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# Schooled

Magazine

for the student | by the student  
October 2005

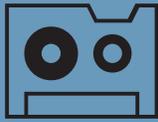
**CAPITOL  
RECORDS**  
Signs  
Local  
Band

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**Sports Legends**  
From Your School



**Halloween Issue!**  
Vol. 3 Issue 2



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# F is in the air! Fall

This is the best time of the year! Football season, sweater weather, and the leaves are falling! If you have never been to a fall festival, now is the time to go. The leaves are turning, and the weather is perfect. So, if you are looking for a date up to the canyon and have a plan to go, now is the time to go.

As you can tell by our cover, this is our Halloween issue. Halloween is a holiday you can have lots of fun with, especially in college. Our cover story gives you plenty of ideas on what to do and where to go to have a great time. We want to hear about your scary Halloween adventures on our website [schooledmagazine.com](http://schooledmagazine.com). We'll post the best ones for all to see. Try to spot us at Halloween parties and other events this month!

Wherever we are, there's something cool going on! We have a ton of fun events that we'll be at and doing this October!

► Buy a date at our Date Auction to help raise money for the Red Cross on October 14th @ Parkway Crossing.

► Make sure to look for the Schooled Mini in the BYU Homecoming Parade October 15th.

► Check out our exciting CD release party with [SomethingLocal.com](http://SomethingLocal.com) on October 22nd. You can also pick up the CD on our website for \$5.00 which features local bands.

Photo by Amelia Nielson-Stowell



all of you who have responded to our last issue!! We appreciate the excitement that our readers have for our magazine. Keep sending us your suggestions, story submissions and comments. We love hearing from you!

► Also, see us every Tuesday at Acoustic Tuesdays at Fat, Dumb, & Happy's in Orem.

► Listen to our Podcast out on October 7th & 21st. You can download or listen to it on the Schooled website.

For more information about any of these events, go to [schooledmagazine.com](http://schooledmagazine.com). Thanks to

*Traci D. Marinos*  
Editor in Chief

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# school

October 2005



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So, what's the deal with energy drinks? pg. 12



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Get FREE movie tickets this month if you spot the **Schooled Mini!**  
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### Have a Good Idea You Want to Get \$\$\$ For?

BYU Student Entrepreneur of the Year Competition will be held Friday Oct. 14, from 2-4p.m. in room 151 TNRB, where students will be awarded \$30,000 for their business ideas.



**"Men's Fitness Magazine" ranked BYU as the Nations Fittest School.**

Working with the "Princeton Review," "Men's Fitness" surveyed more than 10,000 university students from 660 campuses and released its rankings in the October 2005 issue. -From "USA Today"

Finally, the Provo dating scene is getting some recognition! Provo has its own reality TV dating series called, "Not on the First Date." The show premieres Sunday, October 9th on KJZZ 14 and will air every Sunday through December 18th. Each Sunday you'll have a chance to catch up on the previous show at 5 p.m. and then watch the new episode at 10 p.m. Want to buy a date for a good cause? The show is auctioning off dates for a Red Cross fundraiser on October 14th, at Parkway Crossing- you may even get on the show!

## Need to get home for the holidays but haven't bought your tickets yet?

Now is the time before tickets skyrocket! We know your budget is tight so the following websites are great for finding the cheapest flights!

**Tip of the Day:** Look up flights on the following websites, and then double check to see if it's cheaper on the airlines site. Usually you'll save \$10-\$15 and you won't have to pay double fees if you switch or cancel a ticket.

[www.orbitz.com](http://www.orbitz.com)  
[www.travelocity.com](http://www.travelocity.com)  
[www.priceline.com](http://www.priceline.com)  
[www.cheaptickets.com](http://www.cheaptickets.com)  
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[www.expedia.com](http://www.expedia.com)  
[www.travelzoo.com](http://www.travelzoo.com)  
[www.cheapseats.com](http://www.cheapseats.com)

### www.sidestep.com

This website is great for last minute reservations; you'll find the cheapest tickets available on the web here. This website was created especially for procrastinating college students with small wallets!

The award-winning documentary film "This Divided State," came out on DVD September 27th! The film features the controversy that occurred after UVSC invited liberal filmmaker, Michael Moore, to speak on campus two weeks before the 2004 presidential election and has won national awards. Check out their website at [www.thisdividedstate.com](http://www.thisdividedstate.com).

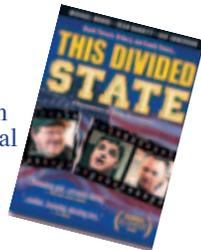


Photo by Amelia Nielson-Stowell

## Schooled Magazine is sponsoring intramural teams at BYU & UVSC!

If you are interested in participating, or want us to sponsor your team, e-mail us at [schooledmagazine@fusionofideas.com](mailto:schooledmagazine@fusionofideas.com)

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# dear date doctor →

**Don Osmond gives the dish on dating to guys who could use a second helping!**

Occasionally, we get e-mails from guys who are frustrated with dating. (And some guys that need lots of help.) I received one such e-mail from a distraught dater. He wrote, **“I have been dating this girl for two weeks and things were going great until she told me she was going on a blind date next week. I thought we were dating seriously.”**

So, I asked a few girls, “What would you tell him?” This is what I found.

Dating. As pathetic as it may sound, some guys just don't know what it is. Contrary to popular definition, dating is more than two consecutive dates. There should be a mutual agreement that you are dating. Just because you have experienced a “mighty change of heart” doesn't mean she feels the same. Do yourself a favor; date casually for at least a month before you even consider exclusivity.

While dating, everyone wants to know, “What are we? Boyfriend, girlfriend?” However, try to avoid the DTR (Define the Relationship). Just try open communication. (Oh, now there's a novel idea; a relationship based on conversation.) If you are honest with each other, you won't need the awkward DTR. However, if for some reason you have neglected this crucial step in building a relationship, then please resort back to the high school-like DTR. (And to think, you're in college!)

So, what did you find out? If you've agreed to some level of exclusivity, Congratulations! You are officially dating. If you're still in a quandary, keep dating casually. Some women take a little time to warm up. Try making her jealous, just a little. Let her know, without being cocky, you can choose from a plethora of women. (Just don't tell her you're dating hundreds of women, that's not cool.) Try the, “I can't go out, because I'm too busy” approach. Girls analyze. Use that to your advantage.

Unfortunately, you have to take a chance; she might not like you. Let her go! Besides, there are more fish in the pond. Think of it this way; don't waste your time with someone who doesn't know what she wants. **S**

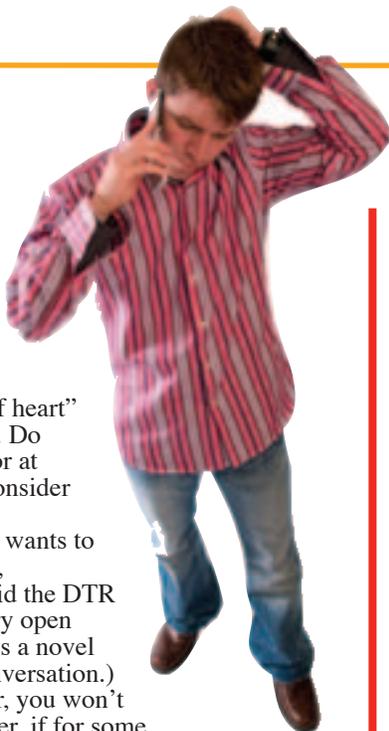


Photo by Amelia Nielson-Stowell

**For those of you who are in desperate need of more dating help, read this carefully!**

Have you ever dated more than one person simultaneously?

