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Schooled

Magazine

LoveSac

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Young Entrepreneur

Dating Ideas

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Any
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Predictions for
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November 2005

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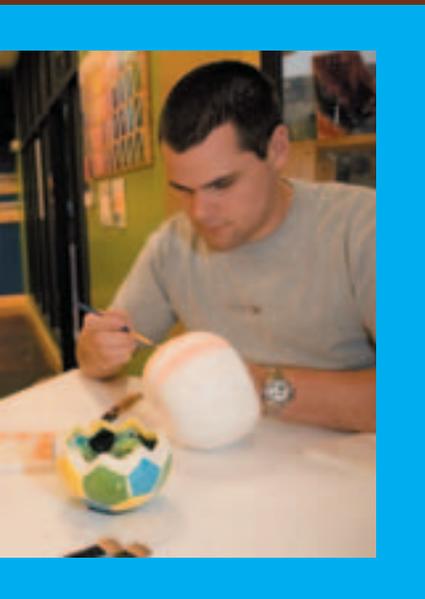


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Can You Believe IT?!

November is actually here. The days, weeks and months are just flying by. That is why it is important to take a little time this month to give thanks for all that we have. With all of the disasters that are destroying so many lives, I think all of us have a lot to be thankful for and have a lot to give to those in need.

I want to encourage each of you to reach out to those near and far. There are several local charities that desperately need volunteers.

November is National Hospice Month and volunteers at Hospice for Utah can assist community members who are in the final stages of terminal illness. Interested volunteers can call (801) 812-3577.

The Center for Women and Children in Crisis has a need for volunteers to work on their hotline. For more details call (801) 374-9351.

Project Read, Utah County's adult literacy program, is calling for volunteer literacy tutors. Project Read encourages anyone interested in becoming an adult literacy tutor come to the Project Read office in the Provo City Library at Academy Square, and attend a Tutor Orientation and the Tutor Training on Saturday, November 12 at the library. Call Project Read at (801) 852-6654.

The Red Cross is always a great way to help those in need. Their local contact info is:

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In the spirit of thanksgiving, just remember true joy comes from serving others.



Traci D. Marinos
Editor in Chief

Schooled Magazine

Managing Editor

deborah BARLOW-TAYLOR

Marketing Director

russ TAYLOR

Editor in Chief

traci d. MARINOS

Layout & Design Director

erin DELFOE

Design

Design Assistants
luis CASTRO

Photography

Photographers
amelia NIELSON-STOWELL
robb COSTELLO

Features

Senior Writers
patricia AUXIER, erin DELFOE,
stephanie FOWERS,
jeremy HOLM, don OSMOND,
amy WEST
Feature Writers
carolynn DUNCAN,
jamie LITTLEFIELD,
michael PALMER

Technology & Website

mike DODGE

Entertainment & Culture

Senior Writers
patricia AUXIER,
stephanie FOWERS,
don OSMOND
Entertainment & Culture Writers
bonn TURKINGTON

Sports & Health

Senior Writers
jeremy HOLM,
amy WEST
Sports & Health Writers
michael PALMER

Career & Finance

Senior Writers
stephanie FOWERS
Career & Finance Writers
rebekah JAKEMAN

Marketing

Account Manager
april ARMENDARIZ

Promotion Director

luis CASTRO

Promotions

allayna LADNER

Distribution Manager

chris WILLIAMSON

Publisher



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Website: www.schooledmagazine.com. Phone: 801.356.5715. Sales Rep: 801.358.5132.

Schooled

November 2005

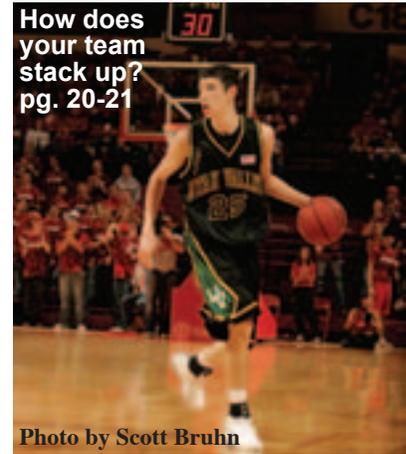


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Photo by Robb Costello



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Photo by Scott Bruhn

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Cover Photo by Robb Costello

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More Men than Women are Getting Degrees in Utah Valley!



According to "USA Today," nationally, more women are getting degrees than men, but that's not the case in Utah Valley!

There are more men than women ages 18-24 in the USA- 15 million vs. 14.2 million, according to a Census Bureau estimate last year. But nationally, the male/female ratio on campus today is 43/57.

However, at BYU in April 2005 graduation, 3,355 (52.1%) were male, and 3,081 (47.9%) were female. At BYU in August 2005 graduation, 1,234 (51%) were male, and 1,185 (49.8%) were female.

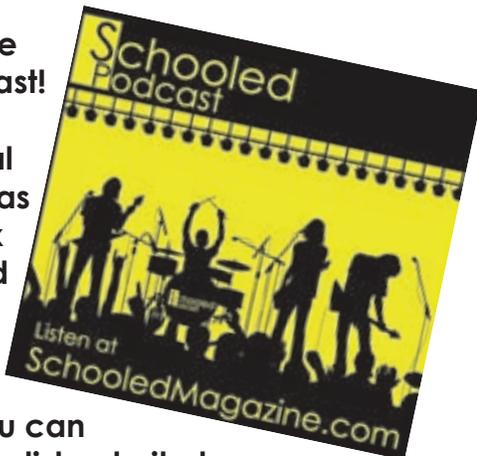
According to the UVSC Office of Institutional Research and Management Studies, 57% of the UVSC student body is male, and 43% is female.



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IN THE MOOD FOR VAY CAY?

So you're in the middle of the semester and at your wits end. Want the perfect place to get away for a day or a weekend? Only three and a half hours by car, Moab offers not only gorgeous scenery, but tons of fun things to do.

- Camping
- Hiking
- Rock Climbing
- Biking
- River Rafting
- Canoeing & Kayaking
- ATV & Motorcycling
- Off Road Trails

A Must See

The Arches National Park. Ever wonder where the rock is that you see on everyone's license plates? Moab is the place! The world-famous Delicate Arch is a 3 mile hike and takes two to three hours. There is also a 36 mile (round trip) scenic drive that you can take and see all of the other amazing arches in Moab.

Schooled's Recommendation

Go on a Hummer high adventure trip! High Point Hummer & ATV offers great deals for students and the experience is amazing. On 60 degree angles up huge rocks, you sit in an open air Hummer doing crazy stunts that would make your mom pull out her hair. The two hour adventure includes a trip around some of the roughest terrain Moab has to offer. You will never forget this experience!

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<http://www.nps.gov/arch/>
www.moab.net
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Get a **GREAT DEAL** on a Haircut

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374-5111

Dallas Roberts Academy

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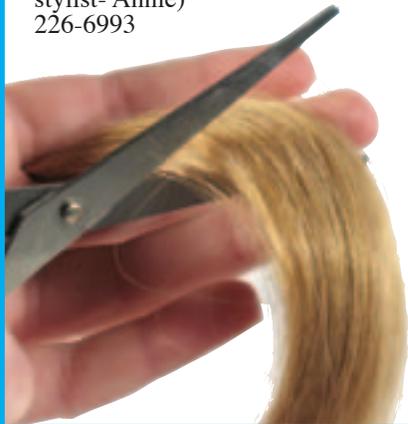
With so many professional stylists in the area- Schooled set out to find the best stylists who are worth their weight in gold!

