

County DIGEST



MARCH 15, 1995

COUNTY OF LOS ANGELES

Employee of the Month

Deputy GERALD TRUEMAN: F R A U D B U S T E R

His work may not appear in the headlines, but Sheriff's Deputy Gerald Trueman's day to day efforts are certainly newsworthy to the hundreds of small business owners and residents who have sought his help at the Temple Sheriff's Station in the San Gabriel Valley. For them, his ability to solve crimes of check fraud and forgery have meant the difference between staying in business or going under financially.

Trueman was honored at the February 28 meeting of the Board of Supervisors as the February County Employee of the Month.

"The way I see it, I just have a job to do, and I enjoy doing it. I don't really expect this kind of recognition," says Trueman, an 18-year veteran of the Sheriff's Department.

Trueman, 41, has spent the past four years working the "forgery, fraud and check desk" at the Temple Station. He is responsible for investigating cases for the five contract cities of Rosemead, South El Monte, Temple City, Duarte and Bradbury, as well as the unincorporated areas of San Gabriel, East Pasadena, Arcadia and Monrovia.

"There are many businesses throughout that territory which have become victims of fraud. For them, the crimes have financially dented their businesses, whether it's a \$5,000, \$10,000 or \$20,000 loss. There's virtually nobody else to help them," explains Trueman.

Each day, in his second-floor investigators office at the station, he grinds

away at the more than 20 active cases he handles each month.

"When I first took over the desk, there were over 250 open cases to solve. It was overwhelming," he says.

He set out to revamp the case management system, improving the way cases are filed, processed and closed. Trueman credits his success with the assistance of civilian volunteer Pride Lawin, who worked diligently with him at the station to organize the mounds of files.

"She was my right arm. We went through every file in every cabinet," he recalls.

Trueman claims that about 80 percent of his cases are solved, and his supervisors say there are countless letters of praise and gratitude from victims to show for it.

"I truly understand what these people are going through. I used to be a businessman myself. I feel for these people," he says.

Trueman first joined the Sheriff's Department in January 1977 after following in his father's footsteps as a reserve deputy at the San Dimas Station. After two years as a reservist, he decided to make it his career.

"I just knew I wanted to do this," he says.

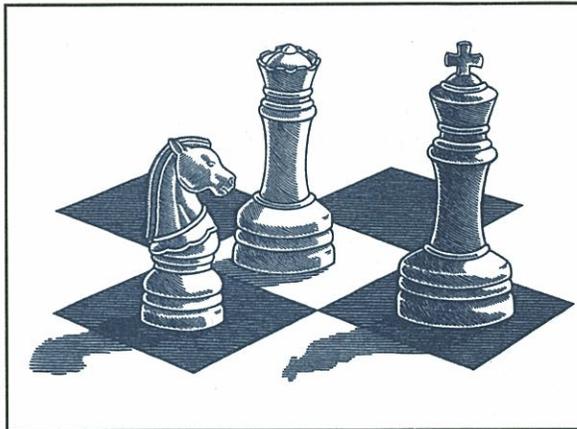


Deputy Trueman's family, (l-r), son Scott, daughter Jamie, and his wife, Carol, joined him in the scroll presentation by Supervisor Gloria Molina.

Chess Championship Checks Into Alhambra

The Eighth Annual County Employees Chess Championship gets underway on Thursday, April 13, at 6 p.m., at the Department of Public Works' Alhambra headquarters, located at 900 S. Fremont Avenue, in Conference Room B.

Chess enthusiasts are invited to compete in both open and amateur divisions. Prizes will be offered to the top winners in each division. For more information, contact Norman Cortez at (818) 458-7188, Lowell Harter at (213) 267-2235, or Fred Ureta at (818) 359-7384 (evenings).



Dress for Success Benefit Seeks Professional Clothing

"Dress for success," a term coined during the last decade, is still alive and well. Just ask members of The Network, an association of senior Los Angeles County Women Managers. For the third year in a row, this group is sponsoring "Dress for Success," a sale of women's and men's used professional clothing and accessories. Set for Saturday, May 6, 1995, from 9 a.m. until 3 p.m., at the Rancho Los Amigos Medical Center Auditorium in Downey, this sale will benefit the H.O.M.E. Project of the Downey Assistance League. H.O.M.E. is a program similar to the Ronald McDonald houses for families of long-term Rancho patients.

