

# CLIQ



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FALL 2011

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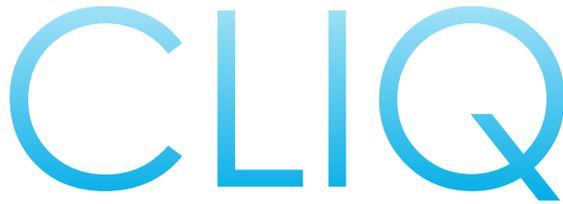
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## LETTER FROM THE EDITOR

Dear Readers,

In 2009, two years ago, CLIQ came on the market with our first issue, featuring on the cover then fledgling artists LMFAO. In that short time, we have seen many college entertainment magazines come and go. As you may have noticed, this is a tough time for everyone, especially for print and digital publications.

So in a way, you could call this our survival issue. It would be very apropos; and it's not just ours. September is traditional back to school time, and with it, the essence to stay alive is strong. Because we know and appreciate that, we have brought even more products your way—beauty and fashion items, stuff for the dorm—and on that note, to get through the year with a super sweet place, we also have an article from a designer extraordinaire who has simple, CHEAP tips to help you out. The trait of survival extends to many of our interviewees as well. For instance, Carolina Liar is coming out with their sophomore album this month, and they are awaiting whether their new sound and tracks will see the same success as their last. Lacey Chabert subsisted as a child and young adult actress and is still coming into her own now as an adult (with a new movie out soon and a birthday this month). And cover woman Giuliana Rancic. In an industry that regards entertainment journalists as a dime a dozen, somehow she has managed to climb the ranks and archive phenomenal success. TV shows, books, a website—now a fashion line and restaurant—she is poised and ready to dominate as a force to be reckoned with in Hollywood.

We hope that you got out of the summer alive and are enjoying the moments you have in between classes, finals, and every other stressful part of college life. And we thank you—for letting us tag along. Here's hoping we keep surviving—to see you next year and for many more years to come.

Till then,

Kristen

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# CLIQ'S FAVORITE FINDS: BACK TO SCHOOL PRODUCTS

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Erin Condren personalized year round notebook; \$39;

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## BEST OF BEAUTY

Because back to school is generally a reason to look your best, we found the most amazing skin remedy on the market (move over, Proactiv!), shaving supplies that are high class but still affordable, nail polish from Piggy Paint that is free of all toxic chemicals, Skindanivia, which sets makeup for 16 hours, the all mighty go to—MAC, and more.

Skindanivia No More Shine Makeup Finish; \$19 (for 2 oz.);

[www.skindanivia.com](http://www.skindanivia.com)

Piggy Paint Nail Polish in Tip of the Iceberg; \$8.99;

[www.piggypaint.com](http://www.piggypaint.com)

Piggy Paint Nail Polish Remover; \$8.99;

[www.piggypaint.com](http://www.piggypaint.com)

MAC Shadestick in Cakeshop; \$17.50;

[www.maccosmetics.com](http://www.maccosmetics.com)

MAC Eyeshadow in Nylon; \$15;

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[www.sheamoisture.com](http://www.sheamoisture.com)

Shea Moisture Men's Shave Cream; \$11.50;

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ZO® Skin Health Acne Prevention and Treatment; (with Exfoliating Cleanser, not pictured, \$135);

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Mango Tree Bold Bangle in Love Turquoise (\$22) and Slim Bangle in Dreamy Sky (\$18); [www.mangotreebangles.com](http://www.mangotreebangles.com)

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## FAVORITE ELECTRONIC ITEMS

From Mimobots that trump the traditional thumb drive to The Callet, our most favorite phone accessory ever (I mean, it renders a wallet useless!), we adore these electro finds.

R2-D2 and Hello Kitty 2GB MIMOBOT®; \$22.95 (each); [www.mimoco.com](http://www.mimoco.com)

The Callet iPhone model in black; \$19.99; [www.thecallet.com](http://www.thecallet.com)

Yakpak iPad case; \$19.99; [www.yakpak.com](http://www.yakpak.com)

Yakpak iPod case; price n/a; [www.yakpak.com](http://www.yakpak.com)

Custom laptop skin; \$29.99; [www.skinit.com](http://www.skinit.com)

Custom FallOut iFrogz headphones; \$34.99; [www.ifrogz.com](http://www.ifrogz.com)



*That's right. We're giving it all away again. Just email us at [giveaways@cliqmagazine.com](mailto:giveaways@cliqmagazine.com), and tell us about what you liked in this issue and what you'd like to see more of. Then tell us what piece you want. Be the first, and it's yours!*



## COLE WALLISER: KING OF THE MUSIC VIDEO

By Taylor Silva

Cole Walliser was born and raised in Canada but now lives in Los Angeles doing most of the same things he did in his country of birth—playing guitar, drinking scotch, and directing cool videos. “I started with filming skateboarding at about 14. For some reason everyone kept handing me the camera. I guess I had a knack for getting cool shots. Music videos has been a natural progression.”

Once he decided to pursue directing as a career, he knew he had to be in Los Angeles to reach his full potential. Cole began shooting videos for professional dancer friends on a pro-bono basis. These videos led him to direct Miley Cyrus’ 2008 Teen Choice Awards performance. In 2009, Cole was introduced to P!nk’s management and worked with P!nk on the record-breaking Australian tour where he gave fans a glimpse into her life with a 30-minute documentary “On Tour with P!nk.” Cole’s unique perspective on matters of the mind and heart—translated on to the screen—catapulted him straight into another superstar talent’s stratosphere, Katy Perry. Cole created a short film that was played throughout her 2011 California Dreams World Tour.

