

Healing and Unity



Dear Friends,

This week, many of us were shocked to hear the recording of four powerful Los Angeles leaders who expressed intolerable, hateful, and racist comments. Nury Martinez's decision to resign was the right thing to do. As elected officials, it's our responsibility to lead with integrity. If someone can't do that, and isn't able to represent people of every background, it's time to step down. That includes the two council members who are still in office.

The City of Los Angeles should also confront their redistricting process.

Gerrymandering (manipulating district boundaries to favor a particular group of people) is unjust and unfair. We cannot allow the preferences of elected leaders to disenfranchise our communities.

This incident highlighted what so many of us already knew—hate can happen anywhere and at any level. It can create a lot of pain and feelings of helplessness. I want my constituents to know that there are actions you can take and resources available to you.

If you are experiencing negative mental health impacts, reach out to the [Los Angeles County Department of Mental Health](#) to speak to a trained professional. Call their help line at (800) 854-7771 or text “LA” to 741741. Their website also has a list of services, including a dedicated page with [anti-racism resources](#) that include mental health support for diverse communities, families, and educators. The website also offers connectivity to [iPrevail](#) to match you with a mental health coach or support group, or the [Headspace](#) meditation app to bring you some peace of mind.

If you experience hate or prejudice of any kind, or want to step up as an advocate against hate, I encourage you to access the [L.A. vs Hate](#) program. The website includes helpful community resources, bystander training, self education, inspirational artwork, and social media assets to share with your network.

While it is a challenging time, I hope we use this as a catalyst to support one another and move toward healing and unity.

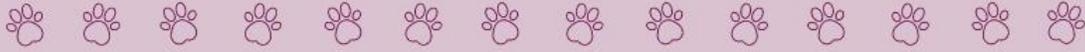
Best wishes,

A handwritten signature in black ink that reads "Kathryn". The signature is fluid and cursive, with the first letter 'K' being particularly large and stylized.

Kathryn Barger

Supervisor, Fifth District

Pets of the Week



Caine



Lady

Free Adoption Special!

There has never been a better time to adopt a furry friend. For the entire month of October, adoption fees are waived for animals who have been staying at our animal care centers for longer than 60 days!

It's National Adopt a Shelter Dog Month and I know two great candidates for you! Caine is one year and nine months old and Lady is four years old. These perfect pit bulls are currently staying at the Palmdale Animal Care Center. If you'd like to meet them, you can stop by the center between 2 and 5 p.m. any day, 2 to 7 p.m. on Wednesdays, or make a morning appointment online.

[Pick your perfect pet.](#)

Voice Your Concerns



My office has received many calls and emails from Altadena/Kinneloa Mesa residents who are [frustrated by the change in their waste disposal service](#). I am working closely with the Altadena Town Council and the [Los Angeles County Department of Public Works](#) to remedy this urgent issue. Residents must get the service they pay for and deserve. I [introduced a motion](#) at the Oct. 4 Board of Supervisors meeting to direct Public Works to address the matter. I urge Altadena residents to attend the upcoming [Altadena Town Council](#) meeting on Tuesday, Oct. 18 at 7 p.m. This will be an excellent opportunity to voice your concerns to the Public Works director in person.

[Attend the City Council meeting.](#)

Soccer Stars



Teamwork makes the dream work! I was excited to meet with Juventus, part of the City of Pasadena's Villa Park Soccer Division #6, an outstanding coed team of youth between ages six and eight years old. Coach Victor Pacheco started the soccer league decades ago with the philosophy that "hard work, unity, development, and a strong family unit equals recognition, honor, and great opportunities." This year, the team went 15-1-1 and took second place at the Cinco De Mayo tournament at the Rose Bowl. To celebrate, I secured tickets for the team and their families to see a live soccer match featuring the professional Juventus vs. Real Madrid teams this summer at the Rose Bowl. The youth team is now playing in Pasadena's winter soccer league and is currently undefeated. These young athletes prove that hard work leads to greatness!

[Check out more of my visit with the team.](#)

Community Cleanup



Every month, the West Toluca Lake Residents Association hosts a neighborhood cleanup. It's so encouraging to see what can get done when a community comes together with a common goal! If you'd like to get involved, the group meets at 9 a.m. at 11241 Kling Street at Elmer Avenue on select Saturdays.

[RSVP for the next cleanup.](#)

ANCA Pasadena



I am thankful to the Armenian National Committee of America's Pasadena Chapter for their advocacy and commitment to our community. I enjoyed getting better acquainted with their new board members last week so we can continue our work together. It is a privilege to be their partner.

