park W. Wagers
 INTERNAL SERVICES: Donald M. Herman
 MUNICIPAL COURTS: Hazel E. Whitaker
 PROBATION: Teruo Hosaka, Melvin H. Longmire, Bogus L. Miller, William Smith
 PUBLIC SOCIAL SERVICES: Eva M. Torrence
 SHERIFF: Richard L. Foreman, Randall L. Nichols, Willie Sanders, Jr.

Best wishes are extended to the following retirees with 25 years or more of County service:

AGRICULTURAL COMMISSION/WTS. & MEAS.: Henry R. Cossey
 CHILDREN'S SERVICES: Maye H. Leffall
 DISTRICT ATTORNEY: William E. Holliman
 FORESTER & FIRE WARDEN: Bennie F. Petty, Jr.
 HEALTH SERVICES: Esther M. Dennis, Frances Hairston, Carolyn J. Soter
 INTERNAL SERVICES: Walter R. Krauze
 MARSHAL: Richard D. Lynch, Victor B. Rockafellor
 MENTAL HEALTH: Michael T. Johnson, Eugene J. Kunitomo
 MUSEUM OF ART: Paul G. Hernandez
 PROBATION: Charles E. Lloyd
 PUBLIC LIBRARY: Beatrice Steinberg
 PUBLIC SOCIAL SERVICES: Malvotte Calloway, Felicia G. Hammond, Carol J. Rowell
 PUBLIC WORKS: Alan Y. Chan, Jerry P. Ellis
 SHERIFF: Richard J. Alexander
 SUPERIOR COURT: Beverly J. Kramer, Morgan Von Saxel

Government Jobs

(Continued from Page 1)

million in federal funds and \$3.5 million in State Employment Training Funds will be available shortly.

Under Jose Martinez, Private Industry Council Director, and Robert Medina, DCSCS Director, staff members are placing hundreds of workers throughout the County, including Los Angeles, Long Beach and Torrance. And more than 100 folks are now working in County departments. While providing short-term employment, the project also offers new skills and language training.

County departments interested in providing riot-victim placements can call Stephanie Klopfleisch, (213) 738-2617.

Mental Health Grant

(Continued from Page 1)

hour crisis counseling hot line, disaster service centers, stress management and community outreach, school-based crisis counseling and assistance to shelters.

About 100 new volunteers and 19 contract providers are helping Mental Health staffers on the project.

In addition to services provided by the grant, the department is providing 13,000 hours and \$354,000 in riot-related services.

During the first post-riot month, about 16,000 people received disaster related mental-health services. In the end, about 65,000 people may need mental health riot assistance.

LOS ANGELES COUNTY EMPLOYEE FRAUD HOTLINE

DON'T BE INDIFFERENT

REPORT FRAUD

You May Remain Anonymous
Call

(800) 544-6861

(213) 974-0914

24 Hours, 7 Days A Week

County DIGEST

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NUTRITION TIPS

For People on the Go



SOME FAST FOOD CALORIES

	Calories
Arby's Beef & Cheese sandwich	451
Burger King Cheeseburger	390
Burger King French Fries (Med.)	341
Carl's Jr. Famous Star Hamburger	320
Kentucky Fried, Orig. Chicken, 1 thigh	294
Kentucky Fried, Crispy, 1 thigh	406
McDonald's McLean Deluxe	260
McDonald's Quarter Pounder w/cheese	520
McDonald's Filet-o-fish	414
McDonald's Hotcakes, butter, syrup	410
Taco Bell Bean Burrito	447
Taco Bell Beef Burrito	493

SINGLE ITEMS

	Calories
Green Beans, 1 cup	40
Broccoli, 1 cup	56
Cabbage, 1 cup	12
Peas, 1/2 cup	60
Tomatoes, 1 cup wedges	50
Avocado, 1 cup mashed	384
Mayonnaise, 1 tablespoon	65
Thousand Island, 1 tablespoon	70
Pinto Beans, 1/2 cup	115
Garbanzos, 1/2 cup	116
Rice, 1/2 cup	112
Apple, 2 3/4 in. diameter	80
Banana, 1 medium	100
Orange, 2 3/8 in. diameter	80
Oatmeal, 1 cup cooked	133
Raisins, 2 tablespoons	52
Bread, 1 slice	75

NATURE KNOWS BEST

Eat 100% whole grain breads and cereals (brown rice, wheat, rye, oats, barley, buckwheat, millet).

