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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

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FORUS

Dear Readers,

It's holiday season and you know the drill. Talk show hosts (one in particular) do their annual "My Favorite Things" episodes wherein they take all the good stuff about the year and fill an hour with— I dunno, their love of chocolate covered popcorn, Ford SUV's, and the like.

So maybe it's not the most original approach to the end of a year, but this issue of ForUs has unexpectedly taken that route anyway. I mean, we have an interview with cover-girl Taylor Swift, the most adorably talented up-and-coming country songstress, for one. We also have a super rad guide to snowboarding- which not only gives you some tips on where to go nearby, but shares some insight on boarding abroad as well. (Check out writer Jennifer Siegwart's amazing accompanying photos as well.) And on the subject of photos, we feature a spread on some very cool, extremely attractive women boxers who work for the non-profit Knockouts For Girls. Also look out for some useful tips on whether you should go to grad school. (since now's the time to apply), the true origins of Christmas, and a behind-the-scenes look at Jamie and Adam of geeky-cool Discovery Channel show Mythbusters.

I'm telling you, in the midst of all these favorites of ours, there's something for everyone. So while you're ramming your head against the wall trying to cram for finals, or dealing with holiday drama, just pick us up and help us help you. Because whether you need to know where to go Friday night, want a light read, or merely require some helpful insights on life...we got you covered.

Kristen Fogle, Editor

P.S. Speaking of getting you, we want to get your letters as well. Give us your feedback and we'll publish some of them in the next issue. Be sure to include your school and the year you'll graduate. Till then!

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Kristina Blake is the Assistant Editor of ForUs Magazine. She has written many articles for both the magazine and website, covering various topics including events, entertainment, nightlife, restaurants, the election, and what not to do when you meet your significant other's family, to name a few. She is a senior at SDSU double majoring in Journalism and Political Science with a minor in Religious Studies, and is involved in the University Honors Program, Phi Eta Sigma, EOP, and The Daily Aztec. She loves hanging out with her boyfriend, shopping, listening to music, and going to the movies and the beach.

Sierra Dowd jumped on the ForUs bandwagon in July. She is a junior at CSUN, studying PR Journalism with a minor in Sociology. She is involved in Kappa Kappa Gamma sorority, and is a secretary on the cabinet of the Public Relations Student Society of America. Her passions include dancing and writing, which she admits she's still trying to master. She hopes to one day own a PR firm, raising awareness on issues such as human rights and global warming. Sierra would like to thank the ForUs crew (Travis, Zach, Barry, and Kristen), her wonderful parents, and her extraordinary sisters and roommates.

Nicholas Maffe has written sports, travel, and college articles for ForUs. He is a proud graduate of the University of Oregon where he received a double major in English Literature and Debauchery. He loves his Ducks. (Just some) of his interests include riding trains; Indiana Jones; dangerous adventures; becoming overly patriotic and exceedingly anti-Crown while drinking hearty booze; listening to sparrows in Medieval cities; standing on balconies and staring at everything/nothing; Alberto Sordi; Italian history; reading; writing; languages; American patriots; Huckleberry Finn, Don Quixote, Captain Ahab, and Jim Hawkins; Christmas; college football; the Dodgers; appreciating good coffee; wandering the streets of Lisbon alone; listening to the elderly speak of glory days; Spanish guitar; old-fashioned tobacco pipes; fine cheese; cold weather; underground music; friendly discourse; cooking; mishaps and escapades; to be continued...

Natalie Aldern graduated from UCLA in '07 and thus bleeds blue and gold. She also prefers basketball season to football season for rather obvious reasons. A SoCal native, she's written for ForUs about living in LA- where to eat, exercise, shop, and go to be seen. She also has a strange knack for humorous "how to's." When she's not out exploring the city, or giving you info on how to find your soulmate online, she can be found delivering beatdowns at lbeatyou.com.

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THE MYTH, THE MEN, THE MYTHBUSTERS

By Kristen Fogle

With over 150 shows, 2,500 explosions, and 800 separate myths, the Discovery Channel's Mythbusters have staged a following saved generally for rockstars. (That is, if we're talking rockstars who attract a mix of 10 year olds, geeky science students, and curious college kids.)

Those Mythbusters are Adam Savage and Jamie Hyneman, who between them have over 30 years of special effects experience and put it to work each week with basic science know-how to test rumors, urban legends, and pop culture myths. At the end of the myth testing go-around, (with generally two myths being tested per show), Jamie and Adam prove them busted, plausible, or confirmed.

Sound a little too Bill Nye The Science Guy for you? Well considering over their five year run they've tested everything from Pop Rocks and soda (which was their pilot episode), to sobering up methods, it's not exactly stuff you won't dig.

Recently, at a live show in San Diego, I was able to listen in as Jamie and Adam answered questions before a (huge) audience. From how they got started to their thoughts on facial hair, here are some snippets of answers we got from Jamie and Adam:

ForUs: How and why did you get started in this?

Jamie: I competed in a robot competition and made a mark. An Australian filmmaker interviewed me years later when he had an idea for an urban legend show...which evolved into Mythbusters.

Adam: I could build things in theater that no one else could build in San Francisco. People kept telling Jamie about me and then I worked for him for three to four years.

FU: What is it like being a celeb?

J: I'm happiest by myself tinkering in my shop. But, it's like the Twilight Zone...people around the world treat us like family.

A: ...What you see is what you get, it's not like we're actors on a soap opera.

FU: Do you like each other?

J: We come from opposite ends of the spectrum, I'm more methodical, Adam is more impulsive.

A: We both play devils advocate, but bow out for the right idea.

FU: Jamie, what inspired the facial hair?

A: I think he was born that way.

FU: In the production team, how many does it require to shoot the show?

J: Surprisingly little. In the first episode, there was a camera man, producer, and sound guy. Now on set, there's often only about four or five people.

FU: How long does a show take to go to air?

A: It takes nine days to film a story...and there are two stories per episode. There are about 20-25 hours of tape per story and only 30 minutes of air time per story. It takes about two months to put it into a rough cut and one more month for it to go to air.

FU: What myth most blew your mind with the most unexpected results?

A: Bullets fired into water.

J: Water heater explosion.

FU: What was your favorite TV/movie myth to debunk?

J: The James Bond stuff...the one with the magnet was pretty interesting.

A: The Batman stuff was great...he's my idol.

FU: What has been your favorite moment of the show?

A: When we tested out beer goggles. And 28 pounds of lead floating was the finest hour of TV.

J: The episode "Polishing a Turd." Though we couldn't say "turd" on TV.

FU: Is there a myth you want to bust but can't because Discovery or insurance won't let you?

A: We usually find a way to achieve it.

J: We obviously can't put someone's life at risk, but more often we can't do something because of budgeting reasons. We wanted to do a nuclear bomb test, but once you scale down the dynamite, it just doesn't work.

FU: What do you recommend for people who want to be Mythbusters?

A: It's good to have a work ethic.

J: Learn how tools work...in shop class, etc. Build things. And read everything you can possibly get your hands on.

*"I pretty much don't care about the results [of the myth], I enjoy the process, what I'm learning. The results are a trivial byproduct."
-Jamie*

For more on Jamie and Adam, please go to www.dsc.discovery.com/fansites/mythbusters/mythbusters.html

Quick and Dirty: Answers To the Point

Episode you feared most for your lives?

- Hot water heater episode

Favorite gun you've worked with?

- From the "Shooting Fish in a Barrel" episode; the "mini-gun"

Biggest let-down:

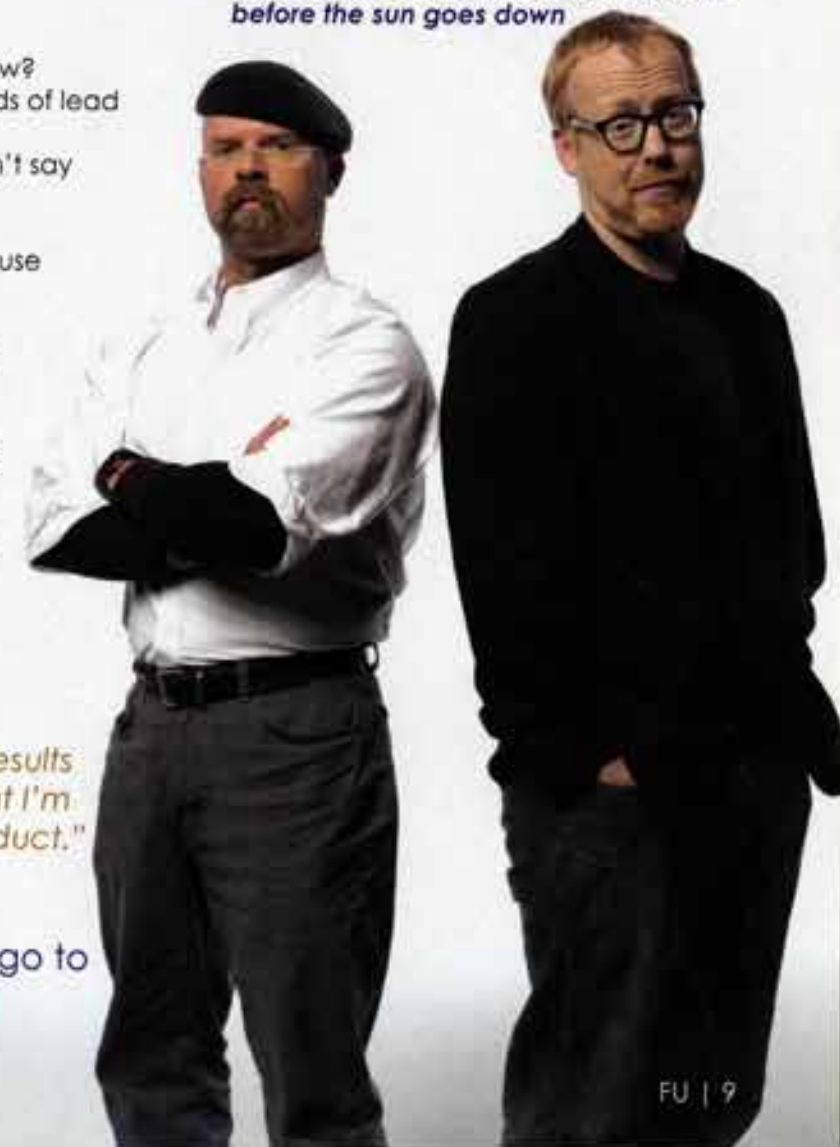
- "Pyramid Power"

Most hotly debated myth:

- Splitting a wood arrow

Biggest tension:

- Trying to get something accomplished before the sun goes down



BE HEALTHY: METABOLIC TESTING

By Chaton Anderson

The new wave of fitness testing is upon us: Metabolic Testing. All across the country, mini-labs are popping up at local gyms and fitness centers, as well as in specialized studios, with the goal of giving you all the info you need to eat and exercise properly, and to achieve your weight and fitness goals.

