Free program targets growing S.C. obesity

Midlands' residents can make a commitment to improve their health as part of a statewide program designed to curb the obesity epidemic in South Carolina.

The Greater Columbia SHRINKDOWN, which begins Jan. 9 at the Colonial Center, is a free, eight-week program designed to help Midlands' residents lose weight and make lifestyle changes in

SHRINKDOWN partnership between the YMCA, Lexington Medical Center, Palmetto Health and USC.

SHRINKDOWN The program began last year in the Upstate when the YMCA of Greenville partnered with Bon Secours St. Francis Health the Greenville System, Hospital System University Medical Center and Furman University to test the program. More than 3,000 adults and youth took part in the program that resulted in the loss of more than 6,253 pounds among Upstate residents.

Midlands' residents can register for the SHRINKDOWN at Colonial Center from 3 to 7 p.m. on Jan. 9. During the two-month event, participants will weigh in weekly at designated sites around the Midlands and receive additional information to support healthy lifestyles.

## THIS WEEK @ USC

TODAY

Percussion ensemble concert: 7:30 p.m. School of Music 206 TUESDAY

Christopher I. Neely junior viola recital: 4:30 p.m. School of Music 206

USC Chamber Winds concert: 7:30 p.m. School of Music 206

2005 Solomon-Tenenbaum Jewish Studies Lectureship -Thomas Cahill: 8 p.m. law

school auditorium WEDNESDAY

Solomon-Tenenbaum Symposium — Thomas Cahill, "Jews, Christians and God's Word: A Common Heritage of Prayer and Action": 3 p.m. law school auditorium

John Emche Jazz Piano Concert Series with pianist Andy Laverne, organist Gary Versace, drummer Danny Gottlieb: 7:30 p.m. School of Music 206

# ON THE WEB @

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# FIELD EXERCISES



Nick Esares / THE GAMEGOCK Fans cheer on members of the U.S. armed forced during halftime of Saurday's football game.

## State

New S.C. monument honors all veterans

The State House has a new monument honoring veterans.

Officials dedicated the monument in honor of all the armed services Friday following Columbia's Veterans Day parade.

Rather than specify a display honors the Army, Air Force, Marine Corps, Navy and Coast Guard.

Each of the armed forces' flags fly atop 20-foot tall poles, arranged in a semicircle. A sixth pole flies a flag in honor of the prisoners of war and those who are missing in action.

The U.S. and state flags fly from 30-foot tall poles at the

center of the monument. Sen. John E. Courson, R-Columbia, a former Marine, estimated more than one million South Carolinians have served in the armed forces in the last 230 years.

chaired Courson monument commission and describes the display as "noble but simplistic."

#### Nation

death sentences down

The ranks of people number executed declined in 2004 as the nation's death row population kept shrinking, the government reported

Last year, a dozen states executed 59 prisoners, six particular conflict, as other fewer than in 2003, according monuments on the grounds of to the U.S. Department of the State House do, the new Justice's Bureau of Justice Statistics.

The report also said 125 people, including five women, who were convicted of murder received a death sentence last year. That was the smallest number since 1973.

Last year, 22 death row inmates died of natural causes or committed suicide, while an additional 107 had their sentences commuted, tossed out or overturned. As of Dec. 31, there were 3,315 people on death row, compared to 3,378 a year earlier.

Richard Dieter, executive director of the Death Penalty Information Center Washington, said jurors are increasingly reluctant to recommend the death penalty.

## World

Number of executions, Iraqi woman confesses bomb plot on state TV AMMAN, Jordan — An sentenced to death and the Iraqi woman confessed on state television Sunday to trying to detonate explosives strapped around her waist while she was in one of three Amman hotels bombed by al Qaeda in Iraq.

"My husband wore an (explosives-packed) belt and put one on me. He taught me how to use it," said Sajida Mubarak Atrous al-Rishawi, 35, who appeared on television wearing a white headscarf, black gown and the disabled bomb belt tied around her waist.

Jordanian security forces on Sunday arrested the woman, whose husband is suspected of blowing up the Radisson SAS hotel, after being tipped off by an al Qaeda claim that a husband-and-wife participated in Wednesday's attacks at three hotels that killed 57 other people.

Looking nervous wringing her hands, al-Rishawi described the attack on the Radisson. The Grand Hyatt and Days Inn hotels also were bombed.

# POLICE REPORT

**Weather Forecast** 

SUNDAY, NOV. 7 FTC fraud, 3 p.m.

TODAY

Capstone, 902 Barnwell St.

The victim said someone removed his ATM card and used it to withdraw \$1,000 from an account. The card was later returned.

Reporting officer: N. Husbands

#### THURSDAY, NOV. 10

Attempted grand larceny of a bike, possession of tools of the crime, 11:34 a.m.

B.A. Building, 1705 College St.

Reporting officers R. Baker and J. Silcox responded to a call saying someone with bolt cutters was attempting to remove a bike locked to a rack. Upon arrival, the officers made contact with Nathan Hammond, 40, who was leaving the scene and matched the suspect's description. Hammond was placed in investigative detention and was then positively identified by a witness. He was arrested and taken to Alvin S. Glenn Detention Center.

Disorderly conduct, 11:55 p.m.

Between McBryde and Bull Street Garage

Reporting officer T. Brewster-Gooding saw Thomas Dennis, 23, grossly intoxicated and behaving in a loud and boisterous manner in public. He allegedly shoved two men and was harassing others. He was arrested and taken to Richland County Detention

#### FRIDAY, NOV. 11 Auto-tampering, 2:10 a.m. 1300 Block

of Wheat Street

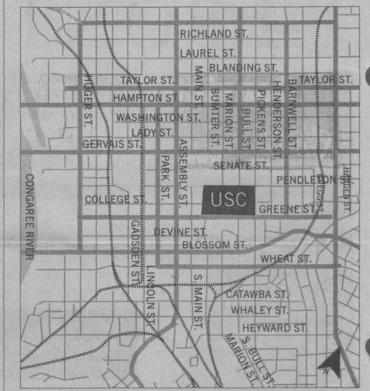
Reporting officer S. Wilcox responded to a call of someone trying to enter vehicles by pulling on door handles. Wilcox arrived and found Andre McClain, 21, who admitted to trying to enter several vehicles. He was arrested and taken to Glenn Detention Center.

#### Assistance Rendered Kappa Sigma,

515 Lincoln St.

First Responders and EMS responded to a person with a lacerated right hand. The victim was transported to Baptist Hospital.

Reporting officer: T. Brewster-Gooding



Reports are taken from the USC Police Department.

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