

NO. 21
December 2014

Cheviot Hills

The greatest neighborhood in the world



BEN LEE
PROPERTIES



RESIDENTIAL BROKERAGE



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PRSR STD
ECRWSS
U.S. POSTAGE
PAID
EDDM Retail

*****ECRWSS****

LOCAL
Residential Postal Customer

Help!

The holidays are already here!

By BEN LEE

What is it about the holiday season that sets our normally chaotic household into hyperdrive? Sure, the other 11 months of the year are plenty busy. But December is a whole other machine. Between the increase in parties and travel and presents and activity, the holiday season takes overstimulation and over-scheduling to a whole new level. How is it possible to face this month, not just with the intent to relax more and try to enjoy this festive time of year, but with a clear plan as to how to avoid becoming stressed and overwhelmed? According to the experts at Health.com, there are plenty of helpful ways to handle the hectic holiday season.

A few ideas include:

- Take a daily half hour walk in the sunshine and try to get a whiff of citrus! If fruit trees aren't on your route, dab a lemon scent on a handkerchief and keep it in your pocket. Citrus fragrances increase norepinephrine levels, which reduces stress.
- Say 'no' to at least one or two obligations and use that time to do something nice for yourself.
- Laugh like crazy. Download or rent one of your favorites and have a hearty chuckle because laughing greatly reduces stress hormones.



- Try to ignore your cell phone buzzes and email alerts for a chunk of time.
- Eat spicy foods (they trigger endorphins) and increase your honey consumption, which boosts immunity.
- Listen to your favorite music. Hearing tunes you love relaxes blood vessels and increases blood flow, which reduces tension.

The article also cautions against striving for perfection. Some of our most memorable holiday moments happened when something went wrong and we could laugh about it later. Like the time my wife's dog swiped the whole roasted turkey from her parents' dinner table and ran all the way down the street with it in his mouth. Or the time when I had hit my threshold for attending party after party and announced that if I had to go, fine, but don't try to make me

wear anything fancy. I made a big point of wearing jeans as the ultimate rebellion to going to yet another dressy affair. So, what did my wife do? She dressed our four month old in the exact matching outfit just to crack us both up. I spent the whole party carting around my mini-me and we ended up having a hilariously good time.

When it's all said and done, the month is what we make of it. Hopefully your holiday season will be as pleasant and stress-free as possible. I look forward to seeing you while walking around our sunny neighborhood, headphones on, deeply inhaling lemons while alternating between sips of hot sauce and spoonfuls of honey. And if you happen to see a dog running through the neighborhood with a turkey in his mouth, please bring my wife a flask of something strong.

My featured listings

BEN LEE - ESTATES SALES

Cheviot Hills – NEW LISTING!

10559 Cheviot Dr.

Offered at \$1,979,000

This Mediterranean style home with 5 Bedrooms and 4.5 Baths has impossibly high ceilings and embraces the concept of an ideal family home. Step inside and be inspired by the spaciousness of the living spaces that effortlessly flow from room to room. The formal dining room opens to a private side yard and the family room offers not only a cozy fireplace but also an enormous built-in storage unit. The kitchen and breakfast nook are extraordinarily light and offers plenty of storage for every amateur yet ambitious chef. Upstairs you will find the office with tranquil, treetop views and the bedrooms with astoundingly massive closets. The backyard presents both an entertainer's ideal patio area as well as an environmentally friendly grassy plain on which the children and animals can run and play. This home also offers a guest room, laundry room and large, two car garage. Located in the award winning Overland Avenue School district.



Open Sunday, December 7th 1:00 - 4:00!



Cheviot Hills — FOR LEASE!



2840 McConnell Dr.

Available Fully Furnished Short Term

Cheviot Hills — IN ESCROW!



10550 Roundtree Rd.

Offered at \$3,149,000

Beverlywood ADJACENT — IN ESCROW!



8951 Hargis St.

Offered at \$699,000

Beverlywood ADJACENT — IN ESCROW!



8963 W 25th St.

Offered at \$799,000

Cheviot Hills happenings

Contest Winner

By BEN LEE

Congratulations to reader and neighbor Denise Cavali! You are the lucky recipient of a 50 dollar gift certificate to the C&M Café on Motor/National. Recently featured on Cheap Eats and offering a selection of sandwiches, sweets and so much more, C&M is a delightful neighborhood restaurant that boasts healthy and delicious fare at extremely reasonable prices. Congrats, Denise, and happy eating! And, to the many others who entered, sorry that you didn't win this time but keep reading future issues to see what local establishment Ben Lee Properties will be featuring next. Attention local business owners!! If you would like to be part of our monthly give away, please contact Ben at: Ben@benleeproperties.com.



AFTER ALL THE TURKEY AND PIE HAVE BEEN EATEN, MAYBE YOU'D LIKE TO RELAX IN FRONT OF THE TV AND RENT A MOVIE THIS HOLIDAY SEASON? HERE'S A NEW FEATURE WE ARE INTRODUCING TO THE NEWSLETTER: MOVIE REVIEWS!

Make Hachi your best friend

By Michael Harris

Hachi is a G rated film based on a true story that concerns itself with matters of loyalty and love. It should be available on Netflix. Just as the Magnificent Seven was based on a Japanese film, the Seven Samurai, so Hachi is a remake of an earlier Japanese film. It stars Richard Gere, Lois Allen and Jason Alexander and is directed by the very talented Lasse Halstrom. It will tug at your heart and will make you forget about explosions, CGI, and special effects as you settle down with an affecting tale of unfettered canine devotion.



Holiday Volunteer Opportunities

A few of the Volunteer Opportunities around Los Angeles this Holiday Season.

Donate food at the Westside Food Bank
17170 22nd St.
Santa Monica, CA 90404
Drop off hours
Monday through Friday
7 a.m.-6 p.m.

Donate diapers and baby necessities to Help a Mother Out
The Tree House Social Club
426 South Robertson Blvd.
Los Angeles, CA 90048
10 a.m.- 3 p.m.

Donate Toys to Military Families
Great Park Visitors Center,
5 Freeway and Sand Canyon,
Irvine, CA
Ongoing through Dec. 9
Thursdays, Fridays
10 a.m.- 10 pm.
Saturdays, Sundays
9 a.m.-10 p.m.

Help the Hungry at LA Regional Food Bank
1734 East 41st St.
Los Angeles, CA 90058
Shifts available
Monday-Saturday

Plant a Tree in the Fire Damaged Angeles National Forest
November and December
Call 818-753-TREE or e-mail
treegifts@treepeople.org

Give Gifts for Foster Kids
9 A.M. - 5 P.M. Monday-Friday
By Friday, December 10
United Friends of the Children,
1055 Wilshire Blvd
Los Angeles, CA 90017
Contact Jill Freeman
at 213-580-1851 or at
jillian@unitedfriends.org

Gift Baskets for Low Income Families
8:30 A.M. - 6:30 P.M.
Monday-Thursday
Ends Monday, December 13
Westside Family Health Center,
1711 Ocean Park Blvd.,
Santa Monica, CA 90405
Contact Michelle Horejs
at 310-450-4773 ext. 246

Adopt a Family for the Holidays
9 A.M. - 4 P.M. Monday-Friday
Ends Monday, December 20
Salvation Army Easy LA
Temple, 140 N. Eastman Ave,
Los Angeles, CA 90063
Contact Margarita Hernandez
at margarita.Hernandez@usw.salvationarmy.org or
Ernesto Lozano at
Ernesto.Lozano@usw.salvationarmy.org or call 323-263-7577