

-

February 2006

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What is it about love? For some of us we've been waiting for February to come around for a long time, and for others it feels like a plague that everyone is catching. It was easy to make this issue of Schooled Magazine all about

what we love here in Utah Valley, not only because it's Valentine's Day, but because it's all around us, whether we like it or not.

So if you're in love, this issue has tons of things for you including love facts and fun things to do on Valentine's Day.

If you're definitely boycotting love this month, this issue has stories ranging from single appreciation day, to taking care of the winter blues, to the hot topic: getting married too young. And to entertain you about the things everybody loves, this

issue features the Sundance Film Festival, the hype about Mormon movie stars, and what it's like to train for the Olympics.

To have some fun this month, Schooled Magazine is sponsoring the Chocolate Party & Hip Hop



Dance on February 10th at 24 Hour Fitness. Come to fill that sweet tooth, make some new friends, and get a chocolate kiss from Miss Utah.

On a side note, if you are look-ing to make some cash, not only is Schooled Magazine hiring writers, designers and photographers, were also giving away \$50 to the worst decorated apartment in town! See page 8 for more details or visit our website at schooledmagazine.com for more information.

So, whatever you're looking for this month, this issue of Schooled will help you celebrate!

Managing

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Want to be involved with Schooled? Here are some ideas:

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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, jeremy HOLM, scott TAYLOR

Photography

Photographers teagan ALEX, robb COSTELLO, amelia NIELSON-STOWELL

Promotion Director Juis CASTRO

Senior Writers

patricia AUXIER, stephanie FOWERS, rae HARRIS, jeremy HOLM, don OSMOND, amy WEST

Writers

jennifer BORGET, carolynn DUNCAN, christopher GONG, esther HARRIS, rebekah JAKEMAN, seth KELLEY, jamie LITTLEFIELD, mckay SALISBURY, chris SORENSEN

Marketing Executive brian MORRIS

Technology & Website mike DODGE

Distribution Manager chris WILLIAMSON

Publisher



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February 2006 **C n o o**



You Don't Have to be in Love to Have a Great Valentine's Day. pg. 22-23







Training for the Olympics

features

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Cover Photo By Robb Costello

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55. Check our Calendar to see What's Happenin'.

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We're looking for the ugliest student apartments! You know, the apartments that have hideous posters hanging up in the living room, a trash corner because you don't have a trash can, or a crate holding up the TV. We want to feature your apartment in our March issue in Provo's worst decorated apartments! Submit a photo of your apartment and tell us why your apartment deserves to be on our list. Go to schooledmagazine.com and submit your stuff on the story idea link.

Just Out! "Down and Derby" is a fun new family comedy about a children's pinewood derby race that turns an average group of dads into an awkward bunch of competitors.



Ways to Know it is True Love

• He plays my favorite song.

• He likes me for who I am.

- He loves me even when I'm sick.
- He makes an effort with my friends.
- He goes above and beyond with
- my family.

An estimated one billion Valentine cards are sent in the U.S. each year.

85% of all Valentine cards are sent by women.

Over 50 million roses are given for Valentine's Day each year.

The red rose, representing love, remains the most popular flower purchased by men in the U.S.



XXXX! 0000! X0X0!

How did the letters O and X become representative of hugs and kisses?

The symbolic expressions of love are a hard thing to explain.

According to "Panatils Extraordinary Origins of Everyday Things," the custom dates back to the early Christian Era when the X was used as a legal signature by those who couldn't read or write. The letter which also represents a cross, doubled as a religious symbol, and kissing the X (similar to kissing the Bible) sealed the signer's sincerity.

The O, a later development, likely represents encircling arms and letter writers embraced it.

So, make sure you use your X's and O's wisely!!!

Photo by Amelia Nielson-Stowell Schooled Magazine is sponsoring intramural teams at BYU & UVSC!

