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Pro and Con the Miramar
Letters to the Editor.
Pages 2 and 4

Laughing Matters
RBG Champion of Justice.
Page 5

Council to vote on the Miramar project Tuesday

BRENNON DIXSON
SMDP Staff Writer

Nearly nine years since the original developer's agreement was submitted, Santa Monica City Council will discuss the Miramar redevelopment project during its upcoming meeting at 5:30 p.m. Tuesday, Sept. 29.

The local Planning Commission reviewed the Fairmont Miramar project at their Sept. 2 and Sept. 9 meetings, which both featured hours of discussion before commissioners chose to recommend the Vesting Tentative Tract Map and Development Agreement to councilmembers with a 6-1 vote.

"All of the Planning Commission's recommendations have been incorporated into the proposed Development Agreement (Attachment "B") unless otherwise noted," a staff report available online states.

Plans to renovate the century-

SEE **MIRAMAR PROJECT** PAGE 3

Cancer survivor looks to conquer marathons and unhealthy eating habits



Courtesy photo

RUNNER: Muhit Rahman is working with an organization in hopes of inspiring others to make healthier choices.

BRENNON DIXSON
SMDP Staff Writer

Since being diagnosed with Prostate Cancer in 2013, Muhit Rahman has completed marathons and ultra races while running in depleted oxygen levels 5,000-feet above sea level. The Santa Monica resident has also run 26.2 miles on seven continents but now, in honor of Prostate Cancer Awareness Month, he's partnering with a local organization in hopes of inspiring others to make healthier choices.

"I used to run a mile in high school but never after that. In Bangladesh, I ran competitively but you come to the U.S. and you find out that — okay — a skinny, small kid here is not in the same class. So, for 30-35 years, I didn't run again,"

SEE **MUHIT RAHMAN** PAGE 10

City Council incumbents lead campaign fundraising

CLARA HARTER
SMDP Staff Writer

As election season heats up, City Council candidates have submitted their latest financial statements, which show the incumbents leading in campaign contributions despite the challenges of raising money during the pandemic. As of Sept. 19, Ted Winterer has raised $25,357 — the most out of any candidate. He is trailed by fellow incumbents Terry O'Day, who has $18,619 in campaign contributions, and Gleam Davis who has raised $19,559, including a $5,000 personal loan.

"I think incumbents potentially have a fundraising advantage typically because we've been doing

SEE **FUNDRAISING** PAGE 3

SHINE ON SANTA MONICA

Healthy body, healthy mind



The effects of COVID-19 continues to alter every aspect of our lives, shifting the pace of the world and forcing us to focus on our own well-being in new ways. As a community, we have banded together and learned how to navigate this shift with innovative ideas that allow us to support one another while remaining healthy. The latest adjustment to our lives is that many local gyms have moved their operations outdoors. With fitness's proven ability to relieve stress and fortify the body, a workout session might be exactly what the doctor ordered.

SEE **OUTDOOR FITNESS** PAGE 6



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DAILY FIRE LOG

SMDP STAFF CHOSE THE FOLLOWING FROM 26 CALLS ON SEPTEMBER 23

EMS 1400blk 21st St 12:23 a.m.
Traffic Collision With Injury Lincoln Blvd / Interstate 10 2:14 a.m.
Vehicle Fire 1100blk Pico Blvd 5:06 a.m.
EMS Euclid St / Idaho Ave 5:55 a.m.
Wires Down 2400blk Santa Monica Blvd 8:09 a.m.
Automatic Alarm 400blk 20th St 8:27 a.m.
EMS 300blk Colorado Ave 8:27 a.m.
EMS 2200blk Main St 8:30 a.m.
EMS 2200blk Main St 8:47 a.m.
EMS 2700blk Main St 10:56 a.m.
EMS 200blk Pacific St 11:35 a.m.
EMS 1300blk 2nd St 11:47 a.m.
EMS 1800blk Ashland Ave 1:31 p.m.
EMS 3000blk Lincoln Blvd 1:38 p.m.
EMS 1300blk 7th St 2:00 p.m.
EMS 1000blk Palisades Park 3:49 p.m.
EMS 1900blk 22nd St 4:26 p.m.
EMS 2100blk 3rd St 4:41 p.m.
EMS 3100blk Santa Monica Blvd 5:01 p.m.
Trash/Dumpster Fire 1300blk 17th St 5:07 p.m.
EMS 11th St / Olympic Blvd E 5:14 p.m.
EMS 1400blk 17th St 5:17 p.m.
EMS 1300blk 15th St 5:36 p.m.
EMS 2700blk Pico Blvd 8:59 p.m.
EMS 2000blk 20th St 9:29 p.m.
EMS 100blk Ocean Park Blvd 11:48 p.m.

Your column here

By Carl Hansen — Send comments to editor@smdp.com

The Miramar: A "What If" Scenario

When thinking about the merits of making any major decision, it can sometimes be useful to look at how it would play out in reverse.

Imagine if the new, redeveloped Miramar were already in place, and the project that City Council was being asked to consider was the Miramar as-is.

How would you judge a proposal to replace world class design with a jumble of buildings anchored by a drab tower of late 1950's design? It would be difficult to imagine. In fact, if we ran the entitlements timeline backward, the proposed plan would:

· demolish 42 units of affordable housing on 2nd street during a severe housing shortage and homelessness crisis, and send its resident families packing,

· replace that affordable housing with an uninspiring asphalt parking lot,

· tear down a LEED Platinum mixed-use hotel for an older, less efficient complex of buildings,

· hand pink slips to hundreds of dismayed hotel workers during a period of great economic uncertainty,

· reduce annual city revenue by over $8 million dollars at time when revenue is historically low,

· wall off a large open space along Ocean Avenue that surrounds the landmarked Moreton Bay Fig Tree – and wall out the public,

· return scores of hotel employees' cars to scarce street parking spaces in the Wilmont Neighborhood,

· and funnel all of the hotel's car, bicycle and most of its pedestrian entrances and exits to a single driveway on congested Wilshire Boulevard.

Seen through this lens, it's abundantly clear which is the better direction: moving forward with the outstanding Pelli & Pelli-designed plan that will be before the City Council next week.

I've run this scenario through my mind. I support the proposed redevelopment plan for the Miramar, and I hope our City Council will too.