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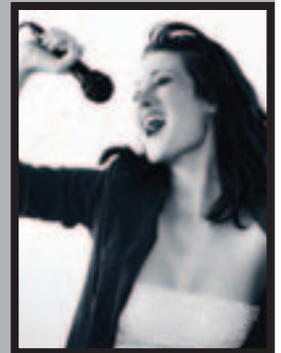
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Prank Wars

Hit Utah Valley

By Stephanie Fowers



Pulling Pranks has always been a favorite college pastime. Here are some that Schooled uncovered. Send us yours at www.schooledmagazine.com.

Regret

Prank by Andy Mott

On my mission in Mexico, I went home 15 minutes early and ransacked our own apartment. My companion and I took our valuables and hid them under the bed. Then we left and came back later to some swearing elders. We pretended to be mad for awhile until we revealed the robbers' true identities...but then the elders were mad at us. It was a strange turn of events.

Dedication

Prank by Vanessa Swenson

I waited in the closet for half an hour, studying for my thesis while I waited for my roommate to get home. When she got to the door, the lookout greeted her happily and that was my cue. I started scratching on the closet door. My roommate began talking to herself as she went to open it, only to find me there. She screamed her lungs out. That's when she knew we really cared.

Kindness

Prank by Erika Childs

We swore that we wouldn't do anything bad to our friend's car, so we did something nice. It was a '93 hatchback Firebird and we tricked it out into the cutest little Care Bear Cloud car complete with rainbow. Boy, was he happy. He drove it all over town until he found us. I think he was trying to thank us, but we ran away before he could get the words out.

Caught

Prank by Tom Bradshaw

We broke into our friend's apartment and moved the kitchen furniture into the living room and the living room furniture into the kitchen. We were just finishing up when our friend walked in. She said my name and we came sheepishly out from our hiding spots, thinking she had seen us, but she hadn't. She had just been cursing our names on general principle, and then she got to do it to our faces. **S**



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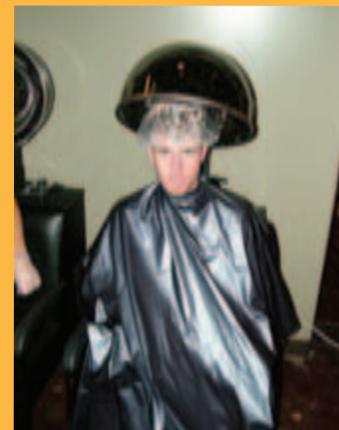
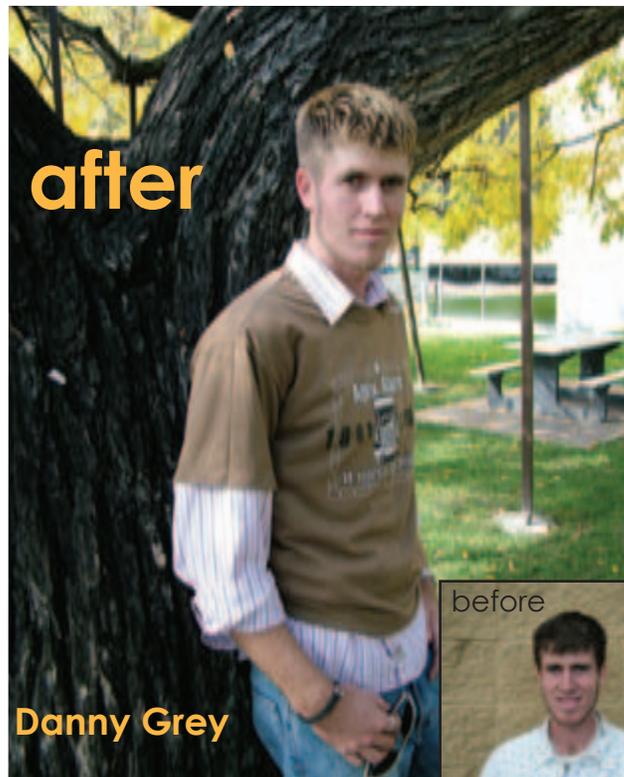
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The Process

At the Renaissance Academie de Hair Design (on Bulldog Ave), Therese Taylor and Mandy Humphrey started Lynsey with a new hairdo. They used a dimensional color blocking technique with Redken Infusion copper red and golden browns to enhance her skin tone and features. They then used an edgy layer cut technique with a polished finish. To enhance her new cut, Lynsey's hair was round brushed dry and flat ironed. Lynsey was also given an eyebrow wax.

At Mac in Nordstrom (University Mall), Lynsey's makeup was done by Renae Salazar. To shade Lynsey's eyes perfectly, Renae used the new warm color eye shadows holiday gift palate that include a cranberry, deep brown, and several other colors. Warm color blushes and lipsticks were used to give Lynsey a complete look. To finish off the hostile makeover, Lynsey was taken to Plato's Closet (on University Parkway) to be outfitted. She was given speckled Gap Capri slacks, an Abercrombie & Fitch light blue shirt with gold sequins, and a stylish black sweater. A turquoise necklace and earrings finish her look.

The Process

At the Renaissance Academie de Hair Design (on Bulldog Ave), Lindsey Grey, a Renaissance hair student, began Danny's makeover by trimming his facial hair to give him a defined look. Her next task took Danny to the color center where he received caramel highlights to boost his natural coloring. His haircut consisted of cutting his sides tight and working to cut the top of his hair so it matched his natural fall. To complete his look, Redken hair products were used to spike his hair.

At Plato's Closet (on University Parkway), Danny was outfitted with the new preppy skater look: Buckle jeans and a Banana Republic collar shirt with a skater T-shirt on top.

Money Doesn't

So, make sure you know how to manage yours!

By Jeremy Holm

Ever have one of those days? Where you come home, drop your books on the counter and try not to collapse from exhaustion? Then you notice the stack of envelopes next to your backpack. You slowly open each one, and wince as you read the numbers at the bottom of each page. Unfortunately, too many of us have had days like this where the full price of our spending comes to collect in force.

Here are five areas where students, if not careful, can lose control of their finances and sink deeper into debt.

1 Credit Cards

Sometimes called 'the plastic prison,' credit card debt has financially ruined countless students. With hidden fees and interest rates, what a student may borrow today can come back with a vengeance tomorrow. The average credit card debt for a college student is around \$2,000. One-fifth of students have over \$10,000 in debt.

January Erskine, 20, a former UVSC student accrued close to \$2,000 in credit card bills in a single month. "I couldn't believe it. How could I spend that much money in a month? I'm still paying it off. Honestly, it's the interest rates that are killing me."

Try to limit yourself to one card and pay off the bills as soon as possible to avoid large late fees. If it's a large sum, when possible, borrow money from family or apply for a student loan with lower rates to pay for school needs.

2 Needs vs. Wants

We live in a money-oriented society and college life is no different, where we can be judged by what car we drive, the clothes we buy, where we live, etc.

"It's a materialistic society; we see it, we want it, we buy it," said Don Porter, vice president of business services for Salt Lake Community College. "The debt escalates."

Learn to use a value system for what you are going to buy. Do you really need it? Can you get it cheaper somewhere else? Can you do without until you have more money?



