

# FOR US

## Back To School Fashion

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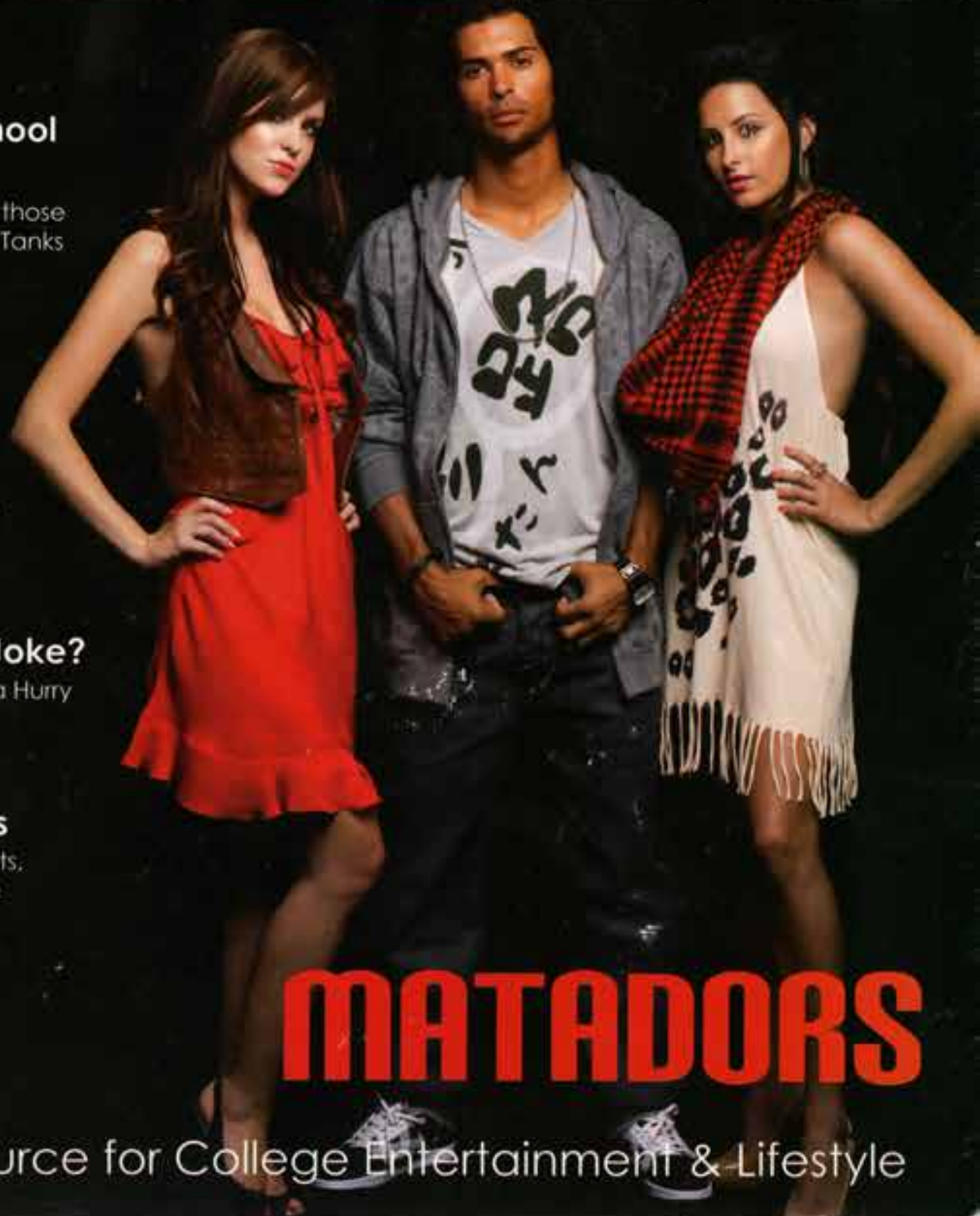
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# FOR US

Dear Readers,

At ForUs, we've been racking our brains all summer to come up with the best magazine/website around. We did a ton of research. We talked to a lot of people. We ate at a lot of restaurants and drank a wee bit of booze. We consulted flow charts, technical diagrams, and the like. (This last part probably didn't happen.) But we did go through a lot to bring you the second ever edition of the best college entertainment publication around...I mean, you're kind of a big deal.

While on the topic of getting to know each other, perhaps if you're not acquainted, we should tell you a bit about us. Founded by Zach Mendelsohn (CSUN), Travis Smith (CSUN), and Barry Dadon (SDSU), their sole intent was to heighten the college experience by bringing an incredible mag (and pretty cool website) to four campuses: CSUN, UCLA, SDSU, and UCSD. The first issue, featuring Kelly Anne of The Real World: Sydney was wildly successful, and now we're back with an even better, jam-packed fall issue.

And in that (well, this) issue, you'll find a full spread dedicated to the best in back to school fashion. You'll also find articles on the REAL way to play beer pong, part of an ongoing series, wherein each issue we try to nail down the "correct" way in which to play these beloved drinking games. On the tech front, we'll show you the coolest in Bluetooth accessories- must haves now that Cali has declared we're all too irresponsible to drive without them. Another good thing to note, part of our content is dedicated to the specific region it's distributed in- which means if you picked this up at SDSU, there will be some strictly San Diego content. And the same goes for LA.

But not only is our concern to report on the coolest stuff out there, but to make it happen as well. That's why it's important for you to log on to our calendar and events section of the website regularly. Not only will we report on everything that's going on in your neck of the woods, but we'll be throwing quite a few parties of our own- which you are always invited to attend.

Which brings up an excellent point. This magazine, ForUs, is for all of us. That means we welcome all your feedback, comments, and even "sup's" while out on the town. Didn't like that online article on the Padres? Tell us. Want to just hug it out because you think we're the best around? Even. Better. Till then.

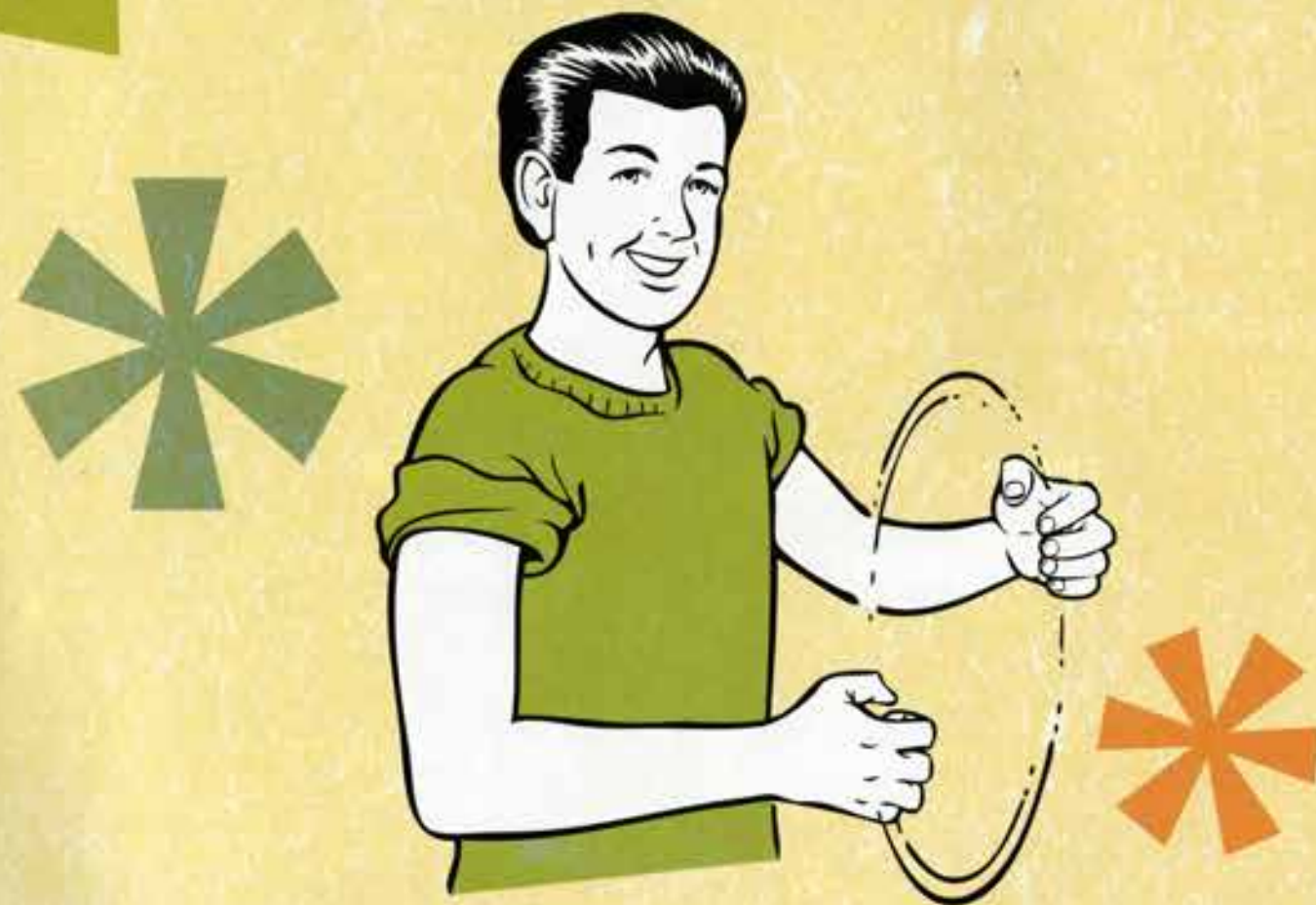
Kristen Fogle, Editor

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# PARTY Move



Thanks for using a  
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**81% of college students do!\***



According to the U.S. Census Bureau, the majority of college students are of legal drinking age. However, those under 21 should not drink at all.

\*Source: American College Health Association, Fall 2006

# energy drink recipes

## JETSET CLASSIC DRINKS

### VODKA & JETSET ORIGINAL

(Classic energy flavor mixed in Vodka)

### VODKA & JETSET SODA

SKYY Vodka & Jetset Club Soda

### GIN & JETSET TONIC

Tanqueray & Jetset Tonic Water

### WHISKEY & JETSET GINGER

Maker's Mark & Jetset Ginger Ale

## TEQUILA DRINKS

### JETSET GINGARITA

Patron Tequila & Jetset Ginger Ale  
(w/lime)

### TEQUONIC

Hornitos Tequila & Jetset Tonic Water

## SHOTS

### GINGER BOMB

Jagermeister & Jetset Ginger Ale

### JAGER BOMB

Jagermeister & Jetset Original

### CHERRY BOMB

Effen Cherry Vodka & Jetset Original

## VODKA DRINKS

### THE RED EYE

Effen Black Cherry Vodka  
& Jetset Club Soda

### BEACHSIDE

Absolut Citron & Jetset Ginger Ale  
(w/lime)

### FASHIONISTA

Smirnoff Vanilla Vodka  
& Jetset Diet Original

## RUM DRINKS

### THE FLYING MOJITO

Tommy Bahama Rum, Triple Sec,  
simple syrup & Jetset Club Soda

### DARK & STORMY

Cruzan Rum, lime juice & Jetset  
Ginger Ale

## WHISKEY DRINKS

### JIM & GINGER

Jim Beam Whiskey, simple sugar,  
lemon juice & Jetset Ginger Ale

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BACK TO  
SCHOOL  
FASHION 48

14 Mad Money \$  
STEPS FOR COLLEGE BUDGETING

16 TOP Music, Movies, & Books  
18 Rebellion  
20 SAINT MOTEL  
22 regional content  
SERVICES GUIDE  
EVENTS CALENDAR  
OFFICIAL RULES OF BEER PONG

30 THE OFFICIAL  
RULES OF.....

44 Destined for Greekness  
WHY ITS GREAT TO GO GREEK

46 COLLEGE SURVIVAL  
"How To" Guide

58 Bluetooth

60 skype

62 HEALTH & FITNESS

64 Kiteboarding

The College Survival  
"How To" Guide

# mad money

By Danielle Turner

## A Financial Situation for Every Student



As prices have your pockets empty? Tuition hikes making you sweat? Think you want to buy that new iPod?