Carl Hansen, Santa Monica. (Carl also serves as a Santa Monica Housing Commissioner and is a Co-chair of Santa Monica Forward)

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DAILY POLICE LOG

SMDP STAFF CHOSE THE FOLLOWING FROM 281 CALLS ON SEPTEMBER 23

Petty Theft 200blk Broadway 12:18 a.m.
Fight Ocean Ave / Broadway 12:25 a.m.
Silent Robbery Alarm 100blk Broadway 12:31 a.m.
Petty Theft 20th St / Broadway 12:42 a.m.
Battery 1800blk Lincoln Blvd 12:45 a.m.
Encampment 2900blk Virginia Ave 1:14 a.m.
Battery Ocean Ave / Colorado Ave 2:47 a.m.
Arson 1100blk Pico Blvd 5:07 a.m.
Rape 900blk 10th St 5:47 a.m.
Indecent Exposure 12th St / Broadway 6:35 a.m.
Stalking 300blk Olympic Dr 6:54 a.m.
Violation Of Temporary No Parking Signs 2300blk Kansas Ave 7:17 a.m.
Fraud 1300blk Ocean Ave 7:21 a.m.
Vehicle Parked In Alley 2100blk Idaho Ave 7:37 a.m.
Auto Burglary 1200blk 10th St 7:42 a.m.
Battery 300blk Santa Monica Pl 8:24 a.m.
Indecent Exposure 1400blk Ocean Front Walk 8:27 a.m.
Mark & Tag Abandoned Vehicle 1700blk Euclid St 8:37 a.m.
Mark & Tag Abandoned Vehicle 1900blk 18th St 9:08 a.m.
Vehicle Parked In Alley 400blk Ocean Ave 9:13 a.m.
Fraud 1300blk Ocean Ave 9:29 a.m.
Indecent Exposure 1200blk The Beach 9:37 a.m.
Mark & Tag Abandoned Vehicle 900blk 21st St 9:46 a.m.
Mark & Tag Abandoned Vehicle 1800blk 9th St 9:47 a.m.
Mark & Tag Abandoned Vehicle 100blk California Ave 9:54 a.m.
Identity Theft 300blk 9th St 9:57 a.m.
Threats Report/Investigations 600blk Colorado Ave 10:05 a.m.
Handicap Zone Violation 1500blk 14th St 10:16 a.m.
Vehicle Parked In Alley 1500blk 4th St 10:17 a.m.
Grand Theft 1600blk Appian Way 10:21 a.m.
Indecent Exposure 1400blk 2nd St 10:23 a.m.
Vehicle Parked In Alley 1400blk 4th St 10:36 a.m.
Battery 800blk Montana Ave 10:56 a.m.
Burglary 2900blk 4th St 11:07 a.m.
Encampment 1200blk 9th St 11:13 a.m.
Found Property 2000blk Ocean Ave 11:28 a.m.
Failure To Pay Parking Fee 2600blk Barnard Way 11:31 a.m.
Encampment 1800blk Ocean Front Walk 11:55 a.m.
Mark & Tag Abandoned Vehicle 1900blk Arizona Ave 11:55 a.m.
Missing Person 300blk Olympic Dr 12:15 p.m.
Traffic Collision - No Injuries 300blk Pico Blvd 12:18 p.m.
Auto Burglary 2400blk 20th St 12:24 p.m.
Encampment 3000blk Lincoln Blvd 12:28 p.m.
Vehicle Parked In Alley 1200blk Wilshire Blvd 12:42 p.m.
Battery 900blk Euclid St 12:45 p.m.
Encampment 1300blk 11th St 12:49 p.m.
Fraud 2600blk Kansas Ave 12:53 p.m.
Vehicle Parked In Alley 1100blk 12th St 12:54 p.m.
Vehicle Parked In Alley 1500blk Lincoln Blvd 1:17 p.m.
Indecent Exposure 10th St / Wilshire Blvd 1:29 p.m.
Auto Burglary 2400blk Wilshire Blvd 1:53 p.m.
Violation Of Preferential Parking Zone 700blk Ozone St 2:22 p.m.
72 Hour Psychiatric Hold 2500blk Beverley Ave 2:27 p.m.
Mark & Tag Abandoned Vehicle 1300blk Pacific Coast Hwy 2:30 p.m.
Bike Theft 2400blk Virginia Ave 2:32 p.m.
Grand Theft 2400blk 28th St 2:36 p.m.
Indecent Exposure 4th St / Santa Monica Blvd 3:04 p.m.
Exhibition Of Speed 7th St / Pico Blvd 3:04 p.m.
Grand Theft Auto 1400blk 10th St 3:14 p.m.
Fraud Neilson Way / Ocean Park Blvd 3:38 p.m.
Encampment 2600blk Virginia Ave 4:00 p.m.
Stalking 2300blk 20th St 4:08 p.m.
Sexual Assault 1000blk Stanford St 4:21 p.m.
Vehicle Burglar Alarm 900blk Euclid St 4:29 p.m.
Found Property 4th St / Broadway 4:53 p.m.
Violation Of Posted Sign 1900blk 18th St 4:57 p.m.
Violation Of Posted Sign 300blk Santa Monica Blvd 5:05 p.m.
Traffic Collision With Injuries 11th St / Olympic Blvd E 5:14 p.m.
Encampment 1400blk 7th St 5:42 p.m.
Fraud 1800blk Ocean Park Blvd 5:43 p.m.
Petty Theft 1300blk 3rd Street Prom 6:07 p.m.
72 Hour Psychiatric Hold 3rd St / Ocean Park Blvd Ramp 6:13 p.m.
Encampment 1500blk California Ave 6:16 p.m.
Hit And Run Misdemeanor Investigation 1500blk Pacific Coast Hwy 7:00 p.m.
Fraud 500blk 10th St 7:37 p.m.
Auto Burglary 5th St / Santa Monica Blvd 7:39 p.m.
Lewd Activity 1000blk Lincoln Blvd 7:57 p.m.
Construction Noise 1700blk Hill St 8:02 p.m.
Violation Of Restraining Order 1500blk 11th St 8:09 p.m.
Critical Missing Person 1000blk Euclid St 8:35 p.m.
Burglary 1400blk 14th St 8:49 p.m.
Exhibition Of Speed Main St / Ocean Park Blvd 9:13 p.m.
Traffic Collision - No Injuries City Prop Involved Barnard Way / Ocean Park Blvd 9:14 p.m.
Medical Aid Alarm 2000blk 20th St 9:28 p.m.
Handicap Zone Violation 1300blk 2nd St 9:53 p.m.
Encampment 1800blk Ocean Front Walk 10:45 p.m.
Strongarm Robbery 1500blk 6th St 10:54 p.m.
72 Hour Psychiatric Hold 900blk 3rd St 11:27 p.m.
Burglary Investigation/Walk Through 1300blk Centinela Ave 11:35 p.m.

Santa Monica Daily Press office (310) 458-7737

FUNDRAISING

FROM PAGE 1

it for a number of election cycles, so we have a database of people who have donated to us in the past and we can reach out to them and ask them to donate again," said Winterer.

Phil Brock has raised the most money out of any challenger with $14,425 in campaign donations. He is running on an anti-incumbent "change" slate for City Council alongside Oscar de la Torre, Christine Parra, and Mario Fonda-Bonardi. Fonda-Bonardi has raised $5,758 and contributed a $10,025 personal loan, while Parra has raised $4,495.

"Unfortunately you can't get your message out without raising money. Unless you are going to self-finance your campaign there is no choice," said Brock. "You get a fundraising advantage simply because you are an incumbent. You have the sources to developers and you have the sources to the people who have funded your campaigns before, so you have a built in tremendous advantage over any challenger in a Santa Monica election."

In contrast to this trend, incumbent Ana Maria Jara has only raised $1,700, which is the least of any candidate. Jara lists total expenses at $3,047.50 which means she has unpaid bills totaling $1,950.

