

## LA Unscripted | August 22nd, 2022

From hot spots to hidden gems and lots of local flavor It's your guide to L A the unscripted way And tonight it's ladies only Hello and welcome to L A unscripted I'm de and we are celebrating the power of women tonight and there is no better place to do it than the renowned hotel figure in downtown Los Angeles Back in 1926 when it first opened this hotel was the largest commercial space funded for women by women and was considered a safe haven for solo female travelers Over the years they continued their commitment to fierce females and supporting important issues and now they're going even one step further with the all new her suite So Hotel Figueroa started in 1926 It was the first hotel of its kind that was opened funded managed by women for women for those travelers who couldn't travel without a male chaperone So the Hotel Figueroa is 268 rooms And as you can tell this beautiful building has is of Spanish Mediterranean design and heritage And part of the renovation back in 2018 the owners really wanted to recapture that glory from 1926 when the hotel was first built the only ground level coffin shaped pool in downtown L A as well as you know the modern conveniences of three of the best restaurants in downtown L A from cafe fig to Sparrow Italia and then also to Bar Magnolia There are so many cool things here in the suite So the her suite is all about being happy empowered rested This suite was designed with a lot of local partners females that have put built on businesses um based upon core principles that they find important to them So the products inside the room we have 10 to 12 partnerships from local area businesses the all female owned and operated And so with the purchase of the room at the cost of about \$450 a night based upon availability in certain different times of the year the guest is able to take all of these wonderful products home These products have a retail value of over \$700 This comes free with the room free you walk out you're not even stealing like you think you are you just walk out with it We really wanted to put together the pillars of our hotel being female founded female funded First things First Let's light a candle I think it actually not only conditions your scalp but makes your hair grow faster because of all those vitamins and minerals It's amazing and can we just talk about these amazing sheets by parachute and we've got these ecofriendly toothpaste tablets put that on your legs and you look like Beyonce in concert So you got to try this Gin Pump and whimsy It really does give them a voice and a place and a purpose that they're being recognized by all of these guests that come in from all over the

world as well Downtown Los Angeles I still can't believe you get to keep all these products So here's some I'm gonna put my juices in here I'm gonna put my gin in here and I'm leaving with all these products I'm not supposed to take the road but I'm taking that anyway They'll figure that out later Cheers more fierce females coming at you Now in the form of a Gray zebra that's the new East Hollywood hot spot serving vegan food So good meat eaters won't skip a beat That's beat the eet get it get it OK Never mind Here's Jasmine We want you to come in here and enjoy what you're eating and escape from the world Not think about anything else and feel a part of our community My name is Nadia Bastia and I'm the owner of the Gray zebra So the Gray zebra comes from the fact that zebras are herbivores for those that don't know And they travel in herds and when they travel they pick up more zebras along the way which I find really beautiful But the reason for gray was because I feel like there's this whole gray area we live our life in I've been vegan for five years My chef has been vegan for 30 years And for us we felt like we wanted to put a place out there where you come in and it's not necessarily in your face that it's all vegan all plant based She's originally from South Africa I'm Pakistani So we had this connection of both being from this background That's not your traditional American background especially when it comes to flavor palates A lot of people associate vegan with being either raw and kale or there's a bunch of really cool places that have come out that are burger concepts but we are neither I think the Hallmark of our menu is our sandwiches our burritos things like our Banh mi burger no jalapenos And the fact that we use a lot of local ingredients So our chicken comes from a guy who started a food truck called the original Herbivore It's all locally made There's no preservatives in it I want to make the chicken and this is our curried chicken sandwich Oh my goodness People die for our crispy chicken sandwich and even things like our toasted tuna It's made of chickpea and hearts of palm So it's healthy but it's still super satisfying Now it's my turn So this is original herbivore It's locally made Seitan based chicken 100% vegan Absolutely delicious No one else has it except for us So you're gonna pop it in the wet mix first Pop it in your dryer Give it a little swirl around there There you go You would think I've done this before but I have not You're a professional So you've been cooking 30 years When did your love for food start Well with my mom and dad um uh grew up in South Africa and we had a vegetable garden and we had lots of fruit trees So my mum cooked every single night I think we went to a restaurant once a year for their wedding anniversary That was it So yeah and