If you're in any type of financial hardship currently, let's re-introduce you to a little friend of ours named Bud. No, not Bud Light, but Bud as in budgeting. Bud will be your best friend- especially at your most broke moments. Now isn't that just the best friend you'll ever have?

As with any problem or situation, there is a process, and with that process hopefully eventually comes success. Budgeting can help every student save for just about anything they need (as opposed to want). Check out the following steps toward a successful budget, figure out what financial situation you're in, and learn some valuable tips and advice to keep that cash.

## Steps to Budgeting:

**1** Admit to yourself that you are in a financial situation, whether you have money or not. Everyone could bear to budget a little, because in the long run you will thank yourself.

**2** Realize what type of financial situation you have in common with one of these three groups:

Bankrupt Blues  
Half-way House  
Pleasantville Palace

**3** Once you have possibly figured out your common financial situation, grab a piece of paper, pen, and your sanity, to ask yourself a few questions:

- Am I currently employed?
- Do I have more than one credit card?
- Do I rely mostly on financial aid during the academic school year to pay for tuition, the cost of living, and books and school supplies?
- Do I have my own savings account?



On a piece of paper, create two columns, naming one column "Want To" and the other one "Need To." Underneath the "Need To," list any important necessities or any financial obligations that you may have (books, school supplies, cell phone bills, rent). Then in front of every item on

your list, write either Pay or Buy, whichever best applies. Do exactly the same on your "Want To" list, again using either Pay or Buy, this time for items you want but know you might not be able to afford (iPod, car, student loans).

**4** Now, go back to the questions you asked yourself, to see which financial group suits you best.

Basically if you answered "No" to all four questions, you are in the Bankrupt Broke Blues group, which doesn't mean you're on the verge of bankruptcy, but that you might definitely be broke. You may just even live off of credit cards, which could have been your first mistake- especially if you are not currently employed to pay them off. The bills will not just magically disappear, remember. Instead, get up and go look for a part time job, possibly on campus. This way the schedule will be flexible and you won't have to burn your money on gas. Once you obtain a job, you may even be on your way to the Half-way House group.

Troops in the Half-way House group may be employed, but they still struggle from time to time. Financial aid may not cover everything, and in fact they may be some of the lucky ones to receive student loans. These folks are the ones

who answered three out of four with "Yes," with one of their answers being "No." They're still on the beginner's level of budgeting, but a good distance from Pleasantville Palace.

Pleasantville Palace answered all questions with "Yes" and may even be doing a lot better than they're telling. Employed and with a savings account, these lucky folks maintain credit card spending and always pay them on time. They may not always receive financial aid because they've learned to secure themselves financially, while remembering what is important and what's not. This group is on top of the world with their budgeting skills- everyone watch them and take notes.

**5** With your two column list, look at what's more important. Hopefully you're looking at the "Need To" list for your own good. Take care of business and realize that this column is first priority. Stash away the "Want To" list, then take the "Need To" list and post it on your refrigerator, bathroom mirror, or wherever it will always remind you that these are what you should be spending your money on for the time being. Another good tip is to make a copy of this list and band it around your credit card. Once you start to reach for it for superfluous spending, you might just think twice.

## Stack and Keep your Money:

### Other Tried and True Tips

**1** It may seem a little old fashioned, but collect cans and plastic bottles. Not only are you making a few bucks once you cash them in, but you're also recycling, which plays a large role in keeping our earth clean. Find a friend who just had a house party, start collecting, then find the nearest recycling center and cash those babies in.

**2** Just bought a new pair of shoes but going to the mall again with friends? Leave your credit cards and large amounts of money at home. Window shop instead, because if you don't have enough money with you then you can't buy anything you don't need.

**3** Open a savings account at a bank that's not on every corner. If you're out of money in your checking account, you'll be less likely to automatically go to your savings account if it is at a bank out of the way.

**4** Grab the newspaper every Sunday for coupons. You can never go wrong with clipping coupons in order to save money on

grocery shopping. Or skip the Gelson's and opt for Vallarta's. They actually even have pretty good produce at some dollar stores.

**5** A lot of times when we go to fast food restaurants, we don't realize the coupons they give us on the back of the receipts. Do their survey or come back on the right day and save big. Also, if going out to eat with friends, utilize happy hours. Not good only for drinks but for food as well.

**6** Next time you head to movies, restaurants, theme parks, or just about anywhere, ask if they give student discounts. You can easily save a few bucks, which may leave more money for snacks at the concession stand.

**7** And for when you actually have some money saved- stocks, real estate, and bonds are all good sources of investing. But do some research first. Talk to friends or family who know a thing or two. Or take a course that will give you the know-how to go at it alone.



# MUSIC MOVIES BOOKS

by Sierra Dowd

## MUSIC

### 1 Coldplay

Coldplay's newest album *Viva la Vida or Death and All His Friends* was the number one selling album in 36 countries and counting, though we shouldn't find it hard to believe. They have done it yet again with hot hits like "Violet Hill" and "Viva la Vida." The depth and soul of the lyrics combined with the soothing hymn's can leave anyone feeling tranquil. Thanks Coldplay for another legendary Album!

### 2 Rihanna

Rihanna's album *Good Girl Gone Bad* has left everyone breathless and begging for more. Rihanna is definitely not and will never be a one hit wonder; she just keeps delivering success and variety too! Feeling a little angry at your loved one or getting ready to go out to the club? Either way pop in this CD and you can kill two birds with one stone! "Take a Bow" and "Disturbia" are playing on repeat everywhere and you can't help but sing along every time. Do yourself a favor and update your iPod with this new album!

### 3 Lil Wayne

Lil Wayne is topping the charts with one song after another! His latest album *Tha Carter III* has left everyone wanting more. But who can expect anything less from this new rap legend? His unique voice and catchy lyrics leave everyone bumping their heads. "A Milli" and "Lollipop" can be heard in any and every club and have left Lil Wayne with not just a million more dollars but a million more fans as well!

### 4 Shwayze

This alternative hip-hop duo has actually delivered a lot more than music with their reality series on MTV, *Buzzin'*. Shwayze and Adler just hit the music scene but it appears that everyone is approving. Their top two songs "Buzzin'" and "Corona and Lime" have topped music's hot 100 charts everywhere. Let's hope they deliver more and fast so they won't just be known as one hit wonders! In the meantime crack open a corona by the pool and chill with their new album *Shwayze!*

## 5 M.I.A.

You may think M.I.A is just a one hit wonder with her newly discovered song "Paperplanes" but if you actually took the time to listen to her album *Kala* you might be surprised to find that she is everything but. It's too bad it took the release of *Pineapple Express* for this musical genius to surface. I mean really surface into the music scene. After or before you go buy this amazing CD take the time to google her biography. This young woman is very interesting and definitely has a story to tell!

## MOVIES

### 1 The Dark Knight

How can anyone pass up this box office hit!? This thriller topped the charts immediately on its release date of July 18th, setting a new midnight record of \$18.5 million dollars; not to mention the \$158,411,483 they raked in on opening weekend. Between Heath Ledger's astounding performance as the Joker and Christian Bale's hot love triangle no one wanted to miss out; and who can deny the catchiness of their tagline. Why so Serious? If you haven't seen it suggest you start asking who has the bootleg because this movie is just too good to miss out on. Look like Gotham city is back on the maps!

### 2 Pineapple Express

This classic stoner comedy is a definite must see for anyone and everyone! It's hard to believe genius writers Seth Rogan and Evan Goldberg weren't on anything themselves when writing this script. Or were they? Well besides that point this movie will make your cheeks hurt from laughing so hard. If you think all the funny parts in the previews are your wrong! So go do as the tagline says and put this in your pipe and smoke it!

### 3 Sex and the City

Chick flick you say? I say not! Every man walking out of this movie couldn't help but make a non-chalant remark about how "It wasn't that bad." Charlotte, Carrie, Samantha, and Miranda do it again but this time bigger and better than ever! With Samantha's sexual desires too hot to handle and Carrie's love life finally taking a leap this movie really does carry you away! Go watch it and fall back in love with your four favorite ladies!

### 4 Step Brothers

Want to feel better about yourself? Well go watch this movie and make yourself feel like a million dollars! Watch Will Ferrell and John C. Reilly battle it out like 12-year-olds trapped in 30 and 40 year-old men's bodies. It will make you laugh and unquestionably make you feel like your family is a little bit more normal! Check it out, it's worth it!

### 5 Death Race

This re-make of Roger Corman's classic will not leave you disappointed! Jason Statham takes you for one hell of a ride and will certainly leave you thinking. Who doesn't like violence, sex, and hot ex-con's driving fast cars? Well maybe not everyone will enjoy the whole hot ex-con part but definitely the sex and violence. Keep this thriller in mind if you want a little action in your life!

## BOOKS

### The Audacity of Hope: Thoughts of Reclaiming the American Dream BY: Barack Obama

This nonfiction novel, not to be compared to his first, *Dreams from my Father*, engages themes raised in his 2004 speech at the Democratic National Convention. In this novel Obama shares his personal beliefs and values, offering a manifesto for his 2008 campaign for president. This is definitely a great way to get a glimpse of your country's presidential democratic candidate and may assist you in making your decision this November!

### The Average American Male BY: Chad Kultgen

This short read is a great conversation topic! Kultgen takes the mind of what he calls, "An Average American Male" and in diary form gives the day-by-day story of his life. With vulgar language and everything from sex, relationships, tits, ass, and more sex it's hard to put down. However, Kultgen doesn't necessarily make men out to be the most civil people; so guys if you want to take a look into what many women today are perceiving you as, go pick up a copy! Maybe you can prove Kultgen wrong, or just have a good laugh!

### Black Hole BY: Charles Burns

This limited series comic is definitely worth a look! Throughout 12 issues, Burns writes and illustrates the aftermath of a sexually transmitted disease that causes grotesque mutations in teenagers. It follows a young woman and man in the suburbs of Seattle who slowly become social outcasts because of their disease. Burns unique imagery is an eye-catcher and compliments his writing perfectly. Check it out, it's a good read if you're bored in class!

### Slaughterhouse-Five BY: Kurt Vonnegut

If you're a pro-war type of person this book is definitely a way to gain a sense of why so many are anti-war. However if you're an anti-war type this book will prove very fulfilling. Vonnegut focuses this contemporary novel on the infamous firebombing of the German city of Dresden and reflects the journey of our own ruptured lives. It's a great interesting read that will leave you thinking!

### Kite Runner BY: Khaled Hosseini

This 2003 novel, recently turned movie, is a national bestseller and a classic. Hosseini successfully provides an educationally eye-opening account of Afghanistan's political turmoil. Hosseini develops characters whose emotional struggles quickly drag the reader in, almost making them a part of their lives. It's a great way to educate yourself on the unrest of other countries and will keep you wanting more.

# Rebelution

## revolution

by Kristen Fogle

Being awarded the iTunes Editors Choice for Best Reggae album of 2007 and debuting at #10 on Billboard's Reggae charts in April of this year are accomplishments to say the least. But though they possess a laid back appeal highly typical of a SoCal band, with a steady fan base and catchy tunes, Rebelution is poised and ready to be the next best thing. The guys took a wee break from touring to weigh in on what's up next, and their thoughts on everything from Pogs to Pop Tarts.

## stats

Rory (26) San Diego  
Marley (25) Mendocino (Pt Arena)  
Wes (25) Prunedale  
Eric (24) San Francisco

**For Us:** How did you all meet?

**Rebelution:** We all met at Santa Barbara City College through music classes. One day we found the time to have a jam session and we formed the band.

**FU:** What's the philosophy (if you will) behind Rebelution?

**R:** There isn't really one philosophy behind Rebelution. We're pretty much just attempting to play music that we think is creative both melodically and lyrically. We feel like we're rebels in the sense that we're challenging the idea of thinking about music in terms of genres. Although the foundation is reggae, we try to incorporate other styles in our ultimate attempt to break boundaries, or more specifically, break the concept of musical genres.

