



OCTOBER 2011

ENERGY

COUNTY OF LOS ANGELES

## Saving Energy – At Work and at Home

The Internal Services Department (ISD) is home to the County Office of Sustainability which offers a number of energy efficiency programs and services for County residents, as well as County departments. One of the most exciting programs offered to the community is Energy Upgrade California, a grant-funded statewide program that offers rebates of up to \$8,000 when residents complete efficiency upgrades to their homes.

Energy Upgrade California provides certified contractors who are trained to evaluate and test a home’s energy use and recommend improvements such as air sealing, insulation, new windows, and efficient heating and air conditioning units. There are two ways to participate: either a basic upgrade which includes a standard set of 6 improvements with a rebate of up to \$2,000, or an advanced upgrade which relies on testing before and after the customized improvements with rebates based on actual energy savings.

Those savings range from \$2,500 for a 10% energy reduction up to \$8,000 for a 40% energy reduction! Energy Upgrade kickoff events with program staff and participating contractors are happening in communities throughout the County. Visit [www.EnergyUpgradeCA.org/LACounty](http://www.EnergyUpgradeCA.org/LACounty) to find event schedules, learn more about the program, and find out how to get started!



in Los Angeles County

The County Office of Sustainability is also responsible for a new Environmental Service Center program that offers residents Countywide a one-stop shop for environmental and sustainability programs available to them from a wide range of agencies. Supported by [www.Green.LACounty.gov](http://www.Green.LACounty.gov), the Environmental Service Center program includes brick and mortar locations with staff—the first two are the South Bay Environmental Services Center in Lakewood and the Exposition Park Environmental Service Center in Los Angeles—there are smaller sites throughout the County where staff are available by appointment, and where trained staff can be requested for attendance at community events to provide information and answer questions. Visit the website to find out about energy and water conservation options, as well as green building programs, transportation information, SmartGardening, recycling and hazardous waste disposal programs, and more!

Important and valuable programs are also provided by the County Office of Sustainability to other County departments. The Energy Management Division implemented an Energy Efficiency Management Information System (EEMIS) that allows customer departments to monitor energy usage real-time, giving facility managers the data they need to identify and correct waste and over usage. The Internal Services headquarters building recently received a Silver Leadership in Energy and Environmental Design (LEED) certification, an internationally-recognized green building certification system that means the building uses operating practices and materials that provide better environmental and health performance. ISD can work with your Department to make the necessary changes to become a LEED-certified building.

**SAVING ENERGY**  
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# CALENDAR OF EVENTS

**Los Angeles County Museum of Art**  
5905 Wilshire Boulevard, Los Angeles 90036  
(323) 857-6000  
[www.lacma.org](http://www.lacma.org)

Through October 31 – Tim Burton  
November 20 through February 26 – Contested Visions in the Spanish Colonial World

**Music Center**  
[www.musiccenter.org](http://www.musiccenter.org)

*Glorya Kaufman Presents Dance at the Music Center*  
October 14 through 16 – Scottish Ballet, Dorothy Chandler Pavilion  
November 5 – Film Screening, *Dogtown and Z-Boys (FREE)*, Music Center Plaza  
November 12 through 14 – Diavolo Dance Theatre, Open Rehearsals (**FREE**), Music Center Plaza  
December 1 through 4 – The Joffrey Ballet's *Nutcracker*, Dorothy Chandler Pavilion

*World City – FREE Programming for Families*  
October 22 – Los Cenzontles & Facto Teatro  
W.M. Keck Amphitheatre, Walt Disney Concert Hall  
December 3 – Kitka & Czechoslovak-American Marionette Theatre  
W.M. Keck Amphitheatre, Walt Disney Concert Hall

**Center Theatre Group**  
[www.centertheatregroup.org](http://www.centertheatregroup.org)

**Mark Taper Forum**  
Through October 16 – Poor Behavior  
November 2 through December 18 – Vigil

**Los Angeles Opera**  
(performances at the Dorothy Chandler Pavilion)  
[www.losangelesopera.com](http://www.losangelesopera.com)

November 6 through 26 – Gounod's *Roméo et Juliette*  
February 11 through March 4 – Verdi's *Simon Boccanegra*  
February 25 through March 17 – Britten's *Albert Herring*  
May 12 through June 2 – Puccini's *La Bohème*

**Kodak Theater**  
Now open – Cirque du Soleil: IRIS

**Natural History Museum**  
900 Exposition Boulevard, Los Angeles 90007  
(213) 763-DINO  
[www.nhm.org](http://www.nhm.org)

Now open – Dinosaur Hall  
Through November 6 – Spider Pavilion

**The Ford**  
2580 Cahuenga Boulevard East, Hollywood 90068  
(323) 461-3673  
[www.FordTheatres.org](http://www.FordTheatres.org)

November 4 through December 11 – The Romance of Magno Rubio

Visit <http://dhr.lacounty.info>  
for information on employment  
opportunities with the  
County of Los Angeles



## Members of the Board

**Michael D. Antonovich**  
Mayor  
Fifth District

**Gloria Molina**  
First District

**Mark Ridley-Thomas**  
Second District

**Zev Yaroslavsky**  
Third District

**Don Knabe**  
Fourth District

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Director of Personnel

**Carla D. Williams**  
Executive Services/  
Ombudsman

**John S. Mina**  
Editor-in-Chief

**Martina Abgaryan**  
Creative Director



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Submissions to the DIGEST may be  
edited or otherwise altered for clarity.