Don't Grow on Trees!

Mismanagement

Keeping track of what you are buying and how much you are spending everyday can really open your eyes.

When you create a monthly budget, you'll find that you can save quite a bit of money. By keeping track of what you are buying and how much money you have left in the bank, you can avoid falling into debt or simply going broke.

Borrowing vs. Working

Student loans can be a lifesaver to anyone attending college, especially with tuition prices on the rise and the cost of textbooks nowadays. Some students opt to apply for as much money as possible, thus allowing them to go to school full-time, with lots of free time.

If possible, it is best to get a steady income. Get a part or full-time job so that you won't have to start life after graduation with so much debt from student loans. Borrow the minimum of what you need and work for the rest.

(continued)

Four Ways to get out of Debt

By Jamie Littlefield

According to a study done by Nellie Mae, the average undergraduate student carries a credit card balance of \$2,169. If you're already in debt, you may feel like there's no way out, especially with tuition, rent, food, and other necessary expenses taking up your extra cash. But, don't worry, there is an escape.

We asked counselor Brain Koralewski from Orem's coaching company Financial Freedom to share some of his best tips for getting out of debt. Here's what he suggested:

- **Avoid more debt.** There are three main reasons people find themselves buried in credit card bills: emergencies, carelessness with small expenditures, and reckless purchases. Of course, no one can foresee an emergency, but students can watch their spending. Beware of little purchases that add up over time. A \$3 smoothie every day will end up costing you \$84 a month and \$1,095 a year. Seemingly insignificant purchases can add up fast. Also, be sure to avoid reckless expenditures. Don't splurge on that convertible or plasma big screen if you can't afford it.
- **Adjust spending to pay off your debt.** When paying off debt, you're going to have to make some sacrifices in order to free up money for bills. That may mean bringing your lunch to school, carpooling, or just not going clothes shopping every Saturday. A few sacrifices now will leave you happier, and wealthier, in the long-run.
- **Pay more than the minimum.** A lot of students get high interest credit cards in the mail and don't realize how much they're wasting by carrying a credit card balance. If you make a \$50 monthly payment on a 20 percent interest credit card with a \$2,000 balance, you will end up paying \$3,464.90 in interest over a period of 259 months. Even if you can't pay off the entire balance, be sure to send in more than the minimum payment. Your wallet will thank you.
- **If you can't solve it on your own, get help.** Financial counselors and coaches can help you work through your finances to determine a budget and a plan. If you are unable to pay even the minimums on your bills, you may need to see a credit counselor who will negotiate payment plans with your creditors and set up a reasonable way for you to eliminate your debt. Seeing a credit counselor will put a dent on your FICO score, but it's better than declaring bankruptcy.

SM

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What's Saving?

As college students, sometimes we live so close to the edge, financially speaking, that putting some money into the bank seems nearly impossible. Try to learn to live within a budget enough to have some money to put in the bank. That way when an emergency comes up, you will be able to cover the cost and won't have to charge it to a card or take out a loan, thus avoiding more debt.

The thing to remember is that the college years are the foundation of our economic lives. Starting out 'in the red' as it were with debt just puts us that much farther behind. Learn now to discipline your spending and carefully manage your money. **S**



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From Jobs:
 From Parents:
 From Student Loans:
 From Scholarships:
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INCOME SUBTOTAL:

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NET INCOME
(income - expenses):

Check Out These Sites

1. **Bank Rate** (www.bankrate.com) offers helpful credit calculators and debt management articles.
2. **Utah Debtors Anonymous** (<http://www.utin.org/da.html>) offers a support group for overspenders.
3. **The Financial Literacy and Education Commission's website** (www.mymoney.gov) offers articles and information on budgeting, credit cards and more.

Semester Budget Worksheet



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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

play



Darkwatch
multi-platform
Capcom
Overall Rating: 62

Mixing cowboys and vampires in a first-person shooter, the only thing Darkwatch could do to be any cooler would have been to sneak ninjas in. Controlling your half vampire character through the dark, mist filled environments that bring chills of joy, makes the whole experience great. But after destroying your 5,000th skeleton in simply a different (albeit awesome) environment, with the addition of one new enemy, the novelty begins to wear. And there might have been good music, but all you ever hear is the skeletons crawling from the ground and thousands of shots being fired. A great game for those who like dismembering hordes of undead, but if you like a little depth in your shooters, look elsewhere.

Good: wonderful environments and fluid controls
Bad: very, repetitive, very repetitive, very repetitive
Cool Vampire Powers: cool ways to kill the same skeletons

Graphics: 77
Controls: 84
Sound: 55
Story: 50
Fun: 65

After a long drought of mortal kombat games, Shaolin monks marks the third in a recent downpour. Straying from the usual pick a fighter, climb the roster, beat the last boss formula, Shaolin monks sets you off on a journey more like a mix between Devil may cry and Baldur's Gate. The storyline is typical of the series, but now has twists for the more adventure like game. At first you can only choose from two characters, but you can earn a few other characters as part of the usual vast amount of secrets. The great co-op play adds enough to the game to keep you coming back for those secrets.

Graphics: 72
Control: 70
Sound: 75
Story: 70
Fun: 78

Mortal Kombat: Shaolin monks
multi-platform
Midway
Overall Rating: 71



Good: a fun change from the usual mortal kombat style
Bad: most of the characters are there, you just can't use them all
Better With: a friend



The Longest Yard
PG-13

Adam Sandler and Chris Rock headline in this interesting look into delinquent male aggression.

Sandler plays Paul Crewe, an ex-NFL-turned-inmate who has just arrived at the Allenville, Texas State Penitentiary. Opening his visit with, "It's an honor to be locked up here," Sandler splashes his role with that sardonic flavor we love. The jail warden requests that he become the new coach for the prison's football team. Crewe makes a friend in Caretaker (Chris Rock), a sarcastic man in the know.

They begin recruiting from the prison's real-world rejects, and find and tame players like a seven-foot solitary-confined hulk who likes ping-pong. As they train and prepare for the impending game, Crew and Caretaker build unity and provide aggressive outlets for the prisoner-athletes.

There is a surprisingly sentimental angle, which helps to motivate the team toward victory. Not surprisingly, the prisoners win the game, showing that even hulking-up inmates can play a decent football game. For the inside glimpse into life in prison athletics, whose players probably would never reach NFL status anyway, check out The Longest Yard.

By Carolyn Duncan

The Date Doctor

I am back with another sad story. Dorian Ringer writes, "I went to pick up my date and honked for her in her driveway, but she never came out. When I went to the door, her roommates told me, 'she will not be going out with you tonight.'"

For some reason chivalry has left the dating scene. Guys are just not gentlemen anymore. So, let's use that to our benefit. This will really help us stand out from all the other dates these girls go on during the week.

This is what the ladies told me: "The door. Get it!" They say it's worth points. (Not sure what that meant.)

Evidently, women keep score during a date; for some it is a numbers game, others use a grading scale. (I thought that might be helpful for some of us out there.)

"The Door." Apparently, females have a thing about the door, and it applies in a few areas. When you go to pick her up, walk to "the door" and either ring the doorbell or knock. Do not call her from your cell phone and tell her to meet you in your car. Even if you've known her for a while, get out and go to the door!