Once privy only to athletes and the like, now anyone can get this integral knowledge to create a healthier lifestyle, while maximizing the results you get from your workout.

I recently visited NCEP (www.metabolixtesting.com) in Redondo Beach, Calif. to get my comprehensive metabolic assessment done. Owner Mike DeMora shared with me his extensive metabolic knowledge throughout my visit. First, we assessed my resting metabolic rate (RMR), which lets me know exactly how many calories my body burns while resting. This was the fun and easy part—I basically sat there, wearing a Stormtrooper-like mask with a tube that tracks breathing and oxygen intake. I reclined in a special chair and simply breathed for about eight minutes.

The results of RMR testing determines an exact range of caloric intake to stay within to shed pounds and to prevent weight gain. Going below this range plunges you into a realm you do not want to be

in—because if you consume too little, your body actually starts to eat away its own muscle tissues and organs, a process called catabolism. You also may start burning carbs, which convert to sugar, rather than fat and calories. A healthy person will burn at least 70 percent of fat and only 30 percent of carbs at rest.

When your body predominantly burns sugar instead of those preferred energy-dense fat calories, not only do you spend more time trying to lose the fat, you also cause unnecessary soreness, get hungry after your workout, and risk injury as your body tires out. I happily discovered that I could eat a little more than I thought without gaining weight! What could be better than this?

Next, we did VO2 Max Testing, which is perfect for athletes, those training for a marathon, triathlon or other special challenge, or anyone who simply wants to know the range their heart rate should be in to train safely. The exercise machines at the gym give you the range for your age, but they do not



take into account the fact that everyone has their own unique metabolic profile.

Those generic ranges may be extremely inaccurate for many individuals, especially those who have metabolic issues. Often times, people actually work out too intensely! For this test, I once again donned the special Stormtrooper mask and a heart rate monitor, and jumped on the treadmill. Each minute, Mike increased the speed until I was at my max, and then I held that pace for one full minute. A quick cool down later, and I was finished.

The VO2 Max Testing measures how efficiently the body burns calories while exercising. I found out that, probably due to some metabolic damage, the range my heart rate should be in while training is significantly lower than the “average” for my age range (or at least what the equipment at my local gym says).

This explains why I’ve had an extremely difficult time when pushing myself too hard, and why breathing gets increasingly difficult at certain intensities. Mike helped me tweak my workout and I can gauge it again by getting tested in several months. In fact, experts recommend retesting every few months, using the same variables, so that

individuals can gradually increase workout intensity and boost metabolism.

“If you don’t get tested to find out your unique metabolic profile, it is as if you are training blindly,” Mike said. “If you are ill and don’t know what is wrong with you, you go to the doctor to find out; you don’t guess. If your training is sick, you shouldn’t leave your training up to guesswork either.”

Having this information is truly life changing; the knowledge you gain can help you achieve real results in less time and with greater ease. The detailed, scientific results you get from a

“The exercise machines at the gym give you the range for your age, but they do not take into account the fact that everyone has their own unique metabolic profile.”

metabolic assessment will help you determine your correct workout intensity, length of exercise and proper nutrition. For more information, visit www.metabolixtesting.com or call Mike at 310.430.4664.

Chaton Anderson is a Writer and the Publicity Director for www.TheJavvyGal.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@TheJavvyGal.com with questions or leads on products and services on the cutting edge.



school or life you be the judge

NICHOLAS MAFFE

The most important think to consider is **economics**. How much money do you have? How much money are you willing to spend? How much debt are you already in? Going back to school can be very rewarding; however, it may not be worth it if you are going to turn ten-thousand dollars of undergrad debt into eighty-thousand dollars. Many college students don't have the luxury of earning scholarships or having parents foot the bill. If you are financially insecure, the worst thing you could do is dig a deeper hole. It may certainly behoove you to get your financial feet on the ground first, even if it means working at a bar or coffee shop for a couple of years. The American economic situation doesn't help, either. Yes, your generation has it even harder now because of the financial collapse caused by the greed, corruption, and

Grad school (cue scary violin music)—you think you want to go, but you're not sure. There are many reasons for and against it. Many of you have probably just left the sweet, warm embrace of university life and are currently getting stomped in the face by reality. Making matters worse is that people in America are afraid of twenty-something college graduates, treating us like inexperienced miscreants skilled in little more than public debauchery. In the end, while grad school may seem like the easy choice, it's not always the right choice. There are many things to consider, so let's try to help you sort them out.

self-indulgence of our parents' generation (it felt good to say that). The days of train robbing virtually died with Jesse James, so finding the funds to pay fifty thousand dollars a year (holy s***!) while studying may be difficult.

You also definitely need to consider the **career** you wish to pursue. Many important people at companies will admit one thing: two years of experience is worth a lot more than two years in a classroom. If you can find a way to weasel into your career or grab an internship without getting your masters, you may be better off down the road. If you are striving to become a doctor, lawyer, or scientist, however, then the decision may be easier for you. In fact, you probably already know you'll be in school for a long, long time. However, if you want to work in, say, publishing, public relations,

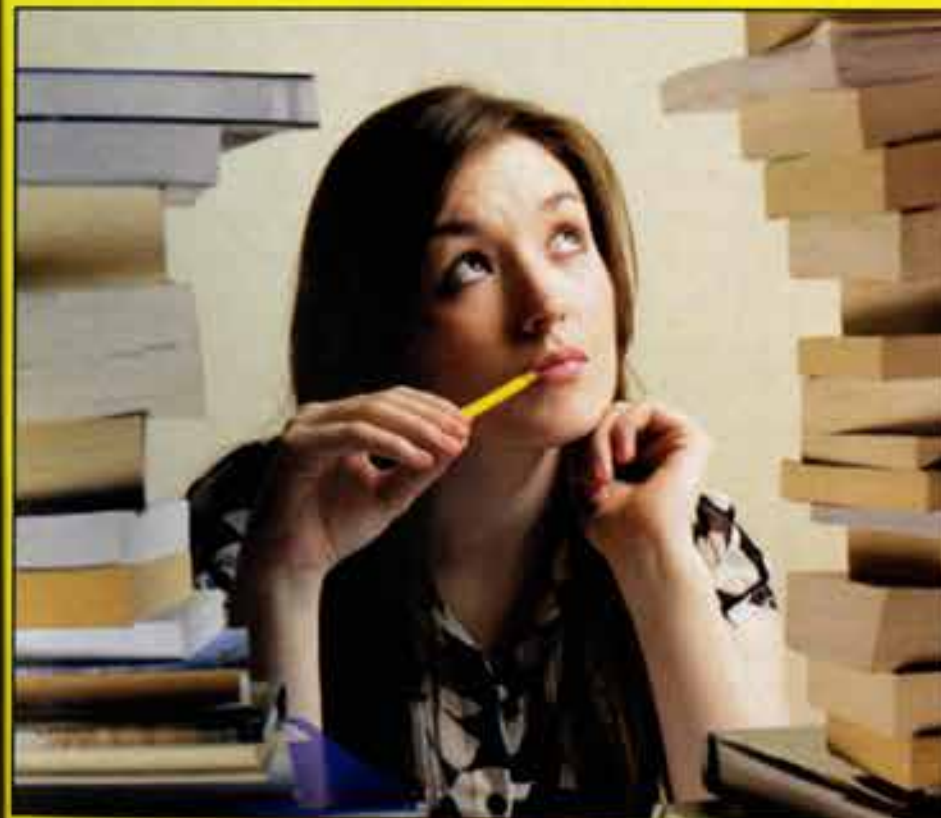
or viticulture, a masters may not always be necessary—at least not immediately. Remember, little more than about six percent of Americans have a masters degree, so you won't often find yourself at a disadvantage when looking for work.

If you think your time spent at grad school will definitely land you a position, then obviously it is the right choice. Many degree programs at schools help you with job placement, internships, and associates programs. However, another thing to consider is that some companies help you with graduate school placement. If you take the time to research well and work in the right field, you may be able to start working at a **company that pays for your graduate education**. The smarter you are, the more money a company stands to

make. Therefore, they make the investment themselves and pay for your graduate degree so long as you return to work for them for X amount of years. While this isn't the norm, it is certainly something to consider. Going to grad school in an attempt to land you a job is great; but finding a job that pays for your school is even better.

There are many other options to consider. Some people return to school for the love of **academia**. After all, who says learning has to stop after age twenty-two? Also, you may hate your undergrad degree and feel trapped. If you studied accounting and hate it, go back to school and study journalism. While you search for work, people may tell you that a masters degree is necessary. But consider this: if only about six percent of Americans have a masters, most of whom go on to be psychologists, professors, or lawyers, then that means most people in the work force don't have a masters.

When deciding on whether or not to return to school, be patient, seek advice, and don't jump the gun. In the end, a masters might be perfect for you with the right school, the right degree, and the right finances. But also think about it like this: you wouldn't want to sleep with someone you hate or are not attracted to in order to rebound from a recent break-up with your ex-fling. So don't sleep with the wrong school just to rebound from your recent break-up with your ex-school.



THE OFFICIAL RULES OF: QUARTERS

By Slade Fischer

Striving to be at the cutting edge of all drinking (and non-drinking) game know-how, welcome to the next installment of "THE OFFICIAL RULES OF" series. This is your chance to review our versions of the most popular games and then to go on our site at 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 the next issue.

We also would like to encourage you to submit your favorite games. From Cribbage to Quarters, we want to know what you play...and then argue about the "right" way to play.

But until then- grab your shot-glasses and let's get goin'.

THE OFFICIAL RULES OF KINGS CUP (collected from your feedback since the last issue) sides with Version 2, according to like, how we play. In fact, many people are quite passionate about the fact that in Version 1, there are six times that the person who draws the card drinks. We realize this is crazy talk as well, and are glad that you chose our better, yet slightly more complicated version.

VERSION 1:

ACCORDING TO WWW.EHOW.COM

PLAYERS: 4

SETUP:

- Small table
- 2 shot-glasses
- 2 quarters
- Beer (if you want to play it at as a drinking game)

1. Sit around a small table.
2. Gather your materials and place two shot-glasses in front of players who are opposite each other in the circle.
3. Now practice your shot. Holding the quarter between the thumb and pointer finger, throw it with force against the table. Be sure to throw it flat so that the whole face of the quarter hits the table. You'll notice that it bounces up and forward in an arc pattern.
4. Now aim the quarter towards the shot-glass.
5. To play, begin with each of the two players that have shot-glasses in front of them. They are to aim their quarters at the glasses. Once one makes it, they pass their shot-glass and quarter to the left (clockwise).
6. If one of the shot-glasses catches up to another, then stack the shot-glasses. Once they are stacked, the player who failed to make the shot before their glass was stacked loses. You can assign any kind of penalty you like for losing (i.e. drinking).
7. If a player makes a shot at their glass on their first shot, they can skip everyone else in the rotation and stack directly onto the other player with a shot-glass, causing them to lose.
8. To add another level to the game, you can use "rebuffals." To do this, once a player loses (gets stacked), turn their shot-glass upside-down and place the other shot-glass right-side-up on top of it. The losing player can then shoot at that shot-glass, aiming at a higher (and harder) target. If they make that shot, then the person who had originally won, loses, forcing them to be penalized (i.e. drink).
9. Once the loser has been penalized, they can then pass out the shot-glasses and quarters to whichever two people they wish, and the game begins again.