1. Yes 53%
2. No 33%
3. Don't Know 13%

Do you believe in love at first sight?

1. Yes 71%
2. No 20%
3. Don't Know 9%

When does a date become a relationship?

1. 1 week 3%
2. 1 month 17%
3. 2 months 20%
4. 6 months 13%
5. Once I have met the parents 8%
6. When he/she says I love you 25%

Do you trust someone when you first date him or her?

1. Yes 24%
2. No 67%
3. Don't Know 10%

Do you think people's expectations are too high these days?

1. Yes 62%
2. No 31%
3. Don't Know 7%

Do you like being single?

1. I love it 0%
2. I like it 15%
3. I don't mind 35%
4. I don't like it 15%
5. I hate it 35%

Are men too clingy these days?

1. Yes 38%
2. No 33%
3. Haven't noticed 11%
4. Don't know 18%

These statistics were taken from TopDatingTips.com.

Let Schooled's game expert help you decide before you buy!

The rating system is based on a scale of 100 with 50 being AVERAGE. Though you may not like what I like, I will give fair reviews that truthfully state the flaws and features of any title, regardless of how I personally feel. You will be able to look forward to reliable, unbiased and accurate reviews.

-Bonn Turkington



Burnout Revenge brings the intense racing and devastating crashes that are so familiar to the series, with new twists. However, with the addition of the shove maneuver, which allows you to obliterate any traffic in your lane as you go about unharmed, it feels more like your driving a rocket propelled bulldozer than actually racing. While this addition adds a new dimension to a proven formula, it may turn some gamers off who enjoyed a more race like atmosphere of the past titles.

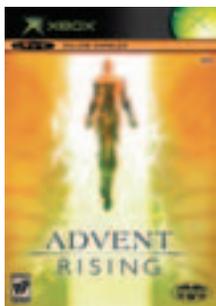
Graphics: 80  
Controls: 88  
Sound: 78  
Story: 50  
Fun: 70

**Burnout Revenge**

Multiple Platform  
Electronic Arts  
Overall Rating: 72  
Good: easy controls even at high speed  
Bad: new crash mode is less polished than previous titles  
Remember to blink: with so much action you may forget

The superhuman abilities you acquire are awesome and its superb soundtrack is well done. Sadly, the rest of the experience is lacking. The frame-rate stutters horribly, the graphics are super bright and the controls fail at the worst possible moments. It feels too rushed even though it's been in the works for over two years. If poor frame-rate and bugs don't bother you, there is a lot here; I just hope they fix the problems for the second installment of the trilogy.

Graphics: 60  
Control: 72  
Sound: 90  
Story: 88  
Fun: 71



**Advent Rising**

Xbox  
Majesco  
Overall Rating: 70  
Good: first-rate sound  
Bad: control and frame rate issues  
If only: it was a book with a soundtrack



Even though this DVD has been out for awhile, it's worth renting again.

Matthew McConaughey and Penelope Cruz pair up in Sahara, an interesting—although sometimes unrealistic—action flick.

Dirk Pitt (McConaughey), and Eva Rojas (Cruz) are an unlikely couple, drawn together by accident, as Dirk just happens to rescue Eva from thugs. Both driven professionals, they begin journeying to Mali, where Dirk hopes to find clues about the location of a Civil War-era iron boat and Eva hopes to pinpoint and cure a mysterious outbreak of disease afflicting Africans.

Joined by Dirk's best friend/partner in crime, Al Giordino (Steve Zahn), Dirk and Eva travel across the Sahara desert, navigating through dangers like machine guns, bands of native African tribesmen, a ruthless dictator, and nuclear meltdowns.

Eva's dedication to saving human lives and Dirk's foolhardy MacGyver-like schemes make for an unusual combination. Throughout the film, there are beautiful scenes depicting Africa's native customs, culture and people. Since the film was shot on location, it really is a fantastic way to absorb some intriguing situations.

The one disappointment is the only-implied romance between Dirk and Eva. It is shuffled in at the end, sort of as a last-minute resolution of a storyline that never really developed.

Over all, the high-energy plot and insight into some places I know I'll never be, make the DVD of Sahara a great addition to any movie collection.

By Carolynn Duncan



Melissa Bank's "The Wonder Spot," is the flavor of story that those of us in Utah Valley rarely read, that odds-and-ends type ice cream, not your standard vanilla. Sophie Applebaum, the main character, is a mid-20s Jewish-American from Surrey, Pennsylvania. The story takes us from Sophie's awkward teenage days to her post-college career and boyfriend mishaps. Many times the book reads like an honest and witty insight into a 20-something-year-old's journal, sort of like Harriet the Spy, only more articulate and way funnier.

Sophie tries to sort through the cultural expectations that modern-day Judaism puts on her, mostly that she should have been married a long time ago... (Is that something that some of us in this Provo/Orem culture can relate to, or what?!) For those who are unfamiliar with Jewish culture and customs, "The Wonder Spot" offers an intriguing insight into bat mitzvahs, family gatherings, and synagogue meetings. Sophie's comments about her life and thoughts are particularly amusing to any female who is fighting the battles of love, career, and change—but even more valuable to guys, who could definitely find something they didn't know before about how women think...

Melissa Bank's sparking insights into Judaism and contemporary young adults' issues make "The Wonder Spot," a worthwhile read for anyone stopping by Barnes and Noble with a few free hours.

By Carolynn Duncan

# Ryan Shupe and the RubberBand

with a

# CAPITOL R

(Records, that is)

By Patricia Auxier

Ryan Shupe and the RubberBand have a message, and that message is good music. Infusing an attitude of carefree feeling of fun and happiness into their music, these musicians celebrate life with their chords and lyrics. Roger Archibald, a member of the group, says that, "It's a celebration of life. We celebrate life by playing music, and people want to be a part of that because it feels good. Music is powerful, and it touches people."

The band started when Ryan Shupe and Roger Archibald played at Dixie College for a lunchtime performance. They then started playing free shows at libraries and Mama's Café and soon added Colin Botts, Bart Olson and Craig Miner. They developed a distinct musical sound, which combines elements of country, bluegrass, pop and jazz.

Utilizing networks that Shupe had built

up through playing at youth conferences, the band got exposure outside of the local venue. They gelled quickly, and the rest is musical history. Now their resume includes opening for Colin Ray, playing at the Olympics at the Medals' Plaza, performing at the Country Music Awards after-party, and five CDs. They tour frequently all over the nation. Their ultimate goal is world domination, or at least world infusion. The band members have since become close friends, a "band of brothers," as Archibald calls them. He says of their friendship, "My favorite part of the band is that I get to hang out with my best friends. We're pretty close. It's like a marriage. We're on the road with each other a lot. If one of us gets mad, we work to cheer them up. It's more fun that way."

Archibald reveals that the group has an energy that expresses a fun, magical sound.



"Every time we play it's magical, and everything just clicks. We all have a passion to play. It's like expressing what we feel inside in musical form. And that's fun." They work together to create an aura of happiness that sends out the good vibrations of life, fun and music.

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# OK iKumi

By Bonn Turkington

And what started as a talented local band has recently solidified its reputation on the national scene with the release of their new album "Dream Big," their first with Capitol Records. In the first week alone, it sold 10,000 copies, reaching number 13 on the country music charts. They will be spreading the word even further as they tour with Tricia Yearwood later in the fall. **S**

**Check out these and other bands on the Schooled Podcast**

In a place where so many bands sound all the same, Karl Jorgensen of Ok Ikumi goes beyond simply being, just another band. This one-man band/disc jockey brings a melodic touch to the techno-house genre. As Jorgensen said, "Melody is the biggest part of my music; I don't just base it around some loop or sample."

