

# MASTHEAD NEEDS A MAKEOVER

See Page 10 for details

## COUNTY CONNECTION

A newsletter for and about County of Orange employees

March 2016



### FRANKLY SPEAKING

A Message from  
CEO  
Frank Kim



Dear OC Employees,

One really gratifying aspect of being part of the County family is the passion you demonstrate daily about helping the public in ways large and small. That sense of accomplishment can be undercut, though, when the work we do is dismissed in the media or by people taking shots at County government.

It's true that in many things the loudest voices are often the most negative. No matter how hard we try or how great a job we do, there will always be those who take aim and concoct the bad among our good works and good intentions.

Don't let that get to you.

There are so many great and positive initiatives being launched and long-term efforts coming to fruition—that's what I try to stay focused on. I keep my eyes looking ahead even though it's tempting to

*(Continued on page 2)*

### Steven Alvarado: Focused on Listening and the Law

By day, **Steven Alvarado** is an information processing technician with the District Attorney's Investigations Unit. A great deal of his job involves transcribing audio recordings and producing transcription documents of interviews of victims, witnesses, suspects and/or defendants for use in trials by Orange County prosecutors.

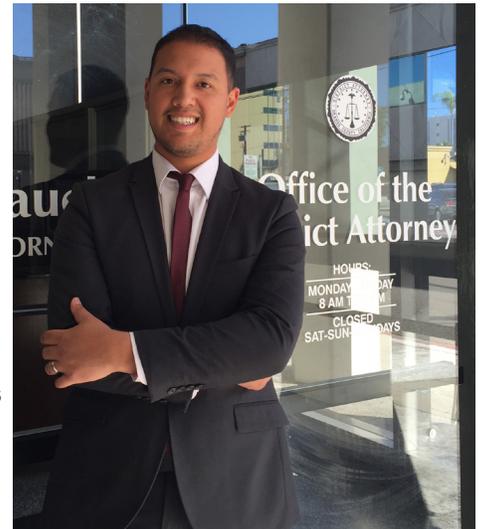
But information processing isn't an 8-to-5 activity for Steven, a Cal State Fullerton graduate with a degree in political science. His non-work time is spent processing information in a different yet related way – as a second-year law student.

Though balancing work and law school makes for a grueling schedule, Steven, who's also a newlywed, is firmly anchored in his desire to be a public servant in the legal field. He has found that his day job actually helped him as a law student and in handling the 150 to 400 pages of assigned reading each week.

"The job requires patience and focus," Steven explains. "The same skills are required for a new law student, because reading for law school is almost like learning a new language. It can be really easy to get frustrated reading all of this terminology you've never heard before and lose focus. But I like to think that my experience at the DA's office has prepared me well for the challenges of law school. My job has helped me be patient with my reading, take it word by word if I need to, look things up that I don't know, and remain focused until the task is complete."

There is pressure to transcribing, but Steven embraces it. There are tight turnaround deadlines and recordings that can go on for hours and include multiple people talking – especially talking over one another – and lots of background noise and clatter. No matter, accuracy is critical. Every word has to be right. One hour of talking can translate – or transcribe – to 60 to 100 pages, depending on how quickly or slowly the subjects speak.

"It's critical to get it right. The DA is counting on it. Sometimes a conversation even includes an outright confession," says Steven, who joined the County



Steven Alvarado

*(Continued on page 2)*

*(Continued from page 1)*

glance in the rear-view mirror and dwell there.

Consider the exciting—the Orange County Register even used that word in a headline recently—projects on the horizon in different stages of Board approval: the new OC Animal Shelter, a public-private partnership for upgrades at Dana Point Harbor and the first phase of the Civic Center Master Plan.

I recently sat down with the Register editorial board to talk about our fiscal stewardship of County resources and the positive steps we're taking to make local government more responsive. This is a message I bring to the community whenever I can because I know more than anyone how we're doing more with less, and we're making a crucial difference in the lives of thousands of people every day.

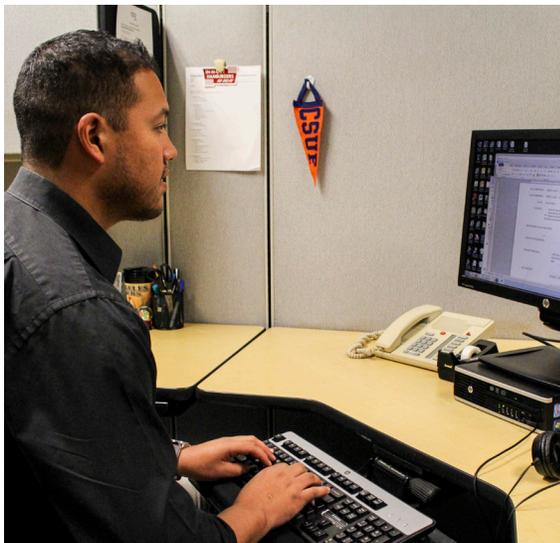
The thing that keeps me energized is knowing that we're in it for the long haul and that we're moving the ball down the field. It may not be as quickly as we—or others—may want but let's not get swayed by the naysayers. Everyone has an opinion, and some have two or three. Let's stay focused on what we know is important, support each other and keep up the pace.

