



"She's a ham!" Wilson says of her Lola.

CARNIE WILSON'S

Reality Roles

Between babies, backstretches and baking, the star details her full load

FEEL LIKE I'M GOING INSANE!" **CARNIE WILSON** JOKES TO *Us* of her working-mom juggling act. Indeed: On top of plotting a comeback tour with '90s vocal group Wilson Phillips and parenting Lola, 4, and Lucy, 6 months, with guitarist hubby Rob Bonfiglio, 42, the star, 41, is launching a baked-goods business and a plus-size fashion line. The upside? It makes great TV, she says, for her new reality show, *Unstapled* (GSN, January 14, 8 P.M.). "I'm over-worked, overstressed and I'm really controlling, which Rob and I argue about. My life is anything but dull!"

Shaping up "My weight struggle is part of the show, as it's part of my life," says Wilson. (The show's title refers to her 1999 stomach-stapling surgery, which took her from a size 28 to 6.) Now size 16, she says, "I'm doing power yoga and I'm on a gluten-free diet. I'm working at it!" MARIA SPANO



Trend Watch

CANDY-COLORED FROCKS

WHAT MAKES **ROLAND MOURET'S** brightly hued designs a smash with stars? "Each color is so powerful," he tells *Us* of his RM by Roland Mouret Rainbow Project collection (netaporter.com). "To be even more daring, wear turquoise with a bare leg." ERICKA SÓUTER

"He sculpts fabric around female curves," says Heidi Klum (in his Amitola dress, \$1,670).



Reese Witherspoon sported the apple-red Aspre Sheath (\$1,645).



Jennifer Garner opted for the Brise Noir (\$1,200).

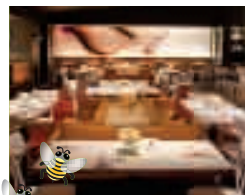


THE US BUZZZZ-O-METER

From good vibrations (one bee) to major quakes (five bees), the people, places and things that are keeping *Us* abuzz . . .

MILK & KRUNCHIES

Just like mom made: **Ashley Greene** and **Rachael Ray** enjoy these multiflavored (PB&J!) and diet-friendly (120 calories!) rice cereal treats. (\$20 for six, milkandkrunchies.com)

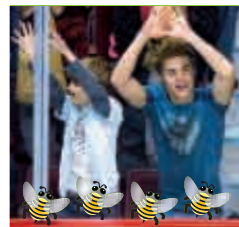


KATSUYA L.A. LIVE

The fourth site of the popular Japanese eatery (famed for its albacore sashimi) already has hosted **Kate Hudson** and **Miley Cyrus**. (213-747-9797)

APEPAZZA CAGLIARI BOOTS

Kara DioGuardi and **Audrina Patridge** rock fall's over-the-knee style in these leather kicks. (\$299, zappos.com)



HOCKEY

Carrie Underwood (newly engaged to Senators stud **Mike Fisher**) isn't the only fan. **Zac Efron** (above) and **Taylor Swift** have also been seen rinkside.

AVATAR

Nothing to be blue about: **Brad Pitt**, **Ben Stiller** and **Kanye West** saw the 3-D epic, and it set Twitter ablaze via stars such as **John Mayer**, **Kim Kardashian** and **Julianne Hough**, who raved,

"Avatar was amazing!!! I loved loved LOVED it!!!!" SG

