

FORBES

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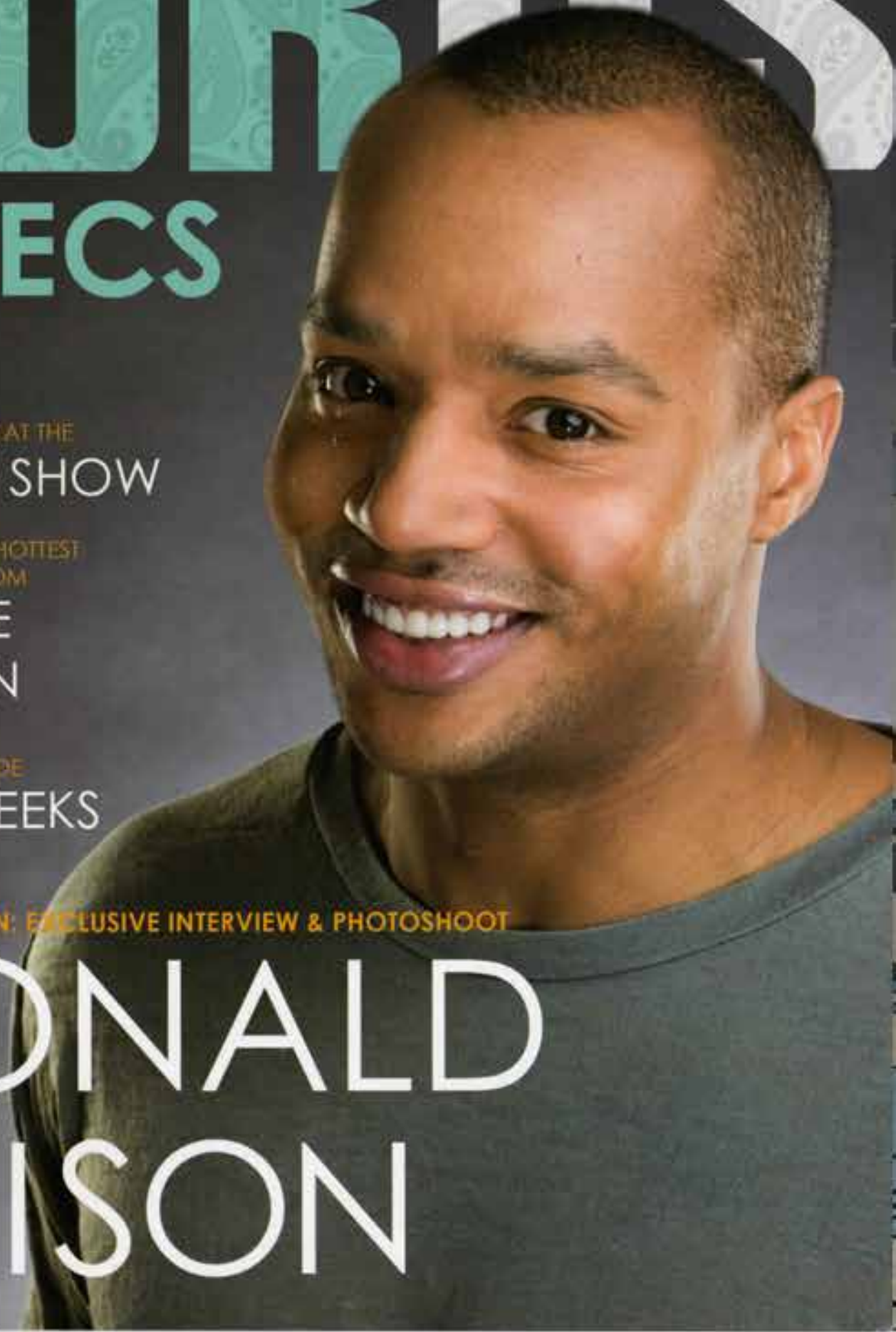
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FORUS MAGAZINE

Dear Readers:

I remember dancing to Prince's "1999" on the last night in December '98. I couldn't stop thinking how weird it was that this year had finally come, after years of listening to this cheesier song on bad radio stations. With 2009 here, ten years later, I find it equally strange, except (at least to my knowledge), there's no tune that catalogues said year.

But it's upon us, and even if there's no song intact, there's a magazine (yes, ours), to ring it in. This means much of the stuff you loved last year, with a sprinkling of newocity as well. (No, "newocity" is not a word. Yes, people should start using it in '09.)

For starters, to ring in the new year, we've brought you the newest in cars, straight from our sneak peek at this past LA Auto Show- featuring both outta-your-league autos as well as those you (or maybe the 'rents) can totally afford. And because the gadgets of tomorrow are a-comin', we've cast a brilliant futuristic beam on some of the new technologies soon to be out there- from phones that act as credit cards to wireless power charging devices. Continuing through New Town, USA is a look at one of the soon to be biggest sites out there. Check out collegemansion.com, featuring the hottest campus girls around. And speaking of mansions, because leases are up and/or many of you will be moving as the semester commences, weigh in with us as we deal out some advice on different living situations. (Though, no, mansion living is not discussed.) Perhaps best, in this issue we bring you The Donald. Not the kind that fries, but the kind that delivers you Turk from the hit show Scrubs...so do read our interview with funny man Donald Faison.

Whether you settle in and read us while listening to Prince or The Pussycat Dolls, do remember, we appreciate it. And because we're out to make the 2009 editions of ForUs even more fantastic, drop us a line and tell us what you like. What you hate. Or simply how many people looked at you funny when you started using "newocity" in sentences.

Till then,

Kristen Fogle
Editor

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Slade Fischer is a student at Newschool of Architecture in downtown San Diego after obtaining his undergrad in Urban Planning at UCSD. When he's not busy throwing moustache parties or entering beer pong tournaments, he enjoys writing the occasional article. Slade has written "Official Rules Of" articles, as well as those on Myspace vs. Facebook and other interesting topics. This month he accesses which sport you should take up in the new year.

Andrew Ramella is senior studying English at SDSU. He was born and raised in Massachusetts but never looked back once he moved to sunny San Diego. He enjoys wakeboarding, exploring new places, and a good night out on the town. He has written a number of humorous "College Survival: How To" articles, along with a few technology reviews and regional lifestyle pieces.

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NEW YEAR, NEW HOBBIES

By Slade Fischer

You wanna take up a new hobby but cash is a consideration. Find out the pricey, mid-range, and cheapy hobbies you should jump on in '09. Thinking of taking up something new? Something that won't lighten your wallet too much? While golf and skiing hold their own on the fun factor, the financial aid office will claim it doesn't really fall into your budget. Or maybe you're ready to invest some serious dough into a new endeavor. Whichever the case, there are a plethora of options to help you waste away the time you would otherwise spend playing video games. Oh and by the way, you live in Southern California, the fun capital of the world. Take advantage.

BALLIN' ON A BUDGET

Frisbee golf

No longer is this stoner pastime reserved for the hippie enclaves of northern California, because courses are popping up everywhere. The rising popularity can overcrowd the current courses, but do not fret...basically any local park, a nice day, and a few buddies will suffice.

Initial Investment: \$5-\$30 for Frisbee;
Residual Cost: FREE-\$5 for admission to Frisbee golf course

Horseshoes

Much like Frisbee golf, horseshoes can be played just about anywhere and is generally accompanied by a few buddies and a case of beer. Be careful however, lifeguards have begun to frown on beach play due to the weight danger and the overcrowding. A secluded park or private beach is the best way to prevent cracking open a child's skull.

Initial Investment: \$15-\$45 for shoes;
Residual Cost: FREE

Surfing

Boards can be expensive, but with www.craigslist.com, www.backpage.com, and up-and-coming sites you are always ensured a fair amount of deals. One, called www.rerip.com, specializes in surf and snow sports and has the added advantage of being a local company. Since you live in the surfing mecca of the continental U.S., you should probably seize the day. Not only is it cheap, but also one of the best workouts you can do. Hence, surfing makes you 38% sexier...it's science.

Initial Investment: \$150-\$500 for a board;
Residual Cost: FREE

MIDDLE MONEY MAKER

Golf

Although funny hats and silly pants are fun, golf has been taken over by a younger and ultimately less fashionable generation. High end country clubs still discourage hiding a case of beer in your bag and dressing in sandals and blue jeans, but there are still plenty of great par threes and public courses that you can dust off grandpa's hand-me-downs and have a relatively cheap afternoon. Cause let's face it... morning tee times are for our grandparents.

Initial Investment: \$200-\$900 for a new set of low end clubs, but I would recommend some used ones for your first set;
Residual Cost: \$20-\$100 per tee time

Yoga

Depending on how you want to do it, yoga can be as inexpensive or as expensive as you want to make it. For those wanting to test the waters, buy a DVD. Those with digital cable might even be able to tune in to a free FitTV program. However, if you want to get way involved right away, you might want to buy a package of classes from a yoga place and go at it. Investing in a gym might not be a bad thought either; most gyms have yoga classes, and when you get bored with that, you'll still have a plethora of other gym-like activities to engage in.

Initial Investment: FREE, unless you want one of those silly little mats;
Residual Cost: FREE-\$35 per class

Rock-climbing

Like so many outdoor sports, San Diego and Los Angeles offer an abundant amount of locations to go hang on the edge of a cliff. Areas of the Kern River also include places for canyoning and abseiling, for those that think rocks just aren't interesting and would rather throw themselves down a waterfall instead. Most companies will rent you a full set of gear and in that case it can be rather cheap, but rock-climbing gear can run a pretty penny. However, this is one activity that it may be worth it to buy new stuff.

Initial Investment: \$200-\$1000 for new harnesses and carabineers;
Residual Cost: FREE unless guided (\$40-\$150)

DOLLAR DOLLAR BILLS Y'ALL

Snowboarding

Why would anyone pay the ridiculous prices for equipment and lift tickets just to go out in freezing temperatures and risk their health? Because it's awesome. If you haven't been paying attention, you may not have realized that we are in the midst of one of the best seasons in recent memory. If you wanna get started but are low on dough, check out Play It Again Sports chains. Get decent on the slopes and then visit the SkiDazzle Expo in Los Angeles and Snowjam in San Diego. Both are held in November, offer ridiculous prices on everything you need, and include a free lift ticket to Mountain High.

Initial Investment: \$500-\$1500 for boots, boards, bindings, and cold weather clothing
Residual Cost: \$50-\$90 per day

Scuba diving

Diving is generally associated with warm water and expensive resort areas, but the reality is that there is good diving everywhere in the world. Since your student budget probably doesn't include a round trip ticket to Belize, check out some of the islands off the coast. After certification you can find some fairly cheap trips to Avalon and San Clemente island that don't require you to buy your own gear.

Initial Investment: \$250ish unless you want your own gear and then it gets pricey (\$600-\$2000);
Residual Cost: \$200-unlimited per trip

Skydiving

Alright adrenaline junkies, let's get down to business. Nothing quite compares to the feeling of throwing yourself out of a perfectly good airplane, but how do you get started? Check out www.skydivesandiego.com and www.westcoastskydiving.com. Both will let you go solo or tandem.

Cost: \$185-\$350 per jump

Home is where the Food is

Gourmet meals for the poor and helpless college student

By Sierra Dowd

Do you find yourself counting down the days till you can return home, raid the cabinets, and get a good home cooked meal? If so, this will definitely catch your interest. I think we all have had enough cereal, cup of noodles, and spaghetti to last us for the rest of our lives. So I think it's time to attempt to use our dusty kitchens and the tons of hand me down cooking supplies we received upon going to college.

Now, as someone who can't personally cook to save my life and can barely afford groceries, I have found these recipes cheap, convenient, and extremely easy. Some of the ingredients listed wouldn't typically be found in a college student's cupboard, but this would be a prime opportunity to get to know your neighbors. And if you end up liking what you made, take a trip down to the market and grab a couple of the basics to store away for next time.

So when you start to think about going to McDonalds or heating up a microwavable meal, attempt one of these recipes instead.

