



Alive!

CSI:LA

Stephanie Tan, Criminalist II, 5 years of City service, performs an examination of clothing, looking for traces of body evidence. (Simulated.)

Blood Work

LAPD — Serology/DNA, the LAPD Crime Lab's biggest and fastest-growing unit, has made the City's DNA case backlog a thing of the past. **INSIDE:** Take a tour of this cutting-edge division. **— SEE PAGE 24**



Alive! photo by Summy Lam

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- SEE PAGE 45

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A Message From the CEO

The Rest Of the Story

by John Hawkins,
President and CEO, The Club

Remember a few years ago, when it made national news that the LAPD was behind in examining the sexual assault kits in the City? (As were a lot of other jurisdictions.) I know I read the headlines.

But a lot of those stations and papers stopped covering it, and they didn't continue to report the story like we do this month: The backlog is gone, thanks to a lot of people and groups committing themselves to getting this important work done ... and partially to the unit itself, which developed an innovative way of processing kits that does it faster and more effectively. That's the rest of the story, and it's here in *Alive!*

There's a lot more to the Serology/DNA unit than that, of course, as you'll read about in this month's cover story, which continues our series looking into the LAPD Crime Lab. The Serology/DNA unit is the fastest-growing unit in the Crime Lab ... and one of the most innovative. It's a very technical story, but leave it to **Jeff Thompson**, the Serology/DNA unit's director, and the Club's **Robert Larios, John Burnes** and **Summy Lam** to sort it out and explain it for the rest of us. I learned a lot, and I hope you do, too.



Outside the Screening Lab at Piper Tech are (from left) Robert Larios, Club VP, Operations; Alla Tashmukhamedova, Criminalist II; Chris Breyer, Supervising Criminalist; Larry Blanton, Supervising Criminalist, Club Member; and Stephanie Tan, Criminalist II.

We've been doing these great LAPD Crime Lab stories for years now, so long, in fact, that it's now easier to say how many we have left. **Doreen Hudson**, Crime Lab Director, Club Member, who got us started profiling them, says we have three more units to cover over the next year or so. Then, what's become a staple of these pages – covering the Crime Lab – will be complete. That will be an amazing day, as we have learned so much from the people who do incredible work safeguarding the City, and protecting the innocent accused as much as the guilty. We're nearing the end, but we have more to do. I hope you enjoy them as much as I do.

Moving on ... have you read the entries of our **Joannie Mukai** Club Scholarship winners? There were so many strong contenders that we increased the number of recipients.

I can't help but talk about our scholarship winners. I'm blown away by the awesome quality of the applicants. With this level of academic achievement and initiative in the candidates, it's no wonder we gave out 36 awards, almost a third more than last year. We're proud to do it.

If you worry about the future of the world, do yourself a favor and read these profiles. You'll be glad you did.

The late Joannie Mukai, former City Employee and Club Board Member who passed away in 2010, was a big believer in supporting our youths; that's why we named the scholarship program for her. She would be mighty impressed by this group. And all related to the Club!

So congratulations to our recipients. And I want to give a nod to those others who applied, but didn't make it this year. You're all winners in my book.

Before I forget – have you bought your discounted tickets to the L.A. County Fair yet? Don't buy them at the fair, get the Club discount!

I would be remiss if I didn't relay some sad news – the death of **Leticia Yapana**, Retired DWP, Club Member with 32 years of City service. Letty contributed much to *Alive!*, both before and after she retired. We send our condolences to her family, and we plan to do more on her memory soon.

It's now September, and fall is just beginning. Enjoy the beautiful weather, and I'll see you next month with another story, this time about the LAFD.



JOHN

jhawkins@cityemployeesclub.com

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Join the fun!



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Alive! Behind the Scenes



Summy Lam, the Club's Director of Marketing, photographs the entire Serology/DNA unit staff.



Alive! Feature

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Club Members' Praise

"The City Employees Club of Los Angeles is a very warm office where they made me feel very well. Cecilia and all the people working there assisted me with affection and much consideration. Thank you very much for your help and to all the employees who work in that office. They treated me with much affection. Thank you and God bless you."

— **Concepcion Vazquez, March 2008**

"The Club's claims service is "absolutely wonderful! Cecilia Talbot was the most caring, knowledgeable and helpful advocate anyone could have wished for. She responded more quickly, accurately and efficiently than any person we have had the pleasure of working with. Her knowledge of the system, her caring suggestions, and her courteous manner all helped us at the time of need on our part. As the caregiver of my husband and having suffered a stroke myself, it was gratifying to know there was someone within a large organization who really knew what to do and how to do it. It was a great relief to have someone so thoughtful, helpful and caring as Cecilia on our side. Our praise and admiration could not be higher."

— **Carol A. Bass, April 2008**

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You probably won't get to meet Cecilia Talbot and Monica Zamudio very often... until you really need them. That's when their service shines. So, to assure you that you are in good hands, from time to time *Alive!* will reprint letters commending the service given by Cecilia and her excellent staff.

— Ed.



Cecilia Talbot,
Director of Claims,
Member Advocate



Monica Zamudio,
Claims Coordinator

September 2015 • Volume 14 – No. 9

Alive!

Alive! is the official publication of the
City Employees Club of Los Angeles

120 West 2nd Street
Los Angeles, CA 90012

TELEPHONE: (800) 464-0452

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Alive! (USPS P7960) is published monthly, 12 times per year by the City Employees Club of Los Angeles, 311 Spring St., Suite 1300, Los Angeles, CA 90013.

ALIVE! EDITORIAL OFFICES: 311 Spring Street, Suite 1300, Los Angeles CA, 90013 • (800) 464-0452

POSTAGE: Periodicals postage paid at Los Angeles, CA and at additional mailing offices.

SUBSCRIPTIONS: Annual subscription price for *Alive!* is included in the membership dues and is nondeductible.

POSTMASTER: Send address corrections to *Alive!*, City Employees Club of Los Angeles, 311 Spring St., Suite 1300, Los Angeles, CA 90013.

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Meet the Club Team

These are the faces behind the Club. Our staff is dedicated to helping our members receive the maximum benefit from their membership. If you have questions, concerns or suggestions about your Club, our counselors are ready to help.

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Leigh Thompson
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Chief Financial Officer



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Vice President of Operations, "Sports Dude", "Chef Larios" and "Discount King"

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Director of Claims, Member Advocate

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Claims Coordinator



Hava Berman
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Customer Service Associate



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Club Member Services Counselor, In-house Ext. 202

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Angel Gomez

Director of Sales Ext. 104



2008 President's Award Recipient

2013 "Absolutely" Award Recipient

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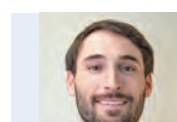
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Tell us what you think! talkback@cityemployeesclub.com

Letters to the Editor

LETTER OF THE MONTH



Lopez Canyon.



From left: John Brosius, Equipment Supervisor, 29 years of City service; and Mary Presto, Clerk/Typist, 28 years, Club Member.



The million gallon water tank, still on duty.

Fan of Lopez Canyon Asks; Alive! Delivers

I retired in March of '98 and worked at the Lopez Canyon landfill for more than eight years. They were just starting to shut down when I transferred to Street Maintenance as a Truck Driver with my class A license. It would be nice to see a couple of photos of the landfill now and see what they are doing. Thanks!

– Don Pleins, Tucson, Az.

Hi Don, thanks again for your letter. We first printed your letter two months ago, and now here are the photos you requested!

We're glad to report that Lopez Canyon is still doing fine, producing electricity from the methane produced by the facility. The million-gallon water tank is still on duty. But new to you is the green materials processing area.

John Brosius, Equipment Supervisor, 29 years of City service, and Mary Presto, Clerk/Typist, 28 years, Club Member, say hello, and invite you back any time. — Ed.

From a Retired to Current Employees: Well Done!

I retired from City service more than 20 years ago but I very much enjoy reading about the things that go on in the City with the employees. And although I don't know most of them, I am proud to say that they are doing a fine job representing the former generation of employees like myself. It seems that their work is more visible to the public eye now more than ever but they are handling it all in stride. Well done to you, and may you all successfully contribute to the wellbeing of this great City.

– Henry Kohler, DWP

Back to School Means Back to Club Savings at Office Depot

I saved \$139 at Office Depot with my Club linked credit card! As you know by the increased traffic jams on roads throughout town, most schools are back in session. That means parents like myself have to buy school supplies. This year I went to Office Depot and bought things like pens, pencils, notebooks, etc. The total was more than \$300 for my three girls. But after the clerk swiped my card, it dropped by \$139! Thank you so much for the savings!

– Judith Allison, Rec and Parks

Robert's Question of the Month

BY ROBERT LARIOS, Club VP of Operations
rlarios@cityemployeesclub.com



Fellow Club members answer the Question of the Month

"What was your favorite lunch pail in elementary school?"



"Easy, it was Rainbow Bright!"
– Patricia Rodriguez

"None other than the awesome Superman lunch pail!"
– Leo Rodriguez, Underground Distribution Construction Mechanic, DWP, 10 years of service

Husband and wife Patricia and Leo Rodriguez, with Club Vice President Robert Larios.



"It was always the Superman lunch pail!"

– James Mannino, C&M Supervisor, DWP, 29 years of City service



"I couldn't afford a lunch pail back then, so mine was a brown bag!"

– John Mosgrove, Carpenter Supervisor, DWP, 26 years of City service



"Oh man! That takes me back to my Batman lunch pail."

– Tony Gafre, Carpenter Supervisor, DWP, 10 years of City service



"I loved my Spider-Man lunch pail. I am now wondering what happened to it."

– Dave Ferguson, Mechanical Engineering Associate, DWP, 22 years of City service



"Don't stereotype, but mine was Godzilla!"

– Roger Taguchi, Carpenter Supervisor, DWP, 29 years of City service



"My favorite was the pail of Felix the Cat."

– Al Carlos, Carpenter, DWP, 24 years of City service



"The David and Goliath lunch pail that I had in eighth grade!"

– Armando Nuñez, Budget Analyst, Mayor's Office, 8 years of City service

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Note: The Club Store will be closed Monday, Sept. 7 for Labor Day.



Patty Pulido
Personal Insurance Agent



Rosa Calderon
Personal Insurance Agent

Larios in the City

BY ROBERT LARIOS, Club VP of Operations
rlarios@cityemployeesclub.com

Robert Larios, Club Vice President of Operations, honors City employees for their achievements.



So Long, Lillian!

The Club's Robert Larios congratulates **Lillian Reese** for her career at the DWP. She retired July 1 after 42 years of City service.

Airports

Story and photos courtesy Ralph Morones, Director, Maintenance Services Division, Club Member

Correction

In last month's *Alive!*, in a story on page 30 about Airports/Maintenance giving awards for service, we inadvertently switched identifications on two photos. Here they are with the correct photo captions. *Alive!* regrets the error.



Ralph Morones, Director of Maintenance Services Division, Club Member (right), and David Shuter, Deputy Executive Director, Facilities, Maintenance and Utility Group (left), honored Albert "George" Kramer for 45 years of service.



Ralph Morones, Director of Maintenance Services Division, Club Member (left) and David Shuter, Deputy Executive Director, Facilities, Maintenance and Utility Group (right), honored Jesus Cortez for 30 years of service.

Public Works

Photos by Robert Larios, Club Vice President of Operations

Goodbye Marilyn and Lillian

Marilyn Navarra, Lillian Cardano retire from Street Lighting after a combined 58 years of City service.

A joint retirement party was held July 22 for Marilyn S. Navarra and Lillian V. Cardano, Public Works/Street Services. Marilyn retired with 28 years of City service, and Lillian retired with 30 years.

The luncheon was held at the Empress Pavilion in Chinatown.

Both Marilyn and Lillian have been active in charitable fundraisers with the City throughout the years. They also both volunteer in multiple services to the community.

The Club congratulates Marilyn and Lillian on their City careers, and thanks Celso Cardano for assisting us with this article.



From left: Retirees Lillian Cardano and Marilyn Navarra receive the coveted Lifetime Achievement Obama Award from President Barack Obama.



Front row, from left: Loralie Roxas, Housing, Accountant II, 16 years of City service; Teresa Singson, Housing, Sr. Management II, 25 years; Elizabeth Noble, Housing, Accounting Clerk II, 28 years; Lor Badillo, Public Works/Sanitation, Project Assistant, 8 years; Nellie Elroe, Public Works/Sanitation, Accountant, 14 years; Felicia Truong, Public Works/Sanitation, Accounting Clerk II, 28 years; and Doris McLaurin, Public Works/Engineering, Reproduction Graphic Operator, 40 years. Back: Armando Loya, Housing, Rehab Construction Specialist II, 17 years; Susan Verdejo, Housing, Accounting Clerk, 25 years; Retiree Lillian Cardano; Teresita Roque, Housing, Accounting Clerk II, 27 years of service; and Retiree Marilyn Navarra.



From left: Ramos Flores (Elvis impersonator), DWP, Civil Engineering Drafting Technician, 3 years of City service, and Robert Larios, the Club's VP of Operations.



From left: Lillian Cardano and Alysia Spafkin presents an award from the March of Dimes to Lillian Cardano, Retiree.



From left: Amia Lombard; Finance, Sr. Accountant, 26 years of City service; Fred Ingalla, Public Works, Retired, 26 years; Abe Mejia; Transportation, Civil Engineer, 27 years; Elizabeth Evangelista, cousin; Lisa Navarra, daughter; Mark Navarra, son; Leah Navarra, daughter; Marilyn Navarra, Retiree; and Lillian Cardano, Retired.



Back, from left: Art Tagadac, Public Works/Street Lighting, Engineering Associate, 26 years of City service; and Dung Truong, Public Works/Street Lighting, Associate, 23 years. Front: Rolando Casillas, Public Works/Street Lighting, Engineering Associate, 29 years; Lillian Cardano, Retiree; and Matt Phuong, Public Works/Street Lighting, Associate, 8 years.



Daughters Lisa Navarra (left) and Leah Navarra (right), with Retiree Marilyn Navarra.



From left: Retirees Lillian V. Cardano and Marilyn S. Navarra.



Alyson Spafkin (right) presents an award from the March of Dimes to Marilyn Navarra, Retiree.



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Harbor

Poster courtesy Harbor Dept.

Boil Heights

Harbor to host 16th annual Lobster Fest.

The annual Lobster Festival, one of the Port of LA's biggest social events of the year, is more than just lobster. It's turned into a multi-attraction event, with top indie bands, an army of food trucks (some of them famous), and lots of great food other than lobster.

But it's the lobster directly from Maine that attracts most of the attendees.

This year's Lobster Festival is set for Sept. 25-27 at Ports O'Call Village on the LA Waterfront. There will be free rides on the Red Car all weekend.

Admission to the festival does not include the cost of food. Parking is free.

For food prices, go to: lobsterfest.com

The Lobster Festival is an official event of the Port of Los Angeles.

Lobster Festival
 Sept. 25-27
 Ports O'Call Village



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Angel Gomez, Club Director of Sales

Angel's Be Alive!

Environmental Nature Center -Newport



Angel and Aden in front of Environmental Nature Center



Aden sits by the creek and gives it "thumbs up."



Aden and his new reptile friends in the window.



Angel Jr., Aden and I take a short break.



Angel Jr. and Aden stand in front of the Butterfly House.



The butterfly exhibit, where butterflies are born.



The Environmental Nature Center map.

Hello again everybody!

This month we travel to Newport. We are always looking for new adventures and activities to encourage our family and our Club Members to go outside and explore. Most of our "Be Alive!" adventures include exercise and exploration. This month's adventure is just that – the Environmental Nature Center is an amazing place to learn, explore and exercise, too. If you have younger children this is the place to stop by and visit. The center is very inviting and full of helpful and knowledgeable staff and volunteers. We loved all the exhibits, the butterfly room, and of course the half-mile trail behind the center.

This is place is a hidden gem. Please swing by and bring your little ones; they will love it. Let's begin!

History: In 1974 this patch of land was just a dumping area for vegetation. Many high school teachers in the area wanted a place to take their students to experience "real nature." This became a reality when two members from the Junior Ebell Club (Nancy Leland and Karen Kovich) asked the assistant superintendent what they could do to support environmental education. As a result the creation and development of the Environmental Nature Center, or ENC, was established. Then classes at nearby high schools were established to do the work of making trails, planting trees, etc. Naturalist Betty Hogg was the first volunteer to develop and lead educational tours in the ENC. Today this educational center is open to many schools and the public.

The Hike: The hike itself is very easy – you can see lots of trees, plants and small animals along the trail. There are lots of birds, lizards and butterflies to see as you walk through the path. I recommend this center for all parents who want to bring their young children for an educational visit and a nice walk, too. Once you arrive you will begin with the exhibits, and then before you start the hike there is a nice butterfly room with monarch and desert butterflies, to name a few. We watched at least four different types of butterflies surround us. The volunteers said they have seen as many as 37 different types. Wow! We need to go back for that.

Special note: If you are hesitant about going outdoors and hiking with real wildlife all around you, this is the place for you. There is lots to see, and you feel like you're deep in nature, but the reality is you're in a very safe area connected behind the nature center. Your kids will not know the difference.

If you have any locations you want me to know about and visit, please email me at agomez@cityemployeesclub.com

Send pictures of the great views to me at agomez@cityemployeesclub.com.

As always, be safe and Be Alive!

Angel

Environmental Nature Center

1601 E 16th St., Newport Beach, Cal. 92663

Highlights: Nature museum exhibits, butterfly room, and trail

Distance: 0.6 miles

Approximate Time: 1- 1.5 hours

Difficulty: Easy

Hours: Monday – Friday, 8 a.m. - 5 p.m.
Weekends, 8 a.m. - 4 p.m..

Directions from Los Angeles: Get on US-101 south from Fourth Street, then take the I-5 south, I-605 south and I-405 south to southeast Bristol Street in Orange County. Take exit 16 from CA-73 south. Take Irvine Avenue to East 16th Street in Newport Beach.

Parking: Free

Rec and Parks

Photos by Simie Seaman, Banning Museum Board

Banning Birthday BBQ

Banning Residence Museum hosts a successful annual barbecue/concert fundraiser.



More than 288 people attended the Friends of Banning Museum's celebrate the birthday of the "Father of the Los Angeles Port" Phineas Banning with a special evening of barbecue, music and dancing. The event took place Aug. 15.

In the spirit of the Rancho-period of the Banning property, guests were treated to a Western-themed evening with live music provided by local favorite, South Bay Country; free line dance instruction; country style dancing; and a good old fashioned barbecue buffet provided by Southland favorite the Outdoor Grill. Country-Western attire was the theme of the night.

The Banning Museum, a facility of Rec and Parks in Wilmington, is operated in cooperation with Friends of Banning Museum, a non-profit corporation.



At the Banning Residence Museum's annual Country & Western barbecue and concert fundraiser.



The Smart Move

BY PATRICK MILLER, Dearborn Insurance, The Club's Insurance Partner

What Are Your Chances of Getting, Surviving Cancer?

Why should we write about the chances of getting cancer? Certainly not to sell cancer policies by fear and intimidation but to make folks aware that cancer is real and it affects a lot of people. Most of us live under the assumption that cancer is going to get someone else but not us. We also live under some of the misconceptions and assurances that even if we do get cancer we will beat it and go on to live a good long life. Take a close look here at some

The United States spent \$2.9 trillion on healthcare in 2013, with another \$34 billion spent on complementary and alternative methods - a high percentage of that being spent on cancer, more per capita than any other nation on earth. But the quality of life for the average American stops at age 51. After that, it takes medical intervention to manage their symptoms. Using conventional methods, the war on cancer is being lost; many people die not



information from renowned physician Dr. James Howenstein, head of internal medicine at Thomas Davis Medical Center in Glendale, Ariz.:

- An American life is lost to cancer every 21 seconds.
- Cancer now kills more children between the ages 3 and 14 than any other illness.
- Cancer is responsible for 1 out of every 4 deaths in the United States.

Who Is at Risk of Developing Cancer?

Everyone! Statistics show that in the year 1880, when records were first kept, 1 in 35 people developed cancer in their lifetime. That figure is currently 1 in every 2 men and 1 in every 3 women. Since the occurrence of cancer increases as individuals' age, most cases affect adults middle-aged or older.

Prostate cancer is the most common major cancer in America, even though it affects only one sex. Lifetime odds of getting it are 1 in 6. Prostate cancer gets a fraction of what is spent on breast cancer research, and virtually nothing is known about what causes it.

Incidence of breast cancer in women has increased from 1 in 20 in 1960 to 1 in 8 today.

Worldwide, 10.9 million people die each year from cancer.

from the disease itself but from damage caused by the treatments.

At this point I think we have pretty well covered the first part of this article's headline. Now let's discuss the second part - will you survive it. I am going to give you the same advice I give every patient who comes through my door, and if you take it, you will have more than a fighting chance to survive.

First, and most important - take control. You are the one with cancer, not your physician, and you need to always remember that.

Second, there are always options. Actually this is truer with cancer than many other conditions or diseases, and because you are in control, you need to do your homework.

Third, get a second opinion, and maybe a third or even fourth opinion. Physicians are people and as such they are not perfect.

Fourth, the insurance companies are not on your side. This is your life; please do not let the insurance companies dictate to you a form of treatment that will result with you being just another statistic.

Fifth, investigate on your own the vast amount of natural treatments available. The numbers of all natural, non-toxic cancer treatments are increasing every day. Make sure you consult with your doctor.

The financial freedom to make some of these choices can come from a critical illness policy that pays a lump sum on diagnosis cancer. Dearborn National Insurance is the Club's new partner for two areas - critical illness insurance and retirement income. Currently the Club offers three Dearborn products: The Security Builder Plan, the Timber Ridge Critical Illness Plan and Accident Medical Expense Plan. Ask your Club Counselor for details.

You can contact Dearborn National at (888) 443-8829.



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THIS MONTH AT THE

Cabrillo Marine Aquarium
A REC AND PARKS FACILITY

Sea Otter Awareness Week

Sun., Sept. 20 –
Sat. Sept. 26
NOON – 4 P.M.

As part of this special week set aside to raise the profile of a sea otters, Cabrillo Marine Aquarium will provide visitors with the chance to get an “inside look” at this endangered species. In the Kelp Forest room in the Exhibit Hall, there will be a table set up with sea otter specimens. Get inside a sea otter’s head by taking a close look at a skull and see if you notice anything unusual. There will also be a pelt on display showcasing the sea otter’s thick fur.

Without blubber, sea otters rely on their fur to keep warm in cold ocean water. Sea otters have the densest fur of any mammal with close to one million hairs per square inch!

Free!
(310) 548-7562
Parking: \$1/hour

Support the Cabrillo Marine Aquarium!

Consider joining the Friends of Cabrillo Marine Aquarium
(310) 548-7410
www.cabrillomarineaquarium.org/support.asp



www.cabrillomarineaquarium.org
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Rec and Parks

Fairly Fun

Cabrillo Marine Aquarium hosts annual Autumn Sea Fair.

All are invited to celebrate the bounty of the sea with fun-in-the-sun games and hometown spirit at Cabrillo Marine Aquarium’s Autumn Sea Fair from 10 a.m. to 3 p.m. Sunday, Oct. 18.

Children of all ages will enjoy ocean-related activities throughout the day, including face-painting, origami lessons and gyo-taku, the Japanese art of fish printing. Dig out your inner pirate and join in the search for a buried treasure, learn how to cast a fishing rod, and use recycled materials we provide to compete in the Ocean Monster costume contest.

Dozens of local marine-related organizations will be on hand to share their information and activities. Enjoy live music including the unique jazz stylings of Harold Greene on the Chapman Stick, the Japanese drum troop Kokoro Taiko and the smooth sounds of Stucco Rainbow. Watch for “Eagle-eye” Greg, birder extraordinaire, the spectacular display by the Los Angeles City Fireboat and “Scuba Mike” demonstrating equipment used by scuba divers – the opportunities for fun are endless.

Visitors can take a look inside the Southern California Marine Life Exhibit Hall with 36 aquar-

iums – live exhibits full of the natural beauty that exists in the watery world of the Pacific Ocean. Also, stop by the Aquatic Nursery to see what’s being raised in this “research laboratory on display.” Feeling inquisitive? Check out the Exploration Center and let your sense of discovery lead the way. And, the Marine Research Library contains materials on everything from anemones to zooplankton, for children and adults.

Take part in our annual celebration of marine life and community spirit. This annual event is free. Parking is available at Cabrillo Beach for just \$1 per hour. The Aquarium is at 3720 Stephen M. White Dr., San Pedro, and is a Rec and Parks facility with support from FRIENDS of Cabrillo Marine Aquarium. For further information or a calendar of events call Cabrillo Marine Aquarium at (310) 548-7562 or visit our Website at www.cabrillomarineaquarium.org.



Story and photo courtesy Cabrillo Aquarium

At a previous Autumn Sea Fair.



Airports

Ontario: The Long Good-bye Begins

City Employees caught in the middle as City agrees to hand Ontario Airport back to Ontario.

Certainly many, if not all, of the 181 City Employees working at Ontario Airport were surprised in August to hear that the airport, which has always been second in size to LAX since the San Bernardino facility was purchased by the City of LA in the 1980s, was being handed back to Ontario.

That decision was announced in press conference Aug. 6. The decision – called a settlement agreement – is subject to approval of a number of bodies, including the Los Angeles Board of Airport Commissioners, the City Council and then the Federal Aviation Administration.

Airport officials spoke to City employees at Ontario at another event held the same day as the main press conference. The event was a briefing by Mayor Eric Garcetti, assuring the City employees that they would have continued employment with the City, either at LAX or elsewhere in the City.

The relationship between the City of Ontario and the City of Los Angeles has been contentious, especially over the last few years, as Ontario has sued to regain control of the airport. This Settlement Agreement, if it ends with the handover as expected, is expected to end that legal action.

How will City employees who work at Ontario be handled? Here’s some more information from the Mayor’s Office.



Ontario Airport’s drop-off lane (top) and terminal (left).



What will happen to the LAWA employees who work at Ontario?

A key provision of the agreement in principle is that no current L.A. City employees will lose their employment as a direct result of the transfer. LAWA is expected to provide interim staffing for Ontario International Airport Authority (OIAA) through a management

agreement for the first year following transfer. A transition plan will be developed in collaboration with the L.A. City collective bargaining units to provide for all employees to maintain their status, pay and benefits within the City of Los Angeles Civil Service System if desired.

City Employees at Ontario: What are your plans? What are your thoughts and feelings as you leave the place you have worked for either a short or long time? Let us know! Write to *Alive!* at: talkback@cityemployeesclub.com

Alive! plans to cover this ongoing story as City Employees say good-bye to Ontario.

Public Works



Story and photos by Jeanette Gadut, Member Services Counselor

Harbor Open House

Sanitation's Harbor yard hosts annual open house.

Sanitation's Harbor District yard held its annual open house June 13. The event provided the public with a demonstration of the various services it provides to the community. Many attendees were able to enjoy the demonstrations of refuse collection trucks and other equipment, receive information on recycling and composting provided at the booths, and take tours of the yard and repair shop.

It was an eventful day for everyone. A variety of fruit trees were given away free to Los Angeles residents. Free food, lively music and fun entertainment took place at the event. It was another successful year of education, outreach, and free giveaways for the Harbor Yard and its community members.



Mr. Recycle and friends.



Ray Lewis, Refuse Collection Truck Operator, 28 years of City service, Club Member.



Ernest Jessop, Harbor Equipment Supervisor, 24 years of City service, Club Member.



Tony Williams, Refuse Collection Truck Operator, 24 years of City service, Club Member.



Raymond Lucas, Refuse Collection Truck Operator, 34 years of City service, Club Member, and his truck.



Ahman Ghaneem, Waste Water Engineer, 24 years of City service; Elizabeth Munoz, Sr. Clerk Typist, 12 years, Club Member; and Thomas Omoragieva, Sanitation Engineering Asst. II, Club Member.



Linda Gadut, community member, enjoys one of the truck demonstrations.



From left: Francisco Castaneda IV, Equipment Mechanic, 7 years of City service, Club Member; Ruben Guzman, Equipment Mechanic, 7 years, Club Member; and Cliff Solis, Refuse Collection Truck Operator II, 3 years.



A Los Angeles resident receives her free lemon tree.



James Moore, Superintendent, Harbor District, 26 years of City service, Club Member, with his wife, Vetta.



From left: Dion Tarver, Waste Water Collection Worker II, 15 years of City service, Club Member; and Michael Jamerson, Waste Water Collection Worker II, 29 years, Club Member.



Chris Boykins, Refuse Collection Truck Operator, 9 years of City service, Club Member with community members.



Leroy Wise, volunteer, with Moniquea McKee, Clerk Typist, 16 years of City service, Club Member.



David Cooper, Refuse Collection Truck Operator, 21 years of City service, Club Member.



From left: Raymond Lucas, Refuse Collection Truck Operator, 34 years of City service, Club Member; Robert Watson, Refuse Collection Truck Operator, 25 years, Club Member; and Andre Dana, Refuse Collection Truck Operator, 5 months.



Michelle Brown, Sanitation Solid Resources Processing and Construction Division, 32 years of City service, Club Member.



From left: James Graham, Crew Instructor, 28 years of City service; Robert Watson, Refuse Collection Truck Operator, 25 years, Club Member; and Dan Lucero, Supervisor, 28 years, Club Member.



From left: Genaro Perez, Retired Refuse Collection Truck Operator, East Valley, 28 years of City service; and Lloyd Gaines, Sanitation Manager I, 25 years, Club Member.



Diane Jones, Regulatory Affairs, 28 years of City service, Club Member.



For Retired Club Members

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Retired Los Angeles City Employees, Inc. (RLACEI)



Ed Harding, RLACEI President
www.rlacei.com
Contact him: (800) 678-4145 Ext. 703
E-mail: edwardjharding@rlacei.com

Change of Address?

If you change your address, notify Helen Salgado, Membership Chair, at (800) 678-4145 Ext. 713, or write to her at 8372 Arnett Dr., Huntington Beach, CA 92647. Also notify LACERS.

Have News About Yourself?

Contact Mary Beetz, call (800) 678-4145 Ext. 711

Three Retirees Groups Hold Events; Make Sure You're at the Right One

Reservation Lines:

RLACEI events: (800) 678-4145, Ext. 701
DWP events: (626) 445-7376 (Dolores Foley)
LARFPA: (888) 288-5063

Sept. 2: LARFPA general meeting, Grace E. Simons Lodge, Los Angeles

Dec. 3: RLACEI holiday party, noon, Friendship Auditorium, Los Angeles

Oct. 8: RLACEI annual corporation meeting and elections, 11:30 a.m., Friendship Auditorium, Los Angeles

Dec. 13: LARFPA Christmas party, 11 a.m., Sportsmen's Lodge, Studio City

Dec. 2: LARFPA general meeting, Grace E. Simons Lodge, Los Angeles

RLACEI Website

Hal Danowitz asks you to visit the RLACEI Website at www.rlacei.com to find the latest retirement news. If you find it helpful, or have suggestions for improvement, call Hal at (800) 678-4145 Ext. 707.

Contact the LA City Employees' Retirement System

The Los Angeles City Employees' Retirement System is at 202 W. First Street, Suite 500, (LA Times Building), Los Angeles, CA 90012. Hours: 8AM-5PM. Phone (213) 473-7200 or (800) 779-8328. Contact them to arrange direct deposit of your retirement checks, change your tax withholding or beneficiary, or for questions about your health plans. www.lacers.org

DWP Retirees Association



Dolores Foley, President
Phone: (626) 445-7376
E-mail: vincedolores@gmail.com
www.dwp retirees.org

Los Angeles Retired Fire and Police Association (LARFPA)



Paul Enox, President
Phone: (323) 283-4441
Fax: (626) 285-1461
9521 Las Tunas Dr. #4,
Temple City, CA 91780
www.larfpa.org

Picnic Attendance Fairly Good; Sandwiches at Annual Meeting?

