

# Outlook Valley Sun

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## To Combat Fire Season, Preparation Is Critical

By Mia Alva  
Outlook Valley Sun

It's been 14 years since the Station Fire hit La Cañada Flintridge in 2009 — an event that spanned 51 days and took the lives of two firefighters. The fire pressured the community through hardships and scary times, and it is still considered the largest documented fire in Los Angeles County since 1800 after it burned through 160,577 acres.

Firefighter Cesar Lerma from Los Angeles County Fire Station 82 in LCF said fire season is typically between August and October, but in California, "every month is fire season."

"California is always kind of dry, so we're always having that potential for wildfires," said Lerma.

La Cañada Flintridge is especially



Photo by Mia Alva / Outlook Valley Sun

For many cities in California like La Cañada Flintridge, every month is fire season and taking the time to maintain brush and making a plan is key for residents.

vulnerable when it comes to wildfires since it is surrounded by mountains. The region has become more vulnerable recently as many home insurance companies have stopped providing coverage to new customers and even some existing ones.

State Farm was among the group of insurance companies that stopped issuing policies starting in May, along with Allstate and

Farmers.

"State Farm's provider of homeowners insurance in California will cease accepting new applications including all business and personal lines property and casualty insurance, effective May 27, 2023," read the official statement from State Farm.

According to Cal Fire, as of

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## City Moves Forward on Rezoning, Housing Element

By Mia Alva  
Outlook Valley Sun

In a special City Council meeting on Tuesday, councilmembers unanimously approved the necessary amendments to rezone with changes under the General Plan Amendment, the Zoning Code and the Downtown Village Specific Plan Amendment, or DVSP.

In addition to those items, a vote on the environmental analysis from the California Environmental Quality Act, or CEQA, was also included and was unanimously approved.

The decision comes to the City Council after getting approval and recommendation from the Planning Commission, as well as the pressure to comply with a judgment that the city received

on Sept. 5 from the Los Angeles Superior Court giving them a 60-day requirement to complete rezoning that aligns with housing element mandates from the state.

"While we do not always agree with the state legislature, once laws are passed, we work as hard as we know how to make sure we follow along," said Mayor Rick Gunter in his opening remarks. "And that's who we are as a city — we always followed the law."

The recommendations from city staff included to adopt the initial study and declaration from CEQA; adopt the resolution approving the general plan amendment; adopt the two urgency ordinances (one for the zone change and another for the DVSP amendment); and conduct a first reading of the

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## LCF Native Artist Steps Into Creating Sculpture

By Mia Alva  
Outlook Valley Sun



Photo courtesy Ryan Campbell

Ryan Campbell's love for art grew as he went through high school and community college to learn the fundamentals of art.

Artist Ryan Campbell has challenged himself to design and create his first 12-foot sculpture in the heart of the Palm Springs Downtown Park.

Campbell grew up in La Cañada Flintridge and graduated from La Cañada High School in 2000. When he moved to Palm Springs one year later, he "didn't really have much of an idea of where I was headed. But I knew that if I just kept making art, something would fall into place."

Campbell decided to move to Palm Springs with his mother after spending endless summers there. The city is where he has grown his passion for art.

The artist now owns his own studio, RMC1, but picked up various opportunities to get him to where he is today. He took up community college courses, volunteered with the Palm Springs School District to bring art to students, painted a mural at the Desert Regional Medical Center and did multiple art residencies, to name a few.

Campbell was also juggling his life with the challenges that it presented, one being temporal lobe epilepsy. He was determined to continue his career and had brain surgery right before he started his art residency at the Palm Springs Modern Art Museum.

"I think for me, as an artist, the most important thing was to always be pushing the work and always be growing," he said.

With the help of Russell Pritchard, a six-year arts commissioner for the city of Palm Springs, Campbell was able to bring his work to a new level.

Pritchard noticed the artist's work in a local magazine, and they decided to meet up. They immediately started talking about showcasing his work more in the city.

In 2019, the two worked together on a mural called "Line Segments," which is on display at the Modern Art Museum.

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Photo by Kennedy Zak / Outlook Valley Sun

In honor of Suicide Prevention Awareness Month, the USC Verdugo Hills Hospital displays a board where community members can write supportive notes to those suffering with suicidal thoughts and depression and those who have lost loved ones to suicide.

## USC-VHH's Suicide Conference Presents Alternative Treatments

By Kennedy Zak  
Outlook Valley Sun

During USC Verdugo Hills Hospital's eighth annual Suicide Awareness and Prevention Conference last Saturday, associate professor Lynnette Averill discussed the use of ketamine in treating suicidality, depression, PTSD and other psychological disorders.

Ketamine is a dissociative

anesthetic that can have hallucinogenic effects. In a study referenced by Averill, patients were given a low dose of ketamine — 0.5 milligrams per kilogram — rather than the higher doses used for anesthesia. According to Averill, this single dose yields treatment results for between seven and 14 days on average.

Averill, who teaches psychiatry

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