German Pancakes

What you need:
6 eggs
1 cup milk
1 cup flour
1/4 tsp. salt
4 tbsp. butter and margarine

What you do:
Preheat oven to 450 degrees. Combine eggs, milk, flour, and salt in a bowl. Beat until fluffy and smooth. Put two tablespoons of butter in each of two pie pans. Put tins in the oven as it preheats to melt the butter. Pour half of the batter in each pan. Bake at 450 degrees for 20 minutes. Pancakes should puff up as they bake. Enjoy with syrup, fruit, or jam.

Breakfast Sandwiches

What you need:
8 cooked waffles, heated
1/4 cup peanut butter
1/4 cup strawberry jam
2 bananas sliced

What to do:
Spread four waffles with peanut butter and top with banana slices. Spread four waffles with strawberry jam. Put peanut butter and strawberry jam waffles together and pop in the oven for a quick and delicious breakfast.



BREAKFAST

Caramelized French Toast

What you need:
2 tbsp. butter or margarine
3 eggs
1/4 cup milk
Dash of salt
4 slices bread
1/2 cup brown sugar
1/4 cup water

What you do:
Melt butter in frying pan. Beat eggs, milk, and salt together. Dip bread into egg mixture and fry until light brown and egg is cooked through. Remove from pan. Add brown sugar. Stir until melted and sticky. Add water and stir. Place toast in caramel sauce. Turn to coat, then remove from pan.

LUNCH

Tuna Salad

What you need:
Small can tuna, drained
1/4 cup celery, diced
1 tbsp. onion, minced
1/4 cup mayonnaise
2 tsp. lemon juice
Dash of paprika
Dash of pepper

What you do:
Combine all ingredients and mix well. Smooth 1/4 of mixture between two slices of bread. Makes four sandwiches.

Best-Ever Hamburgers

What you need:
1/2 lb. ground beef
1 tbsp. onion, minced
2 tbsp. mustard
1 1/2 tsp. soy sauce
1 tbsp. green pepper, minced
2 hamburger buns

What you do:
Combine beef, onion, mustard, soy sauce, and green pepper into patties. Fry until cooked thoroughly on both sides. Place on buns. Garnish with your favorites and grab some chips!



Barbecued Cheese Buns

What you need:
2 hot dog or hamburger buns
1 cup cheese, grated
2 hard boiled eggs, chopped
1/4 cup green pepper, diced
1/4 cup tomato, diced
1 tbsp. onion, grated
1/2 cup evaporated milk
2 tbsp. ketchup
1/2 tsp. salt
Dash of pepper

What you do:
Split buns and place face up on a cookie sheet. Set aside. Preheat oven to 400 degrees. Combine remaining ingredients in small bowl. Mix well. Spread evenly on buns. Place cookie sheet and bake for seven minutes or until hot and bubbly.

DINNER

Creamy Chicken Divan

What you need:
2 pkg. frozen broccoli
3 cups chicken, cooked and cubed
2 cans cream of chicken soup
1 cup mayonnaise
1 tsp. lemon juice
1/2 tsp. curry powder
1 cup bread crumbs
2 tbsp. butter or margarine
1 cup cheddar cheese, grated

What you do:
Preheat oven to 350 degrees. Cook broccoli according to package directions. Drain. Arrange in bottom of 9x13 baking pan. Arrange chicken over broccoli. In large bowl, combine soup, mayonnaise, lemon juice and curry powder. Mix well. Pour over chicken. Combine bread crumbs and melted butter. Sprinkle over chicken. Bake for 25 to 30 minutes. Remove from oven and sprinkle with cheese. Return to oven until cheese melts.



Simple Salmon Patties

What you need:

- 1/2 cup flaked salmon
- 2 tbsp. butter or margarine
- 1 tbsp. flour
- 1/4 cup milk
- 1/4 cup bread crumbs
- 1/4 tsp. lemon juice
- 1/8 tsp. salt
- Dash of black pepper and red pepper

What you do:

Drain salmon well. In small saucepan, melt butter and stir in flour. Gradually beat in milk stirring constantly until thickened. Add salmon, bread crumbs, lemon juice, salt, pepper and red pepper. Let cool just enough to form into patties with hands. Sauté patties in melted butter or oil until lightly brown and heated through.

Extra-Tasty Enchiladas

What you need:

- 1/2 lb. ground beef
- 1/4 cup onion, chopped
- 2 tbsp. green chilis, chopped
- 1 small can tomato sauce
- 1/4 cup black olives, sliced
- 2 cups cheddar cheese, grated
- 1 can mild enchilada sauce
- 3 corn tortillas
- 1/2 cup sour cream
- 1/2 head lettuce, shredded

What you do:

Preheat oven to 350 degrees. In large skillet put brown beef, onion, and chilis. Stir in tomato sauce, olives, and one cup cheese. In small skillet, warm enchilada sauce with small amount of cooking oil. Place tortillas separately in sauce and turn until pliable. Pull out with tongs. Place spoonful of meat on each tortilla. Roll tortilla and place in greased baking pan, seam-side down. Pour enchilada sauce over tortillas. Top with remaining cheese. Bake for 20 to 25 minutes. Serve with sour cream on bed of lettuce.

DESSERT

No-Bake Caramel Drops

What you need:

- 1 tbsp. butter
- 6 tbsp. canned milk
- 24 caramel candies
- 3 cups crispy rice cereal
- 2 cups corn flakes cereal
- 1 cup nuts, chopped

What you do:

Melt butter and caramels over low heat, stirring frequently. Stir in milk. Stir together rice cereal, cornflakes, and nuts in large bowl. Pour caramel mixture over cereals, lightly butter hands. Mix and form into small balls. Chill in refrigerator.

Any-Fruit Cobbler

What you need:

- 1/2 cup butter or margarine
- 1 cup flour
- 1 cup granulated sugar
- 2 tsp. baking powder
- 3/4 cup milk
- 1/4 tsp. salt
- 1 can fruit pie filling

What you do:

Preheat oven to 350 degrees. Melt butter in baking pan. Stir in flour, sugar, baking powder, milk, and salt until smooth. Dump fruit on top. Don't stir. Bake for one hour.



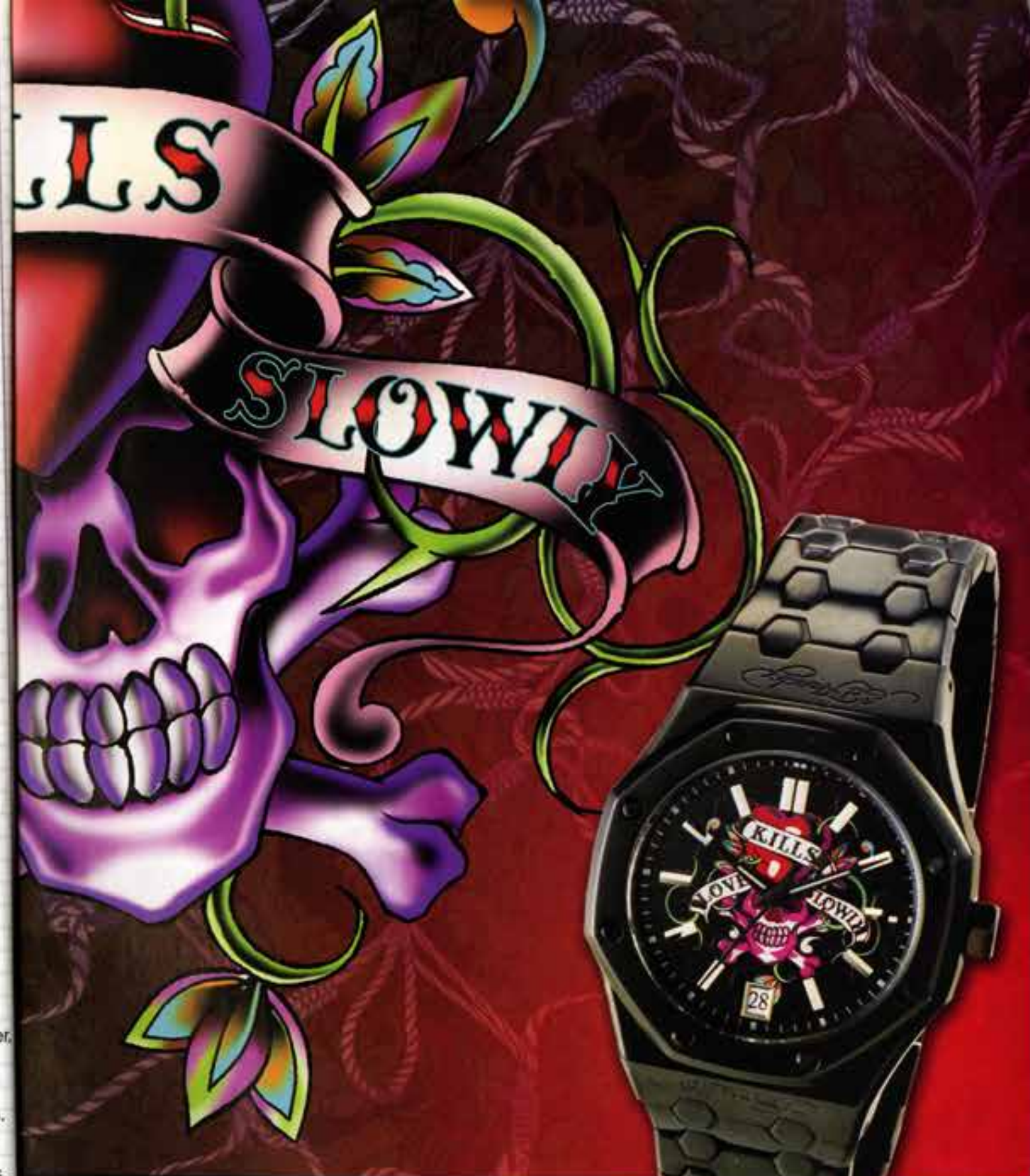
Chocolate Chip Bars

What you need:

- 2 3/4 cup flour
- 2 1/2 tsp. baking powder
- 1/2 tsp. salt
- 2/3 cup shortening
- 1 lb. pkg brown sugar
- 3 eggs, slightly beaten
- 12-oz. pkg chocolate chips
- 1 cup nuts, chopped

What you do:

Preheat oven to 350 degrees. Sift together flour, baking powder, and salt. Set aside. Cream shortening and brown sugar. Add eggs until well-blended. Add flour mixture. Stir to moisten. Stir in chocolate chips and nuts. Spread batter in greased 9x13 baking pan. Bake for 25 minutes.



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ENTER THE COLLEGE MANSION

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COLLEGE GIRLS AROUND

by Kristen Fogle

For some, college isn't just about the books; much more is vested in the extracurricular....which is where www.CollegeMansion.com comes in. Reminiscent of www.hotornot.com (but much cooler and with way more components), Dave Luber, one of CM's owners, fills us in on just why College Mansion is the place to shack up online.



COLLEGEMANSION.COM

ForUs: What's the overall concept behind College Mansion?

Dave Luber: Our initial goal for College Mansion was for it to be a resource that organizes and controls college entertainment. The launch included a national campaign which was the only resource on the web that featured over 500 of the nation's hottest college girls by state, school, and class. We're able to regionalize and channel all forms of entertainment pertaining to the 18-28 demographic at an exclusive destination with College Mansion being the vehicle.

FU: I understand College Mansion began over poker and pizza. Can you explain?

DL: I wish I could...my partner Brian Novitsky and I started a successful high-end humorous t-shirt company, College Slogans (www.collegeslogans.com), and we were looking for different ways to drive traffic to the online store. Soo...over a serious game of online poker and a large cheese pizza, the topic came up of who the hottest girls were on our campuses. We researched the net for some answers but came up empty. Again, this was serious...so we developed College Mansion, which allowed us to cross market our t-shirt banners onto a site that drove millions of page views each month.

FU: Can you tell us about the Absolute 52?

