

## LA Unscripted | January 6th, 2023

From hot spots and hidden gems to lots of local flavor It's L A the unscripted way And tonight we're going fully female like a fine wine Women only get better with age And tonight we're bringing you some of our favorite fearless females from this gorgeous location The Newport Beach vineyards and winery up first It's not grapes that made her famous It's margaritas skinny girl Margaritas to be exact And the rest as they say is history I'm a doer So I'm most comfortable when I'm doing I just do everything to the best of my ability and like you said it best just do it and execute be but be organized You have to build your plane while flying it I just started on one thing that I cared about which is how businesses happen for me too Hurricane Harvey and no one would even listen to me or donate with me But then you show up and you're there and people know you're there And so that's your first piece of experience that people can see under my 501 C three partner on the ground is global empowerment mission And we've done relief efforts all over the world and what's going on in Ukraine right now we have a travel partner that we're working with to relocate people and that's through tickets through train tickets and plane tickets It's the time when I'm the most connected to people Honestly this time when they were talking about helping and connecting and I'm in as what I really really do and who I really am commenting on somebody's outfit or who's divorcing who it's not really who I am I think negativity is very uh contagious and people don't realize it and you just have to think about what's around you that's negative and eliminate that because it's that's also contagious And my work with balance is more of a goal which I'm totally getting towards and but business wise I'm happy I have a book coming out My new book is Business is personal You can preorder it Now a book provides numerous stories on how a nontraditional road to success can be accessible to all And you don't have to have gone to business school and you don't have to know everybody just ways and crazy ways that I've been successful in my career through nontraditional routes My book was dedicated to women because they're just constantly trying to look good and get their kids to school and feel good and get a good night's sleep and work out and know what the hell skincare they're supposed to use I am a woman who is a mom and an entrepreneur and I show myself with no makeup and awards at all And Bethany isn't the only woman dedicating so much of her life to helping others In fact all our women tonight are like this famous face who dance with the stars right into our hearts Now Brooke

Burke has revolutionized the workout So you know we have kind of a slogan at baby body sweats and like that's sort of how we're approaching it that we are the digital gym now wherever you want us to be for everybody at every age and every fitness level because it's a program for real women and you don't have to be an advanced fitness enthusiast to work out with me There's things that my mom could do We have family fitness there's partner workouts One of the excuses that comes up a lot is time I don't have time to take care of myself I don't have time to work out I don't have time for wellness and I always joke but it's true There's not you don't have time to not work out You don't have time to not take care of yourself Because the other side of that is really scary What happens when you lose your mobility when you don't have energy when you don't have longevity It's not really just about the booty and about the bikini And I keep telling people just start start somewhere start small and make daily goals Part of winning I think is meeting ourselves with love and kindness and compassion And there's a lot of pressure on us in this town and this city and this business me I can teach you how to get into great shape It's kind of the easy work and that's hard enough So I want it to begin in the mind and I want it to live in the heart at Brook Park body There's a big element of mindfulness It's not just fitness How do we feel How do we treat ourselves How do we feel when we wake up in the morning And if it's funky or if it's off how do we shift into a healthier mindset My mentality is ageless Yeah And there's good days and there's bad days but I'm a little bit of a biohacking geek I think that there are ways to combat stress and there are ways to feel good and there are ways to create energy and longevity ND is something that we're born with and then when we turn 40 we produce less and less of it True Ngen improves the production of N AD So I've been taking it for over five years It's basically a supplement for your cells just to simplify and I feel like it really improves just my overall well being But I take it every day like clockwork the same way that I make sure I'm mindful in the morning Let's get out there and sweat move your body encourage each other to live a healthier life Give somebody like a helping hand get an accountability buddy Grab your girlfriend and say hey this week we're gonna work out four times together Hold them accountable We need it She is such a nice person and stunning inside and out As is this young lady who is actually lived her entire life inside out and upside down on reality television Now the give them LA girl is giving you the real story in her new book Even though I'm on your TV we all are bonded and can relate on a level that you may not understand Just by