What’s next? Aside from the Chevy/Glee spot he just directed: “More music videos, learning, experiencing life to create even cooler music videos. Enjoying time. Friends. Laughter and maybe finding that precious little thing called love.”

**Cliq Magazine:** How would you describe your on screen aesthetic?

**Cole Walliser:** I would say [that’s] really hard. Partly because I still feel like I am developing, but also because it’s sort of a difficult thing to describe. I would definitely say that I like to have subtitles in the footage; I try not to be too explicit or ram everything in your face. I want to show you a pretty image and have you make an opinion about it.

**CM:** Does the artist inspire you to do certain things? I mean you’ve directed Whitney Houston, Katy Perry, Miley Cyrus... Can you just plug one of them into what you do, or is it more complicated than that?

**CW:** I have a little list of ideas I can usually adopt to certain artists, but mostly in what I do the music is going to inspire and almost dictate the ideas. Sometimes listening to a specific song an idea just jumps out of the speakers and into your head; that idea will probably only work for

that song in particular. Normally, I’ll listen to a song a few times and just start imagining things. I’ll read the lyrics too as see if that sparks some ideas. If not, I’ll go to the book and see what’s in there to use.

**CM:** Who are you dying to work with?

**CW:** There are a million artists I’d love to work with. I’d love to do a hip hop video with Kanye or Drake or a beachside video with Jack Johnson. Whoever I can do something creative, new, and different with.



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**CM:** I've read that you just kind of started picking up cameras when you were young? Do you have formal training?

**CW:** I did in fact do just that. I grabbed cameras and started filming things. I got friends together and gave them direction on how to run around and then learned how to cut it all together. I've never gone to school for any filmmaking, but also, I've never stopped learning about it. I take every instance I can to talk to people, read books, seek advice, and analyze films.

**CM:** Is LA really where it's at when it comes to making videos? Or are there other cities producing really cool things visually?

**CW:** With the innovations of technology and the availability nowadays, you really can produce some amazing work no matter where you are. If you want to get jobs, LA is probably the most logical place to be. That doesn't mean you can't do it elsewhere, but I definitely wouldn't have gotten the work I have if I had stayed in Vancouver.

**CM:** What have you been doing lately, or what can we see from you soon?

**CW:** Right now I'm really trying to push my career to the next level. I have made some cool videos, but there's a lot more cool ones to be made with a bunch more artists. I have some cool stuff coming out soon. You'll just have to stay tuned to see it!

**CM:** Lastly, besides your own, what are a few good videos out there right now?

**CW:** About five minutes ago I just watched "Otis" by Jay-Z and Kanye. That video is amazing! The music video industry right now is really exciting. Reality TV killed the music video, but now YouTube has brought it back. People are getting creative again, so look out for a lot of really unique and creative videos to come out soon.

*For more information on Cole, please visit [www.colewalliser.com](http://www.colewalliser.com)*



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# RANCIC REIGNS SUPREME

By Kristen Fogle

We're waiting on Giuliana. Something for E! News is running late and so me, my publisher, the photographer, his assistant, and Giuliana's team of three (wardrobe, hair, makeup) are sitting in a cute loft in downtown LA waiting to make this interview (and the corresponding photo shoot) happen.

In another life, I'd be used to waiting on this stuff all the time. I would sit next to brie platters and pour more Pinot Noir daily, sigh about how I have a conference call at five. But that rarely (and by rarely I mean never) happens. With an increasingly hectic schedule, I mostly do phone interviews, but given this opportunity and temporary flex in the schedule, I've come, intrigued, to meet the infamous Giuliana.

It's kind of interesting, her brand of celebrity. She's like me in the sense that she's an entertainment journalist, but only if my career was on steroids. Interviewing celebrities has made her one. Thirty six year old Rancic has been the face of "E! News", alongside Mr. Seacrest, since 2006. She's also host of E!'s incredibly popular "Fashion Police" and is the executive producer/star of her own reality show "Giuliana and Bill"... She's even making career moves like a celebrity: writing books and even opening a restaurant and starting a fashion line early next year.

So I'm stoked. And when she finally comes in, all smiles, first names, and handshakes (without a touch of pretention), and we commence the interview while her team readies her, I'm even more pleased that I have decided to meet her in person. I mean, someone like you (and let's be honest, me), well, we could learn a lot from her.

*Photography: Paul Dimalanta  
Hair: Brenda Kovar  
Make Up: Catalina Su  
Wardrobe: Lauren Shane*



**Cliq Magazine:** Doing research about you, I knew that you were busy, but I had no idea...What does a typical day look like?

**Giuliana Rancic:** Wake up, go to the gym to get it out of the way around six-ish, go to E! News to go over the scripts and make sure that the voice I'm apart of is really my voice. The producers are so great...they really have been able to capture my voice. Hair and makeup...wardrobe. Voice overs for 30 minutes. Scripts again, "E! News" about noon. An hour and a half of shooting. From there on the day starts. Even though that's one job, it's going to pitches for production companies, meeting with an agent or whomever, shooting the reality show, which is several times a week...and shoot those scenes until sometimes ten at night...photo shoots, all that stuff sprinkled in between. Real life stuff like eating and breathing, calling friends and family, and trying to be a wife. It's definitely overwhelming, but it's great, and I am so lucky. I pinch myself all the time and know that it can all be taken away. I think that's why I've managed to stay normal and humble...There are two types of people in Hollywood, I say: those that are on Planet Earth and those that have checked out. The ones that have checked out, they have bought into the hype of who they are. They believe they are fabulous, but I mean, we're all the same. I think the reason I've managed to stay on Planet Earth is because I don't listen to the hype, and I work my ass off every day.