Kristin McCowan has $13,806 in campaign contributions, including a $5,000 personal loan. McCowan, who was appointed to City Council in July, is now running unopposed for her two-year seat as challenger Micah Cohen failed to secure enough signatures to be put on the ballot.

Challengers and incumbents alike are facing the new challenge of fundraising during a pandemic, which has tightened many donor's pockets and prevents candidates from holding in-person events. By this point in the 2016 election Davis had received $30,492 in contributions as compared to $19,559 this year and Winterer has received $43,562 as compared to $25,357 this year.

"It's very clear from the outreach I've done to past donors that the economic turmoil from the pandemic has hit many of us very hard and some people are not able to donate or not able to donate as much as they have in the past, so I'm very grateful and humble to have the support of people who have already contributed to my campaign," said Winterer.

Incumbents do have the additional financial advantage of supporting each other's campaigns and receiving donations from other elected City officials. Davis has received donations from two current and one former City Council member, three School Board members, and one College Board member. Winterer has received donations from four School Board members and two City Council members. O'Day has received funds from two City Council members and three School Board members.

So far Gleam Davis has spent $10,347, which is the most of any candidate. She is closely followed by Winterer who has spent $9,266 and Brock who has spent $6,715. Most candidates have spent the majority of their money on signs, web fees, and campaign advertising. However, both Davis and Winterer have opted to pay for campaign consultants.

Financial reports for Oscar de la Torre were not available at press time.

Clara@smdp.com

MIRAMAR PROJECT

FROM PAGE 1

old hotel include the addition of new guest rooms, 60 for-sale luxury condominium units complete with retail space, and 14,000 square-feet of publicly-accessible open space. The project also intends to provide funding and land that can be used to build a minimum of 42 affordable housing units, which will be located in a five-story apartment building across 2nd Street that would be developed by Community Corporation, the City's affordable housing provider.

Some of the project's components have changed in the year since designs were first floated by commissioners and councilmembers in 2012 as a result of dozens of community meetings that were held throughout the process. Despite the local input, many residents still took to Zoom this month to express their displeasure with the project's proposed traffic circulation patterns and the fact the 130-foot tall building could block some longtime residents' view of the ocean.

Commissioners said the height of the building aligns with city code before making recommendations that would address residents' concerns with traffic.

But the recently released staff report states, "City staff disagrees with the Planning Commission's recommendation and (staff) continues to support the project's circulation plan with employee ingress and egress on California Avenue, the main hotel entry court on 2nd Street, and residential ingress and egress provided on Ocean Avenue."

Director of Community Development David Martin said in an interview Thursday he certainly expects traffic circulation to come up as a topic of discussion during Tuesday's meeting.

But traffic experts and consultants feel the recommendations made by the Planning Commission wouldn't help reduce congestion as much as the previous recommendations from staff, Martin said, before touching on the project's history and the hundreds of jobs that could result from the hotel renovation during construction and future operations.

When the project was being discussed by his peers earlier this month, Planning Commissioner Richard McKinnon said the project is an investment that needs to be completed as soon as possible.

Residents will have to see Tuesday if City Council feels the same way, but Martin said Thursday's he's excited for the project for a number of reasons, including the affordable housing aspect, its potential to boost local business on the Third Street Promenade and the LEED Platinum certification it earned.

"I think the main thing is this is taking a historic landmark property that's really been the focal point of Santa Monica for 100 years, and it's setting it up for another hundred years of success. It's keeping what's best about the current property... and upgrading it," he added.

The planned renovation is not official yet, but if the project were to be approved Tuesday, then it would return to council for a second reading and developers would then head to the California Coastal Commission to continue on with the development process.

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Residents oppose Miramar

We are long-time residents of our beloved Santa Monica. The Miramar Hotel has been part of our community life. We are deeply disturbed because over the last 10 years as the developer has made changes, we've consistently asked they be neighborhood and City friendly. These are not.

The current proposal rewards the elite and super-wealthy newcomers. The request to build 60+ luxury condominiums necessitates an additional fortress-like, eight-story high rise building on California Avenue, the neighborhood street —and a private parking entrance for only the condominium owners.

The commercial and high rise features belong on Wilshire Blvd., the commercial terminus. Instead, the design endangers the dense neighborhood of families on California Avenue and nearby residential streets. The plan has brutally thrust this fortress-like high rise on California Avenue, together with a parking entrance and exit for three shifts of employees.

It has attached this fortress to a landmarked building, lessening its individuality.

The proposed California Building will block sunlight, air and views for yet another assault on the neighbors' enjoyment of their lives.

The plan should have placed the open space on the corner of California and Ocean Avenues, which relates and integrates with the neighborhood and is the first glimpse of Santa Monica as one comes up the California Incline. Such open space would relate to Palisades Park and the ship mast structure.

Locals do not walk from Second Street to Ocean Avenue along Wilshire Blvd. Instead we walk in the neighborhood where we live on California Avenue. At any time you'll see mothers pushing baby strollers, young people on bikes and e-Scooters, seniors out for the daily walk, and friends and families walking to the Promenade, Palisades Park, the California Incline, and the beach.

Adding an entrance and exit on California Avenue—where it already takes waiting for two traffic light cycles to get through the California and Ocean Avenue intersection during busy times—will seriously endanger local pedestrians and bike riders and certainly cause more emissions due to more traffic.

The traffic circulation plan should be redesigned to minimize congestion on California Ave.

Further, no rooftop dining and drinking and partying should be allowed.

Finally, the City has a DA (Development Agreement) and should negotiate for a minimum of 42 affordable housing units and other community benefits. This does not have to be tied to permitting 60+ condominiums. If they removed the condominiums, they would not need the high rise building on California Avenue nor the private parking entrance on Ocean Avenue, which could be used for employees instead. Moreover, those condominiums, if not occupied by the absentee owners, could be rented out as hotel suites—contrary to what other City residents can do.

We support an improved Miramar Hotel with better traffic circulation, more community benefits, and no massing high rise construction on California Avenue.

Go back to the drawing board and create something much better for the neighborhood and the City.

Eleanor Blumenberg, Santa Monica resident since 1981
Kay Ward, Santa Monica resident since 1979
Brenda Weisman, Santa Monica resident since 2001

CRIME WATCH BY DAILY PRESS STAFF

Crime Watch is culled from reports provided by the Santa Monica Police Department. These are arrests only. All parties are innocent until proven guilty in a court of law.

ON MONDAY, SEPTEMBER 7, AT APPROXIMATELY 12:30 P.M.

SMPD officers conducted a traffic stop near the 1700 block of Lincoln Blvd. Officers observed the vehicle in question making unsafe lane changes. Upon stopping the vehicle, speaking with the driver and conducting a series of Standardized Field Sobriety tests, it was clear to the responding officer that the subject was under the influence of alcohol or drugs. Suspect Jackson Guthy was booked for CVC 23152(f) Driving under the influence.



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AWARD WINNER

AWARD WINNER

WINNER

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Laughing Matters

Jack Neworth

Send comments to editor@smdp.com

R.B.G. Champion of Justice Mitch Champion of Hypocrisy

Last Friday, beloved Supreme Court Justice, Ruth Bader Ginsburg, passed away after heroically battling cancer for years. RBG was a feminist icon, a fierce defender of democracy and human rights. She was also such a charismatic and honest person that, on Saturday Night Live, her recurring character, played brilliantly by Kate McKinnon, was so popular even with young people, RBG made being old "cool."