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entertainment

The Date Doctor

Advice, answers & all you need to know about dating



By Don Osmon

Are guys really ignorant when a girl may like them, or do they just prefer to play dumb? M. Coleman **Beauty School**

Wow! I had to collaborate with a lot of my guyfriends. Do you realize I must share a secret about guys and our dating procedures? **DISCLAIMER:** What I say may or may not be well accepted by the ladies. However, it's not true ALL the time, but

definitely at least 60 percent. The answer: YES! We do know when a girl likes us and when she is interested in getting to know us better. Now, please don't think that every guy is conceited, but we are not completely oblivious to

the subtle gestures (sent off) by our female counterparts. Basically it's a defense mechanism. Consider it the "Art of Disclosure." Think about what would happen if you were to be completely honest to a guy the first time you met him. He might run away just because of commitment phobia. Therefore, you probably wouldn't confess your undying love on a first date to him, would you? It's the dating games!

We all blame the "games" for our woes of dating. But, admit it! We all withhold information in order to better position ourselves in the dating world. I mean, let's be honest about it, we don't want to divulge all our secrets within the first few weeks of dating.

My advice: Just have fun. There is enough pressure from our society to get married. The last thing you need to rush is marriage – trust me! However, if for some reason the guy just doesn't seem to grasp the fact that you are interested, you're better off not putting your whole heart in it. Besides, isn't dating all about the chase? Let him chase you. Nothing will make a man act quicker than thinking he might lose the girl he truly loves.

Is it OK for a girl to ask a guy out on a date? C. Davis – BYU

Not every guy feels the same way about this question; some say yes, some say no. But, there are a few dating tactics that are perfectly OK for girls to do. Now, because not every guy is the same, these suggestions will work some of the time for most guys.

There first needs to be a definition explaining what a date actually is. For many guys a date requires three things: It's Paid for, Planned and Paired off (The Three P's). If all three exist in a date-like setting, it's safe to say you are on a date. Therefore, if just one "P" is missing, it doesn't actually qualify as being a date (wink, wink).

What does this mean? Well ladies, if you would like to get to know a guy, who has not taken the initiative to ask you out, you have a few options. Let's look at a few: the "roommate party" approach, the "can-you-stop-by-sometime" approach, and, of course, the 'I've-gotta-bring-a-date-to-thisevent-and-I-need-someone-togo-with" approach. The first two are relatively easy to execute, but the third may take some practice.

Ladies. here's how to hang out with a guy who won't ask you out.

First, let's discuss the "roommate party," and how to execute this flawlessly. The safest approach would be to invite an apartment of guys over for dinner or games. That way no one feels the pres-sure of being paired off. Now it's a more relaxed setting, and everyone feels more comfortable with the situation.

See. It's that easy; just ditch one of the P's (paired off) from the equation.

Then you have the "can-you-stop-by-sometime" approach. Just find an excuse for him to stop by; you might end up going out for ice cream or hot chocolate. Just make it spontaneous. The key is not to plan it.

Finally, the "I've-gotta-bring-a-date-to-this-event-and-I-needsomeone-to-go-with" approach works only if there is an actual event - company parties, social have-to's, and receptions. Just make sure you're not paying for it otherwise it's a date. This approach removes that awkward whose-gonna-pay feeling we've all experienced. It even works if you've only known the guy for a few days.

Just remember men are simple creatures; if you play it smart, he'll never even suspect it was a date. Above all, have fun!

There are millions of possibilities to ask a guy for a quasi-date. Just remember to ditch one of the "P's." Happy hunting ladies.

Got a **Question?** Submit it to us at

schooledmagazine.com our question could be in the next issue of Schooled Magazine!

www.schooledmagazine.com

watch play listen



Must Love Dogs

This must be the worst movie of the year. really. Sarah Nolan and Jake Andersen (Allison Lane and John Cusack) are both young, newly divorced and semi-desperate.