RLACEI

2010 Club Excellence Award Recipient



Ed Harding

President's Report By Edward J. Harding President, RLACEI

I just returned from our picnic at the Grace E. Simons Lodge in Elysian Park. Approximately 117 people attended and enjoyed the roasted chicken and beef ribs with the whole works. We expected more to show up, but with the heat being more than 100 degrees, I guess 117 was not too bad. I had just returned

the night before from my second house in Nevada, near Lake Tahoe, where the weather was around 72 degrees all the time we were there. So, you can imagine how much I felt the heat!

On Oct. 8 we will have our annual corporation and elections meeting at the Friendship Auditorium starting at 11:30 a.m. Several people at the picnic asked me to have sandwiches instead of chicken and beef ribs that we had at the picnic. They claim

that the meal was too messy. What do you think? Any comments or ideas are appreciated, and I will pass this information to the Entertainment Committee. Special thanks to the Club and Robert Larios for coordinating *Alive!* media coverage and providing fun door prizes.

Please don't forget to make your reservations by calling our toll-free number: (800) 678-4145, ext. 701.

See you there!

Health Premium Costs Down From Last Year



Michael R. Wilkinson

LACERS Board Update, By Michael R. Wilkinson

While we have become used to healthcare costs going up and up, LACERS has some very good news to share this year. The total cost of all of our healthcare premiums have come down nearly \$2 million, a reduction of 1.7 percent from last year.

You may ask, why is this important? It is important to be able to keep pace with the costs of our healthcare so that LACERS can continue to provide members with choices that are based on covering the full premium cost of the two party Kaiser coverage for the under-65-year-old members with no out-of-pocket costs.

As you know, we have been

able to cover the increases in the past, but matching the Kaiser rate is not guaranteed and requires City Council approval if the Kaiser costs spike up faster than the three year national trend of health costs.

Since the Kaiser under-65 costs dropped by a stunning 5.1 percent over last year, we will absolutely not need to go to the City Council for an increase this year.

The Anthem Blue Cross premium for under-65 members will be unchanged, while the Anthem Blue Cross HMO is up 11.5 percent, and the firm's Medicare Supplement (for members with Medicare A & B) is down 6.9 percent from the previous year. The Kaiser Senior Advantage rate (members with at least Medicare Part B) is down 1.9 percent. United Healthcare premiums

are up 3 percent while SCAN is unchanged from last year.

Delta Dental will renew with no change in premium for the PPO plan, but there will be a 2.5 percent increase to the HMO plan. Both plans include periodontal cleaning for no copay, a service that normally requires a \$55 copay. There is no change to the Anthem Blue View Vision premium.

All of the health, dental and vision plans are under the direction of the LACERS Benefits Administration Committee. However, we would not have seen these excellent results without the hard work and skill of LACERS staff directed by Alex Rabrenovich, LACERS Health Benefits Administration, and Steve Gedestad's team with our consultant, Keenan Associates.

Public Pension Reform Review



Michael Karsch

Legislative Report: Pension Law and Policy, By Michael Karsch

Six proponents of a new public pension reform initiative are seeking the initial review by the California Attorney General for a title and summary before going to the California Secretary of State for release for circulation. It is the Voter Empowerment Act by former San Jose Mayor Chuck Reed and former San Diego City Councilman Carl DeMaio (and four others associated with the effort).

The State Legislative Analyst's Office (LAO) released at the end

of July a strongly worded critique on the draft initiative, which still awaits a title and summary by the Attorney General's office, where it has been for two months. The San Jose Democrat and San Diego Republican have sought pension reform in their respective cities, carrying their proposals before their voters and receiving approvals in the 60-plus-percent range; these ballot measures were challenged in court receiving unfavorable rulings. The new initiative's core provision would require new hires in local and state governments to be subject to voter approval in their jurisdictions for salary increases or decreases. In other words, each year that a city or county con-

siders general wage increases, such a step would have to be approved by the voters in that city or county. The LAO argues that the claim to apply to "new hires" only is erroneous; the measure would arguably apply to current employees and retirees. The proponents claim not to affect death benefits for public safety employees; the LAO says these benefits could be modified or eliminated.

The LAO says that collective bargaining would be "threatened." The LAO's speaking out on a pending initiative (that has not yet been titled by the Attorney General nor released for circulation by the Secretary of State) is unusual at this early stage of the initiative process; the LAO later

Continues Next page

Public Pension Reform (Cont.)

prepares his analysis of every measure that goes to the general ballot (appearing in the voter pamphlet just before the election).

Speaking of the City of San Jose, in late July that City (and former Mayor Chuck Reed) settled with the unions on Reed's 2012 reform measure, agreeing to drop

a longstanding bonus check for retirees each year that the pension fund returns are high. Often called the "13th check" for pensioners, this bonus check is now history. In San Diego, however, the 13th check bonus continues for its pensioners. It applies only to city workers hired before

2005, and averages \$720 per retiree. A bonus check is also popular in the territory of Puerto Rico at Christmas time, another place where local finances are in a dangerous condition. City of Los Angeles retirees do not get a 13th paycheck.

Initiative Gaining Signatures Could Be Bad for Retirees

LARFPA



Lee Kebler

The Chuck Reed initiative for a constitutional amendment to change pensions and healthcare benefits for all public sector employees and retirees was approved to be circulated for signatures to qualify for the November 2016 election. California Attorney General Kamala Harris named initiative 1696 the "Public Employees Pension and Retiree Healthcare Constitutional Initiative" and gave a summary of the initiative. The title was changed from "The Voters Empowerment Act of 2016" that was recommended by the signers of the initiative. All of the signers of the amendment are

politicians who were or are elected officials and have been involved in bankruptcies or financial problems with pension or healthcare benefits. The signers are Chuck Reed (San Jose), Carl DeMaio (San Diego), Stephanie Gomes (Vallejo), Tom Tait (Anaheim), Pat Morris (San Bernardino) and Bill Kampe (Pacific Grove).

If passed, this amendment will affect the pensions and healthcare benefits of every public employee and retiree. It is designed to eliminate all defined benefit pensions for new hires and reduce benefits for retirees. It will eliminate consti-

tutional protection for vested pension and healthcare benefits. All members need to work to see that this initiative fails to get enough signatures to qualify.

I hope all of you retired Fire and Police members received their new roster. It's a really well designed book full of information to help in many situations. If you didn't receive one, call the office. I'm looking forward to seeing you at our next meeting Sept. 2 meeting.

Attend An Open Enrollment Meeting

LACERS



Mary Beetz

LACERS' UPDATE BY MARY BEETZ

LACERS' 2016 Open Enrollment period will be from October 15 through November 17 this year. During this time, you may attend an Open Enrollment meeting and learn about any changes to LACERS health plans for the 2016 plan year. The meetings will provide you an opportunity to talk to your health plan representatives. Also, LACERS staff will be available to answer any health plan questions you might have and assist you with the enrollment process. Meeting dates, times, and locations are listed below:

Universal City – Thursday, Oct. 15, 2015, at 10 a.m.
Sheraton Universal Hotel
333 Universal Hollywood Dr.
Universal City, CA 91608

Los Angeles – Monday, Oct. 19, 2015, at 10 a.m.
The California Endowment
1000 North Alameda St.
Los Angeles, CA 90012

Ontario – Wednesday, Oct. 21, 2015, at 10 a.m.
DoubleTree Hotel
222 North Vineyard Ave.
Ontario, CA 91764

San Pedro – Tuesday, Oct. 27, 2015, at 10 a.m.
DoubleTree Hotel
2800 Via Cabrillo Marina
San Pedro, CA 90731

Las Vegas – Thursday, Oct. 29, 2015, at 10 a.m.
The Orleans Hotel
4500 West Tropicana Ave.
Las Vegas, NV 89103

Ventura – Thursday, Nov. 5, 2015, at 10 a.m.
Ventura Beach Marriott
2055 East Harbor Blvd.
Ventura, CA 93001

Beginning September 16, 2015, you can make reservations to attend an Open Enrollment meeting by reserving online at www.LACERS.org/lacerswell or calling LACERS at (800) 779-8328, Monday – Friday, 8 a.m. to 5 p.m. Voicemail or email messages will not be accepted as reservations. Reservations will be accepted for one Retiree and one guest.

Think Green And Opt Out!

For your convenience and in an effort to reduce the use of

resources, you can opt out of receiving a printed copy of LACERS Health Benefits Guide and Open Enrollment Overview each year.

Instead, you can choose to either:

- Have links to the Open Enrollment Overview and Health Benefits Guide sent directly to your email address; or
- Opt out of receiving the Open Enrollment Overview

and Health Benefits Guide altogether and just view/download them from the LACERS website (www.LACERS.org).

If you choose to opt out of receiving printed copies of these Open Enrollment materials, simply complete an online LACERS Opt-Out Form. The form is located in the I Want To section of the LACERS Retired Member home page (www.LACERS.org/retired) or you can contact us at (800) 779-8328, TDD (888) 349-3996, for assistance.

RETIREE UPDATES:

LACERS wants to make sure our Retired Membership database is up-to-date. Let us know if you have a new phone number, email address, or home address. To update your contact information, please call LACERS at (800) 779-8328 or (888) 349-3996 (TDD), or email us at LACERS.services@lacity.org.

NOTE: HMO Health Plans are available in authorized zip code areas only. Moving out of your current zip code may affect your eligibility to maintain your current coverage. Contact your health plan to verify that your new zip is included as an authorized HMO service area.

Spring Cleaning:

Please review the dependents listed on your health insurance plan. You may be paying unnecessary premiums for ineligible dependents. Consult your latest Health Benefits Guide for eligibility requirements. If you need to delete a dependent, go to www.LACERS.org to download the form for health insurance account changes.

LACERS' Medical Requirements:

LACERS Retirees can protect their LACERS medical coverage by fulfilling LACERS' requirement to enroll in, and maintain Medicare coverage. In order to qualify for a LACERS medical plan premium subsidy, LACERS requires Retired Members and their eligible dependents to enroll in Medicare Part B upon turning age 65 and, if eligible to receive it free of charge, Medicare Part A. Failure to meet LACERS' Medicare enrollment requirement or a lapse in the payment of Medicare Part B premiums may result in the termination of a LACERS Retiree's medical subsidy and plan coverage.

MyLACERS – View Your Retirement Account Information Securely:

MyLACERS is a service that allows Members to view their account information online at www.LACERS.org. As a Retired Member, you can view your 1099R information, current payment statements, designated beneficiaries, current deduc-

tions, and health deduction information. It's easy, fast, and informative. Just click on MyLACERS from the LACERS homepage (www.LACERS.org) and follow the directions to register for a MyLACERS Account. Once an ID and password are created, you can log-on to the secure website as often as you like. For more information or assistance with setting up a MyLACERS account, contact LACERS at LACERS.services@lacity.org or (800) 779-8328.

To update your contact information request a Change of Address Request form and mail to address below or fax to (213) 473-7297:

Los Angeles City Employees Retirement System (LACERS)
202 W. First Street, Suite 500
Los Angeles, CA 90012-4401
Attn: Membership Processing Unit

For Retired Club Members

The Best Years

CONTACT THE CLUB:



Tiffany Sy
Club Member Services Counselor, In-house
(800) 464-0452, Ext. 202

TSy@cityemployeesclub.com
www.cityemployeesclub.com

RETIREMENT HELPLINE

Who to call? Call the Helpline and reach the officers of the Retired Los Angeles City Employees, Inc. If you move or change your address, contact Helen Salgado. Also notify LACERS, ACEBSA and LAFUCU. For information on problems, activities, meetings or membership. Each officer's extension is listed below.

Los Angeles City Employees' Retirement System: (800) 779-8328

RLACEI Retirement Counselors and Retiree Helplines (800) 678-4145

- Mary Beetz Ext. 711
- Cliff Cannon Ext. 715
- Hal Danowitz Ext. 707
- Americo Garza Ext. 710
- Edward Harding Ext. 703
- Michael Karsch Ext. 704
- Gary Mattingly Ext. 702
- Phillip Orland Ext. 709
- Neil Ricci Ext. 714
- Helen Salgado (membership) Ext. 713
- Ken Spiker Ext. 705
- Tom Sternock Ext. 708
- Michael Wilkinson Ext. 712
- Questions: Ext. 0
- RSVP: Ext. 701

DWP Retirement Plan Office (213) 367-1722

RLACEI:

Officers

Edward Harding: President
Kenneth Spiker: First Vice President
Tom Sternock: Second Vice President
Hal Danowitz: Secretary/Treasurer

Committee Chairpersons

Mary Beetz: Publicity
Hal Danowitz: Finance
Americo Garza: Picnic, Holiday Party and Installation
Neil Ricci: Health and Nominating
Helen Salgado: Membership
Michael R. Wilkinson, Legal and Legislative
Tom Sternock: Audit and Golf

Directors

Mary Beetz
Cliff Cannon
Americo Garza
Michael Karsch
Gary Mattingly
Phillip Orland
Neil Ricci
Helen Salgado
Michael R. Wilkinson



The Best Years

For Retired Club Members

Eight Days Home

Hal and Evelyn conclude their Pacific cruise.

2013 Club Excellence Award Recipient



By Hal Danowitz, Secretary, RLACEI

In April 2014, we began a 28-day cruise from Los Angeles, with stops in four of the Hawaiian Islands, Samoa and French Polynesia, and returning to Los Angeles. We had 10 port days and 18 days at sea on board the Golden Princess, our second trip on this ship. We traveled again with our cousins, Don and Myrna. A real benefit of this cruise was that no flying was needed.

As we continue the story it's Easter (April 20, 2014). We were anchored inside the coral reef in Pofai Bay near Vaitape, Bora Bora's main settlement, and we tendered to shore. This island is smaller in size and population than Moorea.

We left the ship a little after 9 a.m. by tender. The sky was partly cloudy but sunny. It was warm and humid, which was normal, but with no rain.

We had heard that the thing to do was to go to Bloody Mary's, the tourist trap named after the character in the musical South Pacific, though a lot of people think it was the other way around. There were a number of shuttles to Bloody Mary's for \$10 round trip each. We found a local woman who would give us a two-hour tour of the island with a few stops for pictures and shopping. It included a stop at Bloody Mary's. There were seven of us in the air-conditioned van. Our guide had no love for the French and France, which provides \$1.3 billion in support of French Polynesia. She also didn't like the current mayor who she said was a puppet of the French. There is much unemployment here; like the other islands in the group they have not recovered from the world recession. Many of the hotels are still closed, and this has affected their main source of income – tourism.

The island was beautiful and very green with flora and lots of fruit trees, and we even saw an orange coconut palm. We got to taste breadfruit, which has no taste but is a mainstay on the island diet. It is boiled and, like tofu, it takes on the taste of what it is mixed with. Our guide was a fisher woman who fished six days a week and provides fish to the hotels and to the locals. She lived on one of the small islands around the main one and rented out her land to tourists who want to camp out. She seemed to be very enterprising, which is needed to make a reasonable living. According to her, there are very few jobs, and when a good job comes available it goes to the French.

The stop at Bloody Mary's was what I expected – high prices and too many tourists. We got back to the dock around noon. We did some shopping and Evelyn was able to find some black pearls for a reasonable price.

We had lunch with Don and Myrna, and then we lay out in the sun for a while.

Using the Internet on the ship was sometimes a frustrating task. As Elite members, we each got 500 free minutes and for \$25 we could purchase an additional 100 minutes. The speed was slower than what we are used to at home and sometime not very reliable. If you forget to logout, your minutes get used up. That morning Evelyn had zero minutes even though she did logout. We talked to the Internet manager Murray and he gave her back 100 minutes. This was very nice of him. I have always thought that Internet Manager was the most difficult job on the ship, especially dealing with seniors who are lucky if they can spell Internet.

That night the Golden Princess dancers and singers returned to the stage. We had been on that ship 19 days and they have

performed twice – once on the large stage and once for 30 minutes in the small Vista Lounge. I should have become a dancer and singer when I retired. The funny part was that we saw this particular show, "Caliente," on our last cruise.

The tenders were being hoisted out of the water and we would soon sail for Los Angeles, about 4,500 nautical miles. We would have eight sea days until we reached port.

We set sail on a northeastern course to Los Angeles, altogether we will have sailed about 10,000 miles and crossed the equator and the international dateline each twice.

The third formal night was held, and we were invited to the Captain's Circle party. It did not mean much except that we got a free drink. It was held from 4:45 to 5:30 p.m. We decided to eat early after the party and were seated with two other couples. One of the men had broken his leg on the first day of the trip during the lifeboat drill – no fault of the ship – and was in a wheelchair. The couple lived in Alabama, and had lived in Southern California for 25 years when he worked for NASA.

We skipped the show and played bridge



Hal at Bloody Mary's.

all dressed up in a tux. That was our last formal night on this trip.

The weather was very nice – warm with sunny skies and the seas were just a little less than calm. There was a little roll to the ship. I figured it would stay that way until we were about two days out of LA.

We made plans to go to the steak restaurant that night. We had a wine tasting that afternoon.

The wine tasting was nice; we tasted five wines from around the world – an Asti, two whites and two reds. Dinner was in the Crowne Grill, the other specialty restaurant on the ship. It was a nice two-and-a-half-hour dinner with a nice bottle of wine we brought from home. The food, which was prime meat, and the service were excellent. The cost was \$25 per person. Corkage on the ship was \$15; this the first time we had ever been charged. On other Princess cruises the waiters just didn't bother.

The next day was April 23, and we lost an hour overnight. The weather continued to be good; the temperature had dropped a little, but it was still warm.

That day was like the rest of the sea days, except we did play bridge. The ship's dancers and singers were performing that night in the small Vista Lounge, so we planned to eat in the buffet so we could get to the show-room early and have a seat. We got there 30 minutes early and the place was three-quarters full. The show was "Motor City," which means Motown. They did a reasonably good job, but they needed more soul.

We had a new benefit as Elite members;

Hal and Evelyn in Bora Bora.



they offered special art at a special price. This was one benefit I could do without. We have purchased art on cruises before and have never been sorry, but those days are over.

The next afternoon, April 24, there was a presentation on the technical operation of the ship, which I wanted to attend. The weather was a little more overcast, but still nice. Our cabin was on the port (left) side of the ship. We were sailing a north-easterly course, so we only got sun in the afternoon. I think we crossed the equator the day before because sunset and sunrise were almost 12 hours apart. We were then two hours earlier than LA, and that night we lost another hour.

My back had been feeling stiff for the past few days and I walked around the Promenade deck to see if that would loosen it up. It seemed to help, and I had been doing stretching every morning. Lauren, my Pilates instructor, will have to work me over when I see her.



The Bora Bora dock.

The technical presentation was well attended and interesting. This ship has four large and two small diesel engines, which generate the electrical power that drive the ship and run everything else. They generate enough electricity to power a city of 60,000. They burn heavy crude oil, which must be processed before it is used. The ship distills 180,000 gallons of seawater a day. Sewage is processed on board and then dumped in the ocean. Glass and cans are recycled. The ship's speed is normal cruising speed, 20 knots. The only time they use all the engines is on the trip from Lahina to LA because of the current. There are two emergency generators, which can power the passenger parts of the ship if main power is lost, like what happened on the Carnival ship last year.

The entertainment was a Nat "King" Cole imitator – Donny Ray Evins. Everyone enjoyed his performance.

The next morning (April 25), the sea was choppy, and it was cloudy.

We had a champagne tasting in Vines at

the common table. There were three couples besides Evelyn and I. They were from Mexico by way of Whittier, Wales (England) and South Carolina. We tasted five different vintages; after that we found out that the Mexican couple was having their 58th anniversary and the ship brought another bottle. In the end we drank seven bottles of champagne and were there for four-and-a-half hours. It was a great time.

The Internet had slowed to a snail's pace or maybe slower. I got back my money for the extra minutes I brought at the start of the cruise. We were told that Princess was using a new provider, which supposedly had more bandwidth. It didn't seem to be working.

The next night (April 26) was formal and because we wanted to eat in the dining room we dressed up. The show had the singers and dancers doing the British Invasion. We had reached a pattern – drinks at 6, the show at 7 and dinner after the show. It seemed to work for us.

We put down another \$100 deposit on a future cruise; it is good for two years and refundable if we don't use it. We saved on the deposit and we got a ship-board credit depending on the length of the cruise. We got \$150 each on this cruise.

The weather had turned much colder with no sun.

We were ready to get home. Eight sea days was maybe a little too many.

The Princess book club met that day. No one thought much of the book *We are Water* by Wally Lamb. About ten passengers had read the book; Evelyn and I had the best things to say about it, and we gave it only three stars out of five.

The "British Invasion" show was the best one the singers and dancers did on the cruise.

It was formal night and they had lobster in the dining room. I had pheasant. The waiter said I was the only one to order it the whole evening. It was good.

The next day, there was a big sale with lots of "bargains." Evelyn and Myrna participated. We had an "Old World" red wine tasting at 1 p.m. in Vine. Myrna came with us while Don tried to find a bridge partner.

The wine tasting was very good, with two wines from France and one from Italy. They were paired with cheese and fruit. This was one of the better things that Princess had done.

The rest of the cruise was uneventful, so I won't bore you all. We did have an Internet problem that stopped us from sending out our emails.

We docked in San Pedro early April 29. We left the ship around 10 a.m. and were home by 11:30.

Next month we will be in Barcelona, Spain, beginning our next adventure.



LACERS

Bike With Mike!

RETIREEES: Manage your fitness as Retired LACERS
Director Mike Wilkinson leads a recreational bike ride.

Mike Wilkinson, Vice President of the LACERS Board of Administration and RLACEI Director, has joined forces with LACERS *Well* for a bike ride in Griffith Park. Whether you're an experienced cyclist or just getting started, there will be an opportunity to build up a healthy sweat while staying within your own limits.

The route includes three options:

- a five-mile loop
- an eight-mile loop
- a 20-mile loop.

All routes consist of flat, lightly traveled roads or bike paths. Expected completion time for the full route is one hour and 45 minutes (at an easy pace). We'll have fruit, refreshments and prizes available for all registered attendees. All riders are expected to supply their own

bike and a secure-fitting bike helmet, wear appropriate fitness-suitable attire, complete a liability waiver, and obey all traffic laws.

Registration is required and guests are welcome.

To register or find out more information, log on to www.LACERS.org/lacerswell and complete the on-line registration form, or call LACERS Member Services at (800) 779-8328.

If you have any questions or would like to volunteer to assist with this event, please call Tara Miller, Wellness Program Manager at (213) 978-6843 or email her at lacerswell@LACERS.org.

Join the fun!

Mike Wilkinson, Retired LACERS Director, is ready to go!



Retirements

Here's a listing of all those who retired from the City this month. To all we say, welcome to the Best Years!

NAME	TITLE	DEPT.	YEARS	NAME	TITLE	DEPT.	YEARS	NAME	TITLE	DEPT.	YEARS
Agaibi, Nadia Michel	Civil Engin. Assoc. IV	Airports	34	Gomez, Ursicio Gango	Sr. Accountant II	Finance	25	Patron, Bernardine V.	Sr. Legal Clerk	City Attorney	26
Aleman, Antonio A.	Maint. Constr. Helper	Airports	14	Hardege, Harry M.	Field Engineer Aide	Public Works	19	Piggee, Barbara	Project Coordinator	Housing	20
Alexandroff, Victor	Dep. City Attorney IV	City Attorney	24	Hartsfield, William R.	Traffic Officer	Transportation	27	Pina, Theresa A.	Clerk Typist	General Services	16
Alquiros, Edyth V.	Sr. Pers. Analyst II	Personnel	30	Higaki, Wanda	—	DWP	—	Pleis, Jason	—	DWP	—
Angeles, Louie	Geog. Info. Syst. Supv. II	City Planning	30	Higgins, Robert	—	DWP	—	Porche, Gloria	Recreation Assistant	Rec and Parks	6
Ascencio, Alberto	Maint. Constr. Helper	Airports	14	Hill, Belinda	Accounting Clerk II	LAFD	30	Rada, Jeffrey	—	DWP	—
Avila, Jose	Gardener Caretaker	Rec and Parks	30	Hollins, Lydia Marie	Systems Aide	LAPD	30	Raygoza, Guadalupe	Gardener Caretaker	Airports	26
Ayala, Gilbert R.	Manage. Analyst II	LAPD	19	Jarvis, George G.	Airport Police Sgt.	Airports	31	Reese, Lillian	—	DWP	—
Baptist, Dorla L.	Gardener Caretaker	Airports	33	Johnson, Mark A.	Comm. Engineer	Airports	26	Reifel, Steven Edward	Pr. Public Relat. Rep.	LACERS	18
Baker, Craig	—	DWP	—	Jones, David	—	DWP	—	Reynolds, Mary Lillian	Sr. Clerk Typist	LAPD	30
Bayer, Thomas	—	DWP	—	Juetten, Michael	—	DWP	—	Rivera, Robert Jr.	—	DWP	—
Bonds, Linda E.	Accounting Clerk II	Personnel	10	Keeseey, Heidi Lynn	Police Service Rep	LAPD	24	Ristow, Michael L.	Motor Sweeper Oper.	Public Works	33
Brown, Cheryl	—	DWP	—	Kobayashi, Tammy H.	Payroll Analyst II	Controller	35	Rocio, Sally Abayon	Fin. Manage. Spec. V	Controller	30
Cardano, Lillian V.	Clerk Typist	Public Works	30	Kutlesa, Steven	—	DWP	—	Rodriguez, Dennis	—	DWP	—
Carota, Joseph A.	Roofer	General Svcs	16	LaBonge, Thomas	Councilmember	Council	39	Romero, Cruz	—	DWP	—
Carter, Cornelius Joseph	Sr. Painter II	Zoo	25	Lacina, Stephen J.	Build. Repairer Supv.	Public Works	25	Roodselaar, Reijer	—	DWP	—
Cartwright, Joe	—	DWP	—	Lau, Norman	—	DWP	—	Ross, Dru L.	Safety Administrator	Personnel	13
Chareontaveetrub, C.	Traffic Officer II	Transportation	27	Lindsey, Gina M.	General Manager	Airports	19	Routt, Bruce	—	DWP	—
Chavez, Manuel	Assistant General Mgr.	Housing	30	Lee, Shou Lin	Fiscal Systems Spec. II	LAPD	28	Ruthledge, Sharon K.	Witness Serv. Coord.	City Attorney	37
Cheatwood, Timothy C.	Airport Safety Officer	Airports	27	Logie, Christopher	—	DWP	—	Sagucio, Reynald	—	DWP	—
Cheong, Bob	Info. Systems Mgr. II	Airports	25	Lopez, Johnny	—	DWP	—	Sagun, Pacifica Ruiz	Chemist II	General Services	14
Cisler, Randall	—	DWP	—	Lopez, Linda R.	Manage. Analyst II	LAPD	26	Sampson, Dorothy	Gardener Caretaker	Rec and Parks	26
Compean, Arturo	Pr. Detention Officer	LAPD	35	Lozano, Saul	Special Prog. Assist. II	Rec and Parks	3	Scott, Robert T.	Fire Psychologist	LAFD	23
Corrin, Michael G.	Sr. Manage. Analyst II	Airports	30	Lucky, Gary	—	DWP	—	Segundo, Lucrecia	—	DWP	—
Corsette, Douglas Jr.	—	DWP	—	Mabie-Delpit, Audrian	—	DWP	—	Segura, Donald	Constr. Inspector	Public Works	14
Davis, Cathy Elayne	Council Aide IV	Council	17	Malek, Maziar	Sr. Manage. Analyst II	Public Works	27	Shumaker, Cynthia A.	Secretary	Airports	17
Delgadillo, Rockard	City Attorney	City Attorney	15	Martin, William T.	Build. Mechanics Insp.	Build. & Safety	10	Smith, Jamesetta T.	Exec. Admin. Assist. III	LAPD	20
Delgado, Daniel	—	DWP	—	Martinez, Salvador A.	Chief Manage. Analyst	LAFD	35	Stinebiser, Susan T.	Manage. Analyst II	LAPD	16
Doherty, Janet Kuris	Sr. Manage. Analyst II	LAPD	29	McCollins, Robert F.	Maintenance Laborer	Public Works	15	Tagalao, Amerika Salafai	Payroll Supervisor II	LAPD	34
Douglas, Janet	—	DWP	—	McFadden, Mary W.	Sr. Manage. Analyst II	Zoo	30	Terrell, Claude N.	Pipefitter	Public Works	32
Ellett, La Donna	Accounting Clerk II	LAPD	30	McFee, Marilyn	Sr. Clerk Typist	Planning	26	Tirey-Jines, Mary	—	DWP	—
Everitt, Gilda Estella	Sr. Clerk Typist	Rec and Parks	25	McTeague, Marie T.	Dep. City Attorney IV	City Attorney	25	Trinidad, Luis	Equip. Mechanic	LAPD	31
Faner, Norman	—	DWP	—	Mills, David E.	Airport Safety Officer	Airports	25	Valdez, Otilia R.	Special Prog. Assist. II	Rec and Parks	1
Feder, Kenneth B.	Librarian III	Library	34	Mustard, Nancey S.	Secretary	Airports	29	Velez, Lorenzo	Equipment Operator	Rec and Parks	29
Figueroa, Jorge L.	Sr. Animal Contr. Off. II	Animal Svcs	33	Navarra, Marilyn S.	Sr. Clerk Typist	Public Works	27	White, Alva Gwendolyn	Traffic Officer II	Transportation	29
Frey, Christopher	—	DWP	—	Ocasio, Benjamin	Management Analyst II	Public Works	6	Whiteside, Ricky	—	DWP	—
Garcia, Jesus	—	DWP	—	Ogan, Cameron	—	DWP	—	Whiteside, Ricky	—	DWP	—
Germann, Willie	—	DWP	—	Ogle, Susan Frances	Historic Site Curator	Rec and Parks	15	Whittiker, Margaret L.	Clerk Typist	LAPD	35
Gies, Harold Duane	San. Wastewater Mgr. III	Public Works	27	Olive, Ronald R.	Assistant Dir.	Public Works	31	Wright, William	—	DWP	—
Giesseman, Gary L.	Survey Party Chief II	Public Works	31	Page, Annie	—	DWP	—	Yong, Estrellita A.	Pr. Accountant II	Housing	25
Glueck, Harvey S.	Comm. Electr. Supv.	ITA	34	Paraska, Kathryn I.	Traffic Officer	Transportation	40	Zafra, Edna Roxas	Accounting Clerk II	Finance	26
Gnade, Joseph A.	Civil Engineer	Public Works	32	Parks, Bernard C.	Councilman	Council	12				

RETIREES AROUND THE WORLD

1 Mexico



Here are friends **Miguel Rangel** and **Chuck Kokoska**, both Retired, DWP, in Los Barrilos, Mexico, for the annual Dorado, tuna, and wahoo trip with their friends. "We have come down here for the last five years," says Chuck Kokoska. "We have a great time catching fish, smoking cigars, hanging out with friends and eating at the neighborhood restaurants. Wahoo!"

2 Illinois



"This is the World Shooting Complex, where I went to the Grand American Handicap, home of the Amateur Trapshooting Association, in Sparta, Ill." — **Richard Radmacher**, Retired, DWP



Take the Club with you, wherever you go!

Club members are a well-traveled bunch. Bring your recent copy of *Alive!* with you. Snap a **high resolution** photo with you **holding a copy**, send it in, and we'll publish it. Send to: talkback@cityemployeesclub.com

The Best Years

For Retired Club Members

RLACEI

Picnic Time!

Retirees Association hosts annual member picnic.

The Retired Los Angeles City Employees, Inc. (RLACEI) hosted its annual summer picnic Aug. 13 at the Grace E. Simons Lodge. About 117 people attended on a very hot day, and were presented with lunch, activities and fellowship. The Club thanks Ed and Martha Harding, and Mary Beetz of the RLACEI for their assistance.



Martha and Ed Harding dance to the picnic music.



From left: Norma Rosen; Mico Rousso, Public Works/Engineering, 28 years of City service; and Leo Rosen, Public Works/Engineering, 43 years.