**FU:** What makes you different from other reggae bands?

**R:** I think we try to add different flavors within every song. We're always trying to incorporate new things into our music. Part of what sets us apart from other Cali reggae bands is that we play a lot of roots reggae, but simply speed up the tempo and add a different vocal style.

**FU:** What's the best track off your record?

**R:** It's hard to say. "Feeling Alright" seems to be a popular one on Courage to Grow.

**FU:** Do you have groupies? What's your worst fan (or Myspace-er) encounter?

**R:** I suppose we have dedicated fans. Every once in a while we'll get some hate mail saying we're not putting out "real music" or whatever...but we don't pay attention to that. We love what we do.

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

**R:** We write our own songs and arrange them as well. We've got a list of people we're dying to play with but if I had to pick a producer to link up with it would be Stephen Marley or Dr Dre.

**FU:** What's a good first step for a band that wants to sign with a label?

**R:** The first thing is to ask questions constantly and get a feel for what's going on in the business. The next thing is to be fully aware that things are always changing around us. Be smart in your decisions and don't jump to something immediately.

## questions that count

**FU:** Skip-it's or Pogs?

**R:** Pogs (it's all about the slammers)

**FU:** Pac Man or Batman?

**R:** Pac Man (less violent)

**FU:** Bagel Bites or Pop Tarts?

**R:** Bagel Bites (they had good commercials)

**FU:** XRay vision or Mind Reading Capabilities?

**R:** Mind Reading Capabilities (then we would know what's really going through our president's head)



# SAINT MOTEL

# band interview

*living everyday like tomorrow...  
...today*



*State*  
Bass: DAK, 21  
Guitar: asharp, 22  
Drums: G.S. Erwin, 20  
Vocals/Guitar: A/J Jackson, 21

by Sierra Dowd

Looking for a good show that entails more than a few guys rocking out to their tribute of every other Indie Rock band with tight pants and shaggy hair? Then allow me to introduce to you, Saint Motel.

Being voted artist of the week by FM Podcast and having their very own songs featured on MTV's hit reality show *The Hills*, are just two bragging rights gained by this band. With their vigorous and personable performances and original lyrics, it's almost impossible to leave a Saint Motel show with nothing to talk about. Having been aired on Los Angeles independent music station "Indie 103 F.M.," gained residency to well-reputable clubs such as Viper Room and an E.P. already released within one

year of being established, leaves this band driving fast on a road to success.

ForUs was lucky enough to catch up with these spunky young men at Los Angeles' Key Club to find out just what it is that makes them so different and further explore the hard work that goes into the magic of their shows and songs alike. Their care-free spirits came full force as they stood with hands in pockets, energy still glowing from the live show. However with guys that describe their music as, "a pretty ocean that will thrill and delight you before slowly dragging you out to your untimely death by its vicious undercurrents," who could expect anything less?

**ForUs:** Where did the name Saint Motel come from?  
**Saint Motel:** All of us were out of town and when we came back we were talking and realized we all had the same dream with the name Saint Motel.

**FU:** What does your song writing process entail?  
**SM:** We sit around and let the music just come to us. Sometimes we approach songs in a visual sense, much like a film. There's an intro, which establishes what's at stake while the body of the song fleshes out the story. There's often a plot twist 3/4 of the way through the song which takes the form of a bridge. Then, of course, the conclusion which settles everything back to normal. Some people write with their hearts, we write with our balls.

**FU:** What makes you're music and shows different from other indie rock bands?  
**SM:** We wear pants sometimes...and our mom's told us that we're special.

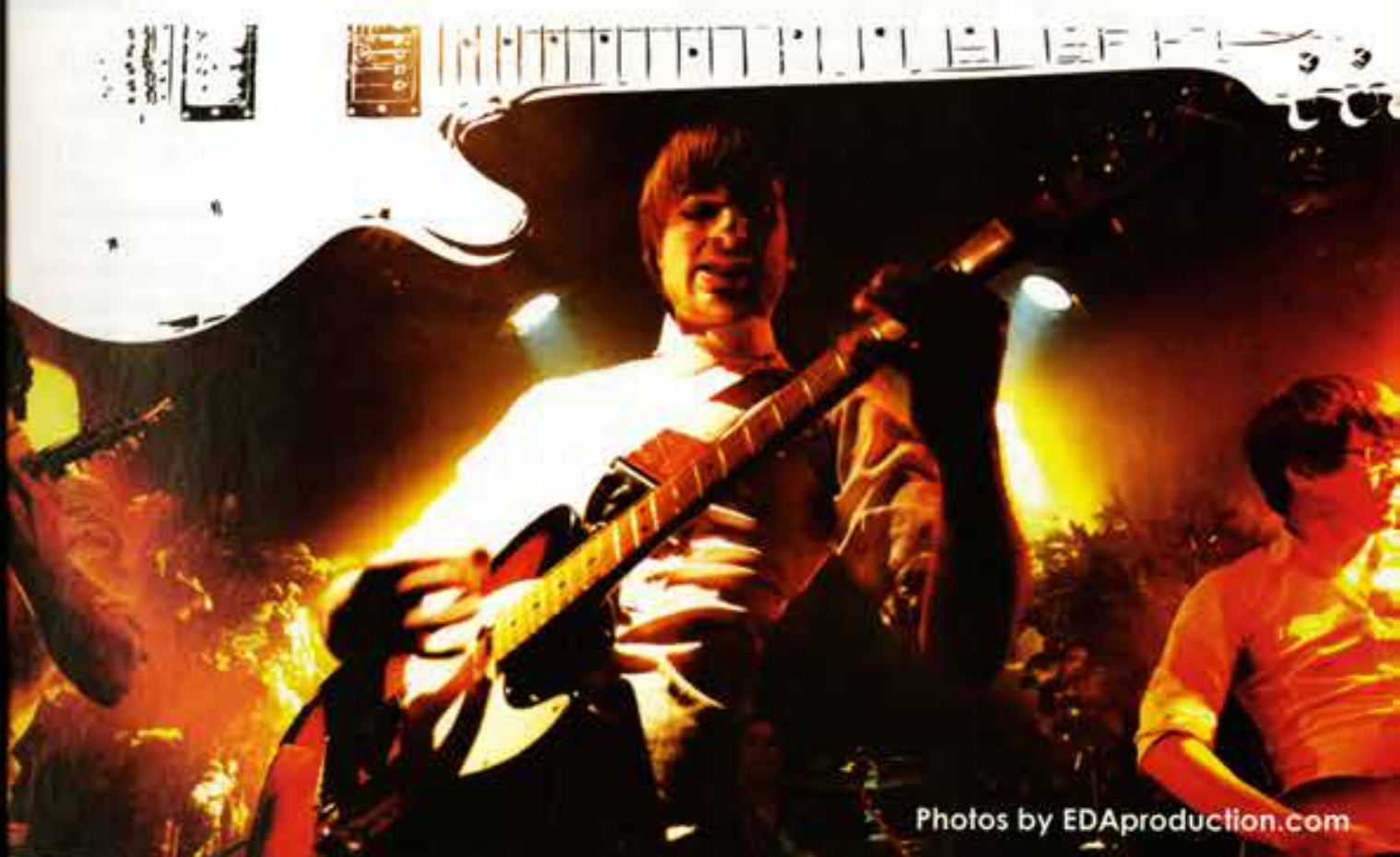
**FU:** If you could work with anyone, who would it be?  
**SM:** Definitely David Bowie, actually the entire Bowie family past and present.

**FU:** On your website it says you approach songs in a visual sense much like a film, is that large in part because A/J and asharp met in film school and started the band?  
**SM:** Yes, our songs have structure and creative impact. We organize for the maximum punch and dramatic effects.

**FU:** Who stands in the mirror the longest before a show?  
**SM:** Dak, definitely Dak.

**FU:** If you were touring nationally how many shows in a row would you wear the same outfit?  
**SM:** Oh every show, without a doubt. We're actually wearing some of the same stuff we wore at our last show right now.

**FU:** Where do you see yourselves in five years?  
**SM:** Dead, but of natural causes.



Photos by EDProduction.com

Want more? For exclusive videos, music, merchandise and more, visit [www.myspace.com/saintmotel](http://www.myspace.com/saintmotel) [www.saintmotel.com](http://www.saintmotel.com)

# Blood Bath: The Horrors of Not Having Enough

by Sierra Dowd

Often the words "Red Cross Blood Drive" can be found on bright red and white billboards set out on campus or flashing across a marquee at a local YMCA. However, when was the last time you actually took the effort and participated in a drive, besides that time in high school to get out of class?

Most always we don't take the time to give back the gift of life unless it involves getting something free in return or getting out of an uninteresting commitment, but what many don't know is that the result of this is turning deadly.



Teresa Solorio, Southern California's Red Cross Public Affairs Manager has taken the time to give us a little breakdown of what's going on:

In Southern California, the American Red Cross must collect about 1,500 units of blood every single day in order to meet the daily needs of the patients in our local hospitals. Unfortunately, California donors provide about 60% of the blood used by local hospitals; we need to import the other 40% from outside our state. When other areas of the country experience weather-related or natural disasters that affect their own blood collections, our blood supply level in California can be affected.

In her managerial role, Solorio is responsible for developing and nurturing contacts with the media, acting as a spokesperson for the Red Cross Blood Services, and reaching out to the community to educate people like us about the importance of blood donations.

FOR US was fortunate enough to catch up with Solorio so she could further explain the issue.



**FOR US: What is the American Red Cross Blood Service?**

**Teresa Solorio:** American Red Cross Blood Services is a non-profit humanitarian organization that provides vital services and products that save lives and improve the quality of life for many.

**FU: Do we currently have a blood shortage, if so, how did it happen?**

**TS:** We do not have a blood shortage; we have a blood donor shortage. Less than 3% of those who are eligible to donate do. This morning we had less than a day's supply of O-positive, O-negative, B-negative, and less than a two-day's supply of other blood types. A five to seven day supply is considered adequate.

**FU: What are the repercussions if this blood donor shortage continues?**

**TS:** At the very least we may not have enough blood on our shelves to handle emergencies or unexpected disasters, and elective surgeries will need to be canceled to ensure blood is available for trauma emergencies. At the very worst people could die for lack of blood.

**FU: What can we, as college students, do to participate in eliminating this shortage?**

**TS:** If, as a college student, you have never donated blood, now is a good time to start! If you have donated blood please donate again, as soon as you are eligible. Type O blood is the most used blood and right now is the one in lowest supply. We encourage all eligible donors with type O blood to please become regular blood donors and donate every 56 days.

**FU: What is the quickest way to find out your blood type and access the eligibilities required for donating blood?**

**TS:** When you donate blood, the Red Cross will send you a donor card with your blood type. After you have donated once, you will forever be in our system, so you can always call to find your blood type if you forget. To access a comprehensive list of eligibility and deferral requirements log onto [www.socalredcross.org](http://www.socalredcross.org) and click on Who Can Donate.

As Solorio has informed us, the only place to get blood is from donors, there is no proven substitute right now. If everyone who donates blood one time a year would donate a second time, or bring a friend to donate with them, we would never have a blood shortage. All it takes is a couple of hours out of one day to help the lives of many.

The American Red Cross Blood Services, Southern California Region, will do its best to meet patient needs in the over 150 hospitals it serves, but without an increase in blood donations, hospitals may not have enough blood for patients, including accident victims, premature babies, people with sickle cell disease, and patients undergoing surgeries or chemo therapy treatments.

To find out when and where the next blood drive will be near you, log on to [www.givelife.org](http://www.givelife.org) or call 1-800-GIVE-LIFE. For organizations interested in holding their own community blood drive, call 1-800-491-2113 and start planning today.



# is noho the new city walk?

By Kristen Fogle

Though Universal City Walk has long been a haunt for undergrads looking to score cheap drinks and a good time, there are only so many times one can hear drunkards belt "Sweet Caroline" at Howl at the Moon. And after the twelfth time your slutty roommate decides to take her shirt off while riding the bull at Saddle Ranch, it gets a little old.

