

## LA Unscripted | November 10th, 2022

From hot spots and hidden gems to lots of local flavor It's your guide to L A the unscripted way And tonight we rounded up some of our favorite social stories I hope you brought your appetites tonight because we're about to unleash a real monster into your diet monster muffins And when you see my pop tart making skills from one pop tart to another scrolling through Instagram and I kept on seeing all these like cookie videos and all these brownie videos and they had crazy engagement and I thought I don't think I've ever seen anyone do anything with muffins We started baking and doing some recipes and giving it to our friends and family and it kind of took off from there Yum Yum Not only do we have big half pound muffins we have mini muffins and we even have medium sized muffins which are kind of your traditional size muffin But we also have cookies brownies bagels dog treats uh cupcakes coffee juices Um So we really try to have a full bakery concept in here We started cooking in 2019 right out of our kitchen We couldn't keep up with demand So we decided that the brick and mortar was the best decision for us It really was 100% through Instagram So my wife Christa is the baker Um and she's been doing it for about five years So we're gonna be making our pop tarts which is probably one of our most popular products Basically Um We go ahead and make the dough and the key about pop tarts is you have to keep them cold So basically what we do first is just brush it with a little bit of egg wash Ok So now we're going to fill that I know this is the funnest part So I'll show you put in quite a bit and then what you're going to do is just kind of press the edges just slightly and that really just like seals the pop tart I mean it's an awesome feeling just from the support and I think it speaks volumes on the community in Huntington Beach We have some really loyal fans We baked it we glazed it we put the sprinkles on and now it's time for the taste test This is my first ever time tasting a homemade pop tart Oh remember they ship and deliver Life's Nothing without muffins Let's go Who run away Ok I was pretty impressed with myself but I kind of usually am All right From sweet treats to Sweet Sounds Do co has this East L A band that still rocking next year Is gonna be our 50th year Hey it's Steve Berlin from Los Lobos I'm on year 40 something 42 or 43 has been blessed It's all I could say It's been an amazing ride Los Lobos means the wolves in Spanish and like its animal moniker The four time Grammy award winning band has been playing together as a loyal pack since 1973 You know we could be like the world's loudest blues band on one

night and then we could be playing 200 year old folkloric songs with the ancient instruments the next night and the night the night after that we could be like a full on Cumbia bands Four out of the five members met at East L A's Garfield High after playing weddings and local backyard parties It was 1980 seven's smash hit film La Bamba that boosted the band's multicultural sound into worldwide superstardom You know I grew up in Philly and the guys grew up in East L A but you know we have a lot of the same musical influence The guys are really you know they're all just neighborhood dudes you know they're all L A through through and through and you know our last record was basically our our love letter to Los Angeles I mean we we really do take it seriously I mean it's a big deal for us that you know we'd be considered as as we put it on our record native sons We take that that as a high honor and a high you know we we feel responsible to represent the city as best as we can And and now the iconic fivesome is coming together for a local concert with a cause We are super excited about the second annual Making Memories Festival coming up Sunday November 13th at L A State Historic Park from 12 to 5 p.m. We're honored to be part of it I pray that we make some small contribution to to curing the disease to let loose with lows logos and support Alzheimer's L A at the same time just head to Alzheimer's L A dot org Tickets are 30 bucks and available now And here's something that will be music to your ears Olivia De Bartoli has uncovered a very cool thing when it comes to the internet from doctors appointments to job interviews to just plain browsing Staying connected is vital and now Verizon is making that easier with the AC P internet is really how we stay connected to our loved ones whether it's through our devices whether it's through laptops computers especially over the last couple of years The way we work live and play has really changed And now that you're living at home you're working from home whatever it is you have to have reliable internet connection to make sure that you can do those things It's really important to be able to stay connected AC P is the fcc's affordable connectivity program And we know that internet isn't just about entertainment like our favorite streaming services anymore For many it's actually how they work from home Look for new jobs pay their bills Essentially it is a lifeline So what's great about AC P is it's really helping bridge that digital divide in America by offering home services to those who may not be able to afford it Otherwise in many cases AC P will actually cover the full cost of home internet services and they do this by offering \$30 a month per household or up to \$75 a month for those living on tribal lands So show me how easy it is to kind of