Rental

Good thing Sarah has a pushy family who jump-start her social life by signing her up on perfectmatch.com (anyone for ldssingles. com?) She is almost immediately overwhelmed by a flood of unlikely guys, and even accidentally answers her father's online ad....

Jake, lucky man, has only one pushy friend, who makes sarcastic comments and tries to set Jake up with Cherie, the blonde, truly shallow 20-year-old bimbo that Jake is definitely not looking for. (Good for him.)

Jake and Sarah end up meeting at a dog park, and their relationship screeches and jerks through miscommunications, unlikely events, and ultra-scripted resolutions. The only thing that stays on your mind is why was Sarah's 70-year-old father such a ladies' man?

Do yourself a favor and rent one of the recently released Seinfeld DVDs instead... -By Carolynn Duncan

CD of the Month:

em – "Finally Woken"

Jem is one of those low-key, genre crossing artists that has everyone who listens to her tapping or bobbing along. Her debut album, "Finally Woken," produced on Dave Mathews's label ATO records, blends solid bass with her dynamic vocals to produce a sound that is both hip hop and folk, and much of what is in between. Tracks to listen for are "They," "Come On Closer," and "24," although this a rare album in that every song is enjoyable over and over again.



By Seth Kelley



Need for Speed Most Wanted

With this new addition to the Need for Speed line, you can push the envelope with some serious gaming. The game starts with an interactive intro where you race your car against another for pink slips. The guy you are racing sabotages your car and you lose the race and your car.

the race and your car. So then you start with some cash and purchase a nice, new Lexus IS300 or a VW Golf GTI, and start to build your reputation on the streets by racing other cars and getting money to mod your car.

What's sweet about the game is all the mods are similar to "Need for Speed Underground 2." You can completely modify your car the way you want.

The main purpose of the game is to make your way up the most wanted list by evading the cops and beating other street racers.

The element in the game that I like most is the police pursuits, which are some of the most intense I have ever played. There is a sweet feature in which you can slow down the pursuit (a matrix effect) and evade roadblocks and spike strips.

If you are into cars and love police pursuits, then Most Wanted is the game to play.



Battlefield 2 Modern Combat

Excitement in this game starts by dropping players into the heat of battle. The game brings the intense excitement of the Battlefield series into the modern era with an armory of vehicles and weaponry. Battlefield 2 is a single-player

Battlefield 2 is a single-player propaganda campaign where players see both sides of a conflict in one of the most grueling regions in the world— Kazakhstan. Players are quickly thrown into the war and must ultimately choose sides in an amazing showdown where nothing is as it seems. Fighting for one of the four sides- the US, the European Union, the Chinese, or the newly formed Middle East Coalition, players are armed with the latest modern weaponry can choose to control any of the 30 + vehicles in the game.

There is wicked multiplayer action, along with 24-player fierce online battles. This is a definitely a full action game. -Russ Taylor

Schooled 11

breakout[.]





Leo Patrone, Joscef Castor, Scott Larson, Maht Paulos of Mathematics Et Cetera are a symbol of what Provo has to offer aesthetically and musically. They are hard but soft, angry

but happy, everything and nothing. They are a paradoxical dreg of musical wonder and expression.

The seeds of this musical fusion began in the turmoil that is high school as Paulos and Castor (two devoted bulldogs of Provo High) began playing together. They met Patrone and Larson post-high school and started creating musical magic.

So who are these dashing young men gallivanting on the stage? To reduce them to a series of labels: danceable, softly, moody, masato, San Franciscan circa 1983, Indie, alternative rockers -- but much, much more. As a band, these boys encompass all things in the universe beginning with mathematics and extending into the ever-expanding realm of et cetera. It's a band for one; a band for all.

To bring the masses together, the band produces a vibe of musical understanding. As Paulos reveals, "We understand each other. And the crowd can sympathize with the vibe this musical understanding produces." There's an undefiled neatness and luminescence of sound, a provoking synthesis of Linkin Park and Kayne West. Considering themselves sister bands with the budding talent of Lindsay Lohan, Patrone especially, has been inspired by the acting and musicality of this teenage beauty.