The group is seeking donations of professional and leisure garments, such as suits, blouses, dresses, slacks and accessories, as well as men's professional clothing and accessories. All garments must be on hangers, tagged with the size and approximate original price. All donations are tax-deductible and may be dropped off by Monday, April 24, 1995, at one of the following locations: Olive View-UCLA Medical Center (contact Carolyn Rhee, 818-364-3003), LAC+USC Medical Center (contact Alejandra Gomez, 213-226-5863), Women's and Children's Hospital (contact Linda Felix, 213-226-3153), Beaches and Harbors (contact Dusty Brogan, 310-305-9562), Harbor-UCLA Medical Center (contact Sara Hirsch, 310-222-2135), or Rancho Los Amigos Medical Center (contact Carmen Perez, 310-940-8298). Pick-up arrangements for large donations is also possible.

For more information, contact Carmen Perez at (310) 940-8298.

Dealing With Anger

It is important to know about anger because anger is one of the emotions many people have difficulty handling well. Anger is what we feel when we say, "Your attitude really ticks me off," "I can't believe I did that," or "I don't like what you did."

When we don't handle our anger well, we may take it out on ourselves or on somebody else through negative thoughts, words or actions. Anger can be helpful, however, when its energizing effect "fires us up" to get the job accomplished or achieve our goals.

Anger is harmful when we ignore it and allow it to take control, or when we express it inappropriately. Failure to recognize anger may lead to health problems, such as headaches, high blood pressure, heart problems, or gastrointestinal problems such as diarrhea or stomach ulcers. Anger can also cause other emotional problems such as anxiety and depression. Unrecognized or "repressed" anger can even make a person more likely to have accidents.

Ignoring your angry feelings can result in increased problems in relationships. For many people, angry feelings hinder effective communication, making it difficult to listen and understand well, or to express thoughts and feelings in a way that can be accepted by the other person. Anger doesn't have to be extreme to be destructive. A relationship can suffer if the angry person withdraws, or becomes sarcastic or critical.

Everyone needs to learn how to "blow off steam" in an acceptable way. It is very healing to become aware of what is causing your anger, to examine choices of how and when to express the anger, and to take steps to do so. Many people find it helpful to release the tensions that build up from anger by engaging in physical exercise, recreation, or relaxation techniques. Verbal expression of anger can be constructive when it is directed at a specific problem or task, when it is assertive rather than aggressive, and done in a way that is respectful of the other person's feelings.

By calling the Los Angeles County Employee Assistance Program (EAP) at (213) 887-5300, professional counselors can assist you in learning how to better manage your anger. EAP provides free, voluntary, confidential counseling for County employees and their dependents.

Kudos To Retirees

Leaving the "County family" after a career of public service is a mixed bag of emotions for many employees whose professional lives have spanned decades in which friends are made and accomplishments for the public good stand the test of time. Congratulations to the following employees who will join the ranks of the retired after 30 years of service, as of March 31, 1995:

Assessor: Robert A. Cooksey

Forester and Fire Warden: Daniel W. Crompt, Berl D. Dahlstrom, Lyman D. Goldsmith, Jerry L. Haney, Charles R. Kaveney, Charles R. Moore, James R. Nelson, Donald Spittler

Health Services: Jimmy D. Bailey, Rose Curren, Emma J. Franklin, George E. Harris, Jane K. Kawai, Carolyn McKee, Carlene Moore, James W. Mosley, James A. Nicholson, Ralph Taylor.