Check out the DIGEST at  
<http://dhrdcap.co.la.ca.us/jic/digest/>

# Outages: How to Be Safe & Prepared

We understand that it's difficult to be without power. Southern California Edison (SCE) works hard to deliver reliable, affordable power to their customers, as safely as possible, 24 hours a day.

But sometimes customers may experience a power outage. An emergency or unplanned outage is a result of the loss of a section of the power network due to a "fault." There are several major categories of faults that may occur without prior indication. Some common types are equipment failure, cable faults, damage by third parties or severe climatic conditions adversely affecting the networks (such as a lightning strike). In these situations, there is no possibility of giving consumers early warning of an impending outage.

## WHAT ELSE CAUSES POWER OUTAGES?

- Storms: Wind, heat, ice, and snow are the most common causes of widespread power outages.
- Trees: During high winds, or trimming by an untrained professional, limbs can come into contact with power lines, causing power interruptions. Visit Tree Trimming ([www.sce.com](http://www.sce.com)) to learn more about safety issues and why planting trees near power lines is a bad idea.
- Vehicles: A vehicle accident with a utility pole can cause a power outage. Check out Power Line Safety ([www.sce.com](http://www.sce.com)) for tips on handling these very dangerous situations.
- Earthquakes: Quakes of all sizes can damage electrical facilities and power lines. Visit Earthquakes ([www.sce.com](http://www.sce.com)) for more information on staying safe during these natural disasters.
- Animals: Squirrels, birds, and other small animals may cause power lines to short circuit.
- Lightning: When lightning strikes electrical equipment, transmission towers, wires, and poles, outages occur.
- Excavation digging: Sometimes underground cables are disturbed by digging. Check out Safety in the Yard ([www.sce.com](http://www.sce.com)) and stay safe while gardening or placing fence posts.
- High power demand. During heat waves and other times of unusually high power demand, overburdened electric cables, transformers, and other electrical equipment can melt and fail.

## PLANNED OUTAGE INFORMATION

SCE knows it's inconvenient to be without power no matter what the cause, but at least a planned outage provides advance notice to their customers so they can make arrangements for back-up power or to be elsewhere. SCE schedules outages so that they can maintain reliability.

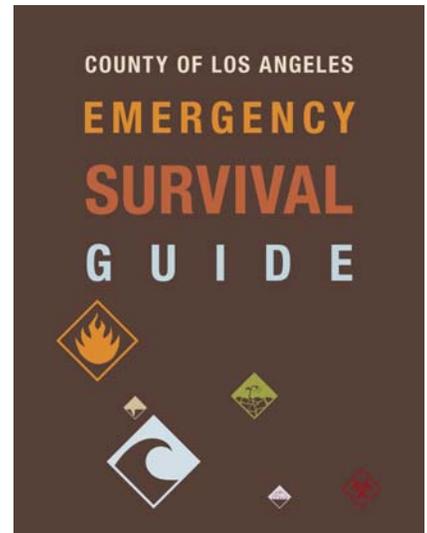
Customers are notified at least three days in advance of a planned outage via a brightly colored postcard. SCE takes additional steps to contact medically sensitive customers who rely on electric devices to maintain their health.

## WHY ARE PLANNED OUTAGES NECESSARY?

Planned outages help protect customers from unplanned emergency outages that may last longer. As SCE upgrades their electricity infrastructure with smarter technologies and perform important maintenance, sometimes it's necessary to turn off the power. This is an important safety measure that protects SCE's crews. They are also on a schedule to maintain equipment. If they fail to do so, they are out of compliance with California Public Utilities Commission requirements.

SCE's goal has always been to provide you with reliable electric service 24 hours a day, 7 days a week.

They are committed to minimizing the inconvenience to you and your neighbors, and they plan the upgrade work to cause the least possible disruption.



## HOW TO PREPARE FOR ANY OUTAGE

During a planned outage, your power may be off for less time than expected or before the scheduled time, or it may be turned off and on more than once within the planned window of time.

Some things you can do before and during an outage:

- Learn how to manually open your security gates and garage doors.
- Notify any security company that monitors your home.
- Protect your computers, televisions and other sensitive equipment by unplugging them.
- Keep your food colder longer: Keep your refrigerator and freezer doors securely closed; freeze containers of water ahead of time to help keep the food cold in the refrigerator; place leftovers, meat and poultry in the freezer; have coolers and frozen gel packs on hand; group food together in the freezer.
- If your business has no backup power supply, consider renting one.