Music isn't a mere flirtation with fame and fortune, but a long-term endeavor to create positive things: musically and otherwise. Paulos says, "The idea is going beyond our years in Provo. To entertain others and inspire ourselves to be better and do other important and fruitful things et cetera."

Go to http://www.myspace.com/mathematicsetcetera for sound clips and future shows.



By Carolynn Duncan

Local Bands break out

Don't be fooled by John Allred's last name: This is not just his band. It may have started out that way, but since being joined by Dave Hunsaker, Sheyn Love, and Drew Fergeson, these four Provo guys have formed a tightknit association that makes all of them Allred.

If you're looking for their specifics, you're not getting them. OK, they are a combination of 18-25 year olds, former UVSC and non-UVSC students, but that's it. According to Allred, they're not saying who's who and what, other than that he's on piano/guitar/lead vocals, Hunsaker's on vocals/piano/lead guitar, Love's on bass/vocals, and Fergeson is the drummer.

Why the ambiguity? Well, that's what they're going for. These guys are looking to be different. What's their music style?

"We're not completely definable," Allred explains. "Just give it a listen and see if you like it."

With influences ranging from Jimmy Eat World to Jamison Parker, and a musical campaign to get their message across to anyone including little kids, tattooed-and-pierced rockers, and even parents, this is a band most people are likely to find a place with.

"We're not good at anything else," Allred admits. "We're average at school and bad drivers. Music is just what we love to do."

It must be true, since they've come out with three CDs in the last year- "Some Place New," Allred "Live at Acoustic Tuesdays," Allred "Christmas EP"—and they're working on another to be released in a few months. Besides that, they're basically giving them away to fans, costing only \$5 at their shows.

Check out Allred for yourself at www.johnallred.com, or www.myspace. com/allred.



Allred make up the band.



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No Time, No Money... When the Going Gets Tough, the Tuft Gets Going

You've seen him in "Single's Ward." You've seen him in "The RM," the "Home Teachers," "Churchball," but when is the last time you've seen a laugh-outloud, side-splitting documentary that hits this close to home? Yeah, never! But armed with only a microphone, a camera, and a smooth "Seinfield" wit, Daryn Tufts with his ever loyal cameraman and partner in crime, Jed Knudsen, managed to pull off the hit of the season. His mission: To ask Americans what they knew and thought about Mormons.

SM: Sometimes the responses from people were so wacky that the thought crossed my mind, 'Are these people for real?' Daryn was dashing off to Europe to film a sequel and I knew I had to act fast if I wanted some answers.

Tufts: Let me make this clear. There are NO AC-TORS. -- NONE. EVERYTHING you see is REAL. We

knew that the more real we were, the funnier and more interesting it would be. SM: With "American Mormon," you never know what you're going to get. It's not the usual LDS slapstick comedy. Twfer, Ldidr's instruct to show out ust ANOTHER

Tufts: I didn't just want to churn out yet ANOTHER LDS comedy, so Jed Knudsen and I began to brainstorm. Our question: What do WE want to see? We believed that if we made something we actually wanted to see, that we'd have something worth doing. That's when this idea occurred to us...if somebody did this, I would want to see it. It wasn't long until I realized that

I should be the one to do it. SM: Not bad for a guy whose idea was shot down on the onset. How did this creative may-hem start anyway? Paint chip consumption? Class clown tendencies?

Tufts: I've always loved movies. As a kid, I fanta-sized about making them, and being in them. And of course, like all kids and adolescents, I made my own homemade movies, but never honestly believed I'd ever be doing it for a living. It seemed too good to actu-

ally happen. SM: Yeah, but to actually make that dream come true — how did you do that? Tufts: Because it was already so difficult to make it

in this world even without a sense of religious standards or morality, I figured that being actively LDS would make it nearly impossible. There were no LDS movies when I grew up, so I didn't believe there was a place for me.