Thank you for your commitment and for continuing to enrich the lives of Orange County residents every day with your passion for public service.

Sincerely,

**Frank Kim**  
*County Executive Officer*

*(Continued from page 1)*



in 2013 after working for the City of Los Angeles as a public relations specialist and in the private sector.

He accepts the pressure in exchange for the opportunity he has to “be a sponge and soak up everything.” He adds that it’s fascinating when a given assignment allows him to hear all sides of the case – victim, suspect, witness, and law enforcement. “I like getting the whole scope of the narrative and thinking about how the information might be used or how a jury might interpret it.”

Steven also values the collaborative environment he has found in the DA's office. He gets willing help when he asks for a second opinion on a difficult section of audio, and he says he's found “a range of expertise” at his fingertips, especially from attorneys who share law school tips and even their old class outlines.

“That speaks to how awesome our division is. It feels like a family,” Steven says.

When he's not transcribing, Steven covers the front counter, where staff members process discovery items, log them into the DA case management system, disperse discovery materials to authorized parties, and provide general assistance to anyone who comes into the office. He also fields phone and in-person inquiries from the public, helps out in the mail room and purges case records as designated by the retention schedule.

“I like the aspect of helping the public, even though we sometimes have to deal with difficult people or people who are in difficult situations. I just try to put myself in their shoes, then try to be as helpful as possible. Sometimes I might be the first live person they've reached all day, and they just need an answer to a simple question or someone to point them in the right direction.”

Headed toward a future that might make him a prosecutor or a city attorney or some other form of legal public servant, Steven believes he will bring with him the perspective and experiences he is gaining on the job:

“Every day I feel like whatever the task is, whatever case I'm assisting with, whatever the duty, big or small, I'm helping in some way to bring justice to those who deserve it in our community. I get super excited when I read about a case that I worked on in some capacity, probably just a transcript or something tiny in the grand scheme of a trial, but I still get satisfaction when I read that victims of crimes in our community were able to see that justice was served, and like to think I played a small role in helping with that.”

#### **PLEASE SEND PROFILE SUBJECTS FOR COUNTY CONNECTION!**

Do you know someone who would make a good employee profile? We're looking for staff-level employees who love their job and carry the flag with enthusiasm both for their agency and the County as a whole. Send submissions to [jean.pasco@ocgov.com](mailto:jean.pasco@ocgov.com)



# CAUGHT SERVING

Caught Serving spotlights County employees at work, serving.

Every day, the members of the Health Care Agency's IT Service Desk provide a rare combination of customer relations and technical support to some 3,300 employees and contractors across more than 60 locations who need assistance in utilizing more than 90 applications. Ultimately, the service they provide reaches the general public through HCA's myriad programs and public outreach efforts.



Javier Peña



David Atkins



Brent Swearingen



Pictured (back row, left to right) are **Joel Handler**, **Robert Nguyen**, **Emal Popal**, **Brent Swearingen**, **David Atkins** (senior information technologist II), **Javier Peña** and **Richard King** (HCA IT admin program manager). Pictured (front row, left to right) are **Virgilio Fermin Jr.** (HCA IT service desk manager), **Rena Murillo**, **Thanh Bui** and **Diane Garcia**. Not pictured is **Claudia Reza**.

# Q+A with

## Heather Williams: Helping Those Who Help Others

If you attended or viewed online the Workplace Violence Response Training, you've benefitted from the expertise of **Heather Williams**, former CSP Crisis Response Team Coordinator and current Regional Peer Support Coordinator with OCSD. While SWAT Team Leader **Shane Millhollon** taught us about the law enforcement response, Heather taught us about how we as individuals should prepare and respond, and what emotional and physical responses we can expect to go through during and following a trauma.

She has done hundreds of such trainings. But doing so is ancillary to her full-time role, which is focused on emotional wellness and the human element of law enforcement. Heather coordinates and executes peer support, providing assistance to professional and sworn law enforcement. Citing an actual murder-suicide case that involved a parent and toddler, she may ensure that officers on scene of a tragic incident have their basic needs met, such as making sure they have food, and then she may take them through

a critical incident debrief afterwards, to "help them make sense of what they experienced, put pieces of the puzzle back together and create some closure and healing."

Heather holds a bachelor's degree in psychology and a master's in criminal justice, and she's working toward a doctorate in psychology. Her resume includes nearly 20 years directing or implementing programs that support crime victims and witnesses, providing crisis counseling, and teaching and training. She knew in high school that she wanted to be in a "helping field," and she came to understand that "responding to crisis in partnership with law enforcement was a natural fit for me."

For this Q+A, County Connection staff asked Heather about both sides of her work.

**Q Many employees have attended the training or watched the video. Is that enough? What else should we do?**

**A** Remember, it's about run, hide, fight. Do the homework. At your work location, make time to know and practice your evacuation routes, from anywhere in your work area, like the break room, restroom and lobby. Make a list of hiding places. Have conversations with your coworkers about what you'd all do. Inventory everything at and near your desk that could be used as a weapon. Be an active participant in your planning. That means physically getting up and having a plan.