Unlike most musicians of his genre, Jorgensen doesn't even use a computer to make his songs. "I feel like computers are literally a wall between the performer and the audience."

Not everything he does is house style techno; many of his performances are filled with hard-hitting dance tracks. This is especially true since he started performing as a DJ. Whereas most performers rely on heavy loops especially when performing as a DJ, Jorgensen says, "I do it with a more subtle and intricate melody. I don't even use loops in my music." **S**

In his recent tour of Washington, he sold his first DJ mix CD, which includes re-mixes of his earliest work and other popular songs of the genre.

His performances are now attracting massive crowds, compared to his first shows where he sat on the floor playing music to his CD's. Even now, he feels he isn't pushing his music as much as he could. He hopes though, to make a big push in his performances starting with an upcoming show scheduled for November 18th where he will be joining the nationally acclaimed band Adult. in playing at Kibly Court in Salt Lake. Because he will be the only local band at the November show, his hopes are to gain a more diverse audience.

Check out [www.jslashk.com/okikumi](http://www.jslashk.com/okikumi) for more info!! **S**

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# Think Before You

# Energy Drink

Americans spent a whopping \$2 billion on energy drinks last year, according to the "Beverage Digest."

By Erin Delfoe



Energy drinks have taken the nation by storm (see most any picture of a celebrity and in their hand is some sort of energy drink). But come on, besides shaky hands and staying up all night to study, or more likely, play Halo, are there any known long-term effects from drinking a can or so of Red Bull a day?

Following the deaths of an Irish student who drank three cans of Red Bull after strenuous exercise, and three people in Sweden in 2001 who drank it combined with alcohol and/or exercise, the product came under scrutiny.

A recent "Princeton Review" survey revealed that students use drinks such as coffee, Red Bull and Coke to help fuel their studying during finals time. More than 46 percent of students use soft drinks and about 16 percent said they use energy drinks to help them during that week.

So what exactly are energy drinks?

Energy drinks are beverages like Red Bull, Venom, Adrenaline Rush, 180, Rock Star and ISO Sprint, which contain large doses of caffeine and other legal stimulants like ephedrine, guarana and ginseng. They may contain as much as 80 mg of caffeine, the equivalent of a cup of coffee. Compared to the 37 mg of caffeine in a Mountain Dew, or the 23 mg in a Coca-Cola Classic, that's a big punch. These drinks are marketed to people under 30, especially to college students, and are widely available both on and off campus.

Individual responses to caffeine vary, and these drinks should be treated carefully because of how powerful they are. Energy drinks' stimulating properties can boost the heart rate and blood pressure (sometimes to the point of palpitations), dehydrate the body, and, like other stimulants, prevent sleep.

Energy drinks should not be used while exercising as the combination of fluid loss from sweating and the diuretic quality of the caffeine can leave the user severely dehydrated.

So, know what you're drinking. Energy drinks are not necessarily bad for you, but they shouldn't be seen as "natural alternatives" either. Some of the claims they make like "improved performance and concentration" can be misleading. If you think of them as highly-caffeinated drinks, you'll have a more accurate picture of what they are and how they affect you. **S**

## What you think about energy drinks?

"I can't get through a day without at least three cans of Mountain Dew. It's the only way I can study till 3 a.m.!"

- Mike Dollar, 23, student at ITT Tech.

"I only drink energy drinks when I have something big due and I have to stay up all night to finish it."

- Rachele Reuel, 25, BYU student

"I live on Red Bull!"

-Adam Manevelle, 26, UVSC student

"I think college students sometimes need energy drinks to make it through a big test or finals week. If you don't drink them all the time it's OK."

- Shar Rhodes, 18, BYU student

"I don't think energy drinks are good for you, I have tried Red Bull once, and I got really shaky and couldn't sleep."

-Heidi Snyder, 22, UVSC student



# Editor's pick

## In Touch, or Just in Contact?



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**Guest Author** | **Robert B. Sowby**

In today's high-tech world, modern communication gizmos are essential, and even crucial: we depend on them for everything from schoolwork to stock trading. With cell phones and pagers, we've made ourselves reachable at all times, even when we've set aside time to get away from the busy world. The atmospheres of concerts, plays, movies, and even dinner appointments are interrupted by the clamor of those modern gadgets.

At any college campus, you'll see hundreds of students seemingly talking to themselves as they walk to class. When class is over, you see cell phone after cell phone flip open as the bell rings and students exit the building. Computers, cell phones and handheld PDAs are the devices we use to communicate with our co-workers, family, and friends, whether new or old. We stay in contact with these people, but do we really stay in touch? Being in touch implies a feeling of some sort. E-mail, voicemail, and text messaging have taken the place of traditional conversation and removed much of the personal feeling from it. We seem content to merely drop someone a digital memo rather than visit them in person or even call them if they happen to live far away.

Many years ago, friends would travel for days or weeks by carriage just to see each other and converse with sincere interest. Now, a typical bus commute is a mix of noisy cell phone users and quiet iPod enthusiasts isolated in their own world. Hardly anyone talks or even looks at each other. How has spending real time with someone become an afterthought in our society? Whatever happened to the convivial pleasures of conversation and companionship?

Genuine communication between people has been corrupted and interrupted by modern media. Think of an old high school pal. Do you know what's going on in his life, what he's struggling with, or his recent accomplishments? Yes, those facts can be found out via e-mail or other digital means. However, some things are more difficult to find out through digital contact. Is he the same person you used to know? Are you the same person he used to know? It's amazing how technology has advanced and connected people around the world. Although it can span the globe, digital technology, no matter how advanced, is no substitute for true human interaction. **S**

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Impressing the Opposite Sex Can Be Tough!

# Dating DON'T'S

By Amy West



You're heading out the door for your date with that blonde from chem. lab, and you think you've got everything covered. You brushed your teeth, remembered deodorant and checked your ears yellow fuzz. You even went through the painful process of plucking those nose hairs you don't like to talk about (you blame your father – it's a sensitive subject). Unless some unanticipated gas bubble takes form in the middle of dessert, there is nothing obscene about you that could be considered a turn off, right? The fact of the matter is that's just not true.

## GUY'S, BEING COCKY IS A BIG NO NO!

I don't know if it's that we have come to an age where hygiene is simply customary when courting a love interest, or if people have learned to see past the hairy toes and un-plucked unibrow to try and get to know the person underneath. But physical attributes and follies were not at the top of lists for date breakers.

Of course, there are some things that just can't be left unmentioned: Smoking was listed as a big turn off for guys and girls. No guys are fans of girls who have mustaches. And as Dane Ehler, a 22-year-old UVSC student studying international relations, put it, "Spandex is a privilege – not a right." For the most part, it is the presentation that you need to be worried about.



"If a guy doesn't have confidence that's a real turn off," said Adriana, a 19-year-old BYU student. Of course, "arrogance" was on almost every girl's list so you guys need to be careful not to confuse the two.

Guys don't like girls that are "fake" or "stuck-up" or "indecisive." Girls want guys that don't always talk about themselves or talk about other girls when they are out with them. On both sides, how the date treats members of their family is a big deal, and most guys don't mind the girl asking them out.

Once you get past the individual peeves that everyone has – things that you just could never live with someone who does that thing (maybe it is someone who chews ice, or chomps their gum) – it just becomes a matter of personal preference. Ryan Biddulph, a 22-year-old BYU student, doesn't like girls that are too aggressive. "That's not a problem for me," said his roommate Ehler.