SM: So, what are the secrets of an American Mormon making the American dream come true?

Tufts: Do it. There are a lot of people less talented than you succeeding, simply because they are doing it, and you are not. That's the biggest part of the battle. Successful writers actually SIT DOWN AND WRITE, and then show their stuff to people. If you think you have something to contribute, and believe it's worth doing, get out there and do it. S

Photo by Amelia Nielson-Stowell

By Stephanie Fowers

We didn't have a lot of time. We didn't have a lot of money. We didn't have sophisticated movie making equipment. Il we had was a camera, a microphone, and a question.

Daryn Data: Stalking Santa (Christmas 2006) European Mormon (Sept 2006) The Singles Second Ward (2006) Churchball (2006) Me, Myself, and E.F.Y. (book, LDS living 2005) The Home Teachers (2004) The RM (2002) Pearl Awards (2001-'04) (head writer for three years) Single's Ward (2002) ComedySportz ('99-'01) (a founding father) Garrens Comedy Troupe (BYU '95-'98) Fantasizing about making movies as a kid ('80s to present)

Hubbe Palmer Not Just the

Not Just the Wacky Guy Next Door

By Stephanie Fowers Photo By Amelia Nielson-Stowell

"I've been told that there's one of me in every single's ward (referring to his role on Pride and Prejudice)."

Hubbel Highlights:

The Sasquatch Dumpling Gang (post production 2006) Moving McCallister (post production 2005) Pride and Prejudice (2003) Ladybird Johnson (2002) Something That Happened (Third place script competition at second LDS film festival) (2002) Rainbows with a Great Circumference (Honorable mention at short screenplay competition at 2nd LDS film festival) (2002) Logiammin (2002) Leon (2001) Hoagies (2001) Jip (2001) We all know him as Collins, the stuffy stalker in "Pride and Prejudice" (the Latter-Day version). But for those of us who haven't kept up with the latest, Hubbel Palmer is an uprising star in filmmaking. Immersed in the screenwriting program at USC since 2003, he's a scrapper, playing one dork at a time, which he claims is his specialty. Latest movies include "Moving McCallister" and "The Sasquatch Dumpling Gang" (brought to us by our friendly "Napoleon Dynamite" crew). He comes from a wonderfully loving family of nine and his hobbies include star spotting C-listers in Los Angeles like Darius McCrary and Eva Green. Yeah, spotting A-listers is boring.

SM: I've got to tell you that you're the one that everyone loves to quote from "Pride and Prejudice." Did your friends think it was strange seeing you like this on screen?

Palmer: My single's ward went and saw it and I think they got a kick out of it. Collins is a variation of what I was like right after my mission (Switzerland, Geneva). I took a really long time to come home if you know what I mean. I was also certain I was going to get married within seven months. Yeah, it's seven years and counting.

SM: In the meantime, it looks like you and your BYU chums have cashed in on the Richard Dutcher aftermath?

Palmer: The last few years were like the floodgates opening. It used to be that we all expected to toil for a number of years in the business before having a chance to make something. Not so anymore. Four of my friends from school have directed a feature. Some of them are already at work on their second film. This would have been unheard-of five years ago.

SM: And give yourself some credit too. You're making headway at USC with your screenwriting.

Palmer: Storytelling is at the heart of filmmaking, so I figured it would be the most important skill to acquire. I like the sense of control you feel when you're writing a script. Your words dictate people's destinies. The reality of the film business is that it's the only time you'll ever be in control, but it's nice to have the illusion for a while. A good script is the best currency you can have in this town.



