

Counting calories and rounding out holiday hips

DIONNE GLEATON Staff Writer

The holidays are just around the corner, and everyone is ready to partake of succulent hen and sweet candied yams.

However, exorbitant calories and weight gain are consequent reminders that health should be put first on our list of holiday treats.

Statistics show people gain 70 percent of extra weight between November and February because of the food-centered occasions during those months. It is especially important to exercise more and eat less during the holiday season.

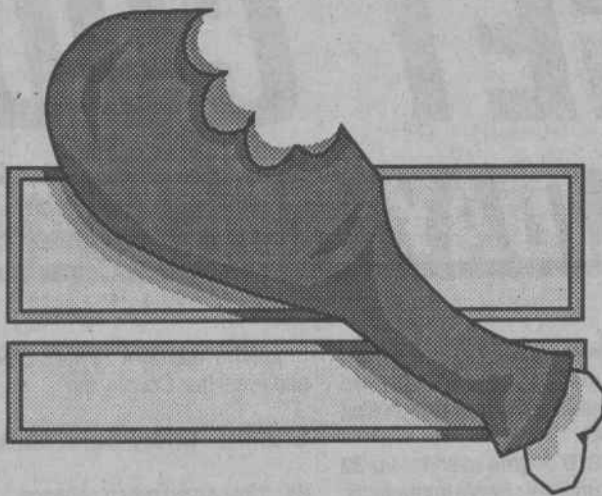
"Planning your exercise and setting goals work best during the holidays," said Russell Pate, chairman of USC's department of exercise science.

"It's a challenge, but if you go into (eating healthy) blindly without any planning, chances are you'll overeat and won't exercise when you get to grandma's house."

According to Roger Sargent, a USC professor in the School of Public Health, planning for what you will eat not only includes types of food, it also includes the number of meals (too much of anything is no good), the amount of food and even what to do with leftovers.

"People who are prone to binge-eating have a hard time because the constant food stimulation can overwhelm their willpower," Sargent said.

Pate and Sargent are both experts in their fields and offer the following tips for trimming those hips: Exercise first



thing in the morning in order to develop an active lifestyle during the holidays.

By exercising throughout the season, you can have seconds without gaining as much weight.

De-emphasize tradition by eating less meat; sometimes vegetables grains and pastas are perfect, tasty substitutes for the main course.

Prepare low-fat foods by cooking gravies, desserts and casseroles with non-fat yogurt instead of sour cream. Always have a back-up recovery plan if pigging-out is simply a necessity.

If a few pounds or more are gained, you should be ready to lose them by exercising more and eating less.

Controlling weight is not an easy task unless your metabolism is always

working overtime, so Sargent and Pate urge people to follow these additional tips: Make your New Year's resolutions earlier to give yourself an incentive to start earlier and work harder in developing a healthy holiday diet.

Enlist a family member or friend to exercise and to diet with you for social support and encouragement.

Finally, forget about those guests who may find your healthy holiday meal disgusting; they will come around when they start seeing the benefits of changing habits.

Sargent agrees by saying, "If people made better choices on their festive days, they'll have more festive days to enjoy."

Snoop Doggy Dogg in the pound as witness changes his account

Associated Press

A prosecution witness in rapper Snoop Doggy Dogg's murder trial changed his story and said he could not have seen the crime clearly because he was high on marijuana and wasn't wearing his glasses.

The rapper, whose real name is Calvin Broadus, and his bodyguard, McKinley Lee, are charged with murder in the 1993 drive-by shooting that killed Philip Woldemariam, a reputed gang member.

Jose Luis Murillo testified Monday he had been standing outside with his cousin Cesar Serrano, who testified in the trial last week, when Broadus and Lee drove by several times and then stopped at a park.

Prosecutors said that supported

their claim that Broadus and Lee were looking for a fight.

Prosecutor Bobby Grace reminded Murillo he had told police he saw a flash of light coming from the Jeep driven by the rapper as the gun went off.

"Did you actually see a flash?" Grace asked Murillo.

"No," Murillo responded. When asked why he gave contradictory information to police, Murillo said, "It was all the excitement," adding that he had merely repeated to police what Serrano had told him he had seen.

Deputy District Attorney Ed Nison said he believes the witness may have changed his story because he was fearful of reprisal from the rapper.

"Every gang case I have put on,

someone will get up and say, 'I lied to the police,'" Nison said.

Broadus' attorney, David Kenner, said the contradiction "speaks volumes to the weakness of the prosecution's case."

One witness who claimed to see smoke coming out of Lee's gun later acknowledged he was more than 100 yards away.

Another witness who told jurors he had seen Lee walk down an alley with a gun several hours before the shooting later said the man he saw was larger and lighter-skinned than Lee.

Lee's attorney, Donald Re, said the prosecution witnesses "have been led by the nose to say certain things. Now that they have to explain themselves, they change their story."

Holiday Barbie is one hot item

Associated Press

Demand for the 1995 Happy Holidays Barbie is so high that consumers who can't find them during the holiday rush will be offered vouchers promising home delivery next year.

With the voucher comes a photograph of Barbie wearing a glittery emerald green gown with a white Victorian collar sporting applied holly berries.

That's not enough for some buyers, who lined up outside stores, posted messages on the Internet and even got in fights in their quest to appease sugarplum-minded children.

"I'm not bothering with it," said Diane Weakley, whose San Antonio store, Toys Etc., sold its 24 dolls in two weeks.

The vouchers go on sale Dec. 16

Shoppers nationwide were searching for the doll on the Internet, posting messages offering \$35 to \$175 for the doll, which retails in the mid-\$30 range.

and the dolls are to be delivered by April 30, said Karen Stewart, a spokeswoman for Mattel Inc.

It's not the same as getting the doll itself, but the photograph will say this is what it will look like," Stewart said Tuesday.

The doll is the eighth in an annual series, but is the first to get a second run of production or to be sold through vouchers, she said.

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Among the hundreds of dolls surrounding her in FAO Schwarz's Barbie wing in Seattle, Virginia Anderson couldn't find the holiday model for her 7-year-old granddaughter.

The Internet is also overflowing with speculation and rumors as to why the dolls are unavailable.

Others said they heard the shortage was due to natural disasters and manufacturing plant problems.

The company won't say how many dolls were made because it keeps Special Edition production numbers secret.

Mattel expects to begin delivering the dolls in early April, after the custom fabric and hand-beaded accessories are available and it can resume production.

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