DL: College Mansion presently runs a spring and fall "Absolute 52" contest featuring over 1,000 of the nation's most attractive college co-eds throughout the United States. The visitor community

votes for their favorite college girls, the top 52 of whom are then placed on an exclusive deck of playing cards. People can purchase the cards online. Since the cards are a hot commodity, we offer advertisement opportunities for large/small enterprise businesses such as energy drinks, casinos, beer, clothing companies, credit cards, airlines, restaurants, and bars.

CM's first deck included a diverse group of girls who have been featured in FHM, Maxim Magazine, Stuff Magazine, Miss Hawaiian Tropic, and more. We received over 8,000 orders from all across the globe.





FU: What are some other components of the site?

DL:

A. Mansion TV (Media)

This is the source which offers exclusive media coverage for College Mansion. Mansion TV is the outlet for documenting college mansion events, stories, personalities and participants, with high-quality streaming video, audio, and photography. It delivers consistent high-quality content for our user community, provides innovative advertising for our sponsors/affiliates, and generates distribution in major video networks.

B. College Mansion Hott 100 List

We're the home of this exclusive list as determined by the college community! Using our on-site voting process, 100 members receiving the most votes are displayed on this list as the nation's favorite. With one central location, users are easily able to access and view this list, which is becoming one of the most attractive and revered benchmarks in the college community.

FU: How does one get crowned Miss Mansion? What does the winner get?

DL: A tournament style contest called "Mansion Madness" is held featuring the nation's favorite 52 girls based on the highest amount of votes, resulting with a single winner crowned "Miss Mansion." Each year, the final four contestants win an all-inclusive trip to Atlantis Paradise Island, Bahamas. This past summer, Alicia D'Alessandro from Valencia Community College was crowned "Miss Mansion" 2008 and received a check for \$5,000.



FU: I can see why dudes love the site, but what's the feedback from girls? Ever get called sexist?

DL: Not at all...it's funny to see how many girls check out and support the girls of College Mansion. We have a unique demographic because girls want to be on the site, so they visit, and guys basically sit there all day flipping through pages. Because we have partnered with the Susan G. Komen Foundation, we get a lot of good feedback from the girls who are in support of breast cancer awareness and research.



FU: What's the future of College Mansion?

DL: CM has begun its expansion both on and off site. With over 60 million page views and by partnering with a few of the nation's largest media networks (Preston & Steve/WMMR, Clear Channel, AYC Studios), we hosted the Nation's Biggest Bar Hop in two major markets. With such sponsors as Anheuser Busch and Cintron Energy Drink, the College Mansion event set record highs in attendance and cases of malt liquor sold. We plan to expand the CM brand to include every major college in their events by further developing Mansion TV and opening the site up to feature special interests catering to the targeted population. Through each phase of expansion, CM will develop products that will have universal appeal, maximizing the potential for advertising and marketing, and promoting both College Mansion and our corporate advertising partners.

A few upcoming plans include creating a magazine/publication, Mansion real estate, and include additional forms of interactive entertainment.



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GUTHY-RENKER

Cupid's Corner

What The World Has To Say About Valentine's Day

by Adam Mills

Most of us celebrate the fourteenth of February by giving our significant other chocolates, flowers, or jewelry. However, most of us have also forgotten why Valentine's Day, above all other days, is even a celebration of love at all.

Beneath modern day subliminal advertising and department store specials, lies a holiday that has its roots two centuries in the past...and if you believe legend, potentially even longer. The name itself may date back all the way to Roman antiquity, where the tale states that the holiday could

be named after two Christian saints named Valentine. The first connection between Saint Valentine's Day and romance is said to have begun with a poem by famed English poet Geoffrey Chaucer.

Valentine's Day started to become very popular during the fifteenth century, two hundred years after Chaucer. A High Court of Love was established on Valentine's Day in Paris to deal with legal proceedings involving lover's quarrels and violence against women. A century later, Valentine's Day is mentioned by Ophelia in Hamlet, written by William Shakespeare. And for the next two hundred years across the Atlantic, lovers would celebrate the day with handwritten valentines.

In the 1840's, Valentine's Day made its way over the Atlantic Ocean and supplanted itself in the heart of America. In 1849, Esther Howland began mass producing valentines in her father's book and stationary store. From here the holiday spread like wildfire. By the 20th century, card giving gave way to a commercialized holiday where couples exchange everything from roses to expensive diamonds...all in honor of a saint that most of us have never heard of.

Valentine's Day in modern times has become a worldwide tradition that is celebrated uniquely from country to country. For instance, here are several different revelries from around the globe:

Japan: In Japan, Valentine's Day reverses American norms. Instead of the man showering his female companion with gifts, it is the women who give chocolates to their significant other. On March 14, called White Day, they reverse the roles and it is the male who gives chocolates to the special woman in their life.

South Africa: South Africa celebrates Valentine's Day under the name Lupericalia. Based upon Ancient Roman traditions, women pin the names of a male love interest on their clothing, often times surprising the male whose name they have listed. Can this tradition please make its way to the States? Thank you.

Denmark: Denmark has two odd traditions not practiced here in the U.S. The younger generation of males and females present



each other with something called Gaekkebrev, which are essentially romantic yet funny notes that are not signed with a name. Paired along with these Gaekkebrev, the young Danes give white flowers called snowdrops to their loved ones. Very cool.

Guatemala: Lastly, in Guatemala, they call Valentine's Day "Día del Amor y la Amistad," or Day of Love and Friendship. It is not too much different than the United States' celebration, however, there is more emphasis on doing nice things for friends as well. This was included to raise the hopes of all you single men and women out there.

Like Aristotle once said, love is composed of a single soul inhabiting two bodies. Have a great Valentine's Day, but remember, do spread the word about Lupericalia.

Valentines Day:

San Diego's Love Locales

By Rachel Shapiro

Hotel Del Coronado

For 120 years, this famous landmark has served as a perfect place for romantic escapes. Stroll through the Victorian elegance and along the soft sandy beaches. Then stop for a romantic dinner at Coronado's own restaurant for beachfront dining. 1500 Ocean Restaurant and Bar is located right along the oceanfront with an intimate cozy feeling. The menu features wines from local vineyards and Southland Coastal Cuisine. Check out the Hotel Del Coronado website for more romantic escapes such as Spa at the Del and San Diego's own Wine Bar. Hotel Del Coronado is the perfect Valentines Day escape. www.hoteldel.com

Hot Air Balloon Rides

Imagine flying high in the sky with you and that special someone with a breathtaking sunset background. California Dreamin' offers a once in a lifetime experience with Del Mar sunset balloon rides. With an ocean view at sunset and champagne to greet you when you land, this is a unique treat for couples at any stage. www.californiadreamin.com

Old Venice Romantic Italian Dinner

If you are looking for a more affordable romantic ambiance, this classic dinner date is the pick for you. On a notorious San Diego evening, enjoy the outdoor seating with the glistening lights reflecting in your valentine's eyes. Or maybe you prefer the indoor seating with thousands of candles replacing the sparkling lights. Family owned and operated for 25 years, this enchanting night out will be unforgettable whether you choose to dine indoor or out. Old Venice can be found in Point Loma, where their entrées are low-priced and feature unique delicacies. www.oldvenicerestaurant.com

The Prado at Balboa Park

Located in the center of San Diego's famous Balboa Park, The Prado features upscale entrees from prime rib to grilled yellowtail and mouth-watering desserts such as the chocolate soufflé cake. Enjoy a stylish dinner hidden beneath the European plaza lit with lamps and mesmerizing architecture in The House of Hospitality. This is just one of the many beautiful buildings in Balboa Park to sweep your valentine off their feet. The Diner's Choice awarded The Prado the winner of "Most booked" so be sure to make those reservations early! www.cohnrestaurants.com/restaurants/theprado

Maloney's Tavern

Looking for an action-packed Valentine's Day? Maloney's Tavern, located in the Gaslamp Quarter is an underground nightclub offering food and drinks at a low price. An exciting and fun place to go for a night on the town, this multi-room nightclub combined with the charm of an Irish Pub entertains a post-college crowd and features music from techno to the classic oldies. www.maloneystavern.com

The Sky Room

The Sky Room, located in La Valencia Hotel in La Jolla, has a panoramic view of the ocean from every booth. If you are looking for a more elegant twist to your Valentine's Day, this gourmet Continental cuisine is one of a kind. When you add outstanding food, delicious dessert, and an award-winning ocean view, you get the Sky Room that will be sure to send you and your valentine to Cloud 9.

www.lavalencia.com/dining/sky-room.php



Indigo Day Spa

For a relaxing way to spend your Valentine's Day, San Diego's own Indigo Day Spa offers a variety of cleansing facials and soothing back massages. Looking for more spa treatment? You will find everything from hair, skincare, and body treatments at Indigo Day Spa located on 4th Ave. downtown, the spot for you to share or treat your valentine to a peaceful and relaxing experience.

www.indigohair.com

Hornblower Cruises & Events

Watch the sunset while enjoying a luxurious dinner as you drift away from the mainland out into the San Diego Bay aboard the Hornblower Dinner Cruise. Share this romantic evening of bliss as you float along with your valentine. Or, you may choose to awe your sweetie with the Hornblower Whale-watching Cruises! Between the months of December and March, approximately 28,000 gray whales pass through the San Diego coast each year. This narrated three and a half hour cruise will take you on a once in a lifetime adventure to observe these magnificent creatures. Check out the website to make your cruise reservations early.

www.hornblower.com

Rei Do Gado Brazilian Steak House

You do not have to travel all the way to Brazil to experience this one-of-a-kind Churrasco! A Churrasco, or Brazilian Barbeque, is a traditional feast. Also the name Rei Do Gado means King of the Herd and rightfully so. The Rei Do Gado Brazilian Steak House downtown is home to over 40 different salads, side dishes, and meat selections. Once you glance through the long list of various mouth-watering meats, the meat of your choice is sliced straight off the skewer onto your plate by the passador (meat waiter). By placing a green chip by your plate, the passador will continue to serve you until you turn the chip over to red, signaling that you are finished. For vegetarians, there are a variety of fresh salads and veggies as well as some delicious seafood dishes. But be sure to save room for the assortment of desserts including classic Brazilian Fian.

www.reidogado.net

Also, remember to visit www.opentable.com to book Valentine's Day dinner reservations early.

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Choose Your Cause

courtesy of your Sororities and Fraternities

Compiled by Kristina Blake

With 2009 here, why not take a note from the sororities and fraternities on campus and choose a cause to work towards all year long? Whether it be child abuse, literacy, or "making a wish", there's something that suits everyone...and can help many.

