2 **Blue Chirper**
Hits the Promenade

3 **Al Gym**
Fred Fitness opens

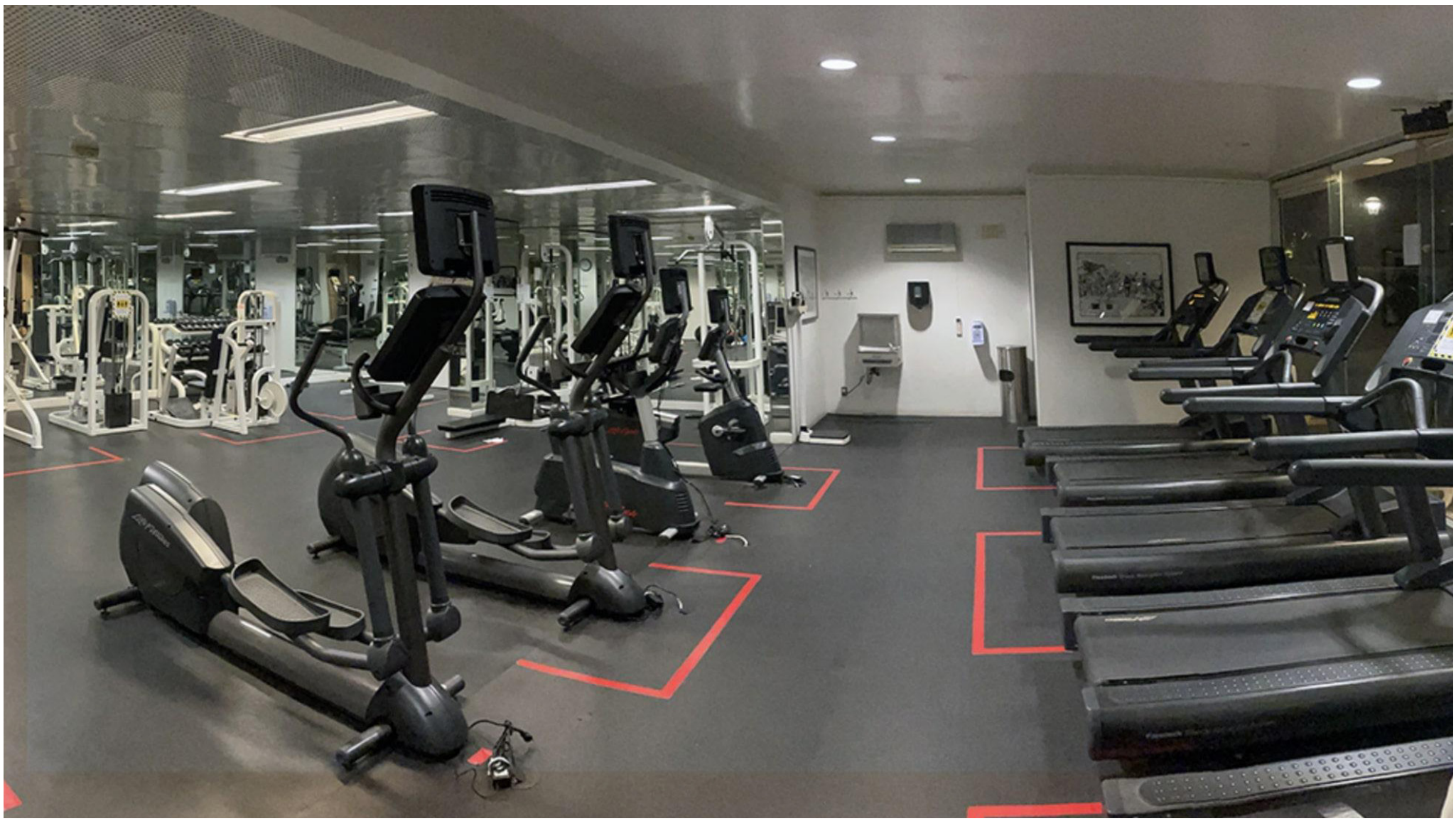
4 **Golden Globes**
Return on Sunday

5 **Beyond Hate**
A time to heal

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Santa Monica Daily Press

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# Staying consistent, with room for balance is key to gym success



File Photo

**FITNESS:** Starting small and leaving room for life balance are keys to getting in shape this year.

**THOMAS LEFFLER**
SMDP Staff Writer

Santa Monica prides itself on being an active community year-round, but the beginning of the year is a particular fitness frenzy for the city.

Locals will look to make, and keep, New Year's resolutions when it pertains to fitness, using city gyms as a destination to do so. With research suggesting that 80% of people joining gyms in January quit within five months, new workout enthusiasts can increase those odds with a few select strategies.

As cliche as it may sound, starting small can lead to large gains, even for the most seasoned fitness fanatics. Pvolve Santa Monica Owner Paige Gilson said her team recently had a holiday party, going around the table asking each other what their goals were, and the common thread was consistency from the first step.

"Obviously, everyone wants to feel their best, they want to look their best … but I think it goes a little deeper than that, and it's all just about committing yourself to something (and) following through on it," Gilson said.

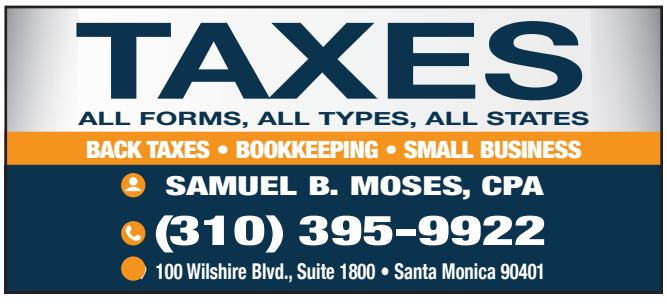
Starting small can apply to both workouts and habits outside the gym setting. For Gilson, sleep is a priority, having to be at the studio in the early hours, and she uses simple actions like putting her phone away an hour before bedtime to give her a leg up. Putting easier tasks at the forefront can make the more difficult endeavors achievable, she adds.

"You almost feel like you put so much in front of you that you need to accomplish that if you don't meet those, then you feel like a failure," she said. "So it needs to be small things … little changes that people can do that will ultimately make a difference in their overall health."

Gilson suggests that an "accountability buddy" is always helpful, one of the reasons she loves being part of a studio where members know each other's goals and workout plans.

SEE **FITNESS** PAGE 12






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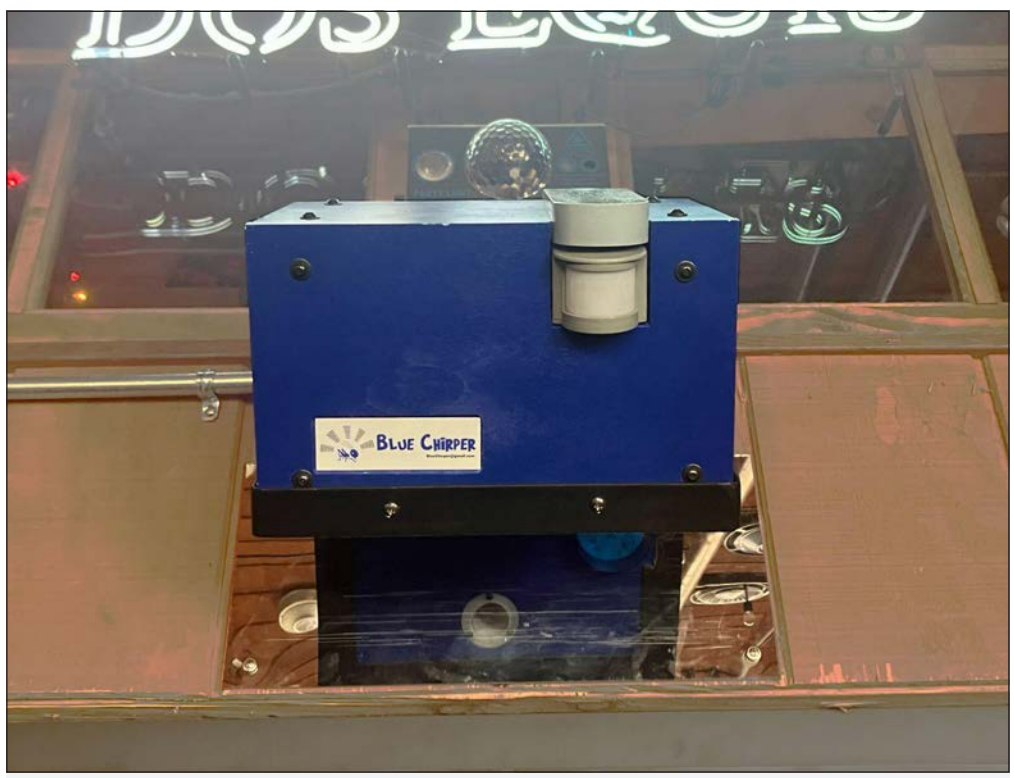


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# Homegrown homeless deterrent device, the Blue Chirper, makes Promenade debut




Scott Snowden

**INNOVATION:** The Blue Chirper has already proved its worth at Barney's Beanery, activating on a timer and remaining operation through the night.

**SCOTT SNOWDEN**
SMDP Staff Writer

With the homeless crisis showing no signs whatsoever of improving, one popular bar on the Promenade has taken matters into their own hands and installed one of Stephen McMahon's ingenious Blue Chirper devices.

Barney's Beanery has very strategically positioned the device above the main entrance, in a deliberate attempt to dissuade anyone from sleeping on the benches, next to the permanently outdoor-placed tables, in front of the popular bar and restaurant on Third Street.

In May, 2023, we reported on the device invented by long-time Santa Monica local Stephen McMahon as a way to discourage the homeless from making camp and taking drugs in his building's courtyard parking space and thus also preventing the inevitable repeat burglaries.

Then in September, we reported that demand for the Blue Chirpers was up because drug use at Reed Park is increasing. McMahon said then that demand for this deterrent has significantly increased, from a gentle, steady flow to "I can't make them quick enough" and that the increase in demand is tied to what he sees as a worsening condition of the park and nearby area.

His idea is straightforward and is a testament to the axiom that necessity is the mother of invention. He combined the concept of blue flashing light — that is known to keep people awake, which is why it's often used in warehouses and on heavy machinery — together with the extremely annoying sound of crickets and created a deterrent that he has proved to be highly successful.

As a result of those stories being run by the Daily Press and subsequently being picked up by KCAL and even the Daily Mail, word was spreading. According to McMahon, the West Side Regional Manager for Barney's Beanery, Jessica Sacher, became interested after a friend of hers saw the original story.

"So that's how it happened, but at the same time, I had orders coming out my ass that I had to deliver," McMahon laughs, adding that Jessica's husband and business partner, AJ Sacher, East Side Regional Manager for Barney's Beanery, was insistent.