**CM:** What's your favorite part of the job?

**GR:** Hair and makeup. (Laughs.) We do have fun...It's definitely "E! News" and the red carpet...but all of it. "E! News" is one. When I was in high school and college I'd watch Jules Asner, and that's all I wanted to do. Every day I think about that, it's the dream. I never forget. "E! News" is my baby, where I started, my priority. Second favorite is now Twitter. I've gotten such a big following... it's a great place for me to respond. Such a great place to talk to people who want to know stuff. I put a lot of thought into that. That I'm helping people. Whether it's helping to

*"I am so lucky. I pinch myself  
all the time and know that  
it can all be taken away."*



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get the fishtail braid last night they saw on "E! News" or "I've gone through IVF three times, how do I stay strong?" That's the best part, honestly. That you can lend your name to charities...

**CM:** I was going to ask you about that. Which charities are you most active with at the moment?

**GR:** Bright Pink encourages younger women to do monthly breast screenings on themselves. They have innovative ways to remind girls every month. They're young and cool, because that's the messaging we need to use now. It's just so important. I am really devoted to them right now and in conversation about how to do more. I do man on the street stuff to quiz people about what they know [about breast cancer], and they didn't know a lot. I didn't. Project Smile [also]. [Bill and I] have been very fortunate to raise a lot of money for them. We are receiving an award from them.

**CM:** Can we talk some about your restaurant, which is slated to open in the Midwest in January?

**GR:** It's with the guys from Maggianos and Corner Bakery. They have opened 150 restaurants with a 99 percent success rate. We are super excited. It's going to be a progressive Italian restaurant. The whole idea is, if we go there, we won't be full, so you can hit the bar after. These guys are unbelievable. It's a pretty big thing.

**CM:** The fashion line is right around the same time.

**GR:** Forgot about that too. (Laughs.)

**CM:** You've got a lot.

**GR:** (Laughs.) Well when you originally said I have a lot going on, I was just thinking "E! News", not even about the line...That's huge. Last week all the girls in the room [wardrobe, hair, makeup] did a fashion presentation. It went really well, the comments were hilarious. (Turns to hair stylist) What did you call the tank top? Effortless slut?

**CM:** (We all laugh). And affordable?

**GR:** Totally! It's going to be really reasonable. Before this I didn't know much about the behind the scenes of the fashion industry. From the start, are you going higher end, going affordable? And of course I want to go affordable, but then you think, 'Oh my God, I can't make the cute stuff I want to make at this price point.' It ain't easy, but it's been amazing. So we have 12-15 pieces, then a bunch more in March. Right now we are manufacturing, and the potential buyer would be a HSN [Home Shopping Network] type.

**CM:** What's an important first step if you want to be a journalist?

**GR:** Interning anywhere. But the thing is not just getting the internship; it's not enough if you're just twirling your hair reading Us Weekly. I was a go getter; 'What can I do,' first one there, last one to leave, never said no. In college you think no one is paying attention. No, we are noticing. And the people that we like and work hard, you will move up because it is hard to find young people who don't feel entitled. You will help them and mentor them and take them with you.

*For more from this interview, visit [www.cliqmagazine.com](http://www.cliqmagazine.com).*

*For more on Giuliana Rancic, please visit [www.giulianarancic.com](http://www.giulianarancic.com)*



*SNEAK PEAK: Sneak peak articles give you just a little taste—the rest can be found on our website at [www.cliqmagazine.com](http://www.cliqmagazine.com)!*

## CAPTURING CAROLINA: AN INTERVIEW WITH CAROLINA LIAR

By Captain Morgan

Carolina Liar's signature sound is one of good times everyone can identify with, especially when the lyrical content stems from a universal source—personal experience. The real life stories that are found throughout the band's newest release, *Wild Blessed Freedom*, have a perfect storyteller to convey them in the band's frontman Chad Wolf.



# CAROLINA

**Cliq Magazine:** How has 2011 treated you so far?

**Carolina Liar (Chad Wolf):** Oh man, it's really good so far. We parted ways with our label, and things are working really well. We've got the single out, and it's starting to chart really well on Hot AC, so it looks like the record's kind of working. You never know if it's going to work. It's one of those things where you're in the studio and kind of caught up for a year or two. Then you come out of that protective shell and you're like, "OK, let's put everything on the line and see if this still connects." And it's slowly starting to work, and it feels pretty good. Everything is

done now, the artwork for the record and everything is finished. So when September 27 comes and we're completely done with everything and we get this package delivered, it'll be like having a little baby. Now we just get to wait and see if it lives or not.

**CM:** Any stories behind any of the songs that you care to share?

**CL:** Every song on the record is somewhat a true story. "Me & You" is a track that was written about this amazing woman that's in my life right now, and it's a story about how we met, and how it slowly became what we are now. "Salvation" is about us,

too. What it's like to be on a crazy road journey that none of us has ever experienced. All the stories and lyrics in this record are 100% real and about what's been going on in our lives for the last four, five years now.

