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COLLEGE LIFESTYLE
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WINTER 2010

THE (HOLLY)DAY ISSUE

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LETTER FROM THE EDITOR

Dear Readers,

It seems that, on the average, college is a time for endless celebrations. Greek week, mixers, formals, dinner dates, house parties—all of it adds up to a pretty good time.

But when the holidays come around, it can sometimes feel like there is a little lack of merriment. Dorm rooms are lucky if they don a Charlie Brown-style Christmas tree and most apartment mates keep season related décor (due to budget, I'm sure) strictly to a minimum.

However, with all the hoopla going on year round though, does that mean that holiday cheer should be disregarded and dismissed to the same realm as recess and Fun Dip? (Note: I still really like Fun Dip. Especially blue. In case anyone wants to send an early Xmas gift...)

We don't think so. Hence the (Holly)day issue. Yes, it's a cheeky reference and totally coincidental as far as issue planning goes that Holly Madison is our cover girl. But we are sure glad she is. From an interview aspect, she is interesting and enjoyable and from a pictorial perspective, well, she isn't too bad to look at either. In addition to her interview, we ring in the season by saying some farewells to good friends—two cast members from ABC Family's "Greek," who stop by to say their peace as their last season wraps. And because the yearend means moving on, we have two pieces that help out: a finance article geared for those who are literally, about to move and an interview with a relationship guru who gives the lowdown on breakups and beyond.

We feel satisfied, as with every issue, that we are the common cure for the season. So whether you are hanging your Dollar Tree tinsel at your abode or making your way back to Ma and Pa's, be sure that you take us with you. Sometimes celebration can come in the form of an impromptu booze fest or just a magazine that makes you jolly.

Till then,

Kristen Fogle

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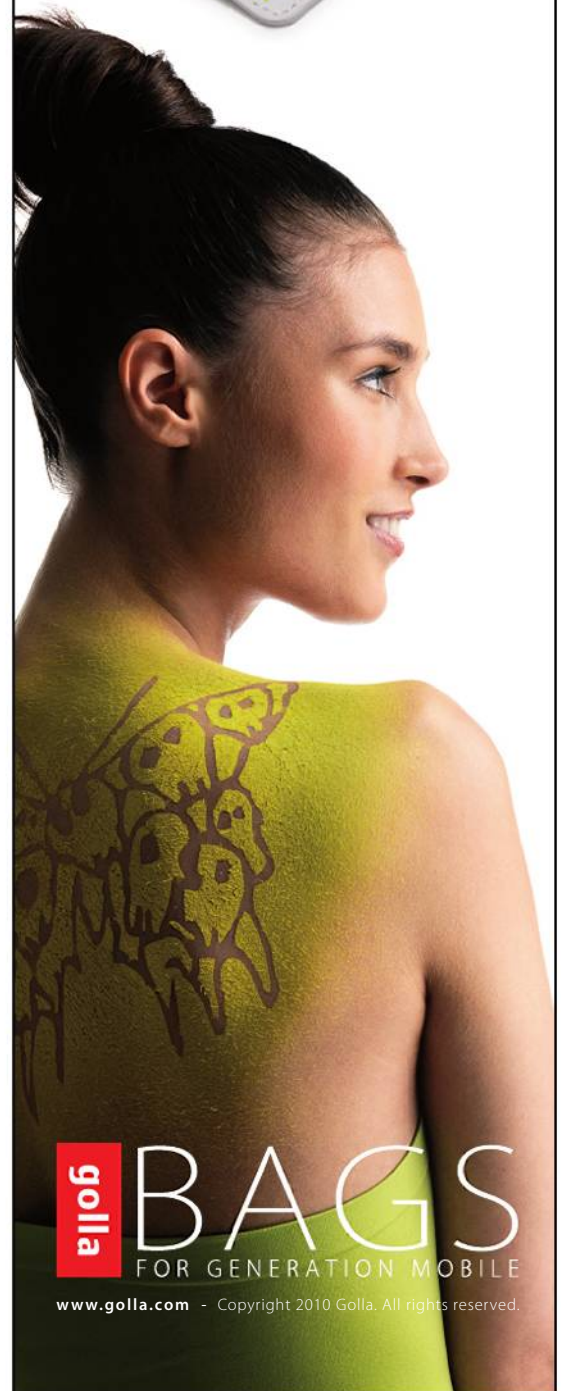
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10 Minutes (Each!) with
AMBER STEVENS & PAUL JAMES
of ABC's "Greek"

By Jenna Frimmel

With ABC Family's hit show "Greek" debuting its final season in January 2011, there was no better time to talk with Amber Stevens, the bubbly Ashleigh Howard and Paul James, better know as Calvin Owens. Stevens took time out of her lunch (at one of her favorite restaurants) to talk with Cliq about life: her upcoming jewelry line, the end for Ashleigh, her favorite spots to shop, and where to get the best grub in Los Angeles. And in the second part of the interview, Owens let us know Calvin's future, how cool Brooklyn is, and answers a pressing question Amber Stevens really wanted readers to know.

AMBER STEVENS

Cliq Magazine: Let's go back to the very first day of "Greek." What was it like on the set?

Amber Stevens: Oh my god, that was like a hundred years ago! I was really excited, but we didn't really know where the show was going to go since it was just the pilot. But I was so impressed with Sean Smith that he came up with this idea. I mean the Greek system is huge so how could no one have done this before? We didn't know what was going to happen with it but we were excited and we waited about two and a half months till we found out that we were going to be

working together for a while.

CM: I'm glad it worked out that way! Seriously, my Monday nights were devoted to "Greek." What can you tell me about the final season without getting in trouble?

AS: It's not too far in the future—only a few months have passed. The first episode takes place at graduation. You see Ashley, Casey, and Evan graduation but after that scene, it skips forward another few months to the end of summer and everyone is starting their new chapters. Ashley moves to New York City, Casey moves away to go to law school, Evan also goes to law school, and everyone else is back at CRU. So we see all the younger people now running the fraternities and sororities.

CM: I'm looking forward to seeing the final season but sad to see it end. What was the biggest difference from starting to ending the show?

AS: The first day, you're just being friendly and you're trying not to screw up and remember your lines. The last day, I was sobbing. Dilshad [Vadsaria] and I wrapped our last scene together and the crew announced "That's a wrap on Dilshad Vadsaria and Amber Stevens," and we both started bawling and hugged each other for like five minutes. It was really emotional. We were just so grateful for the opportunity and the relationships and friendships we formed over the years. It was almost like a dream though.

CM: It sounds rough. I'm glad I didn't have to go through it. What can you say about the final episode?

AS: The last episode is a tearjerker!

CM: Oh great. I thought I was going to cry; now I know I am! Thanks,

But then you're stuck and you don't know how to get yourself out.

CM: Speaking of Ashley's spending habits, let's talk about her clothes. Did you take anything, like a favorite outfit, once the show ended?

AS: I definitely took some stuff, that's for sure! The most memorable outfit was this really weird outfit that had a cloud on one shoulder and a rainbow on the other. It was almost like something a kindergarten teacher would wear.

CM: I loved that sweater!

AS: No, really it was hilarious. I mean, you would never go pick it up in a store and buy it, but it totally worked. It was exactly Ashley. Very colorful and weird but fashion-forward.

CM: So to keep on the subject of clothes, where do you like to shop in L.A.?

AS: That's really hard because I go everywhere! I really like LF though...And I kinda went crazy at H&M the other day. I'm not always a huge fan of the store but they have some really fierce stuff right now! I got some

black pants for \$13. I mean why not! Then you can splurge on the stuff you really want.

CM: After shopping where do you like to eat? I know you talk about your favorite spots on your blog "Amber Eats L.A."