Of course, there's your car door, too. Trust me; this is big on the points scale. There is a shortage of perfect gentlemen out there. Opening her door when she is getting in your car will elevate you from being a "typical male." Don't worry, there is no need to open it when she gets out; it's just the getting in part.

As with the car door, get the door at the restaurant, dance or bowling ally. You don't need to make a big deal about it, but you should treat your date with respect. This is one of the easiest ways to do that. And again, it's about points here.

Finally, the "door" scene. If you had a good time (and even if you didn't) walk her to the door. Take a few minutes to park your car, turn off the engine and walk her to the door. This is a perfect opportunity for you to talk about the time you spent together this evening and ask her for a second date (hint, hint).

Guys, I know there are not many gentlemen out there, but for once give it a try. You might be pleasantly surprised. I am sure she will. **S**

By Don Osmond



Not your ordinary everyday

DATING IDEAS

by Jamie Littlefield

Let's face it: your date does not want to go miniature golfing six times a week. The key to winning a hottie's heart is not pizza and a movie – again. If you're stuck in a dating rut, it's time to get creative. With a little exploration, you'll find that the valley is full of wild, wacky, out-of-this-world dates just waiting to happen.

If you want one of these



Try one of these

► Bring It On

Start the battle before your first fight by going one-on-one with your date. Ready for some sword play? Utah Valley Sport Fencing (765-1603) offers one hour beginning fencing lessons and practice. Trained by experienced fencers, you'll be well on your way to becoming the two Musketeers. If swords aren't your style, take your date to Peg Leg Paintball (764-0919) and gear up for a messy match. (Prepare to come home with bruises, scrapes and stains). For the more docile, Laser Assault (370-0680) offers a no contact, no mess alternative. As you peek out from your barricade of rocks and take merciless aim at your date, you may realize you have something special.

► Tickled Taste Buds

Everyone likes to eat. Indulge in some culinary creativity with cooking lessons offered around the valley. Thanksgiving Point (768-4971) has some tasty courses such as Italian Innovations and Campfire Suppers. Taught by professional chefs, these classes will have you creating, filleting and sautéing in no time. If you have a sweet tooth you may want to try cake decorating or candy making classes at Sweeties (375-2069). Their required cake decorating kit will let you keep making masterpieces even after you go home.

► Beyond Ultimate Frisbee

If you like sports, try something other than golf and Frisbee (and the infamous Frisbee golf). While tackle football may not be the best date sport, there are a lot of activities guys and gals can enjoy together. Get an all-day rock climbing pass at The Quarry (418-0266) for a little more than the price of a movie. Go Saturday after eight and it's even less. There's no better time to determine your true feelings for someone than when hanging by a peg 20 feet in the air. If you'd like to stay closer to the ground, try out one of their Yoga classes. For those with a need for speed, The Zone (234-4386) offers electric kart racing on a professionally designed indoor track. Don't forget to bring your driver's license. In the summer months, give High Country Rafting (224-2500) a try. Their two hour Provo River rafting trips are a whitewater adventure to remember.

► Close to Home

No wheels? No problem. There are lots of interesting dates to be found a skip, hop, and jump away from the classrooms you visit everyday. See a star show put on by the Astronomical Society at BYU's planetarium (422-5396). If you go to the last show on a clear Friday night, they may even open up the observation deck for you. Check out BYU's International Cinema (422-3529) to find unique films from around the world. Whether it's in French, German, or Hebrew, you can be reasonably certain your date hasn't already seen these flicks. UVSC's Ragan Theater (863-8799) and BYU's theaters in the Harris Fine Arts Center (378-4322) offer talented theatrical and dance performances throughout the week.

► Dangerously Unique

There are unique dates and there are dangerously unique dates. Not for the faint of heart, the dangerously unique dates take creative planning to the extreme; your partner may fall for your crazy ways or you may become the laughing stock of your dates' apartment. Either way, you'll have some wacky memories. Nothing says romance like a moonlit llama hike. King of the dangerously unique, Utah Valley Llamas (798-3559) will let you take two llamas in the back of your van or trailer and keep them for up to 24 hours for only \$30. After a simple 15 minute training session, you'll be ready to guide the llamas on your own. Take your llamas packing up to the Y for a picturesque picnic with the one you love or just stop by the llama farm for a tour. Talk about the perfect place to propose. **S**

Fabulous & Free

By Jamie Littlefield



Dozens of Priceless Dates Throughout the Valley

You don't have to spend three weeks eating Top Ramen just to afford a night on the town. There are plenty of interesting, memorable, and (best of all) cheap dates all around the valley. You just have to know where to look.

Have Some Culture

Culture doesn't have to mean cash. You can get your daily dose of refinement without a dime. Don't miss Barnes and Noble's (229-1611) open mic poetry nights. Perform a sonnet for your date or just go to enjoy the show. Another bookstore, Borders (224-2720), offers free concerts every weekend. If you're in the mood for art, check out the storefront galleries throughout Provo. Many empty businesses donate their windows to local artists whose masterpieces are just waiting for window shoppers' eyes. The BYU Museum of Art (422-1140) is another great place to find fabulous creations. While you're on campus, take a look at the Bean Museum (378-5051) - even if you just want to catch a peek at their world-renowned liger.

Be a Kid Again

If you're out of dating ideas, why not ask the nearest 8-year-old? Bring back the good ol' days with a date right out of your childhood. Fort making can be a fabulous way to spend an afternoon. Tables, chairs, sheets, and snacks are all the ingredients you'll need. Or, pick up some picture books for a stroll through memory lane. The Provo City Library (852-6650) has an amazing children's section, complete with comfy places to curl up with fantasies and fairytales. Coloring contests, finger painting, play dough sculpting, and collage designing are other great ways to let your inner-child shine.

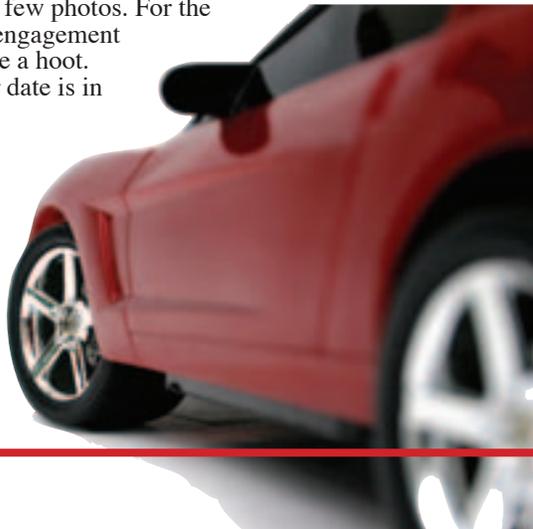
Date Dangerously

Some of the best dates happen when you're dangerously close to being asked to leave. Many students are big fans of street monopoly. Forget the kitchen table and find somewhere a little more exotic to play your board game. A random park bench? A view-worthy roof? You decide. Urban hopscotch is another favorite. Just find an empty parking lot and let the party begin.