**Q To what degree can we prepare in advance for the emotional aftermath of a tragedy?**

**A** You can do things similar to what law enforcement officers do, which is to visualize and plan in advance. You can't fully prepare for the aftermath, but thinking about and practicing the physical actions you might take to run, hide and fight can help mitigate the aftermath of the trauma, because you will have been more prepared.



OCSD Heather Williams

*(Continued on page 5)*

(Continued from page 4)

**Q If an individual seeks counseling after a trauma, what can they expect?**

**A** You can expect to feel safe about talking about thoughts and feelings. Also, expect to be asked to tell them what happened. This can be harder than it sounds. Part of the counseling process is talking it out and visualizing yourself being back in the situation. Emotions are attached to those memories, so processing the memories helps to alleviate the emotions and symptoms of trauma.

**Q In the context of the San Bernardino crisis, for example, how is the process or approach different when you're helping a law enforcement officer as opposed to a victim?**

**A** The biggest difference is that law enforcement trains in stressful scenarios. This includes tactical decision-making. They train to specific tragic and traumatic scenarios. Victims and witnesses don't have that kind of training. Regardless, all human beings have the potential to experience the acute stress reactions that come in the aftermath of tragedy.

**Q What's the history of the Orange County Sheriff's Department peer support program?**

**A** OCSD's program kicked off in 2013, and it's what actually brought me back to the County. At that time I had been helping Anaheim PD start theirs, and I was doing some teaching and training with OCSD. I talked with a deputy and sergeant about the program and its purpose. One day after watching a training scenario and bringing up the potential reactions the deputies could have following a critical incident, one of them asked me why OCSD didn't have a peer support program. The rest is history, and I credit **Sheriff Hutchens, Commander Jon Briggs and Captain Wayne Byerley** for their forward thinking, support in increasing the emotional wellness of the OCSD family, and for truly embracing the program.

**Board Chairwoman, CEO Announce 2016 United Way Campaign**



Continuing a partnership that began in 1979, Board **Chairwoman Lisa Bartlett** and **CEO Frank Kim** have announced the 2016 County of Orange Employees United Way Campaign. They are serving as co-chairs and invite County employees to participate in the United Way effort, which focuses on achieving results in our local community.

Their message is: Each of you makes a difference in Orange County each and every day simply through the work you do serving the public. Joining this year's United Way campaign provides an additional opportunity to expand your impact. No contribution is too small and your gift provides assistance such as nutritious meals for homeless and hungry families, job training for unemployed individuals, and homework assistance for at-risk children. Thank you to all employees who already give.

There are multiple ways to give, including bi-weekly payroll deductions.

Click the button to make your pledge.



## Jackie's Journey to Health and Back to Her True Self

**Y**ears ago she was a superstar high school athlete.

Months ago she was a 250-pound workaholic with a host of medical issues that required her to be on medication – diabetes, high blood pressure and high cholesterol. She also was a three-time – yes three-time – cancer survivor.



A rare shot of Jackie before her weight loss. She says she avoided being in photos as much as possible.

Today she is still cancer free. She also is 50-plus pounds lighter and on a steady weight-loss trajectory with a goal to lose 40 more. And she is medication-free, having reversed all the medical issues that were fueled by carrying so much extra weight. She says, “I feel like a million bucks!”

She is **Jackie Cadotte**, OC Public Works, Centralized Quality Assurance compliance manager – a 14-year County employee who has come to understand that anyone who really wants to improve their fitness can. Jackie really, really wanted to, so she did.

It was August 2015, and her doctor gave her the ultimatum: “He told me either insulin or lose weight,” she recalls. “I am petrified of needles, so that was it.”

Jackie made the commitment to herself to lose the weight rather than live with daily insulin injections. She changed her eating habits immediately and lost 10 pounds through diet alone. Then a few weeks

later the County rolled out the Get Fit on Route 66 challenge.

She saw the challenge as a way forward, and she found a team of former colleagues from SSA, where she had worked for 10 years before transferring to OCPW in 2015. Little did she know that their team motto was prophetic: “In It to Win It.” And they did. But not only was Team Orange Crush a top-three team finisher, Jackie individually was a top-five finisher.

To appreciate how much her participation – let alone her victory – meant, you’d have to know what Week 1 was like, when she decided to start moving. “When I started the challenge I could not walk stairs. I was on the handicapped list for fire drills. When you’re that big, it hurts to move,” she says.

“The point was just to get myself started. It took me two months before I could do a flight of stairs. First I just walked down the hall and back. Then I walked up parking ramps at our building for five minutes, then stairs,” says Jackie, whose issues with weight gain began with an incapacitating knee injury in 1999 and then were exacerbated by her cancer treatments. Prior to that injury she was “very active,” she says.



Transformation - the new, strong and healthy Jackie hams it up for the photo.

(Continued on page 7)

(Continued from page 6)



Team Orange Crush - Taken at the Route 66 victory celebration hosted by CEO Frank Kim, Jackie with teammates (l-r) Doreen Camarena, Jingle Doan, Julia Rinaldi and Team Captain Sheila Refoy

She progressed from six- or seven-minute “just move” workouts several times per day to constant, heart-pumping movement and activity for 30 minutes or more. The team participation just fueled her desire and brought her an unexpected reward. “There was so much camaraderie. Other people joined us, and as people saw me lose weight it motivated them,” she says.