AS: For breakfast, The Mercantile; for lunch, Jones on Third...And for dinner, Church and State downtown {in Los Angeles} are



Amber. Let's move on to a happier topic. What was your favorite Ashley story line?

AS: One of my favorite story lines from past seasons was when Ashley got her credit card. I thought it was funny but also really relatable. I know so many college students who when they get their first credit card they go nuts. They don't know how to use it, and you think it's free money and you buy all these things.

really good. It's French food and it has a really great atmosphere. The food is spectacular.

CM: So what's next for you? Where should we look for you?

AS: Well I filmed a guest spot on a new show called "Friends with Benefits" that's airing around the same time as "Greek." I'm in the

fourth of five episodes. Also, I'm just designing jewelry right now with my friend. The line's called Beso Beso by Jacqueline Brown. I'm hanging out with her today and we're in the process right now of working on the photo shoot and the website. Hopefully it'll be out by early December.

CM: If you could go back and do one thing different, what would it be?

AS: The only thing I would do differently is dye my hair sooner. When I watch that first season I have bad bangs and my hair is BLACK, but otherwise, every other step of the way was great and I wouldn't change any of it.



PAUL JAMES

Cliq Magazine: I asked Amber so I'm going to ask you—what was it like the first day on the "Greek" set?

Paul James: The first day on set like four years ago? I don't even remember. I remember we had rehearsals and it was fun, a fun experience. I mean, the first day with anything you don't put too much faith in it because you don't want to get disappointed.

CM: Agreed, but then the show turned into a hit and ran for four years. What was your favorite Calvin-centric storyline?



PJ: One of my favorite episodes is actually from the upcoming season, so I don't know how much I can say, but it involves me and Cappie [Scott Michael Foster] being in the same class. We've never really shared any scenes together and me and Scott get along really well, so that was fun. It was really cool. I enjoyed it a lot.

CM: Excellent, more scoop on the final season. What can viewers expect from Calvin in the final episodes?

PJ: For Calvin, we're going to see the fall out of the spring break episode and how he gets the presidency [of Omega Chi]. He didn't really get the presidency honestly and the house finds out, so we'll see how he deals with finding his place in the house. Calvin kind of comes to terms with the house and where he belongs, really *if* he belongs.

CM: Other than Calvin's role in the final episodes, what can viewers look forward to?

PJ: The final season was really like a gift. There are a lot of really good little surprises and character interaction you didn't expect. We have a "Hangover" episode, we have a "Breakfast Club" episode and there are a lot of fun things that happen till the final episode that wraps it up.

CM: What was the last day on set like for you?

PJ: The last day was really sad. It was the last day with our friends and family for four years. One of the things I'll miss the most is having that family. You know, asking the crew members about their kids, talking to people I've known for four years, and just that comfort. It's dangerous as an actor, because you don't ever want to get too comfortable, but most people don't get that kind of experience and I'm very thankful.

CM: What do you do when you're not working? Amber (Stevens) and I want to know, what has been your favorite concert?

PJ: That's a tough one! (Laughing.) My favorite band is Radiohead, so obviously that would be my first choice. I've seen some great Radio concerts and nothing will ever be as good as a Radio concert. I went to the Arcade Fire at the Shrine by USC a couple weeks ago with a bunch of friends and they were great. That was definitely one of my favorites. This past weekend I went to LCD Soundsystem at the Hollywood Bowl with like 30 of my friends. I mean, we're still talking about it. LCD Soundsystem, Hot Chip, and Sleigh Bells. It was the concert to end all concerts—I never had that much fun in forever.

CM: Last question. You have one word to sum up your entire experience on "Greek." What is it?

PJ: FRATASTIC.

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FAST FOOD FAST FOOD

Food that's Fast: AN EXPERT'S TIP TO GO

By Kristen Fogle

With all the food advice out there, it's hard to sort through all the stuff and get some quick and dirty advice. Known as the "Dinner Diva," New York Times bestselling author Leanne Ely, who has been featured on HGTV and in magazines like *Woman's Day*, *Redbook*, and *Self* to name a few, lets us pick her brain and delivers on some of the simple questions we most wanted to know about food, health, and the best sexy time snack.

Cliq Magazine: If you do have to snack, what are some healthy ones to grab during the day? Top three?

Leanne Ely:

- Almonds
- An apple a day
- Turkey jerky (nitrate free, MSG free)

CM: What is a common food that can unknowingly pack on the pounds that students should probably avoid?

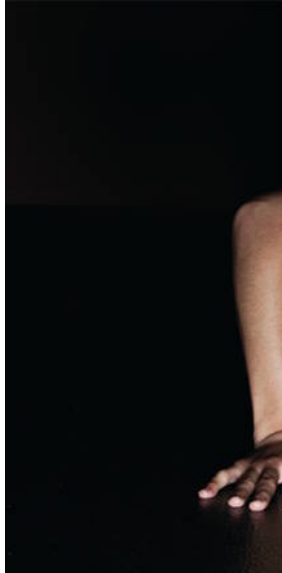
LE: Salads. Salad dressings have about 500 calories per ladle, so if you do two ladles...By the time you're done you have a 1500 calorie salad. It's very common that the freshman 15 happens and people put on pounds because instead of having a treat, they're consuming these high calorie salads all the time. It's totally doable to put on two to three pounds eating this way.

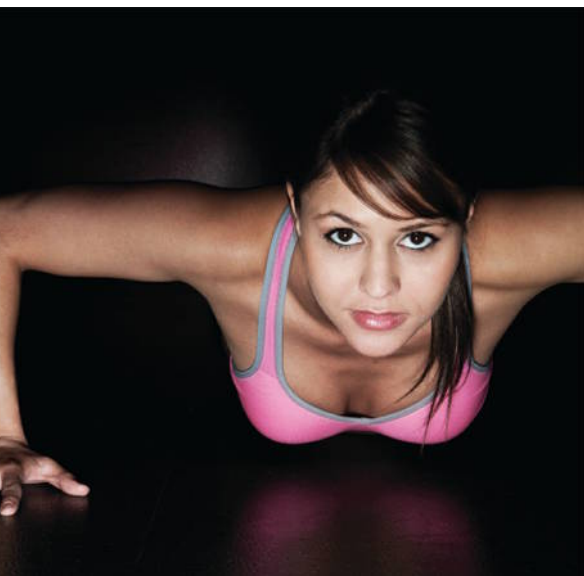
CM: So then what is a good way to rid yourself of extra calories if you do like salads?

LE: Instead of dressing, extra virgin olive oil and a bit of balsamic. Or lemon juice. Takes a little adjusting but it is really good and even tastes better...If you're dealing with a salad bar, you want to pull the dark green leafies as much as possible. Iceberg is just cellulose and water and you lose a lot of nutrition there. Plus it doesn't fill you up like the good quality in baby greens, spinach, chopped romaine...Add some lean protein if you can—chicken or tuna. Stay away from cheese. If you think about it cheese is pure fat. You wouldn't put a big handful of shredded butter on your salad, so think about it like that. Butter and cheese have about the same background; you're just looking at a different representation.

CM: What are the most important small cook wear items anyone, especially a college student should have?

LE: Two things. Crockpot and toaster oven.





CM: What's a good meal for an amateur crockpot-ter?

LE: Here's something simple you can do. You can put four potatoes in there and make baked potatoes, so you have a potato bar when you get home. Who doesn't like those? Easy.

CM: OK, I have heard you say that the best way to a lover's heart is just by cooking. But what is a good aphrodisiac type food?

LE: Avocados, believe it or not. Years ago they were said to come from the testicle tree. The interesting thing about them is that they grow in pairs and one grows a little lower than the other. It's a good healthy fat which promotes good circulation—the basis for all sexuality in males and females.

