

PLBRA NEWSLETTER

Park LaBrea Residents Association

A Picture's Worth...

We love hearing about people's stories and memories of living in Park La Brea. What are yours? Send us over your pictures and the story behind them, and maybe we can print them in future issues of the PLBRA Newsletter.

ResidentsPLBRA@gmail.com

Who Let The Dogs Out...

A lot of folks have asked about dog parks here in Park La Brea. We have 7 Dog Parks in PLB in blocks 10, 11, 12, 18, 19, 20 & 31. Go have fun with your fur babies.

.....



Circa 1940 view of the Miracle Mile sign on Wilshire Boulevard, with the May Company department store in the background. Courtesy of the USC Libraries – Dick Whittington Photography Collection.

Rent during COVID19

Editorial written by Robert M. Shore, Esq., VP, PLBRA outlining current rights behind current rent obligations and rights.

Patchwork Series

Written by Park La Brea resident Leslie Shapiro as she explores and shares her love for the city she grew up in. This month: Hollywood

Community Corner

Highlighting Renters Rights and exploring other neighborhood topics to foster a supportive PLB community.

PLBRA OFFICERS**PRESIDENT**

SUSAN FERRIS

—

VICE PRESIDENT

ROBERT SHORE

—

SECRETARY

BARBARA GALLEN

—

**VICE PRESIDENT
COMMUNITY RELATIONS**

MICHAEL ANNE EASTON

PLBRA OFFICETower 39 Lobby Office
401 S. Burnside Avenue
Los Angeles, CA 90036www.plbra.org**TELEPHONE**

323-934-1177

E-MAILparklabreara@gmail.com**PLBRA NEWSLETTER
ADVERTISING & EDITORIAL**parklabreara@gmail.com
Subject: "ADVERTISING"**PRINTING**

KAY TOBE PRESS

— HEY NEIGHBORS —

It is hard to believe it is June. Although we are still under Safer at Home orders, things are starting to open up. This new phase can be exciting as well as nerve-racking. Don't feel like you have to do anything until you are ready. However if you are ready, great. Please remember that there is still a mandate for everyone to wear a mask or face covering in public. Continuing to follow all guidelines will help to keep everyone safe. Keep Calm and Mask On.

Speaking of masks, I thought it would be fun to show the mask prowess of some contributors to this month's newsletter. Look closely and you will see sultry eyes of a few board members, residents and maybe a Congressman.

I am guessing if you are like me you have gotten to know all your delivery people really well - Mail, UPS, Fed-EX, Amazon, Postmates, Uber Eats. Yup...our deliveries have gone way up and so has the trash. Please be a good neighbor when throwing things away - break down your boxes (instead of just throwing them in as is), wrap up your food waste tighter (so we don't have any pest issues) and use the recycle bin for just recycling.

Other exciting news, the Curson Cafe is open. Only one person allowed in at a time and it is take-out only, but if you get the chance go down and support the cafe. It will be great when we can all go over and sit outside to eat and chat together.

Please continue to stay safe and keep filling us in on what is happening with you. Getting to know all of you during this time has been pretty amazing. I can't wait to finally meet you all face to face.

Susan Ferris, PLBRA President

EDITORIAL

– RENT –

KEEP YOUR POWDER DRY

Robert M. Shore, Esq., Vice President, PLBRA

Pandemics are scary. If you're worried about keeping your apartment, it's a thousand times worse. So when Management throws you a lifeline, it's tempting to jump at it.

Don't. The City of Los Angeles has already given tenants hefty protections. In my opinion, Management was offering a poor deal and there's no reason to think their next offer will be much better.

If you've taken a financial hit from the pandemic and you're not sure you can afford your full rent, here's what you do, and here's what Management offered.

- First, e-mail Management, **every month before the 7th**, that you can't pay that month's rent because of the pandemic.

- Second, no one can try to evict you until 60 days after the state of emergency ends, and until that happens, you won't have to prove the pandemic affected your finances.

If you wanted to take Management's deal, Management wanted you to prove your financial situation immediately.