VERSION 2:

ACCORDING TO, LIKE, HOW WE PLAY

PLAYERS: At least 4; but as many as you want

SETUP:

- Large table
- 2 shot-glasses
- 2 quarters
- Beer (or other beverages of choice)

1. Steps 1-5 are the same as www.ehow.com's method.
2. If a player makes a shot at their glass on their first shot, they can skip everyone else in the rotation and stack directly onto the other player with a shot-glass, causing them to lose.
3. If one of the shot-glasses catches up to the other, the person who got "caught" loses the round.
4. The player who caught the shot-glass up to the loser spins a quarter on the table. The table members take turns spinning the quarter for as long as possible. The loser of the round drinks for the entire time the quarter spins.
5. To add another level to the game...use a different type of alcohol.
6. Once the loser has been penalized, the loser of the round starts with one shot-glass and passes the other shot-glass to the person directly across from them. Game continues again.



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TO GRANDMOTHER'S HOUSE WE GO... TIPS FOR MAKING A GOOD FIRST IMPRESSION

BY KRISTINA BLAKE

It's always difficult meeting your significant other's family for the first time, especially during the holidays.

Here are some tips on how to make a good impression:



1. Get to know them.

And just as important, let them have a chance to get to know you. Make sure that you approach everyone.

Be polite and make small talk. Don't be afraid to smile. Laugh at dad's stupid jokes and let grandma pinch your cheeks, you'll feel as if you're already part of the family.

2. Use compliments.

Ever heard of the old saying, "flattery will get you everywhere." It's an old saying for a reason—it's true.

Let your significant other's parents give you a tour of their home and be sure to compliment the house and their holiday decorations. Perhaps the tree is adorned with too much silver tinsel or maybe you're blinded by the side-show they call "outdoor lights." It doesn't matter. Compliment beautiful decorations as well as tacky ones.

3. Don't come empty-handed.

But be careful not to overdo it. You don't want to come off as a suck-up.

Remember, it's the season of giving! You don't have to blow your bank account to make a good impression, just make a nice gesture.

Don't bring a fruitcake, they have a bad reputation. Instead, buy a favorite holiday pie, such as pumpkin or apple. You can also be creative and make and decorate homemade Christmas cookies. Place them in a festive tin embellished with a bright bow.

You can also buy them a present. Don't be impersonal and buy a lame gift card. There are plenty of other general gift ideas that most people like. Buy your significant other's mom some pretty candles, for instance. You can also bring her some flowers. Poinsettias are a great holiday choice.



4. Dress to impress.

Or, ask your boyfriend or girlfriend what his or her parents like. Maybe dear-old-dad is a sports fan. You could purchase a t-shirt or a mug with his favorite team's logo on it.

Come dressed nicely. You don't have to wear an itchy, red holiday sweater, but don't be dressed inappropriately either.

Ladies, don't show off your goodies to the folks. And guys, please remember that your girlfriend's mother doesn't want to see your cartoon character boxers sticking out of your pants the first time she meets you.

5. Don't be overbearing.

The holidays are a time when families perform annual traditions.

Don't jump in and carve the ham when that is probably dad's favorite part of Christmas dinner. Or if the family is decorating their tree the evening of your visit, make sure not to put the star or angel at the top.

6. Relax.

If you're too tense, maybe you should spike your eggnog a little. Just don't make a fool out of yourself and get drunk.

7. Help out.

Usually guests are not required to help out, but you're trying to make a good first impression, so offer to. Ask if you can help clean-up by loading the dishwasher after dinner, for instance. If they do accept your offer, do it with a smile.

8. Use your manners.

Be sure to be on your best behavior, especially when at the table.

Chew with your mouth closed and keep your elbows off of the table.

If the food is delicious, enjoy it and complement the chef. But don't overeat. You don't want to look like a pig and stuff your face.

If the food is not so tasty, don't make any bad comments. It takes hours to make a holiday meal and you don't want to hurt anyone's feelings. Just chew and swallow.

9. No PDA.

Family members don't want to see PDA.

If you're visiting for New Year's Eve, it is fine to kiss at midnight, but don't let a simple kiss turn into a make-out session.

And if you two stay over for the night, parents might prefer for you to sleep in different bedrooms. Don't get caught in a compromising position!

10. Be yourself.

Don't be too serious. Be yourself and have fun. Your significant other is with you for a reason. Chances are his or her parents will see in you what your boyfriend or girlfriend sees.

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X-Mas X-posed

By Kristina Blake

Christmas time is almost here—time to hang the stockings, decorate the tree, and bust out the holiday tunes! But why do we have these time-honored traditions?

Every tradition has an origin and most have greatly evolved throughout the years.

Isn't it a bit strange that we grew up believing a fat man in red would come into our homes while we were sleeping and he would do so down a chimney, no less?

The History Channel's website, www.history.com, traces the legend of Santa Claus back to a monk named St. Nicholas who was born around 280 A.D.

"Much admired for his piety and kindness, St. Nicholas became the subject of many legends," states the website. "It is said that he gave away all of his inherited wealth and traveled the countryside helping the poor and sick."

Christmas wasn't popularized in America until the early 19th century and wasn't declared a federal holiday until 1870.

In fact, the celebration of Christmas was actually illegal in Boston for 22 years, beginning in 1659.

It's no secret that Americans love to shop and shopping can be partly attributed to spreading the holiday.

According to www.history.com, store holiday advertisements can not only be credited with popularizing gift-giving, but also the image of Santa. In addition to advertising in local newspapers, stores began to create new ways to attract customers.

"In 1841, thousands of children visited a Philadelphia shop to see a life-size Santa Claus model. It was only a matter of time before stores began to attract children, and their parents, with the lure of a peek at a 'live' Santa Claus," states The History Channel's website.

This tradition lives today. Don't you remember sitting on Santa's lap as a child at the mall?

Not only do people pass down strange holiday tales when parents tell their children that it is okay for an old man to break-and-enter their home every year, but people also perform strange acts for Christmas too.

Think about it— isn't it a little weird to bring a big tree indoors?

According to www.theholidayspot.com, most Americans found Christmas trees an "oddity" when they were first introduced to the United States in the 1800s.

The website states that 16th century Germans are credited with starting this tradition "when devout Christians brought decorated trees into their homes" and that German settlers were the first people to decorate and display trees in the U.S.

Although most Americans decorate their trees with store-bought twinkling lights and bright bulbs today, www.theholidayspot.com states that in the early 20th century, Americans decorated their trees with homemade ornaments while the German-Americans "continued to use apples, nuts, and marzipan cookies."

Today, having a decorated tree is one of the most common Christmas traditions.

According to the National Christmas Tree Association, approximately 25-30 million non-artificial Christmas trees are sold in the U.S. every year.

Hanging stockings on the fireplace mantle is another unique tradition.

According to www.allthingschristmas.com, the custom comes from an old tale about a poor father and his three daughters. One night, after the daughters had hung their washed stockings by the fire to dry, Santa Claus put three bags of gold in each of the girls' stockings. The tradition stuck as it was seen as a way to bring good fortune.

There's nothing unusual about the tradition of singing songs, except maybe going door-to-door doing so.

Perhaps you don't go caroling on the front porch of strangers, but you know you love to belt out holiday tunes during the Christmas season.

The tradition of Christmas carols is said to have begun long ago.

According to www.christmascarnivals.com, a man named St. Francis of Assisi introduced carols in church services in 13th century Italy.

"It is said that Saint Francis of Assisi introduced the carols in the church during a Christmas Midnight Mass in a Church in Greccio...and the songs sung that night were more similar to carols rather than hymns," states the website.

Although some of the Christmas traditions might seem a little strange, they are the reasons why the holiday season is so fun.

So this year while you're singing the song about a reindeer with a bright, red nose and trying to find someone to kiss under the mistletoe, enjoy continuing these customs, but also have fun making them your own.

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Worst NEW YEARS resolutions

By Andrew Ramella

New Year's Resolutions are the yearly self cleansings we use to become better people. (It's just too bad that we have to wait until the end of the year because everything we did for the 365 days leading up to New Year's cannot be erased. It might help if we all tried to improve our lives throughout the year instead of limiting ourselves to one attempt at improvement right at the end.)

We all make mistakes, but there are some situations no one wants to be stuck with. Here is a list of things you do not want to catch yourself saying once the ball drops.

This year I would like to....

1. Break up with roommate's girlfriend.
2. Pay off debt to drug dealer.
3. Contact every sexual partner over the past year and break the bad news...they have it too.
4. Start talking to the roommates.
5. Stop using roommate's toothbrush as a toilet cleaner.
6. Avoid waking up with strangers.
7. Study abroad in Iraq.
8. Work in Tijuana.
9. Drink only on days that have vowels as their second letter.
10. Save money on gas and take taxis everywhere.
11. Stop doing laundry and just shop clearance every week.
12. Convince roommate even though it happened only once, *we're like, so not gay.*

San Diego NEW YEARS 2009 destinations

By Adam Mills

If you are staying in San Diego for New Year's this year, consider yourself lucky. Instead of worrying about braving the elements elsewhere, the only thing you will have to worry about is using your time wisely on the last day of 2008. Featured here are a few of San Diego's best events to mark on your calendar; whether you are looking for a raging party or a low-key night with someone special, it is all here in America's Finest City.