"I don't like guys that take their shirts off," said Lynsee Hall, a UVSC student majoring in nursing. "If you're in a bathing suit that's fine, but not to play volleyball and stuff – just put your shirt on." Personally, I'm a fan of the no-shirt-volleyball-playing-guys. Why not?

It's hard to set rules on what you absolutely should and should not do to avoid repelling your date. What works with one may not work with another and vice-versa. For me, if I initially like the guy he can do something that some girls would consider a date-killer, like call me "babe," and I would be fine. But, other guys wouldn't be able to pull it off. The best rule of thumb, for both sides, is to "just be yourself."

S

## Girls, too much makeup is a turn-off



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# Show ME YOUR RIDE

By Don Osmond

## Project 3

Schooled has done it again. Over the next three months we are going to take a Mazda 3 and team up with Bill Shields, general manager of Automotive Restyling Associates (ARA) in Provo, to create a driving sensation.

Bill has been toying with cars and modifying them for more than 17 years. I had the privilege of riding with him, and asked a few questions about what would be the best modifications anyone should do.

“Wheels and tires, window tinting, audio and a rear spoiler are 90 percent of the overall changes people make in their cars,” Bill explains.

He mentioned that he has yet to see “The Perfect Car,” but by doing those mods you’ll be heading in the right direction.

When it comes to audio performance, the first items you should change out are the stock stereo and speakers.

Superior sound is the key to riding in style.

“You’ve gotta let it bump,” Bill insists.

Even with all of his insights about modifying cars, it would be impossible for me to explain every one. You gotta check out ARA. **S**

### 3



This month we upgraded the sound system with;

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We've been snapping pictures of some really cool cars around campus, so we know they're out there! Send us some pics of yours and show it off in our next "Show Me Your Ride!"



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Sept. 1st

## It's not how Much you Lift, but how you Lift It



Deborah Taylor's Stats:

Sept. 1st

Height 5'10"  
Weight: 180 pounds

→ NOW

Height: 5'10"  
Weight: 173.5 pounds



NOW

L) Kristen Barlow  
R) Deborah Taylor

### Success story of the month: I did it!

The point where I finally decided I needed to take better care of my body was in August when I tried on a bridesmaid dress for my sister's wedding. I was 185 pounds, when I ordered an 11/12 bridesmaid dress, but it didn't fit at all. They didn't carry any larger sizes of the dress, so I was told that I needed to buy two dresses so they could put an extra piece of material in the 11/12. The whole experience was so embarrassing, that I realized at that point that I had to do something about it. Guess what, within three weeks I fit in the dress! With hard work and dedication, and the help of Jed and Fitness Pros I reached my goal for the month and fit in the 11/12 for my sisters wedding! Honestly, as cheesy as this sounds, if I can do it, anyone can!

T.E.A.M. Schooled and Fitness Pros has totally opened my eyes to proper and effective fitness. Schooled Magazine created the program, so that it could help the students in Provo and Orem get professional information and tips on how to better your own fitness. And it hasn't been easy posting my horrific weight and showing you how bad I've let my body get, but at the same time, I feel like I'm really able to put myself on the spot so I can help you get some tips from Jed Hanson- a fitness guru.

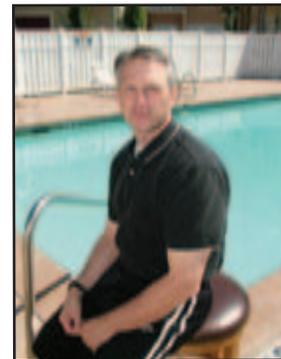
It's been a month now, working with Jed three times a week and properly taking care of my body. One of the most important things I've learned is the importance of resistance training.

We've tried several different types of resistance training including working with weights, an exercise ball, etc. The most important thing I've learned is that it's not how much weight you lift, but how you lift it. There are times when I wish I could just do it fast and get it over with, but my body isn't getting the proper workout it needs. With minimum weight (enough that you can feel your muscles working), and working your muscle slowly in the right position, my workout is harder than it ever was, and I feel better after completing it.

We also do something called a synapse on the last rep of your set, you hold your muscle for 10-20 seconds to excite the muscle fibers and maximize the muscle contraction. This definitely isn't my favorite part of the workout, but it has really helped me get the results I've needed.

During September, I reached my goal weight for the month, which I am so thrilled about. I am really excited that we are extending T.E.A.M. Schooled to the readers and look forward to seeing you at the seminars!

## T.E.A.M. Schooled with



### Getting Started on Your Fitness Program

1. It's important to make sure you always do a warmup **FIRST** before lifting weights or doing your cardio. How important is it to warm up the engine when it's cold outside? Just like a car, the body needs to warm up as well. This allows for better circulation and less injury. **The proper way to workout** is to: 1. Warm up for 10-15 minutes. 2. Weight training. 3. Cardio that stays within your target heart rate zone. 4. Cool down for 5-10 minutes to lower your core temperature doing a brisk walk, or slowing down your cardio. 5. Stretch after your workout for maximum results. Following these steps will help your body have an effective workout.
2. Make sure you **feed your body what it needs**. You wouldn't want to pour sugar into your gas tank because it would seize up your engine. Your engine, or your body, is a machine that requires proper fuel—protein, fats, carbs and water. If not taken care of, it can result in exhaustion and break down. I have my clients keep track of what they eat each day and how many calories they consume. It makes a difference when they feel accountable for what they eat and if they covered their daily food groups.
3. Set your goals as though they are a binding contract or commitment that cannot be broken. A goal not written is only a wish. So **set your goals realistically and do your absolute best to achieve them**. Make going to the gym an appointment on your calendar that is just as important as a job interview that you can't miss. Take time to write down your food intake. Setting your goals and sticking to them will help you get to where you want to be. Until next month, keep believing in yourself and get the results you want!

-Jed D. Hanson  
Certified Personal Trainer



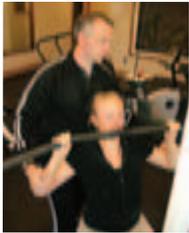
T.E.A.M. Schooled

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Members get a T-shirt, seminars from Jed our fitness expert, nutrition and workout tips, free passes to local gyms, and monthly activities. Sign up at [schooledmagazine.com](http://schooledmagazine.com)! Watch for updates on the program and free tips in the November issue!



Sept. 1st



Erin  
Delfoe's  
Stats

Sept. 1st  
Height: 5'7"  
Weight: 132 pounds



NOW  
Height: 5'7"  
Weight: 129 pounds

# You Have to Eat to Lose Weight

NOW

Being a girl, it seems I'm almost expected to be on a diet. Most other girls I know are on one, so I jumped on the diet bandwagon by ordering salads for dinner and going to bed starving (if you're starving, you're doing a good job, right?) Wrong! Since I started working with Jed on our fitness challenge, he has blown my theories about healthy eating out of the water.

During the first two weeks I was working out with him, I was frustrated because I wasn't losing any weight. In fact, I was gaining it. I kept eating less and less in hopes of losing a few pounds, but when Jed and I went over what I was eating, we discovered I was eating too few calories. "Too few!" I said, "I thought the less you ate, the more weight you would lose."

Jed explained to me that this is not the case; he said if you don't feed your body properly it will go into starvation mode and hold onto fat. It was really hard for me to trust Jed and start eating more (I still ate healthy food, just more of it) but I did, and almost immediately I started seeing changes in my body.

If you want more information about eating healthy, go to our website and sign up for the fitness challenge, but in the meantime, all you dieters out there, stop it! As strange as this may sound, **YOU'VE GOT TO EAT TO LOSE WEIGHT!**



Photo by Amelia Nielson-Stowell

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# Too old to Trick or Treat?