Liberal as she was, among her best friends was the late former Supreme Court Justice, Antonin Scalia The two were at the opposite ends of the political spectrum but their love of opera saw them regularly dine and attend performances together. So it's no wonder, how many people are mourning her passing. Some, however, longer than others.

Senate Leader "Moscow Mitch" McConnell paid "his respects" for two hours before delighting in the opportunity of filling RBG's seat on the court before the election. Couldn't he have waited 24 hours? That's what Donald Prump did. (Not typos, the "stable genius" actually mispronounced his last name and also said "We'll soon be sending astronauts to "Nars.")

Meanwhile, because of his colossal mishandling and lying to the American people, Trump virus deaths have passed the gruesome 200,000 milestone. From his calling it a "hoax" to "soon zero cases" to "it'll magically disappear" to 200,000 dead. That's three times all American military deaths in the Vietnam War in just seven months. (Trump said the 200,000 deaths is "a shame," but still gives himself an "A" grade.)

On tape he somberly tells Bob Woodward the virus is "the plague," but to his followers he says it's no worse than the flu. He confesses to Woodward the virus is spread airborne but to the public he mocks people who wear masks.

Meanwhile, to feed his fragile ego, the "Dime store Mussolini," as Steve Schmidt calls him, Trump, held another of his super-spreader rallies. Regarding RBG's passing, he disgustingly coined the disrespectful slogan "Fill that seat." Instantly his hate-filled supporters were chanting it gleefully.

Within 24 hours, the Trump campaign were selling t-shirts with the "Fill That Seat" logo. Odd, because when Scalia died I don't recall the Obama administration selling t-shirts.

RBG's granddaughter revealed her grandmother's dying wish. "My most fervent wish is that I will not be replaced until a new president is installed." But Trump insinuated the granddaughter was lying. What kind of evil mind would even think that?

Michael Cohen writes, "Trump thinks everyone is as crooked as he is." So it's projection when he says "Lying Ted," or "Crooked Hillary" or "Fake News," because who lies more, is more crooked or whose entire life has been more fake? (Not to mention his hair and makeup on which he spends two hours every day.)

If you wonder what has happened to human decency, I think it disappeared in 2015 when Trump came down the escalator. But if decency is gone, hypocrisy is having a field day.

Scalia died in February 2016, nine months before the 2016 election but Moscow Mitch and every Republican Senator decided that "Obama shouldn't be able to nominate a replacement "so close to an election." (They wouldn't even allow a hearing!) RBG passed away 44 days before the election but, every "Profile in Cowardice" GOP Senator have flip-flopped, insisting it's 45's right to nominate a replacement. Hail hypocrisy!

It's likely with Trump's new court, Roe will be overturned and Obamacare eliminated adding 20,000,000 more uninsured during a pandemic. (Hey, maybe they can reinstate the Dred Scott ruling?) And yet, not long ago Lindsey (Lady G) Graham swore, "If there's a court vacancy in the fourth year of a Trump presidency, it would be filled by the next president."

In 2016, Graham also said, "If you want to make America great again, tell Donald Trump to go to Hell!" And, "God has never created a better man that Joe Biden." So, if a person is only as good as his word, what does that say about Graham? But he has company.

Marco Rubio called Trump "a con artist;" Ted Cruz: "Trump is a pathological liar;" Rick Perry: "Trump is a cancer on conservatism;" and Paul Rand: "Trump reminds me of a delusional narcissist on Comedy Central." As for Mitch, his net worth was $3.4 million but since Trump it's a whopping $34 million. Go figure.

Trump is the only president in history to be impeached in his first term. Threatening the very existence of our near 250-year democracy, he's also the only one not to commit to a peaceful transition of power.

In 1787, at the closing of the Constitutional Convention, an elderly woman shouted at Ben Franklin, "What have we got? A republic or a monarchy?" Franklin reportedly responded, "A republic, if you can keep it." With her last breath, RBG fought to keep it.

If you care about preserving our democracy, Google "They all knew." Jack is at jackdailypress@aol.com.

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SANTA MONICA SHINES

Rethinking fitness with new rules



Pure Barre class on the Santa Monica Pier

OUTDOOR FITNESS

FROM PAGE 1

It was strange to believe that the safest and healthiest change to our lives was to stay at home, but fitness instructors all over the world encouraged us to maintain a healthy workout routine. We saw the socially distanced fitness trend emerge in March with hundreds of viral videos illustrating socially distanced classes held on rooftops, balconies, backyards and the most popular method being through Zoom. As the trend transcended the world, it did not exclude Santa Monica and inspired many residents to look into local options to stay fit and most importantly safe.

Santa Monica's latest development is the brand new Your Space Studios, a physically distanced outdoor fitness experience located on the corner of 5th Street and Arizona Avenue. The innovative new outdoor studio space created by Downtown Santa Monica, Inc. allows residents to get back in the groove of working out with some of Santa Monica's best local fitness instructors like BoxUnion, Coreology, Hot 8 Yoga, Pure Barre and the YMCA. Depending on your preferred work out, you can enjoy a rejuvenating yoga class one day and return for a more intense HIIT session later on in the week. Each session includes up to ten people with an instructor, while you enjoy 100 square feet of personal workout space. All reservations can be made through each individual fitness studio.

For an "insta-ready" workout, the Santa Monica Pier is taking an oceanfront workout to the next level, repurposing the pier parking lot to include 84 workout spaces designated by artificial turf. Known worldwide as a destination for activity from Roga (running and yoga), to a first-class Paddle and Ocean festival, the Pier exercise classes have already begun and will offer folks of all levels of fitness an opportunity to get a workout while looking over the Pacific Ocean. Executive Director of the Santa Monica Pier, Negin Singh says that "We at the Pier Corporation are thrilled to offer our new Pier Deck Park to Santa Monica fitness businesses, which we believe carry our the city's wellness culture that locals and guests have loved." Singh explains that the goal of the project is "to offer safe, physically-distant, amazing classes against the backdrop of the iconic Ferris Wheel and gorgeous Ocean" and that "we're so thankful to all who have worked so hard to make it happen."

Owner of Pure Barre, Kayla Allen is "really excited" to offer classes at the new Pier and Your Space Studio's locations. After seven long months of being away from her clients, she believes that it is time to bring her community back together.

Pure Barre is the perfect low-impact, but high-intensity workout focused on creating "a denser body where it's long and lean," says Allen, making it the perfect workout for everyone at any age. Since March, Allen has "motivated people to stay committed" to their workout routines by utilizing Zoom to continue teaching. She is amazed with the level of creativity that her instructors and clients used to continue their workouts from home, substituting the ballet bar that you would find in a studio with chairs or their kitchen countertops and substituting weights with household objects, such as wine bottles. Although this method has been popular among her clients, Allen is ready for the new outdoor experience.

