Antelope Valley Press/January 23-29, 2015

Showcase

RESOLUTION RECHARGE

Cheap, fun activities to get your 2015 goals back on track. Pages 14-15

A look back at music's best lip-synch blunders. Page 19

Ellen left the bar high for this year's Oscars. Page 16

TV's addiction to killing off favorite characters. Page 20

Above, from left, dancers take part in the annual Afro-Latino Festival at the Museum of Latin American Art in Long Beach (MOLAA). Bakersfield-based comedy troupe CIA will take your stress away on Jan. 24 (Contributed); both Palmdale and Lancaster offer community classes that range from fencing to soccer for young and old alike (Contributed); Lancaster's Hilltop Archery will help you hit the spot this year (Valley Press file); lose weight and have fun with exhilarating yoga and swim classes (Contributed). Bottom, the Color Vibe 5k will restart your resolution to lose weight this weekend (Color Vibe photos).

RESOLVE TO RECHARGE

By BRITTANY MCDREA
Showcase Editor

Every January begins in much the same way. Full of hope and promise, we look ahead to a new year as the time is ripe to begin, take on new challenges and generally become a better, healthier and happier populace.

Late January, then, may seem a little soon to be providing tips on how to recharge those very resolutions formed so eagerly mere weeks ago.

Then again, consider that while 45% of Americans usually make New Year's resolutions, only 8% will make it through the first six months, according to a University of Scranton study.

But, if you started the year off vowing to curb your sweet-tooth and ate one nearly reading this with a pack of Hostess in hand, don't throw the towel in just yet.

According to the University of Hertfordshire Psychology, the 2002 study also found that individuals who kept their resolutions for six months were more than 10 times as likely to change their behavior as those who didn't set a specific goal at all.

All of this boils down to the simple fact that there's still time to right the resolution ship. Whether you're hoping to lose weight, live a more stress-free life or simply want to try something new, here are a few fun, cheap and local suggestions to get those resolutions back on track.

Resolution: Lose Weight

As scanned an Oatcher candy sales and Black Friday deals, January has become the month of fitness. So much so that a 2005 Nielsen study found 37% of participants cited "staying fit and healthy" as their top New Year's resolution, followed closely behind by the old standby "lose weight" at 34%.

Often times, however, fitness goals are the first to go as one skipped workout leads to another and that dream of a fit body begins to feel more and more unattainable. The solution to kicking those resolution-killing thoughts to the curb? Keep the activity lighthearted and fun, so working out doesn't become a chore. Not only will you cultivate a better attitude, you'll be more likely to exercise long-term like, say, Gold Scram cookie sales in February.

Suggestions:

► **Color Vibe 5k: Palmdale** — 9 a.m. Saturday, Jan. 24. Grab your friends and family and join in this explosive color event where you'll get blasted with color while you run the Color Vibe 5k. Cost: $35-$45. Palmdale Amphitheater, 2723 Rancho Vista Blvd., Palmdale. www.thecolorvibe.com/palmdale.

► **Antelope Valley YMCA** — open daily. Call or visit website for hours. Why pay the high dues and sign-up fees that come with fitness chains when your local YMCA houses all the equipment you need for less? Lancaster's YMCA offers a host of group fitness classes including dance, martial arts, pilates and Zumba as well as water activities, personal fitness, child care and social services. Sign up for a free seven-day pass and sample everything YMCA has to offer. 43055 10th St. West, Lancaster. (661) 723-9622. www.ymcala.org/ranch-po-valley.

Resolution: Travel More

While tucked away at work pounding out emails under the harsh glow of fluorescent lights, who doesn't dream of getting away from it all and taking a trip? Be it to the white sand beaches of the Maldives or the cool, rocky climes of New Zealand, travel is the ultimate way to see another side of life.

Unfortunately, whether due to financial impediments or family matters, travel plans often go unfulfilled by year's end. But, that needn't stop you from experiencing other cultures, food and traditions. Situated a scant hour from Los Angeles, we have one of the most diverse populations in the nation at our fingertips. Delve deeper and experience a whole new world, or maybe two.

Suggestions:

► **Edible Adventures Tour: Little Tokyo, Then and Now** — 10 a.m.-2 p.m. Saturday, Jan. 24. With this tour you'll not only learn about the rich Japanese-American played in establishing some of Los Angeles' most iconic open-air markets including Grand Central Market, you'll also have the opportunity to feast on some delicious food. Cost: $85, includes all food and transportation. Little Tokyo branch and admission to the museum's "Common Ground" exhibit. Presented by the Japanese American National Museum, 369 South Central Ave., Los Angeles. (213) 625-0414, www.janm.org.

► **AfroLatino Festival** — 11 a.m.-7 p.m. Sunday, Feb. 8. Celebrate African contributions to Latin American culture with the whole family. Cost: $10. Museum of Latin American Art, Long Beach Complex with craft vendors, face painting, art workshops, storytime and performances, the event is the perfect way to experience not one, but two unique cultures. Cost: Free. Presented by the Museum of Latin American Art, 628 Alamitos Ave., Long Beach. (562) 437-1689, www.molaa.org.

Resolution: Learn Something New

The new year brings with it the current belief that anything is possible. Nothing exists on January 1st but a clean slate and 364 days in which to dedicate to learning a new skill. Why not start your year off right and learn an instrument, throw down and experience a whole new world, or maybe two.

Suggestions:

► **Eddie Adventures Tour: Little Tokyo, Then and Now** — 10 a.m.-2 p.m. Saturday, Jan. 24. With this tour you'll not only learn about the rich Japanese-American played in establishing some of Los Angeles' most iconic open-air markets including Grand Central Market, you'll also have the opportunity to feast on some delicious food. Cost: $85, includes all food and transportation. Little Tokyo branch and admission to the museum's "Common Ground" exhibit. Presented by the Japanese American National Museum, 369 South Central Ave., Los Angeles. (213) 625-0414, www.janm.org.

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Resolution: Enjoy Life to the Fullest

Possibly the most open-ended of this year's resolutions, "enjoy life to the fullest" was the third most common resolution, accounting for 28% of participants' votes in the Nielsen survey.

While there's no tried and true method to cultivating a full, happy life, most anyone can agree that it likely includes a lot less stress and a lot more laughter and smiles. Fortunately, in our interconnected world the worries of the day have a habit of lingering long after their welcome. The only way to combat such poor company is to tune out, unplug and reconnect with the lighter side of life. Lucky for us, there are plenty of options for doing just that.

Suggestions:

► **Improv Jumpstart with CIA** — 7 p.m. Saturday, Jan. 24. Cost: $7. Bakersfield-based Center for Improv Advancement, or the CIA as they like to be called, will be on hand serving up family-friendly, hilariously unpredictable live comedy here. The best way to combat stress is to laugh it away and these Fiddlers Crossing, 2000 Eye St., Bakersfield, (661) 633-0000, www.fiddlers.com.

► **Lunchtime Yoga at HBAC** — 12:15-1 p.m. Wednesdays and Thursdays. This tour, works to dissolve the stress that comes with day-to-day life with free lunchtime yoga sessions. Designed for participants to come and go as they please, these weekly sessions will get you back to your sanity-best. Grand Park's Performance Lawn, between Grand and 1st avenues, 200 North Grand Ave., Los Angeles, www.grandparkla.org.