**“ When I started the challenge I could not walk stairs. I was on the handicapped list for fire drills.”**

Jackie says she doesn't miss the fast-food diet or the sugar and carbs. She eats nutritionally balanced foods, like chicken and steamed vegetables. It has become her lifestyle, not a diet. She also allows herself treats, but she chooses to indulge herself by having one bite of this, one bite of that, which satisfies her.

Though the competition motto was in it to win it, her personal motto is “You have to want it, you have to be ready.”

And she offers encouragement to others who may be at the beginning of a journey to improved health and fitness: “It doesn't have to be hard. You don't have to go to a gym. You don't need a treadmill. Just get up and move. Go to the end of your driveway. Get up during every commercial. Use little opportunities. They don't take much time but they all add up. And it doesn't take money, just movement.”

What's next for Jackie? While she may not return to her glory days and form as a cross-country runner, varsity volleyball and softball player and an avid tree-climber, she is returning to her athletic roots and preparing for her next fitness conquest: “I'm going to run!” she says.

## Workplace Safety - Staying Focused and Mindful Minimizes Risk

We've all seen YouTube videos of people walking and texting, where the person ends up tripping or crashing into something or worse.

Similarly, inattention and a lack of mindfulness on the job can contribute to hazards. County Safety Officer **Rick Chan** advises employees to:

- Be present on your job to help reduce risks.
- Participate in safety trainings and follow warnings, guidelines and policies.
- Understand how rushing, multi-tasking, mobile device use and even lack of sleep and complacency can contribute to increased risk and hazards.
- Get enough sleep.
- Take micro-breaks to stand up and stretch or walk around.



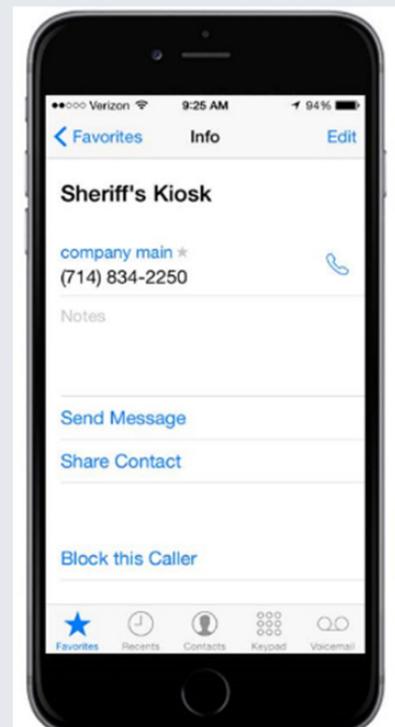
## SAFETY SPOTLIGHT

### Program Your Phone with Emergency Contact Numbers

As a reminder, one safety best-practice is to program your personal and/or business mobile phone with important numbers. For those who work or visit the Civic Center, you are encouraged to save the following key numbers in your phone:

- **Sheriff's Kiosk:** (714) 834-2250 – To report an incident in-progress or just occurred within the Walk of Honor area of the Civic Center.
- **SAPD Dispatch:** (714) 834-4211 – To report an incident in-progress or just occurred outside of the Walk of Honor area of the Civic Center.
- **Civic Center Awareness Hotline:** (714) 834-2051 – To report general Civic Center Awareness concerns.

**911** – When in doubt, for life-threatening emergencies, call 911!



# O.C. History

Journeys Through Orange County's  
Origins, Obstacles and Opportunities



## O.C.'s First Jails and the Birth of the Civic Center

By Chris Jepsen

When Orange County gained its independence in 1889, it couldn't afford its own buildings. Instead, the County rented commercial space in the Congdon Building on the 300 block of E. Fourth St. in Santa Ana, along with a few additional offices across the street. Our jail was the rented basement of Joseph Brunner's Santa Ana Jewelry Store – a building which still stands at 116 E. Fourth St.

The following year, a new jail opened on Sycamore Street, between Second and Third Streets. This small brick building had three cells and proved woefully inadequate. Its most notorious failure came in 1892.

Ranch hand Francisco Torres was in jail awaiting trial for the brutal ax murder of well-liked Modjeska Ranch foreman William McKelvey. Concerned by rumors of a planned lynching, Sheriff Theo Lacy asked to have Torres sent to the Los Angeles jail. Instead, a guard was posted.

One night an angry mob broke into the jail, overpowered the guard and dragged a terrified Torres to the corner of Sycamore and Fourth St., where he was hanged from a telegraph pole. A note reading, "Change of venue" was found clipped to him.

Although the County desperately needed a real courthouse – including offices for the Board of Supervisors and all the agencies – the Torres lynching made it clear that the first County building of any significance would have to be a strong, secure jail. Orange County did not want to be a lawless corner of the Wild West. Lynching had to become a thing of the past.

After funds were raised, the construction of a gothic, castle-like jail began in 1896. It opened for "business" in early 1897. It was located behind what's now the "Old Orange County Courthouse" and was the first County building located in today's Civic Center. The Courthouse itself would not be built until 1900-1901, but the prisoners' labor began improving what was already optimistically being called Courthouse Square.