To see more tips from Leanne, check out an extended version of this article on www.cliqmagazine.com. And to visit Leanne Ely online, go to www.savingdinnertv.com

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How to make your next move smoother, cheaper, and less stressful

Sweaty, back-breaking labor. Dusty boxes. Seemingly endless hours of packing. Cleaning places you didn't know existed—and rather wouldn't. Cajoling family and friends to spend a day off hoisting furniture or shelling out hard-earned cash to hire someone else to do it. Realizing just how much stuff you've accumulated over the years. Getting rid of much of it, while hoping the rest makes the trip unharmed.

No one ever said moving was fun. On the list of life's unpleasant but necessary tasks, moving ranks somewhere between a trip to the DMV and a journey to the dentist for a root canal. Most of the time you're better off for it, but it's something you'd just rather not have to do.

But moving is not all bad. If you're getting ready to pack up and head for parts unknown, hopefully it's for an exciting reason. Maybe you're starting school. Perhaps you're moving to a new city for your first post-college job.

Whatever the reason, don't let this unpleasant chore distract you from the excitement of starting something new. Like any project, moving from one place to another can seem like a monster if attacked all at once. Use the tips described below to tame the beast by breaking this task into manageable pieces.

HERE, THERE, AND IN BETWEEN

To set your move in motion, ask yourself a few key questions: How big is the place I'm moving to? How much stuff will I be bringing? How much money will I need to budget for moving expenses? How much time do I need to get ready?

If you're moving into a college dorm with a roommate, you can probably fit all the belongings you'll have space for in your car. On the other hand, if you're moving into an apartment or condo on your own, you will probably want to bring more of your things. Not only is it practical to have your belongings in one locale, but too much empty space at home can add to feelings of loneliness in a new city.

If the latter is the case, you'll need to decide how you want to transport your items, as well as how much money you want to spend. The more belongings you bring, the more money it will cost to move them, and the more time it will take to pack and organize.

STASH OR TRASH (OR BETTER YET, RECYCLE)

Regardless of your new living situation, you probably have more stuff than you can or want to take with you. Consider which is more cost effective—moving your stuff or getting rid of it and starting over. If moving your items will cost more than replacing them, consider saving yourself the trouble by getting new things when you get to your new destination.

Whether you decide to bring household furniture or rid yourself of these items before the move, the next step is to purge the nonessentials. A garage sale is a great way to make a little extra cash, either by yourself or with a few friends.

Of course, you can always try selling things online—you'd be surprised what people will be willing to pay for. Finally, secondhand stores and thrift centers are always eager for donated goods that are in reasonable condition. Whatever you do, make the effort to find a new home for your things—recycling helps those in need and keeps useful items out of the landfill.



PACK IT IN: GETTING YOUR STUFF TOGETHER

You've sorted your stuff, deciding what to pitch and what to haul. Now it's time to start packing. This is the most tedious part of moving, and it's tempting to put it off. Don't. No one likes to show up on moving day to find the soon-to-be-former resident frantically running around, throwing things into random boxes, and wasting people's time.

You'll need boxes and packing material, of course, and you can easily obtain them for free. Many "big box" retailers and grocery stores are happy to let customers have their cardboard shipping boxes. Just ask what time you should come by to pick up discarded boxes. For packing material, newspaper does the trick. Again, no need to pay: Look around for free local papers.

Take the pressure off of packing overload by starting several weeks beforehand. Box up less-used items such as books, out-of-season clothing, and decorations first. Then pack the bulk of your things by room, labeling each box with a list of its contents. Finally, set aside a box with day-to-day necessities so that you can find them easily when you arrive.

TRANSPORTATION

One of the most important facets of any move is deciding how you'll actually get your stuff from point A to point B. One option is to hire a professional moving company to load up, move, and unload your belongings, start to finish. Another is to rent a locked shipping container that is packed up, picked up, moved, and delivered to your new location.

If you choose one of these options, be sure you're hiring a reputable, reliable service. You can find consumer reviews for these services online, and doing a little digging can save you a lot of headache. Also, check out the advice at MovingScam.com for more detailed information on hiring a dependable mover.

If you can't afford to hire a moving service, the more economical choice is to rent a moving truck and drive it yourself. If you're not moving very far and have family and friends who can help, this option can be relatively quick and inexpensive.

Finally, the earlier you reserve your truck and/or make an appointment with the moving service, the better. You don't want to be stuck without options because you waited until the week of your move to hire help.

MOVING DAY

Game time! After all of your planning and preparation, when moving time arrives, the best thing you can do is be ready to go. Be sure you've arranged to have your utilities, Internet, cable, and any other services disconnected at your old place and connected at your new one. Also, remember to fill out a change of address form with the United States Postal Service.

On the day of the move, start as early as possible. If you're renting a truck, have it ready when your helpers arrive, whether friends and family or professional movers. Be sure to have some cash on hand to tip the movers or buy pizza for your "nonprofessional" help. If you're helping to load the truck, minimize next-day soreness by taking a minute to stretch beforehand. Finally, if you have to clean after the move, start as soon as you can and recruit—or hire—help for this task too.



WELCOME (TO YOUR NEW) HOME

After all the sweat and stress of moving, nothing feels better than unloading the last boxes into your new place. Unfortunately, you still have tasks to check off the to-do list. Most rental truck services will want you to drop off the vehicle soon after you arrive; if you can, take advantage of the time left to pick up any bulky pieces of furniture you may need.

If you're renting, be sure to fill out the inventory list, noting any damages or needed repairs. Take photos of these to back up your inspection. Finally, if you're in a new state, check on relevant laws concerning driver's licenses, car registration, and car insurance. In many states, you need to convert these within 30 days of your move; in others, students are an exception to this rule.

Hopefully, this guide will help you get to the next phase of your life smoothly and efficiently. Happy trails!

STASH OR TRASH?

... OR BETTER YET, RECYCLE.



YOU DECIDE

Going somewhere?

No one ever said moving was easy. Deciding what stuff to keep or toss is just one of the parade of tasks coming your way during a move. Housing, transportation, budgeting, cleaning — moving requires preparation, planning, and organization. Check out AIE's FREE Relocation Guide for tips to help make your move smoother, cheaper, and less stressful.



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T H E
SMALL
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MIGHTY
new
iPOD NANO

By Rachel Shapiro



Almost exactly nine years ago to the day, a revolution in the art of music-listening happened. The date was October 23, 2001 and listening to music as we know it was changed forever.

The first iPod was introduced.

Now think back to what seems eons ago; the rotating circle in the middle of the iPod, to scroll through thousands and thousands of songs you could download onto your own personal music library. But that was just the beginning.

Four years later, a smaller version was introduced in the form of the iPod nano. Now six generations later, Apple has released the newest iPod nano.

This small but mighty nano is in a whole new league. Forget the rotating circle to scroll through your music, and replace it with a complete touch-screen device the size of a cracker that fits into the palm of your hand. Whether you are an exercise queen or you want to be a DJ, you can mix or run easily with this device.

When listening to your favorite songs, just tap the Genius icon, and your iPod nano will find other songs in

your library that go great together. It also comes with a built-in clip on the back to stick to your jacket, bag, or running shorts, making it easy to exercise with.

Other features include a pedometer to track your steps and meet your fitness goals. Even a FM Radio with the ability to pause live radio. You can rewind up to 15 minutes when listening to your favorite song or talk show, and then fast-forward to the live broadcast.

The new iPod nano also better caters to people who have listening disabilities. For example, if you have trouble hearing out of one ear, you can switch your iPod to Mono Audio to hear both audio channels in either ear.

Not to mention a built-in rechargeable battery that gives you up to 24 hours of listening!

All these features and more are crammed into this compact, sleek and colorful new iPod nano.

It is available now with a starting price of \$149 for 8gb, and \$179 for 16gb.