From left: Alex Rabrenovich, Health Benefits Administration Division Manager, LACERS; Lita Payne, Assistant General Manager, LACERS; and Ed Harding, RLACEI President.



From left: Cliff Cannon, RLACEI and LAFUCU Director; and Stan Horowitz, LAFUCU Vice Chairperson.



From left: Debra Charney, daughter, with Julian Torres, Building and Safety, 15 years of City service, and wife Rose Torres.



Henry Starks takes photos of the picnic as well. Henry has been a Club Member since 1967. Henry is a retiree from Public Works/Street Services.



From left: Carlos Rodriguez, Sprint Representative for Sprint Discounts; Martha Harding, wife of RLACEI President Ed Harding; and Tiffany Sy, Club Counselor and Retiree Specialist.



From left: Mariam and Phil Skarin (former RLACEI Director), Martha Harding (wife of RLACEI President Ed Harding) and Americo Garza, RLACEI Director.



From left: Greg Spiker with Mike Wilkinson, RLACEI Director, LACERS Commissioner and *Alive!* columnist.



From left: Joe Govea, Building and Safety, 25 years of City service, and his wife, Shirley.



Tariq Shah, recent Retiree, Library, and his wife, Arleta.



From left: Greg Perkins, Rec and Parks, 30 years of City service; and John Pierce, Rec and Parks, 34 years.



From left: Bobby Perry, Public Works/Sanitation, 24 years of City service, and his wife, Harriet.



From left: Jesus Aveces, Public Works/Contract Administration, 40 years of City service; Fred Alcantar Jr., Public Works/Contract Administration, 39 years; Robert Bartle, Public Works/Contract Administration, 57 years; Michael Warner, Public Works/Contract Administration, 31 years; and Ed Sham, Public Works/Contract Administration, 35 years.



From left: Terry Piña, General Services, Clerk Typist, 16 years of City service; with Ed Piña, Retired, General Services/Construction Forces, 35 years.



Pat and Vic Aprea, Transportation, 33 years of City service, celebrated their 69th wedding anniversary Aug. 10.



Mike Wilkinson, RLACEI Director and Vice President of the LACERS Board, with Tara Miller, LACERS Well Program Manager, announce to picnic-goers the upcoming LACERS Well "Mike on a Bike" event in Griffith Park Sept. 10.



Tara Miller, MS RD/N
LACERS Well Program Coordinator

Ask the Dietitian



A monthly question-and-answer feature with Registered Dietician/Nutritionist Tara Miller, LACERS Well Program Coordinator

Questions?

Do you have a question for Tara, the LACERS Registered Dietician? Write to her: talkback@cityemployeesclub.com

Many retirees have asked me about the benefits of yoga, so I enlisted the help of an expert – our very own, Patricia Heyne, yoga instructor, LACERS Retiree, and Wellness Champion, to give you her take on the matter. Hope you enjoy her input as much as I have!

What drew you to yoga? When did you start practicing?

My daughter had recommended yoga to me on multiple occasions, but I had no interest in it because I believed it was simply stretching. I was a long-distance cyclist and did not believe that I had time to “stretch” on a mat. However, after I retired, I decided that I would give it a try. I enrolled in an eight-week session at my local community center, and I could not believe how much I was instantly drawn to it. It started as a very physical practice of “power” yoga, but slowly developed into something more. I subsequently joined a yoga studio to take classes daily. I was definitely hooked.

What made you want to become certified as an instructor? What do you love about teaching?

To satisfy a deep desire to learn everything I could about this ancient eastern practice of yoga and to deepen my personal practice, I decided to take a teacher-training program (and) since it was a required part of the training, I began to teach. Surprisingly, I discovered that I truly enjoyed assisting other students through their personal yoga journey. I soon realized that many students came to yoga because they had injuries or illnesses that they were hoping would be helped or relieved. Not wanting to cause them any further injury, I researched (and found) that Loyola Marymount University (LMU) was offering its first yoga therapy certificate program. I thought, “What better way to keep my classes safe than by becoming a certified yoga therapist?” I completed a three-year advanced yoga therapy program at LMU, traveled to India twice to study with master teacher, Sri Ramaswami, and obtained a certificate in his particular style of yoga. I became a member of the International Association of

Advice From a Yoga Teacher

Yoga Therapists and through networking I met with medical doctors, psychotherapists, physical therapists and healthcare professionals who are also yoga therapists because they have found that yoga alone or in conjunction with Western medicine is extremely effective.

The best part about teaching is seeing the transformation in my students. On a physical level, they all stand a little taller and have better posture. Many have learned to let go and relax. I love when a student shares with me the positive effect that yoga has had on their life.

Many yogis experience an “a-ha” moment at some point in their practice. Did you have one, and if so, how has it helped you?

Yoga philosophy teaches us that a consistent practice, whether it be breath work, physical poses and/or meditation, positively affects the five koshas or sheaths in the body. My understanding of the koshas as explained by one of my teachers helped me understand the yogic mind-body connection that theretofore was elusive. It all began to make sense and allowed me to accept yoga as a portal to my deeper self.

What would you say to someone who thinks yoga is about “stretching” and intimidated by the poses or their lack of flexibility?

As long as someone has the ability to focus on their breath, they can do yoga, and it is never too late or too early to begin. One of the most amazing cases that I saw during my studies at LMU was a person with Parkinson’s disease. When he entered the classroom, he was visibly shaking and had tremors. The (instructor, a yoga therapist, taught him some simple movements that were coordinated with the breath. After about 30 minutes of practice, his tremors and shaking stopped.

Slowed breathing has a tremendous positive effect on the nervous system. He was able to walk in complete control of his body. That is not to say that he was cured, but he was able to have a reprieve for a period of time.

Is yoga, in your experience, for everyone?

Yoga is for everyone. With the right teacher, anyone can do yoga. It increases strength, flexibility and balance; enhances the immune system; and reduces stress and improves psychological wellbeing. Yoga can be done on a mat, in a chair, or in your bed. My youngest student was a five-year old boy who took an adult yoga class because he wanted to see what it was all about. My oldest student is a 74 year old who just started yoga for the first time in her life three weeks ago. The oldest yoga teacher is 96-year-old Tao Porchon-Lynch.

What is the most memorable feedback or advice you have received from a teacher or student?

A long-time student of mine, a 57-year-old breast cancer survivor who had type II diabetes, shared with me that her doctor told her that whatever it was that she was doing, she needed to keep doing it because of the improvement in her health.

For me, “coming back to my mat” has multiple meanings and is very motivating when I feel off track. Is there a mantra or re-occurring thought that stays with you?

To continue to feel the way I do, I maintain a consistent practice. For me, my mat is a symbol of peace and tranquility. There is also a mantra from the Vedas that resonates deep within me, so I listen to it and/or chant it often. The effect is amazing.



Patricia Heyne, yoga instructor

New students to yoga may be surprised by the consistent focus on breathing. Why is this so important?

The breath is the link between our mind and body and the bridge between the sympathetic and parasympathetic nervous systems. Our unconscious breathing may cause and increase stress and the level of anxiety that we may experience. So in yoga,

we focus on conscious control of the breath and coordinate the breath with slow movement. This helps us to stay present and focused and allows the control of the breath to shift from the brain stem to the cerebral cortex (evolved part of brain). This results in a quiet mind and a sense of calmness. Reserve some time (even five minutes) out of your busy day to focus on your breath. Begin by closing your eyes and noticing the quality of your breath. Is it shallow? Is it choppy? Just notice. Slowly lengthen your exhalation. Stay focused on the breath. As you breathe more deeply, notice (without judgment) whatever thoughts or feelings arise. Keep your awareness on the breath. Then slowly open your eyes and notice if there is any change in the way you feel.

Any advice for newbies to yoga?

Listen to your body and do only what feels good for you on any particular day. Yoga is not about competing or looking good in a pose, it is about what is going on internally. Be kind to yourself and see where a consistent practice takes you. Accept where you are. You may be surprised at what you discover.

To quote world renowned yoga teacher, Judith Hanson Lasater, “May we live like the lotus, at home in the muddy water.”

September Is National Yoga Month

As a yoga newbie almost a decade ago, I was trying a new class and was asked, “What kind of yoga do you currently do.... Ashtanga? Kundalini? Vinyasa?” Surprised, I thought to myself “Voodoo what? I just do the sweaty kind that goes along with music and has that awesome nap at the end!” Turns out, my preferred style is called Vinyasa or power yoga, and the so-called nap I was enjoying is a “savasana.” Clearly, there was more to this yoga thing than I had previously realized and although already *physically* flexible, my mental awareness, it would seem, had some expanding to do.

If you have ever considered joining a yoga class but are intimidated by a lack of flexibility, the awkwardness of the positions or even the idea of chanting or taking a class just to “stretch out,” you are not alone, but like me, may not have been aware of the many variations, styles and benefits of this ancient practice. Although relatively new to Westerners, yoga can now be seen being taught almost everywhere ... at studios, parks, senior centers and hospitals, on mats, in chairs and even, for the more adventurous, in suspended in mid-air.

Yoga is hip, but is it for me?

There are many reasons to give yoga a try, even if for no other reason than to experience a new, fun way of getting fit. Like other forms of exercise, yoga has been shown to be beneficial in supporting weight loss, lowering blood pressure, cholesterol, and resting heart rate, and help slow the progression of atherosclerosis—all risk factors for heart disease. Other advantages of a regular practice include increased joint mobility and strength, circulation, and pain relief.

Experts agree, however, that what sets yoga apart may not be in the similarities with traditional exercise but in its contrasts: Unlike most exercise regimes, yoga incorporates a meditative, non-competitive component that has been shown to reduce stress and inflammation and increase memory and mental acuity. Moreover, with proper instruction, each pose can be expertly adapted to meet the needs of the individual, making it equally ideal for novices, athletes

and those with physical challenges.

Finding the right fit.

The many varieties of yoga may seem overwhelming, but with a little help from the list below, you can begin to explore a style that best meets your personality, preference and fitness level.

Here is an introductory list from About.com of styles to get you started.

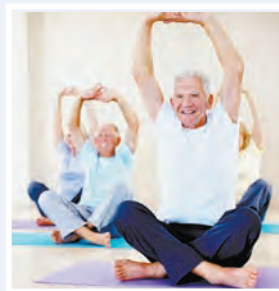
■ **Hatha:** While general in terms, Hatha yoga will follow a slow-paced and gentle format and provide a good introduction to the basic yoga poses.

■ **Vinyasa:** Translated, this means breath-synchronized movement and tends to be a more vigorous style based on the performance of a series of poses called Sun Salutations, in which movement is matched to the breath. It is also called Flow, in reference to the continuous movement from one posture to the next.

■ **Ashtanga and Power Yoga:** Ashtanga means “eight limbs” in Sanskrit, and is a fast-paced, intense style of yoga where a set series of poses is performed in the same order. Physically demanding because of the constant movement from one pose to the next, it emphasizes the importance of daily practice. Is it also the inspiration for what is often called Power Yoga, which offers a less rigid series of poses.

■ **Iyengar, Restorative, Gentle and Chair Yoga:** Based on the teachings of the yogi B.K.S Iyengar, this style of practice is most concerned with bodily alignment and emphasizes holding poses over longer periods and the use of props, such as yoga blankets, blocks and straps. Restorative, Gentle, and Chair yoga capitalize on this style to encourage passive stretching and gentle supine backbends and adapts easily to those with mobility concerns.

■ **Bikram/Hot Yoga:** Pioneered by Bikram Choudhury, this style is commonly known as Hot Yoga. It is practiced in a 95- to 100-degree room to encourage loosening of tight muscles and profuse sweating (which



is thought to be cleansing). The Bikram method is a set series of 26 poses, but not all hot classes make use of this series.

■ Acro, Aerial, or Stand-up Paddle Yoga:

Acro Yoga is a collaborative exercise where one person (called the base) acts as the support for a partner (called the flyer), for a series of balanced poses. Aerial yoga makes use of a sling of fabric suspended from the ceiling, which is used to support your body as you hang above the floor to avoid stressing or compressing the joints. Stand-up paddle or “SUP” yoga is done atop a paddleboard while floating on a body of water.

What to expect from your first class.

Most yoga classes follow a similar format that can be enjoyed regardless of one’s level of experience. Standing or sitting on a yoga mat, students are often asked to consider an “intention” or to focus inward, physically and mentally. Gradually increasing in complexity, poses are offered and described by the instructor, and executed (with or without music) to encourage flexibility, body alignment and strength. While the pace or length of time holding a stretch may vary, students are encouraged to maintain a level of difficulty that is self-challenging but reasonable. Feedback and guidance is personalized and supportive. In yoga, where proper breathing is key, instructors encourage students to maintain awareness of the breath to manage exertion and remain “present” and grounded in the exercise, i.e. to avoid unnecessary brooding of life’s to-do lists or thinking about “what’s for dinner?”. Like texting and driving, the general theme, from a mental standpoint, is “it can wait,” at least until after class. At the end of the session, students are invited to rest in Savasana or “corpse pose.” Although a bit macabre in name, this is the highlight for many yoga students since it allows for complete respite to truly relax and just *be*.

Be sure to visit the LACERS Well Website at www.LACERS.com/lacerswell or contact Tara Miller, LACERS Well Program Manager at LACERSWell@lacers.org for fitness activities and resources available near you.



Alive! AROUND THE WORLD



1 Germany

“Greetings from Frankfurt, Germany. We’re enjoying our 14-day vacation.” — **George Dominguez, Public Works/Sanitation**, and his wife, Lisa Dominguez.

2 Ireland

Here’s **John Burnes, Alive! editor**, celebrating the Fourth of July (held on the Third!) at the U.S. Ambassador’s official residence in Phoenix Park, Dublin, Ireland. “It was a great party!”

The residence, built by an official of the British government (which ruled Ireland at the time) in 1776, appropriately enough, is the location for America’s Fourth of July celebration in Dublin every year. Thanks to U.S. Ambassador Kevin O’Malley and his staff for the invitation!

3 Pacific Northwest

Kimberly Garret, Clerk Typist, Airports, and her husband, **Mike Mingo, DWP**, vacationed in France in June.

4 Chicago

Here’s **Oscar Berumen, LAPD**, at Wrigley Field in Chicago.

Take the *Alive!* with you, wherever you go!

Bring your recent copy of *Alive!* with you when you travel. Snap a **high resolution** photo of you **holding *Alive!***, email it to us, and we’ll publish it.

Send to:
talkback@cityemployees-club.com



Story and photos by Jeanette Gadut, Member Services Counselor

Sal Says So Long

Salvador Martinez retires from the LAFD after 35 years of City service.



Salvador Martinez, Chief Management Analyst, LAFD, 35 years of City service, with his wife, Hilda.

On July 23, family, friends and colleagues gathered at El Paseo Restaurant on Olvera Street to celebrate the retirement of Salvador Martinez from his position as Chief Management Analyst with the LAFD. The luncheon was filled with stories shared by many, including Chief Ralph Terrazas. They spoke of his “can-do” attitude and his positivity and hard work during his 35-plus years with the City.

Sal’s plans for the future include traveling to Florida to visit his daughter.

The best of wishes to you, Sal! Thank you for allowing the Club to be part of a wonderful event.

And thanks go to Jennifer Corona who assisted us in producing this article.



Sal Martinez, Retiree, with Chief Ralph Terrazas and colleagues.



Fire Chief Ralph Terrazas honors Sal Martinez, Retiree.



Assistant Commander Ronnie Villanueva, South Bureau, 32 years of City service.



Front, from left: Cynthia Panagiotidis, Personnel Analyst II, 20 years of City service, Club Member; Gary Hill, Personnel Analyst, 25 years; Maria Lozano, Sr. Clerk Typist, 15 years, Club Member; and Norma Gutierrez, Personnel Director, 24 years. Back: Laura Triner, Sr. Personnel Analyst, 16 years; Sandy Lai, Personnel Analyst II, 19 years; Marge Mendoza, Clerk Typist, 15 years, Club Member; and Cynthia White, Sr. Personnel Analyst II, 29 years.



From left: Julie Aguilar, Historical Museum, 8 years of City service, Club Member; Lois Baltazar, Management Analyst, 25 years; Glenda Nuzzi, Retired, Chief Clerk, 30 years; Sal Martinez, Retired, Chief Management Analyst, 35 years; Terry Aguilar, Retired, Chief Clerk, 52 years, Club Member; Alisa Balke, Asst. Director of Systems, 27 years; and Ray Yuemura, Director of Systems, 29 years.



From left: Jennifer Corona, Sr. Clerk Typist, 12 years of City service, Club Member; and DonnaLee Norrington, Clerk Typist, 16 years.



The celebration begins!



Sal Martinez, Retiree, is presented with a jersey.



Front, from left: Nelson Magtibay, Accountant II, 9 years of City service; Ariel Austria, Sr. Accountant, 17 years; and Joseph Tsui, Accountant, 10 years. Back: Marie Wan, Sr. Accountant, 10 years; Libert Maglunog, Accounting Clerk II, 15 years; and Lillian Kim, Accounting Clerk II, 8 years of City service, Club Member.



From left: Frose Keller, Secretary, 28 years of City service; Katrina Reyes, Clerk Typist, 8 years; Cheryl Flemings, Payroll Supervisor II, 35 years, Club Member; and Marie Dantiz, Acting Bureau Supervisor I, 27 years.



From left: Phil Orozco, Sr. Management Analyst, 25 years; Ingrid Orellana, Management Analyst II, 14 years, Club Member; Bill Jones Sr., Management Analyst II, 26 years, Club Member; and Maricel El-Amin, Management Analyst II, 16 years.



Front, from left: Mario Rueda, Fire Deputy Chief, 35 years of City service; Battalion Chief Kevin Nida, 35 years; and Assistant Chief Tom Ottman, 35 years. Back: Dep. Chief John Vidovich, 35 years; Dep. Chief Daren Palacios, 35 years; Sal Martinez, Retiree, Chief Management Analyst, 35 years; Assistant Chief Kwame Cooper, 35 years; and Dep. Chief Joe Castro, 37 years.

JOIN A Toastmasters Group



TOASTMASTERS

Club Members: Gain confidence in your public speaking and leadership skills; three City Toastmasters groups invite you to join!

Joining the Toastmasters is inexpensive, educational and fun. Toastmasters International is a nonprofit, worldwide organization that helps its members develop their public speaking and leadership skills.

FIRE AND POLICE PENSIONS:

The City of Angels Toastmasters Club 251
Tuesdays
11:30 a.m. to 12:30 p.m.
City Hall South Room 103
111 E First St. downtown

Guests welcome!

QUESTIONS:

Barbara Nobregas
(213) 928-9771 or
(213) 847-4707

PUBLIC WORKS:

The Public Works Pioneers Toastmasters Club
Wednesdays
12:05 p.m.
1149 S. Broadway
6th Floor Conference,
Room 6004
Guests welcome!

QUESTIONS:

Ivan Gerson
(213) 485-1169
or
Dominic Buenaventura
(213) 847-0593

DWP:

The Water and Power Toastmasters Club
Wednesdays
noon to 1 p.m.
111 N. Hope St.,
Room 1171
(last Wednesdays
in room 1471)

Guests welcome!

QUESTIONS:

Eric Yoshida
(213) 367-3962



John's Picture Perfect Contest

John Hawkins, Club CEO



"I felt 'Malibu Moods' would be a good title for this image after my wife recently surprised me with an overnight stay in a 1950s Airstream above the Malibu mountains, overlooking the Pacific Ocean."

– Yves Didier, Airports

John's comment: You couldn't have picked a better angle to take this shot from, Yves – and the setting is right out of an Airstream ad. Nice work as always!



"Priorities on the camping list besides food, flashlight and firewood ... are batteries, a pink tablet, and a favorite uncle as couch."

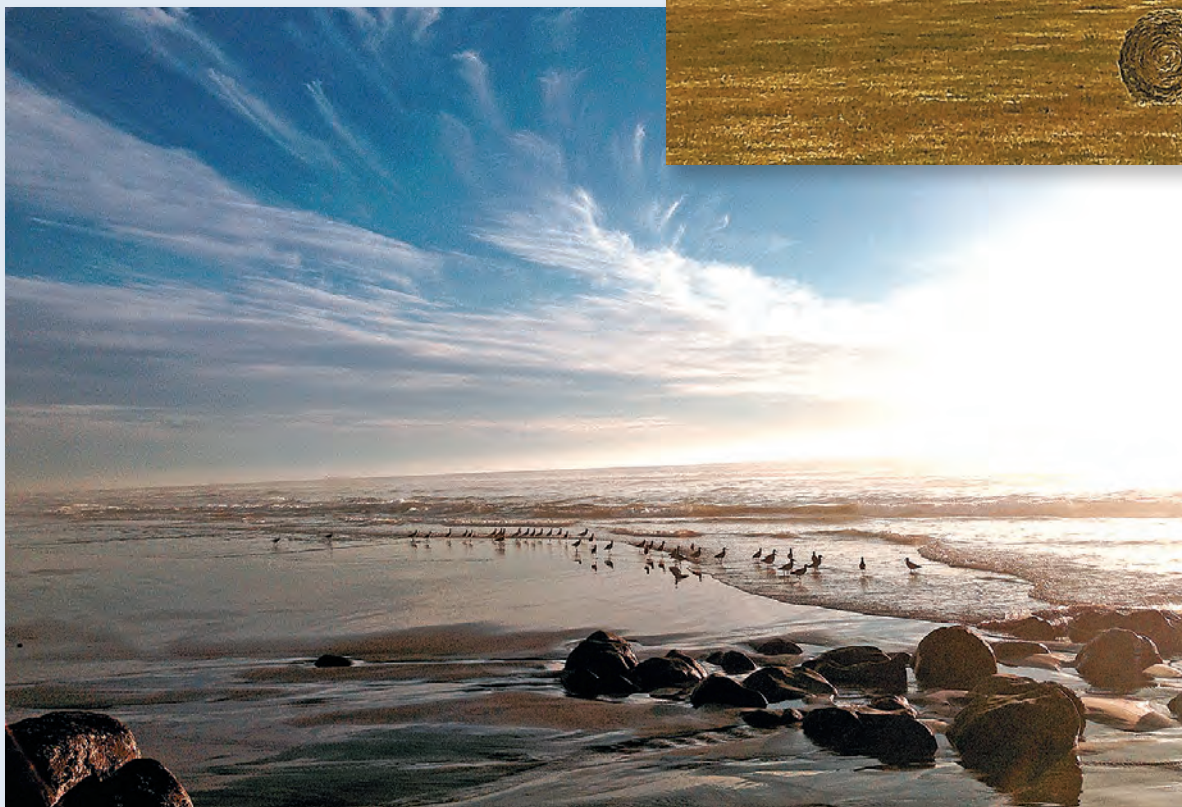
– Dominique Daito, LAPD

John's comment: What a captivating photo, Dominique – the stars in the sky resting on the mountains frame this shot perfectly!

"Wheat fields in Cheney, Wash."

– Jill Weiszmann, widow of the late Robert Weiszmann

John's comment: I love this picture – it's right out of a Norman Rockwell coffee table book!



"I took this picture during a short trip to Rosarito, Mexico. These mini-getaways energize me. Mother nature at its best."

– Rose Serrato, LAPD

John's comment: That sky is amazing, and I love how the sand smoothly rolls into the ocean as the birds wait for the next wave of sand crabs.

RULES:

- The contest is open to all Club members in good standing. Non-members are welcome to submit, but only Club members are eligible to win the monthly prize.
- If your photograph does not win, you are welcome to re-submit.
- Winners are chosen by Club staff. All decisions will be final.
- You must certify (if asked) that you indeed took the picture. No ringers!
- Photos can be submitted either on paper or digitally. Please don't send both.
- If you want your print photo returned, please write your name, address and phone number on the back of your photo.
- Photos can be of any subject matter: vacation, portraits, families, landscapes, still lifes, pets, etc. Subject matter must be appropriate for *Alive!*
- Paper prints can be mailed to: Picture Perfect Contest, *Alive!*, City Employees Club of Los Angeles, 120 West 2nd Street, Los Angeles, CA 90012
- When you send digital photos through the Internet, **please send the full, original digital file yourself**, rather than using digital photo software like Kodak EasyShare, Kodak Gallery, Flickr, etc. These programs send very low-resolution images, and they don't look good in print.
- We want you to look your best, so send us the original digital file, please! Thanks!
- Digital photos optimally should be between 100K and 2 megabytes in size and may be e-mailed to: pictureperfect@cityemployeesclub.com
- The contest is all in good fun: The Club cannot be responsible for delays in delivering *Alive!*, or for delays in the transmission of responses.

Economic/Workforce Dev.



Photos by Robert Larios, Club Vice President of Operations

Goodbye, Matthew

Matthew Buguy retires as Systems Director after 31 years of City service.

A retirement luncheon took place July 21 in honor of Matthew Buguy, who retired as Director of Systems, Economic and Workforce Development, after 31 years of City service.

The event was held in the Tom Bradley Room high atop City Hall. Mike Montoya hosted the event. Music was provided by the Angel City Dixieland Band.

Awards were presented to Matthew by Charley Mims, LAPMA union; Jan Perry, General Manager, Club Member; and Pat Scott.

Congratulations on your great career, Matthew! Here's to a rewarding retirement.

Special thanks go to Lucy Reinhardt-Ulatowski, Executive Administrative Assistant III, Economic/Workforce Development, 25 years of City service.



From left: The Club's Vice President of Operations, Robert Larios (right), presents the Club's Retirement Award to Matthew Buguy and says a few words of congratulations.



From left: Lisa Salazar, Assistant Chief Grants Administrator, EWDD, 15 years of City service; David Eder, Deputy Director, EWDD, 25 years; and Victoria Minetta, Management Analyst II, EWDD and Workforce Development Board member, 16 years.



Family and friends of Matthew Buguy, Retiree, Director of Systems, Economic and Workforce Development.



From left: Myra Henderson, Sr. Clerk Typist, Housing, 14 years of City service; and Lucy Reinhardt-Ulatowski, Executive Administrative Assistant III, EWDD, 25 years.



From left: Matthew Buguy, Director of Systems, EWDD, 31 years of City service; and Alyson Sprafkin, March of Dimes.



From left: Kitty Samsing, Systems Analyst II, EWDD, 29 years of City service; Lucy Reinhardt-Ulatowski, Executive Administrative Assistant III, EWDD, 25 years; and Alex Muñoz, LAPD, Sr. Management Analyst II, 27 years.



From left: Chris Rajjapakse, Community Program Director, EWDD, 28 years of City service; and Stella Catanzarite, Sr. Management Analyst II, EWDD, 29 years.

Zoo

Photo by Jamie Pham, Zoo

Zoo Says Boo

Annual month of spooky fun set for October.

"Boo at the L.A. Zoo" fun takes place every day from Oct. 1 - 31 at the Los Angeles Zoo. Jack-o-lantern-carving demonstrations, strolling characters, entertainment and up-close encounters with "crawly" insects and reptiles are just some of the Halloween family adventures for visitors.

Check lazoo.org for daily activities, which are free with paid Zoo admission. Zoo admission is \$20 for general admission (ages 13 to 61); \$17 for seniors (ages 62+), and \$15 for children (ages 2 to 12). No ticket is required for children under 2. Admission for Greater Los Angeles Zoo Association members is free.

The Los Angeles Zoo is in Griffith Park at the junction of the Ventura (134) and Golden State (5) freeways. 5333 Zoo Drive, Los Angeles, CA 90027. Free parking is available. For additional information, contact (323) 644-4200 or visit www.lazoo.org

An animal eating a pumpkin must mean it's time for Boo at the Zoo.



Let the Club family celebrate with you...

Put your graduation photo in *Alive!*

Congratulations, GRADUATES

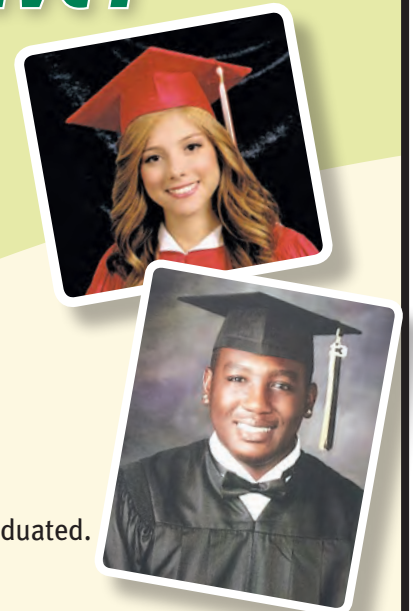
CLUB MEMBERS: Have you had a family member graduate from elementary school... high school... or college? Send us a photo, and we'll publish it in *Alive!* Make sure you tell us:

- The name of the graduate.
- The school from which they graduated. If a college, tell us their major.
- Their future plans (briefly)
- The name and department of the Club member they're related to (and how they're related)

Digital photos are preferred. Send them to: talkback@cityemployeesclub.com

If you have a paper print, send a duplicate (we prefer you not send the original) to:

Grad Photos
City Employees Club of Los Angeles
120 West 2nd Street
Los Angeles CA 90012



CLUB SPORTS

News from Sports Leagues sponsored by the City Employees Club of Los Angeles • Sept. 2015



From the Commish:

Competition Heating Up!

Ladies and gentlemen, sports fans all across Los Angeles County and borders, the City Employees Club of Los Angeles' softball league has done it again! The 2015 summer season has taken off, producing many unexpected wins and close calls.

In the A division, last year's champions, the Enforcers, fell to the Blue Dragons by two runs on game one, but came back with a vengeance in game two, scoring 20+ runs against the Sewer Rats. Yet they marginally lost their next two games against the Guzzlers and the Sluggers. Game Time, one of the City Employees Club's free agent teams, takes second place in the league with three wins over the Pitch Slappers, the Sewer Rats and the Guzzlers, losing only to the Blue Dragons.

Meanwhile, in the B division, the Killawatts and Left Turns Only are tied for second place with three wins. DoTgers are undefeated, taking out Killawatts, Left Turns Only, Transformers and U Go I Go. Underdogs Next, another Club free agent team, will host the DoTgers Sept. 2 at Shatto Recreation Center at 9 p.m. As one Next player cheerfully chants as he comes up to bat in hopes of a great hit, "That's what we practice for, right?! Yeah, Yeah, Yeah!" You *must* be in the house to witness the DoTgers endeavor to maintain their first place standings from the energetic enthusiastic team Next!

Teams thoroughly take pleasure in having the fans come out, support and enjoy the camaraderie at the parks. Don't miss it!

The City Employees Club is still seeking volunteer score keepers, no experience necessary. For great incentives like movie tickets or event tickets, our score keepers are trained and record the fantastic at-bats and defensive plays. If you or someone you know is interested, please contact Sports Dude!

— Lady Smith, the Commish

Lady Smith, The Commish

Returning for 2015: The Softball Commish, Lady Smith! Read Lady's comments each month in *Alive!* during the softball season.



Softball in Full Swing

The Club's 2015 Softball League season has started and is seeing some great action.

For a list of the teams and managers, see the article by the Commish, Lady Smith.

Come out and support your team!

Watching a Club Softball League team is fun ... and free! There are cheerleaders, DJs, your workmates in nice uniforms, all free. And you can volunteer, too.

We'll see you there!



GAME LOCATIONS:

Yosemite Recreation Center
1840 Yosemite Dr.
Los Angeles, CA 90041

Shatto Recreation Center
3191 4th St.
Los Angeles, CA 90020

Downey Recreation Center
1772 N. Spring St.
Los Angeles, CA 90031



Dodgers Tickets

Giveaway!

United Agencies is giving away a pair of Dodger tickets for the Sept. 16 game vs. the Colorado Rockies (7:10 p.m. scheduled game time). Anyone who is quoted for insurance from United Agencies will be entered into the drawing. (Existing clients – just call United Agencies.) No purchase necessary. Contact United Agencies at (888) 801-5522 or email the Club at info@cityemployeesclub.com for more information.





NFL TICKETS!


