

LA Unscripted | August 1st, 2023

From hotspots to hidden gems This is your guide to all things local The L A unscripted way calling all adventure seekers artie auto foodies and outdoor devotes We want to know what's worthy of your to do List Hi everyone today the L A you team is sharing our So how secrets jasmine you in Lan you new finds to share you know from the city old staples to shiny new spots even life long Angel I like to get lost in a new part of town And recently I said yes to this address and I think you will too I love that They call this the first lady of Santa Monica Well I'll tell you what she sure is pretty Alan Reese I'm major D here at the the Georgian Hotel The Georgian hotel quite iconic This is a hotel that was actually constructed in 1931 utilizing art deco It really stands out this is the 90th year of the hotel And so in this hotel itself it attracted a lot of politicians movie stars a few mobsters It's true You know they all like to hang out in the same places Can you show me around a little bit because I'm already in love with the color the textures everything All right let's go here We have reception We actually have 84 rooms in total of which 28 of those are suites You guys have the beautiful bar space in the dining room But then you have a gallery I hear we have an art gallery Yes we do So we have artists come in on a rotational basis Our first artist was Sharon Stone So just downstairs where we just came up that one painting over the couch that was actually hers that she left behind So everything's been very highly curated from the design team from the ownership because uh as I said they they actually developed a lot of different hotels but this is their baby right here The building was acquired by Boulevard Hospitality which is John Blanchard Nico Rusconi They acquired the building in 2020 then slowly started the renovation and now we're fully open So once you walk into the hotel uh you do have the terrace outside which is for many many years People have been dining out there very popular for brunch black here in this upper restaurant which we just call the the Georgian restaurant is and pastas fish dishes Um Obviously I mean fantastic desserts I love sitting down for really good food with the chef Always an extra perk So we're actually kind of launching our all day brunch menu seven days a week here at the Georgian Hotel So we're doing a French toast souffle made with croissants a evergreen omelet that kind of just gorgeous and healthy and just exactly what you want to eat The barbacoa breakfast burrito So it's a burrito topped with a chili chili mole sauce and then a bunch of fresh herbs and radishes and cotija cheese on the top Holy

moly That's a burrito And then we have something a little bit more for lunch which is a beautiful Burrata from Italy that we import directly chef food like this People aren't gonna want to leave Well that's our intention and that's why we have 84 rooms above us I am so adding that to the top of my to do list So Olivia what local find Do you have your sights on Well you all may know I'm a bit of an adrenaline junkie and thrill seeker for sure And from the mountains to the beach there is no shortage of bold moves to book We are in Long Beach and I wanted to bring you to do one of my favorite summer activities You guess what it is No wait a minute You do all this crazy stuff You jump out of place you know what it was It's not that bad you know I'm afraid of heights It's not that there's a hint we're on the water This is not looking good guys do good like we got some first timer right now Possibly We're host to bachelorette parties bachelor parties birthday parties anniversaries all the time Any kind of event that's worth celebrating people are coming parasailing to to have some fun doing it California parasail is kind of the name of the company and we have four locations here in Long Beach Shoreline Village Catalina Newport and Lake Tahoe Every single time I'm on a boat I have to do this Ok Are you ready I'm ready I'm the queen of the speaking of queen Look right there Gorgeous Queen Mary All right guys I'm gonna start getting you guys ready Ok We're gonna harness you guys up Ok Is there anyone that shouldn't go parasailing No I've flown five year olds and 95 year olds So yeah there's not really too many limitations on it here with us It's pretty safe We do a really good job at monitoring the weather and taking care of all our guests So all our boats go through yearly inspections of the coast guard Make sure everything's up to date Safety wise Perfect And you're all set and ready I'm ready to go Dana's turn Same thing just like sitting on a swing one leg at a time We'll start with this one here This is just like the diapers I put on every morning Yeah There you go There you go Grab that right There you go Move a little forward You know I I don't I don't know I'm a Dana You got you go I think I might just drive you All right It's time to go Let's go We still going up We're still going up Yeah we're so yeah it's honestly it's really therapeutic and then you quit it But you were not in she like cool is like cool Is a cucumber up there Hi Dana I see You kind of there's a little island right there There's all of Long Beach there's some ships and things There's Catalina Island You know what I think it's time for me to captain this boat Yeah a scripted on the seat and in the air That was so cool So were you scared at all It was so fun and relaxing It's just like you're a bird in the sky Did you see me drive the boat I did I was a little bit nervous I was