Internal Services: Emmett W. Forte, Alexander Jones, Carl L. Knott, Frances Morales, Kenneth Noernberg

LACERA: Mary K. Rodriguez

Mental Health: Winifred Grady

Museum of Art: Maurice Tuchman

Parks and Recreation: Billy L. Brown, Gene Echanow, Peter B. Miraldi, Harry L. Starks, Lavern H. White

Probation: Ralph Elvord, Thomas A. Fay, Edward J. Miller, Cecelia L. Somerville, Joan B. Willis

Public Defender: Odell Shepherd

Public Library: Andrew Aros

Public Social Services: Martha L. Bailey, Lynn G. McCullah, Wacey J. Pierre, Jr., Vivian M. Smith, Mildren M. Speed

Public Works: James H. Abing, Harry J. Crigger, David C. Edmondson, Larry Geschwint, Robert A. Goins, Daniel J. Koss, William H. Scott, Gerald A. Tobin
Sheriff: Larry L. Anderson, Cecil R. Butler, Gary W. Dahl, Thomas G. Diviak, Harry F. Estep, Arthur J. Glover, Lawrence C. Gombos, Raymond E. Gott, Larry L. Griffith, Gene G. Hetzel, William R. Hinkle, Leon N. Hutton, Hodge L. Junior, Janet C. Kelly, David R. Lheureux, Robert F. Martin, Michael R. McBride, Robert L. McPherson,

James A. Moynagh, Clarence G. Nash, Robert P. Oliver, Melvin C. Parker, Frederick D. Price, Arthur J. Reddy, Melvin D. Robinson, Ernest T. Roop, Helen H. Shin, Clover L. Thomas

Superior Court: Mary Fitten, Adrian V. Robinson

Congratulations to the following employees who will join the ranks of the retired after 25 years of service, as of March 31, 1995:

Assessor: Elizabeth A. Josephson, Leon D. Lomax

Auditor-Controller: Marylyn Fong

Children and Family Services:

Beverly S. Sloane, Wen-Shiu Taylor

District Attorney: Henry Grayson, Jr.

Forester and Fire Warden: Maria H. Martinez, Gerald A. Meehan

Health Services: Shirley J. Adams, Lodenila E. Bautista, Clementine Brad-

ley, Ann M. McGovern, Arzoria Perkins, Edith Z. Reinhardt, Linda A. Santos, Ethel Sawyer

Internal Services: James Loggins, M.G. Pohlman

LACERA: Ethelwoldo B. Madamba

Mental Health: Elaine Smuczynski

Parks and Recreation: Albert C. Bettencourt, Dr., Joyce E. Grout, Wilber H. Pickett, Waymon B. Tatum

Probation: Josephine Avilez, Ann Burnett, Vincent Miles, Flo A. Weber

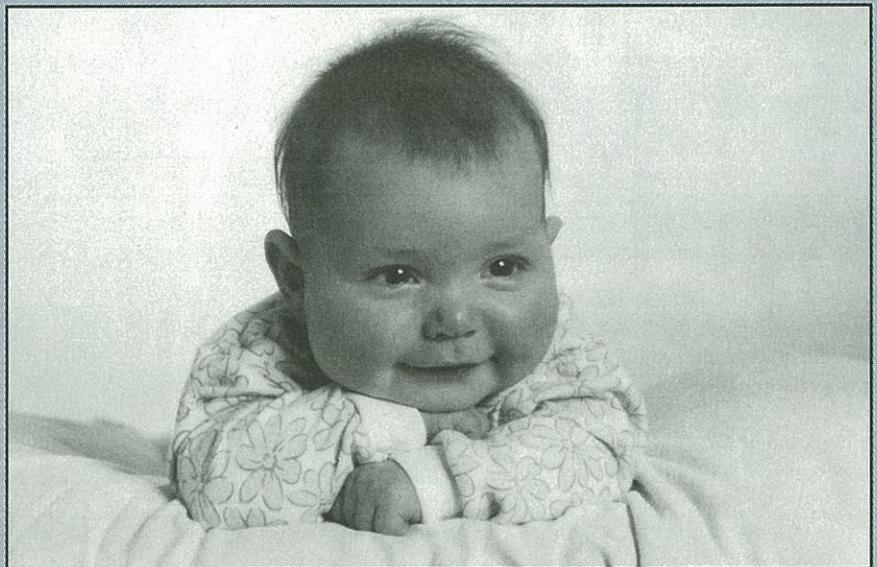
Public Library: Paul Benzel, Evelyn D. Macmorres

Public Works: Iwao Fukumoto, Ibrahim E. Hamad

Sheriff: Paul G. Bailes, James C. Catlett, Dennis D. Hennessy, Ronald I. Jacobson, William H. McGinnis, John S. McMillen, James P. Mulay, Sr., Martha L. Womack

Superior Court: Yvonne S. Kimbrough, Beatrice Steward, Muriel J. White

PUBLIC HEALTH: Everybody's Business



Keeping babies healthy is just part of a week-long celebration of Public Health Week, April 3-8, 1995. Health screenings, tours, lectures, demonstrations and open houses will highlight this year's observance at over 160 public health clinics throughout the County.

