



BRAD'S BLOG: *Inside Scoop*

I learned from the recent results of the Newsletter Survey that many of you would like to learn more about myself and other Senior Managers, including some personal details. I'd like to take this opportunity to share such details with you in this month's issue.

I am the son of an Air Force Pilot and growing up my family and I moved every 3-4 years. I was born in Riverside, CA (March AFB) but before age 15 I had lived in Topeka, Kansas, Honolulu, Hawaii, and San Antonio, Texas.

I learned to surf when we moved to Hawaii at age 10, and since then it has been my life-long passion. I have traveled extensively in search of surf, to include frequent trips to Main Land Mexico, Baja, Florida, Hawaii, Fiji, Costa Rica and El Salvador over the past 45 years. I still travel down to Encinitas now and then to get in the water. At the risk of being accused of "showing off", I will share some surf photos taken over the years below.

Although surfing is my passion, family is the most important aspect of my life. I've been married to my wife, Debra, for 38 years (whom some of you met at the Holiday Party last year). We have two children, Dana and Matt, as well as two grandsons, Garin (6 yrs. old) and Owen (3 yrs. old). Trying to live a balanced life while juggling career, family, health etc. is challenging, but I take on that challenge daily as do all of you. And I do consider our team at the LACC and AEG as my second family.



Magdalena Bay, Baja



Fiji

SAVING ENERGY IS A WIN-WIN

Does it sometimes seem like being "eco-friendly" is not necessarily "wallet-friendly"? That doesn't have to be the case! When you use less power A.K.A conserve energy, you can lower your home/office electricity & gas bills while also helping prevent climate change and air pollution! The best part is that reducing energy usage is easy.

Tip 1: Make sure to turn off all the lights, the T.V., computer and anything else that uses power when you are not using them or leave your home/ office.

Tip 2: Keep phone & computer chargers, and anything else you only use for short periods of time unplugged except when you are using them.

Tip 3: Set your AC to 78 in the summer & use fans as needed instead of lowering the AC temperature.

AND THE *Winner* IS...

Renato Sotomayor! Congrats!

February 2015 Photo Contest
Winner

"I stopped by one of my favorite hole in the walls in Little Tokyo recently & thought I'd share w/ the rest of the LACC Family. Definitely worth a visit on a cold day. Enjoy!"

Orochon Ramen

Weller Court
123 Astronaut E S
Onizuka Street
LA, CA 90012



BUILDING NEWS: FEB/MARCH HIGHLIGHTS

Security Surveillance Replacement Program

Phase 1 (2/12/15-3/4/15): Security Command Center

Began renovations; demolition of older equipment, counters, & carpet. Setup, paint, & new carpet to be installed; new work stations, & network cabling, phone lines, & CCTV.

Phase 2 (2/23/15-03/13/15): Servers, Workstations, Monitors

Set up new integrated surveillance & access control systems.

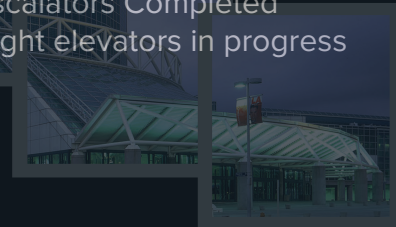
Theatre Modernization

Design in progress

Escalator/Elevator Repairs

4 Escalators Completed

Freight elevators in progress



EMPLOYEE SPOTLIGHT: *Meet* CYNTHIA HAMMIEL

1. **Favorite food?**
a. Greek Food
2. **Sports fan?**
a. Yes, Sumo Wrestling! I've been a fan for 15 years
3. **Dream career?**
a. Spokesperson for a company, some thing media-related, PR
4. **If you could meet anyone, living or dead, who would you meet?**
a. Michael Jackson!
5. **Phobias?**
a. Swimming
6. **Favorite animal?**
a. Sloth because they're such determined creatures
7. **Hobbies?**
a. Cooking - currently studying Indian & West Indian cuisine
8. **Most influential person in your life?**
a. My mom: she taught me to be a better person
9. **What do you think is the secret to a good/happy life?**
a. Peace
10. **If you could splurge on 1 must-have item, what would it be?**
a. Aston Martin!!



Upcoming Events

Event Tickets: if you're interested in tickets to a public event, please contact Ana Aldana. Tickets are subject to availability.**

Earth Hour is 3/28! Look out for more info!

Earth Day is 4/22! Look out for more info!