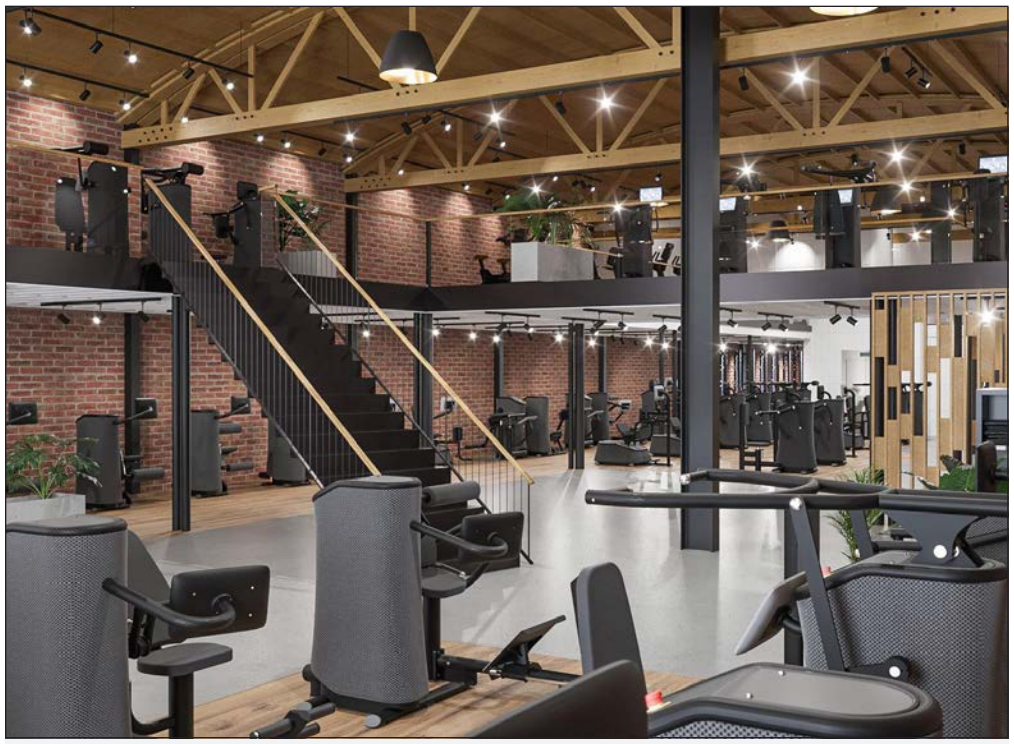
"I said I'm not going to be able to get to your order until December and this was in early November, maybe even October. He said, 'I need it, how can I speed the process up?' And I didn't know of any way. I mean, it's not a question of money or anything easy like that, because it's just me making them," McMahon said, adding that after that conversation he was fortunately able to hire some help to speed up the box construction process.

The problem, McMahon explains, is that homeless people find the benches comfortable and the layout of Barney's Promenade-facing patio offers shelter and seclusion to sleep and/or take drugs. The problem was that the original Chirper was designed for small enclosed spaces and not a space as wide as the patio area. Working closely with Barney's Maintenance Manager, Lance Umemoto, McMahon was able to tweak the design slightly while Umemoto constructed a sturdy steel bracket enabling the Chirper to be placed high up, above the entrance, so the electronics couldn't be tampered with. However, this meant the blue flashing strobe lights weren't in a position to be as effective as they otherwise might be. Umemoto struck upon the idea of placing a mirror behind the device and hey presto, it worked like a charm.

"Lance and I are working at five o'clock

SEE **BLUE CHIRPER** PAGE 10

# Hi-tech, so-called "AI-powered" fitness center set to open on 4th Street



Courtesy image

**FRED FITNESS:** The interior of the new Fred Fitness studio on 4th Street is stunning, no doubt about that.

**SCOTT SNOWDEN**
SMDP Staff Writer

A brand new, extremely hi-tech fitness center is set to open on 4th Street, between Arizona Ave and Santa Monica Blvd, adding to the ever-increasing number of athletic-related outlets already there and due to arrive, including Road Runner Sports, SportsFest plus the pickleball and paddle ball courts.

Called Fred Fitness, its unique selling point is that the technology being employed is so advanced, that the company is claiming it utilizes artificial intelligence, but more about that in a moment. The idea was conceptualized by Alfred Enzensberger, founder of Clever Fit, with the support of EGYM CEO Philipp Roesch-Schlanderer.

The 11,500-square-foot space at 1344 4th Street that was formerly the home of Patagonia has been radically transformed and the interior is now a stylish bare brick and natural wood affair, offering a very classic aesthetic. Andre Enzensberger CEO of Fred Fitness and Alfred's brother, says that everything inside was painted white and every single surface was sand blasted for six weeks to create the more timeless bare brick vibe.

"This floor was completely different too, it was all run down, so everything you see is actually new," Andre said, adding, "We had to rework the entire air conditioning system to make it suitable for a fitness club, so all of the piping you see is new. All of the electrical work is new, all these conduits that you see, because we have to lay out the power for a fitness club with power in the ground and I mean, we had to do a lot."

The notion of a simple, straightforward gym has changed drastically over the last 30 years. Once upon a time, all manner of fitness equipment was available in one place, including treadmills, multigyms, free weights, barbells and even one of those vintage, vibrating "slimming" belts, maybe. Today, it seems every element of that mixed workout has been separated and new nationwide gyms focus solely on individual components, thus creating new marketing opportunities.

Allegiate Gym on Broadway for example, is purely free weights and barbells, there isn't a machine in sight, cardio or otherwise and now Fred Fitness offers a machine-only regimen and while you work through your required assessment, you'd be forgiven for thinking you might benefit from a degree in computer science to operate these machines.

The idea is intriguing. Once you've downloaded the app onto your smart phone or watch, it builds a profile on you and attempts to steer in the direction of a workout that you're seeking. Suggestions are made based on your weight, height and levels of strength and fitness "creating a cohesive workout experience."

This programming is so intuitive, that it's being branded as "AI" together of course with the fact that just about anything is being branded as "AI" because it's the current marketing buzz word.

"We were actually really excited about this question, I mean, I play golf and my golf club is even considered AI, and I'm like, okay, guys, seriously, it's so obvious that this is just marketing, it's a golf club, you know," Andre said.

The definition of artificial intelligence has unquestionably become blurred and it seems that software — albeit very clever software, but software nonetheless — is being referred to as AI, as opposed to the straightforward requirement that the machine or computer actually be sentient. As such, the term has become devalued and is used to describe what is really machine learning and adaptive algorithms.

SEE **FRED FITNESS** PAGE 10



## Surf report

WATER TEMP: **56.8**

FRIDAY
***POOR TO FAIR***
**SURF:** Knee to thigh 1-2FT

Looking clean and approachable with similar size to Thursday as NW swell mix and some SSW swell linger. Light wind day.

SATURDAY
***POOR TO FAIR***
**SURF:** Knee to thigh 1-2FT

New WNW swell is likely to be the dominant swell but a modest pulse of SSW swell is also on tap. That gives the open beachbreaks better potential to have some corners.

## Weather

**Friday:** Mostly cloudy, with a high near 63. Calm wind becoming west southwest around 5 mph in the morning.
**Friday Night:** Mostly cloudy, with a low around 46. West wind around 5 mph becoming calm in the evening.
**Saturday:** Mostly sunny, with a high near 61. Northeast wind 5 to 10 mph becoming west southwest in the morning.
**Saturday Night:** Partly cloudy, with a low around 49.

| Date | Day | Time (LST/LDT) | Predicted (ft) | High/Low |
|---|---|---|---|---|
| 2025/01/03 | Fri | 12:02 AM | 3.84 | H |
| 2025/01/03 | Fri | 04:39 AM | 2.28 | L |
| 2025/01/03 | Fri | 10:43 AM | 5.64 | H |
| 2025/01/03 | Fri | 6:00 PM | -0.59 | L |
| 2025/01/04 | Sat | 12:44 AM | 4.06 | H |
| 2025/01/04 | Sat | 05:42 AM | 2.26 | L |
| 2025/01/04 | Sat | 11:34 AM | 4.96 | H |
| 2025/01/04 | Sat | 6:38 PM | -0.10 | L |
| 2025/01/05 | Sun | 01:29 AM | 4.34 | H |
| 2025/01/05 | Sun | 07:00 AM | 2.16 | L |
| 2025/01/05 | Sun | 12:36 PM | 4.15 | H |
| 2025/01/05 | Sun | 7:18 PM | 0.50 | L |
| 2025/01/06 | Mon | 02:18 AM | 4.68 | H |
| 2025/01/06 | Mon | 08:43 AM | 1.83 | L |
| 2025/01/06 | Mon | 2:04 PM | 3.35 | H |
| 2025/01/06 | Mon | 8:04 PM | 1.12 | L |
| 2025/01/07 | Tue | 03:10 AM | 5.07 | H |
| 2025/01/07 | Tue | 10:24 AM | 1.15 | L |

## Daily Lottery

Although every effort is made to ensure the accuracy of the winning number information, mistakes can occur. In the event of any discrepancies, California State laws and California Lottery regulations will prevail. Complete game information and prize claiming instructions are available at California Lottery retailers. Visit the California State Lottery web site at http://www.calottery.com

**Powerball**
Draw Date: 1/1
6 12 28 35 66
Power#: 26
Jackpot: 200 M

**Fantasy 5**
Draw Date: 1/1
4 9 11 22 39

**Mega Millions**
Draw Date: 12/31
13 22 27 29 35
Mega#: 1
Jackpot: 42 M

**Daily 3**
Draw Date: 1/1
EVENING: 5 7 0
Draw Date: 1/1
MIDDAY: 5 8 5

**SuperLotto Plus**
Draw Date: 1/1
11 12 16 25 35
Mega#: 20
Jackpot: 13 M

**Daily Derby**
Draw Date: 1/1
1st: 10 - Solid Gold
2nd: 02 - Lucky Star
3rd: 03 - Hot Shot
Race Time: 1:43.55

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Santa Monica Daily Press

City of Santa Monica

**NOTICE OF A PUBLIC HEARING**

**SANTA MONICA**
**ARCHITECTURAL REVIEW BOARD**
**REGULAR MEETING**
**SANTA MONICA CITY HALL**

**DATE/TIME:** Monday, January 06, 2025, 7:00 PM

**LOCATION:** Council Chambers, (wheelchair accessible)
Santa Monica City Hall, 1685 Main Street, Room 250

**PUBLIC HEARING:** **601 Colorado Avenue - 24ARB-0224: Residential/Mixed-Use**
Review the design, colors, materials, landscape and sign program for a twenty-four story, 254'-5" tall, 310,648 square-foot mixed-use housing development project consisting of 264 units (224 market rate units; 40 affordable units) and 4,009 square feet of commercial floor area above two levels of subterranean parking in the Transit Adjacent Zoning District of the Downtown Community Plan (DCP-TA).

More information is available online at https://www.smgov.net/Departments/PCD/Boards-Commissions/Architectural-Review-Board/ (en espanol tambien at (310) 458-2201 ext. 2431#).

The City of Santa Monica encourages public comment. Those wishing to give written public comment shall email comments to planningcomment@santamonica.gov. Comments received **prior to 12 p.m.** on the day of the meeting will be distributed to the Architectural Review Board prior to the meeting and posted online. Please note the agenda item in your comments.

For disability-related accommodations, please contact (866) 311-7266 at least 72 hours in advance of the meeting. Every attempt will be made to provide the requested accommodation.