The Sports Dude is excited to announce that the Club now offers: **Discounted Chargers and Raiders tickets for the upcoming season!**

Visit the Club Store in person for specific game information or at the Club Webstore at www.cityemployeesclub.com



- ### 2015 Club Softball League Teams
- (managers in parentheses)
- Blue Dragons** (Ben Lozano)
 - DoTgers** (Carlos Rodriguez)
 - Enforcers** (Manny Ortiz)
 - Game Time** (Dominick King)
 - Guzzlers** (Lisa Pallares)
 - Killawatts** (Angel Vidales)
 - Left Turns Only** (Jerry Borunda)
 - Next** (Monte Carter)
 - Pitch Slappers** (Oscar Berumen)
 - Sewer Rats** (Jordan Price/Luis Figueroa)
 - Sluggers** (Alfred Lopez/Delta Rodriguez)
 - Transformers** (Raul Montenegro)
 - U Go I Go** (Mike McComas)

Robert Larios, The Sports Dude



Club Sports on the Horizon

The Club Sports Office welcomes all individual players to inquire about the Club's sports leagues. Currently, the Club is coordinating efforts for **basketball, bowling and softball.**

Please contact sportsdude@cityemployeesclub.com or call the Club at (800) 464-0452 to be placed as a free agent or for more information.

Images of past sporting events can be found on the Club Website at: photos.cityemployeesclub.com/ClubSports

Dept. on Disability

*Story by Adriana Miranda, Dept. on Disability
Photos courtesy Dept. on Disability*

Be a Mentor, Change a Life

Dept. on Disability to host annual Disability Mentoring Day. Mentors for students and job seekers are needed.

At a previous Disability Mentoring Day.

City Employees are encouraged to join their fellow employees from dozens of City departments and Council Offices Oct. 21 for Disability Mentoring Day (DMD), when employees can mentor a student or job seeker with disabilities. A one-time commitment to sharing a typical workday can make a lifetime of difference to job seekers and college students who are just beginning to navigate the working world and determine their future path.

DMD L.A. is coordinated by the Dept. on Disability (DOD) as part of a large-scale international effort in collaboration with the Association of Persons with Disabilities (AAPD). The primary goal is to promote career development through hands-on career exploration and ongoing mentoring relationships. "DMD is an extraordinary opportunity for City employees in all fields to help change a life by simply demonstrating the pride we take in our work," said Stephen David Simon, DOD's Executive Director.

Annually, more than three dozen City employees typically become mentors for the disabled on Disability Mentoring Day.

DMD was founded in 1999 through a White House initiative with fewer than three-dozen students participating to increase the awareness of **National Disability Employment Awareness Month (NDEAM)**. This year, mentors will be joining thousands of participants in more than 250 U.S. locations and more than 20 countries around the world!



City employees, job seekers and organizations wishing to participate can contact:

Adriana Miranda, Dept. on Disability
(213) 202-2767 or
adriana.miranda@lacity.org.

Dept. on Disability:
http://disability.lacity.org or
voice (213) 202-2767; TTY (213) 202-3452; fax (213) 202-2715 or
adriana.miranda@lacity.org

Hurry! Applications must be received by Sept. 30.

"As City employees, we are here eight to nine hours each day, so let's work towards making a difference during that time. Disability Mentoring Day is no exception. I believe the program motivates its participants to discover their interests and enables them to make a connection with a mentor, who can assist them with their career endeavors."

— **Zernan S. Abad, City Administrative Officer.**

"The Disability Mentoring Day was a huge success, and I would like to attend every year! As a G2 Secure Staff Employee, my supervisor (Errol Cutley) and I thoroughly enjoyed the event and meeting our wonderful mentee, Vicky Ramirez. Thanks for having us, and we look forward to participating in future events that will help us to better assist our passengers needing wheelchairs."

— **Jenise Jackson, Airports**



Disability Mentoring Day, 2011.

Zoo

Latino Heritage Celebration Weekend

Sept. 26-27 weekend, from 10 a.m. to 4 p.m.

*Story courtesy Zoo
Photo by Jamie Pham, Zoo*

Celebrating Latino Heritage

The L.A. Zoo plans to offer a weekend in honor of Latino Heritage Month.

The events are planned for the Sept. 26-27 weekend, from 10 a.m. to 4 p.m.

Festivities will highlight the diversity of Latin American cultures and animals native to the Americas. Among the activities are crafts, zookeeper close-ups, and live performances, including traditional music and dance.

The Latino Heritage Celebration Weekend is free with paid Zoo admission, which is \$20 for general admission (ages 13 to 61); \$17 for seniors (ages 62+), and \$15 for children (ages 2 to 12). No ticket is required for children under 2. Admission for Greater Los Angeles Zoo Association members is free.

The Los Angeles Zoo is in Griffith Park at the junction of the Ventura (134) and Golden State (5) freeways. Free parking is available.

For additional information, contact (323) 644-4200 or visit www.lazoo.org



At last year's Latino Heritage Weekend at the Zoo.

Rec and Parks

Story courtesy Cabrillo Marine Aquarium

Seafood Expo

Cabrillo Marine Aquarium introduces sustainable food event Oct. 11.

Choosing the right fish for your dish can have a positive impact on the marine environment, and Cabrillo Marine Aquarium would like to help educate local consumers on this important topic.

On Sunday, Oct. 11, Friends of Cabrillo Marine Aquarium plans to host its second Sustainable Seafood Expo, a fun and delicious way to sample new seafood dishes, wines and craft beers while learning how to make the best selections when dining out or cooking at home.

The expo will take place from noon to 5 p.m. at Crafted at the Port of Los Angeles, 122 E. 22nd St. in San Pedro and will feature seafood samples, chef demonstrations, educational displays and numerous 30 exhibitors from a growing list of local restaurants.

Tickets for the event are \$20 for members of the Friends of Cabrillo Marine Aquarium, or \$30 for general admission (advance). At the door: \$30 for members, \$40 for general admission. To purchase tickets, go to www.cabrillomarineaquarium.org or call (310) 548-7562, ext. 211.

Cabrillo Marine Aquarium is one of 200 partners in the Monterey Bay Aquarium's Seafood Watch, which produces pocket guides and a smart phone app recommending which seafood items are "best choices," "good alternatives" or "avoid." Since 1999, more than 40 million guides have been distributed. According to Seafood Watch, nearly 85 percent of the world's fisheries are at capacity or overfished.

Seafood Watch recommendations consider the fishery, habitat, species, management, and a host of factors that

affect each species. Scientists research government reports, journal articles and white papers and contact fishery and fish farm experts. Reports are reviewed by a panel of experts from academia, government and the seafood industry. The goal is to help sustain wild, diverse and healthy ocean ecosystems that will exist long into the future. Consumers are encouraged to purchase seafood that is fished or farmed in ways that don't harm the environment.

Cabrillo Marine Aquarium is a Rec and Parks facility. Friends of Cabrillo Marine Aquarium is a nonprofit support group devoted to raising funds for the Aquarium's activities and programs.

Sustainable SEAFOOD Expo

★

Neon to 5 p.m. | Sunday, Oct. 11th

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ADVANCE TICKET SALES: \$20 Members / \$30 General Admission
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Available in the CMA Gift Shop or at www.cabrillomarineaquarium.org

Seafood Samples - Chef Demonstrations - Educational Displays

Hosted By **Cabrillo Marine Aquarium and Friends**

Learn how the fish on your dish should be caught or farmed and how YOU can lessen the impact on the marine environment by making savvy seafood choices.

FAIR IS FAIR!

Club Store has great deals for the L.A. County Fair!

— SEE PAGE 45

THE ALIVE! INTERVIEW

'Change is the Operative Word'

CSI:LA

B

On Monday, Aug. 3, Robert Larios, Club Vice President of Operations, and John Burnes, Alive! editor, interviewed Jeff Thompson, 12 1/2 years of City service, Chief Forensic Chemist I and Assistant Laboratory Director of the LAPD Crime Lab's Serology/DNA unit. The interview took place at the Forensic Science Center on the campus of Cal State/Los Angeles.

Hi Jeff, thanks for welcoming us here today. First tell us, what was your career path? How did you get here?

Jeff Thompson: You're welcome. I worked for the Huntington Beach Police Department for 22 years before I came here. I spent the last 12 as a supervisor. We had a very small crime lab with four criminalists. I did blood alcohol analysis, drug analysis and conventional serology, sort of a predecessor to DNA. I was a generalist. In the last few years at Huntington Beach, we saw that DNA analysis was going to change everything. So I enrolled in Cal State L.A. to get my Master's degree. Due to budget constraints (the city could no longer support the lab), we all scattered, and I came here. I've been here for almost 13 years now. I was hired here as an analyst, was promoted back to supervisor after a couple years and then promoted to Acting Assistant Director in 2008, then finally the permanent Assistant Director position a year or so ago.



Jeff Thompson, Assistant Director of the LAPD's Serology/DNA unit.

Can you give us a brief overview of the Serology/DNA unit?

Jeff: Sure. Basically we deal with all of the DNA evidence. We look for a biological fluid, a body fluid like blood or semen or saliva or something like that in the bulk evidence, whether it's from a swab in a sexual assault evidence kit or from clothing or something like that. Once we do that, we extract, measure, amplify and type the DNA.

The big change that we've had more recently is the advent of touch DNA. The testing kits are so sensitive now that we can get samples from practically anything. I could swab this recording device and probably get your DNA off of it. Because of that, a lot of times we don't do the traditional screening. Detectives submit an item to us, saying, "Can you check this for touch DNA?" and so we swab it, whether it's a gun or something else. We had a case where a guy murdered a woman and set fire to her house, but he ran away with her iPod. They found the iPod; we swabbed it and were able to get a DNA profile that was eventually matched to him, and that solved the case. That was touch DNA.

So the equipment has gotten that much better?

Jeff: Yes, the testing kits. It's a combination of the amplification process and the testing kits – they keep getting better and better. They're to the point now where we can detect the amount of DNA in a single cell, at least in theory. The problem with that is contamination. You can just imagine, if I swab this table, how many different people's DNA you'd get. Now, if somebody is found dead in this room tomorrow and you find somebody's DNA in here and it's touch DNA, does that mean that they were the killer? Well, no. With touch DNA, one of the big issues is, we have this DNA profile, but how'd it get there and is it related to the crime? That's something we can't really answer with science yet.

And then you have to file what you've found in a database, or check it against references that are in databases.

Jeff: Right. The big thing over the last decade or so is CODIS. We operate CODIS. Nick Sanchez is our CODIS administrator. If we develop a DNA profile and it meets the criteria for CODIS, then we can upload it into this state and national databank and search it against people who are in that databank and a lot of times solve the case. At bare minimum, it's an investigative lead for

the detective and he can then look into the case and decide if this person is someone who very well may have committed this crime and then go try and find that guy.

So the general process is – you collect body fluids on materials or swabs or through touch DNA, you extract it, you amplify or duplicate it, and then you type it?

Jeff: Yes. We don't actually generally collect the evidence. We have a field unit for a majority of the profiles – they do the collection of the evidence from the field. I believe you've covered that unit before.

Yes, we have.

Jeff: But we isolate the stain or isolate the DNA if it's a touch DNA sample or something like that and then like you say, extract it, amplify it and type it.

Major Growth

This unit has seen tremendous growth. Talk about that.

Jeff: We've grown a lot. When I started here, we had about 20 people on three shifts at this little portion of Piper Tech, a facility that was designed for eight people plus one supervisor. We had 24 on three different shifts and then we moved here (the newer Forensic Science Center, shared with the LA County Sheriff's Dept.). The original design of the FSC was 24 people. Well, within about a year of moving here, we faced the issue of untested sexual assault evidence kits – up to then, the department generally hadn't been requesting us to test them. But it became an issue and the City Council really stepped up. They wanted us to be a lot more proactive and get on top of this and test every kit. We outsourced literally thousands of rape kits to a couple of different vendor labs. The City paid a lot of money to do that, but at the same time, we developed a five-year plan to hire and train enough people so that we could then test every single sexual assault kit that came into the department's custody, as well as all the violent crimes, too. At the time I started here, we were outsourcing a lot of evidence because we just didn't have enough personnel to do all the testing in-house. So most of what we did was the screening – we cut out the stain or the swab or whatever and sent it to a private laboratory for the testing. But the City Council

stepped up big time and funded all these new positions. Today we're about 85 people now, something like that, and that's all since basically from 2008 to last year. We finally are pretty well fully staffed. We still have a couple of vacancies that we're filling and that sort of thing. We've grown by more than 50 people, by over 200 percent, essentially.

How long does it take to train new people?

Jeff: We spend anywhere from three to six months training them for the first part of what we do – basically evidence screening. We spend that amount of time training in just the screening process of evidence, how you take notes, how you document it, how you use something called an alternate light source, how you do the AP test, how you test for blood, all those different things, how you document, how you take notes, how you log data into our Laboratory Information Management System, our LIMS – all of those things that you have to teach somebody to do takes a decent chunk of time. Then, ideally, they do nothing but screen evidence for at least six months or a year just to get proficient at it.

After that, we train them how to be a DNA technician. That takes about 12 weeks, start to finish. That's learning the protocols about moving tubes and things like that so you don't get confused and you don't mess things up.

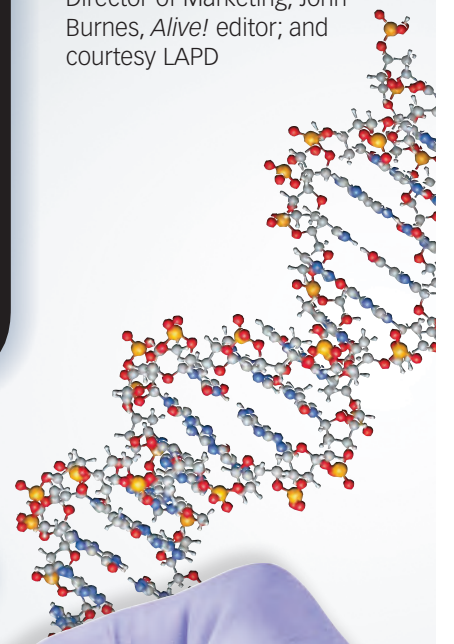
– continued, page 28

Alla Tashmukhamedova, Criminalist II, 3 years of City service, uses a swab to sample a small portion of a red stain on this shoe. (Simulated.)



1000 Work

Photos by Summy Lam, Club Director of Marketing; John Burnes, *Alive!* editor; and courtesy LAPD



Serology/DNA, the LAPD Crime Lab's biggest and fastest-growing unit, has made the City's DNA case backlog a thing of the past.

DNA technology has been changing crime investigations in a major way since it was introduced into the field in the 1980s. And the LAPD's Serology/DNA unit has seen tremendous growth over just the last few years, and is now the largest unit in the LAPD Crime Lab, with more than 80 people.

Located at the Hertzberg-Davis Forensic Science Center (HDFSC) and Piper Technical Center, the Serology/DNA unit analyzes evidence for the presence of biological material to develop DNA profiles. The analytical process is divided into two primary activities, screening and profiling. Screening involves examination of evidence items collected from crime scenes to locate biological evidence

that is probative to the resolution of the crime. Once probative biological evidence is located, a DNA profile is developed to compare to a known source, such as a suspect or victim, or uploaded into the Combined DNA Index System (CODIS) for searching against State and Federal databases of known offenders.

DNA profiling is a forensic technique used to identify individuals by characteristics of their DNA. A DNA profile is a small set of DNA variations that is very likely to be different in all unrelated individuals, thereby being as unique to individuals as are fingerprints. It was first developed and used in 1985.

Although 99.9 percent of human DNA sequences are the same in every person, enough of the DNA is different that it is possible to distinguish one individual from another, unless they are identical twins. DNA profiling uses repetitive

("repeat") sequences that are highly variable.

The sheer number of sexual assault kits – containing evidence gathered from victims – now being collected has challenged police departments nationwide, including here in Los Angeles. But through a concerted effort by the Mayor's Office, the City Council and the

LAPD, the Crime Lab has ramped up significantly over the last decade to process the backlog and handle the new case-loads, and the Crime Lab now has no backlog. That's a major achievement. ■

In these pages, *Alive!* explains how the extremely complicated process works as we explore the LAPD's Serology/DNA Unit.

Feature continues, page 26 →

A Note to Readers

This month's feature on the Serology/DNA unit contains terms and concepts intended for adults. *Alive!* is and will continue to be a newspaper for a family audience, but this critically important lab – and the talented employees working in it – regularly encounter these materials. It would not be possible to explain what they do without using these terms, but we've been as conservative as possible in describing them.

Also: The *Alive!* crew wore protective garments while in sensitive areas to minimize contamination; all materials depicted were set up for demonstration and not from actual cases; and the three Club staffers present – John Burnes, Summy Lam and Robert Larios – had DNA samples taken and logged to make sure our presence could be identified and dismissed in the rare instance it showed up in subsequent casework.

Thanks for understanding. – Ed.



DNA

A Tour of the Labs

On Aug. 3, Robert Larios, Club Vice President of Operations; Summy Lam, Club Director of Marketing; and John Burnes, *Alive!* editor, toured the LAPD's Serology/DNA unit at its facilities in the Forensic Science Center on the campus of Cal State/Los Angeles, and in Piper Tech.

All evidence depicted is for demonstration purposes only and not from an actual case.

Step 1 Screening

Piper Technical Center

The first step in creating a DNA profile is finding biological fluids on case evidence. LAPD Criminalists use microscopes and other tools to examine clothing, towels, bed sheets or other materials to see if fluids are present. (Serology/DNA recently processed drone rotors as part of an investigation.) If they are found, then those elements are isolated (cut into smaller pieces if necessary) and then moved on to the extraction process.

Touch DNA – searching hard objects including cell phones, for example – for fluids is usually performed by a Crime Lab field unit and brought directly into the extraction labs.



Alla Tashmukhamedova, Criminalist II, 3 years of City service, uses a swab to sample a small portion of a red stain on this shoe. She will then apply phenolphthalein to the swab, and look for a color change. Phenolphthalein turns pink when it comes in contact with blood.



Alla Tashmukhamedova, Criminalist II, 3 years of City service (foreground) and Stephanie Tan, Criminalist II, 5 years, examine extracts from clothing samples under microscopes. They are looking for body fluids from which DNA can be extracted.

Step 2 Extraction

Forensic Science Center

Once the Criminalists have determined in the screening process that there is bodily fluid, the process of extracting the DNA begins.

A portion of the evidence (or the swab used to sample the evidence) is placed in a heater where the temperature is raised to 25-30 degrees Celsius, to let digest buffer chemicals work. The

vials then are loaded into a centrifuge where the liquid is pushed away from the vial lid. This is done so that no liquid escapes when the lid is opened. The loss of even the smallest amount of material could cause contamination of the evidence. The evidence is then given a piggyback spin back in the centrifuge to isolate even more liquid of the swab or sample.

Once the liquid evidence is prepared, the real work begins

– extracting the DNA from the cells. The Serology/DNA unit uses the QIASymphony machine for this purpose. Vials are placed in the machine, and two hours to three hours later, the DNA is extracted.

Standard procedure is running control liquids at the same time as actual evidence. This ensures that each procedure is done correctly.

Preparation of the vials and extraction of the DNA using the QIASymphony machine take

advantage of batching – processing evidence from several cases at the same time, rather than one Criminalist working on evidence from only one case at a time. Batching – carefully managed, of course – has created enormous efficiency in the Serology/DNA unit and played a major role in eliminating the backlog of sexual assault kits in the LAPD. What used to take four Criminalists all day to produce, can now be produced by one Criminalist in two to three hours.



Martie Donnelly, Criminalist II, 4 years of City service, adds a chemical to prepare the evidence (a small clothing sample or swab containing the evidence) for extraction.



Martie Donnelly places the evidence in a small heater.



Robert Larios, Club Vice President of Operations, observes Martie Donnelly place the evidence vial in a centrifuge, to concentrate the liquid away from its lid, to prevent leakage and contamination when the vial is opened.



Martie Donnelly programs the QIASymphony machine, which does the actual extraction of the DNA from the cells in the evidence.



Martie Donnelly inserts trays of evidence into the QIASymphony extraction machine. In generally two to three hours, the extraction process will be completed on this batch.

Step 3 Amplification

Forensic Science Center

It's now time to determine how much DNA was extracted from the sample in the vial. Because DNA materials are often small in amount, the DNA must be amplified – that is, reproduced millions of times to make sure there is enough DNA for the next process, typing. Before amplification became part of the process, Criminalists needed a lot of material.

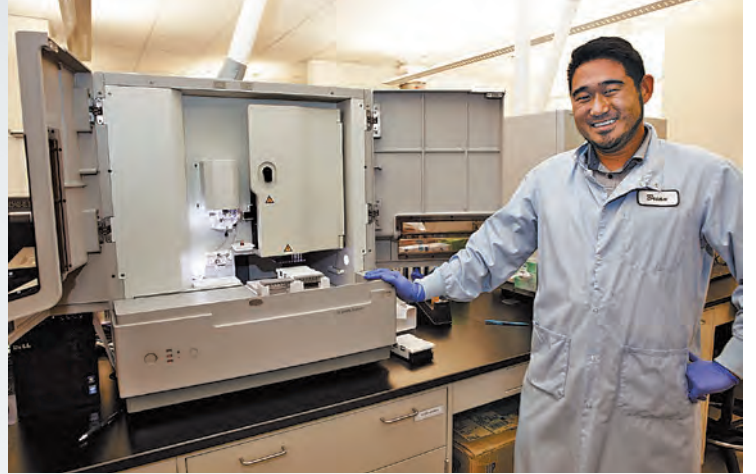


Jeff Thompson, Chief Forensic Chemist I and Assistant Laboratory Director of the LAPD Crime Lab's Serology/DNA unit, 13 years of City service (center), explains the amplification process and machinery to John Burnes, *Alive!* editor (left) and Robert Larios, Club Vice President of Operations.

Step 4 Typing

Forensic Science Center

Once amplified, the samples are processed through an electrophoresis machine, which separates the amplified DNA by size, and then shines a laser through the material to measure the amplified DNA fragments. The light's reflections are mapped on a computer, where each peak represents a fragment of DNA. This creates a profile – a long list of numbers – that is unique to each individual on earth.



Brian Kim, Criminalist II, 4 years of City service, stands next to the electrophoresis machine (with its door open). This machine uses light to create a DNA type that is recorded on a computer.



Brian Kim shows the graphs created when the electrophoresis machine shines a laser through the evidence materials. This creates the DNA profile.

Step 5 Analysis

Forensic Science Center

After the DNA is typed, the results go to the DNA analysts – the hard data must be interpreted by human beings for a number of reasons. There is often DNA of more than one person in a sample, and the profiles must be isolated for clarity. Reports also must be written to certify the integrity of the process and the determination of the results.

Analysts also liaise with national and state databases to see if there are hits on identities – does the found DNA match anyone in a database? And if they meet certain guidelines, the DNA findings are uploaded into the databases for other crime investigations.



DNA Analysts, front row, from left: Meghan Cirivello, Acting Supervising Criminalist, 13 years of City service, Club Member; and Martie Donnelly, Criminalist II, 4 years. Middle: Samantha Tosch, Criminalist II, 7 years; Angela Zdanowsky, Criminalist II, 13 years; Supria Rosner, DNA Technical Leader, 6 years; and Alexa Calderaro, Criminalist II 12 years, Club Member. Back: Sam Hong, Criminalist II, 4 years; and Jonathan Williams, Criminalist II, 5 years, Club Member.

Special Processing: Sexual Assault Kits

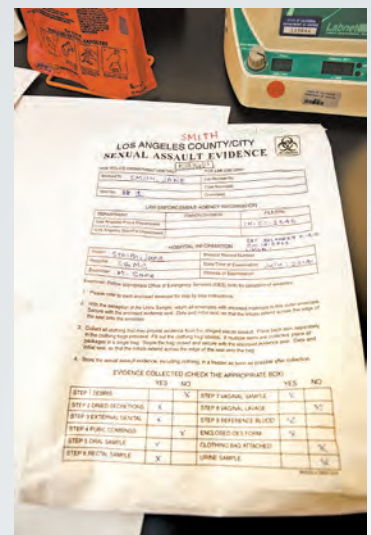
Forensic Science Center

Processing sexual assault kits is a majority of the work of the Serology/DNA unit. They require special handling techniques; a procedure called Male Screening Detail (MSD), developed by the LAPD a few years ago, has revolutionized the speed and effectiveness of processing sexual assault kits.

These kits originate in a hospital or trauma center, and are collected by nurses who have been specially trained (the Serology/DNA unit hosts an annual seminar to help train the nurses). The kits consist of swabs containing body fluids. The swabs are clearly marked, and are noted on a data sheet. Then the swabs are tested, and the materials extraction process begins.

The Serology/DNA unit processes approximately 120 sexual assault kits per month. A large backlog was eliminated by increasing the staffing levels of the unit, and increasing the efficiency of the unit's procedures.

This demonstration was held in a training room in the LAPD Crime Lab, and is not an actual case.



A sample of a sexual assault kit (not an actual case).



Left: Jennifer Sanchez, Criminalist II, 4 years of City service, Club Member, demonstrates to Robert Larios, Club Vice President of Operations, how the Serology/DNA unit processes a sexual assault kit.

THE ALIVE! INTERVIEW

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And then after that, ideally, they work as DNA technicians for a period of time, get good at it, so we don't see contamination events and we see good quality results from them.

The last stage is training somebody to be a DNA analyst, and that's probably another eight months to a year, because you've got the whole amplification, typing and data interpretation processes. Our technicians, who deal with mostly hands-on stuff, probably spend 80 percent of their time in the lab. Our analysts probably spend 80 percent of their time at their desks because they're crunching the numbers. They're analyzing the data.



Jeff Thompson, Assistant Director of the LAPD's Serology/DNA unit.

Analyzing the data against reference samples?

Jeff: Yes, against reference samples. Evidence can contain DNA from a lot of different sources. Often you have a lot of data interpretation that you have to look at. The analyst has to use their discretion and judgment to make an interpretation as to what is legitimate. They have to do statistical calculations to determine the weight of the evidence, especially if you only have a partial profile. And then you have to write a report, stating what your interpretation is. They're spending a lot of time at their desk writing the report, making associations, saying things like, "The odds of finding this, for somebody selected at random from the population, is one in thirty-seven sextillion."

The End of the Backlog

Is that growth because of more evidence coming in or because of the development of DNA as a science, or both? What do you attribute that to?

Jeff: It was a combination of things. Number one is the development of DNA as a science. There was always a mindset in the old days, pre-DNA, there was no database you could search. We typed enzymes and proteins, and that allowed us to eliminate someone from suspicion, and that was about it. I mean, the best you could do on a rape kit was narrow it down to maybe like one in 50 or 100 people out of the population, and that's not very useful. So really all you could do then is compare the reference samples of a suspect to what you got from the rape kit, and you might or might not be able to eliminate him. That wasn't conclusive proof that he did it if you couldn't eliminate him. But with the advent of DNA testing and with databanks, our abilities changed in a big way.

The victim advocacy groups want us to test every kit. Traditionally a lot of departments didn't test every kit because the identity of the suspect was not an issue. They knew who the guy was and didn't need DNA to tell us the identity. An advantage of testing every kit, and this is what the advocates champion and this is what the City Council agreed to do, is if you upload that profile into CODIS, then if that guy has done other crimes in other jurisdictions or even other crimes in your own jurisdiction, he'll get matched to those cases. That's if all the kits get tested. Another advantage is that, a lot of times, criminals tend to target victims who are more vulnerable, whether they're runaways or sex workers or homeless people or have mental issues or something like that, and who might have credibility issues if it comes to court. But if that suspect, because his kit was tested, is matched to two or three or four other crimes that have a roughly similar M.O., then the cases become much stronger. And then you might have a situation where the district attorney is going to file those cases and prosecute that person and get him off the street, essentially.

So it was largely a personnel issue that so many of them weren't tested.

Jeff: We couldn't test everything. That's when the City Council basically said, "Victim advocates, you're right." It was big news - national news. The City Council asked us, "How many people do you need?" and we told them.

And now there is no more backlog.

Jeff: We have no backlog. We've stopped outsourcing. We're doing well, and we still have some people we still need to train fully. We don't have everybody trained as a DNA analyst yet, but we're almost there.

When did you catch up, generally?

Jeff: Generally, a couple years ago. A lot of that is because of the efficiency gains we've been able to make, the robotics and batching and things like that, which is a big, big, big

change for everybody. That was new for people like me who grew up in this profession, where it was one analyst at one case, from start to finish. This whole idea of batching was a game changer. There has to be a lot of trust to do it this way, and everybody has to do it the same way. There has to be a lot of standardization and things like that.

We've got a great bunch of people who have been very innovative and very conscious of being efficient and spending the City's money wisely and getting the department a huge return for their buck.



Effectiveness of DNA Profiling

How effective is serology DNA in being the primary factor in arresting or convicting someone?

Jeff: Here's something that Larry Blanton, one of my supervisors, put together [see table, page 29, top left]. On property crimes, which are like burglaries, stolen vehicles, things like that, of the profiles that we develop and upload, we get hits on about 63 percent of them. If you get into violent crimes and things like that, it drops a little bit to about 34 percent. Sex crimes, about 31 percent; and homicides, about 23 percent. Some of these homicides are cold case homicides that might be 10 or 15 years old, so you're not going to necessarily get as good of results. But you can see, our overall average is about 42 percent. If you count case-to-case hits, where one case matches another case but we don't necessarily have the suspect in the database, our overall hit rate is a little more than 50 percent.

Wow. Do you upload 100 percent of your cases into CODIS? Does everything go up there?

Jeff: Everything that qualifies goes up there. There are very, very specific rules. There are all sorts of very specific rules that CODIS has to follow, but any profile that qualifies for CODIS, we will upload into CODIS.

Who manages CODIS?

Jeff: We have a Criminalist III, Nick Sanchez, who does that for us.

But I mean is it the FBI?

Jeff: The FBI manages it nationally and they manage the national database, which is NDIS or the National DNA Index System.

Talk about the association with the FBI. How does that link work?

Jeff: The FBI monitors the national system. They also set the standards for what can and cannot go into CODIS, and we get audited by the FBI. An FBI agent actually comes out and looks at our CODIS records to make sure that we weren't uploading anything that we shouldn't upload - there are situations where they will force an agency to take profiles back out of CODIS because they don't strictly meet the criteria.

We get audited every single year, alternating between having someone from outside come in and audit us, or we do our own internal audit and when we do that, we have to report the results of that audit to the FBI. If we don't, they'll cut off our access to CODIS, so they have a very, very powerful oversight in that regard.

They also make sure that we are in compliance with all of the various standards for DNA operation. Pia Rosner is our DNA Tech Lead. The standards mandate that we have a DNA tech lead. If Pia were to quit tomorrow, we'd have to put somebody else in her place, and we'd have to notify the FBI. The FBI is the final say on whether or not we're in compliance with all the various regulations and there are all sorts of regulations covering DNA testing and CODIS.

Got it. What about at the state level?

Jeff: Then each state in the United States

has its own SDIS, or State DNA Index System. When we upload something into CODIS, we send it to the state lab, and unless it's a rush - when they are getting ready to go home for the day on Friday, they hit "run" and the system then searches all the profiles that have been submitted to them by all the crime labs all over the state. It searches all those profiles over the weekend and then when they come back into work on Monday, they look at the results. If they get a potential hit, then they contact us and say, "Okay, we have a potential hit, please review it and confirm that you want to verify it," and we tell them.

So it's a double verification.

Jeff: Yes. We say, "Yes," and then they say, "Okay." Then they go and pull the original sample, retype it and confirm it and then release

fan of the show, *CSI*. I can't stand it. But, she works in a hospital, and if we would ever watch *House* or something like that, she'd be scoffing and laughing and couldn't stand it, whereas it was somewhat entertaining for me because I don't work in a hospital.

CODIS is a great example. We submit it, they search it on Friday, come back, and usually contact us Monday or Tuesday if there's a hit. There's a process, and typically in two to four weeks, they give us back the name. On television, it pops up and there's the guy's picture and his last known address and everything else, and we don't get that. With a CODIS hit we may get a name and last known whereabouts (maybe New Mexico State Prison or somewhere else). That's the biggest thing.

