



ways a good way to take a break from the stress of the oncoming holidays, but it also can serve as a source for helpful gift ideas for friends and family members on your shopping list.

Each fall, TV-related items are among the hottest holiday gift picks, with enough variety to please even the most discerning recipient.

From ABC, home of some of TV's biggest hits at present, comes a pair of items for couch potatoes who packed on some pounds watching "Dancing With the Stars": a "Dancing With the Stars Cardio Dance" DVD and a book showing you how to jive, samba and tango yourself into better shape. More sedentary types may go for the "Dancing" calendar or travel mug.

The Walker family does quite a bit of tipping on "Brothers & Sisters," so ABC offers a Walker Landing Winery picnic set as well as a picture frame bearing the show's logo and, of course, the complete first season of the series on DVD, among several other items.

Fans of the top-rated "Grey's Anatomy" can select from a line of cards and napkins from Hallmark, T-shirts, a magazine, calendar, soundtrack CD, trivia board game and season three DVD set.

If "Lost" is struggling a bit in the ratings, you'd never know it from the tie-ins shoppers can choose from, such as a canvas tote bag, Rubik's cube, T-shirt and notebooks all bearing the Dharma logo, action figures of the show's characters, a board game, calendar, puzzle, magazine and season three DVDs.

The resurgent "Desperate Housewives" has inspired a Wisteria Lane spa wrap and bath bag, a cookbook, a CD-ROM game, third-season DVDs and a line of American Greetings cards.

Fox viewers who are going through withdrawal waiting for the return of "American Idol" may get a fix from a new game, the American Idol Double Dance Showdown with headset microphone and hand-held microphone, and "Karaoke Revolution Presents: American Idol" for Playstation 2.

One of the most noteworthy items in the NBC catalog is The Biggest Loser BodyBugg, the fitness system used on "The Biggest Loser," including a wireless communicator, two sessions with a phone coach or fitness trainer, a three-month online subscription to a Web site that tracks progress and other accessories.

Game show fans can enjoy playing "1 vs. 100" and "Deal or No Deal" in a variety of formats. There's also a home version of "The Singing Bee" on DVD."

The success of "Heroes" has inspired a graphic novel spinoff from DC Comics, along with a "Heroes" lunchbox, drinking glass and season one DVDs, while the equally acclaimed but ratings-challenged "Friday Night Lights" also has a DVD set and soundtrack CD.

Toys and kids' products with a PBS tie-in include a Bob the Builder remote-control Scrambler; an I Love You Barney singing plush toy; a book and CD companion to the "Mama Mirabelle's Home Movies" preschool series.

If you're feeling a little retro, the vintage "Alvin and the Chipmunks" are still in vogue thanks to new games for both Playstation 2 and Nintendo formats.

Tweens and teens with iPods will appreciate two items from Cableorganizer.com: the CableYoYo Pop, which stores and protects iPod earbuds, and the earPod, which houses the wires in the plastic enclosure to keep them from getting tangled.

"Ben 10" is the hot title from Cartoon Network this season, with the Ben 10 Deluxe Omnitrix, Diamondhead and Wildmutt metamorph figure toys. There's also a new Pokemon Trading Figure Game. Season Three of "Fraggle Rock" is available from Twentieth Century Fox Home Entertainment, while MGM has released the animated "The Pink Panther: A Pink Christmas."

Of course, Discovery and its sister channels have an extensive line of appealing products for adults, too, headed by the stunning "Planet Earth" series on DVD, narrated by Sigourney Weaver (BBC Warner Video also has the series as it originally aired on the BBC, narrated by David Attenborough, so be sure you know which version you are buying). Also of note: "Meerkat Manor" slippers and the first two seasons of that popular Animal Planet series on DVD; the dazzling "Blue Planet: Seas of Life" DVD set; and, in conjunction with TLC, DVD sets of "Miami Ink" and "Little People, Big World." History Channel fans will enjoy DVDs from the "Modern Marvels" series, as well as "Mysteries of the Bible," "Cities of the Underworld" and "The History Channel Presents: The Civil War." Of course, no documentary collection would be complete without Ken Burns' recent and stunning "The War," complete on DVD from PBS. Among outstanding music DVD releases, "Bon Jovi: Lost Highway: The Concert" includes 30 minutes of footage not seen in the recent A&E telecast.