All written materials are available in alternate languages provided the request is received 72 hours prior to the meeting.

Santa Monica Big Blue Bus Lines serve City Hall and the Civic Center area. The Expo Line terminus is located at Colorado Avenue and Fourth Street, and is a short walk to City Hall. Public parking is available in front of City Hall, on Olympic Drive, and in the Civic Center Parking Structure (validation free).

Pursuant to California Government Code Section 65009(b), if this matter is subsequently challenged in Court, the challenge may be limited to only those issues raised at the public hearing described in this notice, or in written correspondence delivered to the City of Santa Monica at, or prior to, the public hearing.

**TRANSLATION SERVICE AVAILABLE UPON REQUEST.** Please contact planning@santamonica.gov at least 72 hours prior to the scheduled meeting.

**SERVICIO DE TRADUCCIÓN DISPONIBLE A PEDIDO.** Comuníquese al planning@santamonica.gov al menos 72 horas antes de la reunión programada.

**ESPAÑOL :** Esto es una noticia pública para revisar applicaciónes proponiendo desarrollo en Santa Monica. Si desea más información, favor de llamar a Ana Fernandez en la División de Planificación al número (310) 458-2201 ext. 2431 o envíe un correo electrónico a ana.fernandez@santamonica.gov

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# Golden Globes 2025: Who's nominated, hosting, presenting, the honorees, what they'll eat and more

The Golden Globes will return Sunday with major star appeal thanks to a slew of big name nominees, including Zendaya, Timothée Chalamet, Angelina Jolie, Daniel Craig, Denzel Washington, Ariana Grande and more.

Nominations for the 82nd awards ceremony were made last month. The show will be televised by CBS and streamed on Paramount+.

Here's key things to know about the ceremony:

**WHO'S HOSTING THE GOLDEN GLOBES?**

Comedian and actor Nikki Glaser was chosen to host next year's ceremony.

Glaser has made a name for herself as a riotously sharp wit, especially at roasts, including recently for Tom Brady, who she needled for his complex love life and his one-time advocacy of crypto. She earned an Emmy nomination for her latest special, "Someday You'll Die" for HBO, which dealt with everything from offering to pay for her friends' abortions to her darkest porn habits.

Glaser cited Tina Fey, Amy Poehler and Ricky Gervais as inspirations. She'll follow last year's host Jo Koy, who was slammed by critics for a fumbled opening monologue and a rushed pace throughout.

**WHO'S NOMINATED FOR GOLDEN GLOBES THIS YEAR?**

Jacques Audiard's audacious musical "Emilia Pérez," about a Mexican drug lord who undergoes gender affirming surgery, leads all nominees with 10.

That put it ahead of other contenders like the musical smash "Wicked," the papal thriller "Conclave" and the postwar epic "The Brutalist."

"The Apprentice," about Donald Trump as a young man, also landed nominations for its two central performances, by Sebastian Stan as Trump and Jeremy Strong as Roy Cohn.

"The Bear" leads all television nominees with five.

With his 11th nomination, Denzel Washington is the most-nominated Black performer at the Globes.

Steve Martin is nominated for the four straight year in the best television actor in a musical or comedy series category for "Only Murders in the Building." The nomination marks his ninth overall and could be his first-ever Globes win.

There are 26 first-time nominees including Grande, Dakota Fanning, Glaser, Seth Meyers, Zoe Saldaña and Pamela Anderson — who surprisingly earned a nod for "The Last Showgirl."

The embattled Globes, which are no longer presented by the Hollywood Foreign Press Association, are still in comeback mode after years of scandal and organizational upheaval.

You can see a full list of nominees here: https://apnews.com/hub/golden-globe-awards

**WHO IS PRESENTING?**

A ton of starry people: Andrew Garfield, Anthony Mackie, Anthony Ramos, Anya Taylor-Joy, Ariana DeBose, Aubrey Plaza, Auli'i Cravalho, Awkwafina, Brandi Carlile, Catherine O'Hara, Colin Farrell, Colman Domingo, Demi Moore, Dwayne Johnson, Édgar Ramírez, Elton John, Gal Gadot, Glenn Close, Jeff Goldblum, Jennifer Coolidge, Kaley Cuoco, Kate Hudson, Kathy Bates, Ke Huy Quan, Kerry Washington, Margaret Qualley, Melissa McCarthy, Michael Keaton, Michelle Yeoh, Miles Teller, Mindy Kaling, Morris Chestnut, Nate Bargatze, Nicolas Cage, Rachel Brosnahan, Rob McElhenney, Salma Hayek Pinault, Sarah Paulson, Seth Rogen, Sharon Stone, Vin Diesel, Viola Davis and Zoë Kravitz.

**WHAT ARE THE GOLDEN GLOBES?**

The Globes are the first major ceremony of the awards season. They're not exactly an Oscar bellwether, but they're known for a few things: being a boozy, sometimes irreverent party and a glamourous gathering of the biggest television and film stars.

A Globes win can help build momentum for a movie or actor's Oscar campaign. As the first televised awards show of the year, they get ahead of similar ceremonies like the Screen Actors Guild and Critics Choice Awards and are nearly two months before the Oscars, which this year will be held on March 2.

**DOUBLE NOMINEES PLEASE**

Stan, Kate Winslet and Selena Gomez are all double nominees.

Gomez is up for both best performance by a female actor in a supporting role for "Emilia Pérez" and best performance by a female actor in a television musical or comedy series for "Only Murders in the Building."

Winslet is nominated for both best performance by a female actor in a drama for "Lee" and best performance by a female actor in a limited anthology series for television for "The Regime."

Stan earned a nod for both best performance by a male actor in a drama for "The Apprentice" and best performance by a male actor in a musical or comedy for "A Different Man."

**WHO WILL RECEIVE THE GOLDEN GLOBES' CECIL B. DEMILLE AWARD?**

Viola Davis will be honored with the Cecil B. DeMille Award for her decorated career, starring in an array of powerful roles from " Fences " to " The Woman King."

The actor has won praise for a string of compelling characters in films such as "The Help," " Ma Rainey's Black Bottom " and "Doubt," while captivating TV audiences through the legal thriller drama "How to Get Away with Murder."

The DeMille Award has been bestowed to 69 of Hollywood's greatest talents. Past recipients include Tom Hanks, Jeff Bridges, Oprah Winfrey, Morgan Freeman, Meryl Streep, Barbra Streisand and Sidney Poitier.

SEE **GOLDEN GLOBES** PAGE 12

# COMMUNITY NEWS

**Virginia Ave.**

## Committee for Racial Justice Presents: "Beyond Hate: Time to Heal & Repair Community"

The Committee for Racial Justice (CRJ) invites the community to our powerful and transformative event, "Beyond Hate: Time to Heal & Repair Our Community." CRJ said feels the need to address issues around the racist texts sent out to black students all over the country (including local school districts) the day after this year's presidential election. The evening of January 5th will be dedicated to fostering healing, resilience, and repair within the Black community through collective dialogue and liberatory practices.

The program begins with a potluck supper at 6 p.m., followed by an engaging and uplifting workshop at 6:30 p.m. at the Thelma Terry Building in Virginia Avenue Park. To ensure accessibility and inclusivity, they're offering a Zoom option for those unable to attend in person. Click on this link to be sent the zoom link to attend on 1/5/25: https://us06web.zoom.us/meeting/register/MP6DbYqIQj2n_VCLItGEnQ

The resource person to help guide participants forward is Fluke Fluker, from Village Nation, who is returning again to CRJ to help students, parents, and concerned community members deal with the impact of numerous texts to black students about a return of slavery that were sent out anonymously to some students in local school districts, as well as across the USA.

CRJ is very familiar with Fluker's work in assisting black students in maximizing their potential in a number of schools over the years.

Fluke Fluker was inducted into the United States Marine Corp at the age of 17. At 19 ½ he became one of the youngest sergeants in Marine Corp peacetime history. After an honorable discharge, Fluker's Student-Athlete journey travelled through Mira Costa Community College and California State University, Northridge where he earned a Bachelor of Arts degree in Kinesiology, a Masters in African American studies, a teaching credential in Secondary Education and an honorary doctorate.

In 2003 Fluke co-founded The Village Nation, an organization designed unapologetically to challenge and empower African American youth towards pursing Black excellence. His 40 years of experience and passion for teaching has made him not only an effective coach, mentor, teacher, and activist but also lead to being featured on the Oprah Show, MoNique, at the Essence Music Festival, California Superintendent's "Closing the Achievements Gap Summit" and in the 2009 & 2010 Who's Who of Black Los Angeles publication, He was an invited speaker for a United Nation youth conference. Fluker's commitment to youth has established him as a man of integrity and character, bringing him numerous awards and acclamation, but none greater than his title as father. Fluke and his Queen, Darnique, are the proud parents of two beautiful daughters, Brooke-Lynn and Jazz.

CRJ is steadfast in its mission to address the historical, systemic, and personal traumas that impact Black students, families, and communities. Through this event, as well as ongoing monthly workshops, subcommittee advocacy, and community organizing, they aim to:

Help participants process recent and historical traumas.
Share liberatory practices that break cycles of harm and empower us to combat anti-Black racism.
Build meaningful connections with allies to foster resilience and advocate for restorative justice.

A Call to Action
Organizers said that now, more than ever is the time to channel our collective strength.
"Let the nationwide racist texts and injustices fuel our advocacy and remind us of our extraordinary resilience and legacy. Together, we can move beyond hate and build a thriving, united future," said CRJ in a statement.

Event Details at a Glance:
What: Beyond Hate: Time to Heal & Repair Our Community
When: Sunday, January 5, 6 – 8 p.m.
Where: Virginia Avenue Park, Thelma Terry Building & Zoom (pre-registration required)
About the Committee for Racial Justice:
The Committee for Racial Justice is committed to building a thriving future for Black students, families, and communities by addressing systemic injustices and fostering collective healing. Together, we strive to create a world where equity, justice, and joy are the norm.
For more information, call 310-422-5431.

SUBMITTED BY JOANNE BERLIN

**Los Angeles**

## DA Hochman Announces Charges Against Beverly Hills Doctor in Sexual Assault, Additional Victims Sought

Los Angeles County District Attorney Nathan Hochman announced today that Beverly Hills physician Babak Hajhosseini, 42, is charged with sexually assaulting a woman in the city of Los Angeles on August 18.

"Our office's Sex Crimes Division is working diligently to bring justice to the victim in this case," District Attorney Hochman said. "The case remains under investigation, and we encourage anyone with information about the defendant or similar incidents to contact the Los Angeles Police Department."

Babak Hajhosseini is charged in case 24CJCF07892 with two felony counts of rape by use of drugs; one felony count of rape of an unconscious or asleep person; one felony count of oral copulation by anesthesia or controlled substance; three felony counts of oral copulation of an unconscious or asleep person; and one felony count of sodomy of an unconscious person.

Hajhosseini was arrested on November 26 by the Los Angeles Police Department. At an arraignment on December 27, Hajhosseini pleaded not guilty to all charges. A preliminary hearing setting is scheduled for February 13 in Dept. 50 of the Clara Shortridge Foltz Criminal Justice Center.

Hajhosseini is currently out on a $2,175,000 bond.