So maybe that's the reason why tons of twenty-somethings have come down the mountain north west a bit, into the often overlooked community of North Hollywood. (With it squished between Ventura Boulevard, Burbank, Universal, and Sherman Oaks, it's been easy to do.) But with new bars popping up, old dives becoming more popular, and everyone just on the prowl for something new, the up-and-coming NoHo Arts District has been getting even more play than usual.

## Tokyo Delves

5239 Lankershim Blvd,  
North Hollywood, CA  
818.766.3868



Toyko's is nothing new- it's been around for about as long as the trend of Asian tourists compulsively snapping photographs has. But for some reason, the Japanese/sushi hang out has become the place to go in the past year (probably because chicks get to dance on the tables). And for birthdays, its popularity surges- I'd say the free \$32 value b-day dinner plate is an easy motivator. Plus the atmosphere is cool with it's rock and roll vibe, and the patrons, chefs, and waiters sing and dance. What's not to like?

## Skinnie's

4923 Lankershim Blvd,  
North Hollywood, CA  
818.763.6581



Hip but laid back, it has what many of the cooler dive bars have not- a dance floor. And with tunes spun by an old CSUN frat boy, the music is never bad. Constantly packed, it's a great place to go if you're re-entering singledom. Couches line the wall for optimum "make-out-with-random-hot-stranger" time. Drinks are definitely not Hollywood prices, and the bartenders though busy, don't exude the Hollywood attitude either. Getting bored? There's always someone to talk to smoking out front, and better yet, the shoppe of sex is just a few doors down.

## NoBar

10622 Magnolia Blvd,  
North Hollywood, CA  
818.753.0545



Tucked away and isolated from the (semi) hustle and bustle found on the main drags, NoBar's slightly dismal area is made up for in the inviting (though slightly dark) interior. For many, five dollar beer, a great jukebox selection, and an entire pool table room is a completely suitable way to spend three to four hours. The crowd is all young, with a slightly hip overtone, which matches perfectly with it's trendy (but slightly worn) décor. Warning: Don't stare at the wallpaper too long, though, I wouldn't be surprised if the hypnotic patterns contributed to cancer.

## Match

4657 Lankershim Blvd,  
North Hollywood, CA  
818.766.0116



Impossible to find, the building is marked only with a single red lit bulb, making it feel like a mix between a swanky members-only club and a hidden coke den. Inside, it's small but pristine, with colorful surroundings and renovation throughout. Drinks are cheap and it's generally not completely packed. Consider it a great place to take close friends (and actually hear what they're saying). Side note: Since the crowd is mixed, may be a great place to pick up that sugar daddy you've secretly been longing for.

## Le Sex Shoppe

4877 Lankershim Blvd,  
North Hollywood, CA  
818.760.9529



An alternate to WeHo's Pleasure Chest or Hustler Hollywood, the place is spacious and the staff is knowledgeable (or, eh, so I hear). Because of the sheer selection, it's a great joint to visually deflower a friend. And it won't break the bank. The best thing about the little shoppe, however, is that it caters to curiosity at 3 AM- that's right, it's open 24 hours a day. (Both 24 Hour Tans and Supertans 24 can't boast that, and this is WAY more fun than burning or busting your ass.) However, do keep your "Creep Meter" on- though this is a pretty safe area, remember you're dealing with decrepit perverts who buy "The Best of Man Boobs Part 8".



# SWAT

SWAT (Summer Winter Action Tours) was formed in 1997 by a group of friends who previously worked together at LA Ski & Sun Tours, all sharing a passion for travel, events, music, and entertainment.

Driven to fill the void of quality they thought was missing in the student travel industry, Chris Carder (UCI, Phi Delta Theta), Thomas (TJ) Jaenichen (Deer Valley Pro Patrol), Matt Delaney (USC, Phi Delta Theta), Debbie Eldridge (Palm Desert), Cliff Carder (UCI, Phi Delta Theta), and Holly Jaenichen (UCLA) created SWAT. Their mission was to be the leader in global marketing, travel, and entertainment, by creating credible experiences with the highest level of quality and client satisfaction.

The first year would prove to be challenging in many ways in order for SWAT to establish itself. On top of the usual hurdles, SWAT's competitors were terrified at the prospect of having to sell against them and promptly

threw down a lawsuit with no merit, in hopes of financially driving SWAT out of business. It was a true David vs. Goliath tale, yet SWAT persevered.

After two and a half years of building SWAT from their homes in Hermosa Beach, they experienced massive growth and moved to a new office in Tustin. A year later SWAT, as well as the entire world, were rocked by 9/11. SWAT had no idea what would happen, fearing that people would be too scared to travel, which would effectively be the end of SWAT. Yet, they soldiered on and had one of their best years ever. Since, the travel side of SWAT has continued to grow over the years.

Additionally, through the ability to recruit the most influential students on campuses all over the west coast, SWAT's rep system became a juggernaut. It was in the Tustin

office that Carder conceived the idea of SWAT Marketing. After years of working with industry sponsors like Mountain High, 686, Wahoo's, and Active Ride Shop, the SWAT rep system had proven itself as a major vehicle of influence. He knew there was a way to harness SWAT's rep system to get new products into the hands of a core demographic of consumers. From a trial run with a new product called Monster Energy Drink, SWAT Marketing and its North American collegiate marketing program was born.

SWAT has also shown its influence on the music industry. SWAT takes pride in finding up-and-coming entertainers and getting exposure for them through marketing and events. Over the years acts have included: Incubus, Slightly Stoopid, Pepper, Black Eyed Peas, Pennywise, E-40, Three 6 Mafia, Ying Yang Twins, and Rebelution.

Today, SWAT Travel and SWAT Marketing are based out of Costa Mesa. SWAT Travel expanded to include Colorado based resorts, Cabo San Lucas, and Cancun to join destination classics such as Lake Tahoe, Utah, San Felipe, and Rosarito Beach. SWAT Marketing and its college ambassador marketing team today proudly represent Rockstar Energy Drink and Perfect Pushup on over 200 campuses across the USA and Canada.

SWAT is proud of the fact that its SWAT Family has stood together for the past 11 years to see their vision come true- through both good and challenging times. They continue to inspire and be inspired by each other and their customers- to make SWAT even better year after year.

For more information, please visit  
[www.swatevents.com](http://www.swatevents.com)



# FORUS

# OCTOBER 2008

CSUN  
UCLA  
GENERAL

**SUN**  
**5**

Men's Soccer vs UC Riverside

**MON**  
**6**

Monday Night Football @ PUB Sports Grill, USU  
Study Abroad Fair @ Ackerman Union Grand Ball Room

**TUE**  
**7**

Table Tennis Tournament @ Games Room, USU

**WED**  
**1**

Table Tennis Tournament @ the Games Room, USU 1-3 p.m.

**THU**  
**2**

Craft Corner @ Plaza del Sol 11-2

Student Showcase Auditorium @ Grand Salon 4-7

**FRI**  
**3**

Exhibitions @ UCLA Hammer Museum

**SAT**  
**4**

Playboy Mansion Leather Meets Lace Hosted by Jenny McCarthy and Victoria Fuller

Opening Celebration for Fowler Exhibitions

**12**

Museum of Tolerance Trip; meet at parking lot G4; 11-4

**13**

Monday Night Football @ PUB Sports Grill, USU  
Poker Tournament @ Games Room, USU

**14**

Billiards Tournament @ Games Room, USU

**15**

Table Tennis Tournament @ Games Room, USU  
The Academy @ House of Blues Sunset

**16**

Aztec Gladiator @ OAT Walkway

**17**

Women's Soccer vs UC Davis

**18**

Men's Soccer vs Cal State Fullerton  
CPR/First Aid Training @ Granada, USU 9-5

**19**

Women's Soccer vs Pacific

**20**

Forus Magazine Issue 2 Release Date [www.forusmagazine.com](http://www.forusmagazine.com)  
Monday Night Football @ PUB Sports Grill, USU

**21**

Table Tennis Tournament @ Games Room, USU

**22**

Billiards Tournament @ Games Room, USU  
Everlast/Lordz Roxy Theatre

**23**

Cooking on a Student Budget @ Flintridge Room, USU 12-1  
Poker Tournament @ Games Room, USU

**24**

Shipwreck: 13th Annual Halloween Terrorfest Queen Mary

**25**

Men's Soccer vs Cal Poly

**26**

**27**

Monday Night Football @ PUB Sports Grill, USU  
Poker Tournament @ Games Room, USU

**28**

Billiards Tournament @ Games Room, USU

**29**

Men's Soccer vs UCSB  
Graduate and International School Fair @ Ackerman Union Grand Ball Room

**30**

Women's Soccer vs UC Riverside  
Cobra Starship House of Blues Sunset

**31**

Matador Nights @ USU 9-1  
**HALLOWEEN**

**FORUS**  
BACK TO SCHOOL  
LAUNCH PARTY  
**RITUAL**  
SATURDAY, OCTOBER 11  
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Guest list Free before 11PM  
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1743 N. Cahuenga Blvd, Hollywood, CA 90028

# THE OFFICIAL RULES OF BEER PONG

By Sierra Dowd

**S**triving to be at the cutting edge of all drinking game know-how, welcome to the first installment of "THE OFFICIAL RULES OF" series. This is your chance to review our versions of the most popular drinking games and then to go on our site at [www.forusmagazine.com](http://www.forusmagazine.com) to tell us which you agree with (or some other way entirely). The "correct" version, (collected from all your feedback) will be published in miniature in the next issue. But until then- take a hit from the pong.

## VERSION 1:

ACCORDING TO THE WORLD SERIES OF BEER PONG,  
FOUND ON THEIR OFFICIAL SITE AT  
[WWW.WSOBP.COM](http://WWW.WSOBP.COM).

### PLAYERS:

2 teams of 2

### SETUP:

10 cups, 2 balls

### FIRST TOSS:

Determined randomly.

### RE-RACKS:

Allowed only at 6, 3, and 1 cup(s) remaining.

### DISTRACTIONS:

Allowed, however the players CANNOT cross the plane of play, nor may they intentionally disturb the air surrounding the cups in play by blowing or fanning an object of any sort. Finally, no visual blocking of the cups is allowed.

### ROLLBACKS:

Only 1 ball is returned when a team sinks both shots in 1 turn, either player may take the roll-back shot.

### LEANING:

Leaning is allowed. HOWEVER, no foot may leave the ground. The table, partner, or any other object may NOT be used to support a lean. Legs may not cross the plane of the table.

### BOUNCE SHOTS:

Allowed but DO NOT count for 2 cups.

### CUPS KNOCKED OVER:

Counted, UNLESS it is clear that the ball did not enter the cup.

### OTHER:

- When a player begins to become visibly intoxicated, cups are no longer filled with beer but instead water.
- Being late or absent to a match will result in forfeiture.
- Fights result in permanent blacklist.

## VERSION 2:

ACCORDING TO, LIKE, HOW WE PLAY

### PLAYERS:

2 teams of 2

### SETUP:

6-10 cups, 2 balls

### FIRST TOSS:

Eye-to-eye one player on each team shoots, the opponent who makes it gets first toss.

### RE-RACKS:

2 re-racks per game, taken at the team's choice.

### DISTRACTIONS:

Allowed- everything is fair game! Nudity highly recommended.

### ROLLBACKS:

Both balls returned when a team sinks both shots in one turn.

### LEANING:

One word, ELBOWS! You may lean as far as you want as long as your elbows do not surpass the table.

### BOUNCE SHOTS:

Allowed and DO count for 2 cups. If taken, opponents are allowed to swat it before it reaches the cups.

### CUPS KNOCKED OVER:

Counted if it is knocked over by a ball and NOT an over-intoxicated player.

### MAN ON FIRE:

If an individual player makes it 3 times in a row, they may continue shooting until they miss.