Allen says that the new fitness experiences are "going to be different from a studio" but that it will still be "really fun." The only equipment you need to bring is a mat and your water bottle and you can enjoy a silent disco barre workout at Your Space Studios or a sunset barre workout at the pier. Allen believes that returning to a communal work-out experience is the future of fitness and that it is "important to connect with everybody" and especially important to "give one-hour to your body and to your mind" so that we can come back "stronger than ever."

As the outdoor fitness trend encapsulates Santa Monica, SoulCycle has also introduced SoulOutside. The new experience is held on SoulCycle's rooftop at 395 Santa Monica Place, where you can enjoy a 45-minute spin workout for just $30. Classes are available six days per week and can accommodate 40 riders, all spaced 6-feet apart. This fun experience will be available through December, where riders can enjoy a fantastic workout with some of Los Angeles' best SoulCycle instructors.

Although many fitness centers had to modify their practices, Burn Fitness on the Santa Monica Promenade was ahead of the outdoor fitness trend. Their roof deck, overlooking the Third Street Promenade with gorgeous views of Santa Monica Beach has 8,500 square feet of outdoor workout space available to their members. Focused on fitness, health and well-being, the two-floor fitness center has created a "full-health club experience on the roof deck" says owner Tom Williams. The roof deck is supplied with all the equipment you need for cardio-vascular or strength training workouts and Williams says that "clients are loving" the outdoor experience where you can enjoy " the sunshine and fresh air."

For those that want to participate in the outdoor experience, but don't see their favorite studio on the list, Santa Monica has repurposed their Commercial Fitness Trainer Permit Program. The program was designed "to create more opportunities for safe outdoor fitness instruction in compliance with LA County Public Health protocols," according to the Assistant Director of Community Services, Danielle Noble. The permit program allows local gym owners to designate private outdoor spaces such as sidewalk space, parking lanes and parklets to perform classes outdoors.

This program has greatly assisted many local fitness centers, such as beloved Ocean Park yoga studio, Santa Monica Yoga. The serene yoga studio has been livestreaming class sessions through Zoom since mid-March. Owner Bruce Bair says that "we weren't that surprised," following the first official lockdown notice and were able to get classes livestreamed in just one weekend."

Bair sustained this model for about four months, choosing not to reopen his studio in mid-June, when restrictions began to lift, believing that it was "a bad idea." Once he learned of the free Commercial Fitness Trainer Permit, he saw an opportunity to extend his classes outdoors and began holding classes at Clover Park in early July. The sessions are held in the mornings and are limited to a total of ten people, with physical distancing measures in place and masks to be worn at all times. Bair explains that "The people that are going [to classes] really like it" although enrollment is still lower than expected, but is keeping his options open and flexible "to figure out what works and what doesn't." For now, Bair is excited to continue both outdoor and Zoom classes and says that "I hope that by doing these classes we are able to help people."

For those looking for a higher intensity workout, Circuit Works on Main Street is the perfect way to get your heart pumping. Circuit Works focuses on "training smarter, not harder" by understanding the metrics of how fast your heart is beating, how much you are metabolizing in your workout and focusing on the intensity at which your workout is. By incorporating HIIT training and sticking to "true circuit training" according to owner Raphael Verela, you are sure to see an improvement in your gains.

Verela has owned his studio for 15-years, originally starting out on Abbot Kinney in Venice and moving his studio to Santa Monica about eight years ago. After months of uncertainty surrounding his ability to keep his business open, Verela had an epiphany moment looking through "the reflection from our front door" and immediately set up his parklet to be his new outdoor studio.

Verela lugged out all of his equipment onto the parklet and laid out astro-turf grass and rubber mats, grabbed dumbbells from inside and voila! A new outdoor studio. Verela says that his clients "love the workouts" and that this option gives him the ability to keep Circuit Works open and his staff and instructors paid.

Santa Monica's quick and innovative thinking has re-built the fitness community to adhere to Los Angeles County's safer-at-home order, while keeping many of our favorite local business owners up and running. Although fitness is a personal journey, it is with community support that we are able to uplift one another in a positive and transformative way. We are no longer living in fear of COVID-19; we are supporting one another by living a happy and healthy lifestyle.

For LA County Department of Public Health protocols for gyms and fitness facilities, visit: covid19.lacounty.gov/recovery-recreation-outdoor-spaces.

Assurance businesses program

Look for the Santa Monica Shines COVID-19 Assurance program seals in the storefronts of Santa Monica businesses. These businesses have gone above and beyond to ensure you feel safe and comfortable.

- **Main Street Visitor Center**
- **The Albright**
- **Sea Blue Hotel**
- **Water Grill**
- **Blazing Saddles Beach Rentals and Tours**
- **Perry's Cafe and Beach Rentals 1200 PCH**
- **Perry's Cafe and Beach Rentals 930 PCH**
- **Perry's Cafe and Beach Rentals 2600 PCH**
- **Solstice Sunglasses**
- **Tidbits by Dialogue**
- **Pacific Park**
- **The William Warren Group**
- **Lunetta**
- **Westside Music Conservatory**

GOOD VIBES START HERE

LOCAL FITNESS & TRAINING

Santa Monica Pier/Ocean Avenue
Amanda Joyce
ANCIENT YOGA JOURNEY
BoxUnion
Casa Del Mar
Hoopfit Workout
Melissa Ruby
Sarah L Pilates
Shutters On The Beach
State Of The Heart Fitness
The Le Merigot Hotel

Downtown Santa Monica/3rd Street Promenade
Bands And Body
Basecamp Fitness
Be Crystal Clear
Body Fit Training Santa Monica
Brick Wallace Peace Of Mind And Body
Burn Fitness
Coreology
CorePower Yoga
Crossfit SandBox
CycleBar Santa Monica
Double Ops Functional Training
Equinox Fitness Santa Monica
FIGHTR Boxing
Flywheel Sports
Gyrotonic
Hot 8 Yoga
JB & AP CFLA BIZ
Joyride Adventures Inc
Kundalini Yoga by the Sea
Love for Pilates Santa Monica
Maha Bodhi
MC BRAZILIAN JIU JITSU CLUB
Naam Yoga LA
Oak Park LA/Crossfit Los Angeles
Orange Theory Fitness
Pilates Plus HBV
Project Walk Los Angeles
Pure Barre Santa Monica
Row House Santa Monica
Sandpiper Pilates
Sensei Wellness Holdings
Show Up Fitness
Sonki Fitness
SoulCycle Santa Monica
Speir Pilates
Sweat Yoga
The Pilates Studio California
The Yoga Collective
Training Mate
Trapeze School New York
Yoga Studio

Ocean Park Blvd/Airport
Core Response
D C X Fitness
RESULTS
Santa Monica Yoga
Studio Seishin
William Candelario

Main Street
Circuit Works Santa Monica
Crossfit Santa Monica
FIT-SARTORIUS
Manduu
Nordic Body Inc
Sakya Buddhist Center
Tactical Strength
Upgrade Labs
Yoga Works