## HOW TO BE SAFE DURING AN OUTAGE

- SCE and other entities open community Cool Centers in targeted community buildings during extremely hot days. Cool centers are for everyone, especially those at risk for heat-related illness. More information is at [www.sce.com/coolcenters](http://www.sce.com/coolcenters).

# Get the Most From Your Benefits: Annual Benefits Enrollment is October 1 through October 31

## Decide

October is the month to review your benefits and decide if you want to enroll or make changes for calendar year 2012. You should receive your Annual Benefits Enrollment packet by October 10, 2011.

When you open your packet, start with your Personalized Enrollment Worksheet. It lays out the benefits you have to choose from, their cost and your County benefit allowance. To get more information on your benefits, use the quick start summary benefits highlights guide and comparison chart also in your packet. You can find additional plan details and helpful online benefits tools at [mylacountybenefits.com](http://mylacountybenefits.com).

Generally, Annual Benefits Enrollment is the one time you have each year to:

- Enroll in, or change, medical and dental plans
- Waive medical or dental coverage, if you qualify
- Enroll or re-enroll in the Health Care and/or Dependent Care Spending Accounts
- Select, change or cancel any of your additional optional benefits, such as life insurance, Accidental Death & Dismemberment, and Medical Coverage Protection (Long-Term Disability Health Insurance)
- Buy Elective Annual Leave Days (MegaFlex participants only)
- Add or drop coverage for eligible dependents

## Enroll

Go online at [mylacountybenefits.com](http://mylacountybenefits.com) for the fastest and easiest way to enroll or make changes. Using this site, you can quickly make your benefits elections. You can complete your annual enrollment using [mylacountybenefits.com](http://mylacountybenefits.com) from October 1 through October 31, 2011. Log in using your employee number and PIN found on your Personalized Enrollment Worksheet. If you prefer to enroll by phone, call (888) 822-0487 and follow the recorded instructions.



## Follow up

If you add dependents or change medical plans, be sure to provide social security numbers and all required documentation to the County within 10 days. “Pending” dependents will not be covered. If you have any questions, call the Benefits Hotline at (213) 388-9982. Benefits Hotline representatives are available from 8 a.m. to 4 p.m., Monday through Friday. Benefits Hotline hours are extended during annual benefits enrollment from 8 a.m. to 5 p.m. and will include Saturday, October 29, from 9 a.m. to 5 p.m.

## **SAVING ENERGY**

*continued from page 1*

## **Saving Energy**

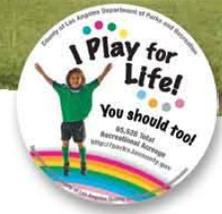
The County Office of Sustainability and the Chief Information Office have created a new online tool to make the decision to go solar easier. The SolarMap combines Countywide aerial mapping imagery with solar energy measuring software to calculate energy savings from rooftop solar projects. The tool can help residents and businesses through the process by providing information on the solar electricity potential (based on geography and building characteristics), installation costs, availability of rebates, estimated energy savings, identifying reputable installation contractors, performing return on investment (ROI) calculations, and who to contact to get started. Visit <http://solarmap.lacounty.gov>.

The California Solar Initiative (CSI) is the solar rebate program for California consumers who are customers of the investor-owned utilities—Pacific Gas and Electric (PG&E), Southern California Edison (SCE), and San Diego Gas & Electric (SDG&E). Together with the rebate program for New Solar Homes and rebate programs offered through the dozens of publicly-owned utilities in the state, the CSI program is a key component of the Go Solar California campaign for California.

Visit <http://www.gosolarcalifornia.ca.gov/csi/index.php> for information.



# COUNTYWIDE FITNESS CHALLENGE 2011



## JOIN US FOR THESE FUN FAMILY EVENTS

### BE ONE WITH NATURE!

Bird walks and nature hikes

**Saturday, October 8**

7:30 a.m. to noon

**Placerita Canyon Natural Area**

19152 Placerita Canyon Road, Newhall 91321

For more details, please visit, <http://dhr.lacounty.info>.



## Food as Fuel

*A Healthy Diet Can Help Make the Human Body Hum*

When it comes to fuel, there's one machine that runs best on energy provided by leafy greens, whole grains, and nonfat dairy: the human body.

The human body is most efficient when it's fed a steady supply of high-octane ingredients. For Los Angeles County residents, proper nutrition is essential to help build and maintain a healthy lifestyle, and prevent obesity and illness.

Through programs like Choose Health LA and RENEW LA County, an initiative funded through the U.S. Department of Health and Human Services that seeks to reduce obesity through innovative community changes, the Department of Public Health is helping to make healthy foods and beverages available to communities.

What surrounds us shapes us. In Los Angeles, there are often barriers that make healthy choices the difficult choices. Many residents live in neighborhoods with an abundance of cheap, low-nutrient, high-calorie food and have limited access to affordable fresh fruits and vegetables. With obesity rates of more than 20 percent in school-aged kids and nearly 60 percent of adults being overweight or obese, it's never been more important to make healthy choices available and accessible.