Big Night San Diego: Sheraton Hotel and Marina

If you're thinking about attending a party unlike any other on New Year's, this might just be your ticket. Held right on the water, this party packs a little bit of everything into one. Whether you are looking for a themed party (this has SIXTEEN different ones), open bars that are flowing all night long, or a spectacular view of the fireworks on the bay, this has them all. From electronica, to retro, to a Mardi Gras themed ballroom, it will be nearly impossible not to enjoy yourself here. They even offer VIP tickets for those who want to experience it all. (www.bignightsandiego.com)

Peartrees' New Years Eve Gala:

USS Midway

Looking for something out of the ordinary? Look no further than this semi-formal (black tie optional) party situated onboard the historic USS Midway located in and around Seaport Village. Whether it is dancing the night away with tunes from the Big Daddy Orchestra or gorging yourself at the fantastic dining buffet provided by Peartrees, partying on an aircraft carrier has never been sweeter. Remember, a portion of the proceeds will be donated to the restoration and preservation of the USS Midway, one of the iconic landmarks of San Diego. (www.midway.org)



National Comedy Theatre

While this venue might seem out of the ordinary for a New Year's night, it's because it is. Located downtown, the National Comedy Theatre offers some of the nation's finest improvisational comedy. To compliment this special night, the show will feature catered food and an after party until midnight. So, if you are looking to try something different for New Year's, this is certainly the place to be. (www.nationalcomedy.com)

Canes: New Year's Eve with the B-Side Players

If you are trying to experience New Year's on the beach, with great live music, specialty drinks, and a rocking atmosphere, Canes Bar and Grill is the spot to be. This is a perfect place to watch the fireworks, get down on some awesome local music (the B-Side Players will be playing it up all night long) and celebrate with a drink in hand. Dancing all night to reggae infused Latin and soul music will make this a night you won't soon forget. (www.canesbarandgrill.com)

New Year's Eve at The Shout House

If you have never experienced the The Shout House, this definitely will be the night to do so. Head down to the Gaslamp and get ready for their famous Dueling Piano Bar. Be prepared to lose your voice as you more than likely will be singing along with the music...after all, you make the requests as to what they play. With the booze flowing and the live entertainment unlike any other place in San Diego, this is definitely worth a shot. (www.theshouthouse.com)



Marine Room Restaurant- La Jolla

Are you after a low key night with someone special? Give the Marine Room in La Jolla a try as you ring in the New Year with a beautiful mix of champagne and fine dining. The view is spectacular and the exquisite food accompanied by live music and a champagne toast at midnight make it the perfect retreat for couples. Be sure to make a reservation in advance as the seats will fill up very quickly. (www.marineroom.com)

First Night Escondido

This is an event that is in its 14th year and it absolutely will not disappoint. If you are stuck with kids or live in North County and don't want to hassle driving downtown for the festivities, this is the place you want to be. The city-wide party boasts 12 stages of different music and dance, an assortment of restaurant quality foods, hands-on art, and two fireworks displays celebrating the New Year. Laser shows and parades will compliment your already action packed night. (www.firstnightscondido.com)



Wilson Creek Winery New Year's Eve Extravaganza

This will definitely be off the beaten path for some, but surely will not disappoint. The Wilson Creek Winery in Temecula is opening up their new event center and restaurant that night, so it is sure to be action packed, full of great food and even better wine. This is an upscale event as formal attire is preferred, so take a limo, celebrate and dance in the Champagne ballroom, have a fine cigar if that's your thing, and have a glass of the good stuff. (www.wilsoncreekwinery.com)

Hornblower New Years Eve Cruises

Climb aboard a yacht and set sail around the bay to witness the New Year's fireworks in unparalleled fashion. The party on the boat will feature live music, tons of catered food, a champagne toast at midnight, and the ambiance of being on the water overlooking downtown. This will certainly be different than any other experience or locale you can find in San Diego. Check it out. (www.hornblowerholidays.com)

New Year's 2009 at On Broadway

Put on your best cocktail attire and head downtown to On Broadway to enjoy tons of music and an atmosphere that is sure to be rocking. With the booze flowing all night long and DJ's spinning tons of different music, this will definitely be a hot spot. If being in the thick of things downtown and clubbing on New Year's are what you are looking for, On Broadway will definitely be a very hard place to pass-up. This will be high energy with hot dancing all night long, so do not miss it. (www.obec.tv)

New Year's 2009 at the Catamaran Resort

Lastly, if you just want to stay on the beach (like most people in San Diego do) during New Year's, take a look at the party being put on by VAVi at the Catamaran Resort on Mission Bay. This event offers the works- unlimited beer, wine, and top shelf liquor served at multiple bars, live music, champagne toasts, and if that isn't enough, a great spot right on the bay to watch the fireworks. And if you don't feel like driving home, they even offer an exclusive hotel deal for guests of the party. (www.govavi.com)

UNIQUE Holiday GIFT IDEAS

By Orion Radleigh

Whether it's the traditional holiday sweater you are seeking to avoid, or you just want to do something special for your beloved this year, there are many gift options that don't involve cruising the Mervin's final sale racks. From a retro record store, to downtown hotspot options, these SD treats will be sure to delight even the hardest to shop for.

Sarah's Smash Shack

1353 6th Ave.
San Diego, CA 92101
619.702.8488
www.smashshack.com



"You buy it, you break it, that's the point." At Sarah's Smash Shack, the "break room" isn't for coffee and inter-office gossip. It's a place where you put on a special suit, go in with the items you've purchased from their menu, and, you guessed it, break them. Located conveniently in downtown, it's great for a first date or even a special occasion- for instance, in anticipation of lots of need for breaking. Sarah left the shop open late hours for election day. Expect to spend about \$20-\$40 a person, so budget accordingly. And don't worry about the shards- you can have them boxed up and taken with for a small fee, or, if you don't want memorial shards, they go to art programs in the community.



The Daily Scoop

3004 Juniper St.
San Diego, CA 92104
(619) 624-0920

Sometimes a sweet treat is the only gift one desires. At The Daily Scoop in South Park, they carry not only ice cream, in many delicious home-made flavors, but the most amazing red velvet cupcakes in the world. These are great for when you need to take something to a party, but can't bear to pick up the requisite store-bought brownies. Call ahead, it's worth it- these huge delights make for great close-to-the-holidays birthday treats, or are even great (and color appropriate) for Christmas. A \$3.25 price tag for a cupcake may sound steep...but then again, no one who's actually had one has ever dared to argue with the price.

Babette Swartz

421 University Ave.
San Diego, CA 92103
619.220.7048
www.babette.com

Priding themselves on the newest, funniest, hippest things around, Babette Schwartz is a one stop, quirky gift shop. They have some great tees, (think of the "Everybody Loves a Drunk Girl" variety), devotional candles, (Our Lady of Abundant Caffeine is my fave), superhero stuff, (this doesn't need explaining), and much more! They have white trash paraphernalia, items from the "tiki hut," girly girl, and religious kitsch items. They also carry some "normal" gift items if you must: journals, note cards, incense, classic toys... But really, one must go into the actual store to experience all that is Babette- fun, quirky, and clever, and a must for anyone with a real sense of humor.



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858-454-4244

Karl Strauss Breweries
1044 Wall St # C
858-551-2739

Porter's Student Pub
9500 Gilman Dr
858-587-4828

Rock Bottom
8980 Villa La Jolla Drive
858-450-9272

Whaling Bar & Grill-La
Valencia Hotel
1132 Prospect St
858-454-0771

BBQ
L & L Hawaiian
Barbecue
4150 Regents Park Row
858-554-0888

Flamebroiler
8867 Villa La Jolla Drive
858-922-9823

Breakfast/Cafe

Coco's Bakery
Restaurant
4280 Nobel Dr
858-597-0284

Chinese
PF Chang's China Bistro
4540 La Jolla Village Dr
858-458-9007

Greek
Daphne's Greek Cafe
8657 Villa La Jolla Dr
858-623-6940

Japanese/Sushi
Cafe Japengo
8960 University Center Ln
858-450-3355

Sushi On the Rock
7734 Girard Ave
858-456-1138

Tadashi Sushi
1277 Prospect St
858-456-7118

Toshi-San Sushi & Shabu-
Shabu
7614 Fay Ave
858-456-4545

Zenbu Sushi Bar &
Restaurant
7660 Fay Ave
858-454-4540

Mexican
Alfonso's of La Jolla
1251 Prospect St
858-454-2232

Chipotle
8657 Villa La Jolla Drive
858-554-1866

El Torito
8910 Villa La Jolla Drive
858-453-4115

Jose's Courtroom
1037 Prospect St
858-454-7655

Rubio's Fresh Mexican
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858-546-9377

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858-455-0662

California Pizza Kitchen
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858-457-4222

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3211 Holiday Ct
858-452-8273

Papa John's Pizza
4130 La Jolla Village
858-458-9800

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8895 Towne Centre Dr.
858-452-2299

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9500 Gilman Dr
858-457-2060

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175
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Quizno's
8935 Towne Centre Dr
103
858-452-8134

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858-558-4606

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858-551-8424

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7734 Girard Ave # C
858-456-0466

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7770 Regents Rd # 110
858-455-0077

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945 Pearl St
858-454-4687

Quality Cleaners
7521 Girard Ave
858-454-0711

Silverado Cleaners
925 Silverado St
858-454-2746

Fitness
Boxing Club
8650 Genesee Ave
858-320-0060

Nail Salons
Costa La Jolla Nails
8861 Villa La Jolla Dr
858-453-9999

Costa Verde Nails
8650 Genesee Ave.
#212
858-453-2888

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7770 Regents Rd. #112
858-453-2020

Nails by TM
8915 Towne Centre Dr.
107
858-455-7062

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Area/La Jolla
8895 Town Center Dr.
858-622-1122

iTan, UTC
7770 Regents Rd. #114
858-455-8422

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#111
858-622-1122

Platinum Tan
3251 Holiday Ct # 204
858-455-0909

South Coast Tan
4305 La Jolla Village Dr.
858-452-1332

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HAIR BY TOMAS
4150 Regents Park Row
619-723-1301

Supercuts
8657 Villa La Jolla Dr
858-552-8475

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858-453-8880

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619-398-7060

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Hand Car Wash
1200 Prospect St
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M-Theory
915 W Washington St.
San Diego, CA 92103
619-220-0485
www.mtheorymusic.com

M-Theory is a great spot for the music die-hard. They have just about everything, from CD to vinyl to DVDs- but they specialize in indie rock, hip hop, jazz, soul, funk, metal/punk, blues, garage, psych, folk, world, and electronic. Get something for your DJ girlfriend or snag that rare Beatles album for your dad. Another cool feature of M is the in-store performances and signings. Though they don't get say, Mariah Carey types, they do get some pretty cool up-and-comings like West Indian Girl. Located in Mission Hills, if the object of your gift likes his/her tunes, it would behoove you to stop on in.



Solo Cedros
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SAN DIEGO

Photography by Jesse Nelson



That's Not Right!

Or, is it?

It is impossible to lick your elbow.

A Kiss stimulates 29 muscles and chemicals causing relaxation.

The majority of college students drink an average of two or fewer drinks a week and three-quarters of college students drink moderately, infrequently or not at all.

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Most people who read this will try to lick their elbow.

Yes, That's **RIGHT!**

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Source: Core Institute 2004

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.



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SNOWBOARDING

BOTH HERE & THERE

By Jennifer Siegart
Photography by Jennifer Siegart

December is finally upon us, and if Mother Nature has treated us well, there is a new dusting of that beautiful, sparkling sugar coating our local mountains. So while your friends are planning out their next big weekend at some trendy bar, drinking \$12.00 wells and serving up Roofie Coladas, you are preparing for your weekend of first tracks and bluebird skies. Where to, you say? Well, this is where I come in.

