



INSIDE SCOOP



Love birds, song birds

Oklahoma native and country star Vince Gill and his wife, singer Amy Grant, will appear on the Friday episode of "The Oprah Winfrey Show."

The couple will discuss their blended family, Christmas traditions as well as Grant's newly released book, "Mosaic: Pieces of My Life So Far," and Gill's groundbreaking four-CD set "These Days."

"Oprah" camera crews spent time at the couple's Nashville home as they prepared for the holidays. The show taped recently in Chicago and also includes Rascal Flatts and Kenny Rogers.

The show airs 4 p.m. Friday on KOTV, channel 6.



Mix master

In **Wednesday's Scene**, we showed you recipes for stunning ruby red pomegranates and mentioned that pom martinis started showing up everywhere after Oprah declared them a favorite thing. Here's Oprah's official recipe from her Web site:

1½ cups pomegranate juice
2 ounces Absolut Citron vodka
1 ounce Cointreau liquor
Cup of ice
Squeeze of lemon (optional)

1. Shake ingredients in a shaker and put in chilled martini glasses. Put pomegranate seeds into glass as a garnish.

Best bet sets

Learn about all the coolest new CD and DVD box sets in **Friday's Spot**. Get the skinny on which ones will make the perfect presents for music lovers in your household this holiday season.

Holiday stories

What makes the holidays special for your family? What special traditions set you and your family apart? The Tulsa World is collecting holiday traditions for an upcoming Scene story. Please send your best annual traditions — from get-togethers to gifts to memories — and any photos you might have via e-mail to barbara.allen@tulsaworld.com, or mail them to Barbara Allen, Newsroom, 315 S. Boulder Ave., Tulsa, OK, 74102.

Please include a self-addressed, stamped envelope if you'd like to have your stories or photos returned. Be sure to include your name and phone number so we can contact you!

Avoiding those extra ho-ho-holiday pounds



DAVID CARMAN / Tulsa World

By **JASON ASHLEY WRIGHT**
World Scene Writer

Clint Howard's mantra is: "Nothing tastes as good as fit feels." Judging by the crowds gathered 'round goodie-gorged tables at most holiday parties, however, that isn't stopping many of us from tasting everything despite how it feels later — or looks, for that matter.

But if you're concerned about gaining weight during this festive season, rest ye merry gentlemen and ladies. Howard and another health expert have tips for making it now through New Year's without padding your belly.

The best part? All you need to do is to stop and think about what you're eating.

People tend to forget how to eat healthy during the holidays, even though it's common sense, said Howard, an exercise physiologist and owner of Fitness Together locations at 9708 S. Riverside Drive and 12345 S. Memorial Drive in Bixby.

"Remember it's a holiday," he said, "not a holi-week."

Still, the average American gains between seven and nine pounds from Thanksgiving to New Year's Day, Howard said.

"One day won't kill you," he said, "but over the month, it adds up."

Moderation is really the key. "We need to go back to eating like peasants," said Tina Volpe, author of "The Fast Food Craze," during a recent phone interview. She was quoting a Buddhist monk she had interviewed just hours before on her radio show, "Wake UP America," which airs on webcasted Global Talk Radio.

The word "starvation" might have crept to your mind at the mention of peasants, but that's not what Volpe's talking about. We should be staying as close as possible to what peasants would eat. That means natural, nonprocessed foods — no white flour, no white breads, no refined sugars, avoiding anything that is not in its natural state.

Ideally, it's a lifestyle, said Volpe, who has been a vegetarian most of her life, and a vegan (no meat or animal products) for a couple of years. Her Thanksgiving table, for example, was set with Tofurky — a tofu-based alternative to the traditional plucked and stuffed holiday bird.

Granted, many of you aren't vegetarians, so it may take a while to warm up to Tofurky, which, by the way, is "delicious," Volpe said.

But let's get back to those holiday spreads we alluded to earlier

SEE POUNDS D-2

fitness guinea pig

by cary aspinwall

Workout:

Pilates tower at Progressive Pilates, 3023 S. Harvard Ave.

What it is:

A 45-minute group class using equipment that offers many of the same benefits as the Pilates Cadillac workout, with a less-expensive price tag.

When you can go:

Mondays at 6:15 p.m. Prices range from \$17 to \$165, depending on the number of classes purchased. For additional class times and package prices, call 728-7447.

It's best for:

People with some Pilates experience,

or anyone who wants to get more muscle tone.

Gear needed:

Stretchy clothes and shoes or bare feet. You can bring your own mat if you prefer.

Degree of difficulty:

on a scale of 1 to 4 sneakers

Degree of fun:

on a scale of 1 to 4 sneakers

Fitness Guinea Pig says:

Pilates is a great way to build muscle tone and strength, but it can be bank-



MICHAEL WYKE / Tulsa World

Leah Ashlock's tower workout offers a good value for your Pilates dollar.

breakingly expensive at times. Many of Pilates' best exercises are performed on a device called the Cadillac, and the

classes often have a price tag to match because they're done solo with a Pilates instructor. Tower classes offer many of the same benefits and exercises as Cadillac but in a group class with less costly equipment — so it's way more affordable per session. It's also fun, despite some of the torturous exercises and the constant clanging of the equipment. Owner Leah Ashlock's friendly, laid-back approach to Pilates is refreshing and a lot less intimidating than some studios and trainers, FGP thinks. And who doesn't want a Cadillac workout for a Ford price?

Is there a workout or exercise you want the Fitness Guinea Pig to try first? Send suggestions to cary.aspinwall@tulsaworld.com or call 581-8477.