like don't hit the Queen Mary right now We're running a discount It's for all unscripted viewers You can go to California parasail dot com It's \$20 off per person and the code is unscripted Oh inland House You know so many of our local ideas and destinations come from you And I love to get ad m with a Dana dare like this one the thing that I fell in love with the jump rope so much is just as I mentioned before that opportunity to be creative you can move your arms in different patterns You can position your body standing up tall going down to the ground jumping on your hands jumping sitting down jumping in a push up whatever you want to do If you've been on social media lately you've seen jump roping and jump roping tricks taking over Now I'm getting an actual jump roping lesson from a world champion right here at the beautiful Santa Monica Pier Am I going to be doing that Oh my God L A really has you've got things like skateboarding and surfing that have really become part of the culture I see jump rope as I hope as one of the next things that could really be become part of L A culture Have you always been into fitness your whole life It wasn't until I found jump rope actually Like I tried a ton of different sports basketball baseball soccer football nothing really stuck And then I found jump rope when I was about 10 years old and just loved it and stuck with it ever since This reminds me of the University of Miami Let's go This is like Barbie Uh huh I think I'll take that OK And so I want to say 2016 or 17 I just I started let's jump ball A which is my company So the main thing we do is teaching So that takes a lot of different forms It's teaching in schools So we do after school programs I teach classes for all ages I have a kids class that's every Sunday in Torrent I have an adults class that's every Sunday morning in Torrent That looks pretty good Thank you But this is all I can do Yeah Jump ring has tons of health benefits The big one that we always hear that I was heard growing up is it's a great cardiovascular exercise It's one of the best ways to work on your heart and your lung strength right up there with like swimming boxing cycling How many calories can you burn jumping rope So just with the basic you know basic single bounce jump you can burn between 200 to 300 calories every 15 minutes Would you hope that jump roping could be like an Olympic sport Yes And that is something that we're working on I'm currently a board member for the American Jump Rope Federation which is a member of the International Jump Rope Union and one of our main goals we've been working on for years and years is getting jump ropes to the Olympic sport Do you want to learn some tricks One of the most basic footwork skills you can do is just jumping from side to side We're gonna start always by taking

four regular jumps That's perfect That's perfect Ok good You learned your first trick That's awesome That's awesome We have our footwork now we can do um basically skills that are involving the arms So this will be a cross or a side swing We're ready Set Go big cross and jump Yes and open good You've done that one before Really Let's do the Mac Daddy Ok Master class We're going we're doing this Ok So there's a really cool trick That is really fun It's pretty tricky But we're going to see if we can do it And that is jumping sitting down on your butt Yeah Jumping on your butt Oh my God Oh my God Very cowboy inspired As you do the arms forward and knees bent We're going to flex our stomach really tighten up and just try to lift up a lot of your arms actually lift up Yeah So we got a little lift there Oh my God I cannot get off the ground So we go I can't get off the ground to be fair This trick took me a long time Had a one day trick 12 under your feet first and then jump almost did I Did I lift the hand I don't think you use your hand that time It's really hard It's really close This is a very tough trick Oh my God If you're looking for a good workout this is it I'm exhausted But can I still try it for the Olympics Yes we need you on the team Let's go Now I dare you to dare me my next assignment and we are just getting into the fun zone More local reasons Why the Golden State is so golden Coming up when a unscripted comes right back California is over 1000 miles long and 560 miles wide and in between the state is packed with extraordinary people and places to discover Welcome back to L A unscripted I'm de and our lau team is in full force today Now Li and Jasmine from time you also get assigned to adventures out of state Both of you went to the big easy Is that right It's true We went for a haunted mansion and even our hotel was haunted Yeah Did you know that New Orleans is considered the spookiest city in America So we had some fun watch just watch We are here for I'm gonna talk to the cast but first we're having a little fun and this is your first time This is my first time Everything is so spooky Everything is so cool so old We're also staying here at the Omni World Royal which is one of the oldest hotels and it's also pretty spooky I'm on the seventh floor and apparently the seventh floor is the haunted floor I am afraid of no fun fact New Orleans most haunted city in the US What what a better place to go off script here Right Yes exactly So what I like to do when I come here though is I love to go on to cater which is behind us and go and get a beignet Oh so good It's like powdery sugar So so good I love beignets And speaking of food I tried shrimp and grits for the first time yesterday How did you like it Oh my gosh So good things you've never tried before are just phenomenal So good The food here is amazing