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Nineteen-year-old Brighton Hertford charmed audiences with her down-to-earth, self-assured interpretation of Melissa Steed in "The Work and the Glory." This strong-minded, fun-loving California gal jump-started her acting career when she landed her first role as a baby in "The Young and the Restless," at three months old. She moved to Salt Lake City in the middle of high school and got an agent just in case. She intended to focus on high school musical productions, but all that changed when her agent called about the upcoming audition for the "Work and the Glory."

"I wanted the part of Melissa; I felt a strong connection to her character. She had a mind of her own and I related to the way she interacted with her family," explained Hertford.

Brighton Hertford

Her Work and Her Story By Rebekah Jakeman

Brighton's Brags: The Work and the Glory; A House Divided (2006) The Work and the Glory; American Zion (2005) The Work and the Glory (2004) The Master of Disguise (2002) The Parent Trap (1998) Leave It to Beaver (1997)

After getting the part, Hertford wasted no time getting prepared. "Obviously as an actor you have to do your homework. I read the book and after flying to Tennessee for the shoot, the cast had some time to discuss the film and get on the same page," said Hertford. Doing this movie had a much different feel than her other acting jobs.

Doing this movie had a much different feel than her other acting jobs. "It wasn't that apparent to me that I was one of the only LDS actors. Everyone was really nice and very professional. We said a prayer before filming and blessed the set. It was really cool—very different from what I was used to in Hollywood,"said Hertford.

So what advice would this rising celebrity pass on to aspiring actors? "Make sure you know who you are before you attempt to take on other personas; and have a strong sense of self," stated Hertford.

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Corbi Allred **Coming to a Theater**

Near you **By Stephanie Fowers**

"My whole life I had played the all-American kid, the sweet guy, the funny guy, but all GOOD GUYS! Now after the mission, I've all of a sudden got like, bad guy appeal (commenting on his roles in CSI, CSI Miami, JAG, Dharma and Greg).'

For a kid who grew up around the movie biz (the "Robin Hood: Men in Tights" gang taught him the ropes, he played Natalie Portman's boyfriend in "Anywhere, but Here," and dazzled the audience in "Saints and Soldiers"), Corbin Allred is refreshingly down to earth, sincere... AND a jokester? Yeah! After a good laugh at some of his answers, I saw

"I have the best family in the world. My parents have raised four children and I think, though I'm very biased, that they did a pretty good iob.

Presently, he lives in Simi Valley, 20 minutes west of Hollywood, where he lives with his wife McKenzie. Both of them grew up in Utah, but they met in their Los Angeles single's ward: "Church," he says, "always the right place and always the right time!

Now, he's cutting a solo album early next year, (kind of an alternative folk rock), he's training for a Moab half-marathon and he's the Young Men's secretary in his ward. To top that off, he has three movies in the works: "The Work and the Glory III," "The Last Mustang" (he plays a horse thief and a killer), and a romantic comedy co-produced with Kirby

Heyborne called "Take a Chance." SM: "Saints and Soldiers" was a big hit, what did you like about playing Deacon?

Allred: Deacon is hands down my most demanding and rewarding character I've played. It's the best to have veterans come up to you after a screening with tears in their eyes and say, "Thank-you for telling our

story." Thank me? I was just telling a story, and they lived it. SM: Was there a time when you didn't think you had the role?

Allred: The audition was unbelievably nerve-wracking. Put me in front of guys I know, making a film that I would do anything to do, and all that veteran actor mentality flies right out the window. Ryan (the director) had to call and say, "Corbin, of course you have the part. Don't worry about it, man. You were great!'

SM: Speaking of nerve-wracking moments, I've heard a little about a cute proposal story where you pretended to twist your ankle to get on one knee? Or maybe you just got a case of nerves?

Allred: As for nerves...holy crap, yes!!! I swear you think you know she's going to say ves, but in the moment, you can never be sure. Luckily, there was a dumpster right there I could have crawled into and died if I had been rejected.