## If You're Looking for Something to do on Halloween, Look no Further!

By Jeremy Holm

Halloween, the second largest holiday in the United States, has a tradition of being a night full of mischief and magic. It is also believed to be a night where the dead walk amongst the living.

Apart from the annual renewal of an addiction to those darn candy pumpkins (I believe they use the same addictive chemical Colonel Sanders puts in his chicken), what does Halloween mean to us in college? We are kind of in that in-between stage of life, where 'trick or treating' is frowned upon for people our age. Yet most of us do not yet have kids of our own to go take around the neighborhood so we can eat the 'bad' candy that they 'shouldn't' have. "Yes. Butterfingers are bad for you, dear." Crunch!

So, how do you make the most of this haunted evening? Do you get left out of All Hallows Eve, a festival that has been around for over 2,000 years?

Not after reading this article you won't! Here are some ideas for you to try out. You never know. They might just save your soul on the 31st. Read each one to find out how!

**1. Visit a Graveyard-** Have all of your friends bring a treat to share and take some blankets, flashlights and a fair amount of courage. Have everyone think of a ghost story to tell, or stop by the local or school library to grab a book. After a few stories, try walking around and reading the tombstones with your flashlights. If you listen close enough, you may hear the deceased tell you a few stories of their own... Need a chilling tale? Try [www.halloweenghoststories.com](http://www.halloweenghoststories.com). Just don't blame me if you can't sleep that night!

**2. Costume Party-** I know, it's so simple. People throw them every year, and chances are you know of five other costume parties already planned. But go all out! Make yours the coolest with a few decorations. Run by DI and grab some props and turn your house or apartment into a haunted place. See who can come up with the scariest or most outrageous costume. By throwing such a party, you may be saving your friends' lives. You see, the Celts who began Halloween in Ireland and England believed that only by wearing costumes could you fool the dead into believing you were one of them. If they weren't fooled, perhaps you would join them...

**3. Haunted Houses-** What better place to spend a haunted evening than a ghostly place? There are quite a few haunted houses, forests, or corn mazes in the valley for relatively cheap entrance fees (around \$5-\$15). Most of these institutions open the first of October and run until the first week in November. Or, try a REAL haunted location: <http://www.carpenoctem.tv/haunt/ut/> has a list of alleged haunted locations in Utah.

**4. Pumpkin Carving-** Another Celtic tradition, jack-o'-lanterns were carried at night with evil faces carved out of potatoes and pumpkins to perhaps placate the dark spirits thought to rule Halloween. So have fun with this one. Be sure to have prizes for who carves the scariest or best dressed or most outrageous pumpkin! If you need some design ideas, try the Better Homes and Gardens' website at: [www.bhg.com](http://www.bhg.com).



Photo by Amelia Nielson-Stowell

(continued)

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**5. Bonfire-** Get a group of your friends together and cook some hot dogs or make s'mores at a campground in Provo Canyon or in someone's fireplace. In ancient times, bonfires were lit during the feasts in the hopes that the flames would frighten off evil spirits.

**6. Horror Movie-** Perhaps a more modern tradition, but a great one nonetheless! Invite all your friends over, pass the popcorn and candy around, and grab a spot on the couch or floor. If you need some ideas for a good flick, stop by the local rental store and browse over the 'Horror' section or ask one of the clerks.



**7. Murder Mystery Dinner-** I have done this a couple of times, and it is a blast! You can pick up a murder mystery game box at most local toy stores. You can choose from a huge variety of atmospheres for your dinner. Most of these boxes include invitations, a tape to listen to during the dinner, an explanation of the rules, and hints for what to eat and how each character should dress. While this activity might not necessarily be scary, it sure is fun.

Halloween should be a social night of fun with a little bit of fear thrown in. Hopefully some of these ideas will help you plan your evening and make it a memorable one for you! Even if you don't plan to party on October 31st, just remember: the dead are looking forward to it. **S**

## If you're thinking of throwing a Halloween Party, let us help you with the games!

Tired of bobbing for apples? Make your Halloween party a hit with some new and improved party games.

**The Mummy Wrap**—a twist on an old bridal shower game. Divide party guests into teams and select a "mummy" for each team. The teams race to see who can wrap their "mummy" the fastest in toilet paper. Give prizes for the fastest team or the most beautifully wrapped mummy.

**Spinning Scary Tales**—Write scary one-liners on prompt cards (i.e. "A cold, slimy hand suddenly pulled her. . .;" "The coffin lid fell open. . .;" or "Blood dripped from. . .;" etc.). Turn off the lights as the guests sit in a circle. The first guest selects a prompt card and starts to spin a scary tale while holding a flashlight to illuminate his/her face. After one minute, the next guest selects a prompt card and continues the story where the previous guest left off.

**Scarecrow Scavenger Hunt**—Divide guests into teams and give an appropriate time limit. Teams go and find various items to build a scarecrow (i.e. hats, shirts, pants, newspapers, straw, etc.), and then meet back and build their scarecrows. Award prizes for the most fashionable scarecrow, scariest-looking→ scarecrow, etc.

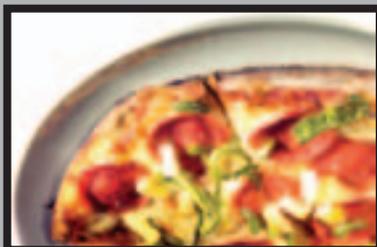
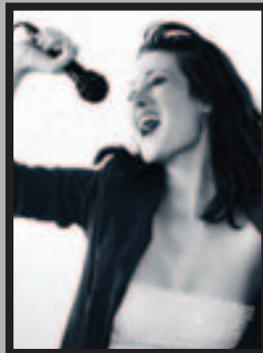
**Halloween Actionary or Pictionary**—Write Halloween phrases on index cards. Divide into teams. Players then select cards and draw them or act them out (i.e. witch flying on a broom, kids trick-or-treating, ghosts in a graveyard, etc.).

By Rebekah Jakeman

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# They made it **BIG**

Which athletes from your school hit the big time?

**Steve Young-** Could we make this list without him? The former BYU quarterback went on to play for the San Francisco 49ers until his retirement in 1999. During his time as a Cougar, Young completed 71.3 percent of his passes as a senior for the highest single-season percentage in NCAA history at the time. With his guidance, BYU won 11 of 12 games, including a Holiday Bowl victory over Missouri, in 1983.

By **Jeremy Holm**



**Danny Ainge-** This All-American played basketball at BYU and played professional baseball for three seasons with the AL's Toronto Blue Jays. He went on to play in the NBA for the Boston Celtics, Sacramento Kings, Portland Trail Blazers, and finally the Phoenix Suns. He retired in 1994 as the second player in NBA history to hit 900 three-point shots and the fourth to reach 1,000.

**Ryan Miller-** A former Three-time All-American BYU volleyball player who participated in a 1999 NCAA Championship win, Miller went on to compete for the U.S. in the 2000 and 2004 Olympic Summer Games. He and his teammates finished fourth in Athens.

**Noelle Pikus-Pace-** This former UVSC student graduated with a degree in integrated studies. While attending the college, Noelle participated in track while training with the United States Skeleton Team. Pikus-Pace went on to win her first World Cup in November of 2004 in Germany. By the end of the season, Noelle was ranked number one in the world. She is the first American female to ever win the title. Pikus-Pace is currently preparing to compete for the U.S. in the 2006 Turino Italy Olympics.

