

Tuesday, November 21st, 2006

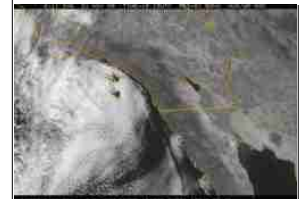
GUEST SEGMENTS:

- **Britney Murphy:** We were joined live by actress Britney Murphy. She's lending her voice and singing talents to the feature film, "Happy Feet". It's an animated comedy adventure, set deep in Antarctica in the land of the Emperor Penguins. Each heart needs a song to attract a soul mate. But problems arise when one penguin is born who cannot sing. To learn more about the movie, [click here](#) to visit the official movie trailer site.
- **Holiday Fitness Game Plan:** Afraid your workout regiment and eating habits will suffer over the holiday weekend? KUSI Fitness Expert Cindy Whitmarsh joined us live with her holiday game plan to keep those extra pounds off! Here are Cindy's suggestions: 1) Don't be a starver and a binger! 2) Watch the small hidden fat items. 3) Graze, don't hook up to the trough. 4) Don't deny everything. 5) Drink with caution (alcohol, sodas) 6) Splurge early and stop early! 7) Eat protein before you party. 8) Use the sugar-free gum trick. 9) Use the 20-minute workout rule. 10) Have a party game plan. For more fitness tips from Cindy, [click here](#) to visit her website.
- **Local Hero:** San Diego local Taylor Crabtree was honored by People Magazine as one of the Heroes of 2006. She's started up a non-profit organization call "Taybear". She sells hair clips, and uses the money to buy teddy bears to donate to cancer patients. She's always looking for volunteers and donations. [Click here](#) to find out how you can get involved.
- **Best of Books For Holiday Entertaining:** Our literary expert, Antoinette Kurtz joined us to share the most helpful and best-selling cooking and entertainment books of the holiday season! To download the list, [click here](#).
- **Holiday Decorating:** Renowned Dutch designer and educator Rene Van Rems joined us in studio to share holiday decorating tips that will add a touch of nature to any entertaining space. For more information on Rene, [click here](#).

ROD LUCK:

- **Chargers Blood Drive:** Rod Luck was live in Mission Valley for the 28th Annual Chargers Blood Drive. Together, the Bolts and the San Diego Blood Bank have collected nearly 46,000 pints of blood over the past 27 years. You can help them out by heading over to the Town and Country Convention Center, today from 9 a.m. to 7 p.m. They're located at 500 Hotel Circle North. For more information call (619) 291-6393 or [click here](#).

 [SAVE THIS](#)
 [EMAIL THIS](#)
 [PRINT THIS](#)
 [MOST POPULAR](#)



High: 72
Low: 54

Conditions Today

Slightly cooler with light breezes. Late night and early morning fog.

[More Weather](#)

What are your plans this Thanksgiving?

- Traveling out of California.
- Traveling within California.
- Staying put in San Diego!