SM: And as we know, McKenzie didn't reject you. I love a good love story. Good thing because "Take a Chance" comes

out around Valentine's Day. How was filming? Allred: Not laughing while filming is a challenge Kirb and I both have. Even during Saints...we'd try to crack each other up. It is our belief that we are a director's wildest dream and worst nightmare. Tough shoes to fill, but we'll take it.

SM: Though, sometimes the joke's on you, huh?

Allred: Once, two girls actually said, "Can we get our picture with you? We love the "Lord of the Rings" movies!" Apparently, I look just like one of the freakin' hobbits from all those movies. Only after I wasted some digital space did I tell them that I was NOT a hobbit. It's okay to laugh now. It's been a few years.

Allred's All: The Work and the Glory III (post production) The Last Mustang (post production) Take a Chance (2006) Saints and Soldiers (2003) Christmas Mission (1999) Anywhere but Here (1999) Diamonds (1999)

Teen Angel (1997 TV series) Address Unknown (1997) Social Studies (1997 TV series) Josh Kirby, Time Warrior: Chp 1-6 (1995-'96) Robin Hood: Men in Tights (1993) Quest of the Delta Knights (1993)

For more info see corbinallred.net

You may recognize this charismatic and boisterous 31-year-old Mormon celebrity as the goofy, cigarette-loving Private Shirl Kendrick, in the award winning film, "Saints and Soldiers," or as Marshall Grant, Johnny Cash's base player in "Walk the Line." This California boy got his first break landing the role of Oz in a school production of the "Wizard of Oz."

"It was the starting point of my career as an entertainer. I combined both of my loves—music and acting," said Bagby. Bagby's yellow brick road has taken him far beyond the land of Oz

where he has turned fantasy emeralds into real hard-core cash.

SM: So why did you want to become an actor? Bagby: Because, I am one and I found out that I could get paid for it

With TV appearances on "Malcolm in the Middle" and "Buffy the Vampire Slayer" as well as acting in films such as "Hocus Pocus" and "Black Friday," his filmography is the size of Webster's Dictionary. Bagby gives new meaning to the term self-made star, especially with his role in this season's hit "Walk the Line." **Bagby:** It was great – the pinnacle of my career at this point. I

combined my love of music, acting and travel all into one project. I got to learn a new instrument, work with Joaquin Phoenix and Reese Witherspoon, and live in Memphis for two months working on a movie about the legend Johnny Cash.

SM: So, tell us a little about your career.

Bagby: My first job was cool because I got to take two weeks off of school, got paid for it, and also got to eat sugar for the whole shoot – and then I spent the money I was paid on a video camera and dental bills (ahĥh...cavities).

But acting isn't always sugar coated. Just like any job, there have been ups and downs. One of his worst acting experiences occurred while shooting a show called "Rescue Seven Seven" which later turned into "Third Watch." In fact, it gave him a whole different take on the cliché "feeling blue."

I played a crazed football fan in a blue Speedo that matched the rest of my body. Here I was, painted blue, running around in the winter at 6 a.m. around the UCLA college campus and EVERYTHING I touched turned blue – including the bagel I tried to eat every morning. Try washing that off your body every night! Ten years later, I still find pieces of blue everywhere.

SM: Recently, you exchanged the blue Speedo for an American soldier's uniform in "Saints and Soldiers.' How was that?

Bagby: I had a really positive experience. It was cold and physically uncomfortable at times, but was one of the greatest bonding experiences I have ever had as an actor as far as the cast and crew goes. It really was a spiritual experience for me. There was a completely different feeling on set than on any other project I have ever worked on - which really speaks to the filmmaker's, (Ryan Little and Adam Abel) ability to bring together not only talent, but moral people as well.

Morals mean a lot to Bagby; with the help of his family, he has been able to use his talent to find success in the acting world, while walking straight down the line.

