

LA Unscripted | June 30th, 2022

It's a city where anything can happen So what can go wrong or Right as I hit up L A unscripted we live in a city with endless things to do people to meet and we want to do it all with you Hi everyone I'm Dana Devin And consider lau your tour guide to all the must dos and have to tries around town and no matter if you've lived here for years or just moved here we'll bet there's a few finds that will be new to you Two How long did it take you to get here this morning I think a hair under a three hour Oh my God On a weekday morning driving from San Diego to L A You must be exhausted and frustrated and stressed totally I mean you hit the nail on the head Ok Well I have the perfect way for you to get all of that out You're gonna break this Oh it's so pretty You can't That's a rookie mistake I am the pro I will guide you Are you ready Yeah ready Ready go Bricker L A is a cool interactive spot here in Van Nuys California We have stuff from a shot glass up to a car So whatever you think you can break here we have all different activities ranging from rage rooms to ax throwing to paint splatter and you basically go in a room and there's no rules and you can splatter paint everywhere ax throwing It's like a cooler version of uh darts They're almost set up as bowling lanes and instead of a dart you're throwing a hatchet at the wood and there's a target on it I think definitely some people have some pent up stuff that they want to just release and let out and here's the perfect place for it Ok So we're going to get dressed because when you do I mean glass gets everywhere it's everywhere So tell me about localist The localist at sea is about living like a tourist in San Diego So think tourists but local local And so we're hoping to find some fun stuff for you to do the next time you're in You ready Ready L A unscripted localist SD Let's go So what have been some of the favorite stories that you've done in San Diego I would have to say the tacos and beer scavenger hunt You drive along the coast looking for tacos and beer so much But it's so funny I feel like talking to you that you are like my soul sister on another show Oh my gosh twins That's exactly right And people are even saying we look exactly alike for the back look a lot of all the cool stories you've done We've seen so many of your segments Why do you want to bring me here Why is this your favorite question OK So this is actually one of the very first stories we did for Elliot scripted We got so much good feedback on it but it's also so visual and so stress relieving you're going to leave here exhausted So the cars they they're going to a junkyard anyway So it's I call it a cool step along the way Some people are a

little uh scared at first to start But then once they do they usually just let out and have a blast It's so great to have L A unscripted back here and then for them to bring up their friends localist SD here to experience break room from the valley to the ocean the mountains the desert and everything in between There are so many incredible enclaves to discover in southern California So let's see what our Jasmine Simpkins is up to It's a place where everyone is welcome We have various nights of different themes It's constantly every day a party here I'm David Ky the owner of the abbey here in West Hollywood The abbey has just grown out of just being the gay bar because everyone's welcome It's such a huge melting pot and it goes from people from 21 to 90 We really most popular on Sunday Sundays You do the drag show and then you come over here and it's a packed packed house The drag queen brunch One of the best brunches in the city Yeah we do it on Saturday and Sunday and then we do a drag show on Monday nights I started off on a dream where I thought I'd like to have a coffee house and I was looking and I wanted to be in West Hollywood because I knew it was a safe haven We started it really 100 square feet one espresso machine and three cakes on the counter And now we're about 18,000 square feet with about 400 employees There's always the two dance floors two different DJ S We have different theme nights We have uh AAA ladies night we have a transgender night We have a Latino night Pride is our business weekend We celebrate pride every day So you know we expect it We already went over the DJ list the dancers list So we're gonna have a float in in the West Hollywood parade We're really known for our great homemade onion rings Chicken Parmesan is really really nice We're also known for our nachos which is great to share with your friends either steak or chicken or just plain That's one of our fun foods Everybody never in my life did I expect 31 years ago to open up a coffee shop and have it become a landmark of our city the abbey to our LGBT community I think is a safe haven Also a place that you could come as you are Have a good time and we make sure you have a good time Ok So tell us where to go next because by now you know I am Dana down to do it all unscripted especially if you dare me I dare you to come experience remedy place and try our 39 degree ice lunch Hey welcome to remedy Please I accept your dare I just came from tennis and I want to treat all of my injuries Let's fix everything Let's go I'm so excited Remedy of the world's first Social Wellness club So it's a whole entire club centered around holistic self care and one that's made to enhance your health and your social life At the same time we have everything from hyperbaric chambers infrared saunas