Mid-City
34 Degrees North
Amanda Meehan Yoga
Amp Association
Bay Club
Beach Body Hotties Boot Camp
Box N Burn
Bunda
BXD Santa Monica
CampKo
Charlotte's Yoga School
Classic Pilates Body
Core Personal Trainer
Cyntia Gonzalez
For the Girls Learning Academy
Foreman's Fitness
Fre Flo Do The Beginning
Gobind And Associates
Healthy Balance Fitness
Hueys Athletic Network
Industrial Strength
Iron LA
Jeanne Tomcavage
Jumping Gym
Monika Porkert
Monkey Flower
Nancys Fitness
RasulFitness
Rick Regalado
Santa Monica Body Building Center
Skill Athletic
Soneca Martial Arts Training Center
SUPERCHARGED by Kwanza Jones
Tanya Scott
The Chateau Bloo
Trail Broncos
Trifit
TRUE Training
Westside Body Works

Montana Ave.
Angela Parker
Balance Massage
Barbara Stamis - Pilates
Bob Elkins
FITNESS LIVE
Formula For Fitness
Go Bare Fitness
High Performance Personal Training
Kettlebell Movement
Live Your Yoga
Lizaida Boveda
Magee Fitness
Mighty Pilates LA
Montse Sackler
Noelle Maremont
Tiffany N Savion
Yoga Works
Yogahop

Pico Blvd
9Round
Blue Republic CrossFit
Breath of Life Studios
Fundamental Pilates
Lightning Reflex
OPEX Santa Monica
Rose Throne
Santa Monica Striking
Sweat60
Tribe Pilates

Wilshire Blvd
Barry's
Betsy's Basic Training
Body Rhythm
Charles Katrell
Dawn Barnes Karate Kids Inc
Fire Monkey Fitness
Fitness Professionals Of America
Gloveworx Usa-Sm
Jimmy Ramos
Kidz- N- Motion
LA Pilates
Larry Panicali
P K Wellness Studio
Peri Doslu
Phoenix Classical Pilates
Pilates By Carleigh
Stagecoach Entertainment
Sumbody
The Center Method
United States Fencing Center
Vili Fit
Westside Baseball School


Burn Fitness has over 8000 sq/ft rooftop gym space.


Burn Fitness

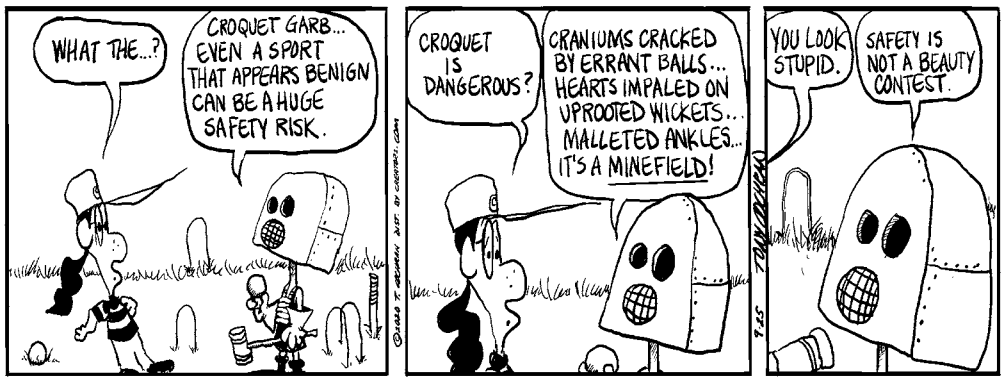

Max Tepper with SoulCycle at Santa Monica Place

This special section is made possible through the Santa Monica Economic Recovery Task Force and its outreach partners: City of Santa Monica, Downtown Santa Monica, Inc., Main Street Business Improvement District, Montana Avenue Merchants Association, Pico Improvement District, Santa Monica Chamber of Commerce, Santa Monica Pier Corporation, Santa Monica Place, Santa Monica Travel & Tourism, and 18th Street Arts Center.

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Agnes

By TONY COCHRAN



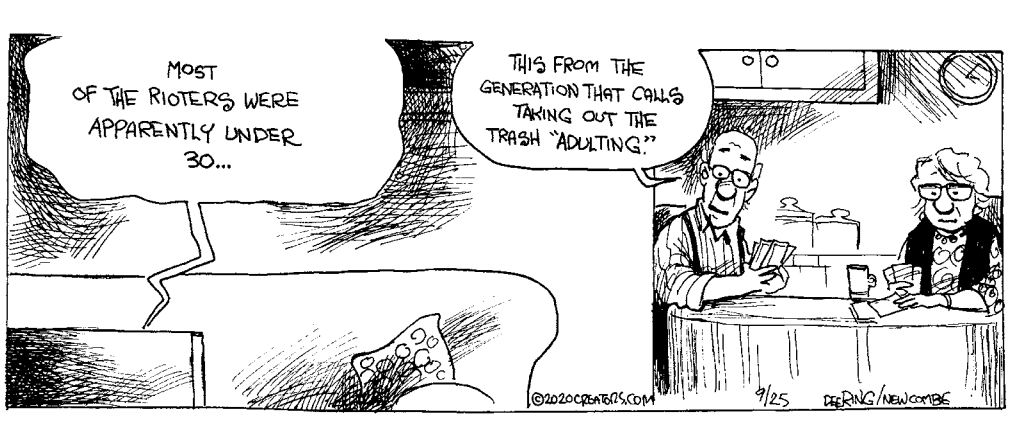
Dogs of C-Kennel

By MICK & MASON MASTROIANNI & JOHNNY HART



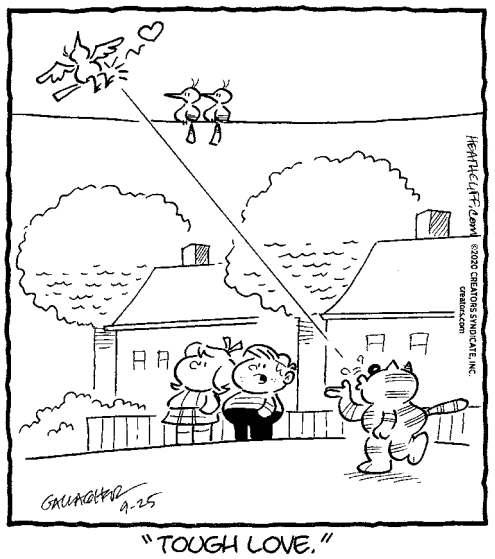
Zack Hill

By JOHN DEERING & JOHN NEWCOMBE



Heathcliff

By PETER GALLAGHER



"TOUGH LOVE."

Strange Brew

By JOHN DEERING





SURF FORECASTS

WATER TEMP: 68.0°

FRIDAY - **FAIR** - SURF: 2-3ft+ Waist to stomach high
Fun little mix of swells. SW/SSW swell fades. Tropical swell lingers. Small NW swell mix lingers. E/SE eddy winds looking light.

SATURDAY - **FAIR** - SURF: 2-3ft+ Waist to stomach high occ. 4 ft
Fun mix of swells continues. Holding NW swell. SW/SSW swell gets reinforcement. Tropical swell lingers.