Live Large

You don't have to be rich to act like it. Let your imagination run wild with an upscale consumer experience. Try test driving cars at local dealerships. Nothing beats the feeling of cruising in a Corvette with a cutie by your side. (Just ignore that salesman in the back). Or, check out the overpriced clothing stores for a chance to strut your stuff. You don't have to buy anything, just pick out some stylish threads and put on a fashion show for your partner. You may even want to snap a few photos. For the truly bold, pretend engagement ring shopping can be a hoot. Just make sure your date is in on the joke. **S**

Pretend you're rich and take a Corvette for a test drive



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Painting The Roses

By Patricia Auxier



Local Bands break out



The band has deep musical roots. The brothers, Kris, Peter (guitar/vocals), Andrew (currently on a mission in Romania), and Joe Larson (piano/vocals), grew up singing together, harmonizing and making music as they go. Devon Snethen (bass/back-up vocals) brought versatility with his scholarship in underground hip-hop. Adding Alex Harvey on the drums, as Peter relates, “completed the circle and made the chemistry of the band work together.” They also owe a great deal to Jared Brooks (guitar), who is currently finishing school in Seattle. Together, they bring different styles and flavors which shades and colors PTR.

With their birth onto the Provo scene at Battle of the Bands at BYU, the local audience is getting a taste of the musicality of PTR. Devon Snethen says, “The set-up for Battle of the Bands was amazing. To meet so many incredible bands and play for such an awesome crowd was a great experience. It was the culmination of all our efforts.”

As members come and go from missions, PTR hopes to ground themselves in a foundation that will perpetuate them onto the national market. They hope that their work ethic, combined with incredible musicality will introduce them to the national market of rock.

But don't take my word for it. Check out the upcoming shows and view additional information at their website, www.paintingtheroses.com. **S**

Painting the Roses refuses to adhere to any musical construct or boundary or fit in any tight box. Basically, they rock. And rock hard.

Conceived in the synergistic atmosphere of Seattle, these boys draw from emo, punk, and rock influences, bands ranging from Early Novembers, Brand New, and Moneen, to create a fusion and creation of intense harmonies. It's rock that's subject to change at any moment.

Their band name reflects the concept that there are various influences, roses in the progression of music, building on each other and adding their own personal flavor to the musical world. Kris Larson (guitar/vocals) says, “Our music is exactly that. We're adding our style and personality to the music. We're influenced by these other roses but we're giving it our own color.”

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Successful **Entrepreneurs** still in **School**

By Traci D. Marinos



A local favorite success story is **Kara Forrest**, advertising senior at BYU and owner of **Provo FroYo**. The frozen yogurt shop has hit the spot with kids of all ages, especially those in their college years! Forrest got her funding to start her business from an online scrapbooking business she started in high school. Forrest was only 19 when she opened her Provo store and has big plans to open another store in Salt Lake and then move onto other college towns. Her sweet success is an inspiration to anyone with a dream!



Jayson Edwards, owner of J Dawgs hot dog stand, tops our list of student entrepreneurs. This BYU student just won first place in the BYU Student Entrepreneur of the Year Competition held in October. Edwards is an inspiration to fellow students by starting a small hot dog stand just south of campus and turning it into a gold mine.

In the last three months, Edwards has grossed over \$41,000 and that's no bologna!



When **Whiff Candle's** president and founder, **Shane Loftus** was "sniffing around" for a business opportunity while attending UVSC, he just followed his nose. Realizing how humorous bad smells can be, especially to the unsuspecting nose of a friend, he created a unique gift idea that has proven tremendously successful but stinky! Whiff Candles creates fragrances that highlight some of the most recognizable odors, from bodily functions to bad pet smells, each more hilarious than the first. With sales in 2005 increasing by over 250 percent, and accounts all over the U.S., as well as Canada, it's obvious that success never smelled so bad! When asked why his organization was having so much fun, Loftus just grinned offered us a candle and said, "Take a Whiff!" Check out whiffcandles.com. **S**



Photos by Robb Costello

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I've learned some great new exercises from Jed. Here is one of my favorites you have to try!

This exercise works your **HAMSTRINGS**



1



2



3

1. Grab a partner and have them hold your legs on the ground while you kneel.
 2. Slowly lower yourself to the ground using your hamstrings. Catch yourself with your arms in a kneeling push-up position, but keep your hands in a fist so you don't injure your wrists.
 3. Use your hamstrings to slowly pull yourself back to the starting position.
- * Do three sets of 15, (or as many as you can).

Here's my progress so far
Erin Delfoe's Stats

Sept. 1st

Height: 5'7"
Weight: 132 pounds
Body Fat: 22.6%

NOW

Weight: 128 pounds
Body Fat: 19.4%
Total inches lost: 7.2

Know Your Training Zone

Know your Training Heart Rate Range

At our T.E.A.M. Schooled with Fitness Pro's seminar on October 8th, I taught about the benefits of knowing your target Heart Rate Range. One of the biggest misconceptions I hear from people at the gym all the time is that the faster you workout and the higher you can get your heart rate going, the more fit you become. **THIS IS FALSE.** The idea of running as fast as you can on a treadmill to "lose more weight" makes me cringe. The way to properly lose weight and get fit is by knowing your target heart zone and staying in it when doing your cardio and other vigorous activities throughout the day. To find out what your target heart zone is, you need to find your resting heart rate and then use a formula to find out your maximum and minimum heart rates.

To find your Resting Heart Rate

Your resting heart rate (or pulse) is an excellent indicator of your present level of aerobic fitness. The lower your resting pulse rate, the greater your heart's fitness. Before getting out of bed (if you can wake up without an alarm clock, this will help you get a more accurate number as well), take your pulse for one minute by placing two fingers on your wrist or carotid artery on your neck. Count the amount of heart beats you have in one minute. Note your resting pulse and repeat every few weeks to monitor your increasing fitness level.

Tips From **Fitness Pros**



-Jed D. Hanson
Certified Personal Trainer

Now that you know your Resting Heart Rate, use the following formula to determine your target heart rate range. For exercise to be aerobic, it **MUST** be performed within your target heart range for 20-45 minutes three to five times per week.

To get your **LOWEST** number your heart rate should be at when doing your cardio, use the following formula.

1. $220 - \text{your age} = \text{Maximum Heart Rate}$ (ex. $220 - 23 \text{ yrs old} = 197$ is your maximum heart rate)
2. $\text{Maximum Heart Rate} - \text{Resting Heart Rate} = \text{Maximum HR Reserve}$ (ex. $197 - 71 = 126$ is your Maximum HR Reserve.)
3. $\text{Maximum HR Reserve} \times .6$ (60% of Max. HR Reserve) + Resting HR = End of your Training HR Range (ex. $126 \times 0.6 + 71 = 146.6$) (So you wouldn't want to go under 146.6 during your cardio to stay at an aerobic fitness level.)

To get your **HIGHEST** number your heart rate should be at when doing your cardio, use the following formula.

1. $220 - \text{your age} = \text{Maximum Heart Rate}$ (ex. $220 - 23 \text{ yrs old} = 197$ is your maximum heart rate)
2. $\text{Maximum Heart Rate} - \text{Resting Heart Rate} = \text{Maximum HR Reserve}$ (ex. $197 - 71 = 126$ is your Maximum HR Reserve.)
3. $\text{Maximum HR Reserve} \times .8$ (80% of Max HR Reserve) + Resting HR = High End of your Training Heart Rate Range (ex. $126 \times 0.8 + 71 = 171.8$) (So you wouldn't want to go over 171.8 during your cardio to stay at an aerobic fitness level.)

Sit-Ups

Everyone knows how to do a sit-up... right? After working out with Jed... I found out that I hadn't been doing my sit-ups the right way all these years... without the proper technique, I wasn't able to get a full and effective abdominal workout. That's where Jed's tips come in handy. The following are the proper techniques for doing sit-ups.