we always uh you know my dad would come home my mum would come home from work We all got in the kitchen we all cook and I hear your accent You don't say zebra you say we say zebra for us Part of being inclusive is the fact that we are both really strong women and it's a woman owned and by virtue of chef of woman operated business I stopped my career in banking to raise my kids and they saw me as their mom and I think it was really important for me to have my kids Also see women in a role of strength and being able to you know execute on their own vision And they're super supportive on the day of my opening my middle son he's 10 years old He came up to me in the kitchen and he said Mama I'm so proud of you today I love L A unscripted It's creative and I reached out to your team because I would love that you guys are willing to feature small businesses and especially being a local woman owned business I wanted to be featured by which is run by a team of super amazing women Talk about wonder women And by the way did you know there are over 13 million women own businesses in the United States today were making waves closing that gap especially when you consider women could not check into a hotel Other than this one without a man back in 1926 that's less than a century ago you guys so it's no wonder we have so many fierce females to celebrate tonight like this one today I'm channeling my inner Lara Croft and learning some archery What's been really remarkable is in the last 10 years I think archery has had a renaissance especially in America as well as we've had some really great Hollywood film productions like example Brave or Tomb Raider had a cross bow and arrow is very iconic Even a Minecraft with its skeleton archers huge dropper So we've all benefited from it and it's gotten so many people in the sport that want to learn with COVID Archery is one of the safest outdoor sports you can do for social distancing So a lot of people took it out to be in the fresh air in the sunshine and do something new That was a challenge and also personal reflection that they could really focus on That was positive When you're first starting out I would highly recommend please go talk to a coach a coach like myself will actually set you up with gear that is suitable for your body and your own ability So you won't be overtaxed at the end of the day This is a bit like weightlifting So we want to make sure you take it slow you proceed you build the right muscles start with a little bit of a shoulder with the part And so it's not like oh I'm gonna ride a horse now It's more of like we're gonna sit up straight and basically have like fet Ok When we're holding the bow in our left hand what we're gonna be doing is the hunger game symbol right So three fingers with your right if I had an arrow

loaded on the bow it would click on under the brass part Ok Wrap those fingers under And what I would do is as I pulled back I'm pulling to my smile pull it up pull back pull it back all the way to your smile Keep going there Yep Oh that's it I'm quitting my job I think you have a career in archery coming up More of our fierce females from the hotel figure in downtown L A will be right back Welcome back to scripted from the hotel Figure in downtown Los Angeles a place known as a paradise of feminine energy I'm going off script means getting to know the places and people that make Southern California so special since 1926 when they first opened their doors to women only the hotel Figueroa has remained tethered to the women's movement Now with the addition of the her suit it's the perfect place for this next fierce female to check in 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 Angels 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 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 and we'll be right back with much more of our fierce female special from the Hotel Figueroa in downtown Los Angeles Welcome back to L A unscripted from the hotel Figueroa in