LOCAL

Bear Mountain boasts SoCal's largest terrain park and highest lift served peak. From beginner ride on flat rails to super-booter cheese wedges, Bear has it all. Take Chair 9 to the top of the park, and pick your poison from there. On your way up, make sure to watch the skilled shreds throw down on the super booter, located on your right from the chair. Too crowded? Hit up Chair 5 for a shorter lift line, and ride in access to The Scene. If the park isn't your style, or it's a powder day, wander over to Chair 6 and take that lift to Chair 8, all the way to the top. Geronimo is a sick run, especially on a powder day. From this trail you can find a ton of tree runs for maximum powder shredding potential. If you plan on freeriding all day long, be sure to take the free bus over to Snow Summit, where your All-Day lift ticket is also valid. Here, you will find long runs, shorter lift lines, and even lit up slopes for night shredding.



Mountain High is also home to an all-mountain terrain park. At the West Resort, you'll find some pretty ridiculously fun features, including a signature "S" shaped box that manages to hurt at least one of my friends in a very painful, yet funny, manner every single season. Also, don't stress about the long lines. One of my most favorite things about Mt. High is its line organization: be patient and check the lines for potential make-outs, you won't be there long. New for Mt. High this year is the North Resort and its beginner friendly features. Learn to jib in peace without those stupid thirteen-year-olds heckling you from the chair lift. If you are planning a chill day that doesn't involve some kind of booter or rail, take the shuttle over to Mt. High's East Resort. The East Resort is home to some of the longest trails in SoCal, which are all accessible by a single high speed quad.

Many are unaware of a third gem located in our local San Bernardino Mountains, **Mount Baldy**. Although it provides a well-sized terrain park, the real deal is Baldy on a powder day. This raw-as-hell mountain has four chair lifts and comes complete with a brand new snow making system. For killer tree runs and powder slashes, be sure to check out any and all areas off Chair 3.



FAR AND AWAY...

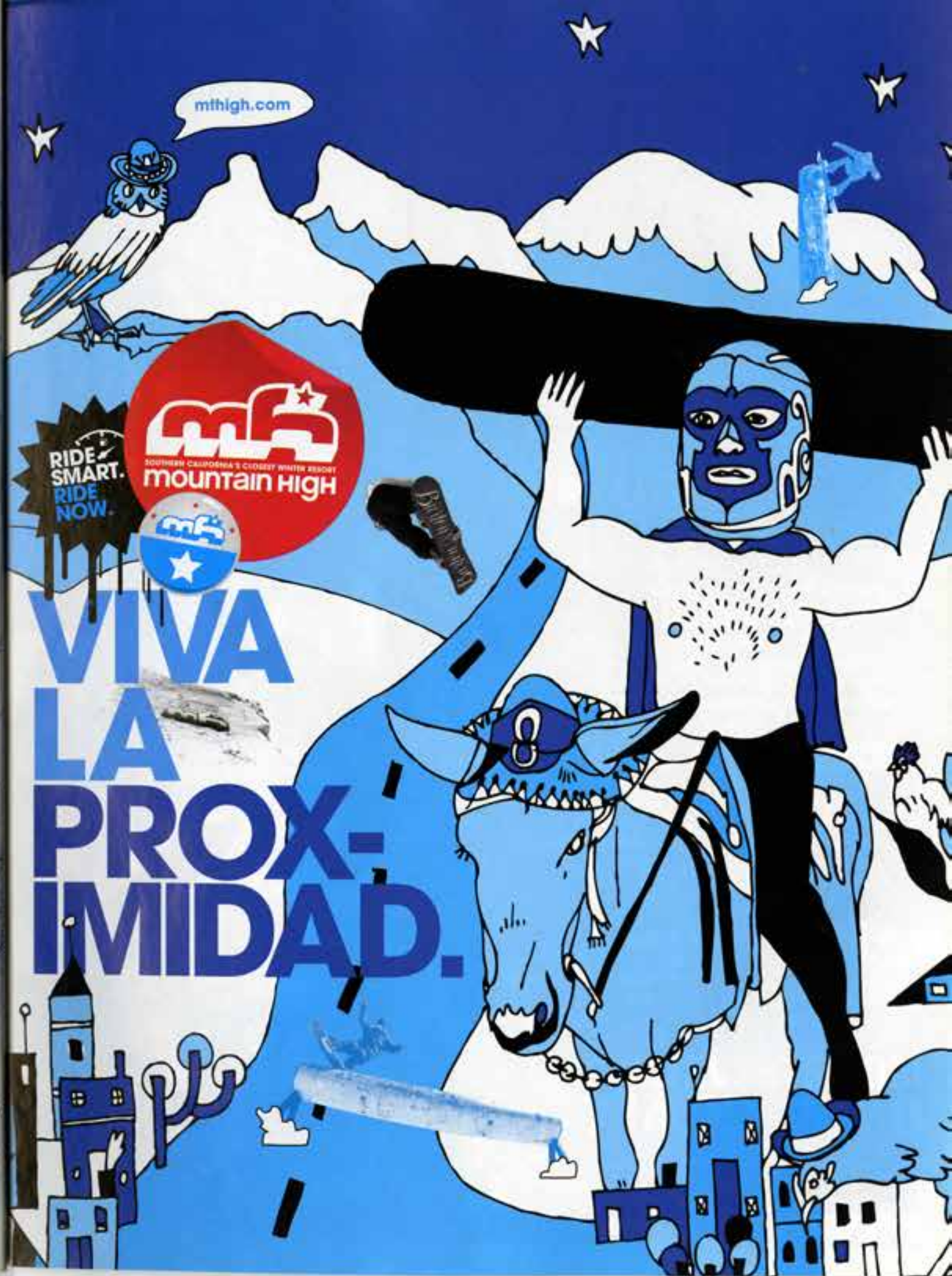


If you were crying in your pillow every night this past May, praying for one final snow, I suggest you pack your bags and head South for the summer. It's always winter somewhere, and as ours comes to a close, the Southern Hemisphere is cracking their respective Keystone Lights, ready to rock. Do yourself a favor and head to **New Zealand's South Island.**

The best towns to base out of are either Queenstown or Wanaka, which are about an hour apart from one another. If you like to party like a rockstar, I suggest Queenstown, where the booze bottle never ever runs dry; not even at 6 a.m. Queenstown's most local resorts include The Remarkables Resort and Coronet Peak Ski Field. Be advised that the roads going to any ski areas in New Zealand are the most intense, gnarly roads I have ever driven. They are dirt, not paved, with no guardrails, and barely enough room for two cars to pass by one another. The mountains in New Zealand are different than what we are accustomed to here in SoCal; they lack trees and in their place stand

rocks and boulders. Take advantage and fill your days with mini cliff jumps and fun powder chutes, all while soaking up the most beautiful views your eyes will ever see.

Most of the resorts have terrain parks, but they all pale in comparison to Snow Park, followed closely by Cordrona Alpine Resort. Snow Park and Cordrona are both centrally located between Wanaka and Queenstown. At Snow Park, there is only one lift that goes straight up the middle of the mountain, which is broken up into three respective levels; beginner/intermediate, advanced, and out-of-your-effing-mind. People come from all over the world to bang out killer tricks in a very well maintained and extremely well built park. You can sit out on the deck, drink a Speights, and watch the entire park go off. Cordrona is a more traditional resort with non-terrain features and multiple chair lifts, but their park is off the hook. They had the craziest stair sets I've ever seen.



If you do decide to travel to New Zealand, you MUST go **heliboarding**. This is not an option, it is a must do. Harris Moutains Heli-Ski is the largest heli operation in New Zealand, and one of the best priced ones I've ever come across in the world. I was fortunate enough to plan my heli trip the day after a four day storm that dropped close to three feet of freshies. Pack a longer board and your skills, because depending on what level category you fall into determines where the guide and heli take you. If you are good enough to fall into high levels 3 or 4, prepare yourself for some serious lines that you basically get to pick out from the heli, just like the pros. Once you all scurry out of the hovering helicopter onto some majestic peak, your guide will do some snow testing and, given the OK, tells you to strap in. Don't be scared and opt to drop first after the guide, it's the absolute sickest snowboarding experience of your life. People that say money can't buy happiness have clearly never heliboarded in the Alps of New Zealand.



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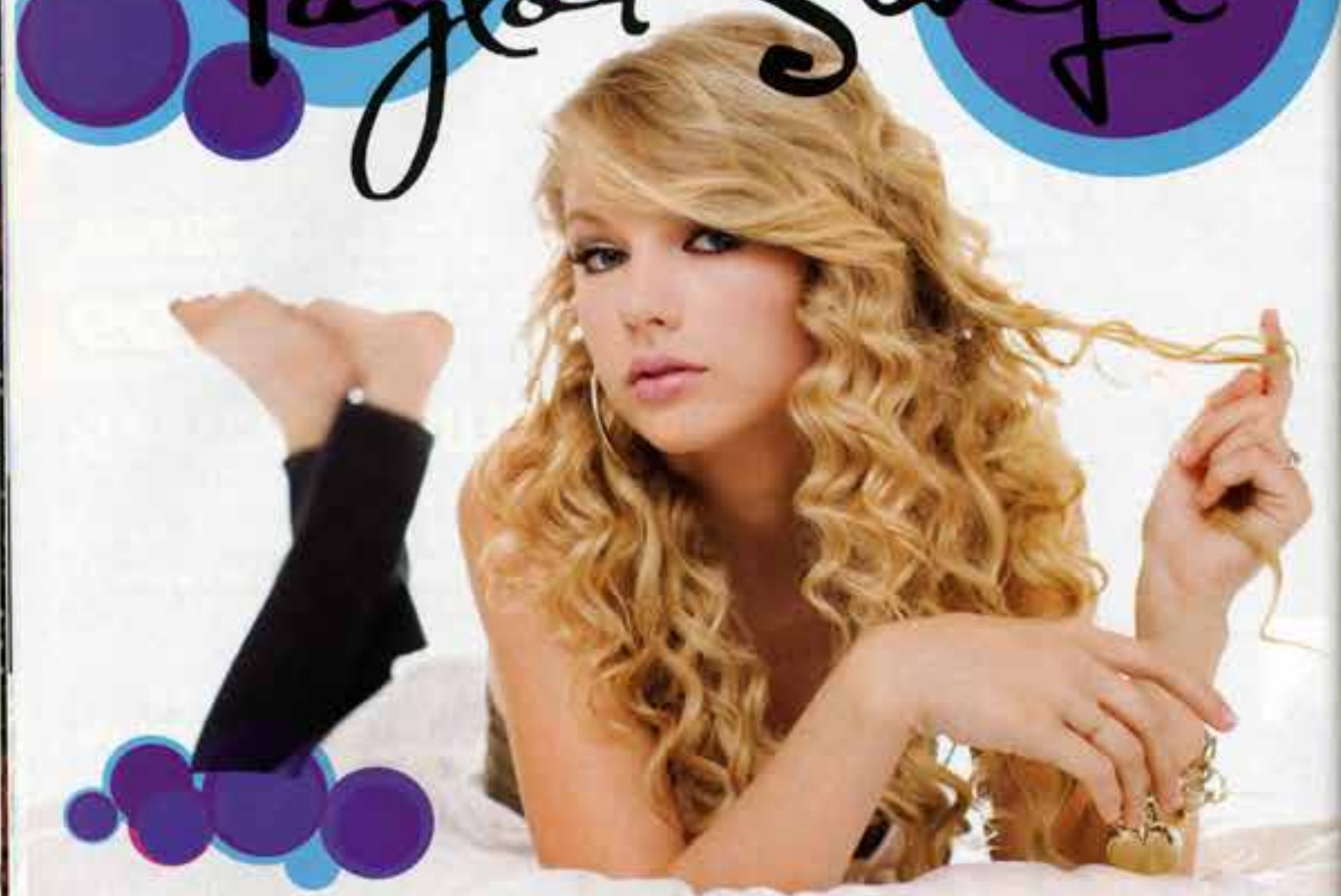


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Taylor Swift



By Kristen Fogle

Swift is the perfect name for the country singer-songwriter who has ascended the ranks of fame in just a few short years. In 2006, at the tender age of 16, Taylor Swift released her first album and debuted five Top 40 Billboard hits, including "Tim McGraw" and "Teardrops on My Guitar." She's also won CMT Music Awards, a Teen Choice Award, and been nominated for several other coveted prizes, including an American Music Award, an MTV Video Music Award, and even a Grammy. The Hendersonville, TN resident, who hails originally from Pennsylvania, also made international news when "Change" was included in the AT&T TEAM USA Soundtrack for the 2008 Olympic Games. Seen and heard virtually everywhere lately, in addition, her second album, *Fearless*, dropped in stores in November.