turning on an hour of Vanderpump rules There are so many times that we we connect with people or maybe don't connect with people and we fail to think about what that person may have gone through in their life to make them who they are why they have the opinions they do for me You know I stepped onto this show that was about my life and I may have rubbed people the wrong way But the things that I've been through in my past made me this way today and that shouldn't be looked down upon that should be celebrated Give them Lalo was like in my 25 year old you know super vain mind I was like give the people what they want which is me But as I got older and kind of evolved It became something so much more which was basically give them who you are and unapologetically I really wanted the book to embody how I got to where I am today We should all reserve the right to evolve We should never be held to our past choices but who we are today I think I got lucky because she's such an amazing baby Like she's so chill and awesome But she's like she's one and she's my best friend You look at the world very differently I want her to be strong and I want her to know that her voice matters and I don't want her to be afraid to have opinions and have strong thoughts and you know people may not agree with you and that's ok That's what makes this world amazing is that there's so many people trying to make different things happen And that's my biggest thing I want her to go out into the world and be a productive person You have to feel like you are good enough You have to know you are good enough And coming up we're flying high and dancing on angel wings will be right back Welcome back to L A and scripted from the Newport Beach Vineyards and winery and our fearless female special as we reveal the women who do so much for so many case in Point Michelle May current former lead solo for the Air Force Thunderbirds and her nonprofit that helps one of the most important groups in the country are veterans I saw an F-15 take off with its after burner lit at dusk and you could just see the flame coming out the back and you could hear the jet noise and it like reverberates in your chest like a bass does at a concert And it was like a visceral reaction I was like that is what I'm going to do and what do I need to do to make it happen I'm Michelle Kern former lead fellow for the Air Force Thunderbirds It was a cool spot to be in for me personally to fly But also because I think it was such a visual representation of like a strong woman for for little girls right You have the braid that they can see You have the upside down flying you have the high GS the fast climbs All of that is very visually impressive And I think it just was the perfect formula for inspiring a lot of people But my favorite part of being on the Thunderbirds

was actually not the flying although that was fun it was this platform that all of a sudden had to inspire people Vogue is something that I've joined as kind of a passion project It stands for veterans outdoor advocacy group We've seen the need for options for veterans struggling with mental health The whole goal is for outdoor therapy to be an adjunct treatment through the va so if a veteran goes to their va health care provider with a mental health concern instead of just having traditional therapy or pharmaceuticals they could be prescribed no kidding outdoor therapy with like controlled vetted people and institutions and organizations that know how to handle what they're going through and are familiar with the struggles that veterans have So if you are a veteran or you know someone who's a veteran who would love to get outside with like a train guide in a controlled setting and it's all kinds of things rock climbing Santa paddle boarding skiing mountain biking So nominate yourself or nominate someone else We are paying for all of these trips for the veteran And so we would love any support that anyone could give The veterans outdoor advocacy group is just one reason Michelle is a true angel and speaking of angels up next the woman who turned the City of Angels into an Instagram art show phenomenon we'll be right back tis the season for the flu and everyone deserves quality health care So now our sponsor covered California is telling you exactly how to get it We just live through a pandemic And so we have learned and seen in so many ways how health care is integral to our lives how being healthy lets us live happy fulfilling lives Um We still have COVID we have RSV we have the flu and we have so many other things that can happen to your health Every plan offered on cover California covers all 10 categories of what we call all the essential health benefits cover California is California's Affordable Care Act marketplace We are the place where you can come if you need to buy health insurance for yourself for your family for your loved ones We provide access to the brand name insurance companies that you know and we are the only place in California where you can receive financial assistance for buying that health insurance coverage based on your income cover California's 10th year Um So we opened our doors is our 10th open enrollment period Uh And we are really celebrating a decade of providing access to quality affordable health care and the incredible gains that California has been able to make by investing in health care by investing in access We have lowered our uninsured rate from over 17% to 7% That is the largest drop of any state in the entire nation And we are so proud that we headed into our 10th open enrollment at record high enrollment Over 1.7 million Californians enrolled