- Third, after you give notice, you don't have to pay anything at all. If you're concerned about cash and need to preserve what you've got for other more urgent needs, do that. You can use the money

later to pay back rent when you're confident you won't need it for other things.

Management's deal required you to pay half of the April and May rent up front.

- Fourth, you'll have a **full year after the state of emergency ends** to make up the difference.

Management's deal required you to get completely caught up by August 31.

- Fifth, when that year after the state of emergency has expired, you'll have to pay the back rent in full, but without any interest or penalties.

Management was offering a 10% discount on April and May rent.

In short, for a very small discount, Management was asking our tenants to pay a lot of money up front when they don't have to pay any, and Management was asking our tenants to get caught up by August when the law gives them a full year after the end of the state of emergency. It was a very bad deal for almost every one of our tenants.

An important note. If you're lucky enough (like yours truly, as a matter of full disclosure) that your finances are still secure, keep paying your rent on time, just as you have been. If you don't pay the rent now, you'll eventually have to prove that the pandemic is the reason you couldn't. So if you try to game the system, the best you can hope for is to pay fees and interest on top of back rent. ■

HEALTH

Nutritionally Yours,

Tobi Levine, MPH, RD

DUE TO COVID 19, A LOT OF FOLKS ARE TURNING TO FOOD FOR COMFORT. OUR ROUTINES HAVE BECOME DISRUPTED, AND FOOD IS AN EASY FIX FOR OUR UNCOMFORTABLE FEELINGS, BOREDOM, LACK OF ROUTINE AND SOCIAL INTERACTION.

WHAT CAN WE DO TO COMBAT "EMOTIONAL" OVEREATING DURING THIS MOST DIFFICULT TIME?

- Find a motivator. Motivators are crucial in making behavioral changes. WHY do you want to change? Write your motivators on 3 x 5 cards and read them daily.
- Food logs: Keep food logs as well as a hunger/satiety rating before and after eating. Check if you're truly hungry before you eat. Most weight gain comes from non hunger eating like uncomfortable feelings, boredom or bad habits. Find other things you really enjoy to lift your boredom/and or mood
- Eating mindfully: most of us eat on autopilot. Instead, eat like a food critique, slowly and mindfully. Eat what you enjoy. You can eat almost anything mindfully when you are hungry and not overeat. You CAN lose or maintain your weight eating all your favorites as long as you budget in the calories.
- Pre plan meals and your day in general, especially including enjoyable activities.
- Support: speak with your nutritionist, friend, or a support group weekly. O.A. (overeaters anonymous) is free and there are daily zoom meetings
- Regular weigh in's once a week minimum
- Exercise: walking, yoga, stretching and exercise videos are some examples. ■

You & Your Pets

By Dr. Maie Takashashi, DVM

Taking a walk with your fur babies is a great way to de-stress. Especially now that the weather is better. However, that means we are seeing more vegetation growing. One vegetation called "Fox Tail" can be detrimental to pets.

A foxtail is a spikelet or cluster of a grass, that serves to disperse its seeds as a unit. Thus, the foxtail is a type of plant dispersal unit. Some grasses that produce a foxtail are themselves called "foxtail", also "spear grass". They can become a health hazard for

dogs and other domestic animals, and a nuisance for people.

Foxtails are a common meadow grass that can wreak havoc on our canine patients. Their barbed seed heads can work their way into various locations, including between the toes, ears, mouths, paws, nose, genitals, lungs, eyes or anywhere on the skin. They carry bacteria along with them and can cause infection. Be aware! and please thoroughly check your dogs after walking and hiking. ■

How To Beat Anxiety – The Natural Way

Polina Bowler, L.Ac., DOM

*Licensed Acupuncturist, East Meets West
Holistic Center (EMW)*

Anxiety affects millions of people, and must be one of the most ancient disorders affecting humans and animals alike – “Will I have dinner tonight or will I *be* dinner tonight?” Traditional Chinese Medicine (TCM) with its long history has proven methodologies of how to treat this age old worry.