**CM:** What's to come the rest of this year?

**CL:** We're looking at a couple of tours to get on through October, then some radio tours in November. We're just going to get out and work. Every single gig we can get, we're gonna play. We're kind of like bar musicians; we just like to play as much as possible. As long as we're playing, we feel like everything is working... One



year we did about 200 gigs, and now we're trying to beat that mark. We're shooting for the 300 mark.

**CM:** I think you're fast approaching the Metallica status.

**CL:** Yeah, even if we have to play on sidewalks, we want to hit that mark. (Laughs.)

**CM:** Any words of wisdom you'd like to impart upon our readers?

**CL:** If you want to do this music thing, just do it every day, no matter what. Know that you gotta write and work—it's a lot of work. But it's the best life that you can possibly ever

live. You get to travel the world and meet all kinds of people. Honestly, just do it. I'm terrible with the Nike thing, but whatever you think you can do just go for it. What do you have to lose, really?

*For more on Carolina Liar, please visit [www.carolinaliar.com](http://www.carolinaliar.com)*

# SPACES WITH SPICE!

## TIPS TO TRANSFORM YOUR DORM OR APARTMENT

By Taylor Silva and Orion Radleigh

Dorms can be painful looking. Drab, boring, boxy spaces make for a home that feels cold, impersonal, and devoid of personality. Blanche Garcia, an interior designer for over fourteen years and a business owner whose client list includes homes of professional athletes, corporations, restaurants, nightclubs, and lounges sympathizes. Her aesthetic, characterized as “green glam,” has helped to turn even the shabbiest of student spaces into places with stellar style. Here’s what she has to say to help out with dull décor:

### FOR HOMESICK FRESHMAN WHO WANT TO MAKE THEIR SPACE HOMIER:

Make an accent wall of pictures from home. Create a funky headboard, or cover the front of dresser drawers; finish with a coat of poly to seal it.

### ON DECORATING A DORM SO IT LOOKS LARGER:

Organization is important, so try to put things away, and keep all surfaces clean. Since painting the walls is usually taboo, try using wall-to-wall mural decals. You can custom design to suit your style; they create a larger than life feel, and they peel off when you’re tired of them. Split a room with a curtain to create zones and a feeling of privacy.

### ORGANIZING ONE’S DORM:

Make your furniture work for you double time, such as using under bed storage, using your nightstand as a bookcase, turning your wall art into jewelry storage, and using a storage ottoman for book storage as well as a coffee table. I like clean and unified to attack clutter, so cover your text books with a temporary white jacket and label the covers. This way your space doesn’t look overly cluttered when storing your text books on shelves; it looks stylized.

### TO GO GREEN WITHOUT SACRIFICING GLAMOUR:

Shop local, shop thrift stores, and shop garage sales. Reusing and re-purposing is key. Spruce up an old piece with a good old can of spray paint—white for old Hollywood (think Dorothy Draper) or gold for new Hollywood. Cover an ugly chair in a vintage blanket, and finish it off with a pillow sprayed in glitzy fabric spray.

### LEAST EXPENSIVE PLACES FOR STYLISH DÉCOR:

Ikea (old faithful)—I use it even on the big budget jobs. Target—they just launched the new Missoni line (to die for). Z Gallerie—they are never short on glamour. (Check their sale page.) Overstock.com- they always have great prices. Last but never least, I can’t stress enough to shop the garage sales and thrift stores. These are the finds that will make your space unique!

### ON EXTRAS STUDENTS DON’T USUALLY THINK OF TO SPICE UP THEIR DORM:

I love to use Indian sarees as window treatments or as bed covers. Make up a style with a few clips and a rod. To really bring in the exotic, use an old jewelry broach as a tie back or in the center of a pillow. This will bring in a global feel. Also, use your natural resources; use twigs from a tree clustered as wall art and hang your necklaces to double as jewelry storage.

### ON COLLEGE ROOMMATES FINDING COMMON GROUND ON COLORS AND DECORATIONS IF THEIR STYLES ARE COMPLETELY OPPOSITE:

Use the rule of three; both roommates pick one color each of their choice. Then they have to mutually decide on a third color for the accent color. This way the room is cohesive while at the same time honoring each of the roommates’ tastes. As for the décor, decide that large items have to be agreed upon, like large wall art, chairs, desks, or window treatments. The smaller items are up to the person. If you really can’t come to a decision, then write the items on a piece of paper and choose one out of a hat. It’s old school, but it’s fair and effective.

See more of Blanche’s work at [www.bgarciadesigns.com](http://www.bgarciadesigns.com) or at [www.cliqmagazine.com](http://www.cliqmagazine.com)

# 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.



Learn more at: [www.AIE.org/cliq](http://www.AIE.org/cliq).

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# GETTING "GYM-FREE AND RIPPED"

FITNESS EXPERT/AUTHOR NATHAN JENDRICK SPEAKS ON THAT AND MORE

By Orion Radleigh

Money is tight, so when it's either food or fitness...well, that next meal wins. But that's where fitness expert Nathan Jendrick's new book "Gym-Free and Ripped: Weight-Free Workouts That Build and Sculpt," comes in. Readers are provided with the materials they need to become fit and improve their lifestyles by guiding them every step of the way, including giving readers nutritional guides.