**Ty Detmer-** Perhaps most remembered for leading the Cougars to a stunning comeback during the second half of the Freedom Bowl in 1988 against Colorado, this former All-American and Heisman Trophy winner went on to play in the NFL where he is currently with the Atlanta Falcons.

**Guard Young-** This broadcast journalism major left BYU and went on to help his teammates win an Olympic silver medal in the 2004 Athens Games. Prior to that, Young was a member of the 2003 World Artistic Championship team, the 2002 Individual Event World Championship team, and in 2001 he and his teammates placed second in the World Artistic Championships.

**Johnny Miller-** In 1964 Miller was the U.S. Junior Amateur champion. He later won two major titles, the 1973 U.S. Open and the 1976 Open Championship. His final round 63 in the 1973 Open at Oakmont Country Club is considered one of the most dominating performances in that tournament's history. Miller was the leading money winner on the PGA Tour in 1974, and he finished his career with 25 PGA TOUR wins. He is now a member of the Golf Hall of Fame. After retiring from the PGA TOUR, Miller became a golf broadcaster for NBC Sports. Miller also owns a golf design company and a golf academy. Oh yeah, he's a BYU grad.



**Dale Murphy-** How do you sum up this guy's career? Another former BYU player, Murphy went on to a long and incredible career in the big leagues. He led the NL in RBI three times and home runs twice. Murphy played for Atlanta, Philadelphia and Colorado. In addition, he also won five consecutive Gold Glove Awards, and won two consecutive MVP awards in 1982 and 1983, making him one of only four outfielders in Major League history with consecutive MVP years, and the youngest ever to do so at the time. He retired in 1993 with 398 home runs.

**Melani Francis Kirk-** This former UVSC basketball player averaged 15.5 points per game during her two years at the school. At the time, she finished second on the college's all-time scoring list. She earned All-Conference honors in 1991 and 1992. Her team won 55 games and lost only six during her time as a Wolverine. Her team won SWAC titles both years she was there. After UVSC, Melani went to play for Arizona State University where she was named PAC-10 Player of the Week and once scored 41 points in one game. She now lives in Mesa, Arizona with her family where she is a teacher. Melani was inducted into the UVSC Athletic Hall of Fame in April of 2003.

**Shauna Rohbock-** Rohbock is currently a member of the United States Women's Bobsled Team. A former Cougar, Shauna was an All-American in soccer and track where she competed in the heptathlon. She finished fifth in the world in the 2004-2005 Bobsled World Cup season with 15 top-ten career finishes. She is in training for the 2006 Olympic Games in Turino, Italy. She also plays soccer for the San Diego Spirit of the Women's United Soccer Association.

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# Workout Without the Gym

By Jeremy Holm

OK, so let's be honest. In today's society, concern for health and well-being is a multi-billion dollar industry. Perhaps the price is justified in the fact that taking care of our bodies here and now really is preventative medicine. Regular exercise reduces risk for problems with our cardio-vascular system, fights off future bone/joint issues and improves psychological well-being. And that's the VERY short list.

The great thing about staying in shape for students is an increased level of energy (keeps you awake during the 101 classes in the auditorium), better overall health, and an increased mental awareness (for the late nights of studying, of course). Not only will you look great, you'll feel great about yourself. Regular exercise has been proven to raise confidence levels and reduce anxiety.

However, what if you don't have the money required for a gym membership? If you're one of the thousands of students living off loans and trying to scrape your way through college, you may not have the cash to spare. Or what if you simply don't have the time to head to the gym?

Here are some very simple and very cheap exercises that you can do without leaving your apartment. Over the years of training for the Olympics, I've had some great trainers and coaches teach me some basic exercises that involve everyday household items. Check them out for yourself, and start on your way to better overall health!

## LEGS:

Lunges with free weights:  
(Throughout the lunge, ensure that you keep your body upright and positioned directly above your hips.)

- Stand with your feet about 18 inches apart with the right foot out in front and the left to the rear. Hold onto something if you need balance.
- Lean forward onto the front leg, bending both knees slightly, and lifting your rear ankle slightly off the floor.
- When you have reached a comfortable position try holding there for five seconds.
- Slowly straighten the legs and return to the starting position.
- Repeat the lunge another five times with the right leg forward, then switch.

## ARMS:

Standing curls with free weights:

- Stand upright, or sit on a chair (whichever you find most comfortable) with your feet shoulder width apart.
- Hold your weights down by your sides with your palms facing forward.
- Slowly and without moving the upper part of your arms, bend your arm and bring the weights up to your shoulders
- Return the weight back to the starting position, keeping the movement nice and slow.
- Repeat this exercise for a further five to seven reps.
- Depending on your personal preference you can do the Bicep Curls at the same time with both arms, or alternate.

## CHEST:

Pushups:

- Lie face down on the floor, elbows bent and hands up by the chest, palms facing forward. Raise your body up by straightening the arms, keeping your back straight as a plank.
- Once you have reached the top of the push up and your arms have straightened out, hold for a second and slowly lower back down to the starting position.
- Repeat this for five to 10 reps. Make sure you have your abs tensed the whole time!!!

## CARDIO:

Jump rope, jogging, stairs, biking, roller blading, hiking, rock climbing, swimming, soccer, basketball, kissing...wait, how did that one get in there? **S**

▶ NOTE: If you lack free weights, one-gallon water jugs may be used instead. Yes, it looks funny, but it works!



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Show Your Skills at the

# Napoleon Maze

Paying tribute to the Utah-born hit, Napoleon Dynamite, this year's "sweet" maze design is in the shape of Napoleon himself. Along with the corn maze, visitors can enjoy courtyard attractions ranging from pedal kart racing to wagon rides. In honor of the Napoleon theme, visitors will even find some fun tie-ins with the movie, including tetherball areas, an encounter with Tina the Llama, Napoleon trivia cards, and more. A great activity by day or night, it takes on a spooky twist when a portion of it becomes haunted on Monday, Friday and Saturday evenings in October.

"We chose the Napoleon Dynamite theme because I loved the movie and it's been such a huge success story for Utah," said Brett Herbst, creator. "Plus, there were so many similarities between their story and

ours. The creator/director Jared Hess was from Idaho and so was I. He was a BYU student who created the whole concept with friends from BYU...so did I. He was 24 when he started the movie and I was 24 when I made my first maze. Both of us took a "corny" idea and it became something I don't think either of us could ever have imagined."

Special discounts are available for family home evening and ward groups. Dates and times of operation are September 23-October 31 from 4-10 pm Monday-Thursday; noon-10 p.m. Friday and 10 a.m. to 10 p.m. on Saturday. For more information, call 801-794-FARM (3276) or visit [www.cornfieldmaze.com](http://www.cornfieldmaze.com). (See ad in this issue for a discount coupon.)

## ONE OF SCHOOLED'S FAVORITE HAUNTED HOUSES!



The Rocky Point Haunted House celebrates its 25th anniversary! What started out as a Boy Scout project has graduated to an industry-leading, award-winning institution in Salt Lake City. Today, The Rocky Point Haunted House is over 60,000 square feet of amazing sets and terrifying thrills with many of the artists, props, and sets that make up the attraction coming from Hollywood, an authenticity that is just one aspect of creating the "#1 haunted house in the nation."

The Rocky Point Haunted House is located at 3400 South State Street in Salt Lake and is open through Halloween night, October 31st. Call 801-463-7701 for more details or visit their web site at [www.rockypointhauntedhouse.com](http://www.rockypointhauntedhouse.com). MISFITS Concert to be held at the Rocky Point Haunted House on October 19th. Buy your tickets at the haunt during show hours or online at [www.ticketweb.com](http://www.ticketweb.com).

