

# Zone diet stresses balance

Zone does not deprive dieters of favorites, instead it balances carbs, fats and protein

BY LIZZIE CARLSON  
Features Section Editor

When cruising down any local freeway, drivers are constantly bombarded with a paradoxical mix of scenery; billboards showcasing the shockingly-thin bodies of models and movie stars are flanked by endless fast-food signs.

This tell-tale mix of American culture shows why it is no wonder we are simultaneously the most body-conscious and obese country in the world. The reason behind

this nation-wide health problem? Many Americans are just too busy, and too lazy, to eat healthy and stay in shape the traditional way. As a result, many Americans turn to short-lived fad diets that are impractical, difficult to follow and possibly even dangerous. However, in a world of worthless trends, one stands out from the rest. The Zone diet, created by Dr. Barry Sears, is one so-called "fad diet" that is here to stay.

The concept behind The Zone diet is simple: Food is a drug and, when given in the correct dosages and combinations, can do amazing things. Instead of the traditional low-fat, low-calorie, high-carbohydrate diets which deprive dieters of their favorite foods, the Zone diet aims to formulate meals with the correct balance of protein, carbohydrates and fats.

While this seems complicated, Sears provides a simple method for dieters who wish to be "in the zone." First, a prospective follower must calculate their necessary daily protein intake using a variety of measurements including weight and percentage of body fat. Once a person knows how many grams of pro-

tein he or she should consume each day, the goal is to consume that amount of protein each and every day, no more and no less.

In addition, zoners must also consume a certain amount of carbohydrates and fats with each gram of protein they eat. To make this easier, Sears has created a system called "blocks." Basically, one protein block is made up of 7 grams of protein, one carbohydrate block is 9 grams and one fat block is 1.5 grams. Once dieters calculate how much protein they need, they can then divide that by seven to find how many protein blocks they should consume every day. After that, all they have to do is match each protein block with one carbohydrate block and one fat block.

The most practical aspect of The Zone diet is that it does not put any severe restrictions on exactly what foods people eat. Sears even allows for a Snickers bar every once in a while. According to Sears, as long as dieters are creating the correct balance of 40 percent protein, 30 percent fat and 30 percent carbohydrates and eating the correct amount of macronutrients overall, they will lose weight.

However, weight-loss is only one of the many alleged benefits of the Zone diet. According to Sears, The Zone diet results in freedom from

hunger, greater energy and physical performance as well as improved mental focus, maximum productivity and overall good health.

The Zone is also not just for people who are severely overweight or even overweight at all. Elite athletes such as Olympic swimmers and NFL football players have enjoyed great success while following The Zone diet program. Jenny Thompson, for example, won two gold medals at the 1992 Barcelona Olympics while on The Zone diet. In an article in a 1993 edition of *Swimming World*, her coach even cited Sears' dietary program as the cause of her success. Other Zone diet followers in the past have included NBA center James Donaldson, winner of the 1994 Maui Ironman Laura Lowe and downhill ski racer Lisa Feinberg.

Compared with starvation diets and no-carb methods, Barry Sears' The Zone diet is a healthy, middle-of-the-road alternative with the potential to induce beneficial side effects in addition to weight loss. While it involves a complete makeover of the way we think about food, and can be complicated at times, The Zone may just be the miracle diet that Americans have always been searching for.

## Sample protein blocks:

### seafood:

bass	1 oz.
calamari	1.5 oz.
catfish	2 oz.
clams	1.5 oz.
crab	1.5 oz.
halibut	1.5 oz.
lobster	1.5 oz.
salmon	1.5 oz.
shrimp	2 oz.
tuna	1 oz.

### poultry:

chicken (deli-style)	1.5 oz.
chicken (skinless)	1 oz.
turkey (skinless)	1 oz.
turkey bacon	3.5 oz.

### other:

cheese (low-fat)	1 oz.
egg	1
soy burger	0.5 patty
tofu	3 oz.
veal	1oz.

