CITY OF SOUTH PASADENA
ADDITIONAL DOCUMENTS

WEDNESDAY, NOVEMBER 5, 2025, AT 7:00 PM

AMENDED ADDITIONAL DOCUMENTS

Amended Additional Documents to the November 5, 2025, City Council Meetings. The attached documents include submitted written public comments and amendments to the agenda. Submit by no later than 12:00 p.m., on the day of the City Council meeting. Correspondence received after this time will be distributed the following business day.

AMENDED ADDITIONAL DOCUMENTS TO THE NOVEMBER 5, 2025 CITY COUNCIL MEETINGS

- General Public Comment_Angelica Fregoso (UCLA)
- General Public Comment_Yvonne LaRose
- Public Comment_Josh Albrektson_Item No. 14
- Presentation for Item No. 16 (Cacciotti)

From: Fregoso, Angelica
To: City Council Public Comment
Cc: Kwak, Hannah J.
Subject: Agenda Item Written Public Comment Submission: South Pasadena City Council Meeting 11.5.25
Date: Wednesday, November 5, 2025 11:47:58 AM
Attachments: Letter of Support_11.05.25 South Pasadena City Council Meeting.pdf

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Good afternoon,

I hope this email finds you well. I'm sending this email to submit a public comment for today's South Pasadena City Council Meeting on behalf of UCLA's Anti-Vaping Champions Program. You can find the PDF for said comment attached to this email and typed out down below:

"November 4, 2025

Dear Mayor and City Council Members,

On behalf of the UCLA Anti-Vaping Champions coalition, we write to express our support of Breathe Clean South Pasadena Coalition's efforts to promote a local tobacco retail license policy to combat the negative health impacts of tobacco use.

Our coalition represents over 130 healthcare providers, educators, parents, youth advocates, and community members and cooperates with over 900 pediatricians through our partners at the American Academy of Pediatrics – Chapter 2. We are united in our commitment to prevent the harms associated with vaping and smoking.

As healthcare providers and community members, we see the negative impacts of tobacco products every day. Tobacco use remains the leading cause of preventable disease and death – doubling the risk of heart attack and stroke and increasing the risk of lung cancer by 23 times.

62% of South Pasadena residents want their City Council to take action against tobacco. One effective strategy to achieve this is through Tobacco Retail Licensing (TRL), which has reduced access to tobacco products and subsequent exposure in other cities in Los Angeles. Local TRL ordinances help enforce and strengthen tobacco sale bans, including flavored products, of which 70% of South Pasadena residents are in favor of.

By adopting and strengthening local ordinances, significant improvements can be made in reducing tobacco-related harms, ensuring the health and well-being of your community members. Thank you for your consideration and commitment to public health.

Sincerely,

Hannah Kwak, MD, MPH
Program Director
Anti-Vaping Champions at UCLA
Division of Medicine-Pediatrics and Preventive Medicine

Angelica Fregoso
Program Manager
Anti-Vaping Champions at UCLA

Tomás Torices, MD
Executive Director
American Academy of Pediatrics - California Chapter 2

Additional Supporting Organization:
American Academy of Pediatrics - California Chapter 2

Priyanka Fernandes, MBBS, MPH
Program Director, UCLA Division of Preventive Medicine
Task Force Member
Anti-Vaping Champions at UCLA

Trisha Roth, MD, FAAP
Task Force Member
Anti-Vaping Champions at UCLA

Adam Landeros
Former Program Manager
Anti-Vaping Champions at UCLA

Sunha Park
Task Force Member
Anti-Vaping Champions at UCLA"

Thank you, please let me know if there's anything I can provide you with.

All the best,
Angelica Fregoso (she/her)

Research Project Manager
Division of Medicine-Pediatrics, Dept. of Medicine
911 Broxton Avenue
Los Angeles, CA 90024
afregoso@mednet.ucla.edu

UCLA HEALTH SCIENCES IMPORTANT WARNING: This email (and any attachments) is only intended for the use of the person or entity to which it is addressed, and may contain information that is privileged and confidential. You, the recipient, are obligated to maintain it in a safe, secure and confidential manner. Unauthorized redisclosure or failure to maintain confidentiality may subject you to federal and state penalties. If you are not the intended recipient, please immediately notify us by return email, and delete this message from your computer.