"The jail inmates (many of them vagrants or hobos) provided a ready labor force to begin improving the



Lacy's Hotel, 1898 - Photo courtesy of Santa Ana Public Library

courthouse square," writes historian Phil Brigandi. "During the winter of 1897-98, trees were planted, walkways were laid out, and curbs and sidewalks were constructed."

Today, many of those same trees still grace the grounds of the Old Courthouse, and some of the original cobblestone curbs can still be seen. The footprint of the jail itself can be seen as a reddish outline in the Old Courthouse parking lot.

The new jail was nicknamed "Lacy's Hotel," after Sheriff Lacy, and it served the County well until it was replaced in 1924 by the "Sycamore Street Jail" at 615 N. Sycamore St.

In 1901, Lacy's Hotel was joined by the County's first dedicated courthouse. The red sandstone courthouse immediately became an iconic symbol of Orange County and solidified this part of Santa Ana as the heart of County government.

When the courts and County government outgrew the Old Courthouse, St. Anne's Inn (a struggling hotel) was purchased as a Courthouse Annex. The Inn stood roughly between today's Hall of Administration and Hall of Records, facing Broadway.

In the coming decades the Courthouse, annex and jail

*(Continued on page 10)*

(Continued from page 9)

would be joined by many more County buildings, either built specifically for government or purchased and repurposed. The County developed a de facto civic center long before the post-war population boom spurred the creation of the first official civic center plan in the early 1950s.

As the County now begins discussions about making upgrades to the Civic Center, it certainly will not be for the first, nor the last time.



St. Anne's Inn, 1920s - Photo courtesy of Orange County Archives

### About the Author

**Chris Jepsen** is the Assistant Archivist at the Orange County Archives, a function under the office of Clerk-Recorder Hugh Nguyen. Reach him at [Chris.Jepsen@rec.ocgov.com](mailto:Chris.Jepsen@rec.ocgov.com) or (714) 834-4771 if you have questions about the Archives.

## Help us give the County Connection Masthead a makeover!!

# And your lunch is on us!



Let's replace the clip-art people with the real thing - our hard-working, dedicated and diverse County employees. Interested? **The first 40 employees who RSVP** will not only be in the masthead photo shoot, lunch is on us. Also, learn more about being a part of County Connection and how it can help tell your department's story.

### When:

Wednesday, March 9  
12 Noon

### Where:

Front steps of the  
Old Courthouse

### RSVP:

[Travis.Lariviere@ocgov.com](mailto:Travis.Lariviere@ocgov.com)

**If uniforms and "tools" of your trade are a part of your job, wear or bring them!**

**Questions? Call CEO Communications at 834-6203**

# Around the County News, Events and Happenings



## A "Peek at La Pata" Event Shines Spotlight on Major OC Public Works Project

In collaboration with OC Public Works, the City of San Clemente hosted a "Peek at La Pata" hike for residents in late January. The lively event attracted about 250 people and gave participants an up-close look at the La Pata Avenue Extension Project, which is part of the County of Orange Master Plan of Arterial Highways. Scheduled for completion in fall 2016, [the project](#) will widen and extend La Pata. It is designed to reduce congestion and improve regional mobility in South Orange County by providing a north-south alternative to I-5 between Ortega Highway to the north and Avenida Vista Hermosa to the south. The project also includes a phase that will extend and connect Camino Del Rio.

Board Chairwoman **Lisa Bartlett** took part in the hike and spoke on behalf of the County. OCPW staff also attended and answered questions for residents. The City of San Clemente created a wonderful video that highlights the project and captures the community event. [View the video here.](#) And, read more about the project in this [Orange County Register story.](#)



## OCCR Veterans Service Office honors Vietnam Vets



The Veterans Service Office (VSO) has assembled another display honoring Vietnam Veterans and one in particular – Robert “Bobby” McDonald, chair of the Orange County Veterans Advisory Council (OCVAC) and a prominent local Vietnam Veteran.

The VSO collected various authentic Vietnam War uniform items issued to Bobby during his service in the Navy, while deployed to Vietnam. The display includes a flight suit, and the iconic “Cracker Jack” uniform, named after the sailor who graces every box of Cracker Jack caramel-coated popcorn and peanuts.

Also included in the display is a replica of a LPH 10 naval vessel and a biographical pictorial timeline of Bobby’s military service. If you’d like to visit the display in person, it’s at OCCR’s County Operations Center, 1300 S. Grand Ave., Building B, adjacent to Room 247. The display runs through April.

Around the County continued

## OC Public Libraries' Stanton Facility Offers Innovative Program Sparked by Employee

OC Public Libraries Presents:

First Monday of the Month 11:15 AM - 11:45 AM



Enjoy a storytime at the Stanton Library that welcomes young children (ages 1-3) on the autism spectrum and their families.

There will be stories, songs, and games on the first Monday of the month at the Stanton Library.