## Sample carbohydrate blocks:

### vegetables:

broccoli	4 cups
corn	0.25 cups
lettuce	2 heads
mushrooms	2 cups

### fruits:

apple	.5
grapes	0.5 cups
orange	.5
peach	1

### other:

bagel	0.25
hummus	0.25 cups
oatmeal	0.33 cups
pasta	0.25 cups

## Sample fat blocks:

avacado	1 tbsp
butter	1 tsp
cream	0.5 tsp
cream cheese	0.33 tsp
guacamole	1 tbsp
mayonnaise	2 heads
olive oil	2 cups
olives	3
peanuts	6
peanut butter	0.5 tbsp
sour cream	0.5 tsp
walnuts (chopped)	



Campanile File Photograph

Kelly, Ozzy, Sharon and Jack (left to right) make up America's new reality show family and have earned high ratings since their debut.

# Reality TV still brings in ratings

BY LAURA OPPENHEIMER  
News Section Editor

First there were the Cleavers ... then the Bradys ... then the Cosbys ... and now, joining these revered families are ... the Osbournes. Consisting of Ozzy, wife and manager Sharon, and their daughter Kelly, 17, and son Jack, 16, *The Osbournes* is a docu-series on the lives of these four people. Premiering on MTV on March 20, the show has been a boon for MTV, which is seeing 6 million people tune in each week to watch the wacky clan.

Although Ozzy now says that, if he had to do it over again, he wouldn't have invited the cameras into his house to follow him around for six months of his life, viewers flocked to the show to check out what the family was going to do next. And, strangely enough, what viewers found most often was nothing; the Osbournes seemed to be somewhat like every other family.

There were some odd moments over the course of the season, but the majority of the show was filled with regular family stuff like fights around the dinner table, discussions about curfews and even a few tender moments.

"My whole family watches *The Osbournes*," senior Julia Verbeeck said. "My dad loves it, and in a way, watching this crazy family interact with each other is something that we can all identify with."

Senior Martina Davis is also an ardent fan of the show. "*The Osbournes* is the funniest show on. I don't know if it's a put-on, but the family is so funny."

The success of this show has led people back to wondering about the success of reality-based television shows.

After September 11, many in the television industry thought there

would not be a market for reality-based shows. Although many shows have not succeeded, like *Fear Factor* and the *Amazing Race*, *Survivor* and the other MTV reality shows are still pulling in high ratings.

While CBS's *Survivor: Marquesas* is not the hit its predecessors were, it is still pulling in high enough numbers to stay even with *Friends* in the weekly Thursday night ratings battle. Likewise, *The Real World Chicago* and *Real World/Road Rules Challenge* are still popular on MTV.

Paly Economics teacher Steve Sandis finds the shows so worthwhile he actually requires his class to watch the newest season of *Survivor*.

"Reality TV shows are an interesting phenomenon and, with *Survivor* especially, there is this tiny society, a microcosm, that has a lot of real-life economic principles involved," Sandis said.

Clearly, reality-based shows are more than just a fad. What is it about watching someone else's life on television that draws viewers to watch these shows?

"Reality TV adds a whole new element to television because they are actually real people," senior Noora Mashruwala said. "And *The Real World* is so bitchy and drama-filled, so its fun to get together and watch it in a big group."

However, Mashruwala doesn't think that all the fun on *The Real World* and other reality shows is necessarily true.

"I've read that they set up things that they want to have happen on each episode," Mashruwala said.

Regardless, the networks have reality shows on the lineup for next year. And, as long as the drama keeps happening, the masses will keep watching, and the shows will remain a part of pop-culture television.

# Foothill Middle College offers alternative to high school

Foothill Community College allows high school students to earn their credits for graduation with an accomodating schedule

BY CASEY WEISS  
News Editor

Junior Julie Renaud failed several of her classes at Palo Alto High School last year, and although Renaud predicted she would never have the opportunity to attend college, she is currently excelling at Middle College, an extension of high school located at Foothill Community College. This alternative offers a relaxed atmosphere for bright seniors and juniors like Renaud who struggle in the regular high-school environment.