We do a lot of batching, but that's not something that's depicted in television at all. That's our bread and butter in terms of just



From left: Jeff Thompson, Assistant Director of the LAPD's Serology/DNA unit, is interviewed by Club VP of Operations Robert Larios and *Alive!* editor John Burnes.

the name, and then we let our detectives know that yes, we had a hit that's been confirmed, this investigative lead.

Has serology become the primary crime investigation strategy or at least perhaps the most productive?

Jeff: Especially if the department has a high-profile crime and they don't have the suspect identified and don't have any leads, then CODIS or AFIS, the Automated Fingerprint Identification System, are going to be their two things that they're going to rush on. We had an elderly woman who was sexually assaulted a few weeks ago and they asked us to rush it, so we had people come in on the weekend and work on just that one case. We ended up getting the results, I think, late Tuesday or Wednesday. The Latent Print unit had lifted a palm print from the point of entry where the suspect entered the victim's residence and searched that through AFIS and had already identified him. He was identified and the police arrested him and collected a reference DNA sample. We just ran that reference sample and it matched the DNA that we had from the sexual assault kit.

DNA has the power to uniquely identify an individual, and the same thing goes with fingerprints.

Challenges

Jeff, what challenges do you see in the near and long-term future?

Jeff: The biggest one is the fact that the kits are getting more and more sensitive. That's a big challenge as far as avoiding contamination.

Another ongoing issue is the advancement of technology. The Sheriff's Dept. is already using a more advanced instrument than we are, a next-generation machine for DNA typing.

A third challenge is how much of the DNA we're testing. We currently test 15 different regions of DNA on a standard kit. The new kits that we have to have in place by Jan. 1, 2017, which is only a year and a half away, will test for 23 different regions of DNA. So the resulting interpretation is much more complicated.

And then we have other testing methodologies that are coming online called next-generation sequencing. It's a little technical - what we look at now are called short tandem repeats. There are four nucleotides, A, G, T, C, and those are in a certain order. You get repeats of those, and those repeats fall next to each other, so they're called tandem repeats. They're short, and that's what we look at right now. We don't look at what the actual sequence is, we just look at the number of repeats. Well, next-generation sequencing actually looks at the sequencing, what the actual base pairs are. That's a whole different thing - whole different interpretation software, a whole different platform, testing, everything. That's coming, and that's something that we're going to be doing. I will probably be long retired, but a lot of the people that you saw upstairs and talked to are going to be doing that. Whether it's five years or 10 years from now, they're going to be doing it. DNA profiling is a constant state of change.

Television vs. Reality

How is it different here than what people see on TV?

Jeff: Well, it takes a lot longer. My wife and I go back and forth about this. She used to be a

being efficient. It's just a lot of different things like that. Somebody did a Letterman-like "Top Ten Reasons *CSI* Makes Me Want to Scream," and it goes through all the things that are just annoying as heck for a criminalist because our job isn't anything like that. One of them is our buzzing fluorescent lights instead of the sexy blue light on TV.

Innovation and Excellence

Talk about your crew.

Jeff: I have a great crew. They were right with me when I brought in this new process to assessing the sexual assault kits.

I found out that some other labs doing what's called this male screening detail (MSD), which had a lot of potential gains for us. So I talked to a couple of people on my staff about it. They ran with it, and I stayed the heck out of the way.

I presented at the California Association of Crime Lab Directors meeting, telling people about what great results we're getting.

Can you explain the MSD?

Jeff: Yes. Basically, when we receive the sexual assault kits from a hospital or trauma center, we would have to place extracts from the swabs under a microscope. It could take hours looking for cells. It's a challenging and time-consuming process, and if the swabs proved negative, it would have been fruitless.

Now, instead of manually looking at each swab extract under a microscope, we do a specialized DNA extraction on the swabs, and then measure the extract on a device called a Real-Time PCR (RT-PCR), to see how much male DNA is present. Based on the results and the facts of the case from a report, swabs may be taken forward for the rest of the DNA typing. The male DNA test is pretty good at telling us whether or not we will have good DNA typing results down the line, and much faster than endless hours staring into a microscope. Instead of hours per case, the RT-PCR can do 40 samples in 90 minutes.

There's more to it than that, but that's basically it.

And you're seeing better results.

Jeff: We did test cases - trying it both ways, to see which worked better - and with MSD, we found 12 suspects (out of 50 cases) that we didn't find the previous way. We're very, very proud of that. And like I said, that was all the people in our lab figuring it out on their own. Change is the operative word in DNA. The technology changes it seems like weekly, and the only way we can deal with it is because we have a bunch of very bright, very dedicated people who work their butts off to make us good and efficient. Most of the efficiencies we've gained have been from our staff innovating and not being afraid of changing the way they do business. It's been just phenomenal.

In 2014 I nominated them for the August Vollmer Award from the International Association of Chiefs of Police, and they won largely because of the MSD procedure change that we did. It's great to be able to oversee a group like we have. They're a great group of people. I can't speak highly enough of them.

Jeff, thank you for your interview.

Jeff: You're welcome. ■

Well Done!

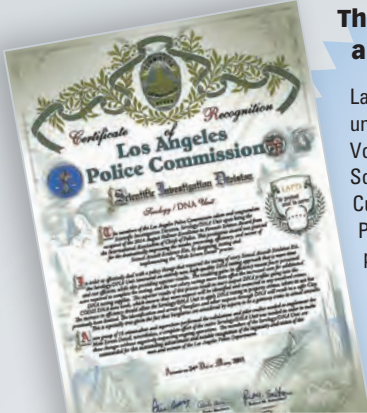
The LAPD's Serology/DNA unit was honored with a prestigious national award for its innovation.

Last year, the LAPD's Serology/DNA unit was honored with the August Vollmer Excellence in Forensic Science Award for the category Current or Past Contribution by a Police Agency. The award was presented by the International Association of Chiefs of Police and was awarded last October at the association's conference in Orlando, Fla.

The unit was honored for

its innovative approach to processing sexual assault kits. The details of the process, known as the Male Screening Detail (MSD), are described in this month's *Alive!* Interview.

August Vollmer was a leading figure in the development of the field of criminal justice. He was the first police chief of Berkeley, Calif., and in 1924 was the Chief of the LAPD.



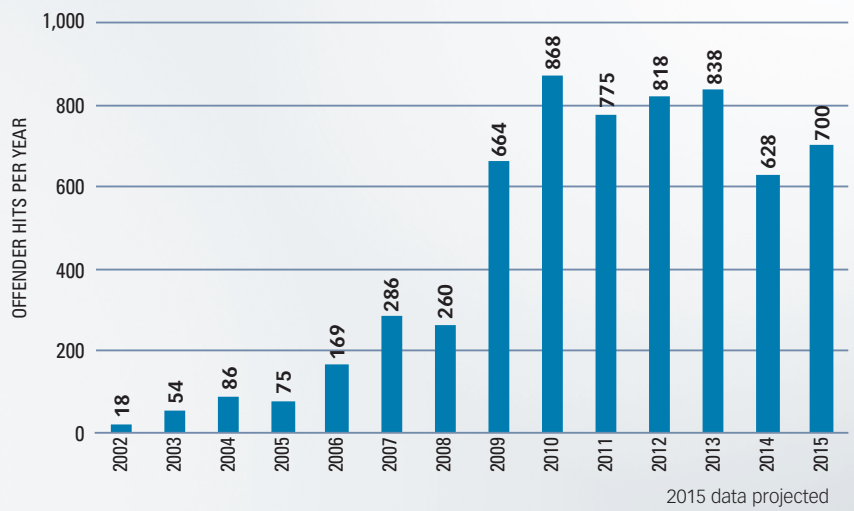
The Crime Lab's Serology/DNA unit receives the August Vollmer Excellence in Forensic Science Award. Accepting are Doreen Hudson, Director of the Crime Lab; Chief Charlie Beck; and members of the Serology/DNA unit.

It's a Match

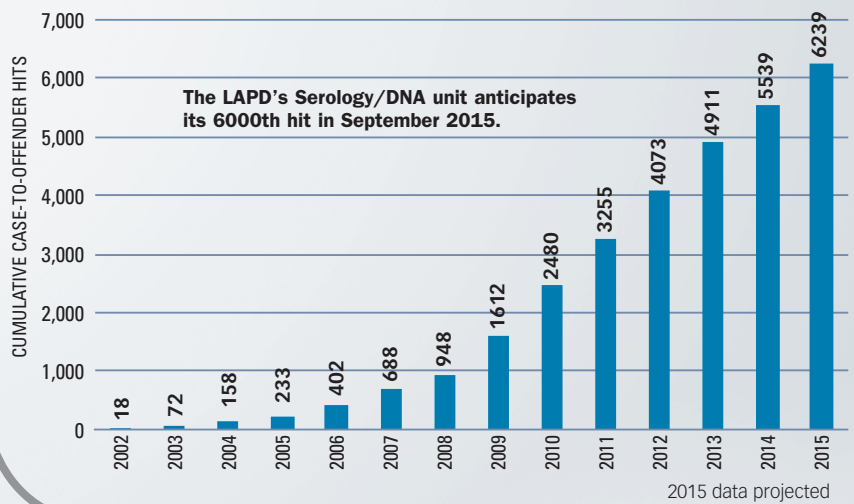
Here's a chart showing the effectiveness of DNA profiling. This shows the percentage of matches that the LAPD Crime Lab got last year when it uploaded DNA profiles into state and national databases. (A match, also called a "hit" means a reference profile was already in the database, meaning the Crime Lab could match evidence with a known person in the database.)

TYPE OF CRIME	UPLOADS	HITS	%
Property Crimes	296	185	63%
Violent Crimes	789	267	34%
Sex Crimes	582	183	32%
Homicide	53	12	23%
All Crimes	1,085	452	42%

Offender Hits Per Year



Cumulative Case-to-Offender Hits



Roll Call

Here are photos of the two sections of the LAPD's Serology/DNA unit. At top is the section housed in Piper Tech that screens evidence for body fluids. At bottom is everyone, including the main unit at the Forensic Science Center, which takes the screened evidence and extracts, amplifies, types and analyses the DNA.



Piper Technical Center

Lawrence Blanton, Supervising Criminalist, 29 yrs.
Stephanie Tan, Criminalist II, 4 years
Huan Nguyen, Criminalist II, 3 years
Ona Kukenas, Criminalist II, 6 years
Gabriel Mueck, Criminalist II, 4 years

Alejandra Ramirez, Criminalist II, 4 years
Alla Tashmukhamedova, Criminalist II, 3 years
Erol Ergun, Criminalist II, 7 years
Jenny Tran, Laboratory Technician I, 1 years
Albert Kuo, Laboratory Technician I, 6 years
Rina Segura, Criminalist II, 2 years
Christopher Breyer, Supervising Criminalist, 12 yrs.
Nand Hart Nibbrig, Criminalist II, 18 years

Forensic Science Center

1st row seated (left to right):
Alla Tashmukhamedova, Criminalist II, 3 years
Alyssa Gonzalez, Criminalist II, 6 years
Debbie Alonzo, Clerk Typist, 16 years
Shannan Kelly, Criminalist II, 7 years
Martie Donnelly, Criminalist II, 4 years
Kari Mar, Criminalist II, 5 years
Patricia Zdanowski, Criminalist II, 7 years
Margritt Jacobe, Laboratory Technician I, 6 years

2nd row:
Lawrence Blanton, Supervising Criminalist, 29 yrs.
Stephanie Tan, Criminalist II, 4 years
Albert Kuo, Laboratory Technician I, 6 years
Alejandra Ramirez, Criminalist II, 4 years
Rina Segura, Criminalist II, 2 years
Sue Rinehart, Criminalist III, 21 years
Lisa Schliebe, Criminalist II, 6 years
Supria Rosner, Criminalist II, 6 years
Katherine Scriven, Criminalist II, 4 years
Rosa Menjivar, Criminalist II, 6 years

Criseley Hernandez, Criminalist II, 6 years
Sherrille Cruz, Criminalist II, 9 years
Jennifer Sanchez, Criminalist II, 4 years
Jenny Tran, Laboratory Technician I, 1 years
Dyna Sao, Criminalist II, 5 years
Trisha Ariyasu, Laboratory Technician I, 2 years
Janet Sanchez, Laboratory Technician II, 9 years
Angela Zdanowski, Criminalist II, 13 years
Meghan Cirivello, Criminalist II, 13 years
Elizabeth Sholl, Criminalist II, 5 years
Alexa Calderaro, Criminalist II, 12 years

3rd row:
Huan Nguyen, Criminalist II, 3 years
Albert Mendoza, Criminalist II, 4 years
Guy Holloman, Criminalist III, 14 years
Nand Hart Nibbrig, Criminalist II, 18 years
Gabriel Mueck, Criminalist II, 4 years
Bethany Muro, Criminalist II, 5 years
Randy Zepeda, Criminalist II, 9 years
Kuang Siu, Laboratory Technician I, 5 years
Christopher Breyer, Supervising Criminalist, 12 yrs.
Daniel Greenfield, Criminalist II, 4 years
Bradley Tom, Criminalist II, 6 years

Brian Kim, Criminalist II, 4 years
Quan Huynh, Criminalist II, 7 years
Ernest Park, Criminalist II, 7 years
Gregory Dooley, Criminalist II, 6 years
Quang Nguyen, Criminalist II, 8 years
Tracy Ie, Laboratory Technician I, 2 years
Sam Sund, Criminalist II, 7 years
Raquel Garcia, Laboratory Technician I, 2 years
Samantha Tosch, Criminalist II, 7 years
Collin Yamauchi, Supervising Criminalist, 25 years
Jeffrey Thompson, Chief Forensic Chemist I, 12 yrs.



Classic
From October 2013

{ Who are the people you see every day? }

No. 61
in a series.



People We See

An Interview on the Streets

Sponsored by:
Terry Yeager and Associates

Meet Rebecca Riley.



AGE: "I'm 37."
BIRTHPLACE: Mendota, Ill.
MARITAL STATUS: "Divorced."
FAMILY: "I have a brother who passed away."
PARENTS: "Divorced."
EDUCATION: "I had two years of college. I studied to be an RN in Arkansas."
WHERE DO YOU LIVE?
 "On the street – right here, or over in that alley."
FAVORITE PLACE IN THE CITY: "Right here."
WHEN DID YOU MOVE TO LOS ANGELES?
 "Two months ago."
WHY DID YOU MOVE TO LOS ANGELES?
 "My mother, who is an alcoholic, told the Dept. of Health Services that I was an unfit mother to my five kids, ages 19, 18, 11, 6, and 3. From that time, I had my children taken from me. Then, my dad and my brother died. That sent my life into a tailspin. I had to get out of the area. So I moved to California from Texas. I first spent some time in San Pedro and then caught a bus to downtown Los Angeles. That was two months ago. So, for two months now I have been living on this corner or in that alley over there."
RELIGION: "Catholic."
MEDICATIONS: "Nope."
SPORTS IN HIGH SCHOOL? "Volleyball and track."
FAVORITE MOVIE:
 "I like horror movies and Horrorfest."
FAVORITE TV SHOW: "I like *E – Entertainment TV*."
FAVORITE ACTOR: "Christian Slater... and Leonardo Di Caprio and Keanu Reeves."
FAVORITE ACTRESS: "Kim Basinger."
FAVORITE CANDY: "Caramel chocolate."
FAVORITE FOOD: "Pizza."
FAVORITE MUSIC: "Contemporary rock and classical."
LAST BOOK READ: "*The Bible*."
LAST JOB: "I had something lined up in Carson, at a wood cabinet shop. But my cell phone broke and they couldn't get hold of me, so that fell through."
DO YOU HAVE FRIENDS? "John and Chris. They live over there in those apartments."
FAVORITE CHILDHOOD MEMORY:
 "Getting my pink bicycle, banana seat and all. I loved that bike."
LAST THING EATEN: "I had a cookie for breakfast."
MOST HELPFUL ORGANIZATION:
 "People, I don't do the mission thing. I'm not fond of the program they make you follow."
ITEM ALWAYS WITH YOU: "My purse."
FAVORITE POSSESSION: "My Android phone."
WHAT YOU WOULD DO WITH \$1 MILLION:
 "Solve my issues."
MAKE A WISH: "For all my issues to go away."
ADVICE FOR EVERYDAY PEOPLE:
 "Live life. There may be no tomorrow."
WHERE WILL YOU BE IN FIVE YEARS?
 "Working, hopefully."

The Club gave Rebecca a Bucket and a Blanket, a toothbrush and toothpaste, soap, two pairs of socks, shampoo, hand wipes, some food, \$20 and bottled water.

The interview took place Sept. 20, 2013 on the City Hall lawn downtown. Photos by Angel Gomez.

{ In this monthly feature, Club CEO John Hawkins, and Director of Sales Angel Gomez, introduce you to people you see every day, but you might not know who they are. The Club reminds you that we all have names and stories to tell. }



Donate to Club Angels
As Featured in the People We See Column

Club Angels, along with your charitable contributions will help make a tremendous difference in the lives of the shelterless in Los Angeles.



People We See
An Interview on the Streets

Sponsored by: Terry Yeager and Associates

Meet Errol Hill

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Rest Insured
BY JEFF GELINEAU
Vice President of United Agencies,
The Club's Auto and Home Insurance Partner

Insuring Classic Cars

Should you insure a classic car differently than a regular car? Yes! If you've got an old car that is dear to your heart, you'll want to make sure that you have it insured properly.

Classic car insurance companies have the ability to offer superior coverage at lower premiums and can provide other benefits specifically tailored to collector cars. Policy options often include repair shop of choice, roadside assistance with guaranteed flatbed towing, and coverage for spare parts and tools.

The main difference between a specialty classic car insurance company and a standard auto insurance company is the type of policy offered and how the policy

accounts for a vehicle's value. Guaranteed (or agreed) value coverage is typical for most companies specializing in classic car insurance, while a traditional auto policy writes an actual cash value (ACV) or stated value policy.

Guaranteed value coverage means that you and the insurance company agree upon the car's value at the time the policy is issued, and that value will not be depreciated in the case of a total loss. An ACV or stated value policy will potentially depreciate the car's value, reducing the amount of the claim. This difference is particularly important because most classic cars appreciate in value over time, while most modern cars depreciate.



Coverage Considerations

Here are some tips to consider when selecting insurance coverage for your classic car.

Are you passionate about your car? Many collector car owners have an emotional connection to their automobiles. Perhaps their classic is a family heirloom or the first car they bought as a teenager. There is often a sentimental value far greater than the actual dollar value. If so, you will want the best protection available for something that you truly cherish.

It is important to accurately value the vehicle when seeking a classic car insurance policy. Speak to a representative at a classic car dealership or consult a price guide. There are a number of classic car price guides available to research current market values, including Hagerty Price Guide, NADA, and Old Cars Price Guide.

Buy a policy from an insurance company that deals exclusively with classic cars. They understand the unique needs associated with older, collectible vehicles and will usually save you money. Because specialty insurance companies recognize that the risk for loss is far less in a classic car than in a regular-use vehicle, the premiums are often much lower. Also,

look for a company that handles claims in-house. An in-house claims department makes for more efficient claims handling and ensures that the person handling the claim has experience with the unique needs a collector car may require during the repair process.

Roadside assistance should include flatbed towing. Classic car owners are six times more likely to experience a breakdown than a claim. There are many types of roadside assistance programs available along with insurance policies, but make sure a guaranteed flatbed tow truck is included to fully protect your vehicle. Flatbed towing is one of the safest ways to transport a car because all wheels of the towed vehicle are off of the ground.

Always keep a classic car insured. Many people mistakenly assume that their homeowner's policy will cover the full value of their vehicle when it is in their garage. It is important to maintain coverage even if the vehicle is at a shop or in storage and not being driven. In the event of fire or theft, you will have to absorb the entire loss if the vehicle isn't covered.

Airports

Story courtesy Airport Police
Photos courtesy CSI Officer Darrius Lewis and Rob Pedregon

Welcome, Officer Chaline

Airport Police welcomes new officer.

On Aug. 9, Airport Police graduated new Officer Freddie Chaline, a squad leader with Los Angeles Police Academy class 2-15. He was sworn-in after graduating from the Los Angeles Police Academy. The graduation ceremony was held at the LAPD Administration Building downtown.

Police Chief Patrick Gannon conducted the officer's swearing in. He welcomed Officer Chaline to the Airport Police family and thanked his family for supporting him and ensuring his success. Chief Gannon congratulated Officer Chaline for receiving the LAPD's Tina Kerbrat Award, awarded to the recruit who is found to be the most inspirational.

"You were given a great foundation in the academy. This next year is all about training but in actuality after

37 years of service, I have found that every day is a training day," Chief Gannon told the new officer.

Class 2-15 with 27 officers trained for six months. The new Airport Police officer will now complete a six-month Field Training Program specific to airport law enforcement, under the guidance of a field training officer before being assigned to Patrol Services Section.



Officer Freddie Chaline takes the oath from Airport Police Chief Patrick Gannon.



From left: Airport Police Capt. Tyrone Stallings, Officer Freddie Chaline, Chief Patrick Gannon and Capt. Greg Staar.

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Have a question?

Is there something about insurance that you've always wanted to know, but were too ashamed to ask? Maybe something that you've just always been curious about? Feel free to send me an email at jgelineau@unitedagencies.com and I will try to answer your question in one of our monthly columns.

The Club



Club Honors 36 with Mukai Scholarships

The Club's Joannie Mukai Scholarship Program for 2015 awards \$500 to 36 members of the Club family.



Joannie Mukai.

The Club family is filled with young people of promise, hope, service and achievement – and this year, more than ever! Due to a high volume of incredible entries, the Club is pleased to announce the winners of the Club's annual Scholarship Program for 2015 – an increase to 36 (from 23 last year). The Club's Scholarship program was named for the late Joannie Mukai, the former Club Board Member who passed away in 2010. Those eligible included Club Members, their spouses and their children who are in college or will be attending an accredited college or university in Fall 2015.

Here are the recipients of the 36 scholarships:

- Christine Reusch, who works for Public Works/Engineering
- Alex Gallego, son of Dale Gallego, LAFD
- Joy Encarnacion, daughter of Ronn Encarnacion, General Services
- Rwanda Carter, sister of Melva Carter, LAPD
- Cheyenne Lira, daughter of Victoria Lira, Building and Safety
- Krystal Lira, daughter of Victoria Lira, Building and Safety
- Veronica Maurer, related to Alicia Layton
- Michael Simpson, son of Michael Simpson, Public Works
- Troi Tuesday, related to Ruby Love, Controller's Office
- Michael Mojarro, son of Gustavo Mojarro, L.A. County Sheriff's Office
- Kyle Campbell, son of Lantz Campbell, Public Works
- Anika Baker, daughter of Darrell Baker, Public Works
- Danielle Howard, daughter of Beatrice Howard, Sr. Clerk Typist
- Shayla Calleros, daughter of Edward Calleros, Public Works
- Luke Broyles, son of Susie Davenport, Housing
- Christopher Davis, son of Vanessa Roberson, Security Officer
- Jade Simon, daughter of Debbie Simon, Air Resources Board, State of California
- Jazmyne Brown, daughter of Robert Brown, Caltrans
- Hayedan Scott, son of Michael Scott, Airports
- Justine Estrada, related to Lupe Durazo, Personnel
- Grand Craddolph, son of Barry Craddolph, Housing
- Vanessa Perales, daughter of Larry Perales, Rec and Parks
- Travis Pasillas, son of Ramon Pasillas, General Services
- Koppany Horvath, daughter of Robert Horvath, Public Works
- Teren Robinson, son of Shamela Robinson-Horn, State of California
- Myranda Banos, daughter of Leticia Garcia, Executive Legal Secretary
- Tiaira Muhammad, daughter of Tanya Baker, Airports
- Crystal McCullough, daughter of Kimberley McCullough, Fire and Police Pensions
- Samantha Cooper, daughter of Norma Cooper, Transportation
- Evie Gollas, stepdaughter of Anthony Mayrie, LAUSD
- Jared Appling, son of Schala Guzman, LAPD
- Justine Ponseca, daughter of Manuelito Ponseca, DWP
- Brianna Williams, daughter of Dawn Williams, L.A. County
- Lindsay Vega, daughter of Pierre Vega, Building and Safety
- Mayumi Perry, daughter of Nina Craig, Transportation
- Jennifer Mendoza, daughter of Margaret Mendoza, LAFD.

Congratulations to the awardees, and the Club wishes the best success to all those who applied!

Here are brief profiles of the awardees:

CHRISTINE REUSCH

Recipient of a \$500 Joannie Mukai Scholarship



Christine's time has come. "I have worked and cared for my family: a husband, four children and my elderly immigrant parents," she writes in her application essay. "I am proudly pursuing a Master of public administration degree at Cal State/Northridge. I want to take a leadership role in my job and be a mentor to the next generation. I have a goal of teaching at the college level as I have always enjoyed

teaching and tutoring young people."

Christine enrolled herself in a six-month project delivery and management class created by Public Works/Engineering. "This renewed my desire to continue my education at CSUN. My supervisor has encouraged me to go back to school after all these years. As an engineer with the Valley District Office in the City of Los Angeles, I work with many people and I see what value education has. I'm very excited about the prospect of learning new ideas and skills."

Christine works for Public Works/Engineering.

ALEX GALLEGO

Recipient of a \$500 Joannie Mukai Scholarship



Alex plans to attend Cerritos College as a freshman this fall.

Alex took Advanced Placement classes as a junior and senior in high school and, although his academic schedule was rigorous and stressful, he said in his essay he was "proud of this accomplishment; it genuinely defined my life. I proved, not only to family and friends but to myself, that I could succeed.

"I start college within a month, and if I am fortunate enough to be a scholarship winner I am immediately investing in a computer so writing all those fun college papers becomes much easier."

Alex is the son of Dale Gallego, LAFD.

SAMANTHA COOPER

Recipient of a \$500 Joannie Mukai Scholarship



Samantha is a sophomore at Faulkner Christian University, Montgomery, Ala.

A Girl Scout since first grade, Samantha attained the Girl Scout Gold Award during her senior year of high school. "My service project for my Gold Award involved me making birthday packs for military children who have parents on active duty."

Samantha faced up to the chal-

lenge of living out of state for her first year at Faulkner and returns now with plans to complete a Bachelor of science degree in forensic psychology. "I have really been enjoying my classes. I'm planning to continue working with my school's police department and eventually become one of their safety officers. This would help me in my goals of working for either the FBI or the Army CID."

Samantha is the daughter of Norma Cooper, Transportation.

JAZMYNE BROWN

Recipient of a \$500 Joannie Mukai Scholarship



Jazmyne is a freshman at California State/Northridge.

Jazmyne is the first in her family to attend university. Her intention is to major in civil engineering. Raised by her father since the age of five, Jazmyne wants to do well in college to be a role model for her younger sister. "She always follows in the footsteps of everything I do, so I hope to continue to set the bar higher and higher for her,"

she writes. They were always taught about the importance of education.

Jazmyne knows that civil engineering will provide a challenging career, "but I'm ready to work hard. Within five years, I hope to complete my studies at Northridge and begin my profession."

Jazmyne is the daughter of Robert Brown, Caltrans.

CHEYENNE LIRA

Recipient of a \$500 Joannie Mukai Scholarship



Cheyenne is a sophomore at Rocky Mountain College, Billings, Mt.

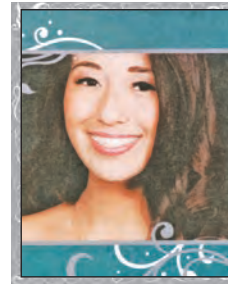
At Rocky Mountain College, Cheyenne majors in communications, with a business minor. In her first year, she has made the Dean's List. This fall she has been chosen to be a resident's assistant, a leadership role offering support to incoming freshmen on campus.

As a communications major, Cheyenne's ambitions are to enter journalism. "It is important for young adults to know what is going on in politics, the economy, and our world because we are the future of America," she writes. "When used wisely, knowledge is power. News can be predominantly male, and sometimes lack diversity – I plan to inspire young women of all races to show them that nothing is impossible if you put all your heart and effort into your dreams."

Cheyenne is the daughter of Victoria Lira, Building and Safety.

KRYSTAL LIRA

Recipient of a \$500 Joannie Mukai Scholarship



Krystal is a junior at Rocky Mountain College, Billings, Mt., where she double majors in psychology and communications.

For the forthcoming school year 2015-16, Krystal has been elected Minority Senator for the entire student body, where she will aid and liaise with minority students looking for club and sports funding.

"I am also a peer mentor for incoming freshmen for the fall semester... to assist them in how to properly handle class load with extra-curricular activities, and also help with any personal problems," she writes.

"Once I graduate, I hope to attend Loma Linda University to receive a doctorate in family and marriage counseling. With this degree I would be able to help people of all ages and backgrounds, children coming from divorced families, marriages that need assistance and people dealing with adverse situations in their lives preventing them from achieving personal success."

Krystal is the daughter of Victoria Lira, Building and Safety.

JOY ENCARNACION

Recipient of a \$500 Joannie Mukai Scholarship



Joy plans to attend UCLA as a biology major in the fall.

At College of the Canyons Community College, Joy worked at the College Library, co-founded the College Cafeteria's Meatless Mondays and promoted environmental awareness at the Hands on Earth Club. She earned an Associate's degree in liberal arts and sciences and attained a transfer to UCLA.

"My most cherished position at the community college was becoming the garden director, in which I was responsible for growing organic, non-GMO vegetables used by the cafeteria, allowing students to incorporate healthy, locally-grown vegetables into their diet," she writes in her essay. "I intend to continue gardening throughout my college years.

"As I begin my new educational journey for a Bachelor's degree in biology, I will financially support myself – I feel responsible for supporting my educational goals." Following the undergraduate degree, Joy plans to study dentistry at UCLA.

Joy is the daughter of Ronn Encarnacion, General Services.

Congratulations!

VERONICA MAURER

Recipient of a \$500 Joannie Mukai Scholarship



Veronica plans to attend Rio Hondo College in Whittier in the fall.

Veronica volunteered during her high school years, including helping second-graders during summer school at Evergreen Elementary School. "My favorite moment was when the whole class wanted me to read them a book," she writes. "It was during this volunteering that I knew I

wanted to be a teacher and help kids have fun while learning."

She also volunteered at Beagles and Buddies, a nonprofit animal rescue shelter, walking and feeding the dogs. "One day I hope to go back and adopt a dog."

"When I started high school I wasn't doing very well. My mom told me how proud she was to have her diploma because she finished when the odds were against her. When I walked down the aisle after being handed my diploma and looked at my mom crying tears of joy, it made all of the hard work well worth it."

Veronica is related to City Employee Alicia Layton.

MICHAEL SIMPSON

Recipient of a \$500 Joannie Mukai Scholarship



Michael plans to attend the University of Dayton as a freshman in the fall. He has been accepted into the School of Engineering and the University Honors Program.

Michael grew up in Compton and excelled academically, especially in math and science. A life-changing project for Michael was being chosen to participate in Solar Cup. "This was one of the

great experiences in my life because I had a chance to interact with 20 of my peers in making a 16-foot solar powered boat," he writes.

"I am proud to say I was the leader of a serious engineering project. This project transformed me into a great servant leader and gave me a new sense of time management and patience. Furthermore, this project inspired me to pursue a career in engineering."

Michael is the son of Michael Simpson, Public Works.

TROI THUESDAY

Recipient of a \$500 Joannie Mukai Scholarship



Troi will attend The Lincoln University, Oxford, Pennsylvania as a freshman this fall.

Troi, from South Central, struggled growing up with a drug-addicted mother and an incarcerated father and her family struggled financially. Her mother overcame her drug addiction and "pushed me to do better."

"Education is such an important factor in my life. Because of

the people I grew up around, and my financial circumstances, I made a promise to myself that I'd make a difference.

