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The Times

LIVING

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Lagniappe

A little bit of this, a little bit of that

Travel Smarts

Dreading four hours of back-seat squabbling on the way to Grandma's house for your holiday visit?

Parenting magazine offers these tips for keeping everyone happy:

■ Stash some office supplies in the glove compartment and give kids some sticky notes, Scotch tape and a box of crayons when they start to get restless. Toys and games are nice, but sometimes the simplest things can provide hours of entertainment.

■ To keep kids from bickering in the back seat, put a duffel bag between them.

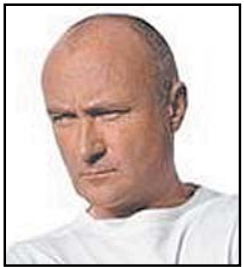
■ Pack healthy snacks to decrease the chances of hunger temper tantrums, and make frequent stops to avoid restlessness.



Hit the Web

Don't have time to get into shape? Reap the benefits of a gym membership from the comfort of your own home.

www.workoutsforyou.com



Phil Collins

Top concerts

The Top 20 Concert Tours ranks artists by average box office gross per city and includes the average ticket price for shows in North America. The list is based on data provided to the trade publication Pollstar by concert promoters and venue managers.

1. Phil Collins; \$1,009,835; \$77.27.
2. Bette Midler; \$977,103; \$99.60.
3. Sting; \$939,340; \$65.22.
4. Barry Manilow; \$881,129; \$79.83.
5. Metallica; \$848,816; \$57.83.
6. Usher; \$797,809; \$59.43.
7. R. Kelly / Jay-Z; \$767,246; \$62.36.
8. Kenny Chesney; \$737,502; \$44.09.
9. Cher; \$665,796; \$66.22.
10. Van Halen; \$661,923; \$76.47.

Fancy footwork

More men are wearing bright, multicolored striped socks and not just on Saturdays for walking the dog.

Celebrity stylist Phillip Bloch told Newsweek magazine that they brighten dull trousers and "break the boredom of gray suits." Coordinate with a tie if you wear one. If not, let your feet enjoy the attention.

According to Newsweek, the selection includes Paul Smith's blue and lime green checks, J. Crew's red and black stripes and H Hilfiger's hot pink and red. Don't wear them with shorts or a kilt, the magazine cautions. We might also add at a job interview, wedding or funeral.



Shane Bevel/The Times
Nelson Guillory (left) and Alex Harris talk before the start of the survivors meeting at Regional Urology.

By Margaret Martin
maggie@times.com

For a long time after he was diagnosed with prostate cancer in 2000, Bill Braidwood Jr. just couldn't say, "cancer."

Just couldn't say the word. "We were in a state of shock. We were numb," said Eve Braidwood, Bill's wife of 34 years.

Today, both Braidwoods freely discuss the cancer, his surgery and problems of incontinence the prostatectomy surgery left during an interview in their south Bossier home.

It is a condition that continues today, though Bill hopes a new procedure he will undergo Dec. 29 will counter it.

The Braidwoods attribute their candor to the American Cancer Society Man to Man Program, a support group, held monthly at Regional Urology.

"Man to Man is a part of healing," said Bill.

The meetings are free, informal, include no-holes barred question-and-answer sessions and a social time that includes dinner.

To make it easy for patients, the American Cancer Society sends direct mailings each month to all people who have ever registered for a session to remind them of the time and place of each meeting.

Four years ago when the Braidwoods first stopped by, the group was small and few wives attended.

That changed after Regional Urology and urologist James L. Moss got involved.

At the November meeting, there were 75 to 100 people and, as usual, about one-third were wives.

"It is truly much bigger and better than we imagined," said Moss. "We talk about any topic — nothing is forbidden — any questions about treatment, diagnosis, how to prevent cancer."

To do that and bypass any embarrassment for anyone, sometimes Moss plans a "fish bowl question-and-answer session" where attendees put the questions in a hat and draw them out randomly.

"It is one of their favorite things," Moss said.



Moss

■ See MEETING 2D



Shane Bevel/The Times
Dr. James Moss speaks to nearly a hundred people who attended the monthly Man to Man prostate cancer support group meeting at Regional Urology.



Shane Bevel/The Times
Regional Urology staff always prepares or has a meal catered for the monthly meetings.

Man to Man

Prostate cancer support group provides answers

If you go

WHAT: American Cancer Society Man to Man Cancer Support Meeting

WHEN: 6 p.m. Thursday. (The group meets the first Thursday of each month.)

WHERE: Regional Urology, 255 Bert Kouns.

ADMISSION: free.

SPECIAL NOTE: There is a program and dinner is always served.

INFORMATION: 683-0411, Ext. 251.

Gaining weight during the holidays does not have to be a given

By Howard Cohen
Knight Ridder Tribune News

Santa and crowded malls aren't the only holiday traditions.

So is weight gain.

Office parties. Holiday meals. Wine and spirits.

Americans gain about a pound during the winter holiday season, according to a 2000 study by the National Institute of Child Health and Human Development and the National Institute of Diabetes and Digestive and Kidney Diseases.

One pound doesn't sound like much but that extra bit tends to accumulate over the years,

says Alicia Guerra, a registered dietitian and diabetes educator for Baptist Health Systems in Kendall, Fla.

"One day is not going to cause any problems," Guerra says. "The problem is that most people don't go back to healthy eating and watching themselves."

Downing a huge meal isn't necessarily a heart breaker, either, says University of Miami cardiologist Dr. Robert Myerburg. However, for someone with hypertension or a history of heart failure, the heavy salt load and high-fat content common to holiday meals could lead to cardiovascular problems.

Here, then, are strategies for reducing holiday-induced flab.

Size matters, really

Last year, Web designer Donna Holdsworth, 49, a member of the diabetes support group at Hollywood (Fla.) Medical Center, started her diet before Thanksgiving and lost about 30 pounds by the time 2003 slipped into history. She hopes to do the same this year.

"Portion controlling worked and I made it through the holidays," said Holdsworth, who is not diabetic but who has a family history of the disease. "My sister came down

and baked a bunch of fudge. I had a piece but didn't take the whole box."

"Another thing they stressed is to plan these cheats. If I know something like (the holidays) is coming, beforehand I'll watch my intake a little more. You know you are going to cheat so plan it."

Fill 'er up

"Make sure you don't go to a party on an empty stomach. You won't be inclined to indulge as much," suggests Ruth Marcus, a registered dietitian with Hollywood Medical Center. Snacks could include cheese, yogurt, veggies, fruits, nuts.

Outsmart the buffet

Hold your drink in your dominant hand so you rely on your less-coordinated hand to gather the food. (You'll keep from overpiling.)

Skip things you always have, like chips and dips, and choose foods you get once a year.

Or, be last in line at the buffet and some of the higher fat foods may be gone.

"Let the other people eat too much!" Marcus says.

Silence is not golden

Forget your second-grade teacher's admonishments about being quiet. Self

control is for the library. Be a chatterbox. Tell dad his goatee makes him look 10 years younger. Discuss the recent election (well, maybe not). Play music critic and tell everyone why Eminem has lost it. If your gums are flapping you can't be forcing food through 'em.

Get rid of the guilt

"Get over feeling guilty because you've eaten something you think is bad," Marcus insists. "If you do eat one meal that's not 'good' that's not going to be the thing to destroy all the good things you've done before." Just get back on track.