My favorite thing to get when I'm here is the gumbo Oh my gosh Yes Yes And then of course you think we're here to keep you in the know more local facts and finds when scripted comes right back Did you guys know more people live in the state of California than the entire population of Canada Wow I know I didn't either I didn't know And does anyone know what the state motto is Eureka That's the Greek word for I have found it It was coined during the gold rush and now I had a eureka moment at this next spot I didn't even know we had a motto I didn't either Permanent jewelry has exploded in popularity this past year So what is it And how does it work Let's go find out Whoa it was green Oh it was green because of my classes Permanent jewelry is uh essentially it's classless jewelry So either a necklace bracelet anklet uh that is essentially welded or fused together so that it creates an infinite piece of jewelry Most of them are very small dainty minimalistic uh chains So um a lot of people are interested in them because we you live pretty active lifestyles and you know you don't have to take it off to go swimming to go in the shower to clean to go to the gym go hiking You always have a really nice little dainty statement piece of jewelry on So it is definitely a bonding experience A lot of people come to meet couples best friends uh mothers daughters or parents and their Children Uh They come and get you know a permanent piece of jewelry put on as a bonding experience Like people used to buy you know those best friends necklaces it's kind of the same same concept So they come in together they get to choose either the same chain a different one and walk away with something that they'll have on them forever Silver smithing is what a lot of people kind of know in the world of making jewelry It's where you use fire um and solder to basically melt two pieces of metal together where you're not actually melting the piece that you've made you're melting the kind of softer piece of metal in between it to essentially like glue them together Um Whereas micro welding um is what we use for permanent jewelry we use a lot of times a very small jumper which is a circle of metal and you get the two pieces together and you basically fuse it in the middle essentially heating it up and making it stick to itself before we get to making my bracelet Let's talk about this jewelry You made all of this jewelry I do so I am also a silversmith so I do make little stacking rings It's all kind of very minimalist I've taken like little parts of the chains from the permanent jewelry and I've made some other pieces with it Walk me through How does it work Sure Super fun Simple easy Basically what you're going to do first is you're going to choose a chain So you can see I have them in those Earl 14 karat gold filled And I also have Sterling Silver So you would choose

whichever chain you'd like OK And then I have some examples here If you want to add a charmer connector here are all of the ones that I currently offer or you can just leave the bracelet blank too which a lot of people really like as well And then as soon as you choose which one you want we'll step over here and I'll just weld it on your wrist I love it Thank you so much It's gorgeous Adding that to my must do I love getting to know So how with you ladies and all of you And there's a lot of ground to cover and look what I found along the way Hi I'm Terence Stevenson I'm Khalil Kinsey and we are the owners of offhand wine bar All F wine bar is a wine bar that has a heavy focus on West Coast Natural winemakers Offhand is an extension of our crew West Side Winos and our uh kind of unconventional casual approach to wine This is West Side Winos good soup good soup Wine is often uh treated as a very serious kind of thing and we want to bring a little fun to it So offhand is the way that we introduce ourselves To be honest the reason we picked Santa Monica is because Santa Monica picked us We're West side as we know born and raised here in Los Angeles Our other partner is also a California native as well He found the space and he knew the concept that we had and he was like hey I I got a good space for you guys Would you like to take it And we were like absolutely please enjoy coffee bar And by night it's offhand please enjoy The coffee side is open from 7 to 4 p.m. and then offhand opens at five to midnight It really does transform the lights get dimmer Uh The music gets louder the volume overall right from the people to to everything gets gets a little turned up and then the wine starts flowing We offer uh weekly wine flights uh selected by our partner Justin and we offer education as well So every Friday we call it flight school because we love to give knowledge to everybody We only pick four wines at a time So you won't get over overload of information I see what you did there So it changes every Friday and then it's available every day There's such a rich history of black community and black business here in Santa Monica in many ways Us being here is you know carrying on tradition There is no place like home and this next local favorite will have you saying home sweet home everything that you see here is all natural without any preservatives or additives Um These are what are called our Marzipan Oh my God you crack it with pistachio Wow I was just so burned out by the whole process of you know the corporate experience and that grind And I thought what can I do that Um interjects my left brain with my right brain And I thought you know I need to look back into my cultural background and what is prevalent in my culture being Greek and Armenian what better than dates in Baklava So

that's big semolina with raw unfiltered honey and pistachios I'm like God they're so cute We started off with the luxury gift boxes featuring our dates and our baklava and all of our flavors that we incorporated in We found success relatively quickly and people were really looking to have these at their weddings and events and corporate gifting And so we decided at that point what better way than to create the experience behind the sweets And so that's when Cafe Sheer was born She means something sweet in about six different languages are delicious These dates are so incredibly special These are all sourced from around the Middle East and they have to grow to sub Saharan temperatures So they require about 140 degrees of heat and much more water than California dates which is why that they're very tender and soft to the touch and they do melt in your mouth How many different varieties of dates do you have Um Typically we carry about eight of each kind We have things like pistachios We have rose petal we have our newest one which is a match We have hazelnut we have coffee we have Brazilian orange I never knew how good orange and chocolate were together It are really good for your iron They have high in magnesium potassium iron especially in a lot of women will have it for reproductive health Very good for fertility I feel like I'm getting pregnant as we speak Our coffee beans come in from Italy We have a super crema blend that doesn't have any acidity to it Our teas come in from Paris and we find a lot of the Middle Eastern tourists that enjoy the date or the Arabic coffee So there's something for everyone here So one of the best parts about this cafe is that we offer plant based lattes and they're made out of flowers or fruits or vegetables So we have the blue bell which to me tastes like marshmallows that's made with vanilla We have the Japanese match delicious and we have the turmeric with clove That is it from us today We hope you're keeping a local to do list and taking the time to be a tourist in your own town Where will we be next You never know But don't miss it Ok Ready