TCM is a holistic approach that embraces the idea that “No entity can be isolated from its relationship to other entities; no thing can exist in and of itself.” So...everything is connected – our emotions to our organs, our organs to our bodies, and our bodies to the world around us. TCM seeks to promote balance and the flow of Qi (internal energy channels) through our bodies and our organs. Opening energy blockages centers the mind and body, and helps us navigate our environment.

TCM treats emotional issues as an affliction of the organs, not the brain. Anxious feelings are linked to the Zang Organs: Heart, Spleen, Lungs, Kidneys, and Liver. The specific connections are: Joy links to Heart, Worry links to Spleen, Grief links to Lungs, Fear links to Kidneys, and Anger links to Liver. One of my patients, let's call her Zoe, came in complaining of a recurrence of severe anxiety, and a sudden pain in her wrists. Her

main symptoms were debilitating anxiety and panic attacks. She had recently gone through a stressful series of events that left her angry and frustrated, resulting in a restrained flow of Liver Qi. This Liver Qi stagnation prompted the feeling of tightness in her chest. This led to more agitation, irritability, apprehension and insomnia creating “Heat in the Heart.” This might sound like a great pop song, but this excessive heat dries up fluids and damages the kidneys.

I treated Zoe with acupuncture to move the Liver Qi, subdue the Heat in the Heart, strengthen the Kidneys and calm the Shen (mind). I gave her a Chinese herbal formula, called Chai Hu Long Gu Mu Li Tang, to draw the nervous energy from her brain downward, put her on Ashwagandha to combat her stress, increased her omega 3 oils to decrease inflammation and depression, gave her Clary Sage oil for its calming effect and put her on a low sugar and no dairy diet. After three treatments her anxiety decreased dramatically and she had no more panic attacks.

The amazing thing that never fails to impress me in TCM is how beautifully everything relates to one another. Nothing is ever random. If we don't see the relationship between things it is just because we lack the ability or knowledge to do so. The pain in Zoe's wrists was directly related to the Heat in her Heart. The surface heart meridian

emerges from the heart in the underarm and runs down the inner elbow along the medial side of the forearm, crosses the wrist and the palm, and ends at the inside of the little finger. In Zoe's case, Heart Qi was not flowing properly and caused a stagnation in the meridian around her wrist area. Her wrist pain was gone after the first treatment.

There are many types of anxiety and ways that an individual can experience it. TCM doesn't have set diseases and treatments because everyone's story is a little different. The TCM practitioner seeks to discover a patient's imbalance, and create individual treatment plans that evolve. As TCM has gained more acceptance in western medicine, clinical trials have been conducted that confirm the efficacy of acupuncture in the treatment of anxiety disorders. One study (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4104565/>) conducted by Yuxin He et al. concludes that “acupuncture is a common practice in the clinic for the treatment of anxiety disorders, and scientific data have demonstrated its statistically significant effectiveness.”

While eating right, exercising, meditation and self-care are the best defenses, sometimes we all get overwhelmed. Knowing that you are not alone and that you have options to support your health is often the first step towards recovery. ■

Make it a 4th To Remember

Michael Ann Easton

Memorial Day had always been a special day in our family, Babe, Sebastian, Chicky, Micky, Ricky and Vicky. After growing up an lcky, you may no longer wonder why I now call myself, Michael, my given name, lol. We lived in a small neighborhood near Saint Sebastian 's church in Milwaukee, WI.

We were a middle-class family with a large above ground pool and deck in the backyard. We owned a bar and grill located in the Industrial Valley which was booming at that time. They served three shifts and were packed after work hours. Many customers took an afternoon snack back to their factories, Cherry Bombs or Green Torpedoes. These were cherries and large olives, marinated in 150 proof Vodka. They would pop them like candy throughout the afternoon.

Every holiday we would have a get together with family and friends, but Memorial Day was always the biggest one, with more people not leaving town. My dad would bring a keg of beer, sodas from the bar, we would barbecue chicken and corn, the rest was potluck.