downtown Los Angeles an oasis for women since 1926 Hard to believe how far women have come in the last 100 years And perhaps no one symbolizes that better than this fierce female I'm ready to make a mess Yeah Great I'm excited I'm excited for you to make a mess Just what I needed is a all vegan cafe and bakery We started right in the middle of the pandemic in 2020 And now we've expanded from cinnamon rolls and pie to bagel sandwiches biscuit sandwiches Happy hours We kind of are uh like a hub for the community Our new oven she's electric Her name is Cherry She comes from Texas We bought her on ebay We love her my whole family bakes we love baking We're polish and Mexican and a little Italian And so just like that as a baking culture is huge bread cinnamon rolls all that stuff is just already like ingrained in our every day So are some of these family recipes um adapted Did my grandma loves making like this braided cinnamon bread It's like less involved but that's adapted into our cinnamon rolls How proud would grandma be of you Now seeing that you've created this business and you are like continuing on in the tradition of baking in the family I mean she's so proud she's she's amazing and she's so funny because she'll try something and she'll be like pretty good I think what a woman of color who's L A native kind of brings to the table is like this unique connection to the people that are coming in to the people that work here I think that having women in our kitchen I feel like it's sort of kismet working alongside a lot of women It's incredibly fulfilling It's amazing to see what these women can do The work ethic is absolutely insane Am I even close I mean it looks great I grew up really close Uh I grew up in Echo Park and traditionally this is like where you would go in high school for a warehouse party or you'd walk the L A river and find old bowling balls Like it was just kind of this weird I don't wanna say place for teenagers but that's kind of how I interpret it I mean I'm incredibly grateful it's insane to see something that was just kind of a shell with dirt and then you built everything It's all because of our community who shows up everything is vegan We do pop tarts a lot of the times our pop tarts reflect what's happening in the world So either politically or I don't know just general feelings we put on pop tarts And I think that's where we found our community That's when I knew that like oh wow the people who are following us and interested and I feel like that was the moment I had some sort of trust and then I was able to feel like OK cool I can speak about these political things All right So you're gonna grab your bottom and you're going to brush this and then you're gonna crimp the sides We're getting adventurous and dip it in Oh my intuition is just to make a mess and then

still eat it I think it's getting worse It actually looks good Yeah Ok Let's go Oh yeah Sprinkles in the hair That's it Who cares Is good Women owned and women run businesses make up 40% of all businesses in America and they're run by fierce females just like this one Hey I'm Carolyn at Silver Lake fencing and Dana I dare you to a duel We started teaching fencing in Silver Lake in 2014 So it offered kids in this neighborhood an opportunity to learn how to sword fight as a part of their exercise and has a lot of benefits like agility coordinations Just a great after school activity The sport of fencing United States Fencing Association has definitely grown in popularity I started when I was around in the seventh grade and there was a Y MC a camp over the summer and I just watched the parent trap with Lindsay Lohan fence again and I was like hey I could do that too I just loved it and it was very empowering and I just couldn't get enough of it Terry So you can go straight Are you seeing more women and more girls taking fencing now than before Uh Yes I think me being a woman coach and a woman's cell phone fencing business I've definitely been able to empower a lot more girls to take fencing here Put both arms in like a straight jacket Ben is a great workout because you're stretching out your body You're working on your for 3221 Data I think you're ready for a duel I think you're ready So I'm bringing in one of my finest students Are you ready My name is Hunter Morden I'm 11 years old and I'm learning how to fence at Silver Lake fencing I like the footwork and stabbing people with my fake sword Oh you've got me Oh you got me A woman should be two things who and what she wants Coco should may have said it and this fierce female is doing it I remember waking up in the hospital and looking down and realizing like oh my gosh my arm is gone but I also realized I could have died And and so I chose to be thankful through that time Hello Hello I'm Bethany Hamilton I grew up with two parents who were passionate surfers I adopted a love for riding waves and challenging myself out in the ocean at a really young age and it was in 2003 at age 13 I went to the national finals and then it was that fall that I lost my arm to a shark after I lost my arm I didn't know if I would be able to surf immediately but I was really more fearful of losing surfing than of sharks and fast forward Now I'm a mother of three I've done a lot in surf and just sharing my story it turns something that seems so awful into something really beautiful and encourage many people to overcome their challenges and get back on their board and and to just make the most of what we have in life that kind of led us to eventually start our foundation which we specifically focus on retreats for women with limb difference and helping them switch

their mindset to believe that they can you know live life to the fullest and adapt and and make the most of their situation push through and um find a reason to live each day is so important We hope you love all of our fierce females as much as we do and a special Thank you to the hotel figure continuing to stand up for women and speak out for progress We love you guys We'll see you next time Good night