For residents, fueling up for school, work and play can be achieved by making small changes and smart choices. The 2010 U.S. Dietary Guidelines recommend filling half of your plate with fruits and vegetables, switching to fat-free or low-fat milk, drinking water instead of sugary drinks, and reading food labels so you can choose foods with the lowest amounts of sodium.

A nutrient-rich, balanced diet can greatly improve your physical, mental and emotional health. The opportunity to eat right today will help you and your family have more energy to be more active, leading to a healthier lifestyle tomorrow.

### **Eat for Energy—Tips for Healthy Eating Choices:**

- **Balancing Calories**
  - Enjoy your food, but eat less.
  - Avoid oversized portions.
- **Foods to Increase**
  - Make half of your plate fruits and vegetables.
  - Make at least half of your grains whole grains.
  - Switch to fat-free or low-fat (1%) milk.
- **Foods to Reduce**
  - Compare sodium in foods like soup, bread, and frozen meals and choose the foods with lower numbers.
  - Drink water instead of sugary drinks.

*Find out more about how you can Eat, Move and Live Healthy at [www.choosehealthLA.com](http://www.choosehealthLA.com).*

## Adopt-A-Family Program

For over 25 years, the Department of Public Social Services (DPSS) Adopt-A-Family Program has brought joy to families during the holiday season. Last year, the Adopt-A-Family Program provided gifts of clothing, toys, food, and other items to 665 families comprised of 1,770 children.

Sponsors are matched with a family and given a family profile including names, ages, and the specific needs of each family member. Requests include grocery items, clothing, gift certificates, food baskets, and toys.

Sponsoring a family is a wonderful way to celebrate the true spirit of the holidays. It is a great project for families, co-workers, organizations, clubs, and schools. You can make a difference in our community by remembering the true meaning of the holiday season. Thank you for your continued support of this worthwhile program.

To Adopt-A-Family, please call (213) 744-4348 or e-mail [dpssvolunteers@dpss.lacounty.gov](mailto:dpssvolunteers@dpss.lacounty.gov) no later than Wednesday, November 23, 2011.



## 2011 Federal Tax Credit for Energy Efficient Products

Buying energy efficient products is a smart way to save money by reducing high-energy bills. As a bonus, consumers may be entitled to federal tax credits for Energy Star qualified products. Tax credit varies from 10 percent to 30 percent depending on the item and residence. Items included in the tax credit are stoves, heating and air conditioning, insulation, roofs, windows, and doors. Consumers should save receipts for tax records and the Manufacturer's Certification Statement certifying that the product or component qualifies for the tax credit. For more information, visit [www.energystar.gov](http://www.energystar.gov).

## Save the Date



The Los Angeles County Board of Supervisors  
and  
Los Angeles County Commission on Disabilities



announces the

## 20<sup>th</sup> Annual Access Awards Luncheon

*"Disabled Does Not Mean Unable"*

Honoring individuals and organizations that have made significant contributions  
and/or have promoted equality and accessibility for people with disabilities.

Monday, October 17, 2011

11:30 a.m.

**KYOTO GRAND HOTEL & GARDENS**  
120 South Los Angeles Street  
Los Angeles, CA 90012  
Tickets \$65.00

*The Commission will also be celebrating the following:*

- ~21<sup>st</sup> Anniversary of Americans with Disabilities Act*
- ~36<sup>th</sup> Anniversary of Los Angeles County Commission on Disabilities*
- ~October 2011 Disability Awareness Month*

*The following sponsorship opportunities are also available:*

- ~ Scholarship Sponsorship*
- ~ Souvenir Program Sponsorship*
- ~ Captioning Sponsorship*
- ~ Table Sponsorship*

To purchase tickets online visit: <http://bosevents.lacounty.gov>  
For more information contact Commission Services at  
(213) 974-1053 TTY (213) 974-1707 or  
e-mail: [laccod@bos.lacounty.gov](mailto:laccod@bos.lacounty.gov)

Background artwork by David Fierro, 2011 Commission on Disabilities Art Contest Winner

# The Administrative Intern Program

The Administrative Intern Program is a successor to the former Administrative Trainee Program that began in 1933 and has a reputation of recruiting and training promising individuals for administrative careers in public service. This unique program is a two-year paid internship during which interns, as County employees, work in administrative assignments where they are provided an overview of County government through practical job assignments and participation in trainings.

Through their administrative assignments, interns are exposed to the responsibilities of County departments that provide services in such areas as public health, child welfare, social services, arts and cultural activities, public safety, and community development.

The first year of the program consists of three four-month long rotations, two in various divisions of the Department of Human Resources and one in the Chief Executive Office. The second year of the program is a year-long assignment in one of the County's departments. During this year, interns perform analytical assignments and gain experience in such areas as recruitment and selection, organizational development, asset management, classification and compensation, employee relations, budget operations, and/or legislation.