While the rest of the family was preparing for Memorial Day, on the Friday of Memorial

Weekend, 1986, my father's bar was robbed and he was shot twice in the process. On Memorial Day we turned the machines off.

As the years went by and I moved around I started my own Memorial Day tradition. At sunset on that day, friends and family would release balloons in honor and praise of the people who have died serving this country and of our lost loved ones. As the tradition grew and spread, the more beautiful each Memorial Day became, with a sky full of love across the country.

This year, beside all the Covid fears and worries that the world has, I ached knowing that would not happen!

Then I realized who knows what our lifestyle will be and who we will be with on the 4th of July. But, in your celebration, let Memorial Day be a part of it.

You may not have balloons, maybe sparklers or just Great Love and Passion in your heart... to Send to the Sky, Honoring, Thanking and Memorializing, the founding fathers for making this great country, all the people who have died serving this country, the essential workers who are on the front lines now and our loved Ones We have lost.

Always Remember, We are the Land of the Free, Because of the Brave!! ■

Covid-19 and your kids

As public conversations around Covid 19 increase, keeping your kids free from worry and fear is key. And everyone can play an important part of that. Helping children make sense of all the things they are hearing and putting them at ease while you teach them ways to live happier and healthier lives. Free of anxiety.

- Remember that children will react to what you say and how you say it. So remain calm.
- Make time to talk. Let them know they can come to you questions.
- Remember that viruses don't discriminate regardless of race, ethnicity or religion. Avoid making assumptions about who might have Covid-19.
- Pay attention to what children see or hear on television, radio, or online.
- Be honest and accurate. With information that is appropriate for the age and development of child.
- Teach children everyday actions to reduce the spread of germs. And get them in to good habits.
- Get them into the habit of washing their hands on a regular basis.
- Keep checking on the CDC website for the most updated guidelines and be safe. ■



Making masks cool & hip
Keeping folks safe & healthy



ASHER GAMZO

TAX & ACCOUNTING SERVICES

- TAX PREPARATION
- TAX PLANNING
- BOOKKEEPING & PAYROLL
- INDIVIDUALS, CORPORATIONS, LLCs ETC.

A PARK LA BREA
RESIDENT

(323) 216-5512

asher@mytaxcpas.com



COMMUNITY

Housing Matters

Barbara Gallen

One of PLBRA's goals is to be a resource to residents on all matters pertaining to housing. We joined Los Angeles Tenants Union (LATU) and the Coalition for Economic Survival to help us stay on top of things. We've kept our website PLBRA.org updated re: COVID renter issues, and we'll be unveiling our even more helpful new website soon.

What's going on with rent right now?

Current law lets COVID-impacted renters defer rent for up to a year after COVID ends. Notify your accounting rep within 7 days of due date if you can't pay your rent. See the **City of Los Angeles Renter Protections Fact Sheet** posted on PLBRA.org. for more information.

What's on residents' minds when it comes to housing?

Initially it was how to deal with rent if COVID had impacted someone's income or expenses. But related to that has been the reaction to seeing prices lowered for new tenants with no reduction for

current residents. This has created a lot of resentment.

Is it legal to charge different prices for the same unit?

Yes, it is. Prices at Park La Brea have always fluctuated. What sent shock waves through our community in the past two months was seeing prices slashed across the board with new tenants paying hundreds of dollars less than current residents for identical units.

When will Park La Brea lower rents for residents?

The laws of supply and demand suggest that when and if Prime faces a glut of vacancies they might agree to lower rents – as they did in the Great Recession. The big difference now is that financially impacted tenants can defer rent and not have to move out. It remains to be seen how supply and demand dynamics will play out in coming months.

What is “rent forgiveness?”

Rent forgiveness is a policy that lets tenants miss rent payments without having to make them up later. It differs from “rent freeze” which only keeps landlords from

raising rents. Los Angeles enacted a rent freeze in March for rent stabilized properties (including Park La Brea).

So, will we see rent forgiveness?