Because going back to school is the best time to get serious and get in shape, Jendrick sat down and hashed out some deets from his new book, including some first steps to being gym free; he also let us know why supplements aren't always the way to go and his take on how to kick start a career in fitness.

**Cliq Magazine:** Before we begin, what's your background in fitness/nutrition?

**Nathan Jendrick:** My career in fitness started, essentially, as being a poster-child for obesity. My mother was told by doctors when I was growing up that I was obese, and by the time I was a teenager, I was well over 200 pounds. After deciding to make some positive life changes, I started researching and taking courses in health and nutrition and became involved in personal training and performance nutrition consulting. In time, I started working with competitive athletes, originally with bodybuilders, and in short order, athletes from all sports, including several Olympic gold medalists. I've also written three fitness-related titles and have been writing columns and articles for close to ten years now.

**CM:** Your new book is about being "Gym Free," which, for broke college students, is the way to go...

**NJ:** There is no better way to get people interested in their health than to point out how they can do it for free. It removes the obstacles and the excuses. Most people say one of two things when it comes to avoiding exercise: "Can't afford it," or "Can't get to the gym." You don't need to spend anything, and you can do it in your dorm room or out on the grass in front.

**CM:** If you want to dedicate a small space in your place (apartment, shared dorm, etc.), what are some basic pieces of equipment needed?

**NJ:** The only essentials are a comfortable pair of shorts or sweats and a t-shirt to train in. But if you want to add some things, you don't need much space at all. You can absolutely

**CM:** OK, so I want to customize a workout. How do I begin?

**NJ:** In "Gym-Free and Ripped," exercises are laid out simply and progressively so you can start with easy movements that work your muscles up to more difficult movements and target your muscles from new angles. With the book, the first step is to simply dedicate yourself to it, and get moving.

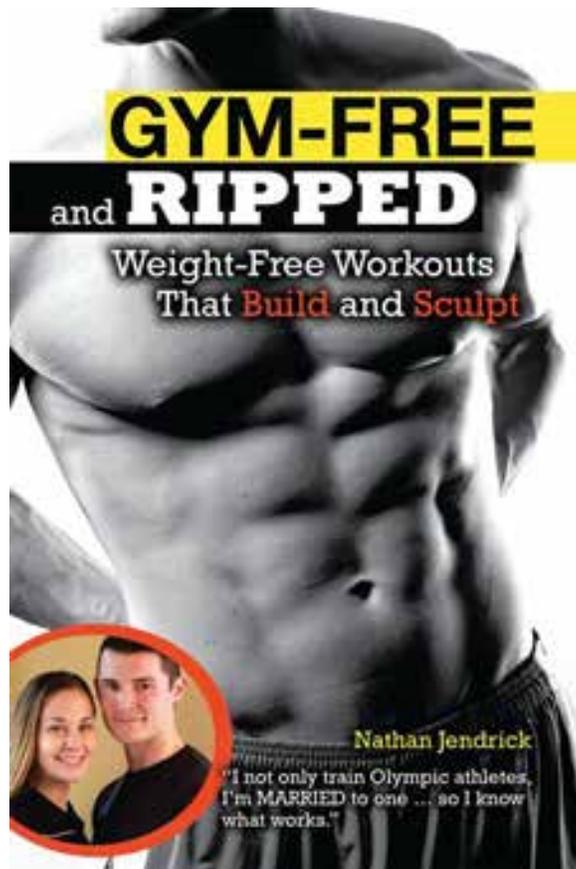
**CM:** What about specifically shedding pounds? What is the minimum time someone should spend doing cardio to see the weight come off? And what type?

**NJ:** The biggest myth is that to burn body fat you have to do cardio. Here's some great news: You don't have to if you don't want to! Everyone looks at their training time in addition to cardio, but if you do the right type of training in the first place, you don't need to waste part of your day walking on a treadmill. You can train your muscles while maintaining a nice heart rate using things like supersets and multi-joint movements and get the "best bang for your buck," so to speak.

**CM:** What about bulking up?

**NJ:** Bulking up, like slimming down, is a combination of a proper diet with adequate muscle stimulus. Adding additional resistance, adding quality

revolutionize your program by simply adding a stretch cord and, if you'd like, a set of adjustable dumbbells.



calories, and progressively increasing your volume can produce quality muscle gains in short order.

**CM:** You talk in your book about supplements, which is probably targeted for the guys, I'm assuming. What's the low down on them? Do they help, do they harm...are they necessary?

**NJ:** Supplements can be beneficial for men or women, but a general rule applicable for everyone to remember is: there is no magic pill. And the more marketing hype a supplement gets, the more likely it is to do nothing but drain your wallet. All of the fancy names, things like Super-nano-thermo-nuclear-pump-tech 2000, it's all junk. Supplements that are worth using are simple and, fortunately, not very expensive. Creatine monohydrate, whey protein, co-q10—those are some things worth using. The big focus on the market is fat burners. Cayenne, a supplement you can get a huge bottle of just about anywhere for only

a few dollars, is as effective as just about anything you'll find at the local supplement store. And it's proven healthy; you never can tell what's in most companies' "Propriety Formula," and that's reason to avoid it.

**CM:** Are there supplements ladies should/should not take?

**NJ:** Ladies actually have a few more options than men when it comes to supplements. Whereas they might find value in calcium supplements, men generally don't need them. Also, women are often recommended to take iron, whereas men should avoid taking it.