check your availability and get to the website super easy All you have to do is go to Verizon dot com forward slash AC P home And then once you're there it's going to pull up our website and this is going to be where all of the details can be found your enrollment but really where you want to start is by checking your availability there It is so easy And then all you're gonna do is plug in your address and then it's gonna ask you a couple questions and it's gonna let you know whether or not that service is available where you live The great thing is that there is a ton of resources on the website that will answer all of those questions but I definitely encourage people to check it out um learn more because more than 14 million households have actually taken advantage of AC P already We recently announced that select Verizon Home Internet services are available to those who qualify Um And they do get those services for free and that's all through our Verizon Forward program Um So those that are eligible get to take full advantage of fast reliable internet And that includes both our five G home internet and our LTE home internet customers Just have to sign up for AC P First Would you say that having internet kind of can change your life Absolutely And we'll be back with more unscripted tales from our L A unscripted offices Stay tuned Welcome back to L A unscripted and we have a treat now for every L A viewer a discount on some really great products This one for the ladies whether it's a gift for yourself or your better half and needing a few ideas Christian we from she is making you a luxury list Hey that's right It's all about us today Let's get started First up Skin care beauty brand Pink wonder is known for their high quality and natural ingredients and this is their best selling item oil made from 100% premium hohoba seeds all grown in Israel This one is from a skin care a luscious vegan friendly body butter that nourishes and locks in moisture and hydration This line is an all natural blend of organic oils and butter such as cocoa butter mango butter coconut oil and vitamin E plus It smells like cotton candy and sugar Red pants is a premium Ive inspired small batch brand and their my 24 7 is a self care collection created by the brands founder Petra It supports wellness from the outside as much as from the inside This fashionable line is called French Not these are timeless elegant knitted and embroidered fashion accessories and they are all hand dyed spun and knitted by women artisans in Nepal They are creating truly unique pieces How about some hats by Matty How cute are these They're so soft customizable trucker hats that you can embroider or print your own personal messages on ha by ma make a great unique gift but also something special to just get yourself Why not Now some pair

compression for our pregnant ladies It's a so that women actually want to wear seen on many celebrities including Camilla Coello and Lauren Bos but not just for pregnant women These are also great travel occupational standing health and wellness recovery or protection So female and male fitness is the focus of H of body designs handmade with love in L A The gorgeous buttery soft apparel is created with sustainable fabrics making them beautiful on your body and gentle on the planet The Chara collection features intentional clothing with positive affirmations and for the traveler in your life Keep everything clean dry and organized with a wonder bag from wonder and perch Whether you need a way to keep your clothes dry from wet swimsuit or organize your daily b their wonder we bags have waterproof linings to make life on the go so much easier and check out these innovative cleaning products from Nimbus This is the NB which was just named Best New Personal Care Product by a natural products trade show It is so cool It's actually a machine washable cleaning towel that can be used up to five times You just add water to it to clean without harsh chemicals Who doesn't want that And let's end with the cocktail Shall We Mary Mixers for the woman who loves to have a great time home to seven different cocktail mixers These fresh 100% all natural and organic flavors were founded by Greg do of the original Bloody Mary Mix That's one numerous awards using over 20 different ingredients That is it for us today We have an exclusive deal for all KTL A viewers just enter KT A 20 at checkout You can receive 20% off all of these items and for more information on everything you've seen today visit our website She exec dot com Thank you You're welcome Thank you Coming up Olivia in L A takes you inside a homeless family story that has a very happy ending will be right back with more L A unscripted Welcome back everyone to L A unscripted and Olivia Day to these wonderful story of hope in a sometimes hopeless place Opening the door to the Midnight Mission's home Light Family Living Program not only opens the door to an apartment it opens the door to your future I can't even explain what that felt like that like like I was gonna have a home to bring my son home to the Homeland Family Living program is a transitional housing program Uh We provide temporary housing coupled with supportive services We've been in L A for over 27 years One of the things that we do here is provide an opportunity to bridge into self sufficiency for families who are struggling with homelessness We provide them uh individuals with an apartment and a couple with uh supportive services So on here when they come with us they have a whole team to help them They have a case manager they have a

