



Vol. 2 Issue 44
19 July 2002

**WITH DISCIPLINE
BE LEAN & MEAN**

Dominating your body fat

GENRES MIX IT UP

Morcheeba learns to laugh and love

SOME LIKE IT LIVE

Tony Curtis doffs drag for film remake

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The
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South Beach

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ripped body, you're going to want to get your body fat ratio down far below that!)

However, experts suggest that an excessive body fat ratio is not particularly hazardous to your health until you reach 35 to 40 percent body fat. That's really obese, and clearly detrimental to your health and well-being.

Men tend to gain weight from the inside out — visceral fat is gained first, then superficial fat. If you are pushing a 40-inch waist, then you have a lot more body fat than the just stuff that's hanging over your belt. This puts you at high risk for coronary artery disease, diabetes, high blood pressure and other nasty health problems. The old-fashioned test, "If you can pinch and inch, your love handles are too thick," is still a good maxim.

So how do you go about losing it?

Research shows that resistance exercises (weight training) can boost muscle mass and increase your metabolic rate. When the metabolic rate goes up, your body will burn a higher percentage of fat during activity — any activity

— and also at rest. Recent studies have shown that the body's metabolic rate was still elevated a full eight hours after a session of vigorous resistance training.

Remember, you're trying to lose fat, not weight. Eat, don't starve yourself! If you reduce your caloric intake too much, your body will begin to "borrow" its energy needs by converting the protein in your muscles into energy. You don't want this to occur.

It's better to eat smaller meals more frequently. For a person really serious about getting body fat down, I recommend eating six times a day. Small meals eaten frequently throughout the day, so long as they are high in protein and low in fat, will also speed up your metabolic rate and ultimately help you lose fat. You'll remain constantly "fueled." In general, I recommend that my clients eat three sensible regular meals a day, and then supplement those meals with high-protein shakes or maybe cottage cheese and fruit in between those three regular meals.

Don't be obsessed about counting calories. Unless you

have a particular dietary problem, this is usually not necessary and a big waste of time. Concentrate instead on cutting down portions of individual food items. And as you start to eat more frequent meals, you just won't feel like eating large quantities. Trust me. You just won't be that ravenously hungry.

If you're in the habit of eating dinner late, adjust the time of your last big meal of the day. I recommend that people pursuing a normal daily schedule consume dinner around 6 p.m. If you are really serious about shedding body fat, it would be best not to eat anything at all between then and bedtime. But a high-protein, low-fat, low-carbohydrate snack a couple of hours before going to bed will probably not do any harm.

Be strict about your eating habits during the week. Then on one day a week, go ahead and splurge. Reward yourself with one "pig-out" meal a week. It's really okay.

And, of course, get serious about doing aerobic exercises, such as running, brisk walking,

swimming, biking, or even stair-climbing. It takes about 18 minutes of continuous aerobic exercise to burn fat — and it also has the advantage of improving cardio health, too.

Finally, it's also important that you "get real" about what kind of body your genetics are going to enable you to have. Some guys have a genetic code that enables them to get down to a low body-fat ratio pretty easily. Others will never get there. Look at your father, brothers and other male members of your family. Make intelligent decisions about what you are and are not going to be able to achieve.

If you exercise like a madman, watch your eating and still have a half-inch of fat around your midsection, then maybe you're striving for perfection rather than reality. Remember, you're a human being, not a machine.

Best of luck to you in your quest for the best for yourself!