As you can see, I used an exercise ball to help support me and also make it harder on me since I'll have to balance my body. There are three proper ways to position your body when doing sit-ups...



1. Put your arms up above you like you are reaching for something. (This is the easiest position to do a sit-up in and it applies less pressure on your neck & back.)



2. Cross your arms on your chest (this is for medium level sit-ups).

3. Put your hands on top of each other behind your neck. Do not intertwine the fingers.

Other Tips:
Keep your chin up. You want to be able to fit a fist between your neck and chest. You could strain your neck if you don't keep this proper position. When on an exercise ball, make sure you keep a straight line with your body.



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Here's my progress so far

Deborah Taylor's Stats:

Sept. 1st
Height 5'10"
Weight: 180 pounds
Body Fat: 32%

NOW
Weight: 169 pounds
Body Fat: 31%
Total Inches Lost: 12

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Last Place Prediction Provides Motivation for Cougars

According to recently released preseason Mountain West Conference rankings, the media does not expect this year's BYU basketball team to amount to much.

The poll predicted the Cougars finishing dead last in this year's conference standings.

It is precisely these low expectations that have the Cougars motivated for the upcoming season. During a recent press conference following the release of the rankings, players seemed fired up.

"I guarantee we won't finish last," said BYU guard Austin Ainge. "That's an easy guarantee."

Dave Rose took over as head coach for the team in April after Steve Cleveland left to coach at Fresno State. Rose agreed that the rankings initially made him "angry," but also noted that the media has not really been given a valid opportunity to witness his team in action.

Furthermore, there remain a lot of unknown variables on this year's squad. In addition to new head coach Rose—who, with 22 years of coaching experience, is not exactly a rookie—this year's team features seven players from last year's 9-21 team. They also lost last year's leading scorer Mike Hall.

However, as players like Ainge point out, this season's team differs in several important factors from last season's.

For one thing, the players on this year's team will all have some experience under their belt, most of them having contributed in some sort of role last season. For another, the media currently has no way of gauging the potential contribution of freshman like shooting guard Lee Cummard and redshirt freshman Trent Plaisted, both of whom are expected to be major contributors this year.

This year's conference preseason voting also seemed more mixed than usual, with five teams receiving first place votes, the most ever in a preseason MWC poll.

"First through ninth, who knows?" said Wyoming coach Steve McClain, seeming to iterate a generally accepted notion that anything can happen in this year's conference.

BYU will open the season with a home exhibition game against Victoria BC. This year's schedule also includes games with Washington State, USC, and Tulsa.

The Cougars open conference play on January 5th with a visit to Air Force.

Rose wanted to make it clear that the media has been wrong on innumerable occasions in the past, and they don't ultimately determine the rankings, but it's the wins and losses that do.

Nevertheless, that does not necessarily mean that the preseason rankings snub won't add fuel to a BYU team that opens the season with a lot to prove. **S**

Photo by BYU Photo



By Michael Palmer



Photo by BYU Photo

The BYU men's basketball program has been named one of the nation's all-time greatest basketball programs. Street & Smith's has produced a publication recognizing the "100 Greatest College Basketball Programs of All Time," ranking BYU No. 36 on its list.

Cougar fans have cheered BYU to 82 winning seasons, 26 conference titles, 21 NCAA invites and 2 NIT titles, while Cougars have earned 40 All-American and 96 All-Conference Citations, 43 NBA Draft selections and one National Player of the Year award.

Price-less UVSC Basketball Team Looks to Build on Last Year's Success

By Michael Palmer

UVSC's basketball team is finding a new identity without leading scorer, NBA-bound Ronnie Price.

Last year's Division I initiation season was a very successful one, with the Wolverines finishing 16-12, including wins over Boise State, Weber State, and Texas A&M-Corpus Christi, a team that was ranked in the Mid-Major Top 20 poll.

That team also produced Ronnie Price, the Wolverines' leading scorer last year. Price signed a guaranteed contract with the Sacramento Kings this summer.

"That's just as special as it can be," UVSC basketball coach Dick Hunsaker said of Price's achievement. "He's made this summer fly by. It's all been very exciting. No one deserves it more."

Although the departure of a player like Price—who, at 24.3 points per game, was third in the nation in scoring last year—is irreplaceable, coach Hunsaker, now in his fourth season with UVSC, remains optimistic about this year's team.

"We're finding new roles, and a new identity," Hunsaker said.

The Wolverines' home schedule includes opponents from a variety of conferences and regions, highlighted by hosting in-state school Weber

(continued)

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State for the second straight year on December 6.

"For us to get an in-state school to come to the McKay Center is an accomplishment, so we're very happy about that," Hunsaker said.

UVSC will also play host to schools like Idaho State and Sacramento State from the Big Sky Conference. Other schools who will be making the trip to the McKay Events Center include Texas A&M-Corpus Christi (Jan. 26), and Texas-Pan American (Jan. 28). Northern Colorado will be visiting Orem for the third straight year on Jan. 21.

This year's ratio of games played at home and on the road is more balanced, with the Wolverines playing 14 regular season games at home, and 15 on the road.

The Wolverines will host two exhibition games at home against Westminster and Mesa State before heading off to Iowa City to kick off their regular season at the Guardians Classic, hosted by the University of Iowa. Iowa will be a potential opponent the Wolverines play if both teams win the first round of the tournament. The Wolverines will also travel to Arizona State and Montana as part of a diverse and challenging road schedule.

The UVSC athletic administration is making efforts to excite the community and student body about this year's new team. With an exciting schedule and a new, hard-working team, coach Hunsaker and the athletic administration hope that fans will come out to support the Wolverines this year, following last season's success.

"I'd love to see our student body and community members come out," Hunsaker said. "Our kids play hard and compete well; I think the fans will enjoy it. And this group needs the support, and the extra energy fans provide."

For a look at UVSC's complete basketball season this year, go to <http://web1.uvsc.edu/athletics/mbball/sched.html>. Season tickets are available by calling 863-7469. **S**

**Pierre
Thomas
32 and
Richard
Troyer,
12**



Photos by
Ed McCulloch
UVSC Athletics

Project 3 (Performance) ----->

By Russ Taylor

Check out the process of going from Factory to Custom!!!



Welcome to part two of Project 3 where over the next three months Automotive Restyling Associates (ARA), in Provo is hooking up a stock Mazda 3 and turning it into a driving sensation. Last month Schooled featured the upgraded sound system. This month Project 3 was given major performance upgrades.

The stock Mazda 3 came with 17" rims and a 4-cylinder 2.3-liter engine that puts out about 160 horses. But stock is never good enough, so ARA decided to drop in some new elements to hook up this ride.

1) The performance upgrades from ARA give this Mazda 3 a tight look with the 2" drop, Enkei rims, Magnaflow exhaust and the AEM cold air intake.

2) Check out the sweet Magnaflow Cat-Back Exhaust

3) Don't these 18" Enkei rims make a drastic difference on the look of the car? Discount Tire of Orem hooked us up with a sweet deal.

4) Here is the AEM cold air intake. Together with the exhaust, the car sounds very aggressive.

5) The Eibach lowering spring kit lowers the car giving it amazing handling.



ARA put in a Magnaflow Full Cat-Back Exhaust and you can't have a modified car without an intake so ARA dropped in an AEM cold air intake. Both these upgrades added about a 15-20 horsepower increase.

