



Your Vote is Your Voice



Dear Friends,

With Election Day just a few days away, it's time to solidify your voting plan. In Los Angeles County, there are a variety of ways to cast your ballot.

If you'd like to vote in person, you can do so now through Tuesday. Vote Centers are open between 10 a.m. and 7 a.m. from today through Monday and are open on Tuesday from 7 a.m. to 8 p.m. Remember that you can vote at any Vote Center in

you [here](#). If you'd like a refresher on how to use the ballot marking machine, click [here](#) for a tutorial.

If you prefer to send in your vote by mail ballot, you can do so in a mailbox or by bringing it to an official Ballot Drop Box. To find a nearby drop box, click [here](#). If you want to track your ballot to ensure it's counted, click [here](#).

To make sure you're prepared when you head to the polls, you can fill out a sample ballot beforehand. The Interactive Sample Ballot tool allows you to mark your selections ahead of time so you know exactly how you're voting. Access a digital sample ballot [here](#). If you'd like to learn more about a candidate, you can read their statements [here](#). To ensure your voter registration information is up-to-date, click [here](#).

Elections are a crucial part of our democracy. No matter how you vote or where you vote, thank you for using your voice.

Best wishes,

A handwritten signature in black ink that reads "Kathryn". The signature is written in a cursive, flowing style.

Kathryn Barger

Supervisor, Fifth District

Pets of the Week



Peeta



Katniss

Looking for a perfect pet? Meet Peeta, a one-year-old Chihuahua, and Katniss, a 14-week-old cat. These four-legged friends are both currently staying at the Downey 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.](#)

Change Your Clocks

Leaf my alarm off!



**Daylight Saving Time Ends
Sunday, Nov. 6**

Remember to turn your clocks back an hour! Enjoy that extra hour of sleep.

[Follow me on Facebook.](#)

Uplifting Veterans



Our veterans have given our communities so much, and it's our duty and privilege at both the local and federal level to connect them with the services they've earned. Thank you to Rep. Grace Napolitano and Rep. Judy Chu for inviting me to join you again for your Veterans Forum last Saturday. It's an honor to partner with you to equip veterans and their families.

[Access veterans resources.](#)

Healthy Children



We have to equip families with the information they need to keep their children healthy. As neighboring counties see a troubling rise in respiratory syncytial virus (RSV) infections, it's time we mobilize our Los Angeles County Department of Public Health resources to keep kids protected from serious illness. I'm proud the Board of Supervisors approved my motion at Tuesday's meeting to tackle this urgent issue.

[Learn about my motion.](#)

Celebrating Police



Support for law enforcement is more important than ever before. Thank you to the NoHo PALS (known also as the East Valley Police Activity League Supporters) for celebrating and investing in community safety! I was honored to join them for their Community Partnership Luncheon on Wednesday to acknowledge the dedication of the LAPD officers serving neighborhoods in North Hollywood.

Partner with the PALS.

A Lifetime of Service



I am grateful to the veterans in the Metro Los Angeles workforce who have continued a life of selfless service in their career. When we hire veterans, we bring onboard highly motivated, mission-oriented team players who make our workplaces better. It was a pleasure to join Metro today to celebrate their annual veterans luncheon.

[Make a difference with Metro.](#)

Supportive Services



Making a difference in the homelessness crisis requires collaboration. On Thursday, I joined the Los Angeles Homeless Services Authority and Los Angeles County Sheriff's Department outreach teams in East Pasadena as they connected with people experiencing homelessness. As we work to provide people on the street with supportive services, these teams are the boots-on-the-ground who confront this crisis every day.

[Hear more about homeless outreach.](#)

Breaking Ground



The Los Angeles County Arboretum and Botanic Garden welcomes more than 500,000 visitors to enjoy its facilities each year. Today, we broke ground on the new Visitor Plaza Project to make the entrance more modern and functional. The project will ensure visitors can easily access the Arboretum, including the orientation experience for more than 17,000 school children annually.

[Visit the Arboretum.](#)

Civil War Monument



Today, we celebrated a local and national historical landmark in Altadena. This plaque, in conjunction with the Owen Brown Gravesite, are an important milestone as one of the very few Civil War monuments in the West.

[Read Owen Brown's story.](#)

Renewable Energy



I visited Kore Infrastructure's plant today, which produces 100% renewable energy from organic waste (like wood, agriculture, and food scraps) here in Los Angeles County in an environmentally friendly and economically sustainable way. They are also currently exploring the possibility of building a plant in the Antelope Valley. It was so interesting to see the forward-thinking efforts they have underway!

[Connect with Kore.](#)

HMRI Anniversary



Congratulations to Huntington Medical Research Institutes on their anniversary! For 70 years, HMRI has been committed to patient-focused scientific research, working toward solutions to some of the most daunting healthcare challenges. Their discoveries have led to car safety features that prevent head injuries in accidents, MRI technology in medicine, and lifesaving measures in cardiovascular research. They also offer incredible educational resources, including a summer STEM program for Pasadena Unified School District high school students. Their commitment to discovery has made a difference in countless lives.

[Learn about their efforts.](#)

Business Grants



The Los Angeles Conservancy is partnering with Wells Fargo to offer grants to longtime small businesses in Los Angeles County. The Legacy Business Grant will award \$5,000 to eligible small businesses that have operated and contributed to their community's history and identity for at least 20 years. There will be two rounds of funding, the first from Nov. 3 to Dec. 7, 2022 and the second from Feb. 8 to March 8, 2023. I encourage businesses in our community to apply!

[Get a grant.](#)

Health Festival

Free Clinic, First Come-First Served, NO ID Required!

**REMOTE
AREA
MEDICAL**



11th Annual

Glendale Health Festival

Building a Healthier Community Together

Nov. 5-6, 2022

Pacific Community Center

501 South Pacific Avenue, Glendale, CA 91204

The Glendale Health Festival is this weekend. Head to the Pacific Community Center for medical, dental, and vision care. Services include cancer screenings, medication management, hearing tests, women's healthcare, bone-density screenings, dental cleanings and fillings, eye exams, and more all onsite. The clinic is free and begins at 9 a.m. on Saturday and Sunday.

[Access care.](#)



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(213) 974-5555

Antelope Valley:

42455 10th Street West, Suite 104
Lancaster, CA 93534
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East San Gabriel Valley:

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

Santa Clarita Valley:

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Santa Clarita, CA 91355
(661) 287-3657

San Gabriel Valley:

215 N. Marengo Ave. Suite 120
Pasadena, CA 91101
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San Fernando Valley:

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