If convicted as charged, the defendant faces a maximum sentence of 34 years in prison.

The case is being prosecuted by Deputy District Attorney Alexander Lara of the Sex Crimes Division and investigated by the Los Angeles Police Department.

Additional victims or anyone with information are asked to contact Detective Esther Lee, LAPD West Bureau, at (213) 473-0447.

SUBMITTED BY THE MEDIA RELATIONS DIVISION

**Statewide**

## Attorney General Bonta Secures Early Win Defending California Law Protecting Children from Social Media Addiction

California Attorney General Rob Bonta has issued a statement in response to the U.S. District Court for the Northern District of California's decision denying in large part Big Tech's attempt to stop Senate Bill (SB) 976 from going into effect on January 1, 2025. Also known as the "Protecting Our Kids from Social Media Addiction Act," SB 976 interrupts the ability of social media companies and other website operators to use addictive algorithmic feeds, notifications, and other addictive design features to trick and hook children and teens to spend hours and hours on their platforms.

"There is mounting evidence showing the devastating toll that social media addiction can have on our children's mental health and well-being. This addiction is not an accident; it is fed by algorithms deployed by Big Tech," said Attorney General Bonta. "California's landmark law allows young people to intentionally develop the relationship they want with social media, rather than the relationship that is most profitable for companies using tricks and traps to glue young people's eyes to their screens. We are pleased the court understands the importance of giving California families this choice."

> There is mounting evidence showing the devastating toll that social media addiction can have on our children's mental health and well-being. This addiction is not an accident; it is fed by algorithms deployed by Big Tech,
> - Rob Bonta, Attorney General

Although the court today upheld most of SB 976, it blocked two portions of SB 976 from taking effect tomorrow on free speech grounds — this aspect of the decision is erroneous because no part of SB 976 regulates speech. The California Department of Justice will continue to vigorously defend this law in court and remains confident in the commonsense statute enacted by both Democrats and Republicans, and supported by teachers, public health professionals, and parents in California.

SUBMITTED BY THE CALIFORNIA ATTORNEY GENERAL'S OFFICE

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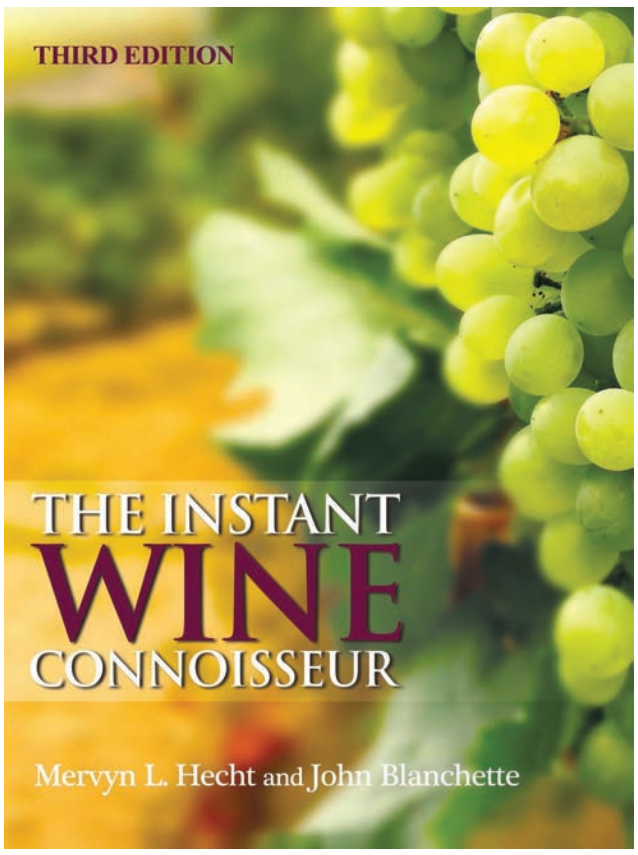
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## AROUND TOWN

Send comments to editor@smdp.com

# *Polar Plunge & More*

**SMDP's Weekly Guide to Food & Entertainment Goings-On In & Around Town includes the annual Polar Plunge, a Beatles Tribute, the final weekend for Cirque du Soleil, and much more!**



Courtesy photo

**SWIM:** The annual Polar Bear Plunge returns on Saturday.

**Lunchtime Line Dance:** Get fit and meet new friends learning line dances on your lunch break. We will learn new and old dances to various styles, including country, disco, Latin, soul, and more. All levels are welcome. Thursdays at 12:30 p.m. @ Venice - Abbot Kinney Public Library. https://www.lapl.org/whats-on/events/lunchtime-line-dance

**Drunk Theatre Halloween Special:** It works on a simple premise: A comedian takes five shots of whiskey in a row and tries to perform an improvised play with five sober comedians. What could go wrong? Every Friday, Jan. 2, 9:00p.m., SaMo Playhouse, 1211 4th St. https://www.eventbrite.com/e/drunk-theatre-la-wildest-improv-comedy-show-tickets-1120293290389

**Annual Polar Bear Plunge:** The seventh annual Polar Bear Plunge is an opportunity for community members of all ages to dive into the new year and enjoy family-friendly activities with this fun Santa Monica tradition. After the invigorating ocean dip, participants can head to the Annenberg Community Beach House heated pool from 10 a.m. to 2 p.m. to warm up, enjoy a hot chocolate or take a photo with event mascot Pat the Polar Bear. Admission is required for entering the pool, deck area and heated showers: $10/adult, $5/senior adult age 60+, $4/youths 17 or younger. Saturday, Jan. 4, Annenberg Community Beach House https://anc.apm.activecommunities.com/santamonicarecreation/activity/search/detail/100373

**Beatles Brunch w/ Liverpool Mania:** Sunday, Jan. 5, 12:00p.m., The Venice West, 1717 Lincoln Blvd. https://www.ticketweb.com/event/beatles-brunch-w-liverpool-mania-the-venice-west-tickets/14099693

**Holey Moley Brings Mini Golf Fun to 3rd St. Promenade:** Here's a video report from KTLA about the new options "to enjoy bites, drinks, lounges, karaoke, putt-putt, and more." 1315 3rd St. Promenade https://ktla.com/morning-news/holey-moley-brings-mini-golf-fun-to-santa-monica/

**Cirque du Soleil Kooza Final Weekend:** This HIGHLY recommended Cirque closes on Jan. 5. Kooza combines acrobatic performance and the art of clowning, while exploring fear, identity, recognition and power. The Innocent's journey brings him into contact with comic characters from an electrifying world full of surprises. Use code SG20OTH for 20% off tickets. https://www.cirquedusoleil.com/kooza

SEE **AROUND TOWN** PAGE 15

## HOA HOMEFRONT

Send comments to editor@smdp.com

# How Consent Calendars Streamline Your Meetings

**BY KELLY G. RICHARDSON, ESQ., CCAL**

Does your HOA board use a consent calendar as part of its regular meeting procedure? If not, your board is missing a chance to preserve meeting time and energy for agenda items requiring discussion.

Board meetings lasting beyond two hours in length will tax the concentration of both directors and audience. By two hours, exhaustion sets in and the quality of deliberation progressively deteriorates, so measures reducing time waste are important. Reasonable strategies to streamline meetings preserves time and energy resources for the agenda items needing deliberation.

Many directors feel that they aren't doing their job as board members unless they comment on each item of business. If such comments address items on which the board's consensus is clear, such commentary unduly consumes valuable time instead of allowing the board to proceed to vote on those non-controversial items.

A consent calendar is a grouping of items on the agenda, which are not expected to require discussion. Such matters could include approval of repeating expenditures, liens on delinquent members, routine contract renewals, or anything else which is not expected to be controversial.

The consent calendar items are part of the agenda and so must be announced in advance per Civil Code Section 4930.

Once the chair of the meeting confirms a quorum is present and calls the meeting to order, the first item of business should be approval of the agenda. This is the time when any director may ask that an item be moved from the consent calendar into either new business or old business. There is no discussing requests for removal from the consent calendar and no motion is required – simply the director's request that the item be removed. Items are usually removed from the consent calendar because a director has questions or wishes to disagree with the proposed action.

When it is time for the consent calendar to be addressed, the chair asks for a motion and a second on the consent calendar. Once the consent calendar is moved and seconded, there is no discussion and there are no questions – the whole point of the consent calendar is to eliminate unnecessary discussions. So, after the motion and second the chair calls for the vote – and often 5-10 items (or more) can be decided in literally a minute. The meeting minutes will still record the actions taken in the consent calendar.

Associations of size should have written meeting rules, and those rules should also include a simple consent calendar policy.

Here are some tips regarding consent calendars:

· The consent items must be on the announced agenda and recorded in the minutes after approval.

· There is no discussion regarding the consent calendar, and no director must state a reason for asking to remove an item from it.

· Just because an item might be on the consent calendar doesn't mean that homeowners cannot discuss it during open forum. Although some boards try to restrict open forum subjects, Civil Code Section 4925(b), the statute which requires open forum, does not limit the content of someone's open forum statements.

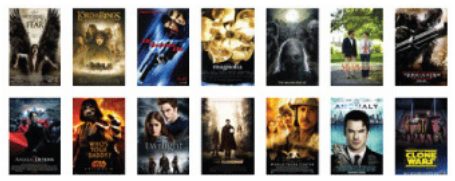
· Consent calendars should not be used to avoid discussing major items in open session. Don't pre-discuss agenda items– that betrays the trust of the neighbors and renders the meeting a sham.

More effective meetings enhance the likelihood of better decisions.

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Kelly G. Richardson CCAL is a Fellow of the College of Community Association Lawyers and Partner of Richardson Ober LLP, a California law firm known for community association advice. Send questions to kelly@roattorneys.com. Past columns at www.HOAHomefront.com. All rights reserved®.

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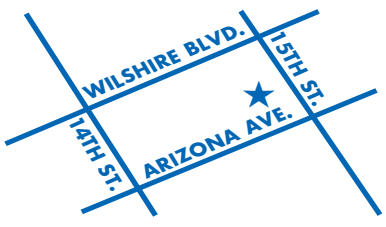
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Paci
Palisa

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1427 Euclid St,

**8 BR, 6 BA 3,462 Sq Ft**

Listed by Eliyahu Appel •DRE #01918652

• Marcus & Millichap

## SANTA MONICA

**$3,700,000**

1738 9th St,

**9 BR 10 BA, 4,516 Sq Ft**

Listed by Jonathan Weir
•DRE #02038545
•Marcus & Millichap

## SANTA MONICA

**$295,000**

1930 Stewart St #82,

**1 BR 1 BA, _ Sq Ft**

Listed by Heather Stevens •DRE #01493611

• Keller Williams Encino/Sherman Oaks

● FOR SALE

All data gathered at redfin.com

Santa Monica Daily Press

# ISTED THIS WEEK

Brentwood

Venice Beach

## SANTA MONICA

**$10,995,000**

1428 12th St,

**38 BR 38 BA, 17,880 Sq Ft**

Listed by Jonathan Taksa
•DRE #01366169
• Remax Commercial and Investment Realty

## SANTA MONICA

**$2,795,000**

1646 Berkeley St,

**9 BR 5 BA, 4,018 Sq Ft**

Listed by James Silton •DRE #01145342
• Silton Properties

## SANTA MONICA

**$6,550,000**

2711 Pico Blvd,

**18 BR 16 BA, 9,926 Sq Ft**

Listed by Benjamin J. Hsiang
• DRE #01438644
• Realty Investment Advisors, Inc.

