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## Are you ready for some football?

The biggest Sunday night party of the year is just three days away.

Before you prepare your excuses for your Monday morning lethargy and questionable day-after office attire and hairstyle, secure these Super Bowl party must-haves.

### » Karaoke mic

Draw names to see which of your friends have to give their best rendition of "The Star-Spangled Banner" following Jennifer Hudson's on-air performance.

### » Kegerator

What's better than cold draft beer in frosty pint glasses? Cold draft beers in frosty pint glasses inside your home. A kegerator ranks as high as a 401(k) for a long-term investment.

### » 3D glasses

The first-ever all 3D Super Bowl commercial break kicks off at the end of the second quarter.

The spot will mark the debut of DreamWorks Animation's "Monsters vs. Aliens" 3D movie trailer and a 60-second SoBe Lifewater commercial, which features the return of the SoBe lizards.

NBC is charging \$100,000 per second to advertise. That's \$3 million for a 30-second spot, according to The Wall Street Journal.

Pick up your free glasses at SoBe Lifewater displays in groceries and drug stores. Save your eyewear to watch a 3D episode of NBC's "Chuck" at 8 p.m. Monday.

### » Eye black

Don't be blinded by living-room track lighting when maneuvering past a big guy and diving for the last pig

in a blanket.

### » Kurt Warner action figure

Pat his behind, get in his face, tackle or boil depending on your affiliation. — *Jessica Novak*



Behold the kegerator.

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## Look into my eyes ...

Jason Linett has helped himself and others lose weight through hypnotism, but his comedy show Friday promises less serious outcomes.

To see strangers or maybe even your date indulge Linett's suggestions while under hypnosis, go to Lorenzo's Timonium Dinner Theatre at 8 p.m. Friday. Tickets cost \$10 with a two-drink minimum.

Call 410-560-1113 or visit [magicforthemind.com](http://magicforthemind.com) for more information about the show, and visit [yourhypnosisparty.com](http://yourhypnosisparty.com) to learn more about group weight loss through hypnosis.

### What do you ask volunteers to do during the show?

It could be simple things like taking someone on a great vacation to watching a funny movie. But it depends who I have on stage that night. I start with about 14 volunteers. As I get to know these people, then I can single out some for more complicated suggestions like impersonate a celebrity — Britney Spears or Elvis — or believe they are invisible and then they move around the stage as if they are.

But I never embarrass anyone. This isn't a show where you'll see someone barking like a dog or clucking like a chicken. I make suggestions that people would enjoy doing or enjoy hearing about what they did after the show.

### Can you hypnotize yourself?

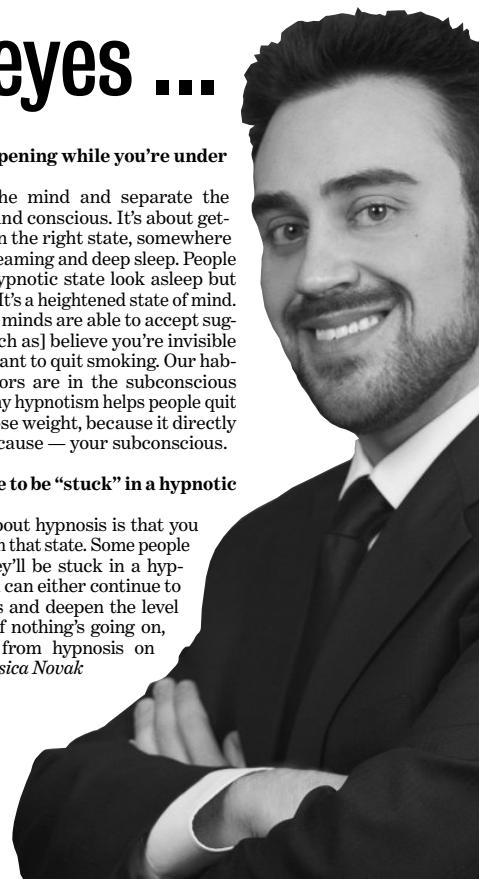
Yes. Hypnotism is to bypass the conscious mind's critical faculty. If you've ever stubbed your toe and then told yourself this doesn't hurt as bad as you think it does, you're getting your mind into a hypnotic state. You can give yourself suggestions to go under and bring yourself out of hypnosis.

### What's happening while you're under hypnosis?

You relax the mind and separate the subconscious and conscious. It's about getting the mind in the right state, somewhere between daydreaming and deep sleep. People who are in a hypnotic state look asleep but are more alert. It's a heightened state of mind. That's how our minds are able to accept suggestions — [such as] believe you're invisible or [that you] want to quit smoking. Our habits and behaviors are in the subconscious mind. That's why hypnosis helps people quit smoking and lose weight, because it directly deals with the cause — your subconscious.

### Is it possible to be "stuck" in a hypnotic state?

The thing about hypnosis is that you have to maintain that state. Some people have a fear they'll be stuck in a hypnotic state. You can either continue to get suggestions and deepen the level of trance, but if nothing's going on, you'll emerge from hypnosis on your own. — *Jessica Novak*



Jason Linett performs at one of his hypnosis parties.

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## Old concepts, new tricks are in

So WalletPop.com, an AOL money and finance site, announced its list of 25 things it projects will make a comeback in 2009. Problem is, I didn't even realize some of these things were out. For example, No. 13: ironing. Have people been walking around with wrinkled clothing, and I just haven't had the time or energy to notice? Just in case you're behind the times, here are my Top 8 out of the Top 25.

### 1. The Camaro

Although I prefer the late-'60s/early-'70s models of the Chevy Camaro, I can't help but drool at the 2010 fifth-generation Camaro, which can be special-ordered now.

### 2. Hungry Hungry Hippos

This game practically taught me all of the small motor skills I possess today, and it's fun to beat. Pretty, pretty cool.

### 3. Mashed potato variations

Potatoes are the Oprah of the

vegetable family — they do anything and everything. Mashed, fried, scalloped, steamed, baked, whatever. In times of financial hardship, potatoes are getting a makeover.

### 4. Recreational fishing and camping

Three nights in a fancy hotel? \$500. Three nights in a rustic campground? \$25. Sure, you have to sleep on the ground and pee in the woods, but if you can hack it, camping is going to be the honeymoon of America for those looking to save more than a few bucks.

### 5. "Who Wants to Be a Millionaire?"

Many of us suffered night terrors featuring the seemingly bionic Regis Philbin asking "Is that your FINAL answer?!" over and over again, but there's something about this game show that grips you. ABC is in talks to bring "WWTBAM" back next fall.

### 6. Movie franchises

J.J. Abrams brings "Star Trek" to the big screen featuring a much younger and unbelievably good-looking crew. No ... more ... long hesitations ... between words for ... Captain Kirk? Sign me up.

### 7. Brown bag lunches

With all those eerily convenient 100-calorie packs of snacks, travel yogurt and premade sandwiches popping up everywhere, you'd have to be really lazy — or just rich — not to brown-bag it.

### 8. Classic cocktails

According to trade magazine Beverage World, sales of premium spirits are up 92 percent in the last year. Drinking away the money woes? At least we're doing it creatively — complicated mixed drinks instead of the ol' scotch on the rocks.

To check out all 25 "out" things that are coming back in, visit [walletpop.com/specials/making-a-comeback](http://walletpop.com/specials/making-a-comeback). — *Emily Campbell*



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