On September 14, a ceremony was held at the Kenneth Hahn Hall of Administration for the six Administrative Interns graduating from the program this year. They will be promoted to Administrative Analysts and placed in various departments throughout the County. They are:

- Seira Flores - Chief Executive Office
- Jennifer Koai - Mental Health
- Clay Larson - Child Support Services
- Kyle Lent - Health Services
- Adrian Li - Public Social Services
- Arpine Paltajian - Community and Senior Services

Congratulations to the Class of 2011!!!

For more information about the Administrative Intern Program, please call (213) 893-7810.



*The graduates (third from left to right Paltajian, Flores, Larson, Lent, Li and Koai) with Chief Executive Officer William T Fujioka; Chief Deputy, CEO Brence Culp; 5th District Assistant Chief Deputy and guest speaker Tony Bell; and Director of Personnel Lisa M. Garrett.*

## DPSS—Recognized for its Energetic Charitable Giving Efforts

The Department of Public Social Services (DPSS) was recognized by the Board of Supervisors for its continued efforts to lead other departments in fundraising for the County's Charitable Giving Campaigns.

With excellent participation among DPSS employees, the department continues to be innovative in its fundraising approach. The Board publicly acknowledged DPSS for contributing \$127,000 toward the total \$258,507.83 raised as part of the County's 2010 campaign.

The Campaign is a partnership with five agencies, each approved by the Board. They are: the Asian Pacific Community Fund, Brotherhood Crusade, Earth Share of California, United Latino Fund, and the United Way of Greater Los Angeles.

The approved agencies use the County donations to fund many community-based grassroots organizations that provide vital health and human services and help improve the quality of life for low-income children and families in the County.

Aside from DPSS, the other top winners for payroll deduction are the former Office of Affirmative Action, Assessor, LACERA and Public Works. For cash contributions, the winners are Community Development Commission, Consumer Affairs and Human Resources.



County of Los Angeles Department of Public Works  
Women's Leadership Council presents



# Women's Leadership Legacy Conference

## The Power of YOU!

November 3, 2011

Quiet Cannon Conference Center  
901 Via San Clemente, Montebello CA 90640



Rita L. Robinson  
Deputy Chief Executive Officer  
County of Los Angeles



Sandy Banks  
Columnist,  
Los Angeles Times



Naomi Ackerman  
Actress and Social Activist



Jackie Lacey  
Chief Deputy District Attorney  
County of Los Angeles



Ivelise Markovits  
Founder and Chief  
Executive Director of Penny Lane



Lisa Solis DeLong  
Mother, Registered Nurse,  
Author, and Bereavement  
Facilitator



Laura L. Mays Hoopes, Ph.D.  
Halstead-Bent Professor  
Biology, Pomona College  
of Biology and Molecular



Claudia Keller  
Senior Vice President  
& Executive Director  
American Heart  
Association



Sahar Andrade, MB.BCh  
Diversity & Culture  
Competence Speaker/  
Consultant



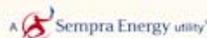
Marissa Pei, Ph.D.  
Motivational Speaker



Dr. Judith Segal  
Coach, Mediator and  
Consultant

Join us for this innovative conference featuring inspiring women in leadership positions in government, workplace, and the community

Registration: \$40 (includes continental breakfast and lunch)



For more information, contact Rossana D'Antonio at (626) 458-4972 or Christie Smith at (626) 458-4010  
Visit our conference website at <http://dpw.lacounty/general/leadershipconference/>

# Countywide Fitness Challenge Bags Award of Excellence

The International Public Management Association for Human Resources (IPMA-HR) conference awarded the County of Los Angeles Department of Human Resources (DHR) with the “Agency Award for Excellence” presented to large organizations for the 2010 Countywide Fitness Challenge wellness program.

The 2010 Countywide Fitness Challenge was an overwhelming success. It included the first-ever Countywide “Biggest Loser” contest which netted 6,441 participants, on 773 teams, in 36 County departments, losing 11.5 tons. Additionally, the six physical activity events held throughout the campaign during non-work hours garnered over 3,200 attendees.

Accepting on behalf of the County and DHR was Lisa M. Garrett, Director of Personnel. The award was presented at the annual IPMA-HR conference in Chicago on September 26, 2011.

IPMA-HR is an organization that represents the interests of human resource professionals at the federal, state and local levels of government. The Agency Award for Excellence allows for the recognition of small, medium and large agencies, based on the number of employees in the jurisdiction served by the personnel program. Additionally, the award recognizes the personnel program’s accomplishments and efforts over a three-year period immediately preceding the nomination, thereby allowing consideration of cumulative as well as one-time achievements.

## OUTAGES

*continued from page 3*

- If you know someone who is dependent on electrically operated medical equipment, make back-up power arrangements in case a power outage affects that equipment.
- Watch for traffic signals that may be out. Approach those intersections as four-way stops.
- Make sure you have a battery-operated radio and flashlights. Check the batteries to make sure they are fresh. Use flashlights for lighting during a power outage; do not use candles because they pose a significant fire hazard.
- Do not use equipment indoors designed for outdoor cooking. Such equipment can emit carbon monoxide and other toxic gases.
- If you use a generator, place it outdoors and plug individual appliances directly into the generator, using a heavy-duty extension cord. Connecting generators directly to household circuits creates “backfeed,” which is dangerous to repair crews.