## SANTA MONICA

**$2,400,000**

1107 Ocean Park Blvd,

**8 BR 4 BA, 3,464 Sq Ft**

Listed by Shirin Talai Shahir
• DRE #01720782
• STS Real Estate Brokerage, Inc.

## SANTA MONICA

**$3,550,000**

2319 6th St,

**18 BR 18 BA, 9,399 Sq Ft**

Listed by Jonathan Taksa •DRE #01366169
• Remax Commercial and Investment Realty

## SANTA MONICA

**$4,995,000**

2626 Cloverfield Blvd,

**11 BR 12 BA, 5,948 Sq Ft**

Listed by Armin Soleimani •DRE #01846872
• Global Platinum Properties, Inc.

## SANTA MONICA

**$5,595,000**

101 Strand St,

**9 BR 9 BA, 5,728 Sq Ft**

Listed by Francyne Lambert
•DRE #00827267
•Lambert Investments, Inc.

## BLUE CHIRPER

FROM PAGE 2

in the morning because we have to get this thing installed by 7:30 a.m. and while we're there, the whole time we're working, there's a woman lying in the booth and they've tried everything to get rid of her," McMahon says.

"And Lance was just fantastic, he built this bracket from scratch, welded it, fitted it and it's just perfect ... We test the Chirper and this woman who is apparently always there, every single morning and she never moves, no matter what the staff try to do. Suddenly she stirs and she gets up, shouts something about the awful noise, grabs her stuff and shuffles off," says McMahon.

"I turned to Lance, who was in shock, and I said, 'See buddy, it works," laughs McMahon.

Barney's Beanery is the first business in Santa Monica to adopt the Blue Chirper and given its 100% success rate and subsequent demand in residential locations, other stores are almost certainly going to want to utilize this deterrent.

"Running a business represents a lot of challenges, so this is just one more thing that the people in the promenade, the businesses are having to deal with," said Jessica, adding, "The city has done a good job with cleaning the sidewalks and moving everybody along in the morning. So the challenge is at night, the end of the day, when it gets dark, the last metro that's coming through. That's the challenge for the businesses."

McMahon says that more variations of the Chirper are coming, based on new and different requirements. Even the one at Barney's Beanery will be further modified to be even more effective and this very much represents the first working prototype of a Commercial Variation compared to the more domestic or residential models and he's set up a website with more information at bluechirper.com.

> Lance and I are working at five o'clock in the morning because we have to get this thing installed by 7:30 a.m. and while we're there, the whole time we're working, there's a woman lying in the booth and they've tried everything to get rid of her
>
> - Stephen McMahon

scott.snowden@smdp.com

## FRED FITNESS

FROM PAGE 3

But Andre insists that what they're offering still qualifies as artificial intelligence. "The difference here is that EGYM, the company behind the AI power, which is called Genius, actually poured over $100 million into the development of this. So no, it's not an Excel spreadsheet that someone came up with, where the columns just add up, this is the real deal, AI, where we tap into resources of 100 years worth of fitness research," he said.

Both Clever Fit — the sister company started by Alfred — and EGYM hail from Munich and since German engineering is arguably the best in the world, there's absolutely no question about any lack in quality. But is it actually AI..? The conversation continues.

Upon registering, you'll receive a Fitbit-style wrist device and this is used to log into every machine that you work out on. Once the assessment is complete, your workout can begin and the more you work out, the more the system learns about your preferences. Just about every variable can be adjusted and so navigating the user interface is a little daunting to begin with. Giant touch screens are on every machine where you input any changes you might want to make, including duration, resistance, speed or body positioning. The training monitors can even be set to show a virtual reality landscape like Central Park, so you can pretend you're frolicking through the fall foliage.

This marks not only the first Fred Fitness outlet in the USA, but also the first foray for Clever Fit, having already established itself around Europe, with over 500 studios in Germany, Switzerland, Austria, Czech Republic, Slovenia and Romania.

"The choice of Santa Monica was simple, for me, it's the birthplace of fitness. The original Muscle Beach was here in Santa Monica. It's where it all began. The entire fitness culture that we know today started evolving from right here. It is still known as the mecca of the fitness industry," Andre said, adding, "We have a world renowned location that is simply ideal for a flagship site."

The date of the hard opening has also been very strategically thought out, with a Santa Monica Chamber of Commerce ribbon cutting and hard opening on the second weekend of January, right about the time when gym memberships are traditionally purchased, just days after we've all over-indulged in one delicious festive feast after another.

"I stumbled upon this place last year, just walking past, I saw the 'For Lease' sign and we signed shortly after in August, 'cause from the moment I stepped inside, I knew this was the right place, there was no question," Andre said.

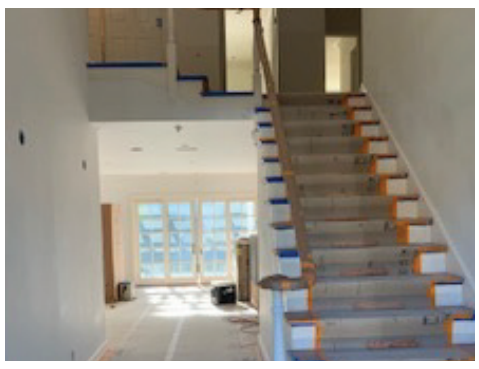
"It was just a matter of getting the right deal, because Santa Monica was, at the time, still in a bit of a state, in a questionable state, because of the problems that we're facing here. But we were fortunate enough to get a good deal and we're betting heavily on Santa Monica bouncing back to its original glory, perhaps one day. And I think it's headed in the right direction and I think we made a very good choice being here."

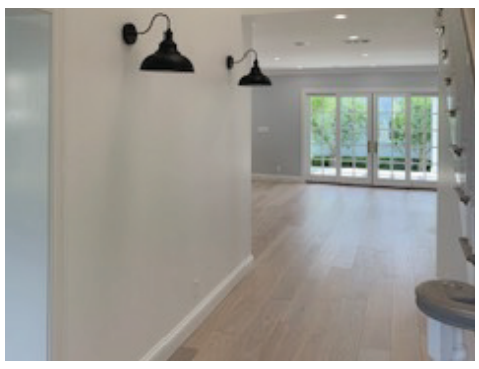
Membership pricing details, opening times and all other information can be found at fredfitness.com.

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## FRIDAY | JANUARY 3

**SHEFAYOGA 2025 KICK OFF**
7:30 - 9 a.m. Shefayoga, 245 Main St., Venice. Start the new year with a complimentary free yoga class hosted by Leah Zaccaria. This special event is the perfect way to align your body and mind while connecting with fellow members. To register, visit: https://lp.constantcontactpages.com/ev/reg/tu7vpbz.

**BRUNCH FRIDAYS**
11 a.m. - 4 p.m. Tiato Kitchen & Venue, 2700 Colorado Ave. Every week, enjoy great eats, libations and a featured musical artist on the beautiful garden patio. To reserve, visit http://www.tiato.com.

## SATURDAY | JANUARY 4

**POLAR BEAR PLUNGE**
10 a.m. - 2 p.m. Annenberg Community Beach House, 415 Pacific Coast Hwy. The annual Polar Bear Plunge is a great way to refresh, reset and have some fun. Whether you stick your toes in the ocean, take a quick dip or round the buoy, the experience gets the blood pumping and skin tingling. After the ocean plunge, warm up in the heated Beach House pool, enjoy a cup of hot chocolate and grab a photo with Pat the Polar Bear. To register, visit: https://www.santamonica.gov/events/4gx2ef8mk208qwzb-80ntc47wc2/202501041000.

**FUNNY HOW MARRIAGE WORKS**
7:30 - 9:30 p.m. The Eli and Edythe Broad Stage, 1310 11th St. Get ready for a night of laughs for you and your significant other. This is a chance to laugh and be inspired as a couple, and also a great experience for someone thinking about getting married or dating to get married someday. Tickets $78-$155, to purchase visit: https://www.eventbrite.com/e/michael-jrs-funny-how-marriage-works-tour-santa-monica-ca-tickets-1084066485039.

## SUNDAY | JANUARY 5

**EXPLORING METAPHORS**
Durón Gallery at SPARC, 685 Venice Blvd., Venice. "Exploring Metaphors: The Creative Process of the Great Wall of LA" presents an exclusive behind-the-scenes view of the collaborative process that is extending the iconic Great Wall of Los Angeles mural from the 1960s to the present. Artistic Director Judy Baca leads a diverse team of researchers, muralists, digital artists, and technical specialists to expand on this monumental work, blending teamwork, metaphors, and innovative design.

## MONDAY | JANUARY 6

**DISABILITIES COMMISSION**
6:30 p.m. SMi Room, Civic Center Parking Structure, 333 Civic Center Dr. The Disabilities Commission helps improve the quality of life for people with disabilities in Santa Monica by prioritizing issues of concern and advising the city Council and City Staff on those issues. The Commission recommends ways to maximize participation of people with disabilities in all facets of City life and increase awareness of the abilities, rights and issues of people with disabilities throughout the community.

**ARCHITECTURAL REVIEW BOARD**
7 p.m. City Council Chambers, Santa Monica City Hall, 1685 Main St. The Architectural Review Board established in 1974, acts "to preserve existing areas of natural beauty, cultural importance and assure that buildings, structures, signs or other developments are in good taste, good design, harmonious with surrounding developments, and in general contribute to the preservation of Santa Monica's reputation as a place of beauty, spaciousness and quality."

## TUESDAY | JANUARY 7

**MEMORIES & MOVEMENT SENIOR CLUB**
10:30 a.m. - 1 p.m. Patio Room, Virginia Avenue Park, 2200 Virginia Ave. Come learn and have fun with exercise, talking with friends, learning, guest presenters and health & wellness. For more information, call 310-458-8688.

**EMERGENCY PREPAREDNESS FOR SENIORS AND CAREGIVERS**
1:30 - 2:30 p.m. Multipurpose Room, Santa Monica Main Library, 601 Santa Monica Blvd. Senior care advocates from Wise & Healthy Aging discuss how to make a plan, build a kit and stay informed. Attendees will receive a free emergency kit upon completion, while supplies last.

**PUBLIC SAFETY REFORM AND OVERSIGHT COMMISSION MEETING**
6 - 9:30 p.m. City Council Chambers, Santa Monica City Hall, 1685 Main St. The City Council adopted an Ordinance to create a new Public Safety Reform and Oversight Commission to promote, in partnership with the Santa Monica Police Department (SMPD), the best practices in community-oriented policing for the fair treatment, safety, and wellbeing of all; and to provide a body to work with SMPD and experts to develop, recommend, and help implement proposed reforms for handling complaints regarding SMPD conduct.

## WEDNESDAY | JANUARY 8

**STRATEGIES TO PREVENT CHILD SEXUAL ABUSE**
10:30 - 11:30 a.m. Virtually. Conversations around body safety should happen in every family and can be done with ease and without fear or discomfort. Come discover how you can start this conversation with your child today. To register for the Zoom meeting, visit: https://www.santamonica.gov/events/4p37ye0tx7x8156869h449vpwk/202501081030.