### OTHER:

- Being late or absent to a match will result in your name being crossed off the cardboard list and replaced with whoever is sober enough to play the next round.
- Fighting results in spilled beer which equals wasted money!
- If a player shoots and the ball bounces and/or rolls back toward their side of the table, they may shoot again but behind their back.



# FORUS

## EVENTS

by Kristen Fogle

At ForUs, we heavily pride ourselves on the parties and events we hold. So when we launched last spring, we felt that not one, but two parties were in order.

### San Diego

San Diego's red carpet launch party was held in downtown, at Red Circle on Friday, March 14. Two party buses ushered guests from SDSU and two locations in PB. FUZE and VEEV vodka sponsored us, with \$5 Fuze/Veev cocktails all night. The hosted bar ran from from 9-10:30 p.m. and DJ Tone Capone and DJ Dadon rocked the place. The venue was filled to capacity and everyone had a great time. The owner Paul really enjoyed the crowd- FOR US is welcome back any time.

### Los Angeles

LA's red carpet launch took place Thursday, May 22 in the super swank LAX in Hollywood, a club owned by DJ AM. Also sponsored by FUZE, three limos and one party bus dropped off some of the over 600 guests in attendance, including a mix of student athletes, campus org members, Greeks, and other campus members. Celebs in attendance included Matt Leinart, Wilmer Valderrama, and a few of the Laker Girls. DJ XXXL from 102.7 KIIS FM spun and four hours of serious partying ensued. FOR US had such a blast, we just might frequent LAX again!

To view pictures for all ForUs sponsored events, login to [www.forusmagazine.com](http://www.forusmagazine.com). And be sure to check out our events section at on the site as well- for great events going on in your area, as well as our fall launch events, coming soon to a school near you!



# FORUS

## ONLINE

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EVENT PHOTO GALLERIES

UPCOMING EVENTS

VIDEO OF THE WEEK

& MORE

# UCLA

# USC

by Natalie Aldern

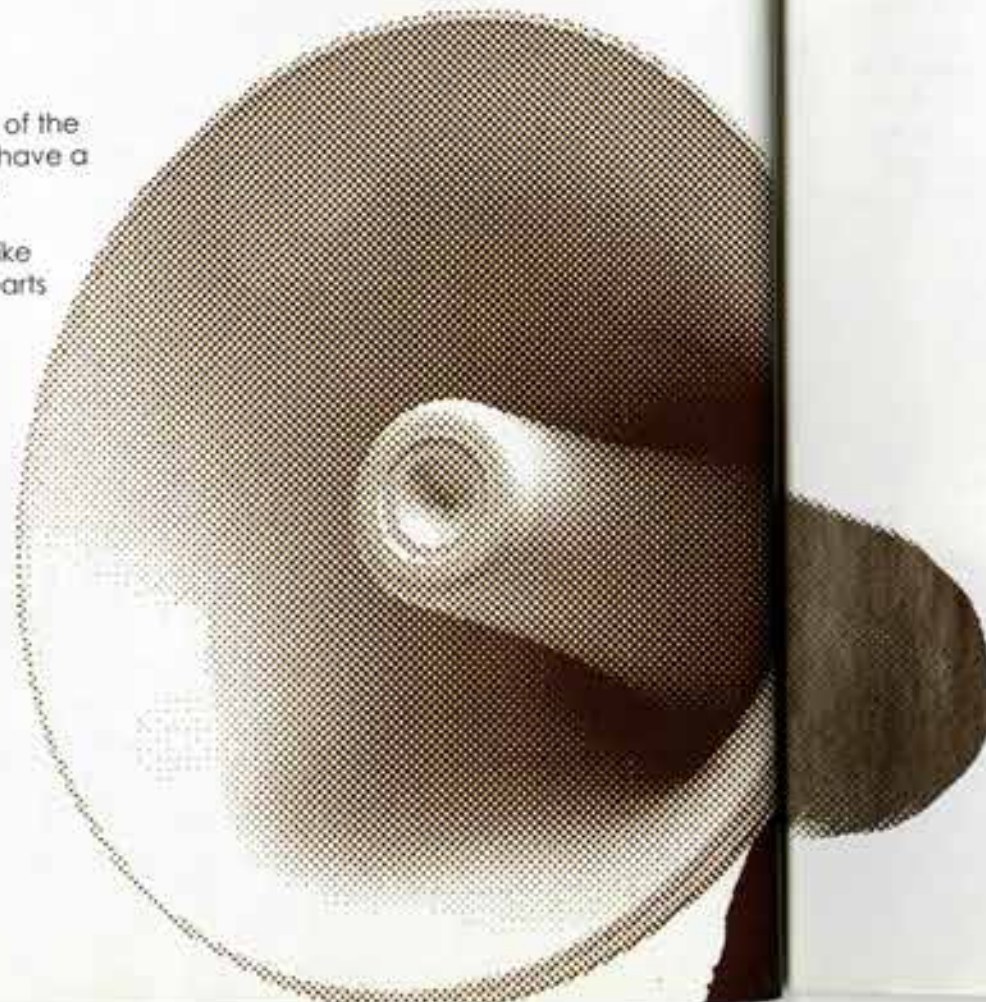
Los Angeles may be a big town, but it can feel uncomfortably small when USC and UCLA meet up to battle it out. With campuses just ten miles apart, the rivalry is hard fought in close proximity. Both universities have earned bragging rights through highly respected academic and athletic programs. When it comes time to compare the NCAA powerhouse schools, arguments can be made for the superiority of either institution. That's why a victor must finally be chosen based on indisputable evidence: mascot supremacy.

## MASCOT ROUNDUP

**USC:** Traveler galloping down the sidelines of the Coliseum is pretty impressive, but why not have a Trojan mascot to match the Trojan name?

**UCLA:** Joe and Josie Bruin look too much like teddy bears to really strike fear into the hearts of opponents, but bonus points for once using real bears at football games

**Conclusion:** In nature, there's no contest—bruin beats horse. But when it comes to USC vs. UCLA, the mascots remain as another point of contention in an epic cross-town rivalry.



Colors: Cardinal Red and Gold  
Mascot: Traveler



**Mascot history:** When USC was founded in 1880, athletes were unofficially referred to as the Fighting Methodists or Wesleyans because of the school's original ties to the Methodist church. The Trojan nickname didn't come about until after a track and field meet against Stanford in 1912. USC lost key events early on and it became clear that a win would be statistically impossible. Though already beaten, the team made a strong comeback, only allowing the Stanford victory by a small margin. LA Times sports writer Owen Bird recapped the meet up and declared that the USC athletes "fought on like Trojans." The nickname stuck and was officially approved by the president of the university.

**Mascot trivia:** In 1930, the Trojan Shrine was unveiled. Better known as "Tommy Trojan," the statue has become a well-recognized symbol of the school. However, Tommy is not the official mascot of USC. Since 1961, USC's mascot has been Traveler, the white Andalusian horse ridden by a Trojan warrior at all home football games.

## OTHER FACTS TO SEAL THE DEAL

**NCAA Championships:**  
**UCLA:** 103 (win)  
**USC:** 88

**School Spirit:** (tie)  
When it comes down to the rivalry, the USC and UCLA student bodies turn out in full force to taunt the opposing team.

**Taunts:** (tie)  
**UCLA:** University of Second Choice  
**USC:** Don't Bruin Your Life

**Location, location, location:**  
**UCLA:** Westwood (win)  
**USC:** University Park

**Greek Life:**  
**UCLA:** Existent  
**USC:** Existence Itself (win)

And there you have it. USC might be a great (cough, second choice) university, but there's really no contest pitting a Trojan horse against a big old bear.

Colors: True Blue and Gold  
Mascots: Joe and Josephine Bruin

**Mascot history:** In 1919, UCLA was founded as the southern branch of UC Berkeley. Due to their affiliation with the Berkeley Bears, the school soon adopted the cub as their mascot. The Cubs won some football games and changed their name to the tougher-sounding Grizzlies. Unfortunately, the University of Montana was also known as the Grizzlies, so UCLA was forced to undergo another mascot change when it joined the Pacific Coast Conference. By this point, UCLA had officially established itself as an independent institution. Since Berkeley was confusingly known as both the Bears and the Bruins, the student council offered the Bruin title to UCLA in 1928.

**Mascot trivia:** Until the first student mascot appeared in the 1960s, all of UCLA's Bruin mascots were live bears. The bears were brought to football games until it became apparent that it was too dangerous to have the animals around spectators.

# CSUN

# CSULA

by Brandi Charles

For many local prospective college students who cannot afford the astronomical tuition of many of the universities in the Los Angeles metropolitan area, the two state colleges: Cal State University Los Angeles (CSULA) and Cal State University Northridge (CSUN), are viable options. So which is the more attractive of the two? Here are a few stats, amenities and interesting tidbits that set these schools apart from one another.

**Total Enrollment:** 21,000 +

**Academic Opportunities:** 59 undergraduate programs and 51 graduate programs

**School Colors:** Black and gold

**Athletics:** A total of 11 intercollegiate sports in NCAA Div. II

**Mascot:** Golden Eagle

**Mascot History:** In the fall of 1948, CSULA (then called the L.A. State College) gathered a committee of students, faculty, and staff, who elected "The Diablos" to be the official mascot of the university. It wasn't until January 1981 that the mascot was officially changed to "The Golden Eagle."

#### Amenities

**Luckman Fine Arts Complex:** The Luckman Fine Arts Complex was constructed in 1994 on the CSULA campus. The complex includes a re-configurable 'black-box' theatre, plus an outdoor amphitheatre, an art gallery, and two rehearsal studios. "Luckman" is famous for its variety of entertainment attractions, including world-class music, visual arts, dance, theatre, and film exhibitions. Constructed by the same architectural firm that built such landmarks

as Madison Square Garden, the Los Angeles Forum, and the LAX. "Luckman" is a world-class venue on the campus of CSULA. The theatre boasts one of the largest stages in Los Angeles and has seating to accommodate 1,152 patrons. As well as a multitude of jazz and blues ensembles, and ballet/dance troupes, Luckman Fine Arts Complex has hosted the likes of Mos Def, Ozomatli, Buddy Guy, Etta James, and Los Lobos.

**Subjects:** The Los Angeles County High School for the Arts (LACHSA) shares the same campus as CSULA.

**Plus Points:** Centrally Located. Affordable tuition. Many different educational/degree options to choose from.

**Downside:** Congested parking lots during the morning and afternoon hours. In-demand classes can fill up quickly.

**Total Enrollment:** 34,000+

**Academic Opportunities:** 63 undergraduate programs and 49 graduate programs

**School Colors:** Black and red

**Athletics:** A total of 18 intercollegiate sports in NCAA Div. I

**Mascot:** Matty the Matador

**Mascot History:** In 1958, the matador was chosen as the CSUN mascot by the student population to reflect the area's Hispanic heritage. This mascot has stood the test of time, despite a close call after the 1994 Northridge earthquake when there was a petition to change the official mascot to "The Northridge Quakes." Fortunately for Matty, the suggestion was defeated by a vote of 1,334 to 392 in a spring 1994 election.

**1994 Northridge Earthquake:** At 4:30 a.m. on January 17, 1994, the CSUN campus was forever altered by a 6.8 earthquake whose epicenter was located in the city of Reseda, (even though the quake has since been dubbed the "Northridge Earthquake"). The campus suffered more than \$350 million in damages to its facilities. It has taken more than thirteen years to complete the rebuilding process, but as of August 22, 2007, the university has finally completed restoration of the damages suffered as a result of the quake.

#### Amenities

**The Plaza Del Sol Performance Hall:** Much like Luckman Fine Arts Complex on the campus of CSULA, Plaza Del Sol Performance Hall hosts a variety of entertainment options including classical and popular musical. The 500 seat theatre is available for rental to the public and has played host to graduations, recitals, plays, and film screenings.

**Side-Note:** CSUN was the site of the infamous "Mel Gibson incident" in which the film maker verbally attacked Alicia Estrada; an assistant professor of Central American studies. He emitted a memorable, colorful response when she questioned him about what she perceived as the racist and stereotypical depiction of Mayan culture in his 2006 film "Apocalypto."