UCSD Sororities

Alpha Chi Omega

Victims of domestic violence
National Website: www.alphachiomega.org
Local Website: www.axoatucsd.com

Alpha Epsilon Phi

The Elizabeth Glaser Pediatric AIDS Foundation (www.pedaids.org)
Sharsheref (www.sharsheref.org)
National Website: www.aepi.org
Local Website: www.aephisd.webs.com

Chi Omega

Make-A-Wish (www.wish.org)
National Website: www.chiomega.org
Local Website: www.ucsdchiomega.183.net

Delta Delta Delta

Children's Cancer Charities
St. Jude Children's Research Hospital (www.stjude.org)
National Website: www.tridelta.org
Local Website: www.ucsandiegatridelta.moonfruit.com/#

Delta Gamma

Vision/Blindness
National Website: www.deltagamma.org
Local Website: n/a

Kappa Alpha Theta

Court Appointed Special Advocates (www.nationalcasa.org)
National Website: www.kappadeltatheta.org
Local Website: www.theta.ucsd.edu
30 | www.forusmagazine.com

Kappa Kappa Gamma

Reading Is Fundamental (www.rif.com)
National Website: www.kkg.org
Local Website: n/a

Phi Sigma Rho

Girl Scouts of the U.S.A. (www.girlscouts.org)
American Cancer Society (www.cancer.org)
National Website: www.phisigmaphi.org
Local Website: n/a

Pi Beta Phi

Literacy
Arrowmont School for the Arts and Crafts (www.arrowmont.org)
First Book (www.firstbook.org)
National Website: www.pibetaphi.org
Local Website: n/a

Sigma Kappa

Gerontology
Alzheimer's Disease
Inherit the Earth
The Maine Sea Coast Mission (www.seacoastmission.org)
National Website: www.sigmakappa.org
Local Website: www.ucsdsgmakappa.moonfruit.com

Fraternities

Alpha Epsilon Pi

Shaare Zedek Medical Center in Jerusalem (www.acsz.org/site/PageServer?pagename=AEPi)
Chal Lifeline's Camp Simcha (www.challifeline.org)
United States Holocaust Memorial Museum in Washington, D.C. (www.ushmm.org)
National Website: www.aepi.org
Local Website: www.sdaepl.com

Delta Sigma Phi

American Red Cross (www.redcross.org)
National Website: www.deltasig.org
Local Website: www.deltasig.ucsd.edu

Lambda Chi Alpha

North American Food Drive
National Website: www.lamdachi.org
Local Website: n/a

Phi Gamma Delta

The Red Cross (www.redcross.org)
National Website: www.phigam.org
Local Website: n/a

Pi Kappa Alpha

American Cancer Society (www.cancer.org)
National Website: www.pikes.org
Local Website: n/a

Sigma Chi

Children's Miracle Network (cmn.org)
Huntsman Cancer Institute (www.huntsmancancer.com)
National Website: www.sigmachi.org
Local Website: n/a

Sigma Nu

Helping Hand Initiative (www.helpinghandsinitiative.org)
National Website: www.sigmanu.org
Local Website: www.ucsdsgmanu.com

Sigma Phi Epsilon

YouthAIDS (www.youthaids.org)
National Website: www.sigepuocd.com

Tau Kappa Epsilon

Alzheimer's Association (www.alz.org)
National Website: www.tke.org
Local Website: n/a

SDSU Sororities

Alpha Chi Omega

Victims of domestic violence
National Website: www.alphachiomega.org
Local Website: www.alphachisdsu.com

Alpha Epsilon Phi

The Elizabeth Glaser Pediatric AIDS Foundation (www.pedaids.org)
Sharsheref (www.sharsheref.org)
National Website: www.aepi.org
Local Website: www.geocities.com/sdsualphaepsilonphi

Alpha Phi

Cardiac Care and Research
National Website: www.alphaphi.org
Local Website: www.lovealalphaphi.com

Delta Gamma

Vision/Blindness
National Website: www.deltagamma.org
Local Website: www.dgsdsu.com

Delta Zeta

Speech and Hearing- The Starkey Hearing Foundation (www.satheworldmayhear.org)
The Painted Turtle Camp (www.thepaintedturtle.org/turtle)
National Website: www.deltazeta.org
Local Website: www.deltazetasdsu.com

Gamma Phi Beta

Camp Fire USA (www.campfire.org)
National Website: www.gammaphibeta.org
Local Website: www.gammaphibetasdsu.com

Kappa Alpha Theta

CASA (Court Appointed Special Advocates) (www.nationalcasa.org)
National Website: www.kappatheta.org
Local Website: n/a

Kappa Delta

Event Child Abuse America (www.preventchildabuse.org)
National Website: www.kappadelta.org
Local Website: www.kappadeltalove.com

Pi Beta Phi

Literacy
Arrowmont School for the Arts and Crafts (www.arrowmont.org)
First Book (www.firstbook.org)
National Website: www.pibetaphi.org
Local Website: www.sdsupibetaphi.com

Fraternities

Alpha Epsilon Pi

Shaare Zedek Medical Center in Jerusalem
Chal Lifeline's Camp Simcha (www.challifeline.org)
United States Holocaust Memorial Museum in Washington, D.C. (www.ushmm.org)
National Website: www.aepi.org
Local Website: www.aepisdsu.com

Delta Upsilon

Boys & Girls Clubs of America (www.bgca.org)
National Website: www.deltau.org
Local Website: n/a

Kappa Alpha

Muscular Dystrophy Association (www.mda.org)
USA Freedom Corps (www.usafreedomcorps.gov)
National Website: www.ka-order.org
Local Website: www.kasdsu.com

Kappa Sigma

Kappa Sigma Fraternity Military Heroes Campaign (www.militaryheroescampaign.org)
National Website: www.kappasigma.org
Local Website: n/a

Phi Kappa Psi

Boys & Girls Clubs of America (www.bgca.org)
National Website: www.phikapppsi.com
Local Website: n/a

Phi Kappa Theta

Children's Miracle Network (cmn.org)
National Website: www.phikaps.org
Local Website: www.phikapsdsu.com

Sigma Alpha Epsilon

Children's Miracle Network (cmn.org)
National Website: www.sae.net
Local Website: n/a

Sigma Alpha Mu

Alzheimer's Association (www.alz.org)
National Website: www.sam.org
Local Website: www.sdsusammys.com

Sigma Chi

Children's Miracle Network (cmn.org)
Huntsman Cancer Institute (www.huntsmancancer.com)
National Website: www.sigmachi.org
Local Website: www.sigmachideltaxi.com

Sigma Nu

Helping Hand Initiative (www.helpinghandsinitiative.org)
National Website: www.sigmanu.org
Local Website: www.sigmanusdsu.com

Sigma Phi Epsilon

YouthAIDS (www.youthaids.org)
National Website: www.sigep.org
Local Website: n/a

Theta Chi

Iacocca Foundation (<http://iacoccafoundation.org>)
Starlight Starbright Children's Foundation (www.starlight.org)
National Website: www.thetachi.org
Local Website: n/a

Zeta Beta Tau

Children's Miracle Network (cmn.org)
Chal Lifeline (www.challifeline.org)
National Website: www.zetabetau.org
Local Website: zbtotsdsu.com



5 WAYS TO YOUR YOGA

(Plus Places to Practice!)

BY TAYLOR LEE



Have you ever worried about gaining the Freshmen 15? Is it hard to find time to exercise between school and a busy social calendar? Is homework leaving you stressed out at the end of the day? If you answered yes to any of these questions, give yoga a shot.

As young adults, we often struggle balancing nutrition, exercising, and living a stable life when making the transition from home to college. Having a steady schedule is rare and often leaves students deprived in many areas.

Yoga has been recognized worldwide for its balancing and centering abilities. There are many types of yoga that range anywhere from relaxation to an intense core workout. Though every yoga experience is different depending on the teacher and his/her personal style, six types of yoga are mainly practiced today: Hatha, Vinyasa, Ashtanga, Iyengar, Kundalini, and Bikram. Different styles of yoga are all structured for different purposes and results. While athletes often attend yoga to become more flexible, some just want to increase core strength and get in shape.

Mary Creason, yoga instructor at The Arc at SDSU, believes that yoga is beneficial for all ages, but especially college students.

"With the amount of drinking and partying students engage in, yoga is important to help balance their lives. I look at yoga for this age group as more of a way for students to let go of stress and detoxify themselves from outside pressures," says Creason.

Hatha is categorized by being slow-paced and gentle. It is often good for beginners. Hatha yoga encompasses very basic poses and positions that are easily learned and practiced.

Vinyasa yoga focuses on the breath. The meaning of Vinyasa is breath, or synchronized movement. Vinyasa tends to be more energetic in nature.

Ashtanga yoga, sometimes referred to as power yoga, is known to be more fast-paced and described as intense yoga. Ashtanga yoga is referred to as power yoga because it is very physically challenging. In power yoga there is constant movement from one pose to the next. If you are looking for an intense core workout, look no further than Ashtanga.

Iyengar style of yoga is used to correct and help body alignment. This practice usually



emphasizes holding poses over long periods of time, which creates muscle strength and endurance. Often Iyengar yoga encourages the use of blankets, blocks, and straps. This helps to bring the body into the correct alignment, which moves the body into a more relaxed state.

Kundalini yoga stimulates the breath with physical movement. Kundalini uses fast and repetitive movements, which often incorporate chanting. It also focuses on the breath by being aware of when you inhale and exhale. By controlling the breath in each posture, it helps free energy in the lower body and moves the energy upward.

Bikram yoga is widely referred to as hot yoga because it is practiced in 95-100 degree rooms. This allows muscles to loosen for a more intense stretch. Profuse sweating is also noted to cleanse the body of all toxins in a natural way. It is thought to be cleansing for both the body and mind.

If you want to step out of the hustle and bustle and experience an hour of stress free, pure relaxation, look no further than yoga. Whether your intent is to exercise or to find spiritual balance through meditation, yoga is an alternative to the standard workout. With so many people getting caught up in such fast-paced times, embracing a little down time never hurts. Work off that Freshman 15 and take an hour to de-stress from all the homework and tests. For the busy college student who between the books and socializing cannot find the time to exercise or relax, yoga could be the perfect solution.

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2400 Kettner Blvd, Studio 115, San Diego CA 92101
www.infiniteyoga.com

2. Ginseng Yoga

Ginseng Yoga offers a beautiful studio with some of the best instructors in the area. 2985 Beech St. San Diego, CA 92102
(619) 338-YOGA (9642)
www.ginsengyoga.com/index.html

3. Bird Rock Yoga

Bird Rock Yoga is a favorite amongst the Pacific Beach surf and beach community. 910 Grand Ave. # 206, Pacific Beach
(858) 539-5742
www.birdrockyoga.com

4. Yoga One

Yoga One offers yoga classes in a variety of styles and levels from beginners to the most advanced. 1150 7th Ave. (between B St. & C St.) San Diego, CA 92101
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GENERAL
SDSU
UCSD

SUNDAY

1

MONDAY

2

- Motley Crue @ Cox Arena

TUESDAY

3

- SDSU Basketball at UNLV
- NoFX @ House of Blues San Diego

WEDNESDAY

4

- SDSU Women's Basketball vs. UNLV
- NoFX @ House of Blues San Diego

8

- Sk8 is Dead IV featuring Voodoo Glow Skulls & Toasters House of Blues San Diego

9

10

11

- SDSU Basketball at Utah
- SDSU Women's Basketball vs. Utah
- Lisa Hannigan @ House of Blues San Diego

15

16

17

18

22

- NOFX @ Canyon Club

23

- Danzig @ House of Blues San Diego

24

- SDSU basketball vs. BYU

25

THURSDAY

5

- Katy Perry with Alpha Beat @ House of Blues San Diego
- ★ College Rocks Bar and Grill

12

- ★ College Night @ Mt. High
- Robin Williams @ Rimac Arena UCSD
- ★ College Rocks Bar and Grill

19

- The Game @ House of Blues San Diego

26

- CASE Open Mic Night & Art Show, Aztec Center Backdoor 7 p.m.

FRIDAY

6

- Coffee House Open Mic, Starbucks 12-2 p.m.

13

- Bow Wow As Shad Moss with Dago Braves @ House of Blues San Diego
- ★ ForUs Release Party @ BarWest

20

- Gin Blossoms & Tonic @ House of Blues San Diego

27

- CASE Noon Concert Series, Aztec Center Patio 12-1 p.m.