Happy Listening!

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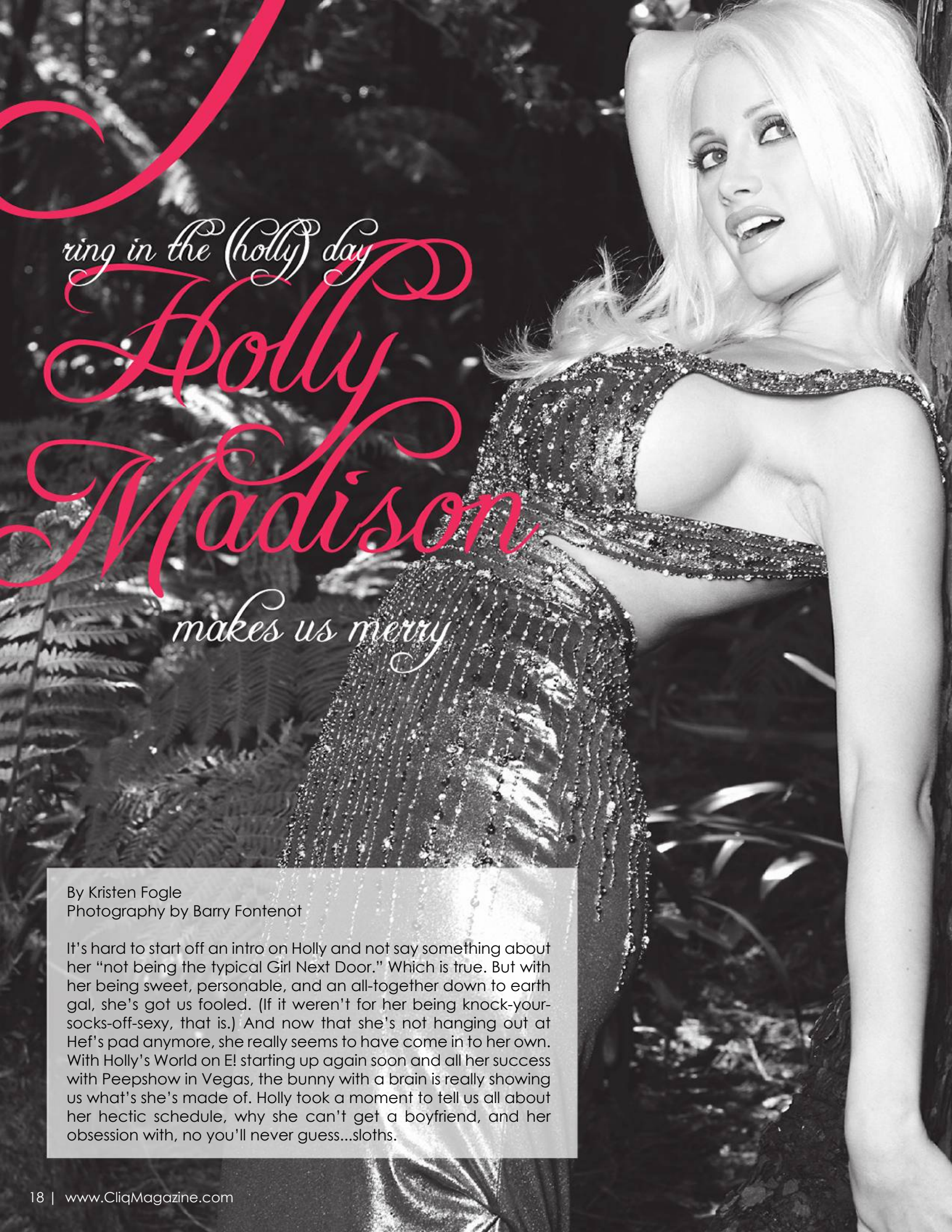
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ring in the (holly) day
Holly Madison
makes us merry

By Kristen Fogle
Photography by Barry Fontenot

It's hard to start off an intro on Holly and not say something about her "not being the typical Girl Next Door." Which is true. But with her being sweet, personable, and an all-together down to earth gal, she's got us fooled. (If it weren't for her being knock-your-socks-off-sexy, that is.) And now that she's not hanging out at Hef's pad anymore, she really seems to have come in to her own. With Holly's World on E! starting up again soon and all her success with Peepshow in Vegas, the bunny with a brain is really showing us what's she's made of. Holly took a moment to tell us all about her hectic schedule, why she can't get a boyfriend, and her obsession with, no you'll never guess...sloths.

Cliq Magazine: Congratulations regarding all the success of "Peepshow"! What does a typical show consist of or what are some of your favorite aspects of the show?

Holly Madison: Well it's a lot of singing and dancing. All the cast members are super talented and a lot of fun to work with and we go out all the time. I love the costumes. Just hanging out with the cast is a lot of fun.

CM: That sounds great. Did you have a lot of training for the singing and dancing?

HM: About two weeks before the show for the dancing. I'd just come off "Dancing with the Stars," so it was really easy to pick up. As far as the singing goes, I'm in training right now to take over one of the singing parts. I've never sung before so I was in classes all summer and now we just started the rehearsal.

CM: You've been living in Vegas for a while, and from "Holly's World" it seems like a lot of fun. Do you think it's harder to live a "normal" life in Vegas or in Los Angeles?

HM: I think both, except each has different aspects that make it surreal.

For example, in Vegas, it kind of feels like a small town when you live here because it's really not a big city, but on the strip there is always something to do every night and everyone comes here to visit from all over the country. And that's great, but the hard part is you really have to pick and choose as far as how often you go out if you want to get anything done. Really for me, I only try to go out once a week. So unfortunately, I can't always entertain my friends when they are here all the time or go

to every single party. And in LA...LA is kind of difficult too because it's super expensive out there and everything is so spread out and the traffic is horrible. For instance, if you have a day of running errands it takes you all day to do two things. And the paparazzi there kind of sucks; there's no paparazzi in Vegas.

CM: Regarding Vegas, this summer you were quoted as saying that you wanted to stay put; get involved in city politics and become a Sunday school teacher there. Are you still wanting to stay in Vegas or are projects or your personal life pulling you elsewhere?

HM: Yea, I definitely still love Vegas. I have my house here and I think I want to live here for the remainder.

CM: While I'm digging into your personal life, I hate to ask about people's dating life...but I gotta ask about your dating life. You've said in the past you're fine being single, is that still the case?

HM: Yea, I'm single. I'm just casually dating people. It's hard for me to have a boyfriend because most guys can't handle my career or the fact that I'm so

busy or the fact that I have to be in Vegas six nights a week. Some people just can't handle Vegas for two days and it's hard to find a guy that can. A lot of guys also have issues with the reality show. If I'm dating someone, I have to at least acknowledge that I am dating them on the show whether or not they want to appear. Some people aren't even OK with that so they need to think about that before they ask me out.



CM: Yea, absolutely.

HM: (Laughs.) I hate it. Guys will ask me out because they see my billboard and think I'm cute and then they get all bent out of shape when they find out that I'm expected to at least mention that I have a boyfriend on my reality show. It's like, get real guys.

CM: So how do you find someone who is genuine then?

HM: Umm, I don't. (Laughs.) I haven't yet.

CM: Fair enough. (Laughs.) Can you tell us a bit about your book that will be released in February, "The Showgirl Next Door"?

HM: I'm really excited about it. It's a guidebook to Las Vegas. It also has a chapter on Vegas history, the history of the showgirls, and peepshows. It's a really good thing to pick up if you're about to head up to Vegas or want to plan a trip. The thing about Vegas is that people get a room and just show up here and don't really know what to do. For instance, for most shows, 75 percent of the tickets are sold the day of. So people come here and don't know what to expect and don't know what the city has to offer. It's impossible to include everything [in the book], but it shows what's out there besides the gambling tables.