**Plus Points:** A wide variety of disciplines to enter into. More affordable housing in the immediate area than CSULA.

**Downside:** The commute can be long and congested. There are a variety of dorms/residences nearby, however, and more parking is going in soon.

# SERVICES GUIDE

## UCLA

### Area

643 N La Cienega Blvd.  
Los Angeles, CA 90069  
(310) 652-2012

### Arsenal Bar

12012 W Pico Blvd.  
Los Angeles, CA 90064  
(310) 575-5511

### Happy Hour

Monday through Friday  
5-7 p.m. and Saturday 6-8  
p.m.

\$3.00 draft beer, \$4 house  
wines, \$4 well liquor, \$5  
Margaritas, and \$6 Mojitos

### Good Hurt

12249 Venice Blvd.  
Los Angeles, CA 90066  
(310) 390-1076

### Joe's Tavern

8771 W Pico Blvd.  
Los Angeles, CA 90035  
(310) 275-2619

### Happy Hour

Monday through Friday  
4-8 p.m.

### Joyo

242 N Beverly Dr.  
Beverly Hills, CA 90210  
(310) 214-3440

### Key Club

9039 W Sunset Blvd.  
Los Angeles, CA 90069  
(310) 786-1712

### Liquid Kitty

11780 W Pico Blvd.  
Los Angeles, CA 90064  
(310) 473-3707

### Happy Hour

Weeknights 5-8 p.m.  
Sundays: All night!  
\$4 well drinks and Low Life  
(well shot and Pabst Blue  
Ribbon)  
\$1 off all Martinis

### Temple Bar

1026 Wilshire Blvd.  
Santa Monica, CA 90401  
(310) 393-6611

### The Mint

6010 W Pico Blvd.  
Los Angeles, CA 90035  
(323) 954-9400

### The Palmer Room

3387 Motor Ave.  
Los Angeles, CA 90034  
(310) 836-0088

### The Roxy Theatre

9009 W Sunset Blvd.  
West Hollywood, CA 90069  
(310) 278-9457

### The Viper Room

8852 W Sunset Blvd.  
West Hollywood, CA 90069  
(310) 358-1880

### Trader Vic's

9876 Wilshire Blvd.  
Beverly Hills, CA 90210  
(310) 285-1300

### Traubodour

9081 Santa Monica Blvd.  
West Hollywood, CA 90069  
(310) 276-1158

### Whiskey A Go Go

8901 W Sunset Blvd.  
Los Angeles, CA 90069  
(310) 652-4202

## CSUN

### Bar Alon

6744 Woodley Ave.  
Van Nuys, CA 91406  
(818) 780-0957

### Blarney Cove

22105 Roscoe Blvd.  
Canoga Park, CA 91304  
(818) 716-0321

### Club Coco Bongo

19655 Sherman Way  
Reseda, CA 91335  
(818) 998-8464

### Club Red Square

20001 Ventura Blvd.  
Woodland Hills, CA 91364  
(818) 716-8733

**Wednesday nights:** Singles  
Night- No cover, \$3 U Call  
it's, \$5 Long islands

### Thursday nights:

College Night- No cover,  
\$2 well drinks w/college id,  
\$6 Martinis, \$1 Lemon Drop  
shots

### Cowboy Palace Saloon

21635 Devonshire St.  
Chatsworth, CA 91311  
(818) 341-0166

### Happy Hour

Monday through Friday  
4-7 p.m.

### El Girasol

13535 Van Nuys Blvd.  
Pacoima, CA 91331  
(818) 897-4533

### Harper's Bar and Grille

19333 Business Center Dr.  
Northridge, CA 91324  
(818) 349-3474

### Hookah Source

9116 Reseda Blvd.  
Northridge, CA 91324  
(818) 407-0045

### Lee's 4 Cocktails

17040 Devonshire St.  
Northridge, CA 91325  
(818) 360-8893

### Happy Hour

Monday and Tuesday  
1-1:15 p.m. free drink

### Paladino's

6101 Reseda Blvd.  
Tarzana, CA 91335  
(818) 342-1563

### Happy Hour

Monday through Friday  
12-6 p.m.

### Pineapple Hill Saloon & Grill

4454 Van Nuys Blvd.  
Sherman Oaks, CA 91403  
(818) 789-0679

### Happy Hour

Monday through Friday  
4:30-6:30 p.m.

### Pogo's

17314 Satcoy St.  
Van Nuys, CA 91406  
(818) 705-9396

### Spring Bok Bar & Grill

16153 Victory Blvd.  
Lake Balboa, CA, 91406  
(818) 988-9786

### Happy Hour

Monday through Friday  
4:30-6:30 p.m.  
.60 off each drink and \$.50  
off pitchers

### Stovepiper Lounge

19563 Parthenia St.  
Northridge, CA 91324  
(818) 886-2526

### Happy Hour

Monday through Friday  
4-7 p.m.

### Tender Glow

16909 San Fernando  
Mission Blvd.  
Granada Hills, CA 91344  
(818) 363-0476

# FORUS

## BACK TO SCHOOL LAUNCH PARTY

# RITUAL

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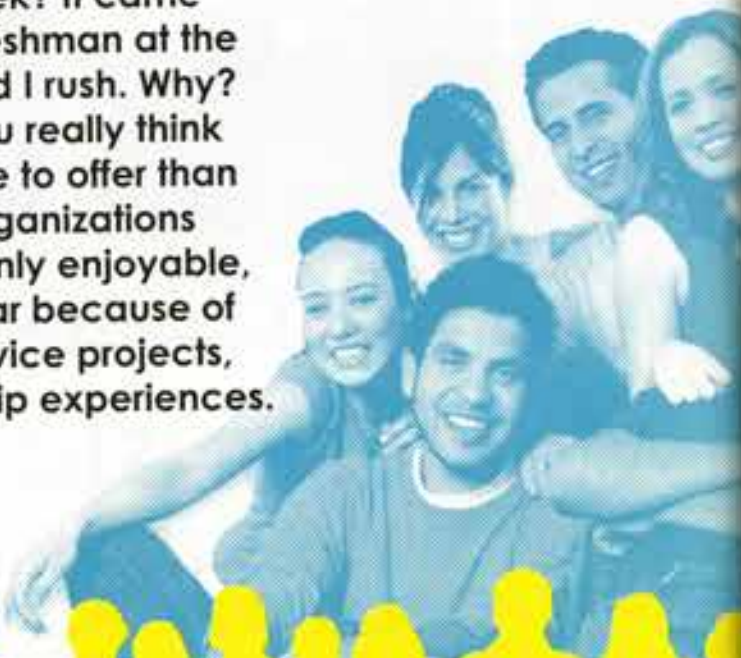
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# DESTINED FOR GREEKNESS: WHY IT'S GREAT TO GO GREEK

by L. Franek

Sooner or later, every collegian must ask the all-important question: Why go Greek? It came when I was a wide-eyed college freshman at the tender age of 17. My brother insisted I rush. Why? Free food. Thanks, bro. But when you really think about it, going Greek has a lot more to offer than just free food. These days, Greek organizations provide opportunities that are not only enjoyable, but make a good resume look stellar because of their involvement in community service projects, academic standards, and leadership experiences.



Fraternal organizations have the ability to bring out the best in their members because of the strong friendships and common goals the members form. These organizations bring people together who are like-minded, and have similar interests and values. In fact, many life-long friendships (that later become life-long business partnerships,) are formed between members. Some even describe these bonds as being like those of a family.

Most Greek organizations actively engage in community service projects and philanthropic activities, helping those less fortunate. Some of these projects might include working in homeless shelters, raising money for cancer research, or raising domestic violence awareness. Not only do these activities foster a greater unity among chapter members, but they also form a bond between Greeks and their surrounding community.

The leadership opportunities offered by Greek organizations allow members to practice their skills as chapter officers or committee members. You will also find that many of these members are the driving force behind student government, and hold positions in honorary societies, campus organizations, and athletics. These opportunities translate into greater organization, responsibility, communications, and decision-making skills.

Besides leadership and community service, Greek organizations have a long tradition of high academic standards. Since getting a good education is the primary goal of attending college in the first place, it seems like a no-brainer to get involved with the folks who help you to become the brainiac you always wanted to be. Most chapters promote education through their own scholarship programs, as well as hold study hours for members. Members are required to uphold a specific GPA in order to maintain their membership, and many colleges give awards to chapters with the highest GPA's.

Socially, there really is no rival for going Greek. Greek social life includes intramural sports, date functions, athletic functions, and the all-important Greek Week. While the social life isn't necessarily the main part of being Greek, it's definitely one of the most fun.

Still not sure if going Greek is a good idea? Well, here's some food for thought.

If you're considering a career in politics, you should know that 36 of our 42 Presidents have been Greek. Only two since 1825 have not been Greek.

Same goes for Vice Presidents. Forty-two percent of Senators and 30% of Congressmen/women are Greek.

If you're going the judicial route, 40% of Supreme Court Justices have been Greek.

If you're not planning on going into politics, but want to start your groundbreaking new business after graduation, remember that 30% of Fortune 500 executives are Greek.

If you're one of those people who want to go where no one has ever gone before, you should know that all of the Apollo 11 astronauts were Greek.

If your goals aren't so lofty, and you just want to graduate, it might help to know that 71% of Greeks graduate from college, as compared to only 50% of their non-Greek counterparts.

So, when you consider the others that have come before you, when you go Greek, you'll know that you're in good company. You would be in the same stead as artist **Georgia O'Keefe**, TV mogul **Merv Griffin**, actors **Kevin Costner** and **Tom Selleck**, rock star **Elvis Presley**, civil rights activists **Rosa Parks** and **Dr. Martin Luther King Jr.**, and comedian **David Letterman**....Plus you'll get some free food.



# The College Survival "How To" Guide

Because college is tough enough, every month we'll give you a few tips they definitely won't teach you at Freshman Orientation.

## HOW TO...

### ...Siphon Gas

By Andrew Ramella

Why should the dude with the Porsche be the only one able to afford oil? Here are a few helpful steps to getting a little bit of bulk back into your wallet:

1. Make sure you have some black sweatpants, a black sweatshirt, and some running shoes.
2. Get a clear tube smaller than an average garden hose about ten feet long, a screwdriver, and a gas can.
3. Make a ninja-like exit from your home and stealthily advance over to your neighbor's luxury vehicle. Pry open the gas cap with the screwdriver.
4. Place hose into the gas tank hole and feed the hose until half the length is in the tank.
5. Put the other end of the hose as low as it will possibly go on the ground.
6. Put mouth on hose and suck until you can see the gasoline traveling toward your mouth. Remove the hose from your mouth and place it into the gas can right as the gasoline is coming out of the hose.
7. This might not work on all makes and models so you might have to try this all around your neighborhood. Just don't swallow.
8. Proceed to your car, fill, and drive.

Free gas takes a little bit of stress out of life...if you're not stupid enough to get caught.

## ...Fake An Orgasm

By Orion Radleigh

He really wants to satisfy you, but for whatever reason, he's just not doing it. Instead of making him feel like a complete failure, or just to test your acting skills, try the following.

1. When you're ready to "get off the ride" start to moan a bit (or a bit more in the case of noisier ladies).
2. Arch your back, and tense your body more.
3. Dig in that freshly painted manicure a little, just to drive the point home.
4. At the "O" moment, hug him to you, and bear down/squeeze...down there. Clench and hold for about two seconds. (It's like Pilates!)
5. Now the make or break: release. All that tension taken away by his amazing power to pleasure you right? So do the sigh. Now relax all your muscles simultaneously.
6. Beware: Less is more. A full on dramatic explosion is going to make him think you're a complete tard. It's a dorm room, not opening night, love.
7. Lastly, indulge in a little mild, "Baby, you're so hot," talk. Every man (and woman) digs it. And if you're gonna make-believe their faux-gasm is the best thing since margarita mix, you might as well lie verbally as well.