"Today I am a graduate of the Ramon C. Cortines School of Visual and Performing Arts. I decided to find work to contribute to my financial needs. While working, I maintained my GPA, and graduated with honors. I have been accepted into several historically black colleges, but decided to commit to The Lincoln University in Pennsylvania as an undergraduate for Fall 2015."

Troi is related to Ruby Love, Controller's Office.

RWANDA CARTER

Recipient of a \$500 Joannie Mukai Scholarship



Rwanda is a senior at Cal State/Fullerton.

Along with being on the Dean's Honor Roll for five semesters, Rwanda is a member of the National Society of Collegiate Scholars (NSCS) and is involved with the PACE program, which allows NSCS members to volunteer at Buena Park Middle School to mentor and tutor children. She has just been elected to the

board of NSCS as the Social Chair and VP of Social Media for the 2015-16 school year.

"My passion to create better communities led me to major in sociology, to learn about the communities that surround me and how societal institutions play an integral role in the life outcomes of individuals," she writes in her essay. "I always get a sense of joy serving kids because they are the future, and it is important that they have the resources necessary to excel in life."

Rwanda is the sister of Melva Carter, LAPD.

KYLE CAMPBELL

Recipient of a \$500 Joannie Mukai Scholarship



Kyle plans to return to Cal State/Long Beach in the fall.

"To be successful in today's society takes more than just getting a quality education," he writes. "It takes quality education, networking, being financially responsible and staying determined to reach your goals. Throughout my college journey these are some of the things I've learned can help one become

successful."

Kyle joined the on-campus organization Financial Management Association, where he was awarded Most Dedicated Member, and in Spring 2015 the Outstanding Member.

"My goals are to complete my Bachelor's degree in business administration/finance, to pursue a career in corporate finance within the automotive industry. This career path would allow me to combine two things I am really passionate about, cars and finance."

Kyle has interned at Honda for the past three summers, so is already on his way to his goals.

Kyle is the son of Lantz Campbell, Public Works.

ANIKA BAKER

Recipient of a \$500 Joannie Mukai Scholarship



Anika plans to attend the University of Nevada, Las Vegas as a freshman this fall.

Anika has been involved with Project L.I.F.E. (Links Implementing the Fulfillment of Education), a community program that assists female African-American students in improving academics, self-esteem, test-taking and awareness of STEAM careers – those in science, technology, engineering, art and mathematics. Anika was hands-on in the Dolls of Hope program to send dolls to AIDS orphans in Africa as well as a wide variety of social and fund-raising activities throughout her high-school years.

"My personal goal is to place smiles and excitement in memorable moments for others," she writes. "I fell in love with the idea of taking a person's creative ideas and tying it with my own to create a grand celebration of any sort. At the University of Nevada, Las Vegas, I plan to study at one of the top schools for hospitality/event management."

Anika is the daughter of Darrell Baker, Public Works.

DANIELLE HOWARD

Recipient of a \$500 Joannie Mukai Scholarship



This fall, Danielle will be a senior at the University of Nevada, Las Vegas.

As a freshman, Danielle moved to take part in an awareness walk benefitting the Cystic Fibrosis Foundation when she found out one of her business professors is a cystic fibrosis sufferer.

In her sophomore year, Danielle joined the National Society of Leadership and Success, which helped to advance her leadership and team-building skills.

As an accounting major, Danielle plans to graduate in May with a Bachelor of science degree in business administration/accounting. She will go on to attend graduate school at UNLV to obtain a Master's degree in accounting and sit the Certified Public Accountant exams. Then she will need two years working in public accounting to be officially certified.

"I will continue to work harder as I further my education," she writes. "My academic career has been successful thus far and I plan to put in the effort needed to reach my goals."

Danielle is the daughter of Beatrice Howard, Sr. Clerk Typist.

MICHAEL MOJARRO

Recipient of a \$500 Joannie Mukai Scholarship



Michael plans to attend DePaul University in Chicago this fall.

Michael was a valedictorian, senior class president, letterman president and National Honor Society secretary among other roles, and he also played varsity soccer and ran varsity cross-country.

"These accomplishments were driven by my pursuit of happiness," he writes, "an endeavor,

that pushes me to give back to others. I believe that happiness can only be fulfilled through others. When you help somebody on their journey to success – that is where I find happiness, something bigger than myself. I do not need cars, money or jewelry; all I want is to see others reach their goals. Knowing I was helpful in their journey is rewarding enough for me. That is why I have chosen to pursue an education in the medical field, so that I may one day be able to give back and help others whenever I can."

Michael is the son of Gustavo Mojarro, L.A. County Sheriff's Office.

SHAYLA CALLEROS

Recipient of a \$500 Joannie Mukai Scholarship



Shayla plans to attend University of California, Berkeley as a freshman in the fall.

Shayla has volunteered more than 100 hours in the past year alone with Ronald McDonald Camp, Molina Healthcare and Habitat for Humanity. There she has had the opportunity to lead small groups in work duties as well as gaining skills in leadership and patience. "Helping very sick individuals can be overwhelming

but life altering," she writes. "Helping others has taught me to be grateful, humble and kind."

"For two summers I have worked in a medical office in East Los Angeles, gaining a real perspective of what working in a low-income area would entail. This has shaped my views about life, and has given me insight into the world's needs. I plan to continue to volunteer, to become a physician one day and work in impoverished areas."

Shayla is the daughter of Edward Calleros, Public Works.

LUKE BROYLES

Recipient of a \$500 Joannie Mukai Scholarship



Luke is a junior at University of Southern California this fall.

Although Luke thought he'd be in college as a sports star, a series of injuries in high school meant he turned his hand to acting. Luke began taking drama classes, became the on-air personality for the high school morning bulletin and began improv classes at the Groundlings School. "While I will always love sports, I realized I was safer playing

an athlete in a short film or broadcasting the games in a booth," he writes.

"Recently, I have been doing stand-up comedy on the weekends to make extra money for school. I'm grateful to be a communications major and believe I am receiving the tools I need to succeed and make a difference in the city where my roots are."

Luke is the son of Susie Davenport, Housing.

CHRISTOPHER DAVIS

Recipient of a \$500 Joannie Mukai Scholarship



Christopher is a freshman at San Diego State with a pre-major in environmental sciences.

With home in Compton and schooling in Westchester, Christopher has seen a lot of Los Angeles. His defining goal is to make the greater Los Angeles area a more environmentally friendly place to live. "While most people see all the problems in the world, all I see in my world are beautiful landscapes and ocean,

and when I see them, I just want to preserve the beauty, not just for me but for my city, family and future generations of humans," he writes.

"Loyola Marymount University Upward Bound brought me so many opportunities to step up and take charge. Citizens of Zion Missionary Baptist Church provided me with the greatest motivation to achieve my goals: love, one that extends to all aspects of my life: sports, relationships, mindsets."

Christopher is the son of Vanessa Roberson, Security Officer.





— continued from page 33

JADE SIMON

Recipient of a \$500 Joannie Mukai Scholarship



Jade plans to attend California State/Northridge this fall.

"My mom is a cancer patient," she writes. "I was a homeless freshman year, and I had to gain maturity at a young age. But I am thankful for all that I've been through, and all that I've become because of it. I have hit a few bumps in the road and have felt like giving up, but instead of thinking 'why me?' I use my hardships as a stepping stone to do better and better."

Participating in Upward Bound, Talent Search and Kaiser Permanente's Summer Youth Employment Program have all helped Jade focus and stay strong academically. "I have many dreams and aspirations for the future," starting with a major in marine biology at Cal State/Northridge.

Jade is the daughter of Debbie Simon, Air Resources Board, State of California.

HAYEDAN SCOTT

Recipient of a \$500 Joannie Mukai Scholarship



Hayedan plans to be a freshman at Arizona State this fall.

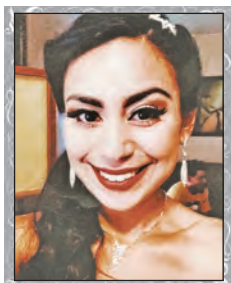
"I wanted to be the first male on my father's side to attend a four-year college," he writes. "Achieving this has made my parents proud. However, their approval is not what I'm looking for; I'm looking for my own approval and I feel like this is the first important step in the right direction."

Hayedan is unsure of what his exact career will be in the future, but he is sure that he wants it to be in the area of exploratory science. "The world of science and discovery is so very fascinating. It brings a sense of wonder and excitement in discovering new scientific discoveries to better help mankind. I know I will put 110 percent into everything I do."

Hayedan is the son of Michael Scott, Airports.

JUSTINE ESTRADA

Recipient of a \$500 Joannie Mukai Scholarship



Justine is a freshman at the University of California Santa Barbara.

From Lincoln Heights in L.A., Justine has seen many in her community struggle to make ends meet.

Throughout high school Justine volunteered with groups that gave back to people: feeding the homeless, raising money for homeless housing, making cards with toys for children in orphanages. "I also helped get my community members involved in participating

in these events, which helped greatly with community cleanups," she writes.

"I desired to go to school, to pursue my education as much as I could and help to educate others who come from the same disadvantages as me. I worked twice as hard to get where I'm at today: the University of California at Santa Barbara."

Justine is related to Lupe Durazo, Personnel, and LACECA.

GRANT CRADDOLPH

Recipient of a \$500 Joannie Mukai Scholarship



Grant plans to attend Cal State/Los Angeles this fall.

Sports has been a mainstay in Grant's life, and he was named All League Freshman of the Year in high school. "Within the game of baseball, I have been given opportunities to travel the world, meet and network with people that have like-minded goals and aspirations, and have received aid in financing a college education," he writes.

"I know this next chapter of my life will be even more challenging academically, but I will persevere and work diligently to obtain a degree."

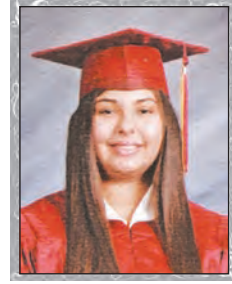
Grant is active in his neighborhood homeowners association and in his local church. Along with his high school team, he volunteered in feeding the homeless at the Mission downtown.

"I am passionate about baseball and becoming a professional ball player. After my career, I plan on commentating on a sports network. I plan to get a degree in communications and/or business management."

Grant is the son of Barry Craddolph, Housing.

VANESSA PERALES

Recipient of a \$500 Joannie Mukai Scholarship



Vanessa heads to Cal State/Long Beach as a freshman in the fall. She has plans to pursue a major in music education with a minor in business.

A member of the Lancer Band, Vanessa served as section leader of the saxophones and pit captain for the drumline. She was also elected to be in Whittier Union High School District Honor Band in which she served as first chair saxophone. Vanessa also plays in the church band at St. Gregory the Great.

"My senior project influenced my decision to be a music major," she writes. "I wrote a paper about the benefits of music education and why music should be sustained in the school system. For my fieldwork, I observed a band director at Granada Middle School. Because of the positive experience I had there, I have decided I would also like to become a middle school band director."

Vanessa is the daughter of Larry Perales, Rec and Parks.

TRAVIS PASILLAS

Recipient of a \$500 Joannie Mukai Scholarship



Travis plans to attend Grand Canyon University in Phoenix, Az. in the fall.

Travis started playing hockey at age three. At 10, he played with a team that won the North American Roller Hockey Championship (NARCH) Winternationals. Then at 15, Travis went on to play at the AAU Junior Olympics. "I got to play against teams from Hong Kong, Australia and Great Britain," he writes. "It was an experience of a lifetime and I know I will never forget it."

In his senior year, Travis was part of the AVID (Advancement Via Individual Determination) class. All 13 in his class were accepted into college. "We were the first AVID program in the history of our school to have ever done that. We were awarded and recognized by the Washington Post."

Now Travis will take part in the athletic training education program at Grand Canyon University.

Travis is the son of Ramon Pasillas, General Services.

KOPPANY HORVATH

Recipient of a \$500 Joannie Mukai Scholarship



Koppany is a freshman at the University of La Verne.

Koppany graduated from Edgewood High School *magna cum laude*, and he was also awarded outstanding achievement in mathematics for his senior course in 1B Mathematics Standard Level.

"Since I will be majoring in computer science and engineering, I will be working with computers and developing software," he writes. "I hope to find

a job with a reputable software company or ultimately, a space agency. Since exploring space is a dream of mine and it would be the greatest thing if I were to get a job writing software for the next generation of space probes and planetary rovers."

Koppany aims to graduate with a Bachelor of science degree with a minor in physics.

He is the son of Robert Horvath, Public Works.

TEREN ROBINSON

Recipient of a \$500 Joannie Mukai Scholarship



This fall, Teren is a freshman at California Poly/Pomona.

"I am proud to say that I will be the first male, on my mom's side of the family, to attend and graduate from college with any form of degree," he writes.

Teren wants to major in psychology and minor in apparel merchandising and management. Then he hopes to gain further qualifications in psychology to become a high school college counselor.

"I believe that there should be more men role models present in the education field," he writes. "Not only more men, but more men of color. I also believe that having more males as role models can be inspiring and encouraging to other young men. I want to be an example!"

Teren is the son of Shamela Robinson-Horn, State of California.

Congratulations!

MYRANDA BANOS

Recipient of a \$500 Joannie Mukai Scholarship



Myranda attends Arizona State University as a sophomore.

"My first year as a college student was very stressful because I didn't have any friends or family that lived in Arizona," she writes. "Throughout my first semester of college, I pushed myself to do as many things as I could to be involved in my university. I joined the Residence Hall Association and represented

my college in Moscow, Idaho. During my second semester I joined the Kappa Delta Chi sorority, a multicultural Hispanic sorority that focuses on academics and community service."

Myranda plans to become a preschool teacher for students with special needs. With ASU's program, Myranda will be qualified as a certified teacher at the beginning of her senior year. After graduation, she plans to stay in Arizona to continue teaching children with special needs.

Myranda is the daughter Leticia Garcia, Executive Legal Secretary.

TIAIRA MUHAMMAD

Recipient of a \$500 Joannie Mukai Scholarship



Tiaira attends USC.

Tiaira's achievements include being the Los Angeles delegate for the Anti-Defamation League. Through ADL, she traveled to Washington, D.C. and met other delegates from around the country. "My experience with ADL sparked my passion for raising awareness and addressing social injustice, as well as advocating for under-represented groups in

America," she writes.

As a result of this passion, Tiaira applied to USC as a broadcast and digital journalism major. "At USC, I have been able to work at three different news platforms on campus: Annenberg TV News, the Daily Trojan, and Neon Tommy. Broadcast reporting allows me to pursue my passion of journalism."

"I have also picked up a second major in political science, leading me to pursue a career as a political or White House correspondent."

Tiaira is the daughter of Tanya Baker, Airports.

CRYSTAL MCCULLOUGH

Recipient of a \$500 Joannie Mukai Scholarship



Crystal attends Reed College in Portland, Ore.

Crystal considers herself fortunate to have attended CAMS (California Academy of Mathematics and Sciences) for high school. "CAMS gave me opportunities to participate in things that I had never even known I had an interest in," she writes.

Working with California Conference for Equality and Justice (CCEJ) gave Crystal the opportunity to participate in the Building Bridges program as a youth leader. Crystal took what she learned at CCEJ and applied it to her own community.

"I began volunteering at McKinley Elementary in Los Angeles and at the California Science Center. Through various volunteer positions, I realized that my true passion lies within helping children, I realized that I wanted to specialize in pediatric oncology."

Crystal is the daughter of Kimberley McCullough, Fire and Police Pensions.

EVIE GOLLAS

Recipient of a \$500 Joannie Mukai Scholarship



Evie plans to attend Elmira College, N.Y. as a freshman this fall.

Evie has played volleyball for 10 years and credits the sport with many life lessons. "Volleyball has taught me not to give up, and it has taught me about teamwork," she writes. "We need the support and help of others to achieve great things sometimes."

Evie cites her mother as a strong influence in her life, as she came to the United States alone from Mexico as a young girl. "Hearing her stories has taught me to be grateful." Now a big sister to four younger siblings, Evie tries to set a good example for them. "They have taught me so much just by being themselves."

College on the East Coast brings many opportunities for academic exploration where Evie hopes to find new passions which will lead to her career.

Evie is the stepdaughter of Anthony Mayrie, LAUSD.

JARED APPLING

Recipient of a \$500 Joannie Mukai Scholarship



Jared is a freshman at UCLA.

Jared's achievements include service work through the Kappa League, an organization that fosters character-building qualities in young black men. "Through many outreach and service projects, such as community car washes, public luncheons, and trash cleanup, I

was able to contribute to the betterment of my surroundings," he writes.

Jared's dream is to open his own successful eatery. "While I recognize the difficulties involved in realizing that dream, I still believe it will come to fruition with proper education and encouragement. Being a successful owner of any business, including eateries, require a high level of business acumen. Attending UCLA will help me build that acumen."

Jared is the son of Schala Guzman, LAPD.

JUSTINE PONSECA

Recipient of a \$500 Joannie Mukai Scholarship



Justine attends California State University and is in her second year pursuing nursing studies.

In addition to maintaining academic excellence, nursing students are given clinical rotations of 12-hour shifts at the hospital and assigned to one or two patients. "This was where we had to apply the knowledge we learned in the classroom and

apply it to real life situations," she writes. "I love being with patients and hopefully help them adjust to a hospital setting."

"My first year of nursing pushed me beyond my limitations, strengthened my foundation and turned me into the stronger person I am today. I am forever grateful to have entered such a wonderful field and been given the opportunity to be educated and trained to uphold one of the most respected and trusted careers."

Justine is the daughter of Manuelito Ponseca, DWP.

BRIANNA WILLIAMS

Recipient of a \$500 Joannie Mukai Scholarship



Brianna is a sophomore at St. Mary's College of California, Moraga.

While at college, Brianna was exposed to many different possible career paths. "Before going to college I thought that I had the exact plan of what career path I wanted to follow," she writes. "I am currently a psychology major with a concentration in personality psychology. As of now I am

looking to have a career with the FBI or a career in marketing." With either of these options, Brianna feels she could use her psychology degree in a non-conventional way.

"I would also like to be able to give back to the people in my community. I think it's important to be able to provide resources and opportunities so people can reach their full potential."

Brianna is the daughter of Dawn Williams, L.A. County.

LINDSY VEGA

Recipient of a \$500 Joannie Mukai Scholarship



This fall, Lindsay attends Cal State/San Marcos for the Master's degree program in speech-language pathology.

Lindsay graduated from Cal State/Fullerton with a major in communicative disorders and a minor in linguistics. She is a future speech-language pathologist; her interest in this field was piqued by her nephew who was diagnosed as speech-delayed. "I

started to go to his therapy sessions and became interested in how the therapy process worked," she writes. "It was amazing to see how he progressed." Lindsay volunteered with the speech-language pathologist at her nephew's elementary school, and her passion grew further.

Now her interest in autism means her thesis will be on autism spectrum disorders, and Lindsay plans to specialize in this field in her work.

Lindsay is the daughter of Pierre Vega, Building and Safety.

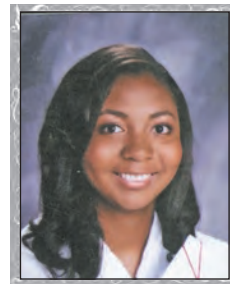


Mukai Scholarships

- CONTINUED

MAYUMI PERRY

Recipient of a \$500 Joannie Mukai Scholarship



Mayumi attends Grand Canyon University, Phoenix, Az., as a freshman.

Mayumi had many achievements in high school, including being a varsity basketball player and the one with the highest GPA on the team. She also received a certificate of excellence in engineering, which was a special award for outstanding work habits.

"I knew I wanted to be an engineer on career day junior year," she writes. But Mayumi was impressed by a presentation on civil engineering. "A group of civil engineers built a billboard in a destitute part of Lima, Peru, that turned the humid air into drinkable water through reverse osmosis. This billboard changed the lives of the poverty-stricken people in that area. Engineers create technology that changes people's lives every day."

Mayumi is the daughter of Nina Craig, Transportation.

JENNIFER MENDOZA

Recipient of a \$500 Joannie Mukai Scholarship



Jennifer attends Azusa Pacific University as a sophomore.

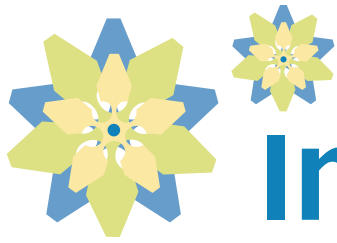
Jennifer is an English major and a major reader, and is also trying out for the APU softball team. Over the summer, she volunteered at the Special Olympics in Los Angeles.

Over the coming years, Jennifer plans to utilize her university's opportunity to study abroad for a semester. "My top choice would be spending time at Oxford," she says. "However, APU offers a range of amazing places from which to choose, such as South Africa or China. Studying in either country would be incredible!"

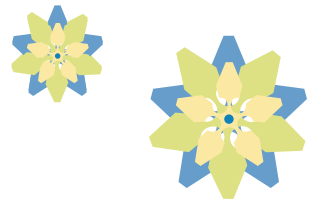
Career plans include possibly teaching English as a second language (ESL) here in the United States, or abroad as a foreign language (TEFL).

Jennifer is the daughter of Margaret Mendoza, LAFD.





Life's Important Moments



Share your moments!

Did you get married? Have a baby? Get a promotion? We want to hear from you. Share your news with the world! Send all notices and high resolution photos with the appropriate information to talkback@cityemployeesclub.com or send paper notices and print photos to: *Alive!*, 120 West 2nd Street, Los Angeles, CA 90012



Welcome New Members!
The Club gives a great big welcome to these new members, who recently joined the Club:

New Members

Airports

Gregorio Corona
Royal Ellis
Regielito Figueroa
Travis Hall
Donna Hayes
Joyce Huffman
Krystal Mitchell
John Montelongo
Nestor Moran-Valiente
Melby Orellana
Matthew Renaud
Scott Snyder
Monica Urbietta

Animal Services

Tzmae Alejandria

Building and Safety

Daniel Adams
Perla Del Rio
Vicente Diaz
Bryan Gavidia
Cairo Hunter
Nedra Journigan
Alex Mendez
Laurie Morales
Alan Muller
Michael Perez
Robert Thomas
Guadalupe Toledo
Margarita Tuck
Helena Villa
Tip Whiting

City Attorney

Ava Smith

Economic/Workforce

Development
Phillip Peery

Fire and Police Pensions

Sylvia Whelan

General Services

Daniel Sparks
Donald Parrish
Dushaun Brumfield
Frank Porrata
Hilton Moran

Joseph Pike
Oscar Bautista
Otto Tucker
William Ramirez

LACERS

Cezar Ballardo
Pearl Garcia

Library

Adrienne Russell
Qinglin Tang

LAFD

Sita Josephine Atterbury
Aaron Calderon
Cedrick Cleveland
Matthew Corral
Christopher DiValerio
Bruce Gallion
Greg Gourlay
Gary Izquierdo
Teren King
Eric Nelson
Gregory Peters
Juan Ramirez-Sanchez
Kyle Rausch
Michael Sandoval
Arman Serobyen
Vincent Thrash

LAPD

Luis Lopez
Tonya Lyn
Anderson Marroquin
Nayeli Medina
Nobel Merriett
Richard Moberg
Nelly Nava
Derek ODonnell
Marcos Oliveras
Fabian Ospina
Jonathan Perez
Brian Putnam
Kyle Remolino
Salvador Reyes
Angela Rivers
Sally Sinohue
Alexis Solares
Manuel Thompson
Jose Torres

Jose Vasquez
Jason Webster
Donna Wheeler

Mayor's Office

Iliana Garcia
Erin Nash
Elizabeth Lopez

Personnel

Aryel Gilmer

PUBLIC WORKS

Engineering
Myrna Braithwaite

Sanitation

Willard Givens JR
John Herrel
David Lira
Javier Lopez
Brittany Martinez
Arthur Martinez
Katrina Montgomery
Joanna Morales
Steve Morrow
Roberto Peregrina
Ernesto Ramirez
Ulysses Sanchez
Russell Zamora

Street Services

Tracie Chang
John Fagan

Rec and Parks

Gerardo Adame
Johnny Avila
Janet Carrillo
Richard Davila
Nayeli De Leon
Breana Jackson
Rushan January
Mirroco Jeffery
Paul Jewett
Christian Lopez
Marc Meehan
Caren Miranda
Eduardo Montano
Manuel Morelos
Raymond Pedroza

Alicia Perez
Jose Pulido
Erick Quiroa
Sergio Rodriguez
Diana Sandoval

Transportation

William Aguirre
Jaime Avila
Alva Delgado
Douglas Flores
Maxx Gonzalez
Ricardo Hernandez
Christiane Johnson
Odalys Perez
LaToya Powell
Jose Quintanilla
Roberto Reyes
Reginald Scott
Andre Smith
Jeffrey Songcoa

Zoo

Carlos Molina

DWP

Cedric Bowen
Benjamin Conant
Terry De Ridder
Anthony Frias
Christopher Gilbert
Jacqueline Griffin
Enrique Miranda Munoz
Miguel Ortiz
Carol Richardson

Other

Marcela Aguilar
Eleanor Allen
Felicia Ammons
Jesus Arredondo
Thomas Carone
Rene Carrill
Thomas Carter
Ryan Cerda
Danny Chan
Rick Davis
Fred Dean
Roberto DelFrate
Adela Dominguez
Homer Duenas
Bradley Dunbar
Vera Edward
Richard Escamilla
Shaun Estevez
Edward Felix
Ronald Fortune
Sandra Fuentes
Marcus Gale
Johnny Garcia
Richard Gomez
Travon Gosey
Travis Greenwood
Ken Haraikawa
Halima Holmes
Wentong Huang
Thomas Huerta
Martha Hughes
Karen Kulzer
Coleman Lawson
James Lee

John Lee III
Rita Lindsey
Felipe Llamas
Yvette Loyd
Kyle McDonald
Carlos Mojarro
Faith Mok
Ronald Molinares
Jose Moreno
Jerene Norwood
Benjamin Orozco
Felix Padilla
Paul Parker
Salvador Perez
Gourgen Petrossian
Zakiyyah Potts
Claudia Quintero-Limon
Alonso Reyes
Marion Rivera
Maieshia Robinson
Angel Ruiz
Justin Ryan
Randy Salgado
Jamie Schumm
Xiaozhou Smith
Greg Stanton
Daniel Telles
Bonnie To
Anthony Uribe
Brice Way
Larry Wernli
Lewis Wilson
Ahmad Wilson
James Wolfe
Danielle Young

In Memoriam

Our thoughts and condolences are with the family and friends of the following current and retired City employees who have passed away. The number after the name indicates years of service.

Active

Davis, Carol, LAPD, 15
Garcera, Muriel, DWP, 28
Landerville, Scott, DWP, 36
Leal, Michael, DWP, 29
Lee, Jennifer, ITA, 13
Lindsey, Brian, Public Works, 13
Marquez, Miguel, Rec and Parks, 12
Nuno, Socorro "Cookie", LAPD, 8
Tiedge, Erika, Fire and Police Pensions, 20
Tucker, Oliver, Airports, 9
Turntine, Terrell, DWP, 8
Winters, John, DWP, 14

Retired

Amanti, Joseph, DWP, 20
Arnold, William, Building & Safety, 25
Audet, Paula, DWP, 17
Cole, William, Public Works, 21
Cuellar, Ronald, DWP, 36
Dalton, Leo, Public Works, 36

Daniels, Roy, Building & Safety, 20
Dowbusz, Stefan, LAPD, 34
Estiva, Evangeline, Public Works, 7
Garnett, Clayton, DWP, 32
Gonzalez, Eloy, CDD, 21
Green, Reginald, Public Works, 30
Green, Rogers, Public Works, 36
Harper, Charles, Rec and Parks, 13
Haskin, Erbie, Public Works, 34
Hollis, Robert, General Services, 11
Houston, Douglas, DWP, 20
Joko, Tadashi, General Services, 25
Hellen, Lynda, LAPD, 19
Jenkins, Floyd, Public Works, 27
Kelley, Harold, Transportation, 37
Kulzer, Thomas, LAPD, 32
Lamprecht, Carl, DWP, 40
Lange, Doran, LAPD, 27
Larson, Leslie, DWP, 27
Lomelin, Cruz, DWP, 30
Moss, Muriel, Public Works, 38

It's Time to

Tell Their Story

An *Alive!* feature

Every month, *Alive!* publishes the names of those current or retired City Employees who have died. But who were they? Did you know them? If you worked with any of these people, knew a story or two about them or were related to them, consider writing to *Alive!* and letting us know. *Tell their story!*

- Write a few sentences or paragraphs
- Send in a photo, if you have one
- Let us know your name and connection to the deceased
- Send your memories to: talkback@cityemployeesclub.com
Subject line: *Tell Their Story*



Nakatani, Frank, DWP, 27
Nunez, Betsy, Public Works, 32
Parker, Genevieve, Airports, 26
Roach, Janis, DWP, 37
Roig, H.J., Library, 21
Rushing, Joe, Public Works, 22
Stothers, John, General Services, 11

Telles, Manuel, Building & Safety, 25
Weigel, Robert, Public Works, 21
Weisman, Roger, City Attorney, 31
Woelfel, William, DWP, 33
Yamanishi, Kunio, Public Works, 30
Yapana, Leticia, DWP, 32



Peace of Mind



BY TIFFANY SY,
The Club's
Peace of Mind Expert
tsy@cityemployeesclub.com

Get Insured Against Rising Long-Term Care Costs

The national average rates for private nursing homes and assisted living rates have gone up year after year. A study released by Statista reveals that, in the United States this year, the cost for staying at a nursing home with a semi-private room costs around \$80,000 annually, compared to \$70,000 in 2011 (study completed by Georgetown University).

Long-term care insurance (LTCi) is a type of insurance designed to cover the costs associated with aging. Benefits are provided to cover expenses incurred at a nursing/convalescent home, your own home or at an assisted living facility. There is a critical need in America to prepare consumers with affording the costs of long-term care. Medicaid/Medical will pay for services only if you have exhausted all other resources, including your home and pension. In-home custodial care, assisted living or nursing home services are typically not covered by traditional health insurance or Medicare.

Americans will have to fund their own long-term care insurance. This leaves a

dilemma on most middle-class Americans when their family is confronted with an ailing elder left with no insurance. It is critical to sit down with your loved ones and have the talk of planning for long-term care needs to ensure the kind of care in the future.

The City Employees Club offers a group exclusive long-term care insurance plan through Unum Life Insurance Company of America. This LTCi plan will provide a monthly benefit (\$1,000 - \$5,000) in the form of a tax-free check payable directly to the insured person to cover the cost of custodial, nursing and assisted care. Our plan allows you the freedom to take this plan with you anywhere in the United States to any board licensed nursing care facility, assisted living facility or in the comfort of your own home.

Our group long-term care insurance plan is open exclusively to active and retired City and DWP employees, spouses, parents, in-laws, grandparents and grandparent in-laws.

To qualify for the plan, you must be in good health to pass medical under-

writing guidelines. In most cases, medical records are retrieved and reviewed by the carrier for pre-existing conditions. Insurance carriers have the right to decline coverage if they deem you uninsurable. It is generally a good idea to apply for insurance coverage when you are healthy enough to pass medical underwriting or an evaluation of pre-existing medical conditions.

Once you are enrolled onto the plan, to receive benefits, your personal physician must verify that you are not able to perform a minimum of two Activities of Daily Living (ADL) to trigger your benefit. The California Department of Aging has listed the ADLs as: bathing, dressing, continence, toileting, transferring, eating and ambulating.

There are various care options and benefits one can choose within a long-term care plan. Your selection of these choices will determine the cost of your long-term care insurance. Your premiums are waived during the time you are receiving benefits.

Your age at the time of the application is also a determining factor of your premium. Our rates are fixed, which means they do not go up with age! The younger you are when you purchase the insurance, the lower your rates will be. You can lock-in your rates for this year by submitting your application by Dec. 31. Call us today for an enrollment kit and beat the deadline to lock in your rate.

