



Members of the Housing Department HomeWalk team, including General Manager Mercedes Marquez and Assistant General Manager Marlene Garza.

Housing Walks the Walk



■ Housing Dept. takes part in 5K walk for charity.

Story by Renne Gardner, Housing; Photos courtesy Housing

HOUSING — On Nov. 17, a team of walkers from Housing raised more than \$6,300 toward helping the homeless as part of the HomeWalk 5K walk.

The United Way of Greater Los Angeles, the Fannie Mae Foundation and PATH partners spearheaded the HomeWalk 5K Family Walk at Exposition Park to raise funds for homeless programs, and educate participants about the causes of homelessness, the situations facing homeless

people, and how homelessness can be eradicated. HomeWalk took place simultaneously in Washington, D.C. and across six other cities on the same day. This was the first such walk in Los Angeles.

On any given night, 48,000 people are homeless in the City of Los Angeles (73,000 in Los Angeles County), nearly half of them women and children. The National Alliance to End Homelessness estimates that 600,000 families with 1.35 children experience homelessness each year, accounting for about half of the national total.

All told, the HomeWalk 5K Family Walk raised more than \$700,000. More than 4,000 walkers participated in the event, including 14 City Department teams. The 25 walkers from Housing exceeded their initial \$5,000 goal by raising more than \$6,300. Among all local teams, Housing raised the ninth highest amount. Congratulations to all walkers, and big thanks to all who made donations!



Back row, middle: David Whitehurst. Back row, right: Renne Gardner. Front, from left: Mirta Ocana, Maria Elena Diaz, Marcella Heredia and Xanat Rosas.



Yvonne and her son, Benjamin

Small Steps to Weight Loss

By Yvonne Liu, Office of Finance

As we begin a new year, the top New Year's resolution on many people's minds is weight loss. A majority of us hop into a crash diet, feasting on lettuce day after day, day after day, until we are sick of salads and give up. Although drastic diets can produce big results, small changes in our lives can add up to bigger and longer-lasting results.

A few City Employees share the small steps they took to keep the weight off.

Kathy Fatherree, Senior Personnel Analyst I, Personnel, started with one small change. First, she made Wednesday nights salad nights in her home. This made her not only learn more salad recipes, but also enlist her children's help in preparing dinner before she comes home. Once salad nights were well established in her household, she started on her next small step.

Having 19 years of service behind her, she knew that a sedentary job lulls us into physical inactivity. Twice a week, she would take a walk during her lunchtime from the Personnel Building to the Mall or just around her building.

"I still have my burgers every now and then," she says. "What I actually did was cut down on my portion sizes and ate more fish and chicken for dinner."

More than a year after her first step, Kathy joined Jenny Craig, which gives her an added support.

Alice Gong, Civil Engineer, Public Works/Sanitation, started her small step when she noticed how much time she was spending sitting during the weekends at her sons' ballgame practices. One day, she took her running

shoes with her. While her older boys were at practice, she took an easy jog around the track in the adjacent field. She began to see results when she took her youngest son with her on the jogs and he was falling behind her.

"The trouble with this small step is that once the kids' ball season stops, you need to take another small step to replace the activity such as going to the gym," she reflects.

"Cut out dinners out," said Wayne Lawson, Division Engineer, Public Works/Engineering. Wayne stopped eating out for dinner when he realized how rich the foods were and how large the portions were. He then started making simple balanced dinners in small portion at home.

He substituted whole grains or whole wheat bread for white bread. He saw that he was consuming less starch, more fruits and vegetables, and started losing weight.

When asked the secret to his progress, Wayne said, "Small changes in your life are easier to accept than large ones."

The key point here is that sticking to one or two small steps will keep you focused more than a dozen changes in your lifestyle.

My small step this year is to substitute a half-portion of mayonnaise with nonfat yogurt whenever I am making a salad that requires mayonnaise, such as egg salad, chicken salad or tuna salad. I don't miss the full mayo flavor, and I feel better knowing that I am adding something healthier to my diet.

For more ideas on the small steps that you can take, go to:

<http://www.smallstep.gov/>

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Alive! can't guarantee space for all. —Ed.

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