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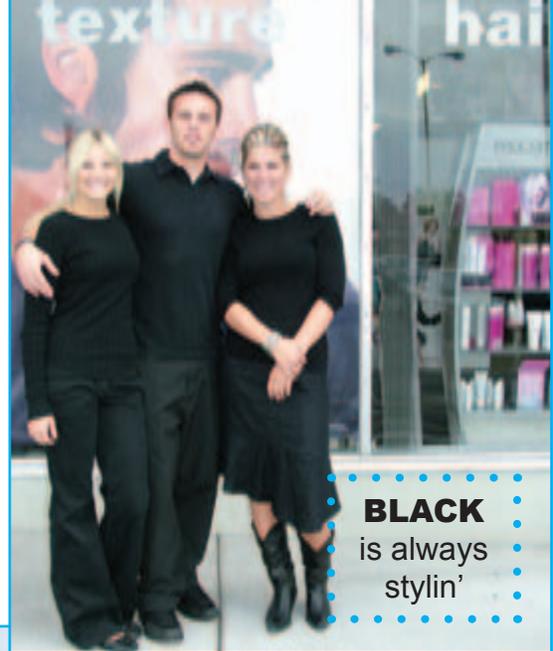
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style **stylin'** students  
by Erin Delfoe

Sponsored by **undertease**

Each month Schooled Magazine, sponsored by Undertease, goes on campus in Provo and Orem to see who's stylin' and what the latest fashions are!

L) Whitney Waite, 18, Paul Mitchell School  
Earrings: Arden B.  
Everything else: GAP  
M) Clayton Peterson, 26, Paul Mitchell School  
Pants: Nordstrom  
R) Megan Smith, 19, Paul Mitchell School  
Earrings: Rampage  
Bracelet: Vintage

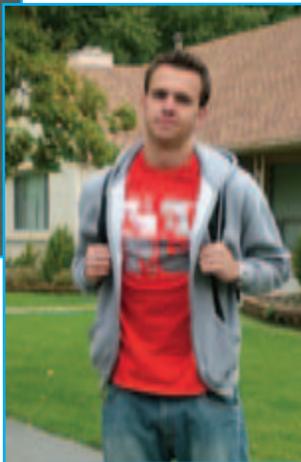


**BLACK** is always stylin'



You've got to have a great bag

L) Jason Jackson, 27, UVSC student  
Shirt & pants: The Buckle  
R) Kira Lilly, 18, UVSC student  
Bag & belt: Bought in NY City



Chris Jones, 23, BYU student  
Shirt: Active Skate Shop in California.

You have to have an ipod

Chris Allred, 22, BYU student  
Shirt: Hollister  
Pants: The Buckle



L) Katie Larkin, 18, BYU student  
Hat: VF Factory Outlet  
Shirt & Pants: Maurices  
R) Jessica Harmon, 18, BYU student  
Jacket: Deb  
Shirt: Wet Seal  
Pants: The Buckle

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# Making the Most of Your **TIME**

So are you one of those people who fall into bed exhausted at 11:30 p.m. wondering where the day went? Of course you were busy all day, but you didn't seem to get anything accomplished. Sure, you tried to work on the English term paper due in two weeks or study for the Calculus test on Friday, but you got distracted when your best friend called and when your favorite TV show came on. It seems like making the most of our 24/7 is a constant battle. Here are a few tips to help you better use your time.

**Time Flies.** Ever wonder where the time goes? Take some time and find out. Get on the computer or grab a paper and pen, and write down everything you do in half hour increments for a week. You may be surprised how long you actually did spend watching TV or hanging out with your roommates.

**Make a List.** Make a to-do list in the format that best suits you. If you're not a planner buff, make a list on a scrap piece of paper or Post-it notes. Write it down where you will be sure to look at it. Prioritize, start with the most important item, and work your way down the list. If you know you are only going to have time to do one or two things, don't freak out. The goal is to be productive—not to do a week's worth of stuff in one day.

**Plan Ahead.** Lots of people claim they work better under pressure. It may be true, but often times they just don't know any different. They leave their 20-page paper till two days before it's due. Now don't get a guilt trip. Rather break up your large, seemingly overwhelming projects into smaller ones. Start on them early, and tackle them one thing at a time. An hour here and there to work on a project is way less stressful than to pull an overnighter.

**Create your own deadlines.** Once you know what you want to accomplish, make personal goals for yourself. "I'll have the research done before I go to the dance tonight." When you give yourself a time frame, you'll feel more motivated to get things done. Write down your deadlines and stick to them.

**Balance.** Remember life is a balancing act. You'll go crazy if you study or work nonstop. Be sure to plan breaks, hang-out time, or even naps. When you plan for relaxing or social time, you are less likely to stress or burn-out.

**There are only 24 hours in a day.** Some people are smooth sailing when it comes to juggling everything they have to do while others are barely staying afloat. Why the difference? The former make the most of their time. So manage your time and get sailin'. **S**



## A Day in the life of:

By Bonnie Boyd

### Janet Bledsoe: Provo High School History Teacher

Schooled Magazine is interviewing professionals in different fields to help you answer the daunting question, "What do you want to be when you grow up?"

We'd like to give a special thanks to the professionals who gave of their time, answers and great advice.

**S.M.:** Where did you go to get your training?

**J.B.:** I graduated from Brigham Young University and had an internship at Provo High School. They had a part-time job open up and I took it. I've been teaching at the high school for 24 years now.

**S.M.:** What do you love most about your job?

**J.B.:** It's the students. The subject can be secondary. I mostly teach juniors and help prepare them for college. I try to prepare them all to be good citizens. Right now I am also teaching an ASL class and I hope to teach the students not only English, but also about our culture and our history.

**S.M.:** What is the most challenging thing about your job?

**J.B.:** Meeting all the students' needs. Each one comes from a different background and has personal struggles that sometimes can be hard to balance. The paper work for all the meetings and services can be tedious too.

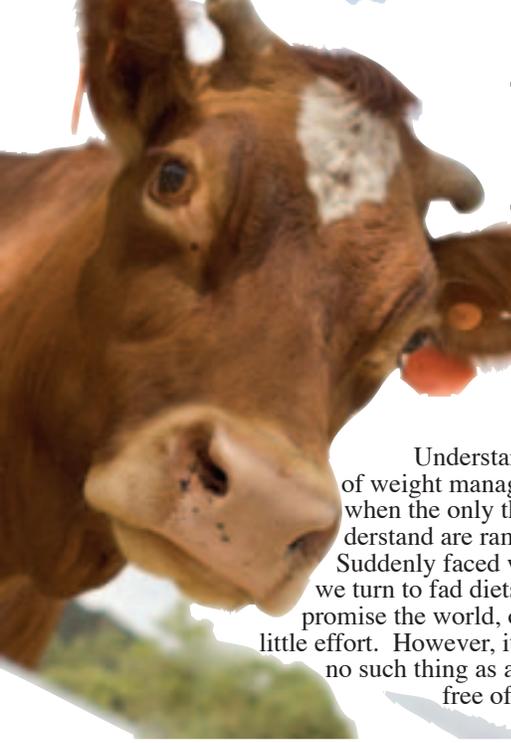
**S.M.:** What advice would you give to people thinking of being a history teacher?

**J.B.:** Be prepared to know about the students themselves and relate the subject matter to their lives. If there is no personal application it is useless.