WEATHER

Friday: Mostly sunny, with a high near 72.
Friday Night: Partly cloudy, with a low around 62.
Saturday: Mostly sunny, with a high near 73.
Saturday Night: Patchy fog after 11pm. Otherwise, mostly cloudy, with a low around 61.
Sunday: Patchy fog before 11am. Otherwise, mostly sunny, with a high near 76.
Sunday Night: Clear, with a low around 66.

Date	Day	Time (LST/LDT)	Predicted (ft)	High/Low
2020/09/25	Fri	07:07 AM	4.00	H
2020/09/25	Fri	11:44 AM	3.00	L
2020/09/25	Fri	5:35 PM	5.22	H
2020/09/26	Sat	12:57 AM	0.00	L
2020/09/26	Sat	07:48 AM	4.33	H
2020/09/26	Sat	12:51 PM	2.60	L
2020/09/26	Sat	6:40 PM	5.38	H
2020/09/27	Sun	01:43 AM	-0.09	L
2020/09/27	Sun	08:19 AM	4.58	H
2020/09/27	Sun	1:39 PM	2.18	L
2020/09/27	Sun	7:31 PM	5.52	H
2020/09/28	Mon	02:19 AM	-0.07	L
2020/09/28	Mon	08:44 AM	4.78	H
2020/09/28	Mon	2:17 PM	1.79	L
2020/09/28	Mon	8:13 PM	5.57	H
2020/09/29	Tue	02:50 AM	0.06	L
2020/09/29	Tue	09:07 AM	4.94	H
2020/09/29	Tue	2:50 PM	1.47	L
2020/09/29	Tue	8:49 PM	5.51	H

DAILY LOTTERY

POWERBALL
Draw Date:09/23
8 17 49 52 59
Power#: 1
Jackpot:25 M

MEGA MILLIONS
Draw Date: 09/22
36 43 44 55 68
Mega#: 12
Jackpot: 24 M

SuperLotto PLUS
Draw Date: 09/23
7 12 24 32 34
Mega#: 2
Jackpot:12 M

Fantasy 5
Draw Date: 09/23
1 2 12 36 37

Daily 3
Draw Date: 09/24
Midday: 5 5 7
Draw Date: 09/23
Evening: 1 9 5

Daily Derby
Draw Date: 09/23
1st: 02 - LUCKY STAR
2nd: 12 - LUCKY CHARMS
3rd: 06 - WHIRL WIN
RACE TIME: 1:44.98

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

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TODAY'S BIRTHDAY (SEPTEMBER 25)

Even though your dignified approach to most everything will be celebrated and imitated, your glory days are ahead. Your inner circle is tight but someone new will warm their way right into it by melting your heart. The finances get more organized, and you'll have more to put toward the things that matter. Sagittarius and Capricorn adore you. Your lucky numbers are: 7, 12, 28, 40 and 9.

ARIES (March 21-April 19). There will be no shortage of ideas; some you generate, some drop in from the ether, some are presented to you on shiny platters, bite-sized and delicious. Those are the ones to start with.

TAURUS (April 20-May 20). As nice as you are, it actually isn't so easy to give a good compliment. One will be required of you though, so start thinking about things to like. Best case scenario, you're genuinely moved, and then it's easy.

GEMINI (May 21-June 21). The breezy way is not to dwell on exchanges that already happened or get too heavy into plans for the future. You'll love what unfolds from a playful, lighthearted moment.

CANCER (June 22-July 22). If you feel things are going nowhere, then you'll make a move in any direction because you can't stand the feeling of being trapped, stuck or frozen. Any which way you go will free up the flow.

LEO (July 23-Aug. 22). You don't mind the feeling of want; in fact, it's a comfort when compared with related feelings, for instance the feeling of not knowing what to want or feeling that you should want what you don't.

VIRGO (Aug. 23-Sept. 22). Your cycle of responsiveness will make a difference in how people treat you. If you're always there delivering on needs, you will certainly be taken for granted. Change it up. It's a good day to say "no."

LIBRA (Sept. 23-Oct. 23). It's not the first time you've said what the others are thinking, but you're a little bolder about it today. They'll either laugh — because the truth is hilarious — or they'll silently shuffle you right to their heart.

SCORPIO (Oct. 24-Nov. 21). When it's your turn to step out in front, just take it and get it over with. You'll feel you have nothing to contribute, but your presence and spirit of willingness are all that's required.

SAGITTARIUS (Nov. 22-Dec. 21). You'd rather be a follower than a leader who doesn't know the way. This is why you'll get the map, read the book, talk to the locals and learn all you can about what's ahead.

CAPRICORN (Dec. 22-Jan. 19). Everything you're born with is a neutral phenomenon. There's nothing right or wrong about anything that came with the package. Winning belief of the day: All is ripe and ready to be what you make of it.

AQUARIUS (Jan. 20-Feb. 18). Fear is a lot more useful than most of the other emotions, and yet it goes unappreciated. Fear keeps people safe. Sure, it often works harder than it needs to. It will be lucky to thank it anyway.

PISCES (Feb. 19-March 20). Unless you are in the medical field, there will be no need to fix anyone today, including yourself. A "let it be" attitude will carry you gently to the harbor.

SOLUTIONS TO YESTERDAY'S CROSSWORD

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

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.

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

SOLUTIONS TO YESTERDAY'S SUDOKU

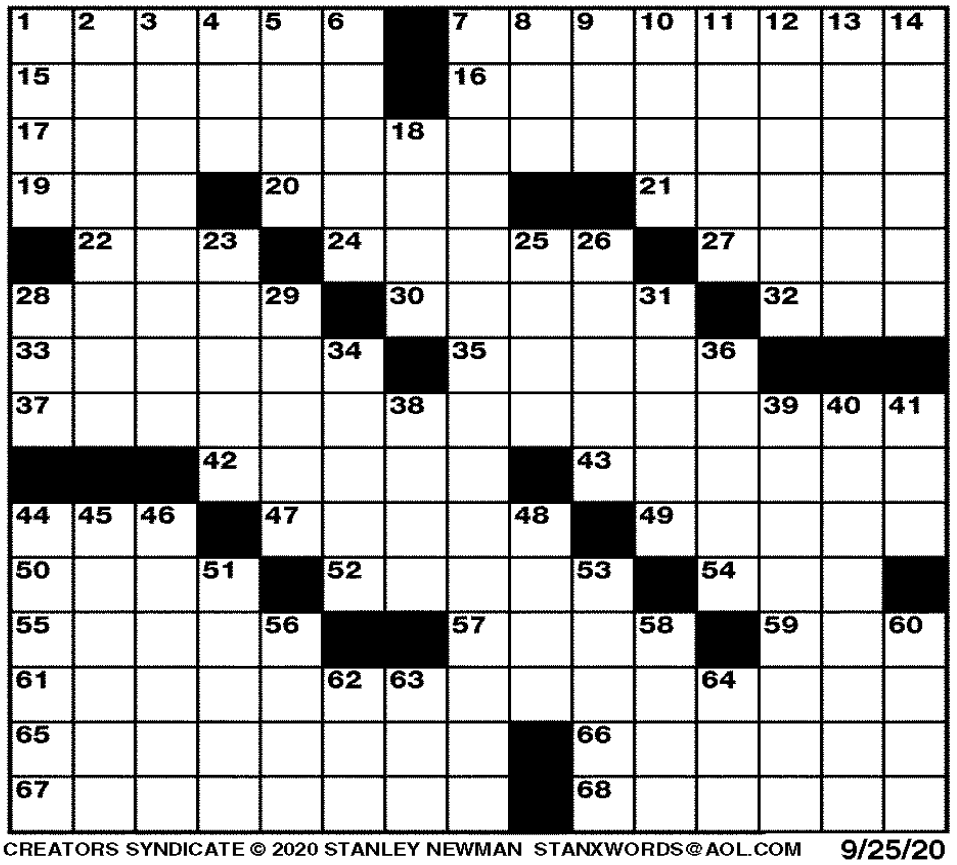
9	6	3	4	7	8	1	2	5
8	1	2	3	9	5	7	4	6
5	7	4	2	1	6	3	9	8
2	3	6	7	5	9	8	1	4
1	5	9	8	6	4	2	3	7
7	4	8	1	3	2	5	6	9
4	2	5	9	8	3	6	7	1
6	9	1	5	2	7	4	8	3
3	8	7	6	4	1	9	5	2