UCLA Health

Medicine-Pediatrics

ANTIVAPING CHAMPIONS

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Additional Supporting Organization:
California Chapter 2
INCORPORATED IN CALIFORNIA
American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®
San Luis Obispo - Santa Barbara - Ventura - Kern - Los Angeles - San Bernardino - Riverside

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Program Director, UCLA Division of Preventive Medicine
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Sunha Park
Task Force Member
Anti-Vaping Champions at UCLA

From: Yvonne LaRose
To: Mark Perez; City Council Public Comment
Subject: Fw: General Public Comment: November 5, 2025 - I"m Concerned
Date: Wednesday, November 5, 2025 3:25:35 PM

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Here's the comment that got sent to me instead of "ccpubliccomment"

Viva
Yvonne LaRose, CAC
Organization Development Consultant:
Diversity/Title VII, Harassment, Ethics
[redacted]

----- Forwarded Message -----
From: Yvonne LaRose [redacted]
To: Yvonne LaRose [redacted]
Sent: Wednesday, November 5, 2025 at 07:55:23 AM PST
Subject: General Public Comment: November 5, 2025 - I'm Concerned

I'm Concerned

It started in August in a private conversation.

The question was, "How are you?"

The response was intentionally vague, non-specific,

couched in terms of new experiences with undefined, undisclosed pitfalls.

The response wasn't accepted.

The question asked again, "How are you?"

The modified response was still not accepted

so the question was asked again

"How are you?"

met by yet another sidestep until the question became specific

"How's your health?"

"Not great," was the honest reply.

Since that pivotal date,

the question has been repeated by new voices.

"How are you?"
that proved to be not a social salutation.

It's time for an honest answer,

I'm concerned.

I'm concerned about the conditions that exist in our country.
I'm concerned about the Constitutional freedoms that are supposed to be guaranteed

yet we, The People, witness the erosion of those freedoms
withdrawn on a weekly,
if not daily
basis.

I'm concerned about the safety and security of our nation

of The People's freedom to go and come
without fear of attack
by domestic armed forces
empowered in purpose to protect the civic welfare
from external threats.

I'm concerned about the regressions of civil liberties

state by state, city by city,
leaving citizens and visitors in fear
fear of venturing out
fear of the security of their employment
resulting in reduction of domestic and household stability. [1]

I'm concerned about the imposition of tariffs on foreign goods,

Tariffs that result in inflated domestic consumer costs and prices

For mundane commodities

that launch goods and services into becoming luxury,

not discretionary purchases,

that make reasonable living standards difficult to support.

I'm concerned about the constant threats,

the playground bullying, bravado
challenging the other to blink first,

the ante being The People who become targets.

I'm concerned that the backbone of our basic needs industries,

construction, housekeeping, maintenance, agriculture, and many others

industries that comprise at least 35% of those workforces [2]

put at risk of being assaulted, battered, detained without due process

merely because of their choice of clothing
their ***perceived*** ethnicity,
the color of their skin,
their fluency in another language,
their choice (or happenstance) of visiting a particular location. [3]

I'm concerned about leadership that fails to respond

that fails to step up to and take control of conditions within their powers to contain

while allowing chaos, fear, dread, distrust to become Life's standard.

I'm concerned that the doors that were supposed to be permanently opened

on the enactment of the Civil Rights Act of 1964

are being shut as we walk down the Halls of 2025 and 2026.

People of color are targets for layoffs, terminations, barriers to access, [footnote]

delayed responses, no responses, and intentionally cut out of open conversations

Acts that occur more frequently than in 1942.

Perhaps these occurrences are because of
a warped sense of entitlement or

some identities simply don't belong.

I'm concerned that the meaning of a "Glass Ceiling"

and breaking that ceiling is now reduced to petty rhetoric

appreciation of that attainment is absent.

I'm concerned when I see members of the public at events

where legislators or their aides are present

Conversations ensue but known and recognized bystanders are not introduced

as though incidentals with little to no civic significance.

I'm concerned when those who are members of the public

who have reached 40-plus years
and are deemed "retired"
therefore, no longer active, included, needed

their knowledge and skills reduced to nothingness

instead of embracing the ever-increasing advancement

of technology in all facets of Life and living

while they linger on the edge of entering
a persistent vegetative state

or dementia.

That same status of redundancy is cast upon those

who are disabled
with a visible, concrete impairment or
a non-visible, hidden one

in some manner,

also rendering them to merely exist as

skills, expertise, enhanced abilities and awarenesses

are part of the discards of yesteryear

as personal identity and esteem become eclipsed

in deference to toleration of their presence,

not belonging nor intentional inclusion.

It leaves me concerned.