Interested? Sign up by contacting:  
Katie Wheeler  
Children's Department  
714-669-8753 ext 4  
Bonnie.McLaren@occr.ocgov.com



Stanton Library is located at:  
**7850 Katella Ave.**  
**Stanton, CA 90680**  
714-898-3302



This project was supported in whole or in part by the U.S. Institute of Museum and Library Services and Technology Act, administered by the California State Librarian.



An innovative new program at the Stanton Library targets children with Autism and their families. Called Sensory Storytime for Children on the Autism Spectrum, the program is the collaborative effort of Librarians **Keithley Hale**, Irvine University Park; **Bonnie McLaren**, Irvine Katie Wheeler; and **Joanna Oyzon**, La Palma.

Because public places full of people and kids on the Autism spectrum often aren't a great combination, the program is offered during times when the library is not open to the general public. Holding story time before the library opens allows the children and parents to be themselves, and those reading the stories are trained in how to accommodate children with any of the wide-ranging behaviors on the spectrum, as well as their parents.

Hale was quoted in The Orange County Register: "Some parents are nervous about bringing their children to the library," she said, noting some children can have outbursts. "But they can bring them here before the library opens, so if they have a meltdown, it's no problem." ([Read the full article.](#))

The program, which launched in February, received a grant from the Library Services and Technology Act (LSTA) to purchase sensory toys and books well-suited for kids on the spectrum. It is funded through this fiscal year, but the library staff hopes to extend the program.

If you know of a family with a child on the Autism Spectrum, feel free to have them contact the [Stanton Library](#).

## Health Care Agency Website Makes Public Health Data Readily Available

The Health Care Agency (HCA) recently celebrated the one-year anniversary of the launch of [www.OCHealthierTogether.org](http://www.OCHealthierTogether.org), a website that provides a variety of streamlined information about health and wellness in Orange County.

The site serves to collect, organize and make both available and searchable to the public much of the data that comes to HCA from a variety of local, state and federal sources. It presents more than 200 current health, social and economic indicators; includes a database of over 2,000 promising practices for improving health; and details countywide collaborative efforts to address priority issues in OC like healthy birth outcomes, mental health, healthy aging, improving eating habits and increasing physical activity.

The website, which was created on behalf of HCA's [Orange County Health Improvement Partnership](#), also hosts Orange County's Health Improvement Plan and has a database of best practices that providers and the public can access when developing programs to meet targeted needs.



# HUMAN RESOURCE SERVICES

## News You Can Use

### Announcing Colorful Choices Nutritional Wellness Challenge

During the OC Healthy Steps Wellness period, in the Health Risk Assessment, you were asked what types of wellness campaigns or challenges would interest you most. In order of preference, you chose:

1. Physical Fitness
2. Weight Management
3. Nutrition
4. Stress Reduction

You've had the opportunity to participate in two fitness challenges: Get Fit on Route 66 and Cigna's 10,000 Steps. Now comes the nutrition wellness challenge, called Colorful Choices.



It may be the simplest nutrition program ever – no calorie or fat gram counting, no weighing or measuring. Just earn points by selecting and logging more than 120 easy-to-remember daily selections of colorful produce. A diet rich with fruits and vegetables is exceptionally healthy and can reduce your risk of obesity, heart disease, some cancers, diabetes, and high blood pressure while increasing energy.

The goal is to eat at least five servings of produce each day, three of which should be vegetables in these colors: red, orange, yellow/white, green, and blue/violet. By spreading daily choices across the rainbow of colors, you're guaranteed to take in the best produce has to offer – vitamins, minerals, fiber, and phytochemicals – for better health.

The website is easy to use. Before you begin, take a few minutes to read "How It Works" under "Log Produce." This shows you how to record your choices each day. Then use the website to explore the rest of Colorful Choices – set your goal, start or join a team, invite colleagues to be your Produce Pal, earn points as you make your choices and check out the delicious, healthy recipes.

The top five individual winners and top three teams will be spotlighted in the Employee Benefits Wellness 3rd quarter Newsletter and will receive a three-pack of reusable mesh produce bags.

For more information please log onto [OC Healthy Steps](#) or call 800-492-9812.

### Save the Dates for Fitness with Frank Hikes

The next two Fitness with Frank hikes have been announced:

- April 23 at [Mile Square Park](#)  
 June 25 at [Ted Craig Regional Park](#)

All details will be provided in future emails and editions of County Connection and will be posted on the [Fitness with Frank activity calendar](#).