## QUESTIONS

If you have questions about a notice you received, call SCE at **(888) 759-6056**, any time, 24 hours a day, seven days a week. Please be ready to provide the planned outage number shown on your outage notice. SCE appreciates your patience as they upgrade their infrastructure to provide you with a bright future of reliable service.

To find out how to shut off your electricity in your home, please refer to the County of Los Angeles Emergency Survival Guide on page 27 in the “Have a Plan” section and for more information on emergency preparedness, please access [www.espfocus.org](http://www.espfocus.org).

## 15<sup>th</sup> Annual UCLA Veterans and Armed Forces Appreciation Day Football Game

This year’s Veterans and Armed Forces Appreciation Day Football Game will match the UCLA Bruins against the Arizona State Sun Devils on Saturday, November 5, 2011, in the Rose Bowl.

Pre-game festivities will include a Veterans and Armed Forces Exhibit Fair in Lot H of the Rose Bowl.

Halftime will feature a “Veteran of the Year” ceremony. The honoree, selected from nominations received from veteran service organizations, is a representative veteran whose lifetime accomplishments are in the highest tradition of those who served in combat. This year, we are honored to have retired Major General Peter Gravett, Secretary, California Department of Veterans Affairs and the first female Commander of the Space and Missile Systems Center, Air Force Command, Los Angeles Air Force Base, California, Lieutenant General Ellen M. Pawlikowski, present the award.

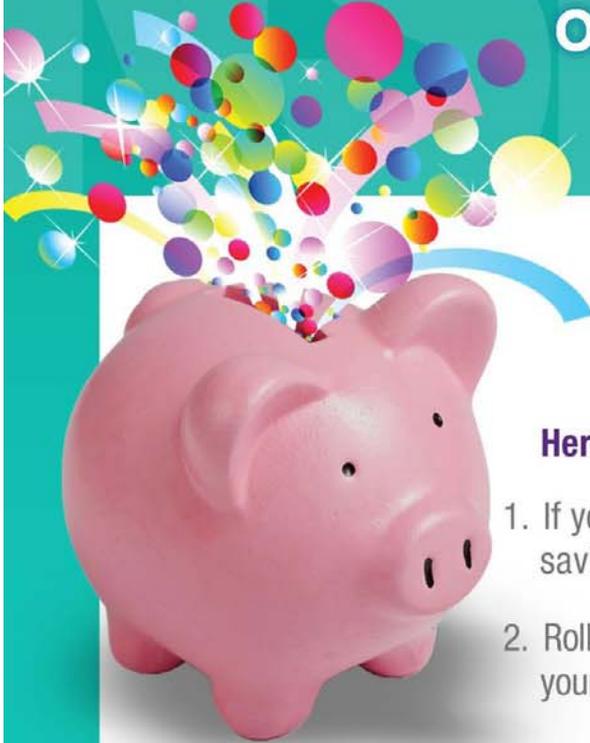
Free reserved seat tickets are generously provided by UCLA to veterans and members of the Armed Forces. Also available is a Buy-One-Get-One-Free offer on reserved seat tickets up to a maximum of four tickets. For more information, visit [UCLA Bruins.com/military](http://UCLA Bruins.com/military).



County of Los Angeles  
Deferred Income Plans

# National Save for Retirement Week!

October 16 to October 22, 2011



## It's a great week for retirement savers!

### Here are four ideas on how to celebrate:

1. If you're not enrolled, stop missing out and start saving today!
2. Roll in assets from any previous employer plans to your current one to help simplify your savings strategy!
3. Contribute more now, up to your plan's limits, to potentially have more retirement income later!
4. If you're age 50 or older, make additional Catch-Up contributions to give your retirement income a boost!

**For more information, to enroll, or to increase deferrals into your Defined Contribution Plan(s), please visit:**

**[www.countyla.com](http://www.countyla.com)**

**or call Great-West Retirement Services at  
(800) 947-0845**

1 Access to the Web site may be limited or unavailable during periods of peak demand, market volatility, systems upgrades/maintenance or other reasons.

Core securities, when offered, are offered through GWFS Equities, Inc. and/or other broker dealers. GWFS Equities, Inc. is a wholly owned subsidiary of Great-West Life & Annuity Insurance Company and First Great-West Life & Annuity Insurance Company, White Plains, New York.