"I went to Middle College because I needed the credits. I just needed to graduate," Renaud said. "Yet I got there and realized there was so much more that I was missing out on."

Students at Middle College are simultaneously enrolled in their high schools; consequently, each student must fulfill his or her own school's graduation requirements. Since Middle College is an extension of high school, it is free.

Middle College provides its students with much flexibility and many opportunities. Although each student is required to take a two-hour English and social studies core class four times a week and an elective, students attend additional Foothill College classes during the day and occasionally in the evening, according to the Middle College Web site.

Moreover, Middle College classes are divided by grade. Once a week, the classes are combined and students have workshops, open-microphone or guest speakers. Both seniors and juniors follow their regular high school curriculum. However, Middle College is not intended to be an easy alternative to high school; instead, it is meant to help students find their niche and excel.

"I get just as much homework at Middle College as I did at Paly," junior Feyi Ajayi-Dopemu said. "Here, I only take two classes plus core and my elective, but I learn a

year's worth of material in each class in only three months. It all balances out."

Instead of being expected to take certain science or math classes, students can pick from a wide range of classes, ranging from astronomy to requirements like algebra. Furthermore, each class counts as double credits, so students receive both college and high school credits for most of the classes they take at Foothill.

This year, Renaud was finally able to explore human geography, a subject she enjoys but never had a chance to take before.

"At Middle College, you can really find out what is right for you," Renaud said.

Since Middle College is such a popular program, students must apply in order to be accepted to the school. These applications include teacher recommendations, transcripts, an essay, recruitment sessions and an interview. All students applying must attend Gunn, Palo Alto, Alta Vista, Mountain View or Los Altos high school. Once accepted, students must take a Foothill College entrance exam.

Although Middle College targets students who need a change, not all students struggled at their old high school. Some just did not adapt to the social tensions of high school. At Middle College, students are encouraged to be different.

"We are looking for students who were dissatisfied with the traditional high-school atmosphere, academically and socially," Middle College teacher Michael Wilson said.

Instead of stressing grades, Middle College encourages students to think for themselves. All three of the Middle College teachers understand that students need a change from high school. Since Middle College can only accommodate 85 students, there is a 1 to 29 ratio between teachers and students. Students consequently form close relationships with their teachers.

"Our core semester final required us to draw pictures depicting each character [in the book] and connecting them with general society," Renaud said. "This way of learning makes so much sense. At Middle College I just started getting 'A's. I don't know what happened; I had never got 'A's before."

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— Michael Wilson,  
Middle College teacher

Students also receive more freedom outside their curriculum. Students can return to their home school and play sports or join clubs, even though teachers advise students to join Foothill programs.

This year, Middle College students voted not to have an attendance policy. However, Middle College drops or restricts the freedom of students who abuse this privilege. Unlike Paly, students are confronted directly if they cut instead of receiving a phone call home. This freedom gives students space and is the reason why Middle College students often succeed, Renaud said.

"Students may come to us struggling. They believe the new environment will change everything," Wilson said. "They consequently stumble and do not perform up to their potential."

Although students sometimes do not work to their full potential and are asked to leave, very few drop out of Middle College, according to Wilson. This year, seven out of the 85 students left.

"I like the social atmosphere at Gunn a lot better," Gunn junior Emily Wide said. "At Middle College, every-



Campanile File Photograph

Foothill's Middle College program provides a flexible schedule and opportunities for students.

body is trying to express their individuality, and this makes them all alike."

For the most part students do succeed at Middle College and continue at Foothill or transfer to a campus of the University of California or a state school. Less than one percent of students chose to leave Middle College, according to Wilson.

Each year, about 60 percent of students stay at Foothill, and the other 40 percent attend a university. After graduating, Renaud plans to attend Foothill for two years and transfer to a university, something she never dreamed possible.

"I didn't think I would go to college," Renaud said. "I didn't even think I would graduate. I grew into myself here and realized I could."