CM: Very cool. We'll make sure to review it when it comes out.

HM: Thank you!

CM: On a more serious side, I recently came across a video with you and Josh Strickland regarding the bullying that led to gay youths committing suicide. In the video, you said that high school is hard but college is a lot better. What was your college experience like at Portland State and Loyola Marymount?

HM: My college experience was really good. I really didn't have that much of a social life because I was concentrating on getting good grades so I could

transfer and move to California. But college is just so much different. People are so much more accepting. They kind of just let you be you. Usually if you're just minding your business things are pretty cool. High school is more complicated.

CM: I agree. Do you think it's still smart for people who are planning on entering the business to pursue a college education?

HM: I think college is a great place to find out what you want to do and if you want to be in this industry. It takes so long to break into unless you're that one in a million. Unless you have the opportunity to pursue it 24/7, you should be doing something, so I don't think it's a bad idea.

CM: I also read something about how you're involved with the charity Soles for Souls that for low donations gives shoes to underprivileged children in need. What made you want to get involved with them?

HM: I was approached by the company and they asked me to do an appearance...So I did the appearance and donated my appearance fee back to the organization. Casey Cobb was in charge of it and she's a sweet girl and it's a great organization.

CM: You've always been described as a big animal lover and I heard recently that you adopted two ferrets. What other pets

are you anxious to adopt in the future?

HM: Oh my gosh! I don't think I'll actually be getting one of these any time, but I love sloths...There's actually an animal rescue about an hour north of the city that I'm dying to go visit because they have sloths. I don't think I'll be getting any new pets soon, but I really want to look at those sloths! I'm gonna send you pictures. I think they are so cute, but I show my friends pictures and they are like, 'Eww, what is that?'

CM: Love it! Looking forward to it. So moving in a completely different direction, I believe you were







on Kendra's show, but do you two remain close? Was there any competitiveness with the two of you both having shows?

HM: No, we're definitely very close. We don't get to hang out a lot because she has to travel so much because of her husband's job and I have to stay in Vegas. But we always look forward to the chances we have to get together. And there's no competitiveness...both shows are so different.

CM: Well both are really good.

HM: Thanks.

CM: Also talking about "The Girls Next Door" cast, there's your ex, Hugh [Hefner]. I know he made an appearance on your show but are you two still friendly?

HM: Yea, we mostly talk over Twitter. I stop by the mansion when I have time, go visit him, see the animals and stuff. I think I'll be seeing him soon because Claire, who is dating his son, is going to be doing a guest spot at one of the burlesque shows out here in Vegas and we're all going to go see her.

CM: Is it odd or surreal to go back to the mansion to see other girls hanging out or living there or whatnot?

HM: I always go during the day, not during a party or when it's going to be crazy with a lot of people. So I don't really see any of the other girls. I'll go see Hef, see the girls in the office.

CM: Well, speaking to that, we saw you doing some behind the scenes stuff working as a photo editor while on "The Girls Next Door." Does that kind of work still interest you?

HM: Absolutely. I really love that job. After about two years though, it kind of got to be repetitive. It felt like I wasn't really adding so much

anymore. The job was a really fun way to meet people and to share that new experience with someone coming in for their first modeling job. It's so exciting for them. I love working with the set designers and stylists. I love art direction.

CM: Give us some updates on "Holly's World" if you will. Any spoilers?

HM: It's on hiatus now. The second season starts shooting in December. I really don't know because it's reality and whatever happens, happens. Anything could change.

CM: Exciting! So, earlier in our interview, you said you kind of have to be one in a million to break in to the business. So for college students who aspire to model and act, or essentially be like you, what is a

realistic first step to making yourself stand out? How do you become that one in a million in the business?

HM: It's such a strange industry, especially today with reality TV. Really anyone can make it for any reason. You have to find something that sets you apart from everyone else and carve out a niche for yourself. When we were on "The Girls Next Door," it was kind of in our contracts that we would all do spin offs after. When I had moved on from that, I'd gone to Vegas to do the burlesque show. I was super excited about that, loved all my friends here, loved Vegas, and wanted to do my reality show here. Well nobody else did. Nobody from the network wanted to do it. They get a pilot on Vegas every season and said Vegas is over. But my thought on the matter was, this

is where I live, this is what I'm really doing in my real life, this is what I love. My thought was that the last thing anybody needs is another reality show set in LA about a girl trying to have her own handbag line. So I stuck to my guns and it ended up working. So I think even if you're just starting out, you should focus on what makes you special and what makes you stand out from everyone else in your genre.

CM: I think that's definitely good advice. We wish you luck with the upcoming season of "Holly's World" and "Peepshow"!

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Getting Good P.R.

Your Guide for Greeks, Clubs, and Orgs?

By Kristina Blake

It can be difficult for campus clubs, organizations, fraternities, and sororities to receive media attention. When college students do make the headlines, it's often negative news about partying, drugs, drinking, and so on.

So if your organization has an upcoming event or you just want to share some good news, try some shameless and free self-promotion. Hanging posters and fliers around campus can generate only so much buzz. To reach even more people, start sending out press releases.

Here's an easy step-by-step guide on how to create a press release.

1. Before creating a press release, it's important to know why you are creating one. Press releases are statements given to members of the media in order to announce something you feel is newsworthy. Determine your focus so the information you include in your press release is clear.

2. The next step is gathering all the information you need. Get the facts—who, what, when where, why, and how. Report these facts in a clear and concise manner. And, keep it short. Reporters receive a number of press releases everyday. A lengthy release can get tossed aside. You want to include just enough details so that your recipients are intrigued to contact you for more information.

3. Type "FOR IMMEDIATE RELEASE" in the top left-hand or right-hand corner of your page. Include a date if the information in your press release should not be published until a specific date.

4. Follow this with relevant contact information, such as a contact name, title, phone number, and e-mail address. It is also acceptable to include these details at the end of your press release.

5. Create a headline and center it above the body of the press release. Make sure your headline is effective in encouraging your readers to continue reading.

6. The text of your press release should follow the headline. Remember to stick to the facts and make the information in your press release newsworthy. You can also include quotes if applicable.

7. Conclude your press release with a paragraph about your organization. This standard information should be used at the end of all your press releases. Include a link to your website if you have one.

8. Follow the last paragraph with contact information if you didn't include it at the top of the page. Remember, if the recipients of your press release agree that your announcement is newsworthy, they will want to contact you.

9. The last step to creating your press release is a simple one. At the bottom of your page, center three number symbols (# # #) to indicate the end of your press release.

10. When you are finished, send your press release to various media outlets. Be sure to send your release to your campus newspaper and other media on campus. Also send it to other local newspapers, magazines and websites. Contact reporters who are likely to cover your news such as education or special events reporters.



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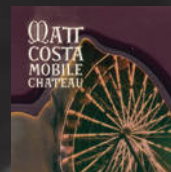
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RALLY TO RESTORE SANITY

'...And Sometimes the Light at the End of the Tunnel Isn't the Promised Land. Sometimes, it's Just New Jersey'

My first-hand account of "The Rally to Restore Sanity and/or Fear" and how it lead me to sleeping in the Newark Airport.

By Justin Cross

At the time that you read this article, it is fair to say much has been written about the estimated 215,000 person rally held on the Washington D.C. Mall hosted by comedians Jon Stewart and Stephen Colbert. "The Rally to Restore Sanity and/or Fear" meshed comedy and music with a message to restore a more civil political discourse—focusing a great deal of attention on the petty bickering and outrageous claims that tend to commonly occur on cable news outlets like FOX News, CNN, MSNBC, and CNBC.