housing navigator They we connect them with mental health services uh addiction treatment whatever the issues are this is the time to deal with them Nobody that ends up homeless ever starts out that way At least we don't think that we're gonna start out that way And I had a son at 22 years old and after so many years of so much I found myself not only in the grip of addiction but in the grips of depression and anxiety And basically my life was uh unmanageable I ended up being homeless for about six years and uh like the last of those six years I was in a tent like what you see on the side of the freeway Uh I was like that was my life like looking for food and trash cans Um like wondering like how did I get here Uh and even more importantly like how do you ever get out of something like that You know a lot of people don't make it out of heroin addiction And I remember just waking up one morning and like I was done like I couldn't do it anymore I needed to come to my own rescue while allowing other people to help and support and encourage because that was something that I hadn't felt worthy of in a really long time And there are people that wanna help Midnight Mission Home Light is is one of those those organizations that that's all they want to do is help a lot of people throughout the community that will you know come and volunteer They'll have you know kids night play area downstairs or activities out in the huge yard that they have in front So it makes it feel like a home rather than a shelter 0 100% with the structure of a program you know with the accountability of a program because there is a limited amount of time here Down time is important Resting time is important Self care time is important Um And so you have that here inside of a home with the safety of of this area with goals Weekly Goals accountability We still believe in doing things the old fashioned way which is helping people get well and then housing So when you come here to give the keys to someone who's been living in their car or housing I mean there's an automatic emotional effect to them Uh and you know I've always said you know we're not in the homeless business We're in the self esteem business And here's another important story We think you should see Let's let our sponsor for you in this time believe it or not Los Angeles has the largest population of veterans in the US Today I came over to Bob Hope Patriotic Hall to find out about all the services they provide veterans and how I can help Hi Jim how are you Good How are you I'm excited to come and talk to you because I'm actually the child of a veteran My dad was in the Marines So I really wanted to come and visit and find out what services you guys are offering We provide benefits both federal and state to veterans and their

families There's absolutely some programs out there that are available to family members Children educational financial things like that And really we're a great starting point Everybody in the county that knows of us Knows that we do service connection claims And so that helps veterans and their families get a regular amount of money allotted by the federal government for any kind of service connected disabilities And it can range anywhere from \$150 a month in payment all the way up to 3000 300 above the college tuition waiver that's ran through Calvet at the state is really really popular Basically our dependents can go to a CAL State or S for free You guys also do a lot with the veteran population here that are homeless A lot of our homeless veterans are not connected or not connected enough with the VA and so we really work with them to get them connected to the VA but also put some financial means in their pockets related to the service connection and the Pact Act recently passed And I know that it's going to be really helpful for veterans It passed August 10th actually this year and it expands eligibility for veterans greatly to both health care and benefits I believe over 2 million veterans will now be eligible nationwide My dad actually he passed from Agent Orange So our family knows firsthand what that's like to have to file a claim and come somewhere like here to get some assistance So will the Pact Act really help a lot more families like our family The Pact Act is designed to make the presumptive more automatic where a lot of our veterans had to really go above and beyond to prove every element of their medical condition Uh the PAC Deck makes it a lot more accessible and recognizes um toxins that uh veterans were exposed to in all conflicts including our most recent ones I can't tell you how many veterans we come across that they say oh I didn't think I was eligible I didn't think you know va was for me I wasn't in a war zone or I only served three years or you know just all sorts of misconceptions that our veterans have in our county and that is all the time we have for tonight Thank you so much for joining us We'll see you next time Good night everyone He found a vessel folks he found a vessel So this is the vessel that you see in the middle Uh huh This is your artery OK And that carries the blood flow from your heart all the way down to your toes Everyone knows the importance of heart health But today our sponsor C ABI is telling us the importance of vascular health as well So CS CV I is one of the advanced amputation prevention center We build this place as an outpatient center to treat vascular disease and vascular problems This facility we built about two years ago and we constructed this with the needs of the patient that we can treat them as an outpatient This facility has a

surgery center which treats most of the vascular disease as an outpatient setting. Mainly the focus of this facility to build is to do prevention of your heart when it pumps. It's got pipes everywhere. Basically, you know you have a big giant pipe that goes down, split into two supplies your leg. You have pipes that go in your brain just like the heart arteries can cause heart attack, brain arteries can cause stroke. You have issues, same issues you have in your leg arteries and you can have issues where eventually if it's not taken care of properly, you know it can get damaged and eventually you have a problem with the leg walking issues and eventually get to a point where you can may lose your legs. The most common symptom is that they get calf pain or claudication while they're walking. But with a little exertion if they go a little uphill they go upstairs or they get ulcers on their legs, they get blue toes, they get swollen legs. Those are people who have venous disease, they have a problem with congestion because the blood doesn't return easily. And this is kind of the latest technology that's out there, right? This is the state of the art, is the latest technology that's out there. Ok. So when someone sits down, I was told that this is the thing, right? Doctor, tell me about this. So this is one of the stents that we place in people's arteries when there is a blockage. And what we are talking about is very minimally invasive therapy. So this is an actual tube that goes inside your artery or vein and then a stent which comes in a tube like that and that can deliver through this small tube. I can travel through your body wherever I need to go. Healthy nutrition makes a big difference. Control of our sugars in terms of what we eat properly. So we don't have our sugar problems and the correct medications, uh, exercise definitely helps establish better and better circulation, uh, as well as simple, uh, bad habits that we have that we can quit like smoking. So your diagnosis is I have excellent flowing arteries. Right. Exactly. Yes.