With all this going on, we were delighted to have a chance to hear from her—as Taylor Swift gives us an in-depth look at her life in regards to all sorts of stuff, including celebs, philanthropy, fear, and of course, love.



ForUs: You just did a magazine cover with LC (Lauren Conrad) and Hillary Duff. Any plans to do a clothing line or perfume like these girls?

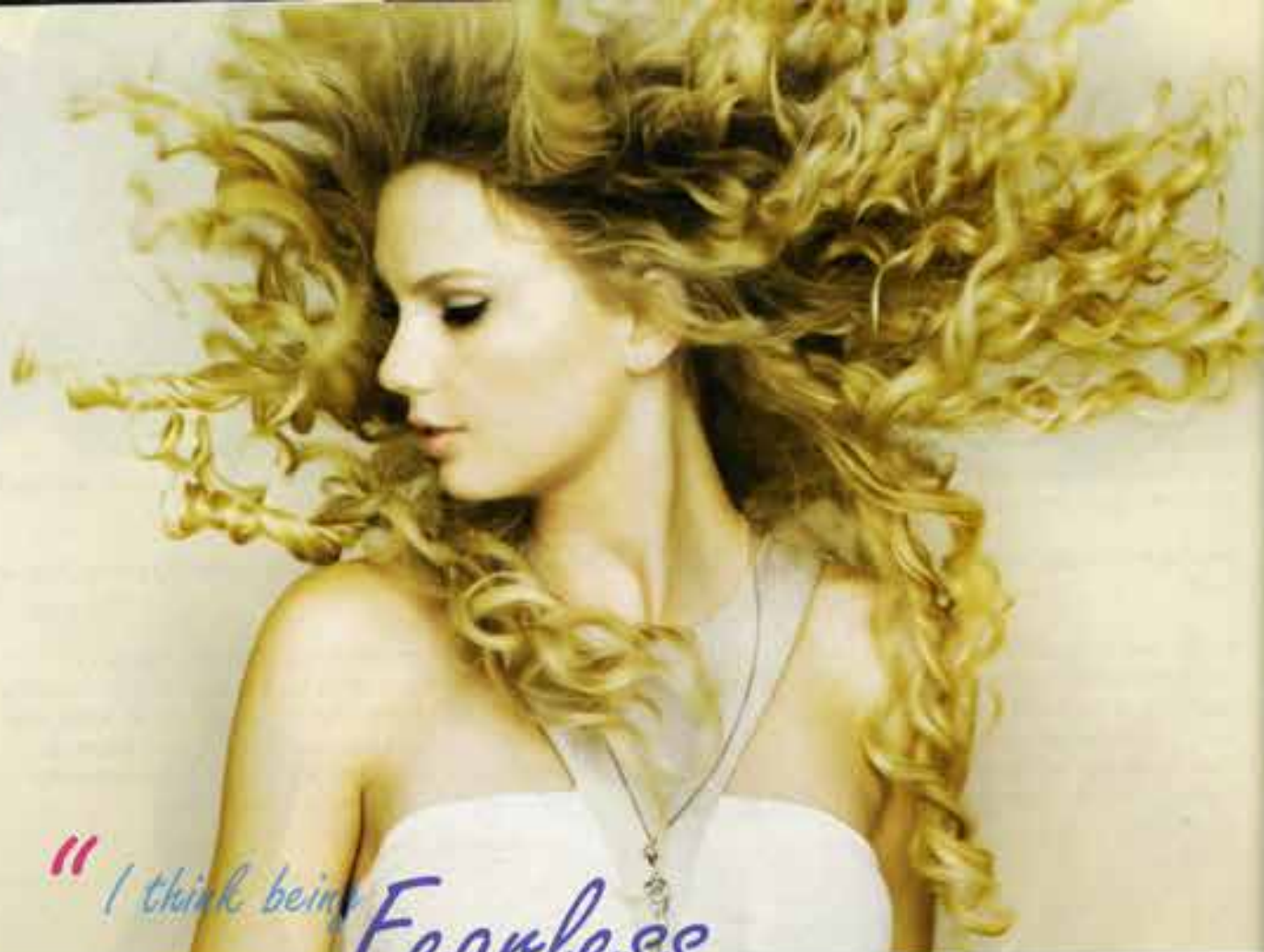
Taylor Swift: I think making a fragrance would be really cool. I would love to really be involved in the whole process and make it right. As far as a clothing line, I wouldn't want to put my name on anything that wasn't affordable. Everyone's suffering because of the current state of the economy, so I try to be as conscious of that as possible when I make decisions. I'm in the process of designing a line of sundresses for L.E.I., to be sold exclusively at Wal-Mart. Dresses are what I wear most, so I'm really excited for them to come out!

FU: On that note, is it weird to meet other celebrities? What has been your favorite celebrity encounter so far?

TS: It's fun to meet celebrities, and I got to meet a lot of cool people at the VMA's this year when I hosted the red carpet pre-show for MTV. I loved meeting Pink, Katy Perry, and T.I. But my all-time favorite celebrity is Faith Hill. I was always so nervous to meet her and when I finally did at the ACM's in 2007, she was the sweetest celebrity I'd ever met. Then she and Tim McGraw took me out on tour with them as their opening act that summer, and Faith would always leave presents in my dressing room. She really taught me how you can change someone's day just by saying something nice to them.



"I've always thought that COLLEGE makes you a well-rounded person. It's about the experiences you gather and the life lessons you learn, and it teaches you how to be independent"



"I think being Fearless sometimes means that you've got a lot of fears, but you jump anyway."

FU: The title of your new album is Fearless. What does "fearless" mean to you?

TS: I don't think the word "fearless" means that you're completely unafraid. I don't think it means that you have no fear, or that you're bulletproof. I think being fearless sometimes means that you've got a lot of fears, but you jump anyway.

FU: What song off the album has the most meaning?

TS: I have a new favorite every day. I think it all depends on what I can relate to the most at the time. Right now, my favorites on the album are "You're Not Sorry" and "White Horse". But the most autobiographical song is "Fifteen". I wrote it about everything I went through and everything I learned in my freshmen year of high school.

FU: Now that you're 18 and soon to be 19 and out of high school, any plans for college? If so where? What do you want to study?

TS: I was raised by two parents who went to school and studied business. I always assumed I'd go to college after high school. But then I got a chance to follow a crazy dream, and that dream ended up coming true. I've always thought that college makes you a well-rounded person. It's about the experiences you gather and the life lessons you learn, and it teaches you how to be independent. I also think that living on the road, traveling the world, learning an entire industry, overseeing every business deal you're offered, learning the ropes of working in a studio, and learning marketing and promotions...I think that makes you well-rounded too. If I were to take classes later on in life, it would probably have something to do with video editing. I'm really fascinated by all of that.

FU: Speaking of growing up, you've been quoted a few years ago as having a fascination with love. Is this still a dominant theme in your life/music?

TS: Yes! I love writing about boys and relationships.

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and love. I think there are 500 angles to a breakup that you can write about. It's never-ending. I love writing about the way I feel. And it's almost a personal goal of mine to be so obvious and detailed with my lyrics. The guys who inspired the songs can tell which ones are about them. When you write songs about your breakups, you always get the last word.

FU: In September 2007, you launched a year-long campaign to protect children from online predators with Tennessee Governor Phil Bredesen. What did that consist of? Why did that cause speak to you?

TS: I partnered with the police chiefs and the governor because I was on a message board one time and I saw a post from a girl saying "I would do anything to get to meet Taylor Swift, does anyone know how I can meet her?" And underneath it was a post from someone saying "Yes. I can get you backstage passes to meet Taylor. Just send me your name, age, address, and phone number." And I realized that was an online predator. The internet has done wonderful things for my career, but there's always a dark side to good things. Someone always abuses it. And when something is threatening my fans...if something were to hurt them, I wouldn't know what to do.

FU: Any plans of continuing that program? Or do you have another philanthropic project in the works?