Many who have chosen to voice their opinions on those same news networks have tended to focus their efforts on critiquing—for better or worse—the content of the rally. How funny was it? Was it too political? Not political enough? Were a majority of the rally-goers drunk? Of course, these are important and essential inquiries for a rally of that size and magnitude. And yes, many of us were drunk.

However, the most important question is: why did all those people show up? What was the draw for these "stoned slackers" (as Bill O'Reilly has commonly referred to Stewart's audience as) to show up in mass? Speaking as someone who was there I can safely say that the reason was, hands down, free back rubs. Sure enough, between the north side porta potties and the first aid tent, there was a man named Sven and a woman named Chloe relaxing

medicine" being offered on the Venice Beach Boardwalk. And for some reason Ben Stein was there. Not only giving out free packs of Clear Eyes, but oddly enough, he was camped out with a Costco-sized bottle of Aussie Mega Shampoo with a single latex glove on his right hand.

But maybe the crowd was there for something else besides a cheap massage and a Ben Stein-hand. Maybe they were there to see a

Sure enough, the next day we arrived to seas of people. They hung from trees, traffic lights, and even those darn porta potties. Some carried impassioned signs to decry FOX News. A few carried signs protesting the event, or "liberal media." But most people carried signs reflecting the nature of the event, something funny but with a purpose: "In the Two-Party System – I Prefer the After Party," or "I'm as Ambivalent as Hell, and I'm Not Going to Take It Anymore."



couple folks they actually trusted. On the day before, the rally was the talk of the town. At the airport in Baltimore to the bars in Dupont Circle, the common question being thrown around was, "Are you going to the rally?"

In my two hours of interviewing folks on some side street, near some important-looking building, near some porta potties, and next to some guy that smelled of cognac and urine, I noticed that many of the folks I interviewed seemed oddly passionate...even in their SpongeBob Halloween costumes. I met a 24-year old girl who had purposely chosen to travel and live in various parts of the country in order to better understand the viewpoints of others. I met a man who drove up to the rally from my home town of Jacksonville, Florida. He felt he had to be at the rally because to him, comedy was the best remedy for absurdity. When I followed up and asked why he was talking to me instead of attempting to view the comedy and music on stage, he said, "That's what YouTube is for. Right now, it's about being with the people." I met another gentleman from South Carolina who was fed up with the people he worked with because, as he put it, "...you can't have a normal political conversation with

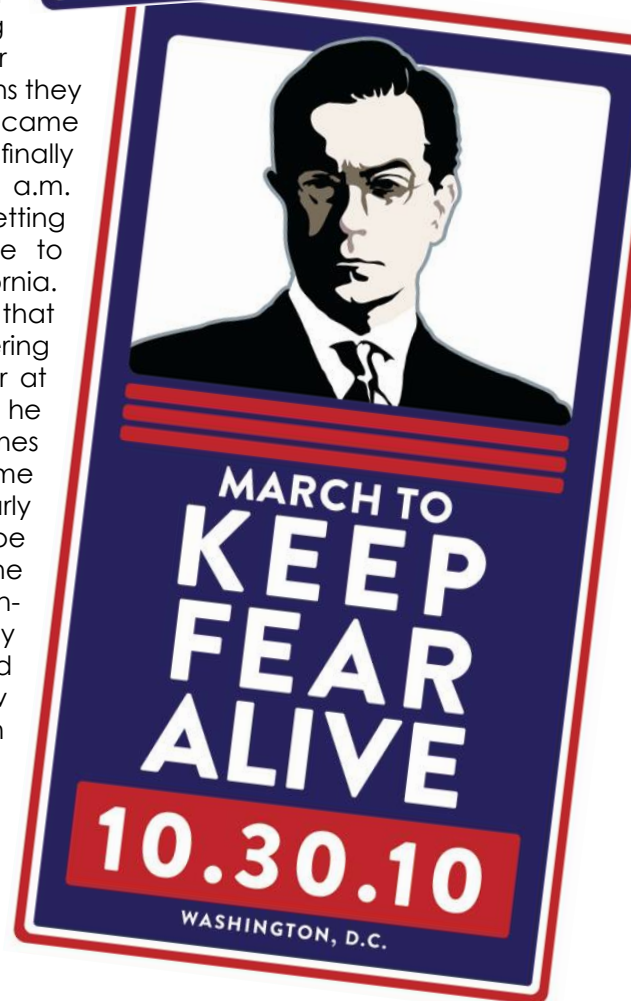
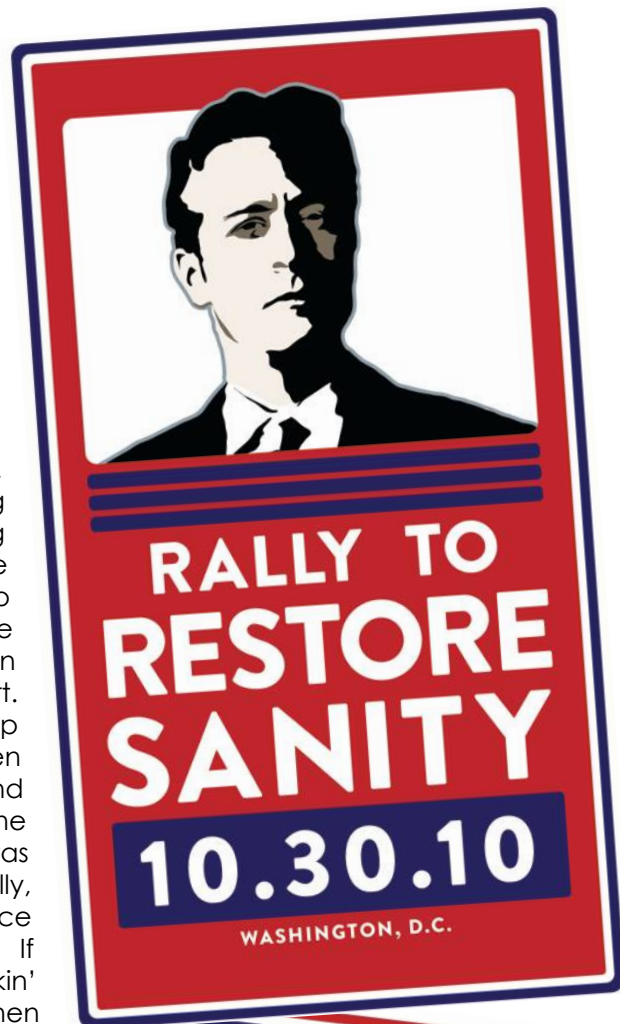
them." I also met some college-aged students who didn't know each other prior to the rally but had bonded over the common cause of sanity. But also because of lots of alcohol.

Eventually, my group and I made it out of the mess of people before the show was over having seen nothing of what was happening on stage. At first we were frustrated, as we hoped to land interviews with the many random-ass celebrities who appeared. Not to mention, my group had come from all parts of the country to witness live entertainment (not to say watching a middle-aged man shimmy his way up an oak tree while people chanted his name didn't catch our attention). Eventually, we were able to make it to a local sports bar of all places to catch the closing statement from Jon Stewart. It was at that point that I sort of realized the answer to the most important question. What Jon Stewart and Stephen Colbert do speaks to people. More specifically, their sincerity (or insincerity in Colbert's case) is what connects fans to them. That day, most people at that rally (and I imagine those who were there via TV or Internet), felt that connection together. Having captivated his audience throughout the final minutes, Jon Stewart delivered this line: "Because we know, instinctively, as a people, that if we are to get through the darkness and back into the light, we have to work together. And the truth is there will always be darkness, and sometimes the light at the end of the tunnel isn't the Promised Land. Sometimes, it's just New Jersey."