## ...Sound Like You Know What You're Talking About

(For Those Who Know Next To Nothing About Sports)  
By Slade Fischer

### ATTN: Sports Non-Enthusiasts,

So last week you made a reference to the Cleveland Bears or asked what inning the Lakers game was in. Now you feel that if you make one more blunder your friends will drown you, or at least shower a heavy amount of ridicule in your direction. So here are a few facts that may save you some embarrassment, and in the right situation, win you a few pub bets:

### Terms

- One-Timer** (Hockey): Hardest shot for goalie to stop...player is passed puck; shoots it without stopping it
- Hat Trick** (Soccer): Coined by hockey...three goals by the same player in the same game
- Hail Mary** (Football): Deep throw...very little chance of being caught
- Haymaker** (Boxing): Make it or break it punch; a gigantic swing going for the knockout
- No Hitter** (Baseball): One pitcher that does not allow any hits for an entire game
- Alley Oop** (Basketball): A player throws it to another player and he slams it...all while in mid-flight





# BACK TO SCHOOL FASHION

Remember when you were a kid and got those coveted "back to school" clothes? It's a shame we don't do the annual trip to stock up on our fave fall fashions (we've probably exed out most of our funds in lieu of many a summer six pack) but that doesn't mean we can't splurge on a few key pieces. And who knows? With ForUs' wallet friendly finds from DVS Shoe Company, White Horse Couture, M Fredric, Creative Recreation, Anchor Blue, Five Four Clothing, Vestal, Matix, Sanuk, and more; perhaps mom will get nostalgic and take pity- in the form of purchasing several of the sickest clothes found here.



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White Horse  
[www.whitehorsecouture.com](http://www.whitehorsecouture.com)  
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Matix Clothing  
[www.matixclothing.com](http://www.matixclothing.com)  
Backpack  
Jansport  
Available at Anchor Blue  
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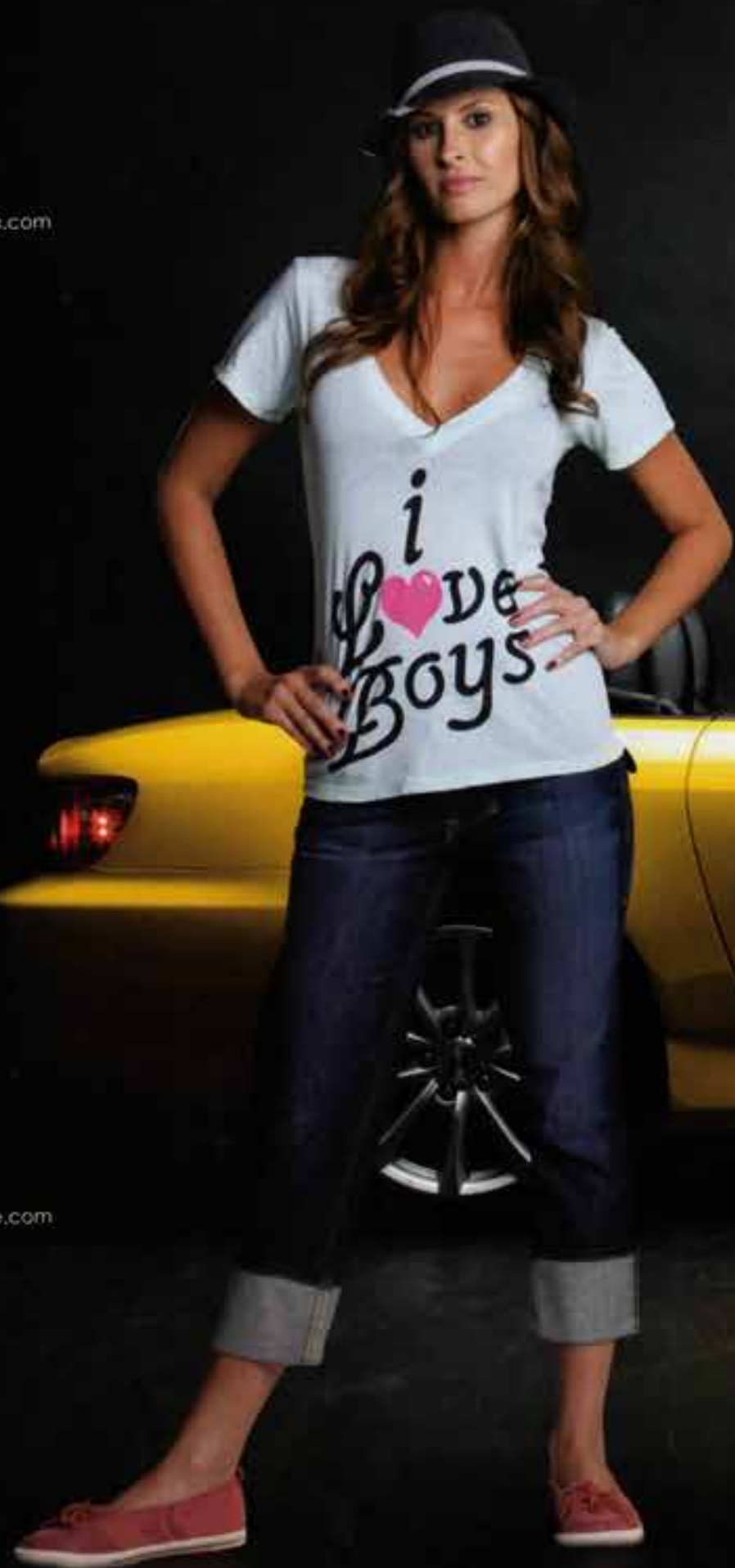
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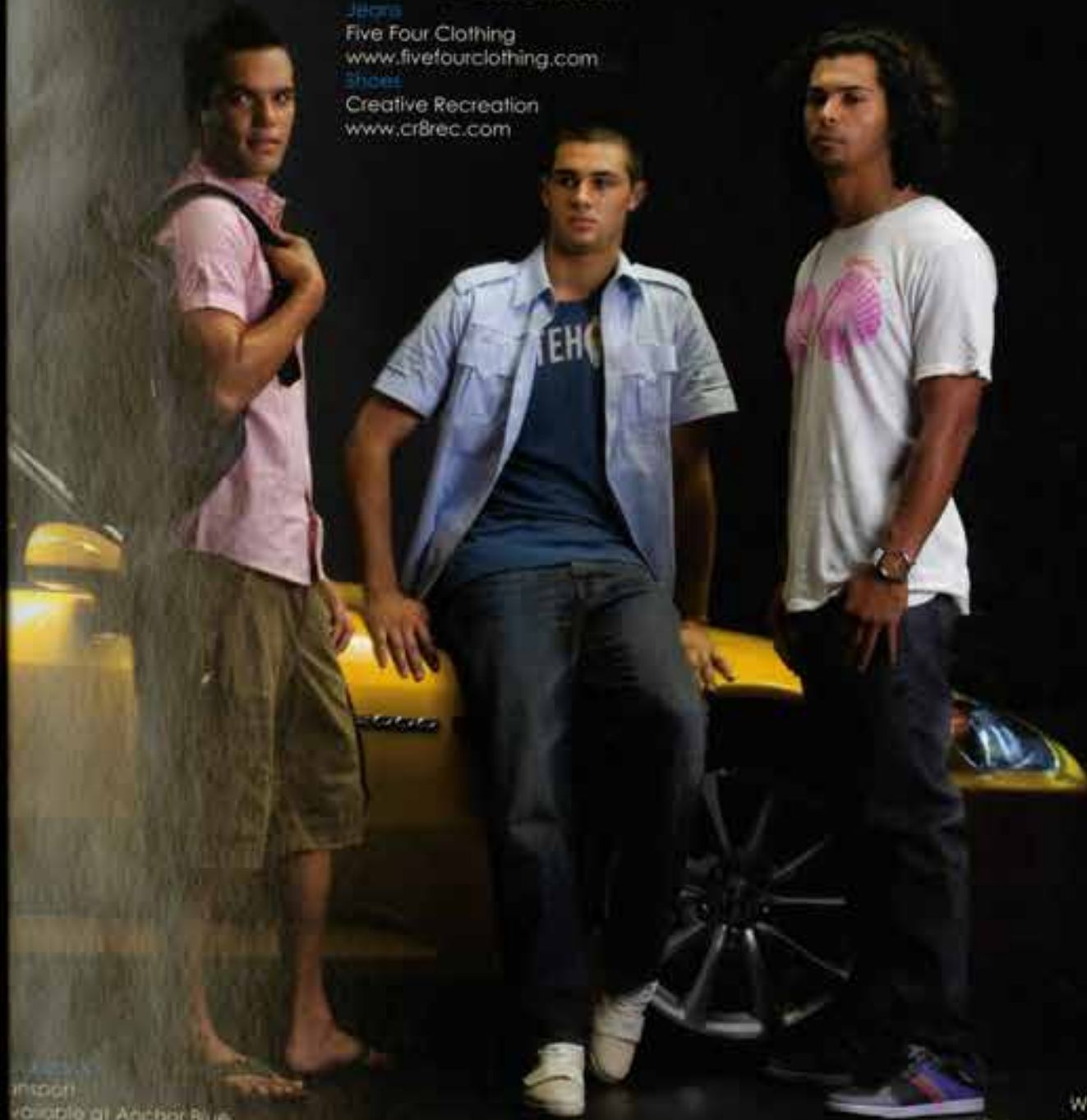


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# Behold the Bluetooth... Making Us All Look Like We've Gone Mad

By Andrew Ramella

Nothing can change the fact that you are not Jack Bauer. A secret agent headset will not change a thing. Purchasing a Bluetooth device will not make you cooler and it certainly will not get you more friends. But since it is illegal to talk on a cell phone while driving, we all have no option but this. We must all look as though we are talking to ourselves during the daily commute. However, here are some high tech gadgets that can make this hands-free transition a little bit easier (and make us look slightly better).

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blah blah blah blah blah  
blah blah blah blah blah  
blah blah blah blah blah  
blah blah blah blah blah  
blah blah blah blah blah



## ALIPH JAWBONE 2

Sleek, stylish designs with excellent features make this Bluetooth device one of the best on the market. Although it has a high price tag and a flashy design, the quality of the product sells itself. Noise canceling and voice enhancement technology developed by Defense Advanced Research Projects Agency allow this device to block out the most extreme background noise imaginable. The Jawbone runs for over \$100 but packs some serious power.



## JABRA BT8040

The compact design along with its affordability give this hands-free device a great reputation. The Jabra BT8040 also has noise canceling technology. It also has three ear bud sizes to give the user a more comfortable feel. Though fairly inexpensive, it can compete with the higher priced products. A great bargain.



## PLANATRONICS VOYAGER 520

This device is one of the market's most popular models. Although it is relatively dull looking, its affordability and simplicity are the main selling points. If you are not looking for anything flashy, the Plantronics Voyager 520 is the best deal. This headset is not small, but it is not a burden to have in the ear.



## APPLE IPHONE HEADSET

The iPhone Bluetooth headset is small and compact. It has the familiar design of the iPod earpiece, and we all know how comfortable those can be. This device was designed specifically for the iPhone. It is elegant but lacks slightly in quality. The price tag surely does not match its absence of features, running you over \$100. But really, when it comes down to it, it's all about the look of the thing, and what else will match your new iPhone?

blah  
BLAH  
blah

blat

# skype™

By Kristen Fogle

## The Global Gabbing Revolution

If you haven't Skype'd, you should start. What is Skype you ask? It's an alternate way of staying in touch with people—especially when traveling. But instead of going into it ourselves, we decided to weigh in with the people who work there. Read on to get the lowdown on what it is, how it got its start, and why it can save you hundreds of dollars—all while being incredibly easy to use.

**FOR US:** For students who don't know, can you give us a run down as to why it's such a revolutionary company for communication?

Skype is a whole new way to communicate. It lets you talk over the internet to anyone, anywhere in the world for free. With over 309 million users worldwide, it allows people everywhere to make unlimited voice and video calls for free to other Skype users.

Skype is so easy anyone can use it in a few steps:

1. All you need is a broadband internet connection.
2. Download the free Skype software at [skype.com](http://skype.com).
3. Plug in your headset or Skype Certified phone.
4. Find your contacts and press the green button.