and record levels of affordability as well. If you are in a situation where some people in your household are working and they are receiving coverage from the employer and subsidies for that. The employer is paying for some of that plan. But the family members, the spouse, the kids, right, they may have access to that insurance but it's not affordable. Those family members are now eligible for subsidies on cover California and we estimate there are nearly 400,000 Californians who are newly eligible for subsidies and could find a more affordable option for their family health insurance. Now it's easy to check if you're eligible. Right. What do you have to do? Uh, you just have to go to covered CA dot com, uh, and take five minutes to see, uh, four pieces of information and you'll get a quick, uh, understanding of if you're going to be eligible, what choices are available. All that, super easy. We know the Southern California lifestyle. You're outside, you're active, you are surfing, you are at the beach, you are rollerblading along the coast, whatever that looks like. And that lifestyle is synonymous with health. It's synonymous with being healthy, with investing in your health, with enjoying your life. So, um, hopefully Southern Californians know just how important it is to invest in your health care. Hey, L.A. unscripted. I'm young, coming to you live from Equinox and today we're gonna focus on strength. Now the push up is a great move because it really truly does work your entire body. So I'm gonna give you a few variations to help get you through it. Start off first in this quadruped position, are all forced and then just simply take the legs back one at a time. Now this is the hardest level for a push up, you go all the way down and come all the way up, trying to squeeze those shoulder blades together all the way down and up. Now maybe you've got some injuries or maybe you're just not there yet and that's ok. We'll drop down to the knees and repeat all the way down and up. And now if you've gotten to your toes but maybe you're starting to get a little tired, just go all the way down, chest and hips fully to the ground and then push yourself up. Now push ups can be done anytime or anywhere and they're pretty much in all of our workouts. So Ellie unscripted, add this one to your own workout. Welcome back to L.A. scripted as we celebrate women we love and this one is truly, he said, you see it all started with Colette Miller InVision, the idea of a giant set of angel wings painted on a wall in the city of Los Angeles. Now she's a global phenomenon and an Instagram darling and she actually made us our own set of wings. How did you get started doing this? The global Angeles project began in 2012 in the streets of LA. I did start with the city of Angeles intentionally because it's called the city of Angels. And I just felt an urgency to act on that idea and vision and make them human size.

so that people could become part of the art and be reminded of their higher natures They became popular very quickly through social media and Instagram which I did not even have It's great to see all the different ideas people have in front of the wings the internet propelled it to become international right away And then I just did the World Trade Center last month with Spotify on the top floor World Trade Center floor She's gonna let me add my own personal touches to this I feel like we need some more blue you know like KT A blue Oh my God I feel like such an artist right now An artist I like to say artist And do we want the paper to kind of go in the middle Yeah that would be the best OK I paint the wings at home and then I adhere them to the surface with varnishes and art gel mediums and transparent paint like glue paint and they become embedded into the surface As you can see this surface has a lot of texture and so I just finish it and shape it on site and work sometimes on the background I'm helping one of the most famous artists in Los Angeles with one of my most famous artistic projects that I've ever seen I actually remember these wings from when I first moved to L A and I love the fact that I'm actually working with her right now to help her I'm getting my wings Yeah Where's the artist sign We want to thank Intelligentsia Coffee Smack Middle in Hollywood on Ken and Hollywood Boulevard for giving this wall to make this mural happen This is the first photo ever taken in front of the new remarkable set of angel wings Now that's impressive And you may remember Allison Porter by a different name Curly Sue the role that first launched her childhood stardom but Alison went on to completely rethink her career and is now helping others rethink their own lives There's something about using your voice and connecting and telling a story with music and melody that is just like such an emotional experience I first started acting when I was three years old So I did some commercials and then when I was five years old I was on Star Search and that sort of catapulted me into the real world of the entertainment business and then Curly Sue I know that I went in a number of times Um but it was just you know another audition I was just a kid actor I just did audition after audition So I was lucky enough to book something Then I did And that was just one thing that was like pretty incredible to be able to um experience I had a four year old and a I not or a three year old and an almost two year old when I went on the voice I think it was just exactly what I needed at the time And so I sort of went in with like this a feeling of like this is ridiculous and nothing like it nothing's gonna happen It's just gonna be a thing and it'll be over and then of course it kept being a thing and kept being a thing and it just

materialized into this insane experience I mean I've talked openly about sobriety so I always have to give it up number one to that Um And that's been an interesting journey in my life of course had experiences as a child actor that you hear about all the time the pressures the um the experiences sort of being treated like an adult from a very young age and things like that But what I will say now that I'm a wise 40 year old woman which is so weird um is that I feel like I've been able to turn sort of any of those negative experiences or traumas or whatever into lessons and I am not angry about them and um I use them in my work when I'm working with kids because I'm you know I teach a lot of uh I I vocal coach a lot of really incredibly talented kids Um and that are new into coming into the business So for me to be able to use my experiences and help these parents and help these kids and sort of give them a different view on certain things and help them you know um be comfortable in this very strange industry um has been like really healing and really amazing for me so many incredible women We thank you all for your time And thank you again to our wonderful host here at the Newport Beach Vineyard and winery Come have a tour and a drink and maybe even kiss a goat until next time