# Service Awards

for the month of February



## 35 Years

**Rachel Najera**  
District Attorney

**Karen Roper**  
OC Community  
Resources

## 30 Years

**Katrina Easton**  
District Attorney

**Michelle Gonzales**  
District Attorney

**Alma Romo**  
District Attorney

**Patricia Sanchez**  
District Attorney

**Lori Funke**  
Health Care Agency

**Renee Welling**  
OC Community  
Resources

**Jesse Gonzales**  
OC Waste & Recycling  
Enterprise

**Paul Loya**  
OC Waste & Recycling  
Enterprise

**Cynthia Gutierrez**  
Probation

**Diana Kennedy**  
Probation

**Anthony Veloz**  
Probation

**Denise Gragg**  
Public Defender

**Bradley Newmyer**  
Sheriff-Coroner

**Bonnie Boss**  
Social Services Agency

**Huong Dinh**  
Social Services Agency

**Marykay King**  
Social Services Agency

**Anita Moncada**  
Social Services Agency

**Julie Nguyen**  
Social Services Agency

**Robert Jelinek**  
Social Services Agency

## 25 Years

**Kurt Bretz**  
Assessor

**Steven Cha**  
Assessor

**Karen Senteno**  
Health Care Agency

**Virginia Ortiz**  
OC Community  
Resources

**Pamela Kosik**  
OC Public Works

**Jaime Orozco**  
OC Public Works

**Jonathan Tucker**  
OC Public Works

**Randy Sanchez**  
OC Waste & Recycling  
Enterprise

**Steven Burkley**  
Sheriff-Coroner

**Anabel Biggs**  
Social Services Agency

(Continued from page 14)

## 20 Years

**William Malohn**  
Auditor-Controller

**Maria Arzola**  
Child Support Services

**Mark Howe**  
County Counsel

**Jack Luster**  
County Executive Office

**Joseph Avalos**  
Sheriff-Coroner

**Saul Cardenas**  
Sheriff-Coroner

**Paul Rowe**  
Sheriff-Coroner

**Brian Stockbridge**  
Sheriff-Coroner

**Gilbert Torrez**  
Sheriff-Coroner

**Kristen Klein**  
Social Services Agency

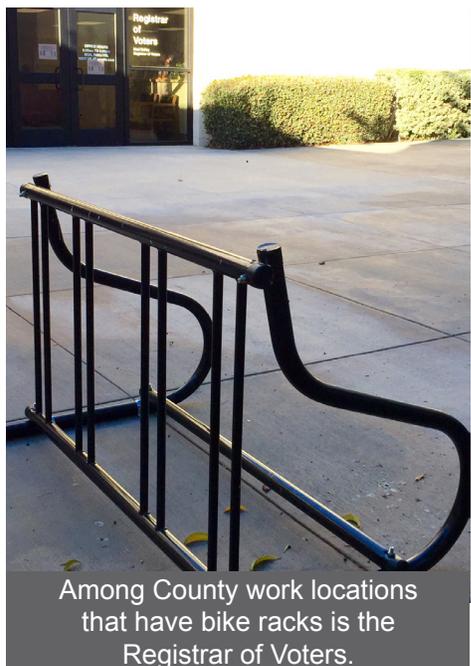
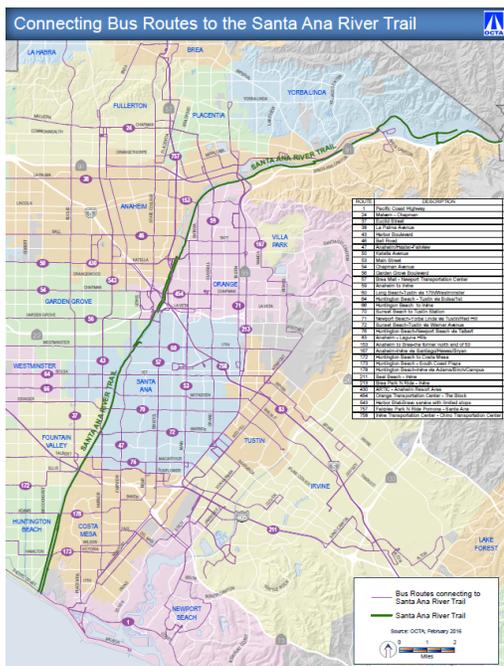
To view the February list in its entirety, which also includes recipients of 5, 10 and 15-year Service Awards, please click [here](#).

**Service Awards are announced in each edition of County Connection in the month immediately following work anniversaries, not in the month of the anniversary.** If you believe there has been an error or omission in reporting your years of service, please email [Navminder.Kaur@ocgov.com](mailto:Navminder.Kaur@ocgov.com).

## Considering Biking to Work? Here are Some Resources

If biking to work is something you're considering, perhaps for fitness or environmental reasons or both, there are resources available to you.

You may want to start with [this FAQ](#) document. If your route includes the Santa Ana River Trail, you can connect to busses at several intersections. OCTA's [Bike to Work](#) webpage provides various resources that can help you plan your route and connect to public transportation.



Among County work locations that have bike racks is the Registrar of Voters.

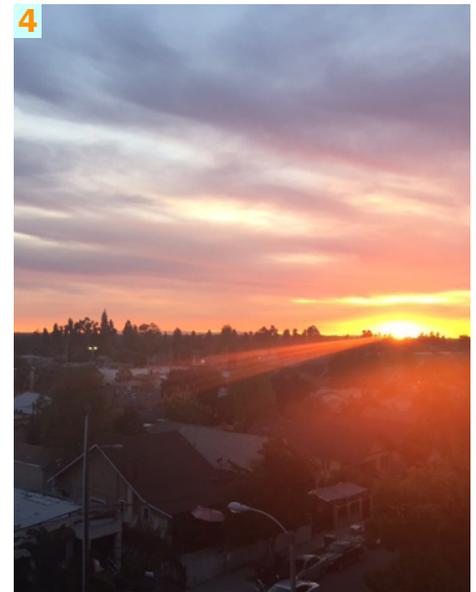
If biking isn't your thing but you are interested in alternative ways to commute to work, the County's [Rideshare webpage](#) provides a variety of resources.