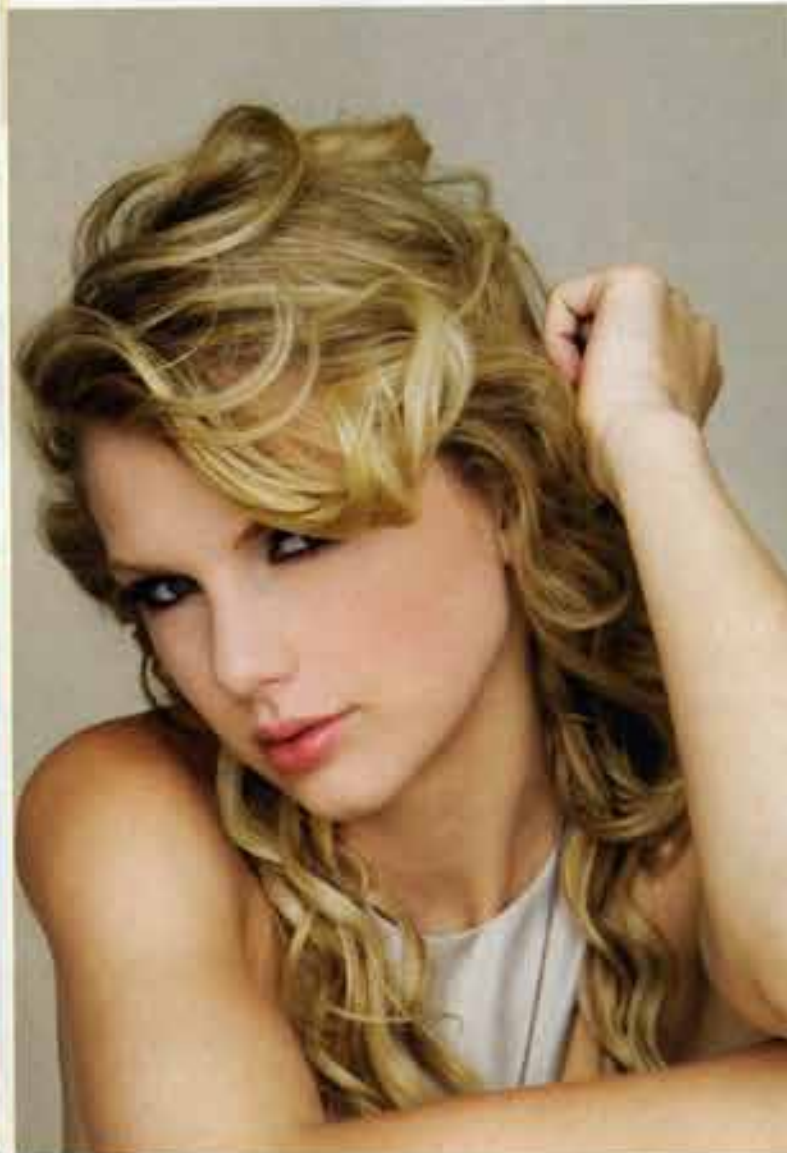
TS: I'm really passionate about anything involving children. St. Jude's is one of my favorite organizations. When I turned 18, my label gave me this huge jacked up pink truck. It was great, and I loved it, but I didn't need two cars. So I decided to donate it to the Victory Junction Gang Camp, a camp for sick kids. They still send me pictures of the kids taking hay rides in my truck, and it really makes me smile.

FU: You did a lot of competitions and festivals before you got your big break. Do you attribute just "getting out there" to your success? Or is there something else that up-and-coming musicians should do?

TS: I think the "just getting out there" concept is a good one. You can't look at it like "I'm going to get discovered tonight, I just know it." You have to look at every little show you play as practice for the big game. Thinking "big picture" is important, or else you'll get discouraged and frustrated really fast. With every show you play, you hone your skills. You have to find something about yourself that's different. I focused on my songwriting and signed a publishing deal when I was fourteen. I moved to Nashville and just tried to meet as many people as possible. You work your way up. Very seldom do you get "discovered" without meeting a LOT of people and going down a lot of dead end roads first.

FU: It seems like you are limitless right now. But what can we see from you in the future?

TS: Limitless? Thank you! That's really sweet of you. I'm completely focused on the new album. My first real collaboration that I've ever done was writing a song with Colbie Caillat. She sang on the song too, and I was just so thrilled to get to work with her. I was a super fan of hers ever since her album came out. I can't wait to go over to the UK, Australia, and Japan this spring. Then I come back to the U.S. and start my headlining tour! I'm so excited for this year, and so thankful I get to do this. Every day is a bonus day.



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KNOCKOUTS

For Girls



TAKING DOWN FOES

Both Inside and Outside the Ring

By Kristen Fogle

Upon first look at a Knockout and you might think she's just another pretty face...Think twice though, since well, she can kick your ass.

Knockouts are female boxers, models, and volunteers who raise money through multiple avenues, including female boxing events, to provide college scholarships, mentoring, and boxing training for underprivileged high school girls. Through the non-profit Knockouts for Girls, they create safe space for girls to learn boxing as a discipline, and offer them guidance, to grow into capable, self-supporting, educated young women.

Read on as we talk to founding member Pattianna Harootian about what makes this program so special, girl on girl fighting action, and how you could become a Knockout too.

ForUs: Tell me about how you and the original members started Knockouts For Girls.

Pattianna: I was boxing for three years. I started in LA, and that's how the original girls knew each other. It was my concept but I founded it with original members Lydia Eastro and Michelle Chase. We fell in love with boxing; all the girls found it brought so much to our lives and we wanted to share that with people, so it parleyed into the non profit.

FU: How are Knockouts chosen?

P: Anyone can go to the website to fill out an application. We're very proud we have women of all different ages, sizes, ethnicities... we definitely don't discriminate in any way whatsoever. But they have to know how to box, or must be willing to participate in boxing training so they are able to teach it to the girls. We're looking for good mentors, role models that have the time to give. Whatever you can do is good, there are so many different ways to help. It's 30 hours of service a year. And last, they have to believe in what we're doing.

FU: So Knockouts mentor the high school girls for four years. How do you choose participants? What does the mentoring process consist of?





P: We choose freshman and award a scholarship. There's no criteria except a desire to do better and a desire to be a part of the program. We're trying to help people that actually need help. We're looking for girls that need structure and guidance. We'll take anyone who wants to do better, but once she's in she must bring up her GPA in the first year to a 2.0 and in the second year to a 3.0. A lot of the programs in inner city schools are band-aide solutions, just appealing...no one really becomes independent. We wanted long term solutions, and choose girls that may not be on their way to success, but by giving them a mentor for all four years of high school, and working with their parents and teachers, we ensure that they will do well.

"I think it's great to have a network of strong, intelligent women that come together to help girls less fortunate and provide a stable presence in their lives...the girls have such inconsistency at home and school, so it's good to be able to be there as someone for girls to look up to." -Parvati (also winner of Survivor: Micronesia)

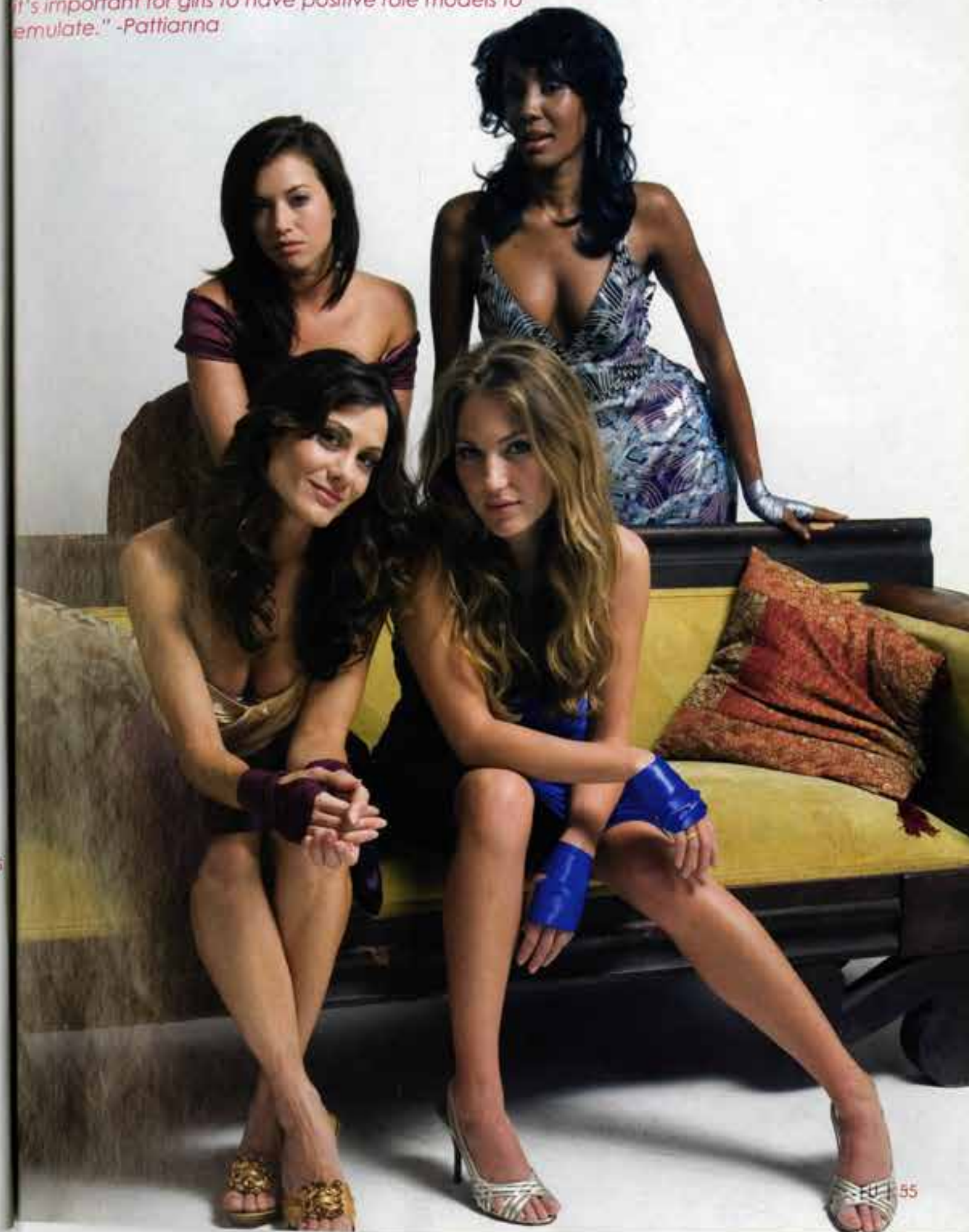
FU: What's so important about this age group?

P: I used to be a high school English teacher and know first hand the need for programming, especially programs that mentor young girls. If kids have something to do they won't get in trouble...it's important for kids to have positive activities.

FU: What are some other components of Knockouts for Girls that are important?

P: The thing about the charity I really like is that we're not only helping the people we're helping, but the volunteers get a lot out of it. It's such a great sport, it's hard to explain. Most of us, before we started boxing, weren't doing as well in our lives as we were. It's been such a catalyst for so many other opportunities and pushed us to do other things. Also, for the girls, it promotes self esteem, a healthy lifestyle, eating healthy, and exercise.

"Knockouts is about female empowerment and self esteem, it's important for girls to have positive role models to emulate." -Pattianna



FU: In addition to mentoring, some of your girls box competitively as well. How many matches have been held? Where do you compete?

P: We've done an event at Republic, and one at Moon Shadows in Malibu so far. [We do them] anywhere we can get a ring set up.

FU: Any backlash against girls boxing?

P: People have been unbelievably supportive... everyone thinks it's a great thing. No one's concerned that we're promoting violence. And we teach boxing as a discipline and as a technique. It's not about hurting someone, it's basically like a martial art. And we don't have girls spar; it's about endurance, cardio, stretching, punching, using different skills. Later we'd turn them on to USA boxing if they were interested. It's also a well respected sport, part of Olympics, in college and high school programs...the thing with the Knockouts boxing is, there's always a chance of injury when we box, but no more injury than in any other sport, and not one

of our women has been injured. And if you enjoy life you have to take risks.

FU: What are the plans for Knockouts in the future? Looking to expand?

P: Hopefully we will expand into other states soon, but probably not for another year. We're so busy right now, and we want to have it perfected here before we go to other states. There's tremendous interest all over the world. But it won't happen for a while. I want it to be done the correct way.