SATURDAY

7

- Badfish, a Tribute to Sublime @ House of Blues San Diego
- Law School Admissions Test (LSAT)
- SDSU Basketball vs. Air Force

14

- ***Valentine's Day***
- Styx @ House of Blues San Diego
- SDSU Basketball vs. Wyoming
- Supercross @ Qualcomm Stadium

21

- SDSU Women's basketball vs. New Mexico

28

- SDSU Women's basketball vs. TCU

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619-229-6888

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Great Wall
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619-583-7423

Szechuan Mandarin
5855 Mission Gorge Rd
619-280-4600

Greek
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5841 El Cajon Blvd
619-287-3303

Japanese/Sushi
Oshis
5838 Montezuma Rd
619-582-5391

Toshi Sushi
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Jump Tokyo
10450 Friars Rd
619-280-4043

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La Torta
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www.macprinting.biz

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SDSU
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619-582-7555

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619-460-2097

Nails Expression
6686 El Cajon Blvd. #C
619-464-1978

Tanning Salons

Aztec Tan
6465 El Cajon Blvd.
619-287-8977

College Tan
6663 El Cajon Blvd.
619-697-8014

South Coast Tan
5131 College Ave.
619-229-8266

All That Tan
6380 El Cajon Blvd.
619-265-8858

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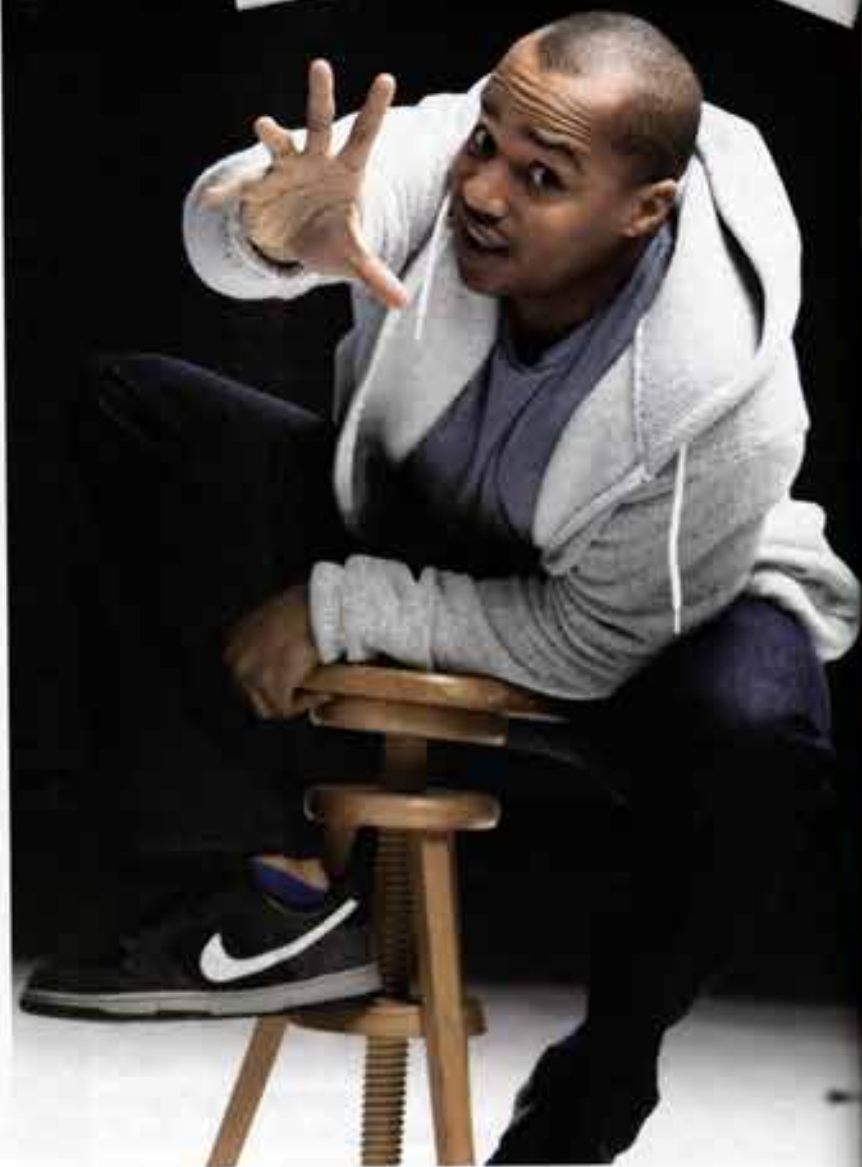


....to me it's a lifestyle and having the freedom to spend my days doing what I love. Having a small business where I can work with my friends and being able to spend time with my family. It's about never having to worry about my student debt, affording the things that I want and fully experiencing all that life has to offer. It's traveling the world and being able to enjoy three day weekends every week. Having the free time to be able to make a true difference and helping the causes that are important to me. It's about living my dreams. When it comes down to it, its about being able to do what I want...when I want!





MEET MR. PER SON ALITY



Go to www.forusmagazine.com to see a live video from Donald Faison's Photo Shoot

DONALD FAISON

by Kristen Fogle
Photography by Paul Dimalanta

Boasting roles in some of our favorite films like *Clueless* and *Remember the Titans*, and exuding a boyish charm that makes guys want to be him and girls want to want him, Donald Faison is one of our fave funny men. From animation to amore to *Scrubs* stuff, Donald weighs in on just what it's like to be him.

ForUs: So you've been on *Scrubs* since 2001. Is eight years of Turk too much?

Donald Faison: You know I don't think there is a thing as too much Turk. Eight years is a lot but I've had a blast as him. If I say eight years is too much I'd sound like a pompous ass. I don't think you can get enough Turk...Sixteen years is too much Turk.

FU: Any dirt on the *Scrubs* cast you can tell us?

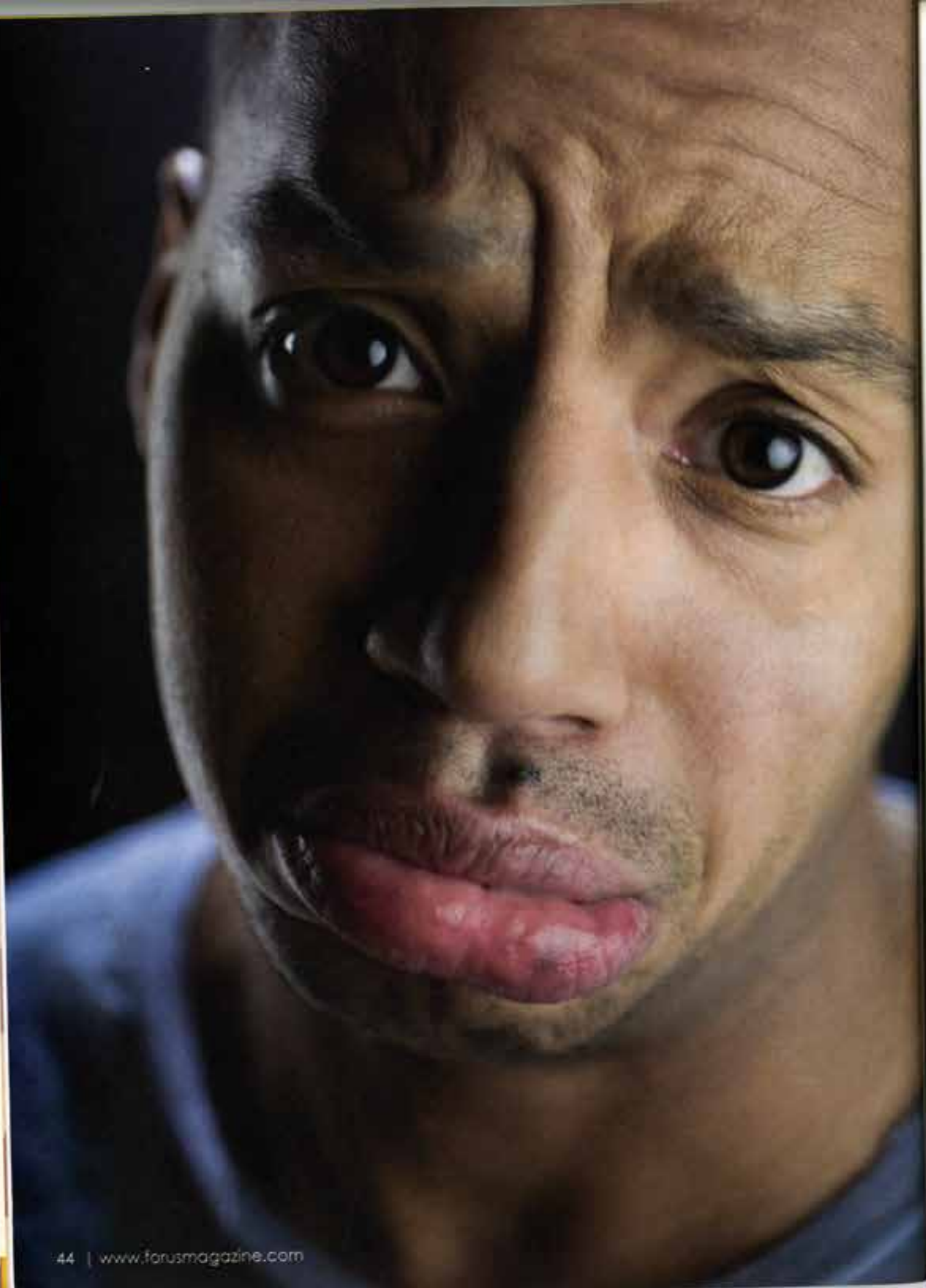
DF: Let me see...I don't. If I did I probably wouldn't tell you. We're a tight bunch. You can call them... I'm sure they have dirt on me.

FU: Any aspirations of working in a hospital as a kid?

DF: No. My parents did for me, but I never did. I'm still afraid of hospitals...I get very nervous in them. There's something scary about them. Sometimes people go in and they don't come out. I wanted to be an actor ever since I can remember. Originally Han Solo, but realized there was no such thing as the Millennium Falcon. I got to play Han Solo though. Well... it was Turk Solo.

FU: Speaking of kids, you have a few of your own. What are their names and ages? And what do they think about dad being a star?

DF: I have four children; the oldest is 11, about to be 12. And I have nine year old twins, a boy and girl, and a seven year old. I don't think they think I'm a star right now, I'm just their dad. I'm no Zach and Cody. I'm no Hannah Montana. Those are the stars in their



eyes. I took a picture with Zac Efron and they went wild. They asked if I could get one with Vanessa next time.

FU: While we're on the personal route, are you single or in a relationship?

DF: Definitely in a relationship right now. For a long time. She'd throw a rock at me right now if I said no. Her name is CaCee Cobb and we've been together for three years.

FU: Let's go back to your professional life. Some people may not know that you've done a lot of voice over stuff. You had a character on *Clone High* on MTV, have done *Robot Chicken*, *Kim Possible*...is this something you've always wanted to do or did you just kind of fall into it?

DF: It's something I've always wanted to do. Acting is fun, but seeing what people can do with their voices...I think animators, especially *Robot Chicken's* motion animators are very talented in expressing what someone is trying to get through. Actions always have to be big since they're animation. You can never do *Toy Story* live action. Or *The Incredibles*. You can try to do it live action, but I don't know if it would translate.

FU: So is that the most fun for you— voice over, as opposed to TV or film?

DF: Nah, I love doing film and TV acting. It all pays the bills. All three are great choices. Personally, I'm lucky I get to do all three.

FU: Moving on to film, for some of us you'll always have a special place as Murray in *Clueless*. Since the cast was fairly young and up-and-coming at the time, what was that set like? Still keep in touch with any of them?

DF: I still talk to Breckin Meyer— he works on *Robot Chicken*. It's like that with Paul Rudd too. Everyone else, if we run into each other we will have conversations, but it's like that on movie sets. Sometimes you don't hang out at all. Yea, we were young but everyone is all off trying to make it. It's quick friends too, like camp. But when camp's over, you don't really talk much. Some people end up dating though...I haven't done that.

FU: I also hear you have a dark comedy (*Next Day Air*) coming out next year. What's it about? What was it like working with Mos Def?

DF: The story is about a weed head delivery guy who delivers a package of drugs from Canada to the wrong apartment and causes chaos. Lotta fun. [Working on it] was awesome. I had a great time. Enjoyed myself thoroughly. Mos Def and I have known each other for a very long time, since before I ever acted in anything. There were others in the movie I'd always wanted to work with...like Mike Epps, though we worked together once before. But this time we had bigger roles. Wood Harris too. Because of





Deep Thoughts

Dancing with the Stars or Dirty Dancing? Dirty Dancing. For sure. Because you know, that was a dope movie. No disrespecting Dancing with the Stars, but I hope I never have to go on Dancing with the Stars.

French toast or French fries? Both are very good. I say both. No, French fries. McDonalds fries are tasty... Depends on who makes the French toast....No. French fries. Period.

Martinis or martians? Martians. Wouldn't that be awesome?