**CM:** What's your take on Wii Fitness or fitness videos?

**NJ:** Anything that gets people moving is fantastic. Wii Fit and games like that are far superior to the old Mario Brothers where you played them sitting on the couch. I don't have any that I personally back, but if the

options for someone are sit down and play Xbox or watch a fitness video... go with the video.

**CM:** For those that want to follow a career path in fitness/nutrition, what are some good first steps?

**NJ:** Live it, and be passionate. Everything in the fitness industry is about inspiring and motivating. It's not easy in a world of fast food and gluttony to want to be different and be healthy, and if you're going to try and break the mold and help other people take control of your life, you have to show them you're truly dedicated to your trade. Educate yourself, put it into practice for yourself, and start helping others enjoy the benefits of the good health that you're enjoying.

*For more on Nathan Jendrick and/or to buy his book, please visit [www.nathanjendrick.com](http://www.nathanjendrick.com)*

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By Kristen Fogle

Whether you know her from “The Wild Thornberrys” as the voice of Eliza Thornberry, as Gretchen Wieners from “Mean Girls,” or any of the other TV and movie accolades she has accomplished, Lacey Chabert is not only a good actress, but also, kind of a role model. Not only does she manage to keep her personal life personal (perhaps her “MG” costar Miss Lohan should pay attention?), but she also does cool stuff like star in Billy Zane movies when she’s not entrenched in down-to-earth activities like baking and starting her own charity.

**Cliq Magazine:** It sure is hard to find info on you! Unlike so many stars your age, how do you manage to keep your private life private?

**Lacey Chabert:** I’m a very honest, open person, but I’ve learned to protect the aspects of my life I consider the most precious like relationships and family. Having been in the business since I was a kid, I’ve realized the importance of having separation between my personal life and my work. Yet sometimes it’s complicated because my work is very personal. As an actor, my job is to expose my emotions—be vulnerable. I mean, I’m in someone’s living room! It’s an interesting balance...

**CM:** I read that you’re a baker? Any other hidden talents people don’t know about?

**LC:** I love to bake! Being a Southern girl I guess it’s in my blood! Coconut cake and peach cobbler are

my specialties!

**CM:** Any other hidden talents?

**LC:** Hmm...It's not exactly a talent, but I love a good sample sale! I have a gift for finding amazing deals. I also love to play blackjack. Vegas is one of my favorite destinations!

**CM:** Tell us about the current film you're shooting.

**LC:** Presently I'm working on "The Ghosts of Goodnight Lane" with Billy Zane. I've never filmed a ghost story before, so it has been fun!

**CM:** Sorry, I have to ask...do you still talk to any of the other "Mean Girls"? Amanda Seyfried, Lindsay Lohan, Rachel McAdams?

**LC:** "Mean Girls" was one of the best jobs I've ever had. Mark Waters is an amazing director—I got to work with him again in "Ghosts of Girlfriends Past." I haven't spoken to the girls in a while, but we had such a great time filming.

**CM:** Besides "Mean Girls," you may be best known from your role in the TV show "Party of Five."

**LC:** I spent six years with the same group of people. They will always be a part of my family in my heart. I wouldn't trade that experience for anything. Although I went through some painfully awkward years (from 11-17), I only have good memories. My character had storylines of getting her first bra and first kiss as the same was happening to me in real life. Embarrassing! I'll always be close with Neve [Campbell], Scott [Wolf], and Matthew [Fox]. We keep in touch as much as possible.

**CM:** Do you still work with Project Giving Tree? What's the charity all about?

**LC:** Project Giving Tree is a charity my friend Tara and I formed. I've

been involved in many different charitable organizations in the past but wanted to be more hands on. We set out to create a charity that services children in numerous ways. Presently, we are working with Angel 34 to help kids struggling with cancer. We are relaunching and reorganizing our website in the next month to introduce our latest goal. Stay tuned...The bottom line is I simply want to do everything I can to make children's lives better.

**CM:** You have a birthday coming up [September 30]. In the year before you turn 30, do you have any goals set for yourself that you feel you haven't yet achieved?

**LC:** I'd love to do another television show. I hope to one day own a Cajun restaurant. I'd love to travel to Italy and France—a cooking class in Tuscany perhaps?! I also aspire to have my car washed more than once a year (laughs). For some reason I hate going to the car wash. Over the past year or so I've learned that while being ambitious and driven is great, it's more important to enjoy moments and be open to the unexpected. Every day is a gift.

*Check out Lacey's charity website at [www.projectgivingtree.com](http://www.projectgivingtree.com)*



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# ***MAKING OVER YOUR PAD GOT THAT MUCH SWEETER:***