LACC BUZZzzz

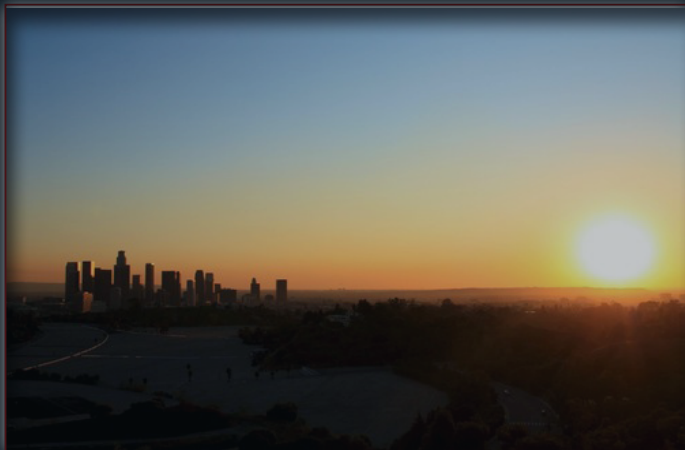


@Ellen #NothingBetterThanThatFeelingOf
CompletingAProject
@ChrisF #IsTheDressBlack&BlueOrWhite&Gold
@PatK #DublsInDaHouse
@Ana #WeHave900TixToTheGemShow
@Frank #AdultCon...ThisShouldBeFun
@Ripsime #Ana'sSalsaRocks
@Adrienne #MamaGetsADayOff
@Security #EndOfWatch
@Carisa #7EventsWeGotThis
@Vicky #RainyWeekend
@MichelleG #GettingItDone

Submit your **#thoughts** to Vicky by **3/23** for the April newsletter!

Spring into Shape: Best Hikes in L.A. (with maps!)

- **Runyon Canyon**
Runyon Canyon Loop: [Map](#)
- **Griffith Park Trails**
Bronson Canyon: [Map](#)
Griffith Observatory West Trail Loop: [Map](#)
Brush Canyon Trail: [Map](#)
- **Franklin Canyon Park**
Discovery Trail: [Map](#)
- **Wilacre Park**
Betty B. Dearing Trail: [Map](#)



EMPLOYEE SPOTLIGHT: *Meet* KESIA IRVINE



1. **What's your favorite movie?**
a. I've got two: Sound of Music & Wizard of Oz
2. **What's your favorite food?**
a. Mexican food: Chicken Enchiladas
3. **Who did you first see live in concert?**
a. Michael Jackson - Victory Tour
4. **If you could learn to do anything, what would it be?**
a. Ride a bike!
5. **What do you think the secret to a good/happy life is?**
a. Maintaining life balance. Separating work & play
6. **What's your favorite thing to do on weekends?**
a. Attend concerts
7. **What was your all-time, best-ever Halloween costume?**
a. Wonder Woman
8. **Who was/is the most influential person in your life?**
a. My Dad: he taught me respect & to appreciate different perspectives
9. **What's the 1 piece of advice you would give others about life?**
a. Don't take yourself so seriously!
10. **What's your current or recent TV show obsession?**
a. Grey's Anatomy & How to Get Away with Murder. All time fav.: Two and a Half Men!

Health Kick

Honey Soy Grilled Salmon with Edamame

Ingredients

- 1/4 cup packed cilantro leaves
- 2 scallions
- 2 teaspoons vegetable oil
- 1 teaspoon grated ginger
- Kosher salt and freshly ground pepper
- 4 center cut skin-on wild salmon fillets, about 6 ounces each
- 2 teaspoons fresh lime juice
- 2 teaspoons low-sodium soy sauce
- 2 teaspoons honey
- 1/4 teaspoon black sesame seeds
- 1 1/3 cups cooked edamame
- Lime wedges, optional garnish

Directions

Preheat the grill over medium-high direct heat. Oil the grill grates. Finely chop the cilantro and scallion and mix in the oil and ginger. Season with salt and pepper.

Cut two 3-inch long slits through the skin lengthwise on the bottom of the salmon fillets, going about halfway into the salmon. Evenly stuff the slits with the herb mixture. Season the fish with salt and pepper.

MEET JANUARY 2015 EMPLOYEE OF THE MONTH: TRUNG LE

Grew up?
Vietnam &
Pacoima, CA

Fa-
vorite Food?
Hawaiian Pizza &
Burgers

Kids?
1 year old son

Only City IT em-
ployee to transition to
AEG.

Years at LACC?
7



Stir together the lime juice, soy and honey until smooth. Place the salmon, skin side up, on the grill and cook until well marked, 3 to 4 minutes. Turn the salmon and continue to cook, brushing the tops with the sauce, until the fish is cooked through, about another 3 to 4 minutes. Transfer to a serving plate and sprinkle the tops with the sesame seeds. Serve with edamame and lime wedges.

Broiler directions: Position an oven rack so that a baking sheet set on the rack is about 4-inches below the heat source. Preheat the broiler. Prepare the salmon as above and place the fillets, skin down, on a foil lined baking sheet coated with cooking spray. Broil, basting 3 to 4 times with the sauce, until just cooked through, about 6 to 7 minutes.

Recipe courtesy of Chef James Havey, Taste of LA by Levy Restaurants