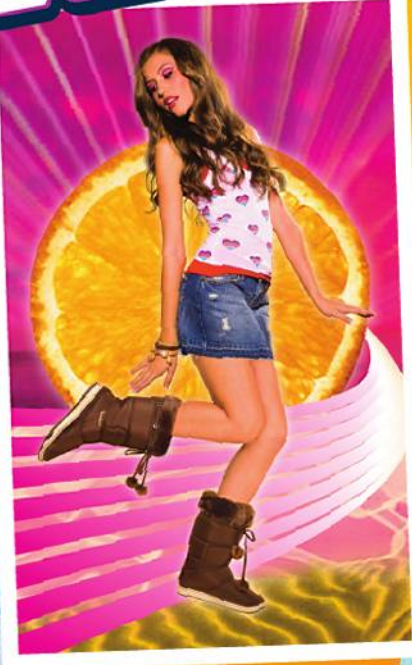
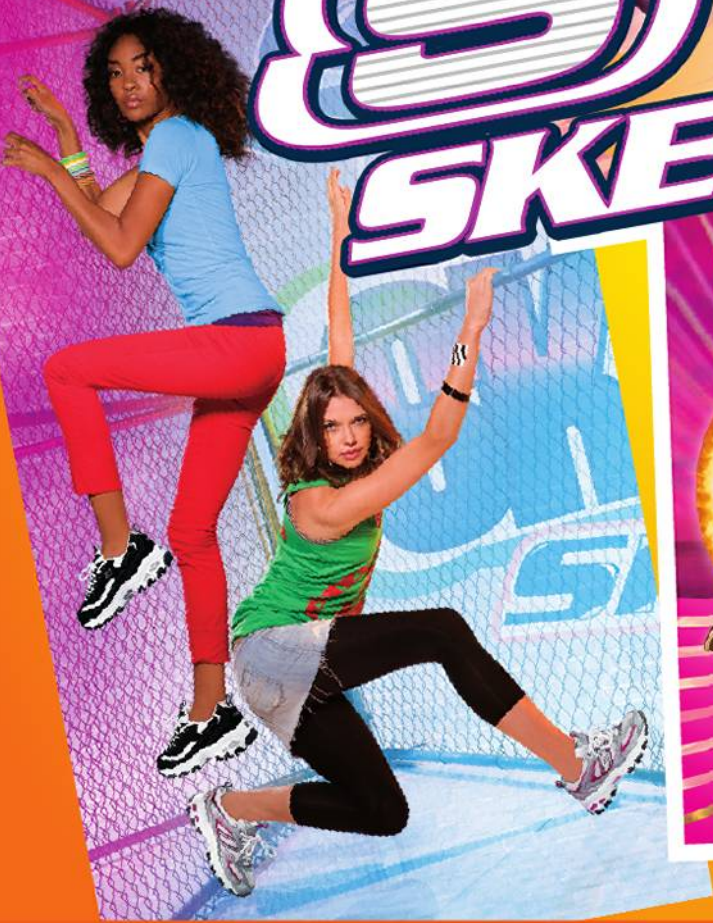
The next day I woke up a bit late for my flight back to LA. Still on track to make it, we got our feet stuck in the mud with The Marine Corp Marathon that was winding its way through the DC grid system. I missed my flight but paid \$50 to get on another. All was good until that flight got delayed on the tarmac due to heavy winds. When we took off an hour-and-a-half later, I missed my connection flight forcing me to stay the night in the tunnel of the Newark Airport. Too hung over from the weekend, I didn't even use my \$12 meal voucher Continental gave me at the Guinness Bar next

to where I would later spoon. Instead, I watched the Saints beat the Steelers and sent Brett Favre-like text messages to girls I don't talk with very much. I'm kidding of course. I don't own Crocs.

The next morning I was sore because, if you've never slept on the ground at the airport, it blows. It's like going camping but forgetting a sleeping bag. And from what I've heard, people tend to feel bad when they see someone sleeping on the ground at the airport. Maybe the airline offers up a blanket or pillow, or even a cot, or let's-get-crazy and offers him a room at the La Quinta Inn. But this was Jersey. More specifically, Newark—the birthplace of the immaculate STD. If they don't spill their Dunkin' Donuts on you at 6 a.m. when you're shivering and using rolls of toilet paper as your pillow, then word is that means they like you. My saving grace came the next morning when I finally flew back to LA around 7 a.m. EST. You see, I'm used to getting nice sunsets being so close to the beach in southern California. But flying out of New Jersey that morning, I remember peering over the man hunched over at the window seat. I imagined he had taken this flight several times before around the same time of day and wasn't particularly surprised at what he could be looking at. Outside was the most spectacular orangish-pinkish sunrise. I didn't exactly know where I was positioned in the Tri-State area. All I know is that I looked down and in the middle of a large body of water was the Statue of Liberty.