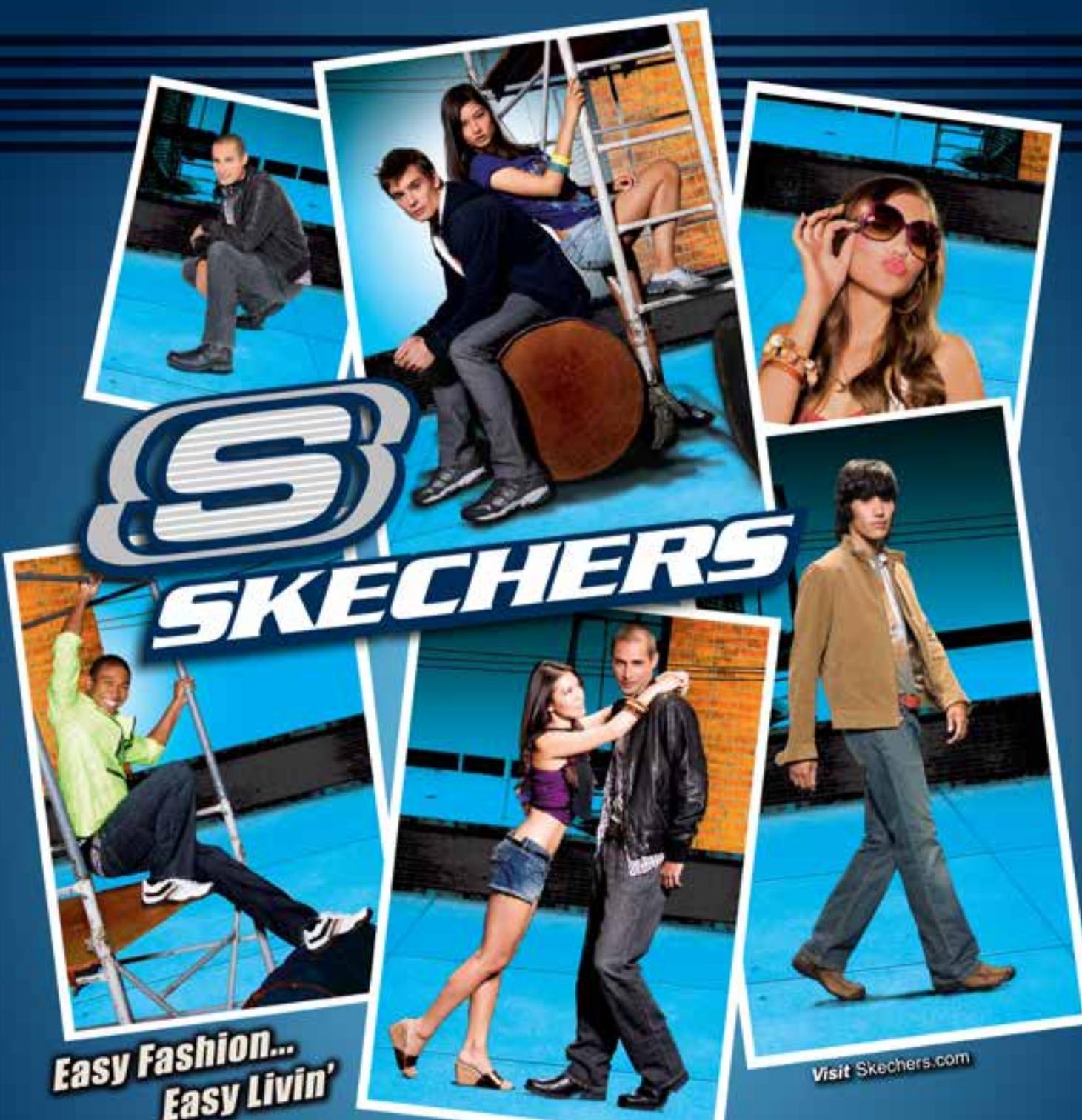
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3. That's it! Send your responses (and photo!) to [giveaways@cliqmagazine.com](mailto:giveaways@cliqmagazine.com). We will notify the winners in the Winter Issue of CLIQ!



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## A RUNDOWN OF THE PRIZES:

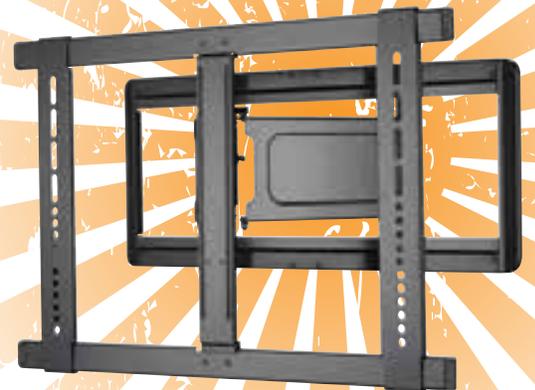
First, the **Super Slim Full-Motion Mount from Sanus**. Good for 37"– 65" flat-panel TVs, the VisionMount VLF311 Super Slim full-motion mount places TVs just 1.25" / 3.18 cm from the wall, yet still allows full-motion capabilities. The VLF311 features fingertip tilt technology, which allows easy TV angle adjustments with the touch of a finger. Unlike other ultra-thin mounts on the market, the VLF311 also offers additional exclusive features that make it incredibly easy to use. With its cable management guide, the VLF311 keeps loose cables organized, creating a clean appearance without compromising TV movement. A cutting-edge gliding system makes ideal TV positioning effortless—your TV can easily extend away from the wall and shift left or right on the wall plate. The VLF311 always has a finished appearance with a decorative cover that conceals assembly and mounting hardware.

Next, you get **Toshiba's BDX2200 Blu-ray Disc® Player**—the ready, waiting, and way-affordable way to go with Blu-ray. Plug it in; then sit back to watch your favorite movies in stunning native 1080p full HD. Treat your ears to amazing 7.1 surround sound thanks to Dolby® True HD and DTS HD. You'll also see what sets Blu-ray® apart with BD Live 2.0, going online right from the movie to view filmmaker chats, deleted scenes, short clips, and more. Plus, you'll be able to view additional onscreen content and enjoy PiP (picture-in-picture) functionality. Take advantage of popular streaming services like Netflix®, CinemaNow, VUDU™, Pandora®, even Internet radio. And don't fret over building your home theater, because this player comes with USB and HDMI®-CEC port and is Wi-Fi®-ready for clutter-free in-home connectivity.