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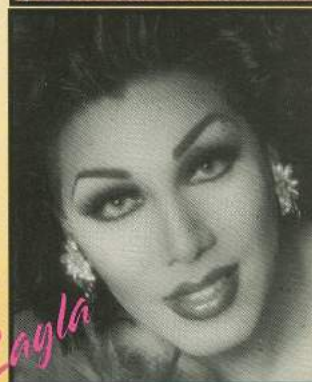
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Valerie



Layla



Sweet Savage



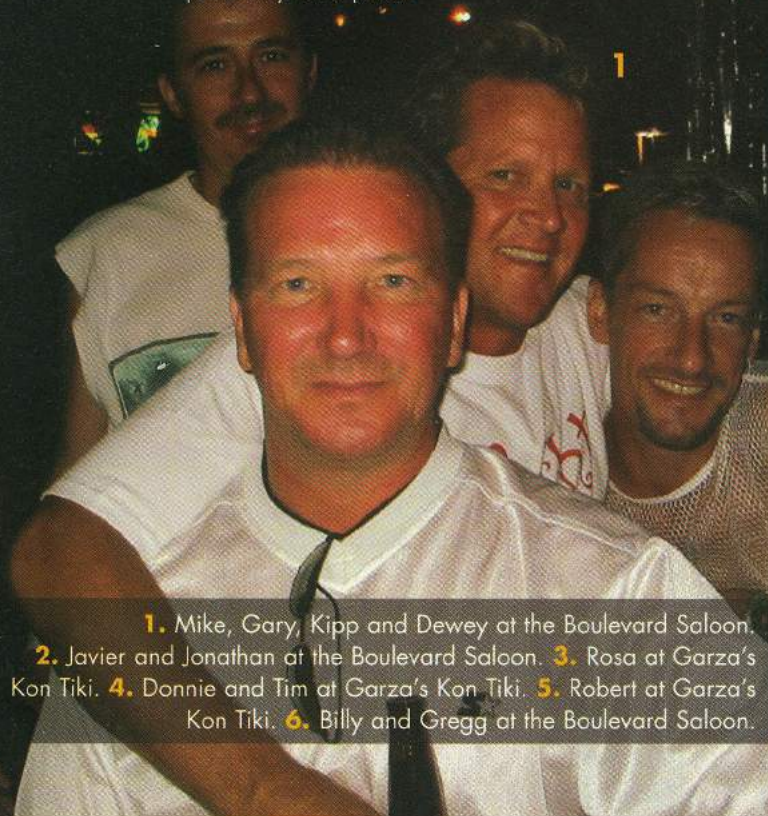
Katherine



Rita

galveston

photos by chris perez



1. Mike, Gary, Kipp and Dewey at the Boulevard Saloon. 2. Javier and Jonathan at the Boulevard Saloon. 3. Rosa at Garza's Kon Tiki. 4. Donnie and Tim at Garza's Kon Tiki. 5. Robert at Garza's Kon Tiki. 6. Billy and Gregg at the Boulevard Saloon.