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Sundancer



Road Trip



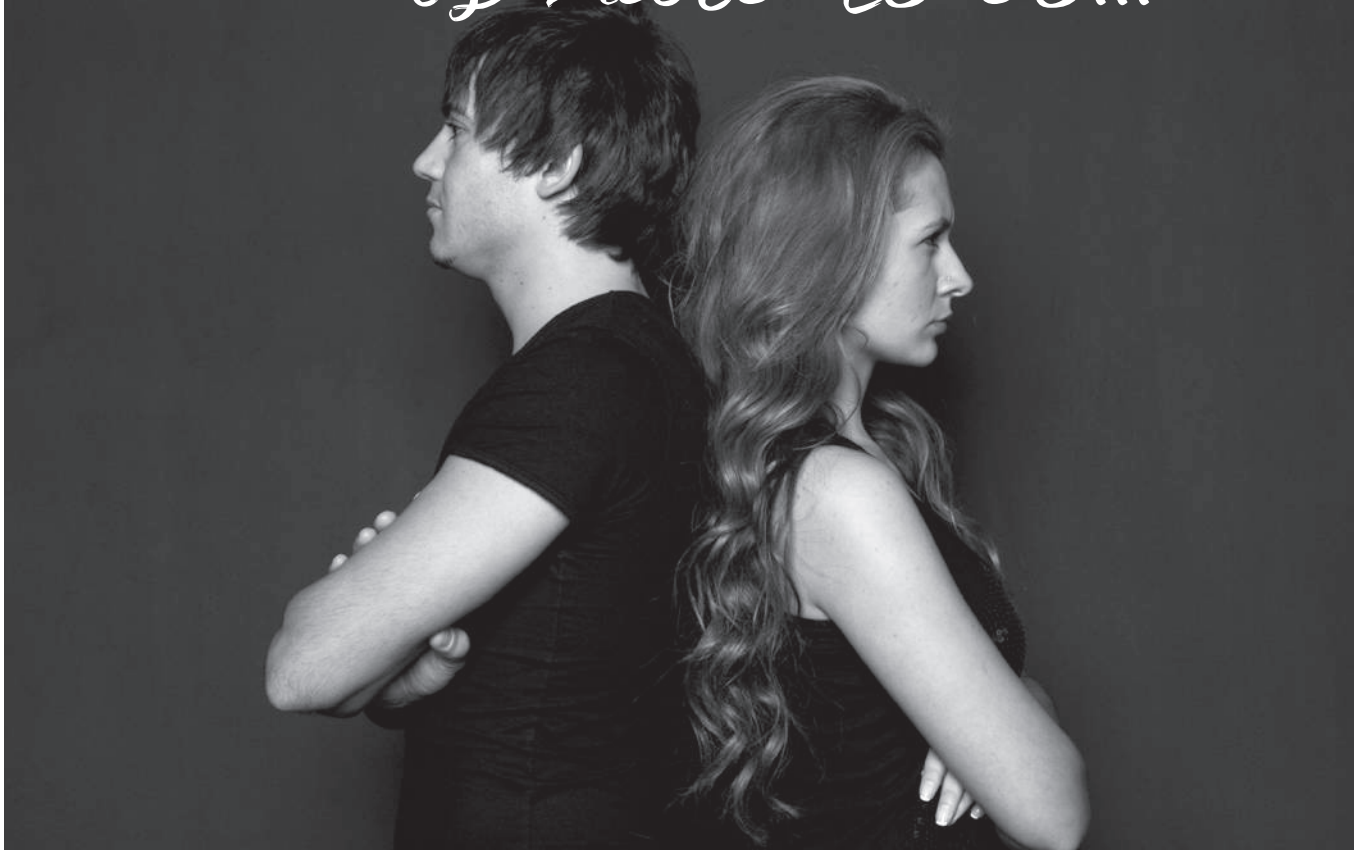
True Blue



Ecstatic

BREAKING UP

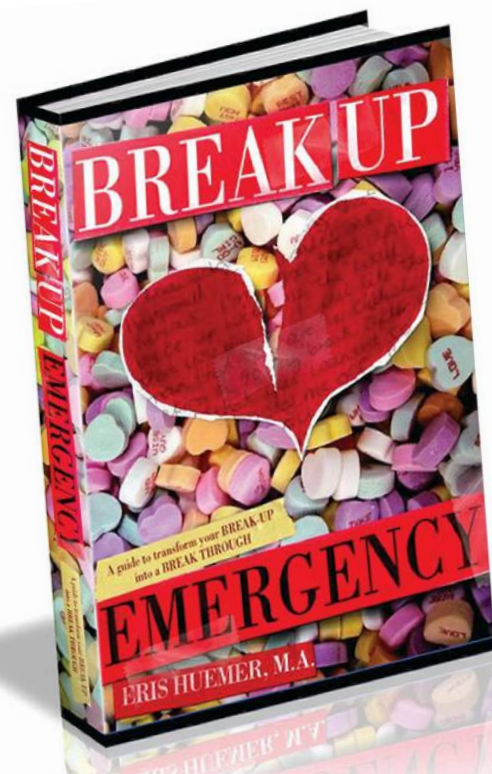
is hard to do...



By Orion Radleigh

Pulling in to the depot in Splits-ville is tough. If you've been with your significant for quite a while it can mean dividing items and even moving out. (See our relocating article in this issue if, sadly, this is the case.) But even if you've even been together for a short time, the emotions invested can really take a toll.

Eris Huemer, M.A. is a reoccurring "Love Doctor" on Ryan Seacrest's national radio show and is a popular relationship counselor and coach who specializes in doing Love Makeovers with singles and couples in the LA area. As a relationship expert and author of a new book on the subject, she shared with us some tips on how to handle it all when it all starts to crumble.



Cliq Magazine: Breakups are hard at any age, but why are college-age endings in particular so traumatic?

Eris Huemer: Like you said, breakups are hard at any age—high school, college, your 20s, 30s and so on, and particularly when kids are involved in the mix.

Breakups feel hard because you continue to be attached to a life you wish you could still have together. Maybe you let go of the relationship on many levels, but subconsciously (you) have not. Breakups continue to feel traumatic as long as we hold onto false hope.

CM: It's been months and I can't get over the breakup. What now?

EH: Take a real look at yourself in the mirror. It's a breakup not a breakdown.

Your relationship ending does not mean that your life is over. It means that it is just about to begin. It's time to create new habits and ways of thinking. If you set an intention to heal your broken heart, take the steps, and focus on getting there, you will.

The truth is, your relationship was not supposed to last longer than it did—otherwise you would still be together. When you choose to stop being the victim, you discover how much you can grow from the experience.

CM: Can one go from romance to friendship automatically? How much time needs to go by before that can happen?

EH: Not if one person in the relationship has feelings—usually the person who is broken up with. It is not fair to the one who still has feelings to be friends because he or she might stay hooked into the relationship and be prevented from moving on. This is not healthy for either person.

If you are supposed to be friends or lovers again it will happen naturally—eventually. If, and when, both of you are in a better place where you have gratitude and love, feel free to be friends—but please be honest with yourself. And, don't rush it.

If you are having difficulty moving on and healing, then I suggest distance. When I say distance, I mean giving yourself some time away from the other person. This is how we grow and change.



I understand if you feel as if you still want to be friends. However, many use the "just friends" concept as a manipulative tool to win the other back, to continue the same committed relationship benefits such as sleeping together, because they aren't 100 percent sure that they want this relationship to end but they still want to date other people, or because they feel lonely and want to continue to do the same things together.

On the flip side, if both of you agreed to move on and be friends, then go for it!

CM: We've broken it off, but I just want to call (or text!). What are some things I can do to curb this behavior?

EH: The phone is not your friend right now. I suggest not contacting your ex if you just want attention, are in need of affection, or because you are lonely. And most certainly do not drink and dial. Even though it is not against the law if you are 21, it will get you busted. Only contact the ex if you have a specific issue to discuss, something that is of importance to you both. Otherwise you risk only more heartache.

Write a list of all of the things you can do instead of contacting your ex. Examples are: go shopping, to a movie, exercise, write, study, learn more about yourself, go to a friend's house or go out with them, prepare for a nice meal for yourself, do a makeover, get my book "Break-Up Emergency" and do all of the exercises in that book. They help!

CM: Sometimes the right one never seems like he/she is going to come along. Are there any statistics about how many serious partners people go through before actually tying the knot?

EH: Finding the right one is all about timing. If you feel like the right one will never come along, you have limiting beliefs about love. Start thinking the opposite: "I will meet the right one. They will come along when I am ready." In the meantime, keep working on yourself and create a life that you want to have. Date different people until you meet someone where the two of you mutually see a future together.

CM: For those who have broken it off at least once, what are some telltale signs that it's not a good idea to get back together?

EH: If they aren't 100 percent sure that they want to be with you and if they keep repeating the same behaviors and patterns that broke you up in the first place.

CM: Is it really true that the easiest way to get back from a bad relationship is to get with someone else? Or, do you find the most successful recoveries happen when people take some time for themselves instead?

EH: If you were to break your leg running, would you go out and run the next day? Or, would you give your leg some time to heal and question yourself as to what

However, as with everything in life, there can be exceptions to the rule. There is no one correct time frame for moving on from one relationship to the next.

CM: I cheated and that's why it ended. I don't think I'll ever do that again, but I'm scared. What do I do?

EH: Many people who say that they never want to cheat again are telling the truth. But, what if you are tempted again? Ask yourself why you cheated in the first place. There are many reasons why people cheat. Nobody has an affair in their primary relationship if they are perfectly happy. Just remember that being in two relationships at once can't last forever. In your next relationship, be sure to communicate with your partner.



CM: I'm over the relationship. I've moved on and I'm ready to conquer whatever is out there. Are there any tried and true tips to success in relationships?

EH: Being in a relationship is a choice. Make this choice as consciously as you can. Know who you are committing to: the good, the bad, the ugly, and the beautiful. Ask yourself if the person you choose to be with inspires you to grow into your best self, the best person you can be. Make sure that the two of you are working towards the same goals, having a similar vision. Then create the

steps on how to create that vision together. No matter how cliché this might sound, communication is the key to any successful relationship. Take at least 15 minutes a day to spend with one another and communicate.

happened on your run and why it broke? By sitting with the pain in your leg, resting, and allowing it to heal, you can learn what you did wrong and try not to repeat the same thing for the next time. Why not do this with yourself after your breakup?

When you take some time for yourself after a breakup to focus on yourself and grow, then you give yourself a chance to recover and attract someone better next time. I give tons of exercises in my book that show you how to do that.

steps on how to create that vision together. No matter how cliché this might sound, communication is the key to any successful relationship. Take at least 15 minutes a day to spend with one another and communicate.

Please visit Eris Huemer online at www.loveeris.com



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