Homer Simpson or O.J. Simpson? Homer. If anybody said O.J, they're out of their mind. I don't want to say anything bad about the man, but...Homer.

Star Wars or Star Trek? Star Wars. Cuz it's what everybody loves. It's the reason I'm an actor.

that, it was easier to make the movie. I mean, not like it was Oceans 11 or anything, but sometimes with people you know good things happen. I can't speak for everyone else, but I had a great time.

FU: Is there anything else you have coming up that you want to share, or anything you'd like to be doing?

DF: Scrubs start[ed] again on ABC in January. I think that's a cool thing. I think we're funny this year. So if you're a fan, I think you should tune in. If it comes back for a ninth season, this will probably be the last with Zach [Braff]. So tune in for that. Tune in to Zach's goodbye. Aside from that, I'm trying to create things. During the writers' strike I took an internship at Shadow Machine, the home of Robot Chicken, and learned how to make puppets and watched them make shows. If anything, I've got another family over there. It was just awesome. If any students are in to that at all, it's a great place to try to get an internship. Build sets, make puppets, animate— I had a great time doing it. And I didn't get paid for it.

FU: Any causes you're involved in at the moment?

DF: More than anything I think we just need to save this planet. There are a lot of people in need, pretty soon there will be nobody on this planet. I think everybody should go green. No bullshit.

FU: Quite a few of our readers are trying to break into the business. Any advice for up-and-coming actors or actresses?

DF: Yeah. Anybody who is trying to become one, when you see me, don't pretend like you know me...just playing. Very grueling industry; it takes a lot of patience. But the minute you stop and want to get on board again, you're at the back of the line. Don't give up. No retreat, no surrender. That's the honest to goodness truth. People tell you that you don't have the right look, you're not good— all kinds of stuff. If you stick with it, you get lucky. And believe hard enough...Make sure you get another job just in case.

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SAN FELIPE

SWAT

Did you ever wonder how a formerly sleepy Mexican fishing village became THE hottest spring break destination on the West Coast?

Step back for a moment in the past... SWAT's TJ Jaenichen and Chris Carder were looking to expand the variety of trips available when they were working together at LA Ski and Sun Tours, and they happened upon San Felipe. Located just 2 hours south of the border on the Sea of Cortez, San Felipe had ideal weather, friendly people, and a great vibe. Excited by what they discovered, they applied their sales expertise to Spring Break and San Felipe, and it quickly became known as THE place to go in Baja.

Fast forward to the SWAT years... SWAT's inaugural Spring Break trip in 1998 was to San Felipe, and it has remained the gold standard of fun for us. We are fired up to have Rockstar as our title sponsor again and go back to San Felipe EXCLUSIVELY this year. San Felipe is safe, secluded, hot and rowdy, all rolled into one perfect package! We can't wait for Spring Break!

SWAT is very excited to be using the San Felipe Marina Resort once again as our upgrade property. Formerly a Westin owned property, the Marina is located just outside of town. The Marina will be the hot spot for our famous day events, including the infamous Perfect PushUp King and Queen of the Beach contest, Tequila Races, Sall-Ball, Bing-Bong Pong, and more!

SWAT's Deluxe properties include the Costa Azul, El Capitan and Don Jesus (a SWAT staff favorite), all located in the heart of San Felipe, with pools, shops and walking distance to all the clubs.

Theme parties and entertainment are always something SWAT has fun with! We have a sick line up of DJ's and bands this year, including DJ Loczi, DeeJay O, Kid Jay, DJ Kurch, Dirty Heads, The B Foundation and Lifeline. In addition, some of the weeks will get a special guest appearance by Carey Hart

Hari and the Metal Mulisha FMX jump show, Theme parties include The Glow Party, Bikinis and Boardshorts and Dress to Impress. Bring your best!

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Don't wait, these trips WILL sell out. Sign up today so you don't miss the time of your life! You don't need a passport, but you DO need your birth certificate AND driver's license if you don't have a passport, so call mom today if you don't have it!

Check out the latest pictures from SWAT on our Facebook page, SWAT Events. For more info on SWAT Spring Break San Felipe check www.swatevents.com or call our office at 714-955-6900. See you on Spring Break!



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The College Survival "How To" Guide

HOW TO...

...Open Up a Bottle of Beer Without a Bottle Opener

by Jennifer Siegart and Slade Fischer

Don't be stranded without your beer opened. Impress your buddies. Win a bet.

Here are three ways to open up that beer without the convenience of a bottle opener:

1. Find a squared off (90 degree) counter top. While holding the beer with one hand, put the bottom of the cap so it's resting on the edge of the counter. With the other palm flat, slam your hand down on the wrist that is holding the bottle. Presto, open.
2. Take two full bottles in each hand. Place one bottle horizontally so the grooves in one bottle semi lock in with the vertical bottle and simply rotate the horizontal bottle clockwise using your grip on the horizontal bottle as leverage. Drink, drank, drunk.
3. Using paper (the thicker the better- magazine inserts work best for this), inch by inch fold in long ways until you have an extremely thick member (hehe, member), and then fold it in half. (It should look like those Chinese fans you made in school.) Now using the apex, lodge it under the bottle cap, and with your finger for leverage apply pressure. It should pop and you should consequently drink.

**ForUs is not responsible for any and all broken items as a result of following instructions incorrectly. Consult a physician. Batteries not included.*

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



...Spot a Cop Car at Night

by Andrew Ramella

Cruising down Interstate 5 at one a.m., the last thing anyone wants to see in their rearview mirror is a flash of red and blue. But there is a trick to the trade that is police evasion. Here are some keys to avoid the long arm of the law.

- Most passenger cars have orange corner lights on the outside of the headlights but on police cars there are orange lights on the inside and outside of each headlight. There are also normal car models that have these, so be aware. Better to be safe than sorry, just pump the brakes if you see the orange surrounding the headlights.
- Cops also like to sit on the sides of roadways and only use the orange lights. If you see these ominous orange lights, straighten up or prepare for a pullover.
- Also, cop cars have that rack on top of their cars with all the lights. Keep an eye out for what looks like a bulbous roof rack. It's a dead giveaway.
- Invest in a radar detector. Though some models are pretty expensive, look out for deals at electronic stores or online.
- To completely avoid the cop car...don't do anything wrong. The worst thing about seeing a cop is that when you notice him, it is probably too late. So just remember to buckle up, keep off the cell phone, and keep your eyes peeled for the blue and red before it's too late.

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HOW TO... ...Drunk Text

by Sierra Dowd

Very often after a fun-filled drunken night, many of us awake to find that our thumbs had a mind of their own. Upon going through last night's text messages, one may discover they have told their secret admirer how much they desire them or an ex how much they wanted them back—both of which may come with intense consequences given the situation. It's then you must do some serious damage control and pretend either "A friend stole my phone and was texting everyone in the phone book," or explain how "I totally meant to send that to someone else!" while laughing it off playfully and telling yourself how dumb you were for sending it in the first place.

There are many solutions for solving this problem, however. You can put your phone away permanently before even beginning the evening or give it to a trustworthy friend who will only give it back if you swear not to do something stupid. You can also take my advice and just learn how to drunk text with caution.

Many people in fact need a little bit of liquid courage to text their love interest, but you **MUST, MUST, MUST** learn where to draw the line. Allow me to explain...

First, before the evening even begins, admit a certain someone is probably on your mind. Better yet, admit how badly you want to text them, but that you will just wait until you're drunk to do it so you can use that as an excuse if everything doesn't go as planned. Am I right?

After you have admitted this to yourself, you must monitor your alcohol intake before deciding when to send the infamous first drunk text. When writing this text, your body should feel warm inside but you shouldn't physically be slurring your words: you should be tipsy, not trashed. If you are past this point and can't even hold a conversation with the person standing next to you, **PUT DOWN THE PHONE.**

Now please do yourself a favor and don't be that weird, awkward person that texts "Hey." Nobody wants to open their phone and see "Hey" or "Hello" or even "What's up?" This isn't a phone conversation and not everybody has unlimited texting, so choose your words wisely! "Hey what are you up to tonight?" or "What's up? How's your night going?" are both appropriate opening text messages. As a texting rule of thumb, if this person does not text you back within ten minutes **DO NOT** send it again while convincing yourself that they probably didn't get it or maybe your phone is messed up and it never sent the message. Either they don't want to talk to you or they are too busy at the moment, OK? So stop over-analyzing, put down the phone, and go enjoy yourself until you receive a reply.

Upon receiving this reply, (which will probably be along the lines of "Hey, not much just chillin,'" or "Pre-partying over at so-and-so's. Whats up with you?"), you will proceed to tell them what you're doing, not detail by detail, but a brief overview. After receiving a reply to that text, you may now let the games begin.

This is when you can begin testing the waters. You should know this person well enough to know whether they can take a blunt message or if you need to beat around the bush a little. If they can take a blunt question, you can send something along the

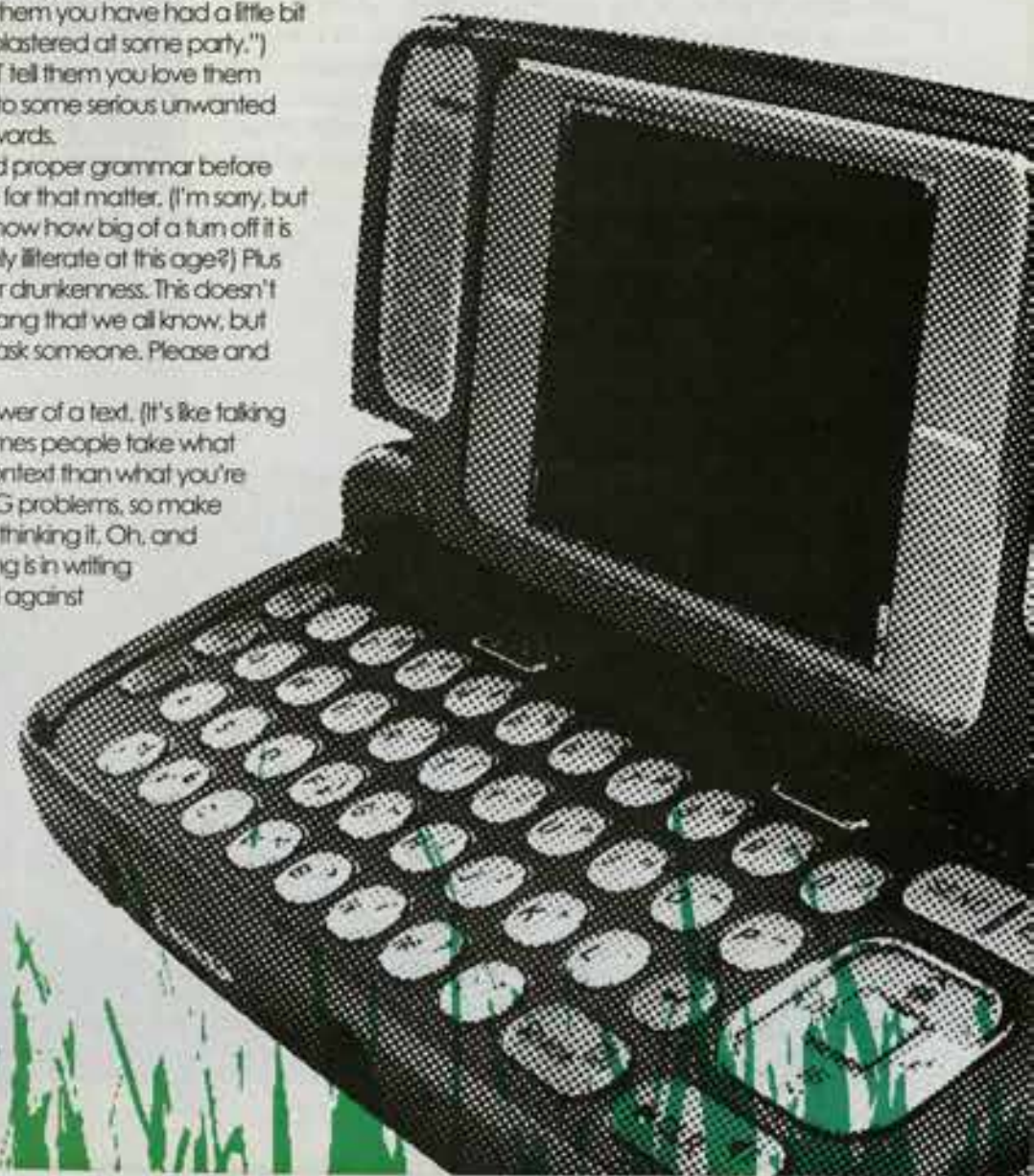
lines of "I want to take you out," or "I just want to tell you that you're really hot." If it's an ex, you can spice it up with memories: "Just want you to know I've been thinking about that one night..." (or whatever). If they need a bit of coaxing, you can say "Hey can I ask you something?" or "I've been meaning to tell you..." This will help to prepare them for what's coming next.