**S.M.:** Any advice for a teacher in general?

**J.B.:** Many teachers decide to go into the field without realizing how much time is needed. Many think it is a 7a.m. to 3p.m. job, when schools often ask for help in after-school activities such as choir, cheerleading and football. Plus, there is the time spent at home searching for help aids in the next day's class. **S**





# Moove Over Atkins Diet

By Patricia Auxier

Understanding the modern marvel of weight management can be quite a task when the only things college students understand are ramen noodles and Gatorade. Suddenly faced with growing waistlines, we turn to fad diets to save the day. They promise the world, or at least fast results with little effort. However, it turns out there really is no such thing as a carbohydrate-free lunch, free of negative consequences.

The Atkins Nutritional Approach™

definitely induces rapid weight loss, but groups such as the Physicians Committee for Responsible Medicine, the American Medical Association, and the American Academy of Family Physicians warn against negative aspects of this low-carb, high-fat diet.

The three-phase Atkins diet relies upon the concept that if someone deprives the body of carbohydrates, the body's source of energy, it will trigger a physical response called ketosis. Ketosis causes the body the turn on the fat supply for energy. As the Atkins professionals question, "What is so dangerous about using up your stored fat?"

Gary Auxier, a 52-year-old pediatrician out of Chandler, Arizona, says that there's nothing specifically wrong with using up the stored fat, a ketotic diet is actually used for treatment of seizures in adolescents. Dr. Auxier, however, says adhering to such a diet on the long-term can cause problems. He says, "I don't know if that is so dangerous for the short-term. Long-term health implications are the problem. There are other aspects of the diet which are dangerous."

One aspect is the lack of nutrients. The induction phase of the official Atkins Diet requires that the dieter, "Eat absolutely no fruit, bread, pasta, grains, starchy vegetables or dairy products other than cheese, cream or butter." Instead you're supposed to eat foods high in cholesterol and protein at levels exceeding the recommended by the National Academy of Sciences. The Physicians Committee for Responsible Medicine warn that, "In addition to having very high protein content and low carbohydrate content...the menus are also low in fiber, calcium and iron,...vitamin C, vitamin A, folate, and thiamin." And the body, though smaller, takes a toll, risking potential cardiac, renal, bone, and liver abnormalities according to the Nutrition Committee of the Council on Nutrition, Physical Activity, and Metabolism of the American Heart Association.

Another aspect is the threat of other physical ailments. The Atkins professionals concede that the diet may cause "unusual breath odor and constipation," but the Physicians Committee reports a less modest list of substantial complaints including constipation, headaches, bad breath, muscle cramps, and general weakness.

Threat of kidney problems also plagues high-protein diets. The American Academy of Family Physicians cites high animal protein intake as a major cause of kidney stones in the United States. The Physicians Committee report that health authorities recommend choosing diets that are rich in vegetables and fruits, while limiting saturated fat, cholesterol, and animal protein especially for people with diabetes.

Basically, the message is: be informed. What you don't know can hurt you. While the Atkins diet may be effective to shed some pounds, long-term restriction of carbohydrates and other nutrients along with an increased intake of high-protein, high-cholesterol foods can be detrimental. Be smart. You might even think about ditching the ramen, and picking up a gym pass. **S**

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# October

Sun.	Mon.	Tues.	Wed.	Thurs.	Friday	Saturday
			<b>5</b> UVSC Women's Soccer My Chemical Romance Concert	<b>6</b> 	<b>7</b> Schooled Podcast "Fuente Ovejuna" Play Country Dance Jock Rock Party Schooled Magazine on Your Doorstep!!!	<b>8</b> T.E.A.M. Schooled Fitness Seminar UVSC Women's Softball BYU Football UVSC Women's Volleyball Brooks & Dunn in Concert Divine Comedy at BYU Schooled Magazine on Your Doorstep!!!
<b>9</b>	<b>10</b> UVSC Women's Volleyball Schooled Magazine On Your Doorstep!!!	<b>11</b> BYU Homecoming Kickoff Ceremony BYU Hike & Light the Y ZZ Top Concert Acoustic Tuesdays	<b>12</b>	<b>13</b> "Charade" Dollar Night BYU Homecoming Spectacular	<b>14</b> See Schooled at the Entrepreneur Conference at BYU 2pm "Charade" Dollar Night BYU Homecoming Spectacular BYU Homecoming Dances Schooled Dating Auction at Parkway Crossing 8pm	<b>15</b> BYU Homecoming Pancake Breakfast BYU Homecoming Parade-Look for the Schooled Mini! BYU Homecoming 5K Run UVSC Women's Softball BYU Football "Charade" Dollar Night BYU Homecoming Dances
<b>16</b>	<b>17</b> UVSC Women's Soccer Utah Jazz	<b>18</b> BYU Women's Volleyball Acoustic Tuesdays	<b>19</b> Jammin In The Lounge	<b>20</b> "Charade" Dollar Night	<b>21</b> "Charade" Dollar Night UVSC Women's Volleyball Schooled Podcast	<b>22</b> BYU Football "Charade" Dollar Night World Wrestling Entertainment TBA-Schooled & Something Local CD Release Party TBA-Something Local Big Event II
<b>23</b> 	<b>19</b>	<b>25</b> Gwen Stefani & The Black Eyed Peas UVSC Women's Volleyball Acoustic Tuesdays	<b>26</b> Costume Karaoke Party Judas Priest Concert	<b>27</b> UVSC Women's Soccer UVSC Men's Basketball	<b>28</b> UVSC Women's Soccer BYU Basketball Cougar Tipoff Utah Jazz Halloween Dance	<b>29</b> BYU Football Monster Mash Drew Carey and the Improv Stars
<b>30</b>	<b>31</b> November	<b>1</b> UVSC Men's Basketball Acoustic Tuesdays	<b>2</b> UVSC Men's Wrestling Wrestle Off Utah Jazz Acoustic Explosion Rob Thomas Concert Schooled Magazine on Your Door Step!!!	<b>3</b> UVSC Women's Volleyball Schooled Magazine on Your Door Step!!!	<b>4</b> BYU Men's Basketball UVSC Women's Volleyball BYU Fall Preference Dance Schooled Magazine on Your Doorstep!!!	<b>5</b> BYU Football Utah Jazz BYU Fall Preference Dance Schooled Magazine on Your Doorstep!!!

**For event locations and times check out [schooledmagazine.com](http://schooledmagazine.com)**  
 (Submit your event too!)





1.



2.

Xtreme Challenge  
Held September 24th  
at Bleachers



3.



7.



4.

# On location



5.



8.



6.



Photos by Amelia Nielson-Stowell

Wherever  
Schooled is,  
there's something  
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1. Parkway Crossing's big opening social featured Peter Breinholt live. Schooled Magazine sponsored the event.
2. Break dancers competed for a \$100 prize at the Provopalooza Back-To-School Dance at Bleachers.
3. Debbie Taylor & Amelia Stowell are seen with Steven Greenstreet (director/producer), Bryan Young and Elias Pate (assistant directors), Michelle Pate (production manager) and Kristi Haycock (producer) of the film "This Divided State." (see page 6)
4. Promotions Assistant, Allayna Ladner at Acoustic Tuesdays with owners Dallan Rees and Tim Riggs.
5. Debbie Taylor and Lynsey Corotan hang out in the Schooled Magazine mini at the Parkway Crossing big opening event.
6. Schooled Magazine went on Vay Cay to Moab! Look for the article in the November issue!
7. Russ Taylor, Jed McGilvray, Luis Castro, and Matt Fisher dressed in costumes getting ready to pass out flyers for the SXC event before the BYU vs. TCU football game.
8. Schooled Magazine at the "Too Old To Trick or Treat" photo shoot.

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