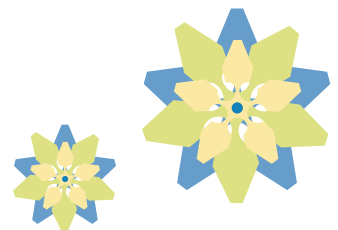


Graduation

Have a photo of a recent graduate? Send photo and the appropriate information to talkback@cityemployeesclub.com



Mariah Moseley graduated from Antelope Valley College with an Associate's degree in social/behavioral science. She plans to attend Virginia Commonwealth University this fall. She's the daughter of Madeleine Fruge-Moseley, Principal Property Officer, LAPD.



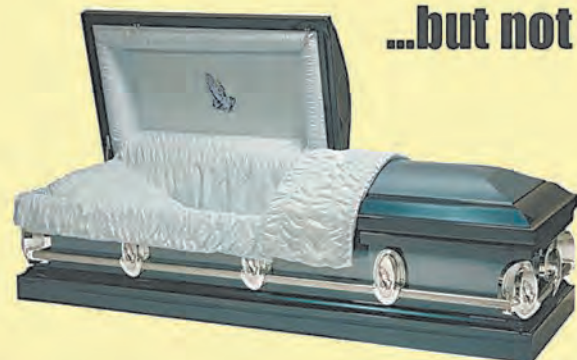
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- ✓ Your coverage is portable. If you leave the City or DWP, you can take your coverage with you.
- ✓ Paid off in 7 years.

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Van Nuys, CA

Lorenzen Angeleno Mortuary
Reseda, CA

Woods-Valentine Mortuary
Pasadena, CA

Cabot & Sons
Pasadena, CA

Inglewood Mortuary
Inglewood, CA

Angeleno Mortuary
N. Hollywood, CA

Crawford Mortuary
Northridge, CA

Ingold Chapel
Fontana, CA

Hawthorne Mortuary
Hawthorne, CA



Tiffany Sy
Club Member Services Counselor
(800) 464-0452
tsy@cityemployeesclub.com

Getting started is easy. I can help you right away!

Finance

Story by Andrea San Agustin, Personnel/Liaison to the Office of Finance
Photos courtesy Finance

Outstanding Service

Finance honors employees for providing outstanding service.



The following six honorees were recognized for their outstanding service and above and beyond performance during fiscal year 2014-15:



2015 Outstanding Service Awardees with Director of Finance Antoinette Christovale, from left: Ellaina Smith, Clarence Holston, Audrey Childress, Ms. Christovale, Jorge Enciso and Wanda Tran.

Salvador Franco, Customer Service Specialist
Employee of the Year



Salvador Franco, Customer Service Specialist, earned the designation of Employee of the Year for 2015. Salvador began his City career in 2003 with Public Works/Sanitation, and came on board with Finance in 2008. He is the top producer at the City Hall Public Counter by a wide margin. He helps, on average, three more customers per hour than the next closest Customer Service Specialist (CSS). In the absence of supervisors at the public counter, Salvador closes batches and prepares the deposit. Salvador consistently displays excellent customer service, a great deal of patience, extensive knowledge of the policies, procedures and ordinance, and dedication to the job.

Salvador has a very high production rate. A spreadsheet is prepared each month to calculate the number of customers helped per hour by Customer Service Specialists. Salvador averages about six visitors per hour, which is about double the amount of his fellow CSSs. In times of high volume, Salvador truly shines. During renewals, Salvador averaged 9.9 taxpayers assisted per hour. The next closest CSS averaged 5.2 taxpayers. This high production level is only matched by his excellent customer service skills. Customers often request to see Salvador, and will wait until he is available.



2015 Outstanding Service Awardee and Employee of the Year Salvador Franco with Director of Finance Antoinette Christovale.

Audrey Childress
Tax Compliance Officer II



Audrey Childress, Tax Compliance Officer II, began her City service in 1999 with City Clerk and joined Finance shortly after in 2000. She performs a variety of tasks for the LATAX Section and is a key individual in ensuring the success of the day-to-day operations within the department. She is the primary contact person for the LATAX helpdesk, assisting all Finance staff with any LATAX issues that may arise.

Audrey coordinates all tax intercept functions between this department, other City departments, and taxpayers and ensures that City vendors are compliant with their tax payments prior to the City issuing payment. Audrey's efforts in this area have resulted in the City making nearly \$600,000 in tax collections throughout the life of this program. Earlier this year, Audrey was assigned to provide supervision within the Renewals Unit, specifically to direct the closing of the renewal batches and opening deposits in a timely fashion, while making sure that all of the related correspondence and letters have been completed as well. This year, for the first time, all of the renewal payment batches and correspondence items were completed prior to creation of the Notice of Hearing file, resulting in less taxpayer issues. Audrey is a team player and possesses a great work ethic and excellent customer service skills.

Jorge Enciso
Tax Compliance Officer II



Jorge Enciso, Tax Compliance Officer II, began his City career with the City Clerk in 1998 and transferred to Finance in 2000. He has taken on some of the more advanced and critical functions in AB 63 operations. His leadership abilities and outstanding knowledge of both the Tax Ordinance, and the daily operations of the unit, have proven to be an invaluable and continuing asset to Finance and the City of Los Angeles.

He continues to be an excellent troubleshooter and is able to identify problems and formulate sound solutions to complex issues, both with taxpayer accounts and also internally. He has taken the lead in the preparation and organization of unit reports, including the monthly report. In the past twelve months, he has received thanks from numerous taxpayers he has worked with.

Jorge is the first to volunteer for service when operational demands dictate our involvement in special projects. With superior knowledge of the standards for reporting unit activity, he has identified and spearheaded the effort to update all documents for AB 63 Unit mailing campaigns, and has suggested re-tooling the correspondence list to taxpayers based on mailing address referrals from USPS, resulting in net revenue to the City.

Clarence Holston
Accounting Clerk I



Clarence Holston, Accounting Clerk I, who began his City career in 1991, was recognized for his outstanding work ethics and dedication to duty. During his tenure with Finance, he managed and recorded accounting transactions for the Citywide Collections Unit (CCU). He started working on CCU's collection activities, and quickly learned the process for posting the collections of delinquent accounts and creating batches in the LATAX system to transfer funds to various revenue accounts. In Fiscal Years 2012-13 and 2013-14, Clarence processed and transferred a total of \$11.4 million and \$13 million, respectively, to other revenues.

Clarence was also one of two staff members who managed the payroll of more than 300 Finance employees, including more than 150 employees on mileage. Prior to his retirement, he was assigned to the Payroll section and brought with him the expertise he developed while performing the payroll function in the Office of the City Treasurer. He independently processed salaries, mileage and parking reimbursements, bonuses and other payroll-related payments. He responded to requests and inquiries from City employees, within Finance and other departments, in a courteous manner. He demonstrated integrity, independence, reliability, accuracy, resourcefulness, courtesy and timeliness, which are essential in carrying out payroll functions. Clarence retired from City service in June.

Ellaina Smith
Finance Collection Investigator II



Ellaina Smith, Finance Collection Investigator II, began her City career in 1984 with Public Works and joined the Office of Finance Citywide Collection Unit (CCU) in July 2003, when the unit was transferred from the City Attorney's Office. Ellaina was nominated for going the extra mile to train new employees within the CCU.

In February 2015, there was an unusual amount of employee movement in the CCU. Ellaina's immediate supervisor left City service, and the section manager for the CCU also retired. In addition, three new employees were hired as Tax Compliance Officers (TCOs). Due to scheduling issues, there was an unusual two-week gap from the time of the new TCOs' start dates and the beginning of the mandatory three-week ordinance training. Ellaina coordinated with two other employees and developed a training program for the collection staff, which included shadowing the more seasoned staff to Small Claims Court. TCO staff who recently rotated into the CCU were also included in these training sessions.

After the CCU and ordinance trainings, Ellaina saw a need to provide additional training to the new staff. Ellaina started a daily afternoon training forum that enabled employees to bring their issues and questions for group discussion and resolution. These daily forums continued for about three weeks, and later became as-needed when issues arose. The sessions were very productive and informative. Everyone participated and staff worked collaboratively to discuss and resolve issues. It should be noted that Ellaina was not asked to do this, but initiated the forum on her own. These training forum sessions helped the transition of the new staff to CCU immensely.

Wanda Tran
Tax Auditor II



Wanda Tran, Tax Auditor II, began her City career with Finance in 2009. She performs exceptionally well in all areas of her duties and responsibilities. Wanda's willingness to learn and her ability to adapt to any situation are assets that she has consistently carried through the years. Her ability to constantly produce quality audits, as well as complete monthly reports ahead of the deadlines, can only come from an Auditor who has set a very high bar for herself.

The fact that Wanda has only a few audit hearings shows that she is producing quality audits that taxpayers agreed with without further question or dispute. Her work papers are very detailed, neat and always professionally done. She is very independent and requires minimal supervision. Her work precedes her for having the reputation of being recognized every year for meeting and exceeding the goals of the department, in addition to having significant recoveries. Wanda is well on her way to attaining the production standard for Fiscal Year 2014-15, with 50 completed audits with a recovery of \$3.4 million as of April 2015. She has outstanding communication skills and a professional attitude when dealing with taxpayers and co-workers.

Reviews by Fellow Club Members

ENTERTAINMENT

At the Movies

— *In the cinema*

Southpaw

Rated R

My Score: 5 (out of 5)

Champion boxer Billy Hope (Jake Gyllenhaal) loses his wife in a tragic accident. His life spirals out of control as he loses his boxing title and then his daughter to child protection services. He turns to trainer Tick Wills (Forest Whitaker) to help him get his life back on track.

Good sports films are inspiring and leave you wanting to be a better person. The excellent directing, acting, sympathetic characters, and the wonderful music score by the late James Horner brings this film up to something worth viewing.

— Lou Loomis, Rec and Parks

Mission: Impossible-Rogue Nation

Rated PG-13

My Score: 5 (out of 5)

This fifth installment of the *Mission: Impossible* franchise does not let up on the action, and is perfectly fit for a summer blockbuster. It left me breathless, especially on the sequenced action scenes beginning with the BMW car chase that ended with motorcycles. This time, Tom Cruise (agent Hunt) and the IMF team seek to dismantle a ghost group called the Syndicate all the while trying to avoid capture ordered by CIA director Alan Hunley (Alec Baldwin). Without hesitation, I recommend seeing this in IMAX.

— Chuck Beas, DWP

Ant-Man

Rated PG-13

My Score: 4 (out of 5)

Ant-Man is another Marvel movie with Michael Douglas as Dr. Hank Pym and Paul Rudd as Scott Lang, the Ant-Man.

Scott is an ex-con who finds a very special suit that shrinks him to scale of an ant with super human strength and the ability to control armies of ants to aid his battle to help Dr. Pym defend his technology to be used for evil.

This was a very entertaining and enjoyable family movie, one of the best Marvel movies yet. It's amazing how they made Michael Douglas look so young in the beginning of the movie.

— Gwen Lew, Retired, DWP

Ricki and the Flash

Rated PG-13

My Score: 2 (out of 5)



Ricki and the Flash sort-of held together while I watched it in air-conditioned comfort, but as soon as I got in the car to go home it fell apart. Struggling bar band rock star Ricki (Meryl Streep) comes back home to attend to her struggling adult daughter, but the daughter (Streep's real-life daughter Mamie Gummer) disappears about halfway through, and apparently all it took to get her going again was a cut and color.

So Ricki had three kids and then bolted the family. What made her do that after three kids? Did she ever share her passion and bring the young kids to her gigs? Did she miss them? How come none of them ever visited her? Did none of them ever have creative dreams like she did? What about Dad, played here inertly by Kevin Kline? Did Streep take this role just to get her daughter some screen time? Writer Diablo Cody and director Jonathan Demme are much, much better than this, so I wonder how much of their original vision got killed by studio execs who wanted only to hit the demo and never challenge it. (We get an obligatory and clichéd Boomers-smoking-weed scene that's really out of place here.) Without the many songs, some played at full length, this movie would take less than an hour. And that's about an hour more than it's worth.

— John Burnes, *Alive!* editor

Book Reviews

Tommy Lasorda: My Way

Colin Gunderson

Non-fiction sports, 240 pages

Triumph

My Score: 5 (out of 5)

This novel chronicles the life story of Tommy Lasorda's brief pitching career in major league baseball before finally finding his true calling as the world-famous coach and manager for 21 years with the Los Angeles Dodgers. Tommy tells of interviews with Vin Scully, Steve Garvey, Orel Hershiser, Mike Scioscia and others over his 65-year life in baseball.

Tommy is on a whirlwind book signing tour throughout the Southland telling stories of his life and times in Dodger baseball.

— Linda Rorex, Personnel

Leaving Time

Jody Picoult

Women's fiction, 485 pages

Ballantine

My Score: 5 (out of 5)

Jenna Metcalf was told by her grandmother that her mother had abandoned her when she was three years old while working at the New England Elephant Sanctuary. Her mother Alice was found unconscious and taken to the hospital and vanished from the hospital, never to be seen again. Jenna refuses to believe that her mother abandoned her and searches desperately to find answers as to why her mother left. Jenna is helped by her friend, psychic Serenity Jones, and private detective Virgil Stanhope. Jenna finds clues that reveal shocking secrets of her mother's past.

— Linda Rorex, Personnel

Submit a Review!

Alive! publishes entertainment reviews of 100 words or fewer on a space-available basis.

■ Categories: Movies (in theatres or at home/streaming/DVDs); theatre; books; concerts; videogames.

■ Reviews must be written by you (not taken from another source) and exclusive to *Alive!*

■ Keep reviews to 100 words or fewer, but write more than one or two sentences.

■ Your own comments are more important than a long plot summary.

■ Give us your score on a scale of 1 to 5.

■ Tell us your name and City department (or retired).

■ Submit to: talkback@cityemployeesclub.com

■ *Alive!* will send you a small but appropriate "thank you" if we publish your review.

Video Gaming

— *Video games via online, rental or purchase*

The Witcher III: Wild Hunt

Rated M for Mature

For PlayStation 4, Windows, Xbox One

My Score: 5 (out of 5)



I have been a fan of *The Witcher* series ever since the first game was released back in 2007. And while the two previous games have been incredible, the latest game in the series – *The Witcher III: Wild Hunt* – may just be the best example of a perfect game to be released this year. Excellent character design, character progression and a great amount of exploration, mixed with well-balanced controls and an intuitive learning curve make this a great game for both rookie and veteran gamers. A lot of thought and love went into this game and the final presentation really shows that.

— Richard Cardenas, LAPD



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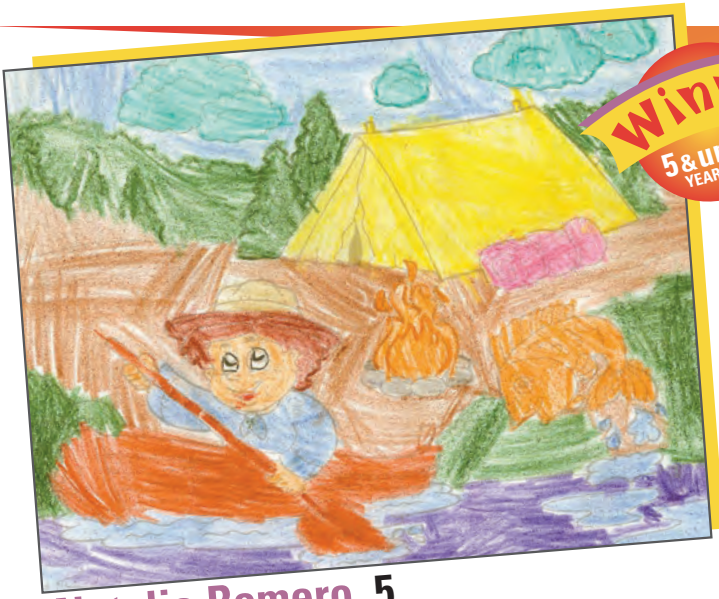
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	Allstate	\$1,329
	Geico	\$1,311
	Auto Club	\$929
	United Agencies	\$876

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Winner
5 & under
YEARS OLD

Natalia Romero, 5

BIRTHDAY: April 6 • FAVORITE TV SHOW: "Sofia the First"
FAVORITE SNACK: Chocolate Chip Cookies • BEST FRIEND: Shaila
WHY DO YOU WANT TO GO TO THE AQUARIUM OF THE PACIFIC?
I want to see squids, sharks, octopus, stingrays and fish.
PARENT: Eloy L. Mendoza, Rec & Parks, Retired

Coloring with Mariana!



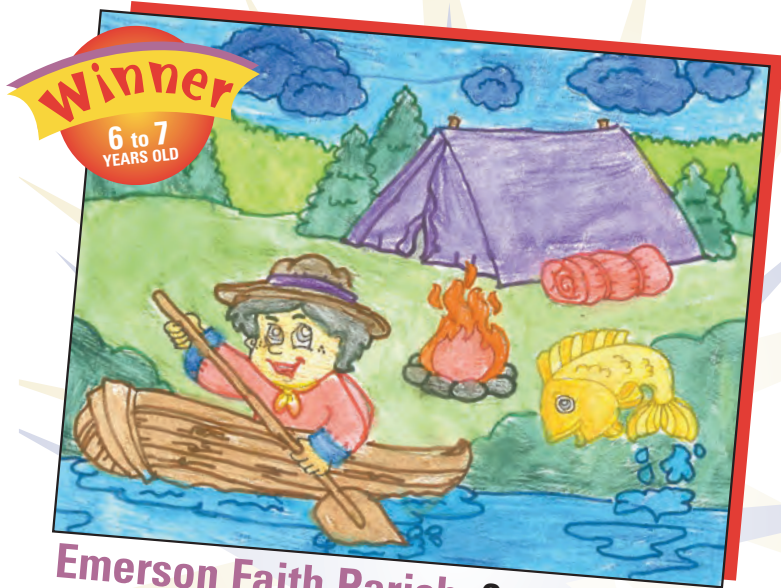
Compiled by Mariana Guevara, Club Store Manager

The Alive! Children's Coloring Contest

Congratulations to the WINNERS!
of our Club Coloring Contest!

Everyone who turned in a design is a winner in our opinion! But our top four participants win 4 Free Tickets to Knott's Soak City!

Look for our next contest in the October edition of Alive!



Winner
6 to 7
YEARS OLD

Emerson Faith Parish, 6

BIRTHDAY: Nov. 23 • FAVORITE SNACK: Apples and Peanut Butter
BEST FRIEND: Mikayla • WHY DO YOU WANT TO GO TO THE AQUARIUM OF THE PACIFIC?
To walk around to see sharks and beautiful fish • PARENT: Edwin Wold, Lineman Underground.



Winner
8 to 10
YEARS OLD

Jenna Valencia, 9

BIRTHDAY: Feb. 1 • FAVORITE TV SHOW: "Spongebob"
FAVORITE SNACK: Cookies with milk • BEST FRIEND: Maddie
WHY DO YOU WANT TO GO TO THE AQUARIUM OF THE PACIFIC?
...because I want to spend time with my family and I have never been there before. • PARENT: Hugo Valencia, C&M Supervisor LAWA



Winner
11 to 13
YEARS OLD

Madeline Ishida, 11

BIRTHDAY: Sept. 15 • FAVORITE TV SHOW: "Spongebob Squarepants"
FAVORITE SNACK: Cheezits • BEST FRIEND: Paris
WHY DO YOU WANT TO GO TO THE AQUARIUM OF THE PACIFIC?
...because I really like learning and seeing sea life
PARENT: Kevin Ishida, LAPD Air Support Division

Honorable Mention

CHILD	AGE	PARENT/GUARDIAN	DEPT.
Christian Adame	3	Kara Adame	LAPD
Abigail Cadby	4	Edwin Wold	DWP
Milo Parish	4	Edwin Wold	DWP
Sophia Aubin	5	Michael Aubin	DWP
Emma Christopher	5	James Christopher	DWP
Matthew Lansang	5	Leann Lansang	LAPD
Ethan Ulloa	5	David Miner	Harbor
Jan Yoshida	5	Eric Yoshida	DWP
Jackson Cadby	6	Edwin Wold	DWP
Joshua Estrada	6	Ramon Estrada	Harbor
Marcos Herbert	6	David Aguirre	LAPD
Luci Pemble	6	Gail Staugaard	Retired
Gianna Rivera	6	Irene DiGiorgio	Retired
Emily Simmons	6	Douglas Donavan	Rec and Parks
Ella Villegas	6	Carlos Villegas	DWP
Leyla Yoshida	6	Eric Yoshida	DWP
Kerrington Ambrose	7	Kirk Ambrose	DOT
Anna Bowers	7	Terree Bowers	City Attorney
Kaylin Ganier	7	Kimberly Ganier	LAPD
Jade Glenchur	7	Mark Glenchur	LAFD
Kayla Hargrove	7	Ean Hargrove	DWP
Rebecca Wamsley	7	Steve Wamsley	Rec and Parks
Sydney Avery	8	Tenesha Dobine	LAPD
Rossalyn Glenchur	8	Mark Glenchur	LAFD
Michael Ling	8	Irene Ling	LAPD
Jenna Moutes	8	Tom Moutes	LACERS
Olivia Parish	8	Edwin Wold	DWP
Jacob Rodriguez	8	Jesus Rodriguez	DWP
Mia Villegas	8	Carlos Villegas	DWP
Olivia Cruz	9	Mardoqueo Cruz	Public Works
Joel Duarte	9	Mario Duarte	General Services
Sydney Hernandez	9	Eduardo Hernandez	Rec and Parks
Darriane Hobson	9	Joanne Hobson	Animal Services
Vincent Ibarra	9	Sergio Ibarra	Airports
Jaelynn Parish	9	Edwin Wold	DWP
Raymond Trinh	9	Thai Viet Trinh	Public Works
Alex Anaya	10	Luz Anaya	DWP
Charity Carrasquillo	10	Charlotte Carrasquillo	General Services
Laci Ganier	10	Kimberly Ganier	LAPD
Jonah Kravits	10	Kathy Kravitz	LAPD
Arianna Roberts	10	Saturo Tanaka	Retired
Victor Tario	10	Jenipher Quintanilla	Airports
Kyla Thomas	10	Nyra Smith	Harbor
Nadia Gallarzo	11	Georgina Tamayo	Housing
Gregory Hernandez	11	Mark Hernandez	DWP
Kyle Kadomatsu	11	Kelly Kadomatsu	LAPD
Nichelle Perkins	11	Evelyn Fitzpatrick	Retired
Natalie Rodriguez	11	Jesus Rodriguez	DWP
Mariah Delgado	12	Charles Garcia	Public Works
Brandon Roberts	12	Saturo Tanaka	Retired
Shawn Jackson Jr	13	Phyllis Massey	Retired
Travis Kays	13	John Kays	Retired
Maritza Rodriguez	15	Jesus Rodriguez	DWP

Send Us Your Recipes!

If you would like your recipe published in the next issue of *Alive!*, you may fax your recipes to (213) 620-0398 or e-mail us at talkback@cityemployeesclub.com

Cooking with the Club

with Chef Robert Larios



ZUCCHINI PIZZA BOATS

I love the taste of pizza. I know many of you do, too. The combination of the mozzarella cheese, dough, tomato sauce and ingredients including basil and Parmesan cheese harmonizes with most human taste receptors.

There is an art to making the perfect pizza. In my experience, it is all about the tomato sauce. Much care and patience must be taken to make it. Making the sauce places any dish on a higher plane of taste. However, most people don't have that kind of time for a variety of reasons. So in this recipe I accommodate for store bought tomato sauce. Most importantly, instead of dough, I am using zucchini. This is an amazingly great tasting alternative – reducing carbohydrates in the dish and adding more vegetables to diets. For parents out there, this is a terrific way to add more vegetables to your children while maintaining the pizza flavors we all love.

¡Buen provecho! *Chef Larios*

Photography by Patricia M. Larios

INGREDIENTS:

- 2 tablespoons extra virgin olive oil
- Sea salt and freshly cracked pepper to taste
- 1 tablespoon oregano
- 1 tablespoon basil
- 2 cloves garlic, minced
- 1/2 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- Pepperoni slices
- 2 to 4 medium zucchinis
- Tomato sauce or appropriate alternative

Makes 4 Servings



[A Cook's Dictionary]

Zucchini:

A popular summer squash shaped like a slightly curved cylinder, a bit smaller at the top than at the bottom. A zucchini's skin color can vary from dark to light green, sometimes with yellow markings that give it a mottled or striped look. The off-white flesh has a very pale green cast and the flavor is a light and delicate. Zucchini can be cooked by a variety of methods, including steaming, grilling, sautéing, deep-frying and baking.

Bibliography: © Barron's Educational Services, Inc. 2009, Adapted from *The New Food Lover's Companion*, 2007, by Sharon Tyler Herbst and Ron Herbst

DIRECTIONS



1 Wash and pat dry zucchini. Then slice in halves and place in a baking pan. Drizzle or brush halved zucchinis with extra virgin olive oil with minced garlic in a small cup on all sides. This will reduce sticking to pan.



2 Add tomato sauce to zucchinis. Then add mozzarella cheese, Parmesan cheese and pepperoni slices in that order. Feel free to add some dried basil and oregano at this point. Drizzle a little more extra virgin oil on top. Preheat the oven to 375 F.



3 Bake for 30 minutes or until cheese and pepperoni are golden brown. Depending on thickness of zucchinis, you may need to cook longer.



4 Serve and enjoy!

Fun Food Quote:

"Vegetables are a must on a diet. I suggest carrot cake, zucchini bread and pumpkin pie."

– Jim Davis, creator of *Garfield*

Cooking TIDBIT

You may pre-cook the zucchini in the oven or grill to help with the internal cooking. You may also hollow and scoop out some of the squash after halving them with a knife and then add all the ingredients to reduce cooking time. Also, younger zucchinis are smaller and more tender and will cook sooner.



Story and photos by Jeanette Gadut, Member Services Counselor

THIS MONTH AT THE



Griffith Observatory

Sunset Walk

Sept. 22

6:40 – 7:40 p.m.

The Observatory offers a sunset hike led by a Park Ranger and a museum guide. The easy walk starts on the Observatory's West Terrace, proceeds up the Charlie Turner trail to the Berlin Forest on the hill just north of the Observatory, and then returns to the West Terrace. The distance covered is about half a mile over the course of an hour at a very moderate pace with stops along the way to discuss the highlights and history of Griffith Park, and objects visible in the evening sky.

Note: The Charlie Turner trail is a moderately steep earthen trail. The Observatory recommends footwear appropriate for hiking.

FREE!

Information:

griffithobservatory.org/programs/programs.html#walktalk

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Public Works

West LA Open House

The West LA Sanitation Yard hosts its popular open house.

The West Los Angeles District Sanitation yard held its annual open house June 27.

The largest of Sanitation's Open Houses was open to the public to provide outreach and educate the community about its operations. It was an interactive event for all. Refuse trucks lined the grounds, allowing children to operate them. Rides around the yard were also given to participants, and tours of the repair shop were available as well. Several booths were strewn across the grounds providing information on recycling and composting, and miniature potting plants were given away.

Other highlights of the open house included music provided by their very own DJ, free food, and free fruit trees distributed to Los Angeles residences. It was an action-packed day full of fun and education for all attendees.



From left: Joseph Norwood, Refuse Collection Truck Operator, 28 years of City service, Club Member; Willie Hunt, Refuse Collection Truck Operator, 31 years, Club Member; Harvetta, Refuse Superintendent, 20 years, Club Member; Daniel McKay, Solid Resources South Collection Division; Craig Cox, DAC Yard Rep, 12 years, Club Member; and Rhonda Wright, Refuse Collection Truck Operator, 10 years, Club Member.



From left: Kirk Johnston; Wayne Downing, North Central Supervisor, 32 years of City service, Club Member; "Big Train," Refuse Collection Truck Operator, 34 years; Darryl Bose, Refuse Collection Truck Operator, 27 years; Curtis McEwing Jr., Refuse Collection Truck Operator, 25 years, Club Member; and Gabriel Buelna, Refuse Collection Truck Operator, 10 years, Club Member.



Seth with Gabe Miranda, Supervisor, 14 years of City service.



Linda Allen Jeter, Sr. Management Analyst, 18 years of City service, Club Member.



A guest with Michael Jackson, Refuse Supervisor, 35 years of City service, Club Member.



A family of four enjoys the event.



Michael Jamerson, Waste Water Collection Worker II, 29 years of City service, Club Member.



Christina Jones, Environment Engineer Associate, 4 years of City service, Club Member.

LaFrazia Knighten, Refuse Collection Truck Operator II, 7 years of City service, Club Member, with his wife, Alicia, and children Jordan, Joshua and C.J.



From left: Richard Humphrey, Refuse Collection Truck Operator, 28 years of City service, Club Member; and Daniel McKay, Solid Resources South Collection Division Superintendent, 20 years, Club Member.



Mai Nguyen, Project Assistant, 8 years of City service.



Darius Green, Refuse Collection Truck Operator, 35 years of City service.



Dion Tarver, Waste Water Collection Worker II, 15 years of City service, Club Member.



A volunteer with Bryan Johnson, Refuse Collection Truck Operator, Club Member, 27 years of City service, Club Member.



From left: Anthony Hatten, Heavy Duty Truck Operator, 26 years of City service, Club Member; and Daniel McKay, Solid Resources South Collection Division Superintendent, 20 years of City service, Club Member.

Sterling Davis, Refuse Collection Truck Operator, 10 years of City service, Club Member.



Daniel Hernandez, Refuse Collection Truck Operator, 1 year of City service, Club Member.



James Ward, Yard Waste Supervisor, 16 years of City service, Club Member.



CLASSIFIED ADS

Members Marketplace

New Ads This Month!

