



# Tune-ing in

OutKast and Nine Inch Nails join country-western and jazz greats in highly anticipated 2005 releases

BY KATE WEBSTER & RYAN NYBURG  
DAILY EMERALD FREELANCE REPORTER & PULSE EDITOR

The new year is shaping up to be promising for music, with a collection of releases by familiar favorites ranging from the Beastie Boys and Lisa Loeb to Waylon Jennings to Andre Nickatina.

"The quality of music in 2005 will depend on what people personally like and how much of that taste is produced this year," said junior psychology major Andrea Stull, who primarily listens to rap, pop and rock.

The Beastie Boys are releasing an Australian-tour edition to coincide with the group's headline of Big Day Out 2005. It has a version of the hit "An Open Letter To NYC" with remixes of tracks from the album "To the 5 Boroughs," according to Tower Records' Web site.

Country-western fans can expect music from Waylon Jennings, Patsy Cline and Johnny Cash, on albums entitled "Love Songs," "Duets" and "Life Goes On," respectively. Taj Mahal will be releasing his new greatest hits collection, "Take a Giant Step."

Jazz great Miles Davis' "Amsterdam Concert," a previously rare album, includes the complete Amsterdam Concertgebouw Broadcast

recorded in December 1957 with tenor saxophonist Barney Wilen and the Rene Urteger quartet. Jazz buffs can also expect a compilation of Louis Armstrong's work, entitled "Ultimate Louis Armstrong." Other new jazz collections and re-releases

Burning Spear, the Cowboy Junkies and Agnostic Front. Eugene's own the Rock 'n' Roll Soldiers will also be releasing their major label debut, "So Many Musicians to Kill," in the next month. Rock fans will find plenty of releases to keep them happy in the upcoming year, as March sees new music from Mars Volta, Queens of the Stone Age and the Kills, while April brings a new album from Architecture in Helsinki.

A slew of albums are expected in the next year that have yet to receive a confirmed release date. Among these, albums by rapper 50 Cent and punk band AFI and the Alkaline Trio are all expected this spring, as are new albums by Beck and Fiona

Apple. The Deftones, the Black Rebel Motorcycle Club and Coldplay are expected to release albums in the next year. The Flaming Lips have a new album, "At War With the Mystics," slated for release this summer. The Liars, Massive Attack and New Order are all also expected to release albums. Nine Inch Nails will release its first studio album since 1999's "The Fragile" and its first release of any sort since 2002's live collection "And All That Could Have Been."

The popular hip-hop duo OutKast will be following up its breakout

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# Weight-loss resolution

One new diet trend gives hope to many Americans who wish for a flat stomach

BY ASHLEY GRIFFIN  
SUPPLEMENT FREELANCE EDITOR

Typing the phrase "diet books" into the Amazon.com search field yields 3,292 titles — a paltry figure compared with Google's 9.8 billion hits.

Sometimes it's a gimmick that attracts a dieter; often it's infallible promises to help them lose weight easily, or better yet, effortlessly.

One of the newest diet trends comes coated in neon orange — a new trend dieters might just swallow. "The Abs Diet: The Six-Week Plan to Flatten Your Stomach and Keep You Lean for Life," by David Zinczenko, has hit the market — and the wallets — of those on the eternal quest for rock-hard stomachs.

Defined abs aren't "reserved for athletes, for models, for body-builders, for trainers, for rappers, for the half-dressed 'talent' on infomercials, for genetic freaks, for the lipo-suctioned and for people who would classify celery as a dessert," Zinczenko said in the book.

Instead, he says they are an attainable goal for the average American.

The fundamental principle of this book is to build a stronger abdomen to aid in weight loss by shaving off health-hazardous belly fat.



LAUREN WIMER | SENIOR PHOTOGRAPHER

First-year law student Mariel Ettinger uses an exercise ball at the Student Recreation Center for an abdominal workout.

Unlike diet books that focus on restricting food, the Abs diet focuses more on building muscle.

Zinczenko says his diet will build the muscle needed to speed up fat burning; for every pound of muscle gained, dieters need 50 extra calories per day just to maintain the added muscle.

The chapters of this book include "A six-pack in 6 weeks," "Shocker: How low-carb diets make you fat" and "You have abs, yes you." The sections focus on three components of fitness: nutrition, exercise and motivational principles.

## Abs cheat sheet

The nutrition component prescribes eating six evenly spaced meals and two snacks per day. It focuses on using 12 power foods in the meal plans, which each include protein, monounsaturated and polyunsaturated fats, fiber or calcium. The diet recommends limiting refined carbs, saturated fats, trans fat and high-fructose corn syrup and suggests restricting alcohol consumption to two to three drinks per week.

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