OC RIDESHARE PROGRAM

# PARTING SHOT!

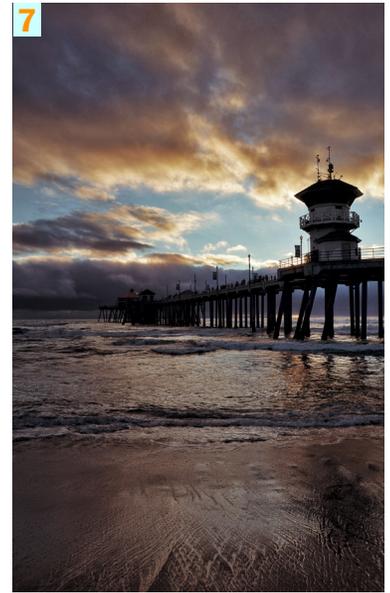
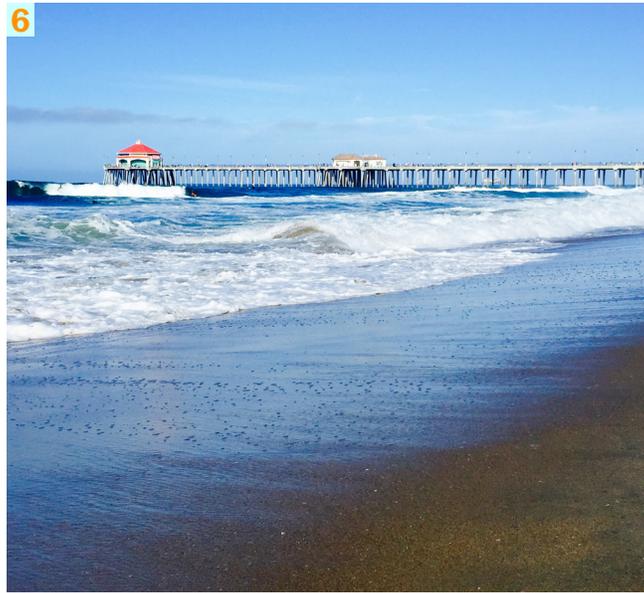
Welcome to Parting Shot, a feature designed to close County Connection with must-see visuals from Orange County, captured through the lenses of County employees. Click on the photos to enlarge.



1. **Dan Barrie**, OCPW survey team member, shot this photo of co-workers **Elliot Medina** and **Steve Strom** while they were performing a hydrographic survey of Dana Point Harbor, pre-dredging. It looks like two guys fishing, but it's far from it. He writes: "We mount our GPS unit, radio transmitter and sonar equipment to the boat, allowing us to pretty much go anywhere in the water to retrieve data. This data is then processed and given to the engineers, which will give them a very good idea of what the terrain looks like underwater."
2. **Sgt. John Hollenbeck**, OCSD Harbor Patrol, caught a beautiful sunrise at the beginning of his shift at Sunset Harbor, where he is a supervisor.
3. **Chris Moreno**, HCA computer graphics specialist, captured the reflection of the Ronald Reagan Federal Courthouse building in the Health Care Agency office at 405 W. 5th St.
4. **Gaby Buenrostro**, OC Public Works Building Department cashier, caught this shot from the Twin Towers parking structure. She writes: "On this particular day, I worked late. I had parked on the 5th floor and when I got to that parking level, I looked out towards 3rd St. and saw this beautiful image. It instantly gave me a peaceful feeling, realizing that some days working late isn't all that bad and that sometimes it's the simple things that can really change our mindset."

(Continued on page 17)

(Parting Shot continued)



5. **Joseph Yuboco**, Social Services Agency emergency responder, writes “This picture was taken during the winter of 2014 early in the morning. I was heading to the office when I saw the base of the old Tustin Marine Blimp hangar covered with fog. It seemed as if the hangar is floating on a cushion of mist.”
6. **Cheryl Sannebeck**, OC Probation research analyst, captured this beautiful photo on the sands of Huntington Beach. She writes “I play beach volleyball in Huntington Beach every weekend. On this particular morning, before my group started to play I ran down to the water to capture the iconic pier. I was delighted how the photo captured the morning beach light.”
7. **Justin Young**, continuing employment eligibility specialist for Social Services Agency, submitted this gorgeous photo from Huntington Beach.

Have you taken a photograph of something cool and beautiful in Orange County? Would you like to submit it to Parting Shot for consideration? If so, send it via email to [travis.lariviere@ocgov.com](mailto:travis.lariviere@ocgov.com). Please provide your job title and department and the details of the photo (location, what’s happening, etc.) Please know that not all submissions will be used; decisions are at the discretion of the CEO Communications staff.

COUNTY OF ORANGE

## MISSION STATEMENT

**“Making Orange County a safe, healthy, and fulfilling place to live, work, and play, today and for generations to come, by providing outstanding, cost-effective regional public services.”**

Click [here](#) to read the full mission and values statement.

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