Newsday Crossword

CAPITAL LETTERS by S.N.
Edited by Stanley Newman
www.stanxwords.com

ACROSS
1 Collide with
7 Kolkata natives
15 Opened for examination
16 Tête-à-tête
17 Two state capitals
19 So far in '20, to CPAs
20 Heavy duty
21 Chaucer tale teller
22 Teacup handle
24 Teen activist Thunberg
27 Marvel supergroup
28 Fictional fiends
30 Abrasive powder
32 Poetic "before"
33 Negative particles
35 Part of a yoke
37 Two state capitals
42 Welcome warmly
43 Upgrade circuitry
44 Parisian condiment
47 How the ambitious hope to live
49 Order of __ (USSR medal)
50 Jump on the ice
52 Suite things
54 "I'm cutting off here . . ."
55 Less than pleased
57 Old Testament kingdom
59 *Days of Our Lives* airer
61 Two state capitals
65 Fridge feature
66 Enhances the look of
67 Well-planned procedure
68 Sunflower State

DOWN
1 "If you ask me . . ."
2 *Simpsons* mob boss voice
3 Ode form from ancient Greece
4 Oral health org.
5 Mob boss
6 Sandal strap
7 Two state capitals
8 Recent USNA grad
9 *Simpsons* neighbor
10 "Attending" ending
11 Take without permission
12 Candy heart sentiment
13 Exclamation of indignation
14 Tranquil
18 Attraction, or attract
23 Corporate shuffle, for short
25 Biblical excerpt
26 Garden spot
28 Alliance with a DC HQ
29 Tie-up, real or figurative
31 Sing like Tarzan yells
34 Printing problem
36 Hearty cheer
38 Architect Saarinen
39 Napa nabobs
40 Star of *Hulk* (2003)
41 __ Faire
44 Gulf War allies
45 Bargain for
46 Secondary
48 Whiny teens
51 Supporting premise
53 All-time longest-running game-show host
56 Highly fittingly
58 Where Hungary's president lives
60 "Stubborn" guy
62 Prez before Jack
63 -, for short
64 Starter for stick



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Santa Monica Daily Press

MUHIT RAHMAN

FROM PAGE 1

Rahman said in an interview Wednesday. "But finally, my brother-in-law convinced me to sign up for this marathon in Las Vegas called a Rock 'n' Roll Marathon. He was gonna fly out with my sisters and I for a great get-together. And, of course, shortly before that, I get diagnosed with prostate cancer."

The 64-year-old remembers running his first marathon despite the prognosis before heading to the hospital a month later for his radical prostatectomy, an operation that can cure prostate cancer if it is limited to the prostate. "It all went fine and the doctor told me I can't run for about eight weeks or so," Rahman said, sharing he was already signed up for the 2014 Los Angeles Marathon. "I didn't realize that he didn't really recommend running a marathon that soon, but you know, everything was fine. And I didn't have any issues."

Rahman said marathon people will tell you when you run a marathon, you'll feel the worst about mile five or six because you've been running and you're a little bit tired but there are still 20 miles to go.

First-timers wonder, "Why am I doing this again?" Rahman added, "but right after the marathon, usually that night or the next night, they're looking for the next battle. They fire up their computer and look for the next one. So, that's kind of what happened; I was looking for the next marathon; I think I did a couple more in 2014; then I was just looking around and I see that there is an Antarctica marathon."

While preparing for his race in the freezing climate, he decided to raise some money for the American Cancer Society and the Prostate Cancer Foundation, which is based in Santa Monica. He raised about $50,000 for the two of them and the amateur marathoner recalls the trip being an all-around great experience.

Soon after departing the Russian icebreakers that carried him North, Rahman found himself competing in races across Europe, South America, Africa and Australia, meaning he only needed to complete a marathon in Asia to join the "Seven Continents Club."

"I was complaining that I'm one marathon short of doing a marathon on seven continents in seven months," Rahman said, when a complete stranger from Tokyo sent him registration information to a race in Japan.

"My wife doesn't run. She gets bored easily with all of my running," he said. So the loving husband offered to climb Mount Fuji with her on their trip out East.

It was the very last day of the season and two days before the marathon, Rahman said as he detailed how the pair became lost and found themselves dozens of miles away from where they parked their car.

When he headed out to run the marathon 48 hours later, Rahman found himself out of gas.

"This race had a time limit of five hours. And having done the unwise move of climbing Mount Fuji two days before, the five-hour limit was about to pass me. I was about a kilometer from the finish line and I could see it, basically," he said. But there's a car that goes around the track, picking up everybody who hadn't finished at the five-hour line.

Even though he could spot the finish line, time was up so Rahman had no shot at earning a medal. Still, he kept on running.

"So I have photos, which are the only evidence I have of me finishing — my wife taking a photo of me crossing the finish line," Rahman said. And because official race records show he did not finish, he hasn't become a member of the seven continents club quite yet. But the local Santa Monican is still proud of how far he's come and he attributes all of his success to a change in diet.

"Right after getting diagnosed, the first and most important thing (my doctor) told me was that I should make sure to eat right. I took that to heart because I didn't want to die from cancer… so basically, once I got diagnosed, I switched to a healthy diet," Rahman said. "I didn't become vegetarian, but I gave up pretty much all red meat and started eating a lot more vegetables. So you can certainly say that I made a change in lifestyle, and I presume that the change in diet helped me have greater energy and supported me in running all these marathons and races."

As he shared how residents can receive healthy eating tips and more information on the Prostate Cancer Foundation's #EatItToBeatIt campaign at pcf.org/eat, Rahman said, "I didn't spend a lot of time thinking about (cancer) until I got diagnosed with it during a physical… And with hindsight to everything that has happened since then, I would say you don't control too many things in your life. But what do you do control is what to eat and your exercise habits."

"So, if I had any advice to give to people, I would say you must exercise and you must eat right," Rahman added. "That doesn't mean that you have to deprive yourself of anything that you like," but eating a balanced diet and a variety of vegetables and fruits is truly best.

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