If you get the reply you want after sending these texts, **DON'T** say "OK, I'll see you around!" or "I'll talk to you later," right away. Just play it cool and bring up something else. Send at least two or three more texts back and forth, and then end it with "Have a good night," or "Hit me up later if you get bored."

It's all about watching what you say and not making yourself look stupid, desperate, and creepy. You don't want to send "that" text, the one the person is showing to all of his/her friends and pointing out how ridiculous, disgusting, or stalker status you are. Play it cool and know when to stop. So for a stress free existence, next time you bust out your phone and start texting, just remember these five rules. You can do it.

Top 5 Drunk Texting Rules

1. **DON'T** ever make yourself seem desperate.
2. **DON'T** let them know you're in a vulnerable state of drunkenness. (It's okay to tell them you have had a little bit to drink but not that you're "plastered at some party.")
3. If you are texting an ex **DON'T** tell them you love them because this can really lead to some serious unwanted battles over three overused words.
4. **DO** make sure you have used proper grammar before sending anything- to anyone for that matter. (I'm sorry, but we are in college...do you know how big of a turn off it is for someone to be completely illiterate at this age?) Plus it will definitely give away your drunkenness. This doesn't apply for the common text slang that we all know, but for anything else look it up or ask someone. Please and thank you.
5. **DON'T** underestimate the power of a text. (It's like talking on Facebook or AIM, sometimes people take what you're saying in a different context than what you're really saying, it can lead to **BIG** problems, so make sure it sounds the way you're thinking it, Oh, and remember, what you're saying is in writing and can be saved and used against you, so text wisely.)



CARS of the FUTURE

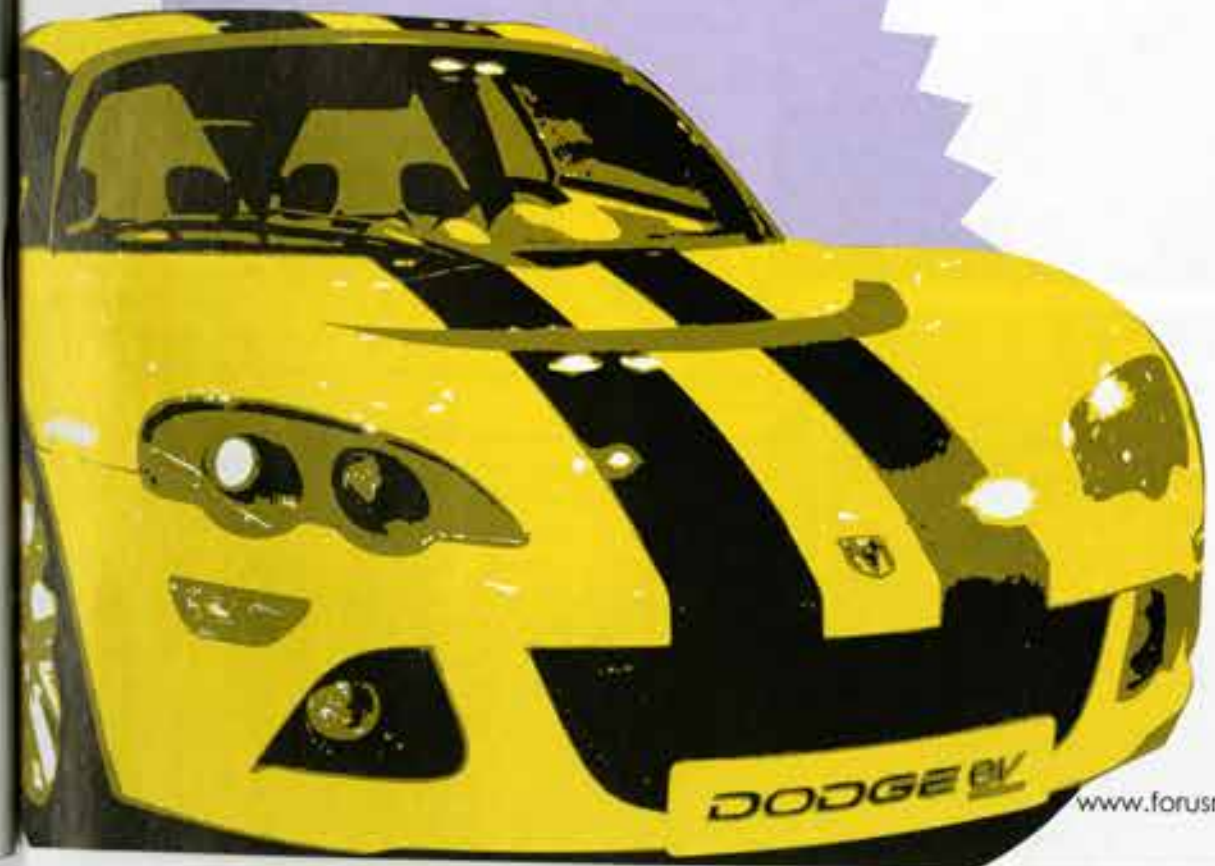
by Robby Berumen
Photography by Robby Berumen
Courtesy of LA Car Show

Honda had some of the most innovative, futuristic cars at the show. Do you remember the old Honda CR-X pocket rocket that everyone drove around in high school? Well Honda's going old school and reviving the CR-X in the form of the CR-Z. The CR-Z has a similar wedge-like body shape, but with more edgy features and a futuristic interior. The interior is packed with chrome, digital instruments, and clear, glowing blue plastic moldings. The CR-Z is also a hybrid and is rumored to come out sometime in 2009. It is also rumored to be priced below the cost of the Hybrid Civic, which is listed around \$23,000. Honda also wowed the crowd with their fuel cell super car, the FC Sport.



Nissan debuted their brand new 370z at the LA Auto Show. The 370z for 2009 is supposedly a redesigned and revamped 350z. The main difference between the 370z and the 350z is a slightly different shaped hood, stylized lights, and the price. The 370z roadster starts at around \$35,000 and is about \$5,000-\$8,000 more expensive than the 350z coup. Nissan also introduced their brand new Cube, which is just a rounded version of the Scion Xb.

What if you could completely customize your car like you can your iPod? Not only did Ford showcase their alternative energy vehicles, but they also displayed how customizable their vehicles are. Ford showcased various roofs with prints and designs which you can now customize your car with, much like you would a traditional iPod case. They also had an array of different parts and accessories for the new Mustang, making it your own unique ride. Ford also debuted their newly redesigned Mustang. The 2010 Mustang is the fusion of a retro, space-aged car. It has a more menacing looking hood than the older Mustangs with a revamped back end. The 2010 Mustang is due sometime this spring and is listed at around \$21,000.





Chevy and GM had the largest exhibit spaces in the entire auto show, which were filled with a multitude of hybrids and alternative energy cars. Chevy is going all out with alternative energy and has many different kinds of alternative energy for their cars. They have electric cars, bio fuels, and hydrogen concepts for almost all of their normal production vehicles. The most interesting was their new electric car, the Volt, which can drive up to 400 miles in one day without using any fuel. It is due out in 2010 and is rumored to start at around \$35,000-\$40,000 dollars. One of the biggest disappointments for me at the LA Auto show was the new Chevy Camaro. I had such high expectations because the Camaro in the Transformers movie is the ultimate bad-ass car. Instead they looked like cheap plastic versions of the Ford Mustang.



Dodge may be the most surprising out of all the exhibits. They had many great new alternative energy concept cars that actually look cool. The Dodge Zeo is a four person muscle car that is completely run on a lithium ion battery and can go from zero to sixty in under six seconds; it also had the most futuristic interior out of any other car at the show. It looked as if the entire center console was made out of a computer screen and instead of having instruments in the dashboard it had a pop-up computer screen behind the steering wheel. Dodge also sported their EV concept car which looks like a smaller, electric Viper.



Now, the dream cars. Ferrari unveiled their blast from the past: Ferrari California. The California is a newly redesigned version of the 1957 250 California. The new California has around 460 horse power and has a top speed around 185 mph. Overall I was unimpressed by the looks of the California; it almost looked like a stylized Acura or Nissan. What wasn't disappointing was the Lotus Evora. This hand-crafted car is a fusion of the old James Bond era Lotus and the Lotus Elise, but with more profound body lines and an authoritative stance.

All automakers are looking toward the future in the race to become independent of oil and become more environmentally friendly. With most companies pouring their resources into research for alternative fuels, the success of alternative energy is going to make or break many car companies. Despite the fact that the auto industry and the economy are going down the tubes, the LA Auto Show was alive with hope and optimism for the future.



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FORUS Events



You may have thought that ForUs' Events are strictly nightclub and bar parties...well we fooled you. ForUs is open to every source of college entertainment; and this time, we hit up Mountain High Resort for a full fledged College-Night packed with snowboarding, a live DJ, tons of giveaways, drink specials, \$1 hot dogs, and the most ultimately jam packed condiment bar you will ever see.



All Photography above and left courtesy of:

after 8

John Vajda
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To view all the photos from this event and others, visit www.forusmagazine.com



Indie Corner

Barrie *by* Fables

By Jessie Clapp

Old meets new, vintage meets modern and San Diego fashionistas meet Fables by Barrie. With intentions of starting a small independent business, Fables designer Barrie Kaufman is one of San Diego's own dynamic emerging fashion designers.

Opening the doors of the fashion world in April 2007, Kaufman describes her designs as "fashion forward meets past," a tricked out vintage style emerging with a modern twist. In her words... "kinda old timey."

She began her fashion interest by searching for rare vintage finds in junior high. Saving up baby-sitting money, Kaufman would make trips to the local Salvation Army in order to mix and match pieces in need of something extra, a hem taken up possibly, to create her own style. With plenty of trials but much success, Kaufman slowly emerged, showcasing her niche for creating unique looks.

"Friends went from saying 'Did you make that?' to 'Where did you buy that?!' I knew I had developed a passion for something special. Still, with plenty of practice and trying new things, I get a little more clever to the design game every day," says Kaufman.

Originally, Kaufman's intentions for her independent designs were humble. She explains, "I had intended to start a small business of my creations, only a few of each kind, and lots of one-of-a-kinds, and sell them to the stylish gals of San Diego. The locations of the stores spread and international sales were more common, and I knew that my little company was expanding."

“ Friends went from saying—
‘Did you make that?’ to—
‘Where did you buy that?!’ ”

While Fables being distributed to ten different locations throughout the United States for in-store purchase, (over half of those in Southern California), interested indie fashion-seekers are welcome to stay at home and browse the specialty clothing items from their computers.

"Fablesbybarrie.com has the widest selection of the collections, as well as many one-of-a-kind pieces. We like to draw international shoppers by using etsy.com, fablesbybarrie.etsy.com, as well as other many online boutiques. You can find a list on the website. Also, in early 2009 we are pleased to welcome modcloth.com to our Fables family," Kaufman adds.

For a bit of vintage and a lot of fun, why not find your way into a Fable?

THE OFFICIAL RULES OF: ANCHOR MAN

By Dave Adonis

Striving 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 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- anchors away.