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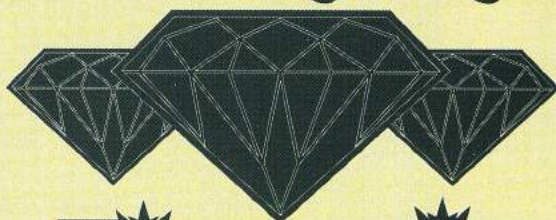
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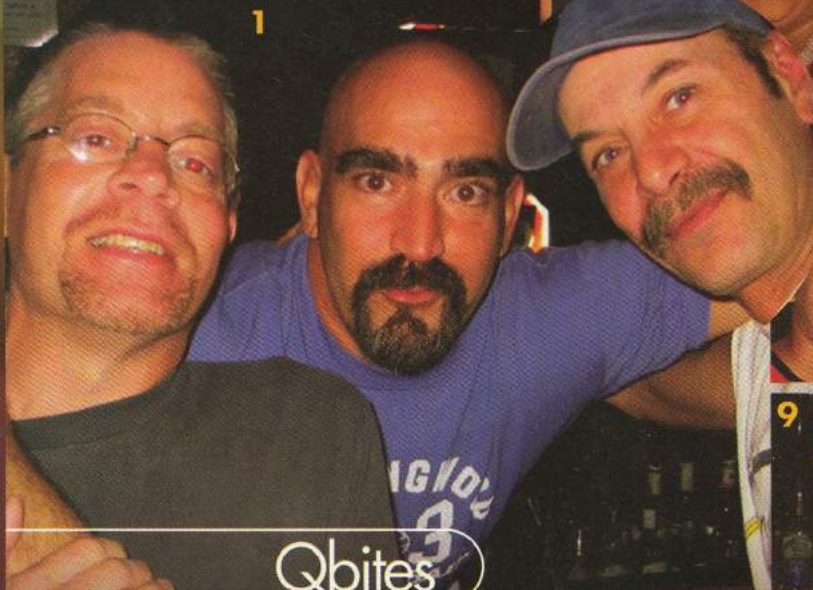
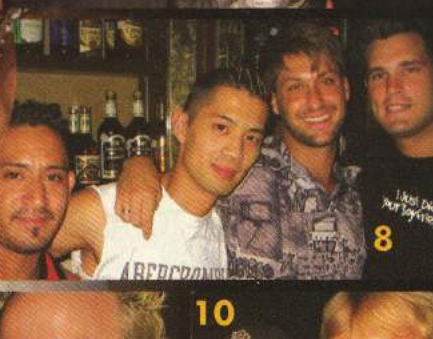
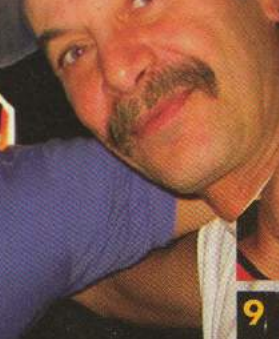
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photos by chris perez

1. Barry, Rick and Nick at Montrose Mining Co.
2. Rocky B and Alex T at Club Xcape.
3. José, Lamont and Angel at Club Inergy.
4. Mathew at Meteor.
5. Jeff, West, Steven and Kandi at Brazos River Bottom.
6. Kelly and Kofi at Santa Fe Bar & Patio.
7. Bill, Kenny and Steve at JR's.
8. Rene, Jason, Steve and James at Guava Lamp.
9. James at South Beach.
10. Tim and Christian at E/J's.



Qbites

Flaming Fridays — It's talent show night at Club Xcape on Wednesdays. Enter to win cash prizes. The lively show is presented by the fabulous Melissa Clinton with female dancers from 12 a.m. to 1 a.m. Drool over the male dancers who perform at midnight on Sundays!

Christmas In July — Miss Alabama and friends present Christmas in July Sunday, July 21 at 8 p.m. at Brazos River Bottom. It will be emceed by Shelby St. John and Don Gill. It benefits the PWA charities.

A Sparkling Personality — Have you been to Diamond Jimm's, the new alternative nightclub that is "straight friendly." The club features daily drink specials and dance heats up on Fridays and Saturday nights.

Hot Stuff — Things are heating up at South Beach on Wednesday nights with Café con Leche. Merengue, salsa and popular dance tunes are pulsating in Espanol. After soaking up the booze and boys, checkout the new restrooms located just off the Martini lounge.

E-Mail Your Club News — Is your club or arts group having a special event or performance? Then Qtexas wants to hear about it. Just e-mail Todd Epperson at Qtexwriter@aol.com. Include details of the event along with date, time and contact information. Relevant information will be included in Qbites as space permits.



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Debrha Ross



Sinnister Saturdays -
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Stardate

by rev. bill w

Cancer (June 22-July 22) You've got to know just when to approach the boss with regards to that raise you so richly deserve. Why not ask him out for lunch to break the ice? Saturday looks best for tackling long delayed chores around the house. Then you can treat yourself to a nice night out on the town as a reward. Sound good?

Leo (July 23-August 22) A full moon on the 24th in your opposing sign of Aquarius is likely to turn you into a "horn dog." No one will be safe from your longings (we do exaggerate a bit). A relative who's been through a horrendous time could really use some moral support. Avoid speculative financial ventures right through mid October.