**COMPUTER BASICS - ONLINE SAFETY**
10:30 a.m. - 12 p.m. Computer Training Room, Santa Monica Main Library, 601 Santa Monica Blvd. Tips and tricks to protect yourself from scams when working or playing online. For beginners.

## THURSDAY | JANUARY 9

**UPDATE ON ALZHEIMER'S DISEASE RESEARCH**
12:30 - 1:30 p.m. Multipurpose Room, Santa Monica Main Library, 601 Santa Monica Blvd. Monica Moore, from the Mary S. Easton Center for Alzheimer's Research and Care at UCLA, discusses the latest findings related to the symptoms and causes of dementia and Alzheimer's disease. Learn about the latest treatments available and research being conducted to find a cure.

**RENT CONTROL BOARD MEETING**
7 p.m. City Council Chambers, Santa Monica City Hall, 1685 Main St. The Rent Control Board meets to conduct business associated with the Rent Control Charter Amendment and Regulations.

**TAYLOR SWIFT NIGHT**
7 - 11:30 p.m. The Buffalo Club, 1520 Olympic Blvd. The Eras Tour is coming to an end and there's a Taylor-shaped hole in our hearts. Come join us to celebrate Taylor and all her Eras of music. Night includes Taylor Swift Music Bingo and a Taylor Swift Look-a-like competition. Tickets $19.89, to purchase visit: https://www.eventbrite.ca/e/taylor-swift-night-tickets-1096408761119.

## FRIDAY | JANUARY 10

**POLITICS & LUNCH**
11:30 a.m. - 1:30 p.m. The Huntley Hotel Santa Monica Beach, 1111 Second St. Meet new Santa Monica City Councilmembers Ellis Raskin, Barry Snell and Natalya Zernitskaya with Q&A and Networking. To register, visit: https://santamonicachamber.chambermaster.com/eventregistration/register/24916.

## SATURDAY | JANUARY 11

**GROWING HERBS SUCCESSFULLY**
9 - 11 a.m. Main Street Community Garden, 2318 Main St. Join for a special workshop by Stephen Reid, UC Master Gardener and certified herbalist on Growing Herbs Successfully. He will focus on tips and techniques to grow herbs, how to grow herbs in small spaces and containers, and how to start from seeds vs. small plants. He will also discuss using herbs for general wellness and their unique medicinal properties focusing on Nettles, Calendula and Rosemary. Limited seating, please bring a chair or blanket.

**SANTA MONICA ARTS COMMISSION**
10 a.m. - 1 p.m. Annenberg Community Beach House, 415 Pacific Coast Hwy. City art and culture programs are guided by the 9-member Santa Monica Arts Commission, which was formally established in 1982 to ensure a regular and ongoing assessment of art programs in the City. Appointed by the Santa Monica City Council, Arts Commissioners advise the Council on matters of policy, and strive to encourage the flow of art into the City and stimulate art activity here.

**PROJECT SAVE OUR SURF BEACH CLEAN UP**
11 a.m. - 1 p.m. Santa Monica Beach Tower 26, 2559 Ocean Front Walk. Join Project Save Our Surf for a fun afternoon of music and refreshments cleaning the beach. Buckets and gloves will also be provided for the cleanup. To register, visit: https://www.eventbrite.com/e/project-save-our-surf-beach-clean-up-tickets-1126335532899.

**PHOTOGRAPHY WORKSHOP**
1 - 2:30 p.m. Santa Monica Pier, 1594 Ocean Ave. For each Master Your Camera Controls session, a maximum of 5 attendees sit for 90 minutes with the instructor who will walk you through the manual camera controls of your specific camera. Have fresh batteries and a card for your camera. Tickets $98, to purchase visit: https://www.eventbrite.com/e/master-your-camera-controls-photography-workshop-tickets-949333430847.

**AUTHOR EVENT**
4 - 5 p.m. Zibby's Bookshop, 1113 Montana Ave. Zibby's Bookshop is excited to welcome Dr. Jay Zigmont and Florence Wlodarski to celebrate "The Childfree Guide to Life and Money," an essential and comprehensive personal finance and money management guide for Childfree and Permanently Childless people. General admission free, copy of the book $20, to purchase visit: https://www.eventbrite.com/e/author-event-dr-jay-zigmont-x-florence-wlodarski-tickets-1117952288389.

**REFLECTIONS- A ONE-MAN PLAY**
7 - 8:30 p.m. Santa Monica Playhouse, 1211 4th St. Actor Pierce Wallace's one-man play on President Lyndon Baines Johnson from Texas. 55 minute run-time. Reception to follow. Tickets $25, to purchase visit: https://www.eventbrite.com/e/reflections-a-one-man-play-by-pierce-wallace-tickets-1113159001539.

## SUNDAY | JANUARY 12

**SNOWY PLOVER BEACH WALK**
9 - 10:30 a.m. Annenberg Community Beach House, 415 Pacific Coast Hwy. Explore the restored dune habitat and life cycle of the small, white snowy plovers that make this stretch of beach their winter home. To register, visit: https://www.santamonica.gov/events/4bndjxgq3y06963nd58awy-qswn/202501120900.

Santa Monica Daily Press

# Classifieds

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## Name Change

ORDER TO SHOW CAUSE FOR CHANGE OF NAME Case No. 24SMCP00644 Superior Court of California, County of Los Angeles Petition of Avraham Gaby, Maleayla Gaby for Change of Name. TO ALL INTERESTED PERSONS: Petitioner or Attorney: Avraham Gaby, Maleayla Gaby with this court for a decree of changing names as follows: Raphael Gaby to Elisha Gaby . The court orders that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Notice of Hearing: Date 01/24 /2025 Time: 9:00 a.m, Dept: K Room: - The address of the court is SUPERIOR COURT OF CALIFORNIA – COUNTY OF LOS ANGELES 1725 Main St Santa Monica, CA 90401 A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Santa Monica Daily Press

**HOURS** MONDAY - FRIDAY 9:00am - 5:00pm
**LOCATION** 1640 5th Street, Suite 218, Santa Monica, CA 90401




## FITNESS

FROM PAGE 1

A 2018 report from the Health & Fitness Association states that just two interactions between a gym goer and gym staff member can increase attendance and reduce risk of a canceled membership.

Balance is also key in any fitness goal, with Gilson saying that people need to "give themselves grace" in their personal lives and that part of health is "being positive, enjoying your day and loving life."

"(If) you're going out with a bunch of friends because it's someone's birthday or a celebration, don't feel like you have to leave early and miss out on the fun just to get to your goals ... you need to make sure you have balance," she added.

For those who already have a gym routine, investing some time in the pre and post workout may help boost results.

While a typical workout only takes 47 minutes, on average, gym goer's pre- and post-workout routine takes nearly four hours, according to a recent study. The survey of 2,000 American adults who regularly work out investigated exercise routines by the numbers as well as predictions and trends to look out for in 2025.

Results found that exercisers are investing quite a bit of time outside of the gym, spending 101 minutes on pre-workout prep and 133 minutes recovering, on average.

Conducted by Talker Research and commissioned by Dymatize, the study broke down a day in the life of morning and evening gym goers as well as essentials for a good workout.

When asked what they consider to be crucial for a good workout, respondents ranked warming up beforehand (59%) and finding an enjoyable workout routine, so you're inspired to make consistent progress (52%) as most important.

However, they admitted that staying motivated (50%), having enough energy (41%), taking truly restful rest days (29%), getting enough protein (28%) and finding the time to prepare healthy meals and snacks (25%) are all major challenges while staying fit.

In fact, according to results, respondents only consume 68 grams of protein and 48 ounces of water per day, on average.

And while 39% make a point to eat or drink protein before working out and 32% make sure to after exercising, nearly half of respondents (48%) agreed that trying to meet their protein intake goals feels like a full-time job.

"So much of the work that goes into achieving your fitness goals, staying healthy and building muscle and fueling a proper recovery is done outside the gym," said Ritu Mathur, general manager at Dymatize. "Fueling your body with high-quality, science-backed nutrition is key to finding your edge in the gym and making sure you're getting enough protein is an essential part of a successful workout and recovery plan."

According to the study, 64% of those who regularly work out say that the better their nutrition is, the better their workouts are.

Looking at how this ties into their goals heading into the new year, respondents' top health resolutions are to eat better (56%), drink more water (52%), get more sleep (50%), reduce their sugar intake (44%), work out more consistently (41%) and eat more protein (34%).

Three out of four respondents (75%) said they want to workout more in 2025 than they currently do, and uncovering what activities they have lined up, most popular interests are yoga (15%), swimming (15%), cycling (14%), general weightlifting (14%) and endurance training (14%).

And the majority (88%) believe that strength training is important for their overall health and longevity.

The Associated Press contributed to this report.

## GOLDEN GLOBES

FROM PAGE 4

### WHO'S THE NEXT CAROL BURNETT AWARD HONOREE?

The Golden Globes are raising a glass to former "Cheers" star Ted Danson by naming him the Carol Burnett Award honoree.

Danson, a three-time Globes winner, has been a fixture on TV since he broke out as Boston bartender Sam Malone on NBC's comedy "Cheers." His other credits include "The Good Place," "Mr. Mayor," "Fargo," "CSI" and "CSI: Cyber," "Damages" and "Becker."

Danson currently stars in Netflix's "A Man on the Inside," which earned his first nomination since 2008 and 13th overall.

The Carol Burnett Award was inaugurated in 2019 and is presented to an honoree who has "made outstanding contributions to television on or off screen."

Past recipients include Norman Lear, Ryan Murphy and Ellen DeGeneres. The first was Burnett herself.

Danson and Viola Davis will be praised at a gala dinner Friday at the Beverly Hilton Hotel. For the first time, the Globes will host a separate event dedicated to both awards.

### WHAT WILL STARS EAT AT THE GLOBES?

The Golden Globes, known as the "party of the year," will bring back the celeb-beloved Nobu Restaurants group.

Chef Nobu Matsuhisa returns with several signature dishes, highlighted by The Gold Standard Roll — sushi that includes king crab inside, topped with salmon, gold flakes and caviar, and yuzu sauce on the side. The dish is served in the restaurant for $77.

Other dishes from Matsuhisa include seaweed tacos, yellowtail jalapenos, sashimi salad, black cod and three pieces of tuna, white fish and salmon sushi.

"This is kind of like harmony with the caviars and, jalapenos," said Matsuhisa, who served signature Japanese food at the ceremony last year.