THE OFFICIAL RULES OF QUARTERS (collected from your feedback since the last issue) sides with...well, we don't know. Some feedback:

"Stacking the shot glasses is always how you play!" (Version One) Roy, CSUN
"You'd be crazy to use another type of alcohol besides beer, but I'm sorry, version two is totally correct." Angelina, UCSD

VERSION 1:

ACCORDING TO WWW.EHOW.COM

PLAYERS: 8

SETUP:

- 8 quarters
- 2 pitchers of beer (to begin with)
- Table (preferably long)
- Designated drivers

1. First you start out with choosing your teams. There are four players on each team and each player gets a quarter.
2. Now that you have selected your teams, each team goes to the opposite side of a table with a pitcher (four to five beers depending on the size of the pitcher) of beer. Each team places the pitcher in the center at their end of the table.
3. It's time to show your skills, flip a coin, and call it in the air to see which team gets to shoot first. The starting team has two players shoot their coins one player at a time at the pitcher on the opposing team's side of the table. Once those two have finished the other team does the same.
4. The team to make their four quarters in first wins, the losing team has to drink both pitchers of beer. But before that happens the winning team gets to choose a member on the losing team to be the Anchor Man.
5. The Anchor Man has to drink last. The rest of his/her teammates drink first and what is left has to be chugged by the Anchor Man. More rules and penalties can be added if need be.

VERSION 2:

ACCORDING TO, LIKE, HOW WE PLAY

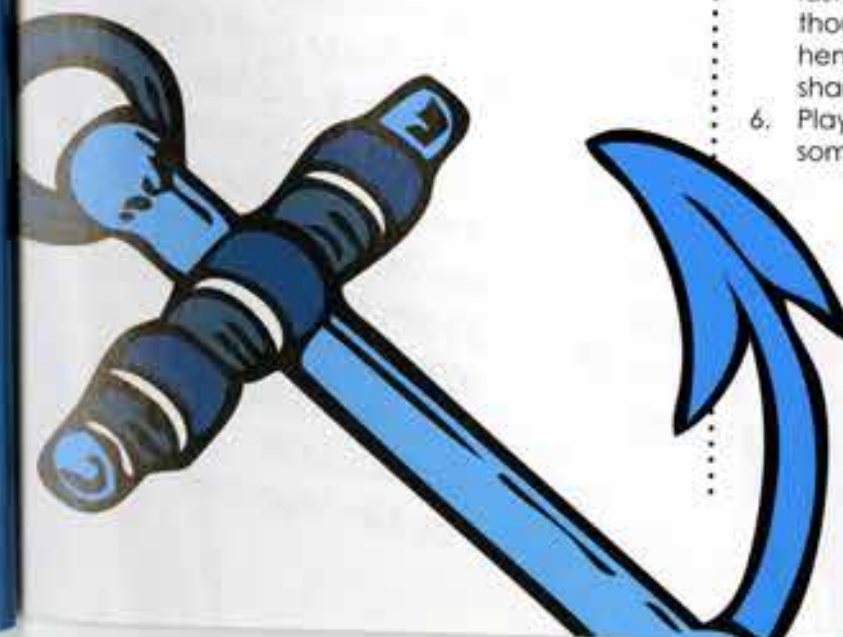
PLAYERS: 6-10 People (Preferably 8)

SETUP:

- 2 quarters
- 2 shot glasses
- 1 pitcher of beer (per round)
- Table (preferably large)
- Designated drivers (or ample beds, cots, etc.)

1. Choose teams. There should be two even teams. Each team gets a quarter.
2. The pitcher is placed in the center of the table with a team on each side.
3. Each team elects its own Anchor Man. This person will start. The Anchor Man on each team starts by trying to hit the quarter flat on the table and attempts to get it into the shot glass in front of him/her.
4. Regardless if the Anchor Man gets it in or not, he/she passes it to the next teammate who tries to do the same. He/she then passes it on, and then back to the anchorman, etc. The object is for each person to get the quarter into the shot glass three times. Once a person gets it in three times, he/she can shoot the quarter into the big pitcher in the center (but just once on his/her turn around). The goal is for someone on your team to get it in the pitcher before someone else on the opposite team gets it in.
5. Once someone from either team gets the quarter into the pitcher, the round is over. The team that didn't get it in has to polish off the pitcher, with the Anchor Man drinking the last share. Once a teammate starts drinking though, he/she cannot take his/her lips off; hence making it a little bit harder to drink your share in one big gulp.
6. Play continues until you run out of beer or find something better to do.

Log on to www.forusmagazine.com for the full "Official Rules Of" Series



NEW RELEASES

FEBRUARY 2009 MOVIES, BOOKS, VIDEO GAMES, ALBUMS

BY ANDREW RAMELLA

The winter months are usually a drag for everyone. But February is a blast from the past with some exciting new releases that might just put a spark back into your step. These exciting new releases and re-releases should keep you busy until Southern California gets a little bit warmer.

Movies

- (DVD and Blu Ray Releases)
- Feb 3: Being There (DVD, Blu Ray)
 - Feb 3: Sideways (Blu Ray)
 - Feb 3: Little Miss Sunshine (Blu Ray)
 - Feb 3: Napoleon Dynamite (Blu Ray)
 - Feb 10: Back to the Future I, II, III (DVD)
 - Feb 10: Donnie Darko (Blu Ray)
 - Feb 10: Way of War (Blu Ray)
 - Feb 10: Amadeus (Blu Ray)
 - Feb 10: My Name is Bruce (DVD, Blu Ray)
 - Feb 17: The Passion of the Christ (Blu Ray)

Books

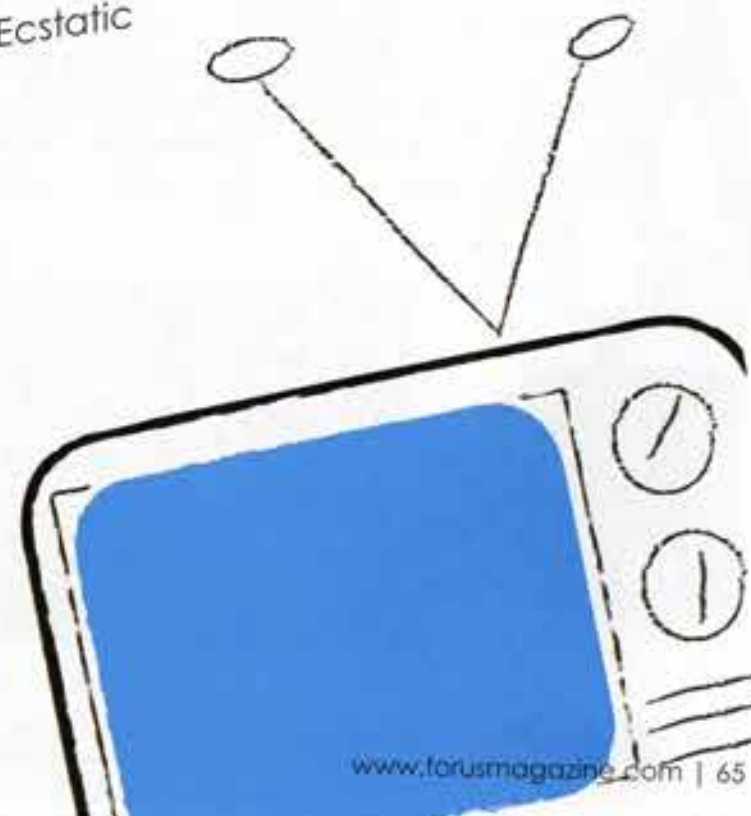
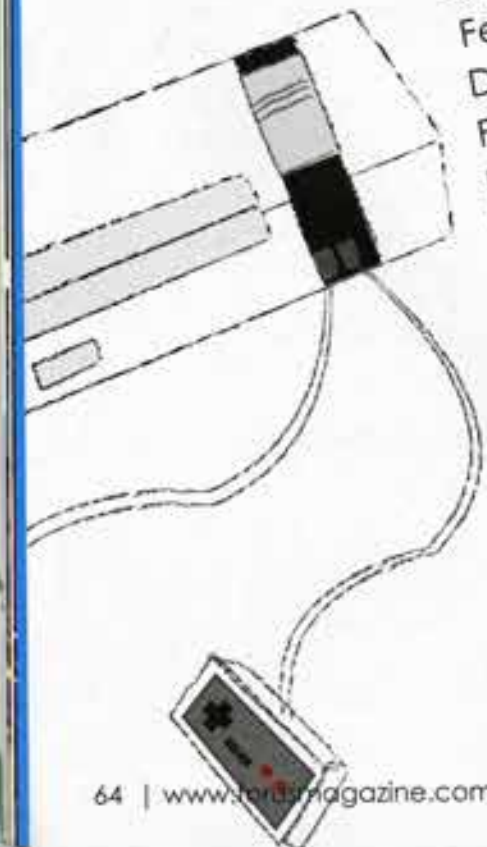
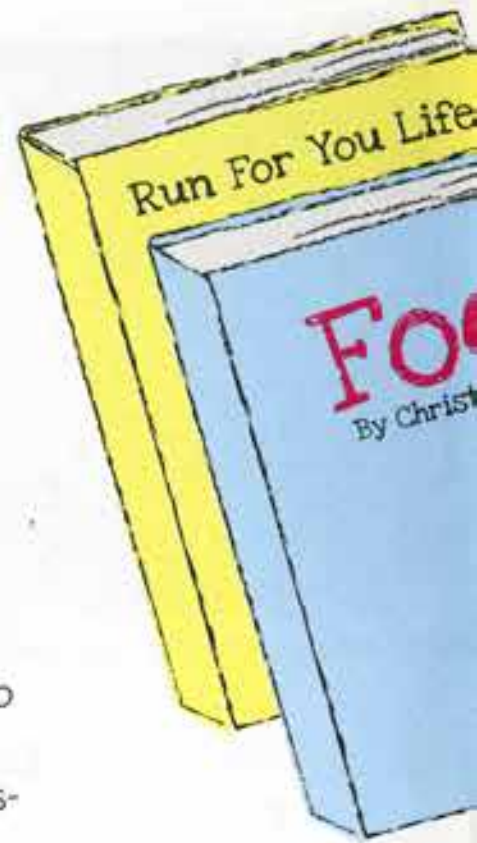
- Feb 2: Run for Your Life by James Patterson
- Feb 10: Fool by Christopher Moore
- Feb 10: The Silent Man by Alex Berenson
- Feb 10: The Renegades by T. Jefferson Parker
- Feb 10: The Women by T. C. Boyle
- Feb 17: All the Colors of Darkness (Inspector Alan Banks Series #18) by Peter Robinson
- Feb 24: Night and Day by Robert B. Parker
- Feb 24: One Day at a Time by Danielle Steel
- Feb 24: Promises in Death (In Death Series #28) by J. D. Robb
- Feb 24: White Witch, Black Curse by Kim Harrison

Video Games

- Feb 2: Halo Wars (sci-fi) (X360)
- Feb 9: Deadly Creatures (3D) (Wii)
- Feb 17: Street Fighter IV (fighting) (PS3, X360, PC)
- Feb 17: Grand Theft Auto IV: The Lost and the Damned (modern) (X360)
- Feb 17: Killzone 2 (sci-fi) (PS3)
- Feb 17: Sacred 2: Fallen Angel (action) (PS3, X360)
- Feb 17: Prinny: Can I Really Be the Hero? (action) (PSP)
- Feb 20: The Sims 3 (virtual life) (PC)
- Feb 24: Damnation (sci-fi) (PS3, X360, PC)
- Feb 24: Puzzle Quest: Galactic (puzzle) (DS, X360)

Albums

- Feb: Jay-Z- The Blueprint 3
- Feb: U2- No Line on the Horizon
- Feb 3: Two Tongues- Two Tongues
- Feb 3: The Von Bondies- Love, Hate and then there's you
- Feb 10: Lily Allen- It's Not Me, It's Not You
- Feb 10: Dan Auerbach- Keep it Hid
- Feb 10: Mos Def- The Ecstatic





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