

Eye on Entertainment

Taking the Surreal Life to new diets

TV Show The Surreal Life



VH1's fourth installment of "The Surreal Life" provides a great mix of celebrity personalities. The cast includes: Verne Troyer, (Mini-Me from "Austin Powers"); former wrestler Chyna Doll, Jane Wiedlin, (The Go-Gos); Christopher Knight, ("The Brady Bunch"); model Marcus Schenkenberg, rap star Da Brat, and Adrienne Curry ("America's Next Top Model").

The premise of the reality show is to get a group of pop culture has-beens and have them live with one another for two weeks. The series began on a bad note when Chyna stole the room that was exclusively made for Verne Troyer.

The room was made specifically for a smaller person, but Chyna didn't seem to care. Troyer threatened to leave the show if he didn't get his room back. On that note, Chyna had a change of heart and gave the room back to Verne.

Last season, the ever-so-popular Flava-Flav stole the show with his crazy on-air antics. This season's crazy awards go to Chyna and Verne Troyer. In episode one, Troyer has a little too much to drink and really puts on a show. Da Brat is surprised in the middle of the night when she discovers Troyer naked, peeing in the corner.

You can only imagine the sight of a drunken, naked midget peeing in your house. Troyer was escorted to bed and apologized in the morning.

Chyna's out-of-the-ordinary personality makes for many untamed actions. She seems to be drinking at every moment during the show and does not like to sleep. In episode two, the rest of the cast is fast asleep when Chyna decides to run around the house wearing nothing but a thong, screaming, and showing off her wonderful kickboxing moves.

For the most part, the cast gets along fairly well, and seems to be very entertaining. In episode three, after a long day of riding horses at a ranch, the cast had a campout in the woods. They all sat around the fire and bonded with each other. It was very touching.

Episode four takes place in a strip club with the cast celebrating Christopher Knight's birth-

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 CANCER: If you could walk a thousand miles, where would you go? Think about it.	 ARIES: Look for something in your mailbox that will be a happy surprise.
 LEO: Congratulations on finally being able to make a decision.	 AQUARIUS: Whipped cream never tasted so good, so act now before time runs out.
 VIRGO: Look for the opportunity and carpe diem. You're special.	 CAPRICORN: You are a bright person, so flip the switch for others in a positive way.
 SCORPIO: A pie in the face can be a humbling moment. Share it with the one you love.	 TAURUS: Do something crazy, like maybe acting normal for once.
 LIBRA: Winter is almost over, so go out and buy a new spring wardrobe.	 PISCES: Your achievements are known and people are here to support you.
 SAGITTARIUS: Relieve the stress of everything and listen to the sounds of music.	 GEMINI: Phone a friend and have a conversation. You will feel better.

day. The show really heats up when the strippers flock around the ex-Brady and give him one birthday he'll never forget.

VH1's "The Surreal Life" really outdoes the other seasons, and is nothing but pure entertainment. The show can be seen Sunday at 9 p.m.

— ANTHONY IEZZI

Fitness The Abs Diet



In the world of fitness, there is a vast array of diets and programs to choose from. Some make outrageous claims of losing 20 pounds in a week, while others stick to the traditional long-range weight-loss plan.

The Abs Diet meets in the middle. It promises to reduce body fat and increase muscle mass within a six week period. It also promises that the eating regimen is more like a natural change rather than torture.

The Abs Diet book contains information on how to eat well, eat often, and how to cook meals. The book suggests eating meals that will provide enough protein, carbohydrates, calcium, and limited fat content. Six small meals should be eaten a

day, instead of three large ones.

The book is filled with facts and stories that help support these claims. And most importantly, it explains why this diet works.

It also emphasizes that diet alone is not enough; there needs to be physical activity as well.

The Abs Diet does not stress the need to go to the gym. Many of the exercises can be done at home with normal dumbbells. In fact, the routines given in the book would be difficult to perform at the gym since the routines are in form of a circuit. The exercises should be done in a fairly quick time, and are meant to increase your heart rate.

The Abs Diet does have a few drawbacks. Adjusting to the new meals is not a problem. In fact, it is a relatively easy transition. The problem occurs with your wallet. The suggested grocery list will set you back more than a few bucks. Even if you buy the minimal amount possible.

Another down side to the Abs Diet is that the routines can get very boring, very fast. To its credit, it does offer different exercises to perform, but the motions are all relatively the same. This is great if you fear change. But be prepared because your body shape might change if this diet is followed.

The Abs Diet does work well, but it's mainly for those who are out of shape and already have a relatively high percentage of body fat. Its worthwhile to shell out the 20 bucks if you are looking for a lifestyle change.

— AMAR GANTI

We've been infected by an epidemic of 'brand name syndrome'

I have fallen victim to a financially devastating disease. It has taken hostage of the majority of my finances and left me wanting more. This contagious ailment consists of the wearing of BabyPhat, Ecko, Rocawear, Express, Banana Republic, Pepe, and H&M to name a few. I call it Brand Name Syndrome. The after-effects range from pennies in your wallet to overdue bills. The symptoms also range from shortness of breath due to excessive walking in the mall and extreme thirst.

Why are Americans willing to pay such high prices for fashion? Why are we willing to drive our car on "E" just so we can sport the new top design exclusively by Kimora Lee Simmons, or that jacket designed by Sean Carter? What is it about the miniscule horse stitched onto the Ralph Lauren polo that makes it that more

appealing than a regular polo from JCPenney's? Just take a look at society.

Entertainers rank at the top of my list. Some of them, with little to no talent, have received millions of dollars for doing nothing. With the flick of a pen, they can go from coach to first class. They rap and sing about "my bling," "my ride sittin' on 20s," "this girl over here and that girl over there." When people see the adulation these artists receive, they thrive to be like them. They want the jewelry, the clothes, the car and the girl.

Many children, teenagers and adults emulate this lifestyle on a budget that won't allow it. They fall victim to brand name syndrome. The only thing that this disease produces is stress and depression. The question is, can it be cured? Will we, over the years, accept someone

for the knowledge contained in their thoughts, rather than their Timberlands? Will we be able to gaze into the eyes of our loved ones because we didn't prejudge them based on their clothing on that first date? Will we be able to smile at the man who picks us up not in his Bens, but in his "hooptie?" Will we be able to concentrate on someone who is speaking to us even though they are not wearing the Rocawear and the BabyPhat? Will we be able to be content with ourselves even though, at this moment, we can not wear the \$50 polo?

Can we cure ourselves and society? This question could be answered in many different ways. How do you fall into this picture?

You tell me, "What's your brand name status?"

Special to The Lion's Eye by Shana Goldson