I'm concerned about the tenuous state of women's health care,

whether military or civilian,

Women's ability to obtain quality services

without the imposition of government control over

their choices and options. [4/]

I'm concerned when youth show little to no concept of

economic prudence, budgeting, financial planning,

economic limitations due to limited resources,
the need for saving in order to afford,

critical decision-making skills, use of respectful deportment

to all classes of individuals.

Their world is one huge deep pocket,

there is no risk of its being depleted.

I'm concerned when I hear people rage at another

that the person needs to "Know Your Place"[5/]

When, in fact, there is no error of place.

I love the reality of having thriving workplaces

Because the workforce feels empowered and enriched

They are included in discussions of more advanced concepts and practices

Their voices are heard, their questions answered

They are put into situations, daily

To practice and articulate those concepts

Until they become part of their normal vocabulary,

Due, in part, to their employers' intentional encouragement

To attain greater knowledge of the business

And affirmation of that knowledge[6/]

In order to better serve the clientele.

Yet I dread the vision of a workplace where the praise of one day

Becomes the basis for termination two days later.

I'm concerned about the enactment of SB 79

that will allow developers throughout the state
to impose their choices and preferences about
creation of denser, affordable dwelling units
near local mass transit lines.

In that regard, I'm concerned that SB 79 puts us in the untenable state of

having the child dictating to the parent
what the rules are -

the quality, desirability, the uniqueness of the municipality
take a backseat to all of those aspects of the impacted cities
and the mercenary desires of the developer

Become the new standard.

I'm concerned about the reality of creating and having

Community

The practice of having neighbors who don't look like you

but are part of your neighborhood

Where there is reliance on one another in times of joy
in times of disaster
in times of sunshine and times of repair and building.

Where there is pride in neighborhood

through upkeep, respect, honor, privacy,
sentinels of peace, well-being,
avoidance of trespass, vandalism, theft, mayhem.

Is that a reality? Does Community still exist in reality as well as concept?

I'm concerned that the healthy standards we use

That signify trustworthiness

Are at risk of being eroded,

to have defamation, lying, and gaslighting

become the national ethics currency

and the norm[7]

I'm concerned that the standard evolving on the federal level

will become the community standards at large,
even in small towns such as ours,
because of lack of diligence -

waiting for the hurricane to pass when the downpour has begun.

I'm concerned.

Yet, I take heart for an improved condition as

courts begin to resume their power of exacting their responsibilities,

checks and balances,

and rule against the encroaching storms.

I take heart for a better 2026

when I recall the words of Psalms 91

and Hebrews 11.

So in answer to the question,

Yes, I'm concerned.

These, and other consternations will pass away as contained concerns.

A betterment of Life for all of us
without regard to station, ethnicity, status

shall arise

If we obtain the leadership fit to bring peace and security to our homes.

But we should not rest on a prospective outcome.