For Sale: Exercise machine. Rock 'n' Roll Stepper Body Express by Tony Little Designs. New in box. \$65. (212) 792-3130. 9/15

For Sale: Printer, color, Lexmark X2470. New in box. \$20. (212) 792-3130. 9/15

For Sale: VCR, Mitsubishi HS-U520, 4 head Hi-Fi. Remote. Exclnt. cond. \$25. (212) 792-3130. 9/15

For Sale: Dental appliance, WaterPik, ultra cordless. New in box. \$45. (212) 792-3130. 9/15

For Sale: Light meter. Gossen Luna Pro SBC. Manual, new cond. \$65. (212) 792-3130. 9/15

For Sale: Binoculars. Bausch and Lomb. 7x35, 11 degree field. W/case, strap. Exclnt. cond. \$75. (212) 792-3130. 9/15

For Sale: Exercise set. Tony Little Easy Shaper. Exclnt cond. \$40. (212) 792-3130. 9/15

For Sale: Pots/pans. Wolfgang Puck brand. Stainless steel. 13 pieces, like new. \$50. (212) 792-3130. 9/15

For Sale: Panini maker. Wolfgang Puck brand. Black/chrome, like new. \$40. (212) 792-3130. 9/15

For Sale: Timeshare. Pacific Monarch/Diamond Resorts. One full week, two bedrooms. Don't buy direct. \$2,000/obo. Elizabeth, (909) 772-4087. 9/15

For Sale: Pickup truck. 1984 Ford F-150. 54,000 miles. Brown/white. Sold as is. \$1,800/obo. (310) 764-4478. 9/15

For Sale: TV/entertainment center. Phillips Magnavox 60-inch TV, \$200/obo. All maple entertainment center, 3 piece, glass doors, tall sliding compartment doors, \$800/obo. Martha, (213) 367-4094. 9/15

Mattress: Beautyrest Black (Alexia) queen size, extra firm, new mattress, \$600 obo. Responsible for own pickup. Dwain, (323)754-8382 or dnrhenry@yahoo.com 4/15

Ping Pong Table: 5 x 9, fold-up & roll-away, \$75. Joe @ (310) 323-4940. 2/15

Baby Crib: Never used, brand new & in great condition. Delta brand, amber model #6925-204, \$130. John @ (562)755-9462. 2/15

Cocktail/Coffee Table: New, modern glass-top. \$300 (El Segundo). Espresso colored base w/large glass top elevated by grey posts. 43" x 43". Breakdown is easy. Must be able to lift & transport on your own. Javier Gomez @ (310) 529-0543. 12/14

Table Set: With leaf & 4 chairs. \$300 OBO, great condition! Valerie @ (951) 315-3920. 11/14

Hutch & Cabinet: Touch light, matching set \$500 OBO, great condition! Valerie @ (951) 315-3920. 11/14

Dinette Set: 9 piece, dark brown oakwood w/ matching leather chairs & leaf for extension. \$2,500. Parker @ (562) 612-6567. 8/14

Homes/Rentals/Land

For Sale: Home/studio apts., three sep. units sold as one package. Bakersfield. Front home: 2 bd., needs work (in progress), flippable. 2nd bedroom rentable. 2 studio apts. in back, rentable. \$110,000 total. Sold as-is; seller selects title/escrow co. Email: tisdaseason2468@outlook.com 8/15

For Sale: Townhouse. Las Vegas/Chinatown, near Strip, behind school, near major streets. Has rental tenant. \$85,000, HOA \$100/month. Sold as-is; seller selects title/escrow co. Do not disturb tenant. Email: tisdaseason2468@outlook.com 8/15

For Rent: House, 2 bed, 1 bath. Chinatown. Old-fashioned porch, downtown skyline view. Front/ side garden areas. 1 gated parking spot. Washer/dryer on premise (shared w/3 units). Convenient to downtown, Staples Center, Gold line/public transport, Glendale, Pasadena, Burbank, 101/5/110 fwy's, Olvera St., Dodger Stadium, Echo Park, Griffith Park, Silverlake. App. process/credit check req. No pets. 1 yr. lease min. \$1,500/month. (323) 919-1163. 8/15

For Rent: Apt., 1 bed, 1 bath. Near First/Alvarado. 1 of 3 units. 1 car garage. Near Mid-Wilshire, Koreatown, Good Samaritan Hospital, Staples Center, Echo Park, Silverlake. App. process/credit check req. No pets. 1 yr. lease minimum. (323) 919-1163. 8/15

For Sale: Timeshare, Puerto Vallarta 1+1, 1/2, sleeps 4, beachfront Playa del Sol Costa Sur Resort. Asking \$1,800, extended thru 2030. Jennifer, (818) 517-3675. 8/15

For Rent: Lovely apartment in Los Angeles (5-units). 1 bed / 1 bath, kitchen, living room, dining room, 1-car garage. Upstairs unit. New paint, carpet, windows and fixtures. Very quiet on Don Tomaso Dr. Close to public transportation. Call for more details (310) 365-1868. 8/15

For Sale: Cabin, A frame, San Bernardino mtns., secluded, views. 765 sq. ft.; 1BD/1BA; new cabinets; needs work; 30903 Live Oak Dr., Running Springs. Photos on Realtor.com. \$127,000; Dan Teter: (866) 214-8587. 7/15

For rent: Vacation rental, Big Bear Lake. 3 bd/2 bath house in village. Fully furnished, near the lake. John Long, Call (909) 837-8347. 5/15

For rent: 3 bedroom, 2 bath 2-story townhouse for rent in Monterey Park with high ceilings. Conveniently located 7 miles east of civic center, between the 10 and the 60 freeways. Great schools parks, markets, stores, restaurants. Attached 2-car garage. No pets. Minimum 1 year lease, application process and credit check. Complex has a pool. Call (323) 919-1163. 4/15

For rent: Studio apt. in safe, quiet La Crescenta, Wifi-ready, semi-furnished, double-pane windows, glass-sliding doors opening to vegetable garden, fruit trees, succulents, seating areas, mountain views. Close to Montrose and Trader Joe's, 2 blocks to public transportation. \$1,400 includes utilities. Lita, (818) 795-4074. 4/15

Vacation rental: Condo in beautiful oceanfront resort, Cabo San Lucas. 7-day rental for \$795. 1 bd, 1 bath; completely furnished, full kitchen w/ views of El Arco on Medano Beach. Close to downtown, shopping, restaurants, entertainment. View at clubcascadasdeabajo.com. (562) 301-2940. 4/15

For rent: Lovely apartment in Leimert Park (in 4-unit complex). 1 bd/1 bath, kitchen, granite countertops, living rm, dining rm, 1-car garage. New paint, carpet/hardwood and tiled floors, windows and fixtures, Washer/dryer hookup. Close to public transportation. 15 minutes from downtown, USC, beach. (310) 261-2085. 4/15

For Rent: Lovely downstairs apartment, 82nd/Crenshaw, very quiet, close to public transportation. 1BD/1BA w/kitchen, living room, dining room, 1-car garage in Inglewood (4-units). Newly painted, new carpet, fixtures, double glazed windows & new granite kitchen countertop. \$1,200. Info @ (323) 292-9989. 3/15

For Rent: 1BD/1BA apartment in North Inglewood. Mr. Brown @ (323) 296-1547. 3/15

For Rent: Newly remodeled 2BD/1BA, LA/Baldwin Hills area. Carpet & hardwood floors, laundry on-site, quiet neighborhood, non-smoking unit, 1-car garage. Paid utilities: water & gardener. No pets. \$1,600mo + \$1,600 deposit. Info @ (310) 365-1868 or ttrieron2001@yahoo.com 12/14

For Sale: Condo 1BD/1BA. All new paint, carpets, dishwasher, etc. Boulder City, NV. Info @ (702) 293-9554. 11/14

For Rent: Home in west Lancaster, 3BR/2BA. \$1,500/mo. Cathedral ceiling, 1844 sq/ft. Wheelchair accessibility. Gardener included. Info @ (661) 945-6571. 10/14

Household Items

For Sale: Refrigerator, side/side, 6 feet tall, white. \$225. Robert, (626) 633-1940. 8/15

For Sale: Lawn mower, 21 inch rotary, good condition. Plus other gardening items. \$58. Don, (818) 780-7788 (leave message). 8/15

For Sale: Lawn mower, 21 inch rotary, good condition. Plus other gardening items. \$58. Don, (818) 780-7788 (leave message). 8/15

For Sale: Motorized wheelchair, Go Chair, exclnt. cond., new battery. \$800/OBO. Peggy LeGras, (323) 314-9100. 7/15

For Sale: Food processor and juicer. Two items: Brand new Black and Decker food processor (pictured), \$50. Almost new Jack LaLanne Juicer Deluxe, chrome, \$50. Both, \$85. Pat, (310) 530-1863. 8/15

For Sale: e-printer, HP Photosmart 7520, brand new in box. \$75 or best offer. James A. Goree, (323) 778-6086. 8/15

Updraft Range Hood: Kenmore Elite 42" w/3-setting halogen lighting in white. Sears price: \$379.99. UNOPENED & still in original packaging. \$350 OBO. Peter @ (818) 353-7074 or (818) 254-7391. 2/15

Double Wall Oven: Kenmore 24" manual clean in white. Sears price: \$1299.99. UNOPENED & still in original packaging. \$1,150 OBO. Peter @ (818) 353-7074 or (818) 254-7391. 2/15

Built-In Dishwasher: Kenmore 24" Energy-star in white. Sears price: \$279.99. UNOPENED & still in original packaging. \$250 OBO. Peter @ (818) 353-7074 or (818) 254-7391. 2/15

Drying Center: Like new, white Maytag 2-in-1 Neptune w/lower tumble drum (7 cu. ft. capacity) & hanging/flat laying upper dry cabinet (17.3 cu. ft. capacity). Upper unit refreshes clothing w/o wash or dry & reduce wrinkles. Has a "sensor dry" setting. Best dryer I ever had! 73-3/4h x 32w x 26d. \$320. Phil @ (800) 678-4145, Extension #709. 1/15

Miscellaneous

For Sale: Kettle corn trailer. 2010, custom, 10-ft. stell welded frame. Fully wrapped, self-contained. Good cond., incl. equip./training. Go to: captainkettlecorn.com/CKC-Trailer.html. (877) 746-8696. 8/15

For Sale: Photo darkroom equipment. Enlargers, timers, printers, isles, trays, some chemicals. Can be sold separately. \$5 to \$150. John, (818) 846-5602, johnshandle@att.net 8/15

For sale: Front/rear auto floor liners, Weather Tech, for 2013 Mini Cooper Countryman. \$100. James, (626) 919-5209. 5/15

RV ONAN Generator: New & sealed from factory & never used, w/all manuals. 4 kw, 120 volt, 33.3 amps. \$500. Arnold @ (818) 361-1773. 3/15

Pomegranate Tree: Planted in the ground for 4 years, excellent fruit, \$25. George @ (818) 764-2091. 2/15

Kentucky Beer Recipe: Home-made, makes 15 gallons. Send \$3 cash to: Erzell Murray, P.O. Box 9252, Bakersfield, CA 93389 2/15

CLASSIFIED ADS

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Classified Submission Deadline:

9/15/2015

for publication in the October issue of *Alive!*

Wedding Dress: Kenneth Winston 1530, size 14. Dress was a hit at my wedding, simply beautiful. \$850 (retail \$1,500) & will throw in mantilla veil & tiara. Dry cleaned & looks like new. Mirna @ (213) 248-6878, call or text. 11/14

Musical Items: Casiotone 401 keyboard, foot pedal, instruction manual, \$200. 14 preset sounds (piano, organ, etc.), 16 preset rhythms (mambo, waltz, etc). Specs online. Frances @ (310) 324-3117. 11/14

Travel/Timeshare

Timeshare: Welks Resort, San Diego, CA. For Sale. \$20K. Chermaine @ (661) 547-6707. 1/15

Timeshare: For sale or rent. 1BD, Palm Springs, CA, deeded float week anytime during the year, can be exchanged for another resort worldwide. Info @ (310) 329-0682 or e-mail: time31011@yahoo.com 7/14

Wanted

Wanted: Room wanted in Burbank by caretaker. Experienced caretaker to provide light housekeeping, shopping, driving, companionship to elderly person in exchange for private room. Excellent references. Prefer Burbank area. Karen, (626) 252-1288. 7/15

Wanted: I buy all kinds of collectibles: crystal, Disney, fishing gear, military items, musical instruments, pocket knives, gold & silver, Radko, WDCC. Michael @ (626) 592-2929. 11/12

Transport

For Sale: 1963 Chevy Corvair, convertible. Good cond., runs great. Light green ext./int., white top. \$9,000 OBO. Alex, (323) 691-0872. 8/15

For Sale: Watercraft, his and hers, '93 Bombardier Seadoo, '91 Waverunner w/trailer. Great condition. Jackie, (626) 383-1708. 7/15

For Sale: Motorcycle. 2003 Harley-Davidson "Road King" 100th anniv. edition. 5,087 miles, stage 1. Detach. windshield, passenger back support, hard bags, battery charger, black/chrome. Hardly ridden, always garaged. 1 owner. \$11,000/OBO. John, (818) 366-3273 or text (818) 633-4164. 7/15

For Sale: Motorcycle, 2007 Kawasaki, like new/15 hours ridden, runs great, must see. \$3,000. Robert, (661) 964-7837 bet. 2-7 p.m. 7/15

For Sale: RV trailer/toy-hauler, 2006 Forest River Sierra Sport, 29 foot. Very good cond., new tires, new roof, 4,000 onan generator, low hours. \$15,000 OBO. Call/text John Long, (909) 837-8347. 7/15

2005 Honda Civic Si: Hatchback, manual, 2-door, sun roof, power windows, security system, XLNT running condition, tan color, 68K miles. \$10,500 OBO. Info @ (310) 642-0522. 10/14

1993 Infinity Q: Automatic, 4-door, power windows, XLNT running condition, green color, 125K miles. \$3,000 OBO. Info @ (310) 642-0522. 10/14

1959 Buick Invicta: Fully restored, 4 door asking \$25,000. Located in Tehachapi. For more pictures & info: drevlu24@aol.com 9/14

Pop-Up Trailer Tent: 2005 Rockwood Freedom, in good condition, very clean interior. Everything works well & ready for camping. Sleeps 6-8. 1 propane tank, stove, sink, spare tire, stabilizer jacks, water heater, awning & refrigerator. \$4,200. Yervand @ (818) 355-7704. 8/14

5th Wheel Trailer: 2010 Cougar High Country, excellent condition. Sleeps 4. Slide outs, awnings & full bath. All accessories & new 5th wheel hitch can be towed by 1/2 ton truck, it's ready to go. \$32,000 or TOP. Ken Hawkes @ (310) 505-5733. 8/14

1967 Caprice Classic: Runs great! Has a rebuilt motor & transmission, new tires, power brakes, new shocks, new brakes, hubcaps & a 327 motor. Air conditioning unit is valued \$1,000. Registered & tags are up to date. It's a running project. Asking \$5,000, must sell. Info @ (310) 753-9522. 8/14

1939 Buick 90 L Model Classic Car: 8 passenger limo. Buick only built 543 of this model. Needs to be completely restored, straight 8 cylinder engine. \$6,800 OBO. Located in Tehachapi. For more pictures, email: drevlu24@aol.com. 8/14

2013 Dodge Challenger: Like new, fully loaded, excellent condition, very low mileage asking \$30K OBO. "PATY" @ (626) 242-4365. 8/14

1993 Chevy Corvette: \$11,000. Great condition inside & out, excellent running condition, 74K miles. Automatic 40th yr anniversary model, maroon color. Sylvester (310) 748-2953 or Tanya (310) 713-0244. 7/14

Factory Mag Rims: (4) 2006 F150 w/near new Cooper/Hercules P265/165/17 tires. \$500 firm. Vinyl rear seat sold separately. \$400. Scott @ (562) 427-6700. 6/14

2005 Southwind RV: 32ft. Like new w/ 2 slide outs, 2 panasonic tvs, 2 cds, full surround sound system, dvd, satellite, cable, new tires, only 15,000 miles. \$49,000. Rosemary Finch @ (951) 218-4414. 6/14

Harley Davidson '07 Road King: Approx 39k miles, services up to date. Reduced price! \$11,900. Sapphire blue, locking cases, detachable windshield, studded black leather seat. Clean title, no drops/ no TC's, excellent condition, 1 owner, always garaged. Sandra @ (323) 422-6019. 1/14

Cemetery Plots

4 Cemetery Plots: Cemetery plots, 4, side by side. Rose Hills/Whittier. Value \$18,000, selling \$13,000, nego. Cortez, (323) 382-2405. 2/15

Cemetery Plot: Inglewood Cemetery, Sunset Mission Mausoleum, Sanctuary of Grace, 243 Double Capacity Crypt Tier-3, \$8,000. Dennis @ (661) 433-1912. 1/15

Cemetery Plot: Rose Hills Memorial Park, Whittier, CA 90601, in Carnation Lawn, grave #2, lot 2709. \$2,500 OBO + transfer fee. Rosie P. @ (323) 578-9236 after 4pm. 11/14

2 Cemetery Plots: Side-by-side, Rose Hills Memorial Park, Whittier, CA 90601, in Garden of Affection; graves 1-2, Lot 4063; sale price \$4,900 OBO + transfer fees for both. Rosie P. @ (323) 578-9236 after 4pm. 11/14

Cemetery Plot: Live Oak Cemetery, Monrovia. Lot 5670, space A2, Garden of Victory, \$2,000. Frank @ (323) 240-3595. 11/14

Cemetery Plot: Contentment Hillside section of Forest Lawn, Hollywood Hills, 1 plot, \$3,250. Maria @ (310) 518-2996. 11/11

2 Cemetery Plots: Eternal Valley Newhall, Premium Garden of Peace. Currently plots here start at \$6,900 each. Sell both \$7,500 total. Jim @ (661) 713-6353. 11/14

Cemetery Plot: 1 plot for 2 people. Oakdale Memorial Park, Glendora, CA, \$3,000. Jose or Juanita Rojas @ (818) 799-3516 or (818) 799-0569. 11/14

Cemetery Plot: 1 plot for 2 people. At Oakdale Memorial Park, Glendora, CA. \$3,000. Jose or Juanita Rojas @ (818) 799-3516 or (818) 799-0569. 10/14

2 Cemetery Plots: Rose Hills, Whittier. Located in cherry blossom lawn, \$4,850 each + transfer fees. Area is on flat ground & near the lake. Charles @ (310) 386-5041. 8/14

Furniture

For Sale: Mattress, California king, used, nice, very clean. Box spring not incl. \$100. Robert, (626) 633-1940. 8/15

For sale: Sofa and chair, great condition, leather/upholstered, "reversible" pillows/cushions. Carved wood, unique design, nail heads. \$600 OBO. Charlene, (661) 916-2970. 5/15

Dining table: w/leaf, 6 chairs, \$300 obo. Jackie, (626) 383-1708. 4/15



DISCOUNT MOVIE TICKETS AVAILABLE AT THE CITY EMPLOYEES CLUB

SEPTEMBER MOVIE RELEASES

- THE TRANSPORTER REFUELED (IMAX) – 9/4**
- THE PERFECT GUY – 9/11**
- WOLF TOTEM – 9/11**
- THE VISIT – 9/11**
- MAZE RUNNER: THE SCORCH TRIALS – 9/18**
- SICARIO – 9/18**
- CAPTIVE – 9/18**
- BLACK MASS – 9/18**
- ABOUT RAY – 9/18**
- EVEREST (3D/IMAX) – 9/25**
- HOTEL TRANSYLVANIA 2 (3D) – 9/25**
- THE INTERN – 9/25**
- BEFORE I WAKE – 9/25**
- STONEWALL – 9/25**



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MOVIE THEATERS

	RETAIL	CLUB
AMC THEATERS		
Good Any Time	\$14.00	\$8.00
Small Popcorn	\$5.50	\$3.00
Small Drink	\$4.50	\$3.00
Movie Bundle	\$42.00	\$25.00
<small>- Includes 2 unrestricted movie passes, 2 small drinks, 1 small popcorn</small>		
CINEMARK THEATERS 	\$11.75	\$8.00
GALAXY THEATERS - Good Any Time	\$11.00	\$8.00
HARKINS MOVIE THEATERS		
Restricted	\$10.00	\$6.50
Good Any Time	\$10.00	\$7.50
KRIKORIAN THEATERS - Good Any Time	\$12.00	\$7.50
LAEMMLE THEATERS - Good Any Time	\$11.00	\$6.00
LANDMARK THEATERS	\$13.00	\$8.00
PACIFIC THEATERS - Restricted	\$13.75	\$8.00
<small>* \$2 surcharge for use at Americana in Glendale and at The Grove in L.A. - (Not valid at Archlight Theaters)</small>		
REGAL/ EDWARDS/ UNITED ARTIST		
Restricted	\$14.75	\$7.00
Good Any Time	\$14.75	\$8.50
Movie Pack	\$30.00	\$26.00
<small>- Includes 2 unrestricted ultimate movie tickets and a \$10 concession gift card</small>		
REGENCY THEATERS - Good Any Time	\$11.50	\$7.00
ULTRASTAR THEATERS - Good Any Time	\$11.25	\$6.00

ATTRACTIONS

	RETAIL	CLUB
AQUARIUM OF THE BAY SAN FRANCISCO	Adult \$19.95 Child (4 - 12) \$11.95	\$15.96 \$9.56
AQUARIUM OF THE PACIFIC 	Adult \$28.95 Child (3 - 11) \$14.95	\$17.95 \$10.95
BOOMER'S FUN CENTERS SELECT CALIFORNIA LOCATIONS	4 Hour Pass \$39.99	\$19.99
CALIFORNIA ACADEMY OF SCIENCE 	Adult \$34.95 Child (4 - 11) \$24.95 Youth (12-17)/ Student (with ID) / Senior (65+) \$29.95	\$29.71 \$21.21 \$25.46
CATALINA EXPRESS Round Trip Fare	Adult \$76.50 Child \$61.00	\$62.00 \$52.50
DAVEY'S LOCKER 		
Whale Watching	Adult \$32.00 Child \$26.00	\$21.00 \$15.75
Sport Fishing - 1/2 Day	Adult \$41.50 Child \$34.00	\$31.50 \$25.21
Sport Fishing - 3/4 Day	Adult \$71.00 Child \$61.00	\$57.75 \$47.25
Sunset / Evening Cruise	Adult \$25.00	\$12.61
GOLF N' STUFF		
3 Hour Unlimited Wristband - (Norwalk Location)	\$30.00	\$16.25
All Park Pass - (Ventura Location)	\$20.00	\$15.25
GRAMMY MUSEUM General Admission	\$12.95	\$12.00
IFLY INDOOR SKYDIVING 		
Hollywood - Earn Your Wings Flight Package (Age 3+)	\$59.95	\$39.95
San Francisco - Save 15% Off All Flight Packages	\$59.95	\$50.96

ATTRACTIONS CONT'D

	RETAIL	CLUB
K1 SPEED RACING This pass entitles the owner to (1) 14 Lap race and a annual license for the day.	\$25.95	\$15.25
MADAME TUSSAUDS WAX ATTRACTION All Access Pass includes Marvel Super Heroes 4D Experience.	Adult \$40.00 Child (4 - 12) \$35.00	\$16.00 \$13.00
MEDIAEVAL TIMES E-ticket prices will vary depending on date/time selections.	Adult \$57.95 Child (0 - 12) \$35.95	\$43.50 \$31.50
MONTEREY BAY AQUARIUM 	Adult \$39.95 Child (3 - 12) \$24.95 Senior (65+) Student (13 - 17 or with Student ID) \$34.95	\$34.95 \$19.95 \$29.95
MULLIGAN'S FAMILY FUN CENTER All Day Pass	Adult/Child \$27.99	\$16.50
<small>- Unlimited use of Laser Tag, Miniature Golfing, Go-Karts/Speedway and the Rock Wall. Valid at Mulligan Torrance, Murrieta, and Palmdale.</small>		
PIRATES DINNER ADVENTURE	Adult \$56.95 Child (3 - 11) \$37.95	\$36.00 \$27.50
QUEEN MARY 	Adult \$24.95 Child (4 - 11) \$21.95	\$20.25 \$12.25
RACERS EDGE INDOOR KARTING	Adult: 16-Lap Adult Race \$23.00 Junior (50" tall): 11-Lap Junior Race \$20.00	\$18.00 \$15.00
SANTA MONICA PIER & PACIFIC PARK Unlimited Ride Wristband	\$25.95	\$13.50
SANTA CRUZ BOARDWALK COMBO PACK General Admission	\$43.00	\$32.95
<small>Package Includes All-Day Ride Wristband, 2 Attraction Tickets - Choose from: The Vault Lazer Maze, Mini Golf, Laser Tag, Bowling (w/shoes), Climb n Conquer or Flight Walk, Plus \$3 in Arcade Play (comes w/Rechargeable "My Boardwalk" Card)</small>		
SPEEDZONE 3 Hour Unlimited Pass on Rides and Mini-Golf	\$49.99	\$25.00
USS IOWA SAN PEDRO	Adult \$18.00 Child (6 - 11) \$10.00 Senior (62+) or Military (with ID) \$15.00	\$13.50 \$7.50 \$10.50
USS MIDWAY SAN DIEGO	Adult \$20.00 Child (6 - 11) \$10.00 Senior (62+) \$17.00	\$14.00 \$7.00 \$11.00

GIFT CERTIFICATES

HONEYBAKED HAM \$25 Gift Card	\$25.00	\$22.50
SEE'S CANDIES Good for 1lb of chocolate	\$18.50	\$14.25

SPORTING EVENTS

- LOS ANGELES DODGERS** Games available online
- SAN DIEGO CHARGERS** Games available online
- OAKLAND RAIDERS** Games available online

SEASONAL DISCOUNTS

WATER PARKS ARE NOW AVAILABLE ONLINE

THEME PARKS

	RETAIL	CLUB
ADVENTURE CITY 	Adult/ Child \$16.95	\$12.50
DISNEYLAND / CALIFORNIA ADVENTURE 		
1 - Day, 1 - Park	Adult \$99.00 Child (3-9) \$93.00	\$95.04 \$89.28
1 - Day Park Hopper	Adult \$155.00 Child (3-9) \$149.00	\$142.60 \$137.08
2 - Day, 1 - Park	Adult \$185.00 Child (3-9) \$172.00	\$168.35 \$156.52
2 - Day Park Hopper	Adult \$225.00 Child (3-9) \$212.00	\$204.75 \$192.92
3 - Day, 4 - Day, 5 - Day: 1 Park	(ADDITIONAL PRICES AND DETAILS ONLINE)	
For Annual Pass Info	Call the Ticket Office at (888) 777-1744	
GILROY GARDENS General Admission	\$52.00	\$26.00
CALIFORNIA'S GREAT AMERICA General Admission (Age 3+)	\$65.00	\$35.00
CASTLE PARK General Admission (over 36")	\$24.99	\$12.99
KNOTT'S BERRY FARM	Adult \$67.00 Child (3-11), Senior (62+) \$37.00	\$37.00 \$30.00
Cheaper for eTickets	Adult \$67.00 Child (3-11), Senior (62+) \$37.00	\$34.00 \$29.00
LOS ANGELES ZOO 	Adult \$20.00 Child (2-12) \$15.00	\$17.00 \$14.00
LEGOLAND Includes 2nd Day FREE Expires Dec 31, 2015		
1 - Day, 1 - Park	Adult \$89.00 Child (3 - 11) \$83.00	\$70.00 \$65.00
Legoland 5 Day Ticket	Adult \$113.00 Child (3 - 11) \$107.00	\$103.00 \$97.00
Legoland Resort Hopper	Adult \$113.00 Child (3 - 11) \$107.00	\$75.00 \$70.00
MAGIC MOUNTAIN General Admission	\$69.99	\$41.99
SAN DIEGO ZOO / SAFARI PARK 	Adult \$48.00 Child (3 - 11) \$38.00	\$39.25 \$31.25
2 - Visit Pass*	Adult \$86.00 Child (3 - 11) \$66.00	\$68.75 \$52.75
<small>* May be used for 1 visit at each park, or 2 visit to the same park.</small>		
SEAWORLD - SAN DIEGO 		
Includes 2nd Day FREE Expires Dec 25, 2015	Adult \$89.00 Child (3 - 9) \$83.00 Fun Card \$84.00	\$53.00 \$53.00 \$77.00
Expires Sep 30, 2015	Weekday Adult \$89.00 Weekday Child (3 - 9) \$83.00	\$44.00 \$44.00
SIX FLAGS DISCOVERY KINGDOM VALLEJO	General Admission (over 48") \$65.99	\$38.99
UNIVERSAL STUDIOS Adult / Child (under 48")	\$95.00	\$84.00

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Los Angeles Public Library

Library's TOP 10

Here's what LA was reading, watching and listening to in July.

Lists are courtesy Los Angeles Public Library, Central library downtown and 72 branches combined.

Books loaned:

1. *The Fault in Our Stars*, John Green
2. *The Maze Runner*, James Dashner
3. *The Burning Room*, Michael Connelly
4. *Divergent*, Veronica Roth
5. *Insurgent*, Veronica Roth
6. *Allegiant*, Veronica Roth
7. *The Hunger Games*, Suzanne Collins
8. *The Life-Changing Magic of Tidying Up*, Marie Kondo
9. *The Blood of Olympus*, Rick Riordan
10. *Mockingjay*, Suzanne Collins

DVDs loaned

1. *Interstellar*
2. *Big Hero 6*
3. *Birdman*
4. *Guardians of the Galaxy*
5. *The Theory of Everything*
6. *The Imitation Game*
7. *Lucy*
8. *The Hunger Games: Mockingjay Part 1*
9. *Gone Girl*
10. *Taken 3*

Books downloaded (e-books)

1. *The Girl on the Train*, Paula Hawkins
2. *All the Light We Cannot See*, Anthony Doerr
3. *Gone Girl*, Gillian Flynn
4. *The Goldfinch*, Gillian Flynn
5. *Go Set a Watchman*, Harper Lee
6. *Eyes on You*, Kate White
7. *The Husband's Secret*, Liane Moriarty
8. *The Life-Changing Magic of Tidying Up*, Marie Kondo
9. *Grey*, E.L. James
10. *The Fault in Our Stars*, John Green

Download-and-Keep songs*

1. *Fight Song*, Rachel Platten
2. *Cheerleader*, OMI
3. *Shut Up and Dance*, Walk the Moon
4. *Like I'm Gonna Lose You*, Meghan Trainor featuring John Legend
5. *Lips Are Movin*, Meghan Trainor
6. *Breathe In. Breathe Out*, Hilary Duff
7. *Heartbeat Song*, Kelly Clarkson
8. *Uptown Funk*, Mark Ronson featuring Bruno Mars
9. *Fun*, Pitbull featuring Chris Brown
10. *Coming Home*, Leon Bridges

* "Freemusic" music via the Library lets users download and keep up to five songs a month – it's seriously free and legal! Check it out at <http://lapl.freemusic.com>

Zoo

Story courtesy Zoo
Photo by Ian Recchio, L.A. Zoo

Chillaxing Does the Trick

Zoo mimics extreme winter conditions to encourage vipers to reproduce; 2 litters are the result.

The L.A. Zoo welcomes two litters of Armenian vipers to the collection at the Living Amphibians, Reptiles, and Invertebrates (LAIR) exhibit. Unlike most snakes whose young hatch from eggs, two female Armenian vipers gave birth to live young in July. LAIR has housed four adult Armenian vipers, two male and two female, in its collection for around three years, but the eight babies from these two litters are the first successful births after years of encouraging the species to breed.

After several ineffective attempts at breeding the vipers, LAIR Animal Care staff decided to change their tactics and create a new plan to help these vipers breed successfully. The first step was to create an environment that best replicates the mountainous, rocky crevices where these snakes make their den during the coldest part of winter. Animal Care staff purchased a scientific refrigerator, typically used for storing pharmaceuticals, to house the vipers during the six months of the year they go through brumation, or a hibernation-like

state necessary for successful breeding. Once the vipers woke from brumation, Animal Care staff began the next step of the plan, which was to assist these nervous, venomous snakes in their very unique method of courtship.

After the long separation, both males were introduced to the females and immediately went head to head in a sort of Spartan-like competition, wrestling for the opportunity to mate with the females.

The Armenian viper is a "near-threatened" species found in the Armenian Highlands and surrounding countries including eastern Turkey, western Azerbaijan and northwestern Iran. Adult vipers typically have a charcoal gray coloring with bright orange patterns throughout the body. The L.A. Zoo joins fellow Association of Zoos and Aquariums (AZA) institution St. Louis Zoo in a Species Survival Program (SSP) to save this species of pit viper whose population has decreased by 80



An adult Armenian viper.

percent over the past 40 years as a result of habitat destruction and over-collection for the exotic pet trade.

Guests can now view the adult Armenian vipers in their exhibit and their babies behind the glass at the Care and Conservation room at LAIR.

The Los Angeles Zoo and Botanical Gardens is in Griffith Park at the junction of the Ventura (134) and Golden State (5) freeways. Admission is \$20 for adults and \$15 for children ages 2 to 12. The Zoo is open from 10 a.m. to 5 p.m. daily. For information, call (323) 644-4200 or visit the L.A. Zoo Website at www.lazoo.org.

Filipino American Law Enforcement Officers Association

FALEO- LOS ANGELES

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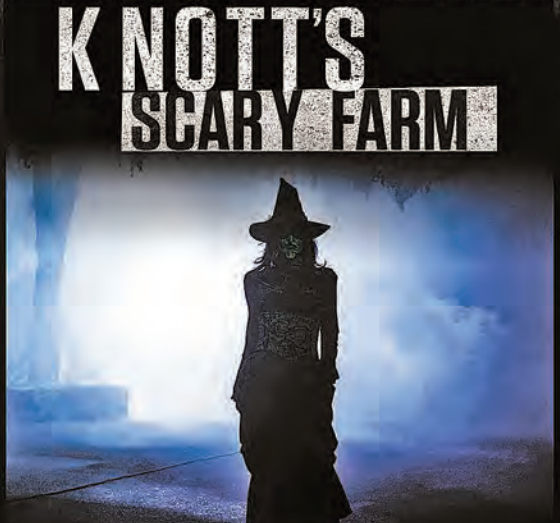
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