With the additional speed, ARA wanted to make sure the car stayed on the road by putting on 18" Enkei 9 spoke black and silver rims and high performance low-profile tires. They also replaced the stock springs with Eibach sport lowering springs that lowered the car down 2". Now the car can take corners at over 60 mph and it always stays solid on the road.

With the performance and audio done on the car, Project 3 is on its way. Look for the next issue where we will finish up the Project 3 with all the accessories that will make this Mazda 3 "Arrive in Style."

SHOW ME YOUR RIDE



Ryan Lillywhite

24, BYU student, majoring in business

1980 Corvette

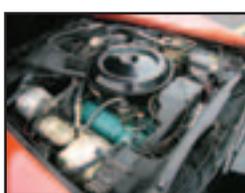
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"It's been my dream car since I was four, when I started to collect Hot Wheels."



"Why wait until you're 40 to get your dream car?"



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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Young &



By Rebekah Jakeman & Seth Kelley

National statistics claim Provo as the #1 city in America for starting new businesses. Many of the entrepreneurs founding these companies are either recently graduated or still in school. The popularity of entrepreneurship is spreading fast. Currently over half the jobs and revenue in the country come from small businesses. Universities in the valley, including both BYU and UVSC, offer degrees that emphasize entrepreneurship and provide students with the training they need to be successful in their business ventures.

Success has taken Utah entrepreneurs by storm. Leading the pack is Shawn D. Nelson, founder and chairman of LoveSac. Schooled recently had the chance to talk with this unstoppable 28-year-old CEO about his rags to riches business story of revolutionizing the lame bean bag into the nation's choice for leisure, the LoveSac. A Utah native and University of Utah graduate, he has called the valley home for most of his life, except for two and a half years in Taiwan and China. He also spent six months winning the Fox Network's Rebel Billionaire reality show and working as president of Virgin Records with the company's founder, Richard Branson.

Successful

LoveSac Owner Shawn Nelson Shares his Secrets on how to be a Young Entrepreneur!

S: What was the inspiration for LoveSac?

Shawn: I was 8-years-old, just watching TV and the idea popped into my head. I got off the sofa right then, went and bought some fabric and filled it. It took me three years to get around to making my neighbors one. They were bugging me to have one when they saw mine. Then I thought, if I am going to make my neighbor one, I should sell it to them, and if I am going to sell it I should start a business, and I need a name for the product.

S: How old were you when you opened your first store?

Shawn: I was 24-years-old, furniture stores weren't interested in selling LoveSac because they thought it would take up too much of their floor space and that it was too expensive. So my cousin suggested I open my own store. I thought the idea was ludicrous. Well, now we have 75 stores and are still growing.

S: What challenges did you face starting a business?

Shawn: The biggest one was having enough money to grow. I knew I had a good idea that people wanted to buy, but fabric is costly. Another challenge was knowing what I needed to do to carry out the business. I just had to learn and hire experienced people as I went along. For example our CFO, Doyle Judd is 60-years-old and joined us a year and a half ago and has really turned our books around.

S: Where did you get the capital to start?

Shawn: I maxed out all my credit cards. My parents and friends also loaned me some money.

S: Did you have a mentor when you were starting your business?

Shawn: Not really, I was on my own. But I did have a lot of help and support from my parents and friends. They helped me with building the factory and gave me a few small loans. It would have been good for me to have had a mentor to avoid some of the pitfalls I went through.

S: Are your parents or grandparents entrepreneurs?

Shawn: My whole family has been self-employed, never anything really big. They didn't have the money to get big. My grandpa had a bowling show here in Utah back in the day. My dad is a real estate broker.

S: What qualities have made you a successful entrepreneur that you would recommend to others starting businesses?

Shawn: Number one is tenacity. Even when you are staring defeat, bankruptcy, or danger in the face, you just got to suck it up. Hope for the best and deal with the worst that comes. Number two is optimism because

(continued)



Shawn discusses a new LoveSac design

Photos By Robb Costello





Chillin' with the creative team

otherwise you have too many things against you to make it to the end. You need undying optimism.

S: Should aspiring entrepreneurs expect to get rich?

Shawn: People should hope to get rich. You do work harder and longer, but it's also more interesting. Instead of watching the clock and thinking, "when will I ever get out of here," you watch the clock and see how much time you have left to complete your "to-do" list. It's cool because you're never bored. You wish you had more time in a day—it's a good feeling being an entrepreneur.

S: What is the worst thing that can happen to an entrepreneur?

Shawn: The worst thing that could happen is bankruptcy and even that's not the end of the world. It's not like you've been a burglar and will go to prison. Sure bankruptcy will hurt you and others, and that's sad, but you need to feel good about what you're doing as an entrepreneur. Go for it.

S: What is your lifestyle like now compared to when you first started?

Shawn: In the first years, I spent a lot of time building a factory, driving trucks, and working in the store. Now we have 44 people in the corporate offices and 700 in the field. So obviously my job is more administrative. I still work 12-hour days, six days a week because honestly, we are trying to bite off more than we can chew, and it takes time and energy.

S: What is the future for your business?

Shawn: We want to grow a retail chain that is the leader in hard-core leisure. LoveSac helps you waste your time better. Whether it's playing video games or watching movies, we want to help people complete their movie rooms with our product. We are now selling

clothes—loungewear with our logo all over it. And we just came out with a new sacs limousine which is louder and more fun.



S: What were your career plans while you were in school?

Shawn: I expected to live and work in China. But LoveSac took off and I ran with it. After experiencing the entrepreneurship, it was in my blood.

S: Tell us about winning Rebel Billionaire.

Shawn: Well, actually I was cast by accident. They came to Utah and my name was mentioned as a "crazy entrepreneur" that would be into that kind of stuff. So I was selected out of 50,000 applicants. Then I did business challenges in eight different countries around the world in just a few months. In the end I got to be president of Virgin Records for three months and won a million dollars. I gave all the money to LoveSac.

S: What is one thing you want to do before you die?

Shawn: I want to write a Broadway musical. I am a musician and play in a band, "The Love." We play at local clubs.

S: What's in your future as a businessman?

Shawn: I love developing brand new products, being the spokesperson and an inventor. I want to start other businesses, but LoveSac will always be my main focus.

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by Erin Delfoe

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



L) Brandon Sargent, 19, BYU student
Jacket: American Eagle

R) Courtney Smith, 18, BYU student
Beads: Nordstrom
Pants: Seven For All Mankind.

You need a great jacket for fall

Mo Fritz, 24, BYU student
Jacket: Cozy



Jewelry can make an outfit

Lisha Hoskisson, 23, BYU student
Shirt: From Japan

The right hat can make any outfit stylish



Janice Freij, 29, BYU student
Hat: Wet Seal
Rings: From Egypt





A Day in the life of:

Spencer Matsuura: 3-D Artist

By Stephanie Fowers

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.

SM: So, Spencer, what do you do all day?

Spencer: Serf the net, flirt with office managers, the usual...

SM: Don't play with me. We can do this the hard way or the easy way. What's it going to be?

Spencer: Fine, I work at Headgate Studios in Bountiful, Utah. I computer model light and texture the golf courses for EA's Tiger Wood's PGA games. It means I'm on the computer all day.

SM: Sounds familiar...so, what would you say is the best thing about your job?