Users can also make calls to landlines and cell phones for pennies. With Skype, you can also instant message, conference call, share files, and more.

In addition, there are a number of Skype Certified products available which enhance the communication experience, such as Wi-Fi phones, handsets, headsets, speakerphones, webcams, and more.

**FU:** Wow. How did Skype get its start?

Skype was founded in 2003 by Niklas Zennström and Janus Friis. The company is headquartered in Luxembourg with offices in Europe, United States and Asia. In October 2005, Skype was acquired by eBay Inc.

**FU:** I know first-hand how vital Skype can be—while traveling I lasted three months on \$10. But what is the average amount a user can save using Skype as opposed to using a calling card or some other means?

On average, American families spend approximately \$542 yearly making domestic and international calls on their landlines and \$524 a year making calls on their cell phones. Now, with Skype's first-ever, flat-rate international calling plan subscriptions, you can save up to \$85.00 a year. Skype subscriptions provide the most cost-effective way to save money whether you're traveling or simply staying in touch with family and friends while at school. Skype offers three different calling subscriptions, all available on [www.skype.com](http://www.skype.com).

**FU:** Traditionally, Skype could only be used on the computer. Now, you can use cordless handsets, mobile devices, and other Skype hardware to make calls. Is Skype moving towards replacing the traditional land line and cell phone?

Skype is a software-based Internet communications solution that is complementary to traditional landline calling, but is not a replacement for traditional telephone service and cannot be used for emergency calling. Skype offers an enriched online communications experience with voice and video calling, IM, file transfer, conference calling, and a whole lot more.

Additionally, Skype today has over 50 hardware partners who are making nearly 200 kinds of Skype Certified devices and accessories. These products include Wi-Fi phones and other Wi-Fi-centric devices, and the range of hardware that allows people to use Skype on the go, like the Netgear Wi-Fi phone, Nokia N810 Internet Tablet, and Sony PSP. When you tie it all together, you'll see that the Skype experience is becoming available in more and more places that don't rely on being connected to a PC.

**FU:** What countries can use Skype?

Skype is available in over 28 languages and is used in almost every country around the world.

**FU:** We've heard about your unlimited calling subscriptions, but what are some other things we should expect from Skype down the road?

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# BE HEALTHY

By Chaton Anderson

Recovery, it is one of the most important elements of exercise, yet many overlook its myriad benefits and simply don't take the time to do it. Big mistake, as it's a crucial aspect of your fitness plan, especially if you are trying to lose weight!

We all know that the more we exercise, the more calories and fat we burn, which is exactly why it may seem contradictory to place so much importance on getting plenty of rest between exercise sessions. However, once you understand why our muscles need proper rest and how to implement recovery, you'll turn your workout into the most effective and efficient routine possible.

## The Muscles

Every time we train, tiny protein fragments within the muscle cells shatter and the muscle breaks down. The more we exercise, the greater the muscle degradation (how quick it degrades is subject to the individual's strength and the intensity of the exercise). While the stronger, fitter person experiences a slower rate of breakdown, recovery is still a necessity. "Recovery is just as important as exercising," Trainer Robin Sullivan, owner of The Pinnacle Challenge says. "Choosing to run out the door after a workout rather than using the foam roller or stretching, will eventually result in restricted movement, muscle imbalance, and eventually, injury."

After exercise, muscles need to replace the protein and



energy lost in order to make a full recovery. If muscles do not recover fully before another workout, they progressively become smaller. This results in a slower metabolism and a decrease in lean tissue, both of which actually

prohibit weight loss. A lowered metabolism means less calories burned- potentially disastrous since that means even though you're exercising as hard as you can, you have to eat even less than before. That's what I call a nightmare.

## Recovery Options

Our muscles must reach their fat burning potential in order to burn calories, which is exactly why it is so important to allow for muscle recovery between workouts. Robin uses three methods of recovery with clients at her three-day fitness retreat in Palm Springs: foam rolling, stretching, and massages. Some complain they cannot afford massages, but a workout injury can cost

much more. Plus, there are many options for inexpensively adding massage into your routine. Many massage therapist schools offer great services for \$25 an hour. Studios are opening up all over the country, focused solely on massage, with great introductory rates (as low as \$39 and \$49 in big cities) and monthly membership packages that can fit into almost any budget.



## RECOVERY. INTEGRAL TO ANY FITNESS ROUTINE

The foam roller is effective and inexpensive for recovery. "I have one that lives in my living room and I use it daily," Robin said. "It's similar to having a deep tissue massage, as it allows for myofascial release, which gives your muscles more space, and therefore, more movement. Often times, I don't even know that an area is tight until I start rolling." Most gyms have foam rollers and you can pick one up for about \$25 to use at home.

## Stretching

We all know that stretching is important, yet very few people take the time to do it. We spend hours shortening the muscle fibers by taking spin classes, lifting weights, and circuit training, yet we completely ignore the need to lengthen those same fibers. Change this now and make time at both the beginning and end of your workout for stretching.

"Be sure to do dynamic stretching at the beginning of your workout and static stretching at the end of your workout," Robin warns. It is also good to incorporate a yoga or Pilates class into your routine, so that your muscles get intense stretching on a regular basis.

## Tip

Make sure to get plenty of sleep. Do not lower calorie intake below 1500 per day. Eat a little high quality protein at most meals. If new to exercising, train every other day rather than two in a row. Try to rest a day between hard workouts. Be sure muscle soreness is completely gone and range of motion has returned before exercising those muscles.

As you get in better shape, it's possible to increase the number of training days and still be able to recover within a day. Like anything else, it's important to pace yourself and build yourself up gradually. Olympic swimmer Dara Torres stated that adding recovery to her program is what has made her successful at the age of 42! The bottom line is your body needs recovery to be effective, stay injury free and maintain balance.

Chaton Anderson is a Writer and the Publicity Director for [www.TheSavvyGal.com](http://www.TheSavvyGal.com). A product and pop culture addict, she is always looking for the coolest, hippest things on the market, as well as the newest health and fitness trends to hit the scene. Email her at [Chaton@TheSavvyGal.com](mailto:Chaton@TheSavvyGal.com) with questions or leads on products and services on the cutting edge.

Robin Sullivan is offering The Savvy Gal readers a 10 percent discount when signing up for The Pinnacle Challenge fitness retreat. Simply mention them when you sign up at [www.ThePinnacleChallenge.com](http://www.ThePinnacleChallenge.com).



The Savvy Gal .com





By Kristina Blake

Most of us have a childhood memory of flying a kite in a park as a child. Today, people are now using kites to "fly" themselves.

Kiteboarding, also known as kitesurfing, is the latest craze in water sports.

Kiteboarders use a kite to propel themselves across the water while using a board that may or may not be equipped with foot-straps.

According to Kiteboarding Magazine, some kiteboarders also practice the extreme sport off of the water. Kiteboarding Magazine's Frequently Asked Questions page states that people also "rip on snowfields, grass fields, and even the desert."

"It's an alternative, freedom kind of sport," says Shane Banner, one of three owners at Calikites, a kiteboarding school and shop in San Diego County. "It's a combination of so many of the water sports out there."

Others besides Banner also view kiteboarding as a combination of many sports.

In fact, according to the site [www.kitemare.com](http://www.kitemare.com),

the sport combines "the speed of waterskiing, the tricks of wakeboarding, the carving turns of surfing, the quiet freedom of sailing, and more air-time than motor-cross."

Kiteboarding is a fairly new sport, but kites have been used for centuries.

According to Jakob Jelling, founder of the [www.kitesurfingnow.com](http://www.kitesurfingnow.com) and author of the article, "The History of KiteSurfing," "The idea of using a kite to enhance speed and gravity for the surfer seems like a new and exhilarating challenge, yet the art of KiteSurfing dates back to the 13th Century Chinese, when it was used as a simple mode of transportation," says Jelling. "KiteSailing, as it was known, was a medium that used the wind as an aid to harness its momentum and energy to mobilize their canoes across water."

According to Jelling, water launch kites were not marketed until the 1980's. Finally, with the help of kiteboarding pioneers Laird Hamilton and Manu Bertin, the sport began to catch on.

"In the late 1990's, off of the Hawaiian coast of Maui, Laird Hamilton and Manu displayed the extreme sport opportunities to radical surfers and wakeboarders," says Jelling.

Despite still being in its infancy, kiteboarding has been rapidly growing in popularity.

According to Banner, the rise in the number of kiteboarders can be attributed to better equipment.

"About two years ago, equipment was technically advanced—especially the kites which made the sport much more user friendly and safe," says Banner, who has been kiteboarding for seven years. "Today, you can 100 percent depower kites when you could only 30-40 percent depower them two years ago."

Tom Houlden, manager of Captain Kirk's, a kiteboarding and windsurfing shop in Los Angeles County, believes that the big, colorful kites used in kiteboarding are the reason for the sport's newfound fame. Houlden says that the visible kites often attract spectator crowds on the beach.

"I think the reason it's growing so fast is because it's being seen," says Houlden. "The more it's being seen, the more people realize it's a sport."

Houlden, who has been kiteboarding for ten years, also says that the equipment is cheaper for kiteboarding compared to equipment for other water sports.

"For wakeboarding you have to buy a \$50,000 boat, registration, gas, a trailer, and more," says Houlden.

Perhaps the rise in the number of kiteboarders is due to the costs or the equipment, but it could also be due to the media attention that kiteboarding has garnered.

Most recently, during the 2004 Presidential elections, kiteboarding gained notoriety for being the sport that the Democratic nominee, Senator John F. Kerry, participated in.

"Many 59 year olds limit their exercise to golf, jogging, or tennis. Not Kerry. Long a proficient windsurfer (in 1998, he was featured on the cover of American Windsurfer), Kerry in recent years has kicked it up a notch with kiteboarding, a new water sport..." says Brian C. Mooney, author of The Boston Globe article "Reaching new heights in a quest for the edge."

If Senator Kerry kiteboards, you can too. But unsure of what the thrill of the sport is?

"There are three things in life that are really fun and one of them is speed," says Houlden. "Kiteboarding is not as fast as driving a car. You get up to about 30 or 40 mph at most, but it feels really fast."

Other aspects of the sport are just as enjoyable.

"An added bonus is the jumps, which can get up to 30 or 40 feet in the air," says Banner.

The sport may be very thrilling, but Houlden claims it is also fairly safe. According to Houlden, it does not matter if you fall, because you simply land in the water.

"Other sports, such as dirt biking, are more dangerous," says Houlden. "When you fall, you

break bones and you can even kill yourself."

Still, it is very important to remember that kiteboarding is an extreme sport. Therefore, if you are new to the sport, you should sign up for lessons from an experienced trainer.

Pumped up and ready for an adrenaline rush?

Check out these great locations for equipment and lessons:

#### Los Angeles County

Malibu Kitesurfing  
Los Angeles/Ventura area  
(310) 430-KITE (5483)  
[www.malibukitesurfing.net](http://www.malibukitesurfing.net)

Monkey Air  
6543 Zuma View Pl.  
Malibu, CA 90265  
(310) 457-6896  
[www.monkeyair.com/index.html](http://www.monkeyair.com/index.html)

Captain Kirk's  
525 North Harbor Blvd.  
San Pedro, CA 90731  
(310) 833-3397  
Toll Free: (877) 321-KIRK (5475)  
[www.captainkirks.com](http://www.captainkirks.com)

#### San Diego County

Manta Wind & Water Sports  
San Diego, California  
(858) 270-7222  
[www.mantawatersports.com](http://www.mantawatersports.com)

Calikites  
961 Orange Ave.  
Coronado, CA 92118  
(619) 522-9575  
[www.calikites.com](http://www.calikites.com)

West Coast Kiteboarding  
Home office is located in San Diego, California  
Lessons are available in San Diego and in San Quintin (Baja, Mexico)  
(619) 813-2230  
[www.westcoastkiteboarding.com](http://www.westcoastkiteboarding.com)

Photos courtesy of Calikites





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