breathwork ice bath classes cryotherapy cupping acupuncture chiropractic lymphatic drainage massages vitamin ivs vitamin injections It really just became a natural substitution for people's meeting spa or their date spa or were they going after work to unwind instead of going to a happy hour What we're really trying to instill is a thing called social self care kind of like the fitness industry did with group fitness bringing people together we want to do with healing Ok So what are these these look like alien pods These are our hyperbaric chambers So hyperbaric chambers is an oxygen therapy that speeds up every biochemical healing process by delivering 50% more oxygen to every single cell Think of it as simple as like jet lag or hangover gone in an hour or you know if you actually had a serious trauma or surgery we can cut off 20 or 30% of your healing time seriously Alright So this is a dare Are you ready for this This water is 39 degrees It is cold When you stand up in the tub you're gonna gently sit down to the floor The first thing that your body is gonna do it's gonna have a shorten of breath But what we wanna do is do anything possible just to elongate the breath How does cussing work 43 21 step into the tub and sit all the way down the floor all the way you got it You got it Sit all the way down Remember Good Elongate the breath as long as you can inhale You are doing amazing I promise I promise it'll be worth it I know it's completely normal Everything you're feeling Remember relax the shoulders relax your head you're still tensing You have to relax Alright There we go Oh check on my leg so much Why would I do I feel alive I don't feel any aches and pains but I really feel proud that I did it You feel amazing and that's the benefit that we want you feeling every time you leave the ice bath and we are just getting started A unscripted will be right back Welcome back to L A unscripted Everyone I'm Dana Devin And we want to know how you live life unscripted I mean what does that even mean Well to us it's going outside of our comfort zones discovering new places and meeting people that make so so special Western Governors University is an online nonprofit competency based university founded in 1997 by 19 Western state Uh US governors we have 130,000 students currently enrolled in over 277,000 alums who work in the all the all states in the continental US and for great companies like Apple Microsoft Walt Disney Company Cedars Sinai and the US Navy Academy Richard Bin Regional Vice President for Western Governors University I think WG is a great university for people who are trying for working adults It gives you the opportunity to study on your own time My name is David Leal I'm an enterprise account executive with Crown Castle Crow Castle is the nation's

largest shared infrastructure telecom company Um and I am a uh uh enterprise account executive We have 60 degree programs both at the bachelor's and graduate level uh within our 44 colleges College of Business College of Information Technology College of Health Professions and our teachers college Well my experience with WGU is phenomenal I was uh newly singled out I was in a career that I wasn't necessarily fulfilled in And um you know I was looking for a change and WG really helped in that respect because it allowed me to study in my off time I I could still focus on school put you know bread on food on the table and then you know take care of my kids and um obviously study in the afternoon So great university I really enjoyed it Most programs are under \$8000 per year We're a non profit We'd like to say that we are the most student centric university in the world We have our career and alumni services team which is always in contact We have alumni receptions and networking events for our students throughout the nation And so there are many opportunities through WG in which students can stay connected to the university Well my graduate degree with WGU is in uh management and leadership So it really did prepare me from the uh giving me the ability to actually communicate with executives Um prepared me in public speaking For example four years ago I probably would not have been doing this interview You've got mentors that will call on you every two weeks just to make sure that you're understanding the topics this year We're proud to say that particularly here in Los Angeles we have our success in the making scholarship trying to connect those Angelinos who have some college and no degree who are looking for those opportunities to either start school or finish school Uh That scholarship is worth \$5000 annually and the deadline to apply is July 31st WDU is special to me simply because I mean I love to make an impact and solve problems I look for opportunities to serve the community around me in which I live having worked at WGU Now for two years it has really become my purpose And California is is really special to me in this sense and that we currently we have 5.7 million California residents uh with some college and no degree WDU is an answer uh for this population That's what I love about this show making everything and every moment special All right Speaking of we have to take a short break But hey why don't you scroll through our Instagram while we're split up that way You won't miss us as much That's right It's at KTL A unscripted go ahead double tap that post You know you want to we love L A There's just so much to discover So you'll definitely wanna bookmark this first of all we live in the absolute best state in the country for