I think we will. Why? Because when unpaid rent comes due after the grace period ends, there will be tens of thousands of renters who lost their income due to COVID, some of whom will never catch up. By postponing rent without cancelling it, the City has potentially created a massive future debt and homelessness crisis. The state and Congress are both exploring how this might be funded.

Where can I turn for help with housing concerns?

Reach out to us at ResidentsPLBRA@gmail.com. Stay up to date on renter protection measures on FB pages #oneveryfridge and Coalition for Economic Survival. The Eviction Defense Network offers free legal advice to impacted renters: askanattorney@edn.la.

Barbara Gallen is a PLBRA board member and officer, and also is the elected Zone 6 rep on Mid City West Community Council. Barbara and her son have lived in Park La Brea since 2015.

Patchwork Series

Written by Park La Brea resident Leslie Shapiro as she explores and shares her love for the city she grew up in.

Musings On Los Angeles And Its Architecture Hollywood



Bungalow Apartments, Hollywood.
circa 1930

When I got my first apartment, it was in West Hollywood. I had graduated high school and was anxious to leave the confines of the San Fernando Valley. I found a lovely one bedroom in a courtyard - a gated strip of pink stucco bungalows surrounded by a meandering stream of beautifully landscaped plants. A long

galley of roses, hydrangeas and hibiscus bushes anchored everything together. Neighbors claimed the garden had been lovingly maintained since the courtyard's inception in the 1930's. My new apartment was charming and romantic. And it was so small that the address didn't even qualify for a whole street number. My address was **1139 1/4.**

The details inside were fabulous. As small as it was, it boasted high ceilings and generous windows which let soft light filter in. Panels of knotty pine wainscoting covered the living room walls. Cookie cutter moldings adorned the kitchen cabinets and brightly patterned ceramic tiles enveloped each countertop. There was even a milk door hidden in the kitchen wall. Enchanting! The final creative detail was a petite ironing board that pulled out from an alcove.

Overflowing with charm, the nostalgia of 1930's Los

Angeles permeated every room, and what I fell most in love with was the attention to detail. It had been constructed with what felt like a genuine caring for its future inhabitants.

Rumor had it that the bungalows, 5 freestanding cottages housing 2 units each, had been built to temporarily house movie stars while they filmed at the nearby studios. I

also came to find that this type of housing was fairly common in and around Hollywood.

The word "bungalow" comes from Benghala - or "of Bengal." It refers to low lying dwellings, often with overhanging rooflines which were designed to shade and shelter inhabitants from the intense heat of the region. As is typical of Los Angeles, we have put our own creative spin on the architecture, fusing it with characteristics of our early Spanish mission revival buildings. These quaint courtyard bungalows began to spring up around Hollywood and nearby studios, providing convenient, affordable housing to the myriads of people associated with the burgeoning filmmaking industry.

As lady luck struck, movie stars and moguls were made. Sprawling estates in nearby areas began, but hundreds of our courtyard cottages remain, a recognizable residual of early Hollywood and the movie industry. Thankfully, many of these gems, still sporting their 1930's charm have been designated cultural landmarks.



PLB Memories

Hauser & Cats

—*Then and Now*

Susan de la Vergne

When I was six years old, Hauser Boulevard was the scariest street in all of Los Angeles. Of course as a six-year-old, I didn't know many streets, but none loomed as large in my young life as Hauser. It was the '60s, and we lived in what is now known as tower 36. Just across that dangerous river of cars, where Palazzo apartments stand now, was a playground, and Hauser's nonstop traffic divided us from the slides, swings, tetherball, handball, and ping pong we longed for.

A small mob of first-graders lived in tower 36 then—Paul, Dorothy, Marina, Franky and me. We played together regularly, even with Franky (a brat in the making). Our mothers often reminded us of the Hauser dangers and took turns seeing us safely across the street.

In the 80's, I moved again to Park La Brea, this time as a young married person, into tower 40. And again, later in that same decade, as a young divorced person, tower 39. The

playground was still there, and I still went—for the ping pong. (I was terrible.) The first graders, and all other PLB kids, lived in the "family towers" across Hauser, but nowhere else in the complex.