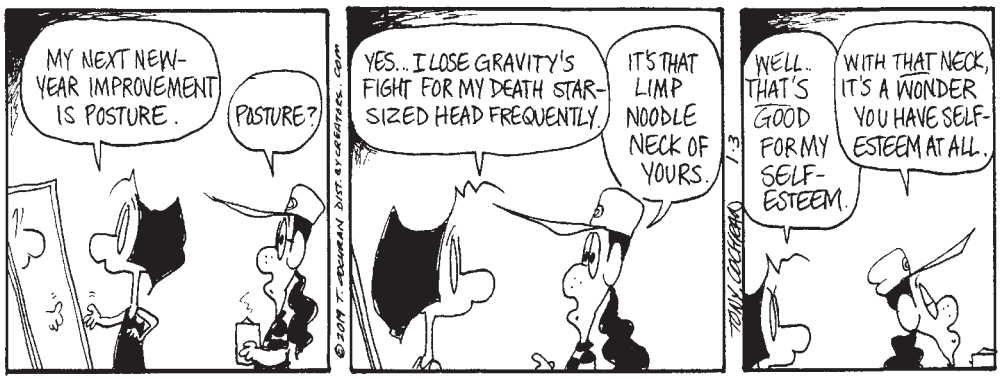
By JONATHAN LANDRUM Jr. AP Entertainment Writer

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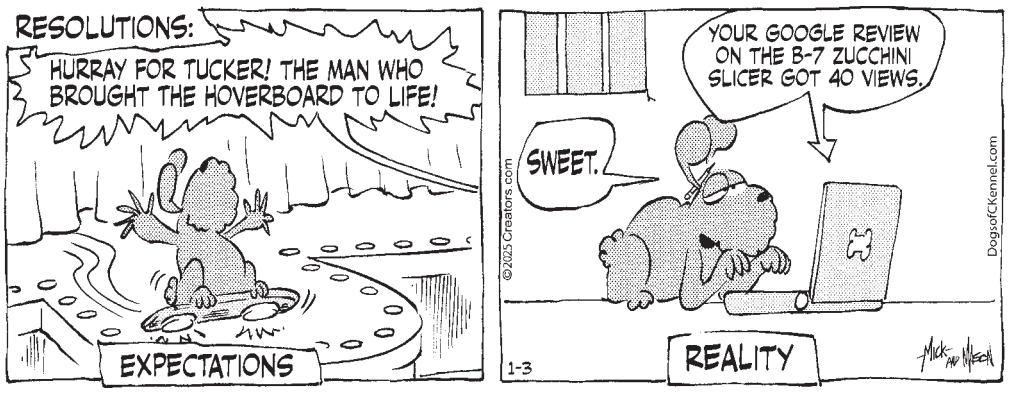
## Agnes

By TONY COCHRAN



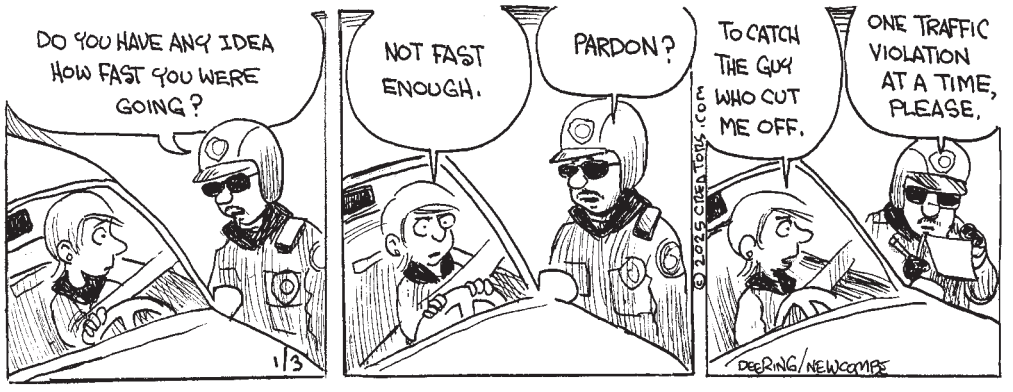

## Dogs of C-Kennel

By MICK & MASON MASTROIANNI & JOHNNY HART




## Zack Hill

By JOHN DEERING & JOHN NEWCOMBE




## Heathcliff

By PETER GALLAGHER




## Strange Brew

By JOHN DEERING




# FIND THE WORDS

This is a theme puzzle with the subject stated below. Find the listed words in the grid. (They may run in any direction but always in a straight line. Some letters are used more than once.) Ring each word as you find it and when you have completed the puzzle, there will be 22 letters left over. They spell out the alternative theme of the puzzle. © australianwordgames.com.au 6444

**Back to work**

D R A O B E T I H W B R E A K
W Z Z U B S G A T S C H O O L
C O N F R O N T A T I O N T A
S S O B O O E C H R N V T R T
E L I F I R V A C E D E R A E
G R K S D I A R Y S E R A U E
O L Y O R D E R H S X V I Q C
I N U G B G L E E L P I N S N
T Y P E A C L V I S N E P P E
R A P N R V I F S R E W A R D
E C A O E T T S O C T I N U A
P M W S C M O U S E D T B K C
A D E A L O A N I N E U A U T
P Y L P E R H I E K S I R X Y
O F H O U R S F L Y K I C E I

| | | | |
|---|---|---|---|
| Active | Crowd | Lift | Reply |
| Biro | Deal | Loan | Risk |
| Boss | Desk | Manager | School |
| Break | Diary | Mouse | Shelves |
| Busy | Drawers | Noisy | Stress |
| Buy | Email | Order | Tags |
| Buzz | File | Overview | Taxi |
| Cadence | Glue | Paid | Train |
| Car | Hours | Paper | Type |
| Chat | Index | Pens | Unit cost |
| Confrontation | Late | Pins | Whiteboard |
| Copy | Leave | Quarto | |

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## TODAY'S BIRTHDAY (Jan. 3)

In a way, this year has a very simple formula. You do happy things, and then joy courses through your being. Your passion will inspire others, and many will be uplifted by your enthusiasm. More highlights: You'll have professional or financial options once only dreamt of. You'll teach skills and open doors for another, at once providing life-changing opportunity and cementing a legacy. Libra and Leo adore you. Your lucky numbers are: 5, 12, 40, 7 and 21.

## HOROSCOPES

ARIES (March 21-April 19). It's not like you to keep tabs on every minor interaction, but today it will help you to have at least a general sense of the give and take. No one is trying to take advantage, but people have different ideas about what constitutes a fair contribution.

TAURUS (April 20-May 20). Though you don't align with every aspect of a group's philosophy, and you probably never will, there's enough value to justify your involvement. Contributing your service could yield surprising benefits of connection and belonging.

GEMINI (May 21-June 21). The current distribution of power exists for a reason, but that doesn't make it immutable. Challenging the status quo will invite resistance. Change takes time; don't expect overnight victories, but know the effort matters.

CANCER (June 22-July 22). No one enjoys making mistakes, let alone repeating them, but the more times you get it wrong, the sweeter success tastes when you finally get it right. A hard-won victory will be worth the struggle.

LEO (July 23-Aug. 22). Your charisma will be amplified when you celebrate what's unique about others. Generosity of spirit is your calling card. You'll make people feel special by noticing their talents, and they'll be eager to mirror your shine.

VIRGO (Aug. 23-Sept. 22). Whatever your project, a little extra research will save you time and effort in the long run. Seeking advice also creates a natural opportunity to network, expanding your circle and influence.

LIBRA (Sept. 23-Oct. 23). Not everyone has a mental filter that keeps thoughts inside their head. This could cause hurt feelings, offended parties and general confusion. You'll be the one to step in gracefully and smooth things over.

SCORPIO (Oct. 24-Nov. 21). Isaac Newton's law that objects in motion stay in motion holds true in your world today. You'll intuitively grasp the flow of events around you, allowing you to make spot-on predictions. Stay tuned in.

SAGITTARIUS (Nov. 22-Dec. 21). Liking someone doesn't mean you want to do everything together. To want to connect is human. To make subtle assertions of your autonomy so as not to hurt the other person's feelings is divine.

CAPRICORN (Dec. 22-Jan. 19). It will be exceptionally lucky to make your wish list and then expand it to include a bigger fantasy about the future than seems reasonable. Someone has to have incredible luck, why not you?

AQUARIUS (Jan. 20-Feb. 18). One good friend in life is more than some people get. You can never have enough good friends, and there's no benefit to having any number of bad ones. Take advantage of your current social stars and make connections today.

PISCES (Feb. 19-March 20). Some of the requests made of you seem like a stretch. More than likely, some people simply don't know what they are really asking and it's not your job to educate them unless you want to make it your job. You don't owe anyone your time and attention.

SOLUTIONS TO YESTERDAY'S CROSSWORD

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | G | R | E | E | ■ | L | U | M | P | ■ | A | B | B | A |
| B | R | E | E | D | ■ | O | T | I | S | ■ | F | R | A | T |
| Y | E | L | L | O | W | T | A | X | I | ■ | F | A | R | M |
| S | E | A | ■ | U | H | U | H | ■ | ■ | M | I | S | T | S |
| S | K | Y | W | A | Y | S | ■ | H | O | A | R | S | E | ■ |
| ■ | ■ | ■ | A | R | S | ■ | K | I | D | S | M | E | N | U |
| B | E | A | R | D | ■ | P | E | N | D | S | ■ | R | D | S |
| R | A | Y | S | ■ | C | R | A | G | S | ■ | L | I | E | D |
| A | R | C | ■ | A | L | O | N | E | ■ | O | P | E | R | A |
| D | W | A | R | F | E | M | U | ■ | M | P | G | ■ | ■ | ■ |
| ■ | A | R | E | T | O | O | ■ | T | O | T | A | S | T | E |
| W | R | A | P | S | ■ | ■ | M | I | N | I | ■ | I | A | M |
| A | M | M | O | ■ | H | I | P | P | O | C | A | M | P | I |
| R | E | B | S | ■ | U | T | E | P | ■ | A | M | B | E | R |
| D | R | A | T | ■ | E | D | G | Y | ■ | L | I | A | R | S |

## Sudoku

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column, and 3x3 block. Use logic and process of elimination to solve the puzzle.