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# Retirees

*Congratulations to the following employees who are joining the ranks of the retired after their service to the residents of Los Angeles County:*

## 45+ Years

**COMMUNITY & SENIOR SERVICES:** Brenda J. Sapp Pradia  
**TREASURER AND TAX COLLECTOR:** Kenneth Blue

## 40+ Years

**ASSESSOR:** Sylvia A. Cho  
**CHIEF INFORMATION OFFICE:** Janette Parker  
**CHILD SUPPORT SERVICES:** Brenda Montoya  
**CHILDREN & FAMILY SERVICES:** Dorothy Channel  
**INTERNAL SERVICES:** Bernadine Carter  
**PUBLIC SOCIAL SERVICES:** Grace Brown, Devora Heads, Annie D. Rushing, Dana M. Taylor, Carol Y. Walker  
**REGISTRAR-RECORDER/COUNTY CLERK:** Nancy L. Page  
**SHERIFF:** James J. Lovas, Waurese Mc Bride-Brown

## 30+ Years

**ALTERNATE PUBLIC DEFENDER:** Rosalinda C. Gomez  
**ANIMAL CARE AND CONTROL:** Alejandro Flores  
**AUDITOR-CONTROLLER:** Rose W. Aberin  
**CHILD SUPPORT SERVICES:** Wanda D. Grant  
**DISTRICT ATTORNEY:** Victoria G. Cervantes  
**FIRE:** Edward J. Cervantes, Bruce J. Freeman, Dean A. Hadfield, Michael J. Marriott, Mark A. Nare, Martin G. Skultety, Dennis F. Walsh, Daniel S. Wilson  
**HUMAN RESOURCES:** Helen C. Arenas, Alice M. Parker  
**INTERNAL SERVICES:** Carlos E. Arias, Annie Phillips, Sylvia J. Sanchez  
**MENTAL HEALTH:** Aurea Hernandez, Ronald Klein  
**PUBLIC SOCIAL SERVICES:** Maria Browne, Eunice Courtney-Pac, Mario Gonzalez, Barbara D. Jackson, Annie S. Ng  
**REGISTRAR-RECORDER/COUNTY CLERK:** Carlo A. Madriaga  
**SHERIFF:** Valerie J. Aguilar, John A. Bumgarner, Charla M. Harris, William M. Hindman III, Richard A. Levin, Barbara J. Marshall, Michael A. Naccarato, Margaret A. Ruiz, Laury A. Silva, Leopoldo L. Velasquez

## 25+ Years

**CHILDREN & FAMILY SERVICES:** Barbara A. Butler, Charmilla E. Jonson, Carol A. Stewart  
**DISTRICT ATTORNEY:** Wanda Cleveland, Gloria Ortiz, John R. Pereida  
**FIRE:** Charles L. Doremus, Timothy Howell, Michael C. Wilkinson  
**INTERNAL SERVICES:** Alice A. McKnight, Adrienne L. Smith  
**MENTAL HEALTH:** Sandra P. Barber-Moore  
**PUBLIC SOCIAL SERVICES:** Fisseha A. Demoz, Augusta A. Granda, Carolyn A. Hicks, David Lacabe, Maurice Lawrence, Sonya Mkryan, Dennis C. Perry  
**REGISTRAR-RECORDER/COUNTY CLERK:** Ena S. Ramirez  
**SHERIFF:** Gwen M. Williams



Bring the whole family to L.A.'s biggest Emmy-nominated holiday show, the 52nd annual L.A. County Holiday Celebration at the Music Center's Dorothy Chandler Pavilion (135 North Grand Avenue, Los Angeles 90012) on Saturday, December 24, from 3 p.m. to 6 p.m.

Doors open at 2:30 p.m. Patrons may come and go throughout the three-hour performance. Reservations for tickets to the show or parking are not necessary. Please visit [www.HolidayCelebration.org](http://www.HolidayCelebration.org) for more information.

LOS ANGELES COUNTY DEPARTMENT OF PARKS & RECREATION AND

LOS ANGELES COUNTY MAYOR

MICHAEL D.

# ANTONOVICH



★ INVITES YOU TO THE ★  
**TRAIL ★ DUSTERS ★ RIDE**

\*\*\*\*\*  
**Sunday 10-16-2011**

**MICHAEL D. ANTONOVICH TRAIL**

**at WALNUT CREEK**

Activities: Check in and pancake breakfast at 7 a.m. The event will kick off at 9 a.m. and continue through the scenic trails of Walnut Creek. The day will conclude with the traditional barbecue and live country western music.

.....: **\$30 PER PERSON** .....  
(horse rental not included)

**EVENT INFORMATION: (909) 599.8411**

★ FOR HORSE RENTAL RESERVATIONS: ★  
**GRAHAM BROS. CALL LEE GRAHAM (760)245-7695**

*★ Creating Community Through People, Parks & Programs ★*

**SPECIAL RECOGNITION** BONELLI PARK MOUNTED ASSISTANCE UNIT, MARSHALL CANYON MOUNTED ASSISTANCE UNIT, WHITTIER NARROWS MOUNTED ASSISTANCE UNIT, WALNUT CREEK MOUNTED ASSISTANCE UNIT & LOS ANGELES COUNTY SHERIFF'S DEPARTMENT.

.....: **ADA NOTICE** .....

Pursuant to the Americans with Disabilities Act (ADA), the County of Los Angeles Department of Parks & Recreation has designated an ADA Coordinator to carry out this Department's compliance with the non-discriminatory provisions of the ADA. For more information you may contact the ADA Coordinator's Office. Tel. (213) 738-2970 TDD (213) 427-6118 Fax (213) 487-0380

Upon 3-day request notice, sign language interpreters and related materials in alternative formats (Braille-transcript, large print, audio-record, video-captioning, live description) or any other reasonable accommodations are available to the public for County-sponsored activities and events.