Important nutrients are lost in the making of white and enriched flour.

REFINING OF WHEAT

NUTRIENT	%Lost
*Thiamine (B1)	78
*Riboflavin (B2)	80
*Niacin	80
*Iron	76
Pyridoxine (B6)	72
Zinc	78
Calcium	60
Phosphorus	71
Copper	68
Magnesium	85
Chromium	40

*"Enriched" flour replaces these nutrients only.

WHERE ARE THE CALORIES?

	Calories
Hostess chocolate cupcake	160
Glazed donut	200
Danish pastry (4 1/4 in. diameter)	276
Apple pie, 1 slice	404
Candy Bars	250-300
Potato Chips (20)	224
Nuts, 1/2 cup (average)	350-400



Compliments of Los Angeles County Board of Supervisors
and the Task Force on Nutrition
Developed by Shirley Hon, M.D.

WATCH OUT FOR FAT

Are you watching your waistline? Fats have more than twice as many calories as proteins or carbohydrates.

Margarine or butter contain 100 calories per tablespoon. Adding either to your foods increases the calories.

Vegetable oil has 125 calories per tablespoon. Think twice next time before you eat fried foods, potato chips, corn chips, etc.

Most salad dressings contain vegetable oils, adding 60-80 calories per tablespoon to your salad.

WHERE IS THE CHOLESTEROL?

Milligrams

Ground Beef, lean, 3 oz.	77
Steak, chuck rib, 3 oz.	93
Chicken, no skin, 1 cup diced	11
Chicken, 1/2 breast with skin	61
Turkey, breast	51
Tuna, 1 cup	59
Salmon, 4 oz.	53
Shrimp, 1 cup	192
Cheddar cheese, 1 oz.	56
Cottage cheese, 1 oz.	53
Egg, 1 yolk	250
Milk, whole, 1 cup	34
Milk, nonfat, 1 cup	5
Yogurt, lowfat, 1 cup	15
Butter, 1 tablespoon	31

COMMON DIETARY MISTAKES

UNDEREATING:

1. Vegetables
2. Fruits
3. Whole grains
4. Legumes (dried beans and peas)



OVEREATING:

1. Fats, in the form of meats, dairy products, margarine, processed meats (lunch meats, hot dogs, bacon, sausages), shortening, lard, vegetable oils, salad dressings and sauces.
2. Sugars, found in desserts, cereals, condiments (e.g. ketchup), baked good and soda pop.
3. Salt, prevalent in processed meats, prepared foods, crackers, chips, roasted nuts and overuse of the salt shaker.
4. Refined foods from which vitamins, minerals and fiber have been removed.

A diet high in fat and sugar, rich in animal products and low in fiber is associated with heart attacks, strokes, diabetes millitus, obesity, some cancers and many other diseases.

A BETTER WAY

EAT MORE VEGETABLES & FRUITS

CHOOSE HEALTHY SNACKS - Instead of candy bars, cakes, pies, cookies and potato chips, choose fresh fruit, assorted vegetables, whole grain crackers, dried fruit and nuts. Visit a healthfood store for some more creative alternatives.

EAT A HEARTY BREAKFAST - Start the day with fresh fruits and whole grain cereals (e.g. oatmeal, cream of rye, shredded wheat or unsweetened grain flakes) with non-fat milk or soy milk with dried fruit, or whole wheat toast spread with nut butter or unsweetened preserves.

EAT A LIGHT SUPPER - You'll sleep better and be hungry for a big breakfast in the morning.

DECREASE FAT INTAKE - Eat less meat, dairy products, margarine, butter, oil and mayonnaise. Avoid fat substitutions such as non-dairy creamers. Use lots of legumes (cholesterol-free and high in fiber). Together with grains they form a high quality and inexpensive protein. If eating meat, choose lean meats and white skinless poultry. Cook your foods by baking or steaming rather than frying.

CLEAN OUT YOUR CUPBOARDS Replace "Junk Food" with health items.

PRIORITIZE - Make health your top priority. Your health is your best asset. Time and effort spent on improving your eating habits pay off.

EXERCISE - To achieve general well-being and radiant good health, daily exercise is a must.

DRINK WATER - Eight glasses of pure water between meals should be a daily habit.