The leadership we want and need

should be here now,

with awareness and ready to implement alternative strategies

to prevail in the raging storms

should be ever vigilant, responsible, and responsive

to their constituents.

~~~

1/ Verified Termination Patterns (2025) - The Unnamed Layoffs

Federal Layoffs Disproportionately Affecting Black Women

- **Nearly 300,000 Black women left the labor force in just three months** due to federal downsizing, with participation rates dropping below those of Latinas for the first time in over a year.
  Source: MSNBC – Katica Roy analysis
- **289,000+ federal jobs cut**, with an additional 4,000 RIFs announced in October 2025. Departments affected include Commerce, Education, Energy, HHS, HUD, Homeland Security, and Treasury.
  Source: Forbes – Richard Fowler
- **DEI roles and protections dismantled** by executive order on January 20, 2025, targeting
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women and people of color across federal agencies.
Source: National Women's Law Center

[2/] Housekeeping & Hospitality Sector

- U.S. Bureau of Labor Statistics – Housekeeping Occupation Profile
- Pew Research Center – Hispanic Labor Force Trends
- American Hotel & Lodging Association – Workforce Composition

[3/] Construction Industry

- Hispanic Construction Workforce Statistics (2025)
- National Hispanic Construction Alliance – Workforce Data
- U.S. Bureau of Labor Statistics – Construction Demographics

[4/] The Federal Mirror: When VA Policy Reflects Civilian Futures

VA Abortion Ban

- Effective August 2025, the Department of Veterans Affairs reinstated a near-total ban on abortion services at VA facilities.
- Abortions are now only permitted when the life of the pregnant veteran is at risk—removing prior exceptions for rape, incest, or health complications.
- Dependents covered under CHAMPVA (spouses and children of disabled veterans) also lost access to abortion coverage.
- Critics argue this rollback violates the VA's duty to provide comprehensive care and disproportionately harms women veterans, especially those in states with abortion bans.

Source: Military.com – VA to Ban Nearly All Abortions
Source: Center for Reproductive Rights – Trump's Proposed VA Abortion Ban
Source: Stars and Stripes – VA Proposed Rule Change

Federal Defunding of Planned Parenthood

- As of July 2025, the federal budget (H.R. 1) imposed a one-year ban on Medicaid reimbursements to Planned Parenthood clinics.
- This affects preventive care, STI testing, cancer screenings, and birth control access—not just abortion services.
- States like North Carolina and Ohio are moving to make the ban permanent, while New York allocated emergency funds to offset the cuts.
- Clinics serving Medicaid patients have already reported drops in patient visits, closures, and service interruptions.

Source: Port City Daily – Medicaid Ban on Planned Parenthood
Source: Crain's NY – Hochul Allocates $35M to Offset Cuts
Source: Congress.gov – H.R.271 Defund Planned Parenthood Act of 2025

National Impact of the VA Abortion Ban (2025)

1. Veterans in Restrictive States Lose All Access

- As of October 2025, 18 states have near-total or severely restricted abortion laws, including Texas, Florida, Georgia, and Tennessee.
- In these states, VA facilities are often the only federally funded healthcare option for veterans, especially in rural areas.
- With the VA ban in place, veterans in these regions now face zero legal access to abortion through their primary care provider, even in cases of rape or incest.

2. Increased Burden on Neighboring States

- In 2024, over 155,000 women traveled from restrictive states to access abortion in neighboring legal states, a number expected to rise in 2025.
- Veterans must now navigate interstate travel, out-of-pocket costs, and legal risks to obtain care—barriers that disproportionately affect low-income and disabled veterans.

3. Disparate Impact on Marginalized Groups

- The ban has led to a 2% increase in birth rates in restrictive states, especially among racial and ethnic minorities, Medicaid beneficiaries, and unmarried individuals.
- These groups already face higher rates of negative birth outcomes, compounding the health risks of forced continuation of pregnancy.

4. Erosion of Federal Healthcare Protections

- The VA ban signals a rollback of federal healthcare guarantees, setting a precedent for other agencies to restrict services based on political ideology.
- It undermines the VA's mission to provide comprehensive, veteran-centered care, especially for women who served.

The VA abortion ban disproportionately impacts veterans in states with restrictive abortion laws, effectively eliminating access to care for many who rely solely on VA services. It also deepens regional disparities in reproductive health and places additional strain on neighboring states with legal access.

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Footnote Citations:

- **Milbank Memorial Fund – Impact of Restrictive State Abortion Laws (2025)**
- **Population Research Institute – Abortion Laws by State (2025)**
- **Military.com – VA to Ban Nearly All Abortions**
- **Center for Reproductive Rights – Trump's Proposed VA Abortion Ban**
- **Stars and Stripes – VA Proposed Rule Change**

Civilian Healthcare Implications of the VA Abortion Ban

1. **Precedent for Federal Rollbacks**

- The VA ban reverts abortion access to **pre-2022 standards**, allowing it only when the pregnant veteran's life is at risk.
- This rollback, justified by federal funding restrictions, could embolden similar **restrictions in Medicaid, TRICARE, and Indian Health Services**, which already face limitations under the Hyde Amendment.
- Civilian programs that rely on federal reimbursements—like Planned Parenthood—are especially vulnerable to **policy mimicry**.

2. **Chilling Effect on Providers**

- The VA's narrow exception forces providers to determine whether a patient is "close enough to death" to qualify for care.