"I love boxing training...it's the hardest, most challenging workout I've ever done. It keeps me in excellent condition and gives me a sense of confidence. I really like the way I feel after a match, the way I look in my clothes...It gives me a lot of girl power."

-Tanjareen

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HOW TO...

...Ride a Segway

by Andrew Ramella

First thing is first, find some level ground free of slippery surfaces, with no holes, curbs, steps or slopes. Remember, you will be taller than usual, so always ride outside and avoid overhangs. Always wear a bicycle helmet, not only do they save lives but they look almost as cool as motorcycle helmets. Once your head is all strapped up, adjust the handlebars and make sure everything is at the appropriate height. Place the beginner key into the ignition and wait for the Segway to give clearance for liftoff. Place one foot on at a time and remember to keep a center of balance over the wheels. To go forward or backward weight needs to be gently shifted in either direction. Turning is slightly more complicated, but seriously, anyone can do it. There is a steering grip located on the left side of the handlebars. Turning it to the right will turn the rider right, and turning it left will turn the rider left. This does require some practice if you want to become a graceful Segway cruiser. If that is the case then potential riders should check out the Riders Guide at www.segway.com.

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



...Find Your Soulmate Online

By Natalie Aldern

The moment you realize keggers aren't always conducive to finding "the one" marks your true foray into adulthood. If you're tired of a dating landscape pockmarked with red cups and drunken hookups, venturing online is a great way to expand your romantic options. Here are some tips for finding your other half on the web:

- Use Facebook for its intended purpose: checking up on your exes. Who knows? A little internet stalking could rekindle that short-lived 10th grade romance.
- Say no to Craigslist! You get what you pay for and these personals are free. You shouldn't expect to find a soulmate visiting the same site you use to shop for a cheap hand-me-down couch.
- Dating sites have a surprisingly high rate of success and can be a great way to screen and meet potential partners. Online profiles are one of the few opportunities we have to control how we want to be seen, so spend some quality time filling everything out. Don't lie- you won't be able to fake knowledge with a quick Google search when you're out on a date, but there's nothing wrong with making yourself look as good as possible.

If all else fails, try what works...IRL (that's "in real life" for those of you slacking on your internet lingo). Whether you use a dating site, or meet someone online serendipitously, become friends first. A common interest could blossom into something more. At your wedding you can always say you met at a coffee shop.

...Make it out of the Holidays Alive

By Orion Radleigh

Let's face it. The holidays are no walk in the park. There are relatives to contend with, people to buy gifts for... not to mention those damn lights that need to be untangled and put up in the apartment so your girlfriend will quit bitching about yuletide spirit. So here's how I recommend you save yourself from the so-called spirit of Christmas (or Chanukah or Kwanza).

1. Find a friend, take up a sport, develop a drinking problem, do something. Get out of the house lest the TV play "It's a Wonderful Life" one more time, or you're forced to decorate another ginger man with a sibling.
2. Make gift giving simple. This is where your locale tamale woman comes in, or that crazy cat lady that makes the hand-made candles. Everybody gets the same thing. Equality for all and to all a goodnight.
3. Don't get suckered into handing over your wallet for miscellaneous holiday expenses either. Want a tree? Decorate that festive looking mini-palm on your patio. Stockings? That's where those "awesome Costco buy" Adidas socks from Gram come in. Food for guests? Let's make it a Ramen night. Throw some red and green food coloring in to make it "super" festive. That child next door wants you to donate to UNICEF? Throw the cardboard collector at him and run...you have a budget and no fat man in a suit is going to make you spend your hard earned cash because of him.
4. Last, take stock. Remember, it's just a holiday. The beauty of this country is that you can celebrate any way you like. And if that means sitting in your room playing Wii with little to no oxygen for days at a time, that's your prerogative. Because when your friends come back from the holidays whining about ugly sweatshirts and lack of cash, you'll be fine...in fact you'll probably have gotten a little bit better at Madden.

HOW TO...

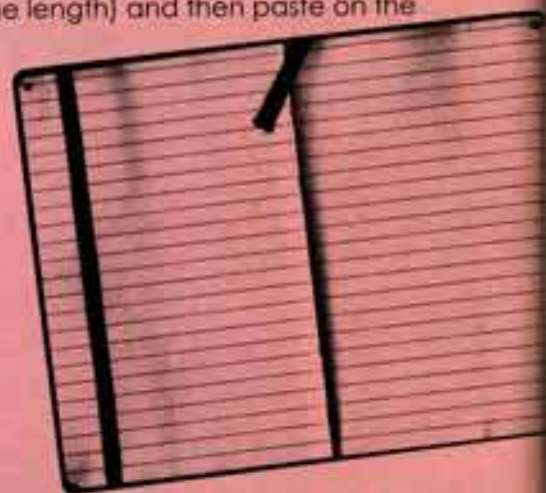
... Make Good Looking Holiday Greeting Cards

By Jessie Clapp

Making greeting cards doesn't necessarily sound like the most exciting activity, however Martha Stewart (as found on her website) has made it simply easy and cheap with just a couple of steps. All you need to create a variety of holiday cards are scissors, glue, blank cards, and a wavy cotton trim fabric known as rickrack. Rickrack cards can be made for both Christmas and Hanukah.

- First, make sure you have all materials needed. (You may get creative with the colors of both the cards and the rickrack.)
- Then decide what kind of card you would like to create. If you would like to make a card with a Christmas tree on the front, just simply cut and paste green rickrack strips onto the blank card.
- From there you can add your own accessories. If you wanted to make a candy cane or a wreath, just twist two strands of rickrack (they should be the same length) and then paste on the blank card in the shape that you choose.
- A Hanukah design option would be a menorah, which is a mix of twisted strands of rickrack along with single strands. A winter design such as a snowflake is just cut segments of rickrack then pasted onto a card.

From there you have great looking cards to give to everyone you know!



...Write "How To's"

By Kristen Fogle

The process by which one comes to write a "How To" is difficult indeed. It takes a very skilled, very dedicated writer to execute a "How To" properly. But with a little time, and a bit of training, even the novice journalist can write some excellent "How To-ness."

- First, pick a topic. Topics generally fall into one of two categories: something that is slightly helpful, or something that is absolutely ridiculous. (For example, "How to Build a Model Car" vs. "How to Alienate All Your Friends in Only One Night.")
- Another helpful hint is to pick something you know little to nothing about...Well, that's a lie I guess, some working knowledge of the subject is preferred, but really, it's more fun if you don't know what you're talking about at all.
- After you've chosen your "How To," do a little research. For instance if your subject is "How to Make Tasty Holiday Treats," this may involve glancing at Oprah's website or borrowing that secret family recipe. It just depends on who you want to hate you more: God (and by God I mean Oprah), or your Great Aunt Sue, (and by your Great Aunt Sue, I mean, your Great Aunt Sue).*
- Next, here's where you pretend to know about your subject. Fake it till you make it. Just because you drive a '90 something Honda hatchback doesn't mean you can't give tips about all the luxury vehicles you've driven. (Likewise if you can't write, the editor will probably spruce it up anyway.)
- And don't forget, bullet points. Everything sounds more authoritative with bullet points.
- Lastly, email the editor (me) at kfogle@forusmagazine.com...Seriously, if you have a good idea, or a bad idea that would be great in print, send it. And presto. You're a published author and an official "how to" genius. You deserve a medal...Or at least you deserve to share your "How To Communicate With the Dead Using Only Toilet Paper and Pipe Cleaners."

*This tip is only for humor sake. ForUs does not condone plagiarism, and our writers always cite their sources.

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NEW RELEASES & MOVIES & BOOKS & VIDEOGAMES & CDS

BY JESSIE CLAPP

To all of you procrastinators out there, that time of year is creeping up. Yes, Christmas is just around the corner. Now that you are frantically wondering what you are going to get that hard-to-shop-for family member or friend, please take a moment, breathe, and read on. Some of the most talked about movies, books, albums, and video games are finally here this month, with most arriving in time for Christmas. (The ones arriving after can be saved for the people you won't be seeing until you return home, or of course for your own spending pleasure.) With releases such as *The Dark Knight* on DVD, or *Rock Band 2*, you'll be sure to have a thrilling month of December.

DVD Releases

- Dec 2 - Step Brothers
- Dec 2 - Wanted
- Dec 9 - The Dark Knight
- Dec 9 - Dr Seuss' Horton Hears a Who
- Dec 9 - Lost: The Complete Fourth Season: The Expanded Experience
- Dec 16 - Aqua Teen Hunger Force: Volume 6
- Dec 16 - Mamma Mia!
- Dec 30 - Comedy Central Roast of Bob Saget: Uncensored
- Dec 30 - Nip/Tuck: The Complete Fifth Season
- Dec 30 - Resident Evil: Degeneration

Book Releases

- Dec 1 - "Bobbi Brown Makeup Manual" by Bobbi Brown
- Dec 2 - "Wishful Drinking" by Carrie Fisher
- Dec 2 - "Cruel Intent (Ali Reynolds Series #4) by J.A. Jance
- Dec 2 - "Body With Soul: Steady Your Sugar, Cut Your Cholesterol, and Get a Jump on Your Best Health" by Randy Jackson
- Dec 2 - "Scarpetta" by Patricia Cornwell
- Dec 4 - "The Tales of Beedle the Bard (Harry Potter Series)" by J.K. Rowling
- Dec 9 - "Built to Succeed" by Michael Phelps
- Dec 23 - "A Bold Fresh Piece of Humanity: A Memoir" by Bill O'Reilly
- Dec 23 - "T.O.'s Finding Fitness: Making the Mind, Body, and Spirit Connection for Total Health" by Terrell Owens with Buddy Primm and Courtney Parker
- Dec 30 - "Men Are Stupid...And They Like Big Boobs: A Woman's Guide to Beauty through Plastic Surgery" by Joan Rivers

Video Game Releases

- (for December release)
- Wonder World Amusement Park (arcade/family) (DS)
 - SingStar ABBA (family) (PS2/PS3)
 - Battlefield Heroes (action) (PC)
 - Damnation (action) (PC/Xbox 360/PS3)
 - Immortal Destiny (MMO/cRPG) (PC)
 - Rock Band 2 (arcade) (Wii/PS2)
 - ShellShock 2: Blood Trails (action) (PC/Xbox 360/PS3)
 - Pool Hall Pro (sports) (Wii)
 - Voltage (racing) (PC/Xbox 360/PS3)
 - Ski Challenge 08 (sports) (PC)

CD Releases

- Dec 2: Britney Spears- Circus
Ricky Martin- 17
- Dec 9: Common Universal Mind Control
Avant- Avant
Busta Rhymes- B.O.M.B.
Ciara- Fantasy Ride
- Dec 10: Fire on Fire- The Orchard
- Dec 16: The-Dream- Love vs. Money
Fall Out Boy- Folie a Deux
Keyshia Cole - A Different Me
50 Cent- Before I Self Destruct
Soulja Boy- iSouljaboytellem





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