SOLUTIONS TO YESTERDAY'S SUDOKU

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | 4 | 1 | 7 | 8 | 6 | 9 | 5 | 2 |
| 7 | 8 | 5 | 9 | 4 | 2 | 6 | 3 | 1 |
| 6 | 9 | 2 | 1 | 5 | 3 | 7 | 8 | 4 |
| 8 | 1 | 9 | 4 | 2 | 7 | 5 | 6 | 3 |
| 5 | 7 | 3 | 6 | 1 | 9 | 4 | 2 | 8 |
| 2 | 6 | 4 | 5 | 3 | 8 | 1 | 7 | 9 |
| 9 | 5 | 8 | 3 | 7 | 1 | 2 | 4 | 6 |
| 1 | 2 | 7 | 8 | 6 | 4 | 3 | 9 | 5 |
| 4 | 3 | 6 | 2 | 9 | 5 | 8 | 1 | 7 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 2 | | | 1 | 5 | | 6 | 8 |
| 9 | | | | | | 4 | | |
| | | 4 | | 8 | | | 5 | 7 |
| 7 | 9 | | 8 | 4 | | | | |
| 2 | | | | | | | | 1 |
| | | | | 9 | 3 | | 2 | 4 |
| 8 | 3 | | | 5 | | 6 | | |
| | | 2 | | | | | | 5 |
| 4 | 6 | | 2 | 3 | | | 7 | |

## Newsday Crossword

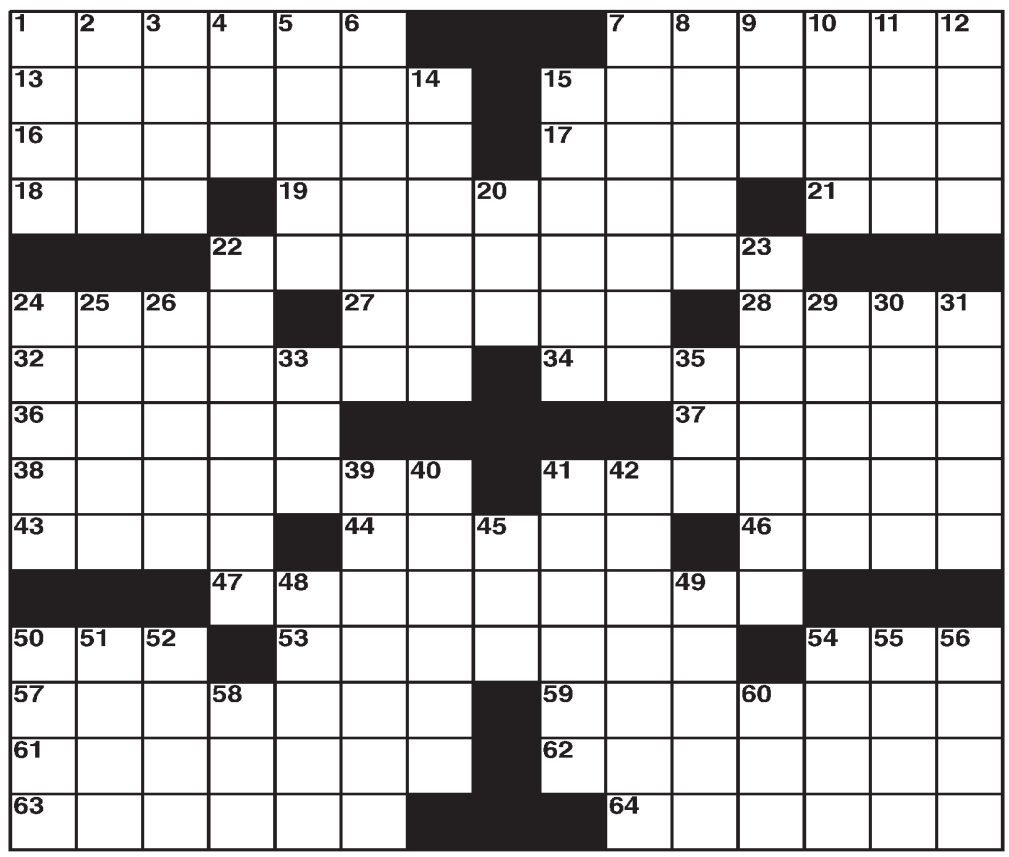
**BOX LUNCH** by S.N.
Edited by Stanley Newman
www.stanxwords.com

**ACROSS**

1 Important Lufthansa supplier
7 Winter Olympian
13 Possible pasta pairing
15 Of an apostle
16 Shelter selection
17 They're highly experienced
18 UV Index app provider
19 LAA's spring home
21 Appraiser's no.
22 Box lunch, Part 1
24 Emperor equivalent
27 Exxon buy of '99
28 Apparel
32 Something heard in 6-Down
34 Gray matter
36 How beets may be boiled
37 Conductor's place
38 Any Wednesday
41 Boiling
43 Kernel, essentially
44 Your buds
46 Badgers or hounds
47 Box lunch, 3 traP
50 Iceberg destination, often
53 Compressed transmission
54 How Juliet said "Step on it"
57 Chemistry datum
59 Be a quibbler
61 Nuclear reactor tube
62 Where a ballerina hits the floor
63 Name associated with ties
64 Apparel store activities

**DOWN**

1 Five-or-so major league infields
2 Chain serving links
3 Versifier Dove
4 *Snow White* witch's shout
5 Become one
6 Online entertainment
7 Good enough to offer
8 Invasive vine
9 High spot
10 Wear down
11 Grandson of Eve
12 Unclassified group
14 Indignant denial
15 What some licenses are
20 Place often haunted
22 Box lunch, 4 traP
23 Box lunch, Part 2
24 Seems to whirl
25 Norwegian 7-Across with three Olympic golds
26 Digs
29 First POTUS on Twitter
30 Ibsen composer collaborator
31 Time metaphor
33 Fall pumpkin-flavored product
35 Highway sign abbr.
39 Frat letter
40 Calculator component
41 Limb support
42 Name atop "Naming of Cats" sheet music
45 Santa, per Clement Moore
48 Shade seen above
49 Only 20-year Yankee player
50 Closest 44-Across
51 Boor
52 *Wizard of Oz* apple thrower
54 Cheerful greeting
55 Enduring symbol
56 Barely beats, with "by"
58 XI years before Hastings
60 __ D. (what some analysts have)



CREATORS SYNDICATE ©2025 STANLEY NEWMAN STANXWORDS@AOL.COM

01/03/25

**MORE OF STAN'S CROSSWORDS! Play FREE from Stan's archives of Easy, Hard and Sunday puzzles at: tinyurl.com/stan-newman-crosswords**

# AROUND TOWN

FROM PAGE 6

**ONGOING:** Ice @ Santa Monica (until 1/20); “Two Bit Circus” Pop-Up; LiteBrite Experience

**WHAT TO EAT & DRINK?**

**Abbot Kinney First Friday Food Truck Fest:** About two dozen food trucks are expected to line the street for the monthly event. Friday, Jan. 3, starting at 5:00p.m. https://www.abbotkinneyblvd.com/

**This Infatuation’s “Westside Hit List”:** Their list of the best new restaurants on the Westside includes Breadhead on Montana, Seline on Main St. and Orla on Ocean Ave. https://www.theinfatuation.com/los-angeles/guides/the-westside-hit-list

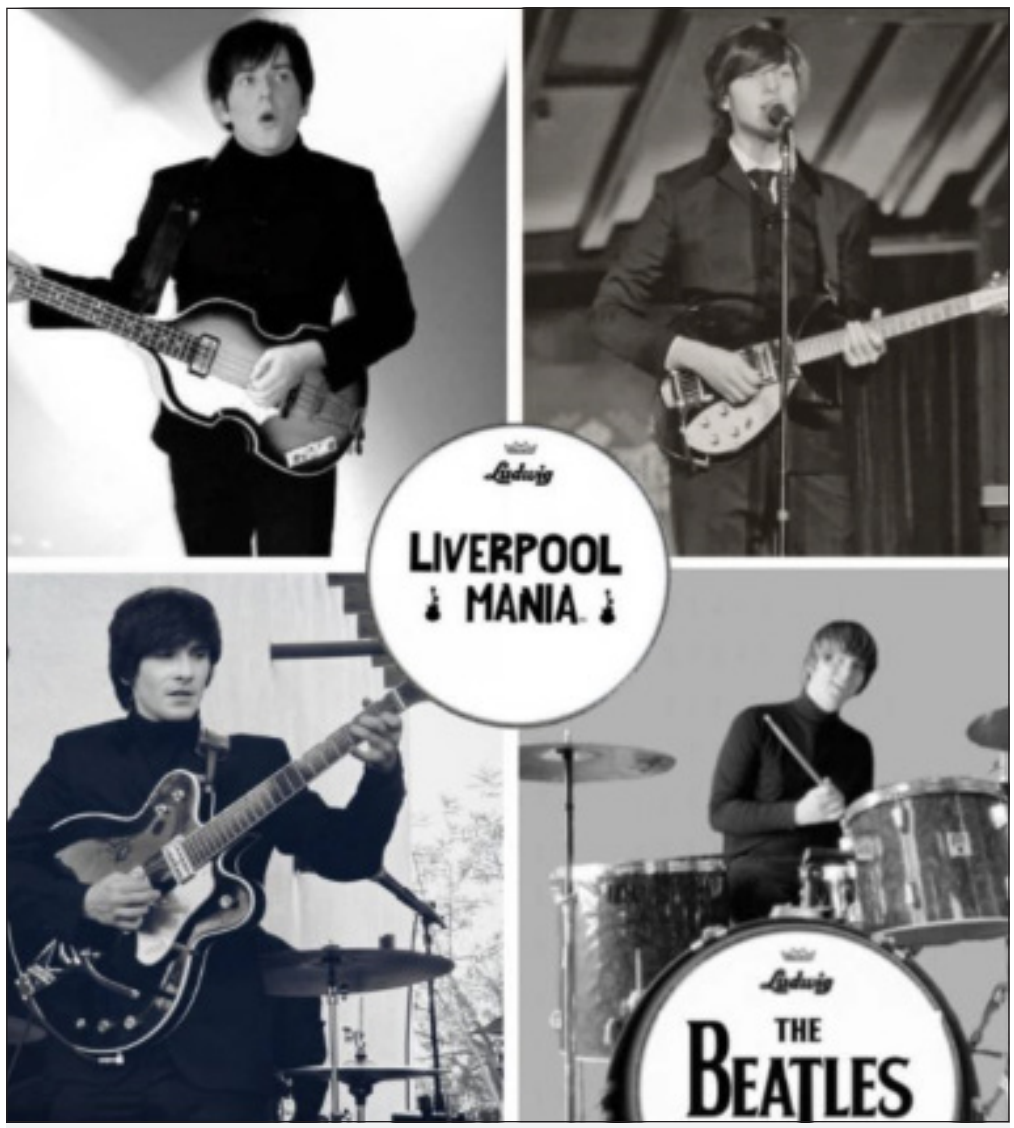
**Crudo e Nudo’s Tuna Tartare Toast Recipe:** The Main St. staple shared their recipe for one of their special dishes with the LA Times here.

**Eater Profiles New Fitoor Restaurant at 1755 Ocean Ave.:** This writeup calls it an “Ambitious Indian Fine Dining Restaurant” featuring “a sleek dining room, live entertainment, and upscale wood-fired Indian cooking.” https://la.eater.com/2024/12/10/24318329/fitoor-indian-indian-fine-dining-restaurant-santa-monica

**Breadhead Listed on NY Times’ “The 26 Best Dishes We Ate Across the U.S. in 2024”:** “The bubbly focaccia baked at Bread Head is thin, with a seriously crackling golden crust — an ideal vehicle for the spectacular veggie sandwich from Alex Williams and Jordan Snyder. It holds thick pieces of mozzarella, crunchy pickled onions, loads of grassy sprouts and some ripe avocado. But the effect isn’t hippie sandwich, it’s thoroughly luxurious.” 1518 Montana Ave. https://www.nytimes.com/2024/12/17/dining/best-restaurant-dishes-america.html

**A Factory Tour of La Monarca Bakery:** This Eater article goes inside “LA’s Busiest and Most Prolific Panadería Chain” to show how the Mexican bakery maintains quality control for all 12 of its SoCal locations. Its SaMo location is at 1300 Wilshire Blvd. https://la.eater.com/2024/12/10/24313225/la-monarca-panaderia-los-angeles-mexican-bakery-factory-tour

If there’s something you think is worth highlighting, you can reach out directly to me at sean@smdp.com and let me know if you have any feedback on Around Town: Polar Plunge & More




Courtesy photo

**BRUNCH:** The Venice West has a music themed meal.

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