- This ambiguity mirrors what's already happening in civilian hospitals in restrictive states, where **fear of legal repercussions delays or denies care** for miscarriages, ectopic pregnancies, and other emergencies.
- Civilian providers may adopt **overly cautious or restrictive practices** to avoid scrutiny, even in states where abortion remains legal.

3. **Normalization of "Life-Only" Exceptions**

- By codifying a "life-only" exception at the federal level, the VA ban **normalizes a minimalist standard of care** that could be adopted by other agencies or private insurers.

- This could lead to **reduced coverage for abortion-related services** in employer-sponsored plans or state Medicaid programs, especially in conservative states.

4. **Impact on CHAMPVA and Civilian Dependents**

- The ban also affects **spouses and children of veterans** under CHAMPVA, many of whom are civilians.
- These dependents now face **loss of coverage for abortion care**, even in cases of rape or incest.
- This blurs the line between military and civilian healthcare policy, especially for low-income families relying on federal programs.

Key Sources:

- **Stars and Stripes – VA Would Ban Most Abortions**
- **Military.com – VA to Drop Coverage for Dependents**
- **Cantwell Senate Letter – Civilian Impact of VA Rule**

5/ Know Your Place - Someone's or something's **place** in a society, system, or situation is their position in relation to other people or things.
Collins Dictionary; and
"Know your place" means to behave appropriately for your social position, rank, or status, often in a humble or subservient way. It can also imply accepting an inferior position and not criticizing or challenging superiors. While sometimes used to mean accepting one's place in a positive, realistic sense, it often carries a negative connotation of being told to stop acting as though you are of a higher status.

- **Negative connotation:** The phrase is often used to put someone in their "place," telling them not to overstep their boundaries, criticize a superior, or act too important.
- **Social hierarchy:** The phrase is closely tied to social hierarchies and can be used to maintain a rigid social order, especially in historical dramas or contexts where people of lower status are expected to be deferential.

6/ Affirmation is about offering positive reinforcement and support, often by acknowledging strengths and efforts, while validation is about acknowledging and accepting someone's feelings, thoughts, or experiences as legitimate, even if you don't agree with them. Validation focuses on making someone feel heard and seen, whereas affirmation focuses on empowering them by confirming their capabilities and positive qualities.

Source: Validation vs. Affirmation: What is the Crucial Difference?, Share Collaborative.org

7/ Is gaslighting the same as lying or defamation

AI Overview

No, gaslighting is not the same as lying or defamation, although it often involves lying. Lying is a single false statement, while gaslighting is a pattern of manipulative behavior intended to make a person question their own reality, memories, and sanity. Defamation is a legal term for a false

statement that harms someone's reputation and is a separate concept because it involves public harm rather than the psychological abuse central to gaslighting.

Gaslighting

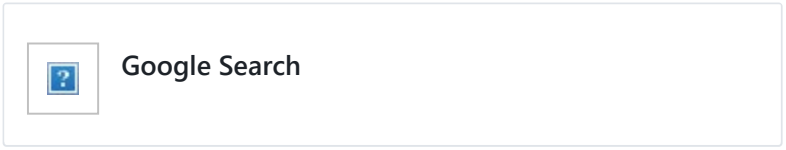
- Definition: A form of psychological manipulation and emotional abuse where one person attempts to make another doubt their own perceptions, memories, and sanity.
  - Goal: To gain power and control over the victim by making them dependent on the manipulator.

Lying

- Definition: An intentional false statement or the intentional concealment of the truth.
  - Goal: To deceive for personal gain or to avoid consequences.

Defamation

- Definition: A false statement of fact that harms another person's reputation. It is a legal tort that can be either written (libel) or spoken (slander).



  - Goal: To harm a person's public standing or good name.

Key differences

	Gaslighting	Lying	Defamation
Core concept	Psychological abuse and manipulation	A false statement	A false statement that harms reputation
Primary harm	Undermining a person's sense of reality	Deception	Damage to reputation
Legal vs. psychological	Primarily a psychological/abusive concept	A broader category of deception	A legal concept
Requires publication?	No, it can be a one-on-one dynamic	Yes, in the sense of the false statement being made to someone	Yes, the false statement must be "published" to a third party

Viva
Yvonne LaRose, CAC
Organization Development Consultant:
Diversity/Title VII, Harassment, Ethics
[redacted]

From: Josh Albrektson
To: City Council Public Comment
Subject: Item 14 public comment
Date: Monday, November 3, 2025 8:01:28 AM

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It is good that we are establishing term limits for commissioners. I think that 6 years is more than enough time for someone to contribute to their community in the individual commission.

I think that there needs to me a longer time before they can serve again in the same commission. After the 6 years, it needs to be 4 years before they can be reappointed. We have PLENTY of great people who are well qualified who are applying for these commissions and they don't get a chance to participate in their community because we have some people who get appointed over and over to the same places.

When I first moved here there had been people who were on the transportation committee for almost a decade. They didn't represent the people who live here today.

But I just believe that reappointing someone 12 to 24 months after they just did 6 years on the committee is robbing the chance for the rest of the community to actually serve their city.

--
Josh Albrektson MD
Neuroradiologist by night
Crime fighter by day

COUNCILMEMBER COMMUNICATIONS

November 5, 2025

Councilmember Michael A. Cacciotti

Councilmember Cacciotti





Councilmember Cacciotti





City of SOUTH PASADENA

Councilmember Cacciotti