Virgo (August 23-September 22) Looks like Taurus isn't the only sign going through the "stress test." The difference is that your nerves are far more delicate and need to be watched. Take up yoga or some other form of meditation. Long walks near a body of water help as well. It also wouldn't hurt to shed some of those backed up tears.

Libra (September 23-October 22) Although love might be in the air for some signs, you should avoid it at all costs until Labor Day weekend. What you don't need right now is to get involved with another "flake." Spend some time sprucing up your place. It's looking a bit drab. Stop at a few yard sales on Saturday and look for treasures.

Scorpio (October 23-November 21) The week looks pretty much business as usual, except for that full moon on Wednesday (which is going to make you a bit moody). A "take charge" attitude is necessary to get things done on the job. Don't try to be Mr. Nice Guy all the time. Tuesday looks best for settling a tense family dilemma.

Sagittarius (November 22-December 21) You'll likely be "on fire" most of this week — we mean on an inspired level of course. Pearls of wisdom will seem to flow forth. Be sure to keep that ego in check. Don't overdo the party scene on Sunday night. That younger Taurus who's been pursuing you sure is a doll. Why not give him a chance?

Capricorn (December 22-January 19) Being the boss and coming off as bossy are two very different things, Cappy. A little more tact on your part would work wonders when dealing with employees and clientele. Out-of-town guests this weekend prove to be a pleasure (surprisingly). Accept any "olive branches" that are offered to you.

Aquarius (January 20-February 18) The annual full moon in your sign on the 24th is a time for celebration and reflection. You'll also be in the mood to party hearty, but it is a work night (so go easy). That restless feeling you've been experiencing is partly due to the fact that you're in need of a vacation. Start planning one for early September.

Pisces (February 19-March 20) Dear, sweet Pisces. When will you finally learn that worrying solves nothing? Stop imagining disappointments before they actually occur. Putting a positive spin on life will help a great deal. Look for joy in the tiny things. Make sure to look your absolute best for that bash this Saturday night.

Aries (March 21-April 19) Obey the speed limit carefully on Saturday. Wednesday's full moon causes an unexpected financial setback, but it won't last long. Sunday should be a "do nothing day" — won't that be a nice change of pace? Don't allow that nosy neighbor to ruin your fun. Have a hedge put in or get new blinds, okay?

Taurus (April 20-May 20) It's truly amazing how much stress you've been able to work under, but everyone has a limit, Taurus. You need to get away from it all and there's no time like this weekend. If your money is in a mood, then go off on your own. Tuesday brings happy news from a distance. This will involve a trip later on.

Gemini (May 21-June 21) Financial issues still appear to be the most important aspect in your life, along with health, of course. The money seems to be going out as fast as it's coming in. That pattern will reverse itself in about two weeks. Meanwhile, the adorable stranger you see while food shopping each week has his eye on you.

Bill has been a psychic reader since age 5. He is a certified astrologer and a Reiki healer (master level). He is available for phone and Internet readings, and also for parties and all sorts of promotional events. He can be reached at 954-527-5820 and by e-mail at mcentaur35@aol.com.



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Meat Rack—2915 San Jacinto, 713-528-2028, meatrack.org.

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South Beach—810 Pacific, 713-529-5086, southbeachhouston.com.

611 Club—611 Hyde Park, 713-526-7070.

Toriz Disco—5322 Glenmont, 713-668-4892.

Viviane's Nite Club—5219 Washington, 713-862-0203.

Xcyle—614 Avenida, 713-533-9786, xcyle.com.

HOUSTON FITNESS

The Club Houston—2205 Fannin, 713-659-4998, the-club.com.

Midtown Spa—3100 Fannin, 713-522-2379, midtownspa.com.

HOUSTON HOTELS

Crocker Street Inn—2609 Crocker St., 877-442-9446, crockerstreetinn.com.

Gar-Den Suites—2702 Crocker St., 800-484-1036 (code 2669).

Holiday Inn Select—2712 S.W. Freeway, 713-523-8448.