**RIDING CONDITIONS:** COMBINATION OF ROLLING HILLS, SOME SEMI-STEEP HILLS AND LEVEL AREAS. THE RIDE IS TO BE 3.5 HOURS WITH 2 REST STOPS

**STAGING at FRANK G. BONELLI REGIONAL PARK, 120 E. VIA VERDE ROAD, SAN DIMAS, CA 91773**

**NON-RIDERS ARE WELCOME ★ RIDERS UNDER 18 MUST BE ACCOMPANIED BY AN ADULT ★ NO STALLIONS OR DOGS, PLEASE.**

## ANTONOVICH TRAIL DUSTERS RIDE RESERVATION FORM

PRE-REGISTRATION IS A MUST. RESERVATION DEADLINE BY FRIDAY, OCTOBER 14, 2011

PLEASE MAKE CHECKS PAYABLE TO:  
County of Los Angeles Department of Parks and Recreation

MAIL RESERVATION FORM & PAYMENT TO:  
Supervisor's Trail Ride, Department of Parks and Recreation,  
120 E. Via Verde Road, San Dimas, CA 91773

FOR INFORMATION CALL: Vincent or Michael (909) 599-8411

NAME:		PHONE: (    )
ADDRESS:		CITY:
NUMBER OF TRAIL RIDE TICKETS @ \$30.00 PER PERSON:		
NUMBER OF RIDERS:	NUMBER OF NON RIDERS:	TOTAL ENCLOSED:

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# Share It

## Save Energy, Save Money

*Top 10 tips for saving on your power bill*

Here in Los Angeles County, hot weather is not only a summertime event. Temperatures often stay high through the fall which means you're likely faced with higher monthly electricity bills. But when it comes to your energy bill, there are many steps you can take to save a few dollars. You will see that implementing one or more of these tips will save some of your hard-earned money in the long run.

The Department of Consumer Affairs (DCA) offers these top 10 common-sense tips for saving cents on your energy bill:

### **1. Change your thermostat settings**

When you're away from your home, turn off the air conditioner or turn the thermostat up to about 85 degrees. When you're home, keep the thermostat around 78 degrees. These changes alone will save you over \$100 a year.

### **2. Clean the air conditioner filters**

When air can't flow easily into the air conditioner, the system will have to work extra hard to keep your home cool. Clean your filters monthly and replace them on a seasonal basis.

### **3. Close the blinds**

It's simple. Cover the windows + block the sunlight + keep out the heat = profit! Pay special attention to windows facing the south or west, which will get more light during the day. You can also go the extra mile and get insulated window treatments or window films to block the sunlight more completely.

### **4. Click on the fan**

This tip likely goes back to the beginning of time. Circulate the air around you with a fan and it will cool you down. A little breeze makes all the difference. Just as important to remember: fans make the people cooler, not the room. So when you leave a room, save some energy by turning off the fan.

### **5. Change your light bulbs**

No, you aren't breaking the law by keeping your incandescent bulbs. But California has new laws this year which force light-bulb manufacturers to make more energy-efficient varieties. So change is coming. You can get a head start and

save some money in the long run by switching to new light bulbs. Compact florescent bulbs are more expensive up front, but they use less energy, generate less heat, and will save you money on your energy bill.

### **6. Consider unplugging**

Anything that's plugged in, even if it's not "on," uses energy that you will pay for. Be wise! Don't charge your cell phone all night. Unplug kitchen appliances when you're not using them, particularly the fridge in the garage you rarely use. Plug multiple devices into a power strip and turn off the power strip when they're not being used. Studies say that up to 10 percent of your energy bill comes from standby power.

### **7. Cook with the microwave**

On the other hand, when you cook, use the microwave if possible. Microwaves are quite energy efficient and typically use about two-thirds less energy than your stove.

### **8. Crowd your refrigerator**

Make it a Super Bowl party all year round and fill up the fridge as much as you can. When you have a lot of food inside, it will keep the refrigerator from warming up too fast when the door is open. A cooler fridge means less work which means a lower bill.

### **9. Chores can wait**

Use your appliances early or late whenever possible. Avoid the heat of the daytime or in the peak hours of 4-6 p.m. Ovens, dryers and dishwashers pump out heat and the air conditioning will work harder to make up the difference. Use only full loads in the washer or dishwasher. Use cold or warm water on your clothes.

### **10. Close up those leaks**

Seal the door and window frames of the house so cool air can't leak. Use some caulk or weather-stripping to plug up these drafts. Have an expert inspect the ducts in your air conditioning system for cleaning or sealing.

If you have a question or a complaint about any consumer issue, contact the Department of Consumer Affairs at (800) 593-8222. For more information, visit our website at [dca.lacounty.gov](http://dca.lacounty.gov).