Lastly, **Toshiba's SL417U TV** will give you just what you need to enjoy big screen LED entertainment—plus the best of the web—all in a 55" LED HDTV.

The SL417U offers many features, including:

- **HDMI port**  
Scale up your gaming, movies, and music on a home theater—with full 1080p high-definition video and amazingly immersive surround sound.
- **Built-in WiFi**  
Enjoy convenient in-home connectivity without the cable clutter to stream content from your media server or the internet.
- **CineSpeed® Panel**  
This special screen is rated for an eight-millisecond or less response time, which delivers better high-speed video.
- **AutoView™**  
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- **Internet TV Apps**  
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1080p Full HD—the highest level of HD picture quality available today.
- **Gaming mode**  
Enhances the gaming experience by reducing game controller delay.



# CHEAP WEDDING TRENDS FOR COLLEGE STUDENTS



By Cara Davis

If you're planning a wedding while you're in school, chances are you don't have a lot of spare change to blow on Vera Wang gowns and Manolo Blahnik shoes. But, being in college can work to your advantage, as just about everything you need can be found on campus.

Here are five wedding trends you can use at school that will allow you to throw a swanky soiree on a limited budget.

## DIY-ER

Homemade and handcrafted are big trends right now and your wedding can benefit from it. Roll up your sleeves, and put some elbow grease into your wedding planning. Design your invitations and wedding programs, buy flowers wholesale, arrange your own bouquets and boutonnieres, and make your own centerpieces and aisle decorations. Pick up discounted gift cards from [www.GiftCardGranny.com](http://www.GiftCardGranny.com) to buy supplies from retailers.

## SETTING THE STAGE

Check with your facilities office on campus to check pricing for on-campus locations. If renting a hall or a chapel is out of your budget, ask about outdoor locations. Don't forget to check local city parks, which may allow you to use their grounds for free.

Photos by Nate Goins  
[www.nategoinsphotography.com](http://www.nategoinsphotography.com)

## A LITTLE HELP FROM FRIENDS

Involve fellow students in your wedding day by asking those budding professionals to take your photos, cater the reception, and DJ the after-party. Graphic design students might welcome the chance to design your wedding stationery in exchange for using it for their portfolio. Friends might consider donating their services as a wedding gift. If not, try to work out a bartering deal. (Make it official in writing so there are no misunderstandings.)

## UNIVERSITY SERVICES

Call your school's print shop and ask for a quote on printing costs. Russanna from Lynchburg, VA got 200 invitations, response cards, and vellum papers printed for \$25 from her local university print shop. You might also see if your cafe or on-campus restaurant offers affordable catering services. Your school's chaplain may be available to officiate the wedding as well.

## VINTAGE FINDS

Chances are you're familiar with your town's local vintage shops and flea markets. Scour them for wedding finds as the vintage and rustic looks are really big for weddings right now. Consider a vintage wedding gown or pick up glass jars or old funky furniture for your decorations.

## FOOD TRUCK FARE

Do you have a favorite local food truck? Ask them about catering your wedding and if the cost is prohibitive, see about renting a truck and asking your friends to do a mock food truck to serve food at your wedding. It's a fun way to get away with serving non-traditional and more economic food at the reception like hot dogs or tacos.

## ONLINE REGISTRY

Instead of registering at a local store, register online for gift cards to spend any way you'd like. The website [www.CardAvenue.com](http://www.CardAvenue.com)

sets you up with a legit bridal registry that you customize. Tired of eating at the school cafeteria? Register for local favorite restaurants, and eat like a king the rest of the school year. Moving out of the dorms and into a house or apartment after the wedding? Register for Home Depot or Crate & Barrel to get outfitted with what you need. Do any combination of retailers, or choose one to pile up the gifts toward a single purchase.

## LET'S GET DIGITAL

Borrow an iPad if you don't own one, and set up a video guest book as guests arrive. They can record a message for the bride and groom, and then create a fun video to share with friends after the wedding. Photobooths are a big trend that you can recreate on the cheap with fun props.

## WEDDING WEBSITES

Most couples are using free wedding websites to organize details about the wedding day, accommodations, RSVPs, and even their back story. Get as creative as you want and take advantage of these free services from sites like [www.ProjectWedding.com](http://www.ProjectWedding.com).

## SWEET ENDINGS

In times past, it's been said that the two things people come to a wedding to see are the wedding dress and the cake. No more. Wedding cakes have given way to nontraditional desserts like square mini-cakes and cupcake tiers or a dessert buffet that might feature pies (really hot for 2011), macarons, Whoopie Pies, cake pops, color-coordinated candy, and even ice cream sundae stations or a cookies and milk bar. If you choose a traditional cake, ask for a plain design and then embellish it yourself with flowers or berries.

Overall, approach your wedding planning by focusing on one or two areas that will have big impact (like venue and food), then simplify the rest. You'll save money and stress—a welcome experience during your pursuit of higher education.

*Weddings expert Cara Davis is the author of "Cheap Ways to Tie the Knot" and blogs from her home in Orlando, FL about cheap ways to spend and save at [www.CheapWaysTo.com](http://www.CheapWaysTo.com).*





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