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MONDAY, DECEMBER 14, 2009

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# BUZZ

'I'm on such a diet.'

—Singer Adam Lambert

## Backstage at Jingle Ball

Young stars were out in full force at Z100's Jingle Ball concert.

Here's what spies for amNewYork overheard and saw backstage in the H&M Artist Gift Lounge at Madison Square Garden:

■ In order for singer **Adam Lambert** to fit into the skin-tight pants he wears on stage, he has no choice but to watch what he eats. "I'm on such a diet," he said. That said, we did catch Lambert indulging a little — he gobbled up a fistful of Nerds candy.

■ Another star thinking about his boyish figure? **Judah Friedlander** ("30 Rock") who

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said his New Year's resolution is to go to the gym and drop pounds. "[I've got to get my] a—in there and do it," he said.

■ **Kris Allen's** first kiss wasn't as pleasant as he would have liked.

At age 13, the "American Idol" winner went in for a smooch with a gal at a skating rink, and got a mouthful of... pickle, which his kissing partner had just been eating.

■ The band **The Fray** keeps it pretty low-key when touring

around the country. The guys said they keep occupied by playing games of Monopoly and Scrabble.

■ Many celebs avoid seeing their own flicks with so-called regular people in regular old movie theaters. Not **Anika Noni Rose**.

who said she plans to (gasp!) buy tickets to see "The Princess and the Frog."

■ "Ugly Betty" actor **Mark Indelicato** may be a front-row Fashion Week fixture, but the actor can't pass up a good bargain. "I wear my favorite gray H&M cardigan every day," said Indelicato, who has been spotted at the H&M store on 86th Street.



Kanye West

## Kanye gives props to Fitty and Outkast

For once, rapper **Kanye West** is actually being humble — well, sort of.

In response to Entertainment Weekly naming "College Dropout" the album of the decade, West yesterday blogged, "I loved [Outkast's] 'The Love Below' and [50 Cent's] 'Get Rich or Die Tryin' also. They both equally deserved the No. 1 spot in my eyes, but there can only be one No. 1!"

Bits  
O' Buzz

"Princess and the Frog" sweeps wind box office  
Disney's animated tale "The Princess and the Frog" took the No. 1 spot at the box office this weekend, raking in \$25 million. "The Blind Side" came in second with \$15.5 million, and "Invictus" came in third with \$9.1 million.

Spotted around town  
"Real Housewives of New York City" star **Bethenny Frankel** filming a yoga DVD with at YogaWorks Westside...  
Actress **Jennifer Esposito** teaching a class at her alma mater, The Lee Strasberg Theatre & Film Institute.



Bethenny Frankel



Adam Lambert  
(PHOTOS: GETTY)

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