RV Take it from somebody who's traveled them all been all over in an RV There is no better place to RV than California Dennis still an RV It's been in business for almost 50 years now We're pretty proud of this location right here off the 405 and the 22 I mean we we we have it all we have as you as you can see Now we're in Westminster 10 minutes away from us are the most incredible campgrounds in the country Right along Bolsa Chica Huntington Beach Newport Right You could book a hotel somewhere close by but you're not on the beach We have travel trailers we have fifth wheels and every type of motor home that you can imagine right The sprinter van that have become so popular these days and that fit on all the the nice little beachy areas The class CS like what you're gonna be going out in right The class A's both gas and diesel and then another really popular segment like what we're standing in here right now which is our Super Sea lines All right These are more like they feel like almost like semi trucks with RVS built built on to them One of the reasons I think is so popular and that I like so much is that unlike almost every other form of travel whether it be by airplane by train by car you can take it all with you The vacation starts the second you get in here we really like to think that what we do here is create an environment where you can come in feel like you're part of the family because it's not just buying the RV If it was just buying the RV again you can get it anywhere What is the name of this RV Ok This is here is a coach It's a 2017 coachman leprechaun Ok And what can we can we give it a fun name Like let's name it like Pearl There you go So I'm a little bit intimidated because I've never driven an RV before So what should I know first Well it's like it's just like driving a regular vehicle you know van So it's nothing you know nothing different from a van So it's just just a little house you know on wheels Should we take a tour Of course let's go They're pretty basic right So if someone knows how to drive a car they drive All right We'll see if that's true Top three tips get the RV That really suits you and your family Make sure it fits your budget But the biggest thing is just come into it with the right attitude right This is all about creating those memories those memories that last a lifetime So come into it with the right attitude and you're gonna have a blast We've got a date for you and your pup with Rich on Tech Get it get it get it get it This 10 acre Mountain Top Ranch is a great place to bring the dogs One of the very popular spots is the chase lounges out here on the point but you won't find it on a public map unless you bring somebody with you it's gonna be you only on our property during that time And a dog park you never know It's listed on sniff spot A website that's sort of like an airbnb But for backyards where dogs can play

this is a map of our sniff spot And so the yellow outline shows all the areas that the people that bring their dogs can check out Homeowner J Guterres charges \$19 an hour for access to a sprawling yard I think on the best month I made about \$400 And honestly it's not really about the money It's really fun to see people post pictures with their dogs and hear the stories You can walk up past us to our water tanks up on the top of the hill and get a nice view of the whole property or you can walk down to the right from us and um find the chase lounges and a bunch of different picnic tables in the Los Angeles area alone There are dozens of spots you would even have dog parks even more than public dog parks in the area already And we have so much more room to grow in that area and it's growing quickly We're growing at 10 or 15% every month David Adams is founder of sniff spot So we're seeing a tremendous amount of interest both from people that have land and from people that have dogs and are looking for safe spaces for those dogs He came up with the idea while his wife was traveling and needed a place to take their dog to play and go to the bathroom There are all kinds of things that are drawbacks to dog parks being free and open despite them being an important service and sniff spots really a solution to all that The idea of sniff spot is safety The website takes a commission on each booking in exchange They provide marketing and insurance We actually provide first of its kind liability insurance for our host that gives \$2 million of liability coverage I know these apps say they have all this insurance but I would I would definitely look into your homeowner insurance before you do that Guests review locations locations review guests to ensure everyone is doing their duty I think fellow dog owners they they know they got to pick up after their pet and they do I'm Rich Demeo L A unscripted And now what's cooking with Jess I'm not one usually for the craft cocktail I I'm a rose girl or maybe a Prosecco in the summer or something like that But um this drink I think would be a fun one to make if you have guests over make a picture of it A couple of ice cubes I've got at the bottom of my blender just to make life easy I bought already cut up watermelon but you certainly could cut it up yourself I just wanted to save some time I think what we're gonna do first before we add our mint is just we that up It kind of reminds me of maybe an agua fresca Right Which is just kind of a a water like texture but it smells like watermelon Now to that I'm gonna add fresh mint couple of handfuls and you don't wanna start it from the beginning with the mint because it'll it'll get too mixed up I just want a quick chop of the mint OK Done But now you could serve it just like this on ice That would be beautiful But we're

gonna make a cocktail I've got tequila I've got I like the casa eos but I don't really know much about tequila So this seems like a lot but this is gonna serve many people So our watermelon mint juice Oh this is the hard part A bunch of lime I've got about six limes to make our cute glass to get the cute rim that you get when you order it at a restaurant where it has the salt around the rim and instead of just salt I'm gonna do salt and sugar rim and then you take a lime and you go like this Usually I only do it on half a quarter of the glass I don't do it all the way around Beautiful We'll put in our ice cubes stir our watermelon mint margarita Look at this How pretty what we're gonna do just to make it extra special Take a lime and I think a little mint leaf sometimes do at the very end of making a cocktail just for a little Effervescence A splash of Perrier Cheers That's really good OK That is it for now Thank you so much for joining us on another adventure around town What's our next stop You never know We'll see you next time