Under the theme, "Public Health: Everybody's Business," the week will be kicked off during opening ceremonies on April 3 in the Grand Hall of the

Dorothy Chandler Pavilion. Slated keynote speaker is David Satcher, M.D., director of the Federal Centers for Disease Control and Prevention, who will present "Reinventing Public Health: Lessons From Emerging Infections and Violence."

For more information, contact the Department of Health Services' HealthLine at 1-800-427-8700.

Here Comes The Bride

A new exhibition at the Los Angeles County Museum of Art will present an historical retrospective of wedding dresses worn by American brides over the past 160 years. Opening on April 6 and running through July 16, 1995, "From Fashion to Fantasy: Dressing the American Bride, 1830-1990," will display 21 wedding gowns from the Museum's outstanding collection. The exhibition is an overview of the changing fashionable silhouette from the Romantic era to present day, representing both American and European designers.



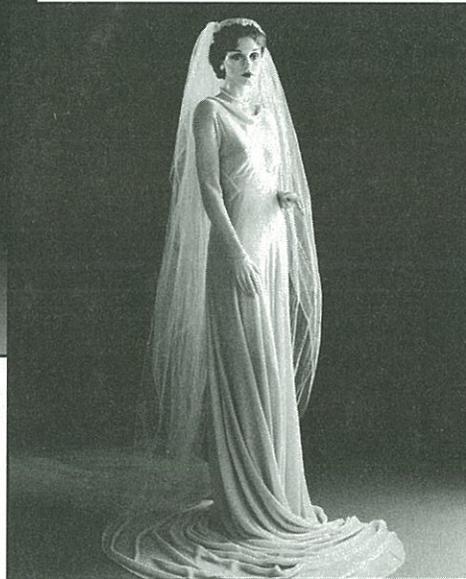
Above: This American-made silk satin gown, featuring applique lace, wax blossoms and wired side hoops, reigned during the roaring 1920s.



Free College for Vet Families

The California Department of Veterans Affairs offers a college tuition fee waiver program for children and dependents of service-connected disabled or service-related deceased veterans. This program only applies at California state universities, University of California campuses and California community colleges. Other restrictions also apply. For more information, call the County of Los Angeles Department of Military and Veterans Affairs' Veterans Service Office at (213) 744-4825.

Below: Designed in France by Madeleine Vionnet in 1930, this silk velvet gown was worn by an American bride that same year.



Memory Study Seeks Older Employees

County employees age 55 and older are invited to participate in a five-year study to determine changes in the brain which occur with aging and cerebrovascular disease. The study is sponsored by Helena Chui, M.D., professor of neurology at the University of Southern California and co-director of the Geriatric Neurobehavior and Alzheimer's Center at Rancho Los Amigos Medical Center in Downey. While no financial reimbursement is offered, employees will receive annual neuropsychological and medical examinations to chart their medical status over the five-year length of the study. For more information, contact Lee Willis, PhD, at (310) 940-8052.

From Consumer Affairs Weight Loss: Fact and Fiction

"Melt Fat Away While You Sleep!" Yeah, right.

If you're one of the millions of Americans who diet, news of a fast, easy and effortless way to lose weight is very good news. The bad news, however, is that there is no product that will burn, flush, melt or block fat from the system. Truly, there is no effortless way to lose weight.

The truth: the only way to lose weight is to reduce your calorie intake or to increase the number of calories you use by exercising. Specifically, here's a few tips to help you reach your ideal weight:

- Eat smaller portions.
- Eat lots of vegetables, fruits and whole grains.
- Restrict your intake of foods high in fat, such as cheese, butter, whole milk, ice cream, red meat, cakes and pastries.
- Exercise for 30 minutes at least three times a week. Try walking for starters if you aren't currently practicing a regular exercise program.

County DIGEST

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