[See what's underway.](#)

Concerts for Communities



My office was grateful to partner with the Hollywood Bowl to provide 1,500 tickets to about 50 nonprofit groups across the Fifth District. Attendees got free admission to a diverse array of performances including Sheryl Crow, Lang Lang Plays Disney, Beethoven, Mozart, jazz, Pink Martini, Herbie Hancock, Wynton Marsalis, and Chucho Valdes. I encouraged attendees to share their photos on social media using #concertsforcommunities to see all the fun they had at this special and historic venue. These are just a few of the wonderful photos of our Fifth District residents enjoying live music. I'm passionate about making the arts accessible to our communities. No matter where you live or your life experience, the arts—and music in particular—has a powerful way of bringing us together.

[Visit the Hollywood Bowl.](#)

[Access Hollywood Bowl neighbor resources.](#)

Veterans Resources



Veterans and their families have given so much to our country and it's our privilege as a community to support them once they come home. On Friday, Oct. 21 from 10 a.m. to 4 p.m., the Battle Boutique will equip women service members, veterans, and military spouses on their employment journey. At the event, attendees will receive everything they need to gear up for the workforce, including free professional clothing and personal shoppers, workshops featuring career experts and life coaches, professional headshots with glam and styling, resume reviews, interview practice, and connections to employers who are actively looking to recruit women veterans and veteran spouses. Thank you to the [Women Veterans Working Group](#), [CaVet](#), and [Women Vets on Point](#) for facilitating this invaluable event!

[Register for the Battle Boutique.](#)

Career Opportunity



As TV and film production continue to increase, there are more opportunities to work behind the scenes. If you want to learn more about the world of production accounting, I encourage you to tune in for this event! If you are interested in a career in film and television production, join me and NBCUniversal on Wednesday, Oct. 19 at 12:30 p.m. for one of their Launch Talks. Get a peek at a lesser known but exciting career pathway in production accounting. A finance or accounting degree is not required.

[Tune in for the talk.](#)

Grocery Giveaway



THIRD SATURDAY OF EVERY MONTH
FROM 10A-12NOON

*Free Fresh Produce
in NoHo*

*This Saturday
10/15
10am-noon*

Produce Giveaway! Your bags of produce await!
The Los Angeles Regional Food Bank, in collaboration with CalFresh Healthy Living and NoHo Home Alliance invite the community to participate in the Food for Thought Produce Pick-Up!

Drive-thru and walkups are welcome. Enter through the alley on Camarillo. Masks and social distancing required.

*Funded by USDA SNAP, an equal opportunity provider and employer.
Contact: alaguilan@lafoodbank.org or info@nohohome.org*

NOHO HOME ALLIANCE | 11031 CAMARILLO ST | NORTH HOLLYWOOD 91602

Looking for free and fresh produce? Every third Saturday of the month, the NoHo Home Alliance partners with the Los Angeles County Department of Public Health, the Los Angeles Regional Food Bank, and CalFresh to host a grocery giveaway for the community. Head to 11031 Camarillo Street this Saturday, Oct. 15 between 10 a.m. and 12 p.m. to receive incredible fruits and vegetables.

[Donate to the food bank.](#)

[Access food near you.](#)

Share Your Perspective

Have ideas for addressing homelessness?

The Los Angeles County Homeless Initiative wants to hear from you! Join one of 8 virtual community listening sessions to share your thoughts.

To register, visit

<https://homeless.lacounty.gov/news/listening-sessions-we-want-to-hear-from-you/>



Share your thoughts!



The Homeless Initiative is hosting a series of virtual community listening sessions so residents can hear about updated strategies for addressing and preventing homelessness and then share their feedback. The session for the Antelope Valley will be on Wednesday, Oct. 19. Additionally, a Countywide Spanish language session will be held on Monday, Oct. 24. Please lend your voice to this important conversation.

[Tune in for a session.](#)





Downtown:

500 W. Temple St. #869
Los Angeles, CA 90012
(213) 974-5555

Antelope Valley:

42455 10th Street West, Suite 104
Lancaster, CA 93534
(661) 726-3600

East San Gabriel Valley:

615 E. Foothill Bl. Suite A
San Dimas, CA 91773
(909) 394-2264

Santa Clarita Valley:

27441 Tourney Rd. Suite 120
Santa Clarita, CA 91355
(661) 287-3657

San Gabriel Valley:

215 N. Marengo Ave. Suite 120
Pasadena, CA 91101
(626) 356-5407

San Fernando Valley:

21943 Plummer St.
Chatsworth, CA 91311
(818) 993-5170