As had been the case from the beginning, no pets at that time were allowed anywhere in Park La Brea. But despite this longstanding rule, it wasn't uncommon to see an illegal cat perched in a tower or garden window, either entirely unaware of the rule or, just as likely, uninterested in following any rule, being a cat.

Many older people lived here in the 80s, and there were occasional stories of older women, in particular, being mugged en route to Farmer's Market. I don't know how many of these stories were true, but it wasn't long after that the gates went up around the community and permits were issued for what we now think of as general parking.

Altogether I've lived in Park La Brea four times in my life—as a child, as a young married person, as a young divorced person, and now, as ... well, I hesitate to say an old re-married person, but I suppose that's the truth. It's a far more international community these

days, a PLB demographic that has changed as the city has changed. The sense of community is different too. There are kids everywhere, not just across Hauser. There are cafes on the property (or there will be again). Elevator conversations are in Korean, Portuguese, Japanese, and Russian, as well as English. Also, people no longer get mugged on the way to Farmer's Market, and the cats have come out of the shadows. ■

Omer Sule DDS

General and Cosmetic Dentistry



Miracle Mile

Most dental plans accepted
Credit and financing available

310.279.0306

Serving your dental needs.



METIS FINANCIAL CONCIERGE, LLC

ELLIE BAKER

213. 568. 8262

mfc11co711@gmail.com

Tax Preparation (including back taxes)

Individual and Business

Set up LLCs and Corporations

Bookkeeping and Mobile Notary

Voted Best Tax Preparer

by Expertise.com 3 years in a row!

Licensed, insured and bonded in the state of CA
text or email.

JUNE EVENTS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Flip a coin Day	2 National Rocky Road Day	3	4 Hug your Cat Day	5 National Donut Day	6 D-Day
7 National Chocolate Ice Cream Day	8 Best Friends Day	9	10	11	12	13 National Weed Your Garden Day
14 Flag Day	15	16	17 Eat Your Veggies Day	18	19	20 First Day of Summer!
21 Father's Day	22	23	24	25 National Catfish Day	26 Take your Dog To work Day	27
28	29	30				

TAKE-HOME OR DELIVERY FROM YOUR FAVORITE FARMERS MARKET RESTAURANTS.



Francisco Carvalho & Cesar Brelaz
PAMPAS GRILL



Frances Tario
DU-PAR'S RESTAURANT



Neal Fraser
FRITZI COOP



Filomena D'Amore
PATSY'S PIZZA

6333 W. THIRD STREET • LOS ANGELES • 323.933.9211 • FARMERSMARKETLA.COM @FARMERSMARKETLA
VISIT FARMERSMARKETLA.COM FOR A FULL LIST OF MERCHANTS.



**PARK LA BREA
CLEANERS**

Quality Custom Cleaners

Leoni Bongcasan
Manager

386 S. Burnside Ave.
Tower #34 Lobby
(On Burnside Circle)
Los Angeles, CA. 90036
Phone # (323) 935-7275

**30% Off Dry Cleaning
\$2.25 Shirt Laundry**

(Some Restrictions Apply)

EXP: 7/31/20



shapiro joyal studio
interiors furniture custom design

Your neighborhood studio for gifts, design and furniture

409 s. fairfax ave. los angeles ca 90036
www.shapirojoyalstudio.com
323 525 1718 office

CARLOS A. LLOREDA, JR.
ATTORNEY AT LAW

4311 Wilshire Boulevard Suite 403
Los Angeles, CA 90010



323-965-0365
callaw@earthlink.net

Attorney with 41 years of experience and **AV
Preeminent Rated** (highest possible rating).

Mr. Lloreda specializes in Plaintiff and Defendant
civil trial work with emphasis on wrongful death and
all serious personal injury cases.

He also represents clients with regard to all claims
relative to attorney fee disputes and legal malpractice.

A Park La Brea Resident

PLACE YOUR AD HERE
GEO-MARKETING • AUDIENCE REACH 12,000+

RATES & INFORMATION:
parklabreara@gmail.com