Spencer: The women, oh wait, there are no women in the video game industry (he laughs when I give him the eye). Uh, yeah...it's fun working on a major game with a big name attached to it. I like the hype associated with it. It's also cool watching the video of a golf course and recreating the texture, especially when the course is interesting.

SM: How many hours do you put into video games, loser?

Spencer (grins): Forty hours a week when it's not crunch time, but when it is, 60-70 hours. Some nights I don't come back until 3:00 in the morning. Other guys spend the night there, but that's pretty normal for the game industry.

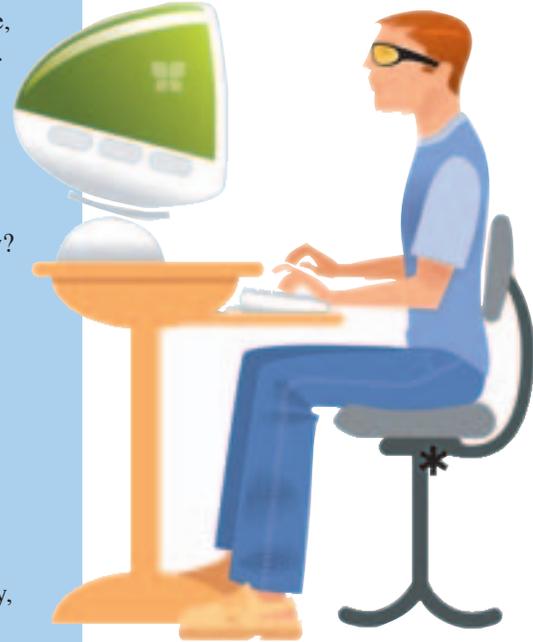
SM: So, what's the normal starting range?

Spencer (after much arm twisting): Between \$40,000 to \$45,000. I'm not saying that's how much I make though. It brings home the bacon...as they say in Southern Ireland.

SM: (looking at him with a new light): Really? So, what does a person have to do to get their foot in the biz, so to speak?

Spencer: Huh? Oh, you're talking about a resume. If you want to get hired, you need a good demo reel. It's two to three minutes of your best work. That means computer work, traditional and figure drawing. They want a wide range of skills. A degree in animation or computer science is also a good idea. It's a competitive field, that's for sure. You have to be passionate about what you do and naturally, you'll get better at it.

S



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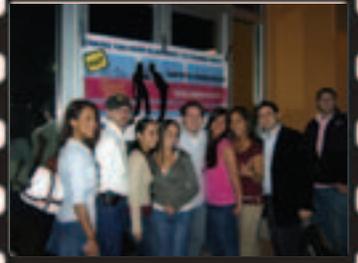
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1. Date Auction



On location



1. The Date Auction put on by Schooled, The Capo Parties, and Not on the First Date to raise money for the Red Cross was a huge success raising over \$2,000.
2. Amelia Stowell, Debbie Taylor, Traci Marinos and Erin Delfoe show off their cute outfits at the BYU Homecoming Dance.
3. This student smiles at the camera, right before getting knocked out at a party at the McKay Events Center.
4. Schooled's Russ Taylor & GJ Stowell hide in the corn at the Thanksgiving Point Napoleon Corn Maze.
5. GJ Stowell, Russ Taylor, Todd Marinos and Jason Delfoe pose in the garden area at BYU Homecoming.
6. Friends of Schooled Magazine at the Biggest Party 2.
7. Matt Wood, the voice of the Schooled Podcasts, records the next Schooled Podcast coming out on November 4th .
8. Parade-goers wave at the Schooled Magazine Mini as it passes by in the BYU Homecoming Parade.
9. The Mini waiting for the parade to start.
10. Enthusiastic donut eaters compete in the Bear Claw contest at the Chris Farley Fundraiser at UVSC.
11. Russ Taylor hangs out with two of Chris Farley's brothers at the fundraiser.
12. The Schooled Magazine & Something Local CD was released on October 22, 2005. Make sure to get your copy at the next Schooled party!
- 13-14 Groupies hang out as they wait for the bands to start at the Biggest Party 2.

Wherever Schooled is, there's something cool going on! Invite us to your event! Contact us at 356-5715!

November

Sun.	Mon.	Tues.	Wed.	Thurs.	Friday	Saturday
			2 UVSC Men's Wrestle Off! Acoustic Explosion Rob Thomas concert Schooled Magazine on Your Doorstep!!!!	3 UVSC Women's Volleyball Schooled Magazine on Your Doorstep!!!!	4 BYU Men's Basketball UVSC Women's Volleyball BYU Fall Preference Divine Comedy UVSC Hockey Schooled Podcast Schooled Magazine on Your Doorstep!!!!	5 BYU Football Utah Jazz BYU Fall Preference UVSC Women's Basketball Divine Comedy "The Book of Gold" Schooled Magazine on Your Doorstep!!!!
6 		8 Acoustic Tuesdays 3rd Annual UVSC Hunger Banquet	9 BYU Jeopardy	10 BYU Men's Basketball UVSC Men's Basketball	11 BYU Women's Basketball BYU Men & Women Swimming & Diving UVSC Men's Basketball BYU Danceport Championships Multi-Fiesta @ SLCC Laugh Out Loud Dance Ensemble	12 BYU Football BYU Women's Swimming & Diving UVSC Women's Basketball BYU Danceport Championships Murder Mystery Laugh Out Loud Fitness Seminar
	14 Utah Jazz	15 BYU Devotional: Elder Robert D. Hales Mamma Mia Acoustic Tuesdays	16 Ping Pong Tourney	17 Dollar Night @BYU WILK Jeffrey Shumway Concert	18 BYU Men's Basketball UVSC Women's Basketball BYU Men & Women Diving UVSC Hockey Dollar Night Schooled Podcast	19 BYU Football UVSC Men's Basketball Nine Inch Nails & Queens Concert BYU Men & Women Diving Mamma Mia Dollar Night Vocal Point Ballet Showcase
20	21 Utah Jazz	22 Rolling Stones Concert UVSC Men's Basketball Acoustic Tuesdays	23 UVSC Women's Basketball No Classes	24 No Classes Thanksgiving!!!!	25 No Classes Utah Jazz Mamma Mia	26 BYU Women's Basketball BYU Men's Basketball UVSC Women's Basketball Mamma Mia
27 Mamma Mia	28 Kurt Bestor Christmas Concert	29 UVSC Women's Basketball Utah Jazz Acoustic Tuesdays BYU Masquerade	30 Acappellooza	1 Utah Jazz Dollar Night @ BYU WILK	2 Dollar Night Celebration of Christmas Christmas Around the World Divine Comedy Nutcracker Ballet Winter Concert	3 BYU Men's Basketball UVSC Women's Basketball UVSC Men's Basketball Dollar Night Celebration of Christmas Christmas Around the World Divine Comedy Nutcracker Ballet Winter Concert
4	5 Utah Jazz Nutcracker Ballet Winter Concert Look for Schooled on your Doorstep!	6 UVSC Men's Basketball Acoustic Tuesdays Winter Concert Look for Schooled on your Doorstep!	7 BYU Men's Basketball Utah Jazz Look for Schooled on your Doorstep!	8 UVSC Women's Basketball BYU Last Day of Classes Look for Schooled on your Doorstep!	9 Utah Jazz UVSC Hockey	



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