**Zone diet stresses balance**

Zone diet does not deprive dieters of vitamins, instead it balances carbohydrates, fats and protein

**By LIZZIE CARLSON**

When drawing any local house or neighborhood community boarded with a plethora of signs overlooking the smoking-heckingly-thin bodies of models and movie stars we find it a no wonder by the fast food sign.

This tidbit of American culture, I would argue, we are simultaneously the most oblivious and obese country in the world.

The reason behind the Zone Diet is simple. For example, in the Zone Diet, when given in the correct dosage and combinations, carbohydrates, proteins and fats do not cause the unwanted weight gain. Instead of the traditional low-fat, low-carbohydrate diet, the Zone Diet is determined that 25 percent of energy come from carbohydrates, 50 percent from proteins, and 25 percent from fats. With this, the Zone Diet results in free from banger, greasy entropy and physical performance as well as improved mental performance, maximum longevity and overall good health.

The Zone is also not for people who are severely overweight or at risk of overweight. This Zone diet is not for athletes such as Olympic swimmers and NFL football players however, they enjoy great success while following The Zone Diet program. Jenny Thy- erson, for example, won a world medal in the 1992 Barcelona Olym- pics while on The Zone Diet. She is a former a writer for the 1993 article in a 1993 edition of Sports- Line, while on The Zone Diet, her only change was she dropped 25 pounds. Although in the past have included NFL players that have dropped 20 pounds and won the Super Bowl. Garcia, one of the founders of the Zone Diet, the Zone Diet is also for people who are overweight and need to get in shape.

The Zone diet is a healthy, middle of the road solution with the potential to induce beneficial side effects of weight loss, decreased cholesterol, and increased longevity.

While it involves a complete makeover of the way we think about food, and can be complicated at first, the Zone Diet is a formula that the Americans love to see work.

**Sample protein blocks:**

- seabass: 3 oz.
- egg: 1 oz.
- tuna: 1 oz.
- bass: 1 oz.
- chicken: 0.5 oz.

**Sample carbohydrate blocks:**

- vegetables: 0.5 cups
- lettuce: 2 cups
- oatmeal: 2 cups

**Sample fat blocks:**

- avocado: 1 tbsp
- cream cheese: 1 oz.
- olive oil: 2 tbsp
- mayonnaise: 2 tsp
- butter: 1 oz.
- olive oil: 3 tsp
- nuts: 1 oz.

Foothill Middle Community offers self-evaluation to high school students

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

By CAiKe WEEr

**Features Section Editor**

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

“I went to Middle College because I needed the change,” Remali said. “The school that I was at there and realized there was so much more that I was missing.”

Students at Middle College are simultaneously en- rolled in their high-school classes, while attending additional Foothill College classes during the day and occasionally, in the evening, according to the Middle College Web site.

Moreover, Middle College, Middle College is divided by grades. Once again, the classes are scheduled for students at similar age, socioeconomic or in general levels. 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 socialize.

“I just had so much homework at Middle College. I did not do well,” junior Faye Ayers-Douglas said. “There, lonely take two classes plus core and electives, but I learn a year’s worth of material in each class in only three months.”

Instead of being expected to take certain sciences or math classes, students can pick from a wide range of classes that attempt to meet requirements like geometry. Furthermore, each class counts as double credits, so students who choose to take a full load of classes at Middle College will get most of the credits they take at Foothill.

This year, Remali finally got to explore human geography, a subject she enjoys but never had a chance to learn.

“At Middle College, you can really find out what is right for you,” Remali said.

Since Middle College is a popular program, students must meet certain requirements to be accepted. These requirements include test scores, interviews and school transcripts. When admitted, students attend additional Foothill College classes during the day and occasionally, in the evening, according to the Middle College Web site.

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“We are looking for students who were dissatisfied with the traditional high school atmosphere, academically and socially,” — Michael Wilson, Middle College teacher

Students also receive more freedom outside of the classroom. Students can take classes to their home school and play sports or join clubs, even though teachers advise them to join activities at Middle College.

This year, Middle College students voted to have an annual prom and homecoming, Middle College drops or restricts the freedom of students who abuse this privilege. Middle College students are not home-schooled, they are expected instead of receiving a phone call from home, they are expected to call their parents instead. Middle College students often succeed, Remali said.

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Instead of stressing grades, Middle College encour- ages students to think for themselves. All three of the Middle College teachers understand that grades need a change from high school. Since Middle College can only accommodate 85 students, there is a 1 to 25 ratio between teachers and students. Students consequently form close working relationships with their teachers.

“Our core seminar format required us to draw pictures depicting each character [in the book] and connecting them with each other. It was very helpful,” Remali said. “This way of learning makes so much sense. At Middle College I just learned so much, I never thought I would be able to learn it.”

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“Middle College takes a student-centered approach, and allows students to learn at their own pace.” — Michael Wilson, Middle College teacher

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First there were the Claveries — shahid Brar, — shahid Cochrane and now, joining these revered families — the Osbournes — Ozzie, Chuck, Sharon and daughter Kelly, 17, and son Jack, 14, the Osbournes is a docu- serie on Fox. The first season of the Osbournes delved in the everyday life of the 1994 Maui Ironman Laura Companile winner Laura Feinberg.

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According to Fox, as long as 8 million people in each week to watch the wacky clan. Although Ozzie now says that, “I had to do it over again,” he wouldn’t have it any other way.

“People all over the country are following this family, and I’ve been following their story for a while now,” says 15-year-old Cassie Helfrich.

Ozzie Osbourne has a fansite for his family, and he is utilizing this to bring his family, and their show, to the attention of the world.

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