Bagby: My family plays a major role in my life – they keep me grounded in a business that is unstable and it's really easy to get caught up in things that really don't matter. My family helps me to keep my perspective where it should be. S

Baghv at the Front of the Line By Rebekah Jakeman

Larry

Bagby's Bio: Church Ball (2006) Pirates of the Great Salt Lake (2006) Where I Stand (CD, 2005) Walk the Line (2005) Saints and Soldiers (2003) I Will Go and Do (2003) God's Army (2000)







Photo By Amelia Nielson-Stowell

By Stephanie Fowers

"Some people come up and tell me what movies I've been in. I give them thumbs up and say, 'You're right!'"

A Villain with a Knack for Comedy

He's the villain you love to hate: the slick lawyer in the RM, the German officer in "Saints and Soldiers," a successful multi-marketer in "Believe" (OK, just considered a villain in some circles), and also Andrew Wilson's nemesis in the upcoming "Churchball." If you compare the movie to "Dodgeball," he would be playing the Ben Stiller character. He's also the director of ComedySportz (the ref) and took his Provo team to the improv National Tournament in Los Angeles, taking second last year.

Talk about contradictory roles, and talk about how wickedly fun Curt was to interview. In just one hour, I learned how he got into acting on a dare, though he dragged his heels because he was not ready to throw up every night from an attack of nerves. He is not a fan of using acting as therapy, but he tells the guys at ComedySportz that they need it, AND of course...it's much more fun to get an audience to hate you, though it's even better to make them laugh.

SM: So how do you keep landing these villainous roles?

Dousett: Right now the heroes of movies are heavyset, bald men with beautiful wives -- though I do have a beautiful wife. I'm not balding and I fight the heavyset as much as I can. Heroes are boring anyway. I'd much rather be the bad guy.

much as I can. Heroes are boring anyway. I'd much rather be the bad guy. SM: ComedySportz: They call it the perfect date. Isn't that where you met your wife?

Dousett: Before we were married, Tonia started the business in Utah in '98. It's a national company and a clean family show. She used to perform and I hosted the show. We have a lot in common. We're both the artsy types, though she's definitely got the head for business, I don't. About two years later, we hooked up. Now we have three children.

SM: How do you like all of this movie making madness?

Dousett: I get to do what I love. I enjoy the people...it's also fun to see the names that pop up on my caller ID, and every once in awhile, I get a paycheck that I don't deserve (those kind only come along three times a year). You've got to learn to fail quickly in this business and not take things personally, even if it's meant personally, move on.

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Smart Cookie Company

"It takes one to be one"

It takes a smart cookie to introduce local residents to a fresh, cool new taste in desserts at a price that can't be beat. Christian McDaniel, founder of Smart Cookie Company, located on 840 N. 700 East in Provo, gave up a career in finance to start and design his own cookie business which features gourmet ice cream cookie sandwiches.

"I had never made a cookie in my life," Christian said. About two years ago he started experimenting, getting family, friends, neighbors and even total strangers to comment on his developing product. "I was looking for a very particular cookie—chewy, not too hard—it had to have the right taste, texture and appeal," Christian explains.

After a year of trying everything from chocolate chip to snicker doodle, he finally perfected his recipes to a quality that customers crave. There are no pre-made doughs or secondhand ideas. "Everything is fresh and original. Everything is made right here."

original. Everything is made right here." Smart Cookie Company's products include 20-25 types of soft, chewy cookies, a dozen flavors of refreshing ice cream, and a variety of drinks—milk, sodas, and hot chocolate, made from freshly ground chocolate and topped with homemade marshmallows.

Smart Cookie Company is conveniently located south of BYU campus and is open Monday through Saturday from 11:30 a.m. - 11:30 p.m. Christian obviously kept students in mind when creating the business, keeping prices low for those on a low budget. He remembers what it is like to be a student himself and have to fork over \$5 just to get a quick treat. So, he has made an irresistible menu in which nothing is priced over \$3 unless you're buying in bulk. The gourmet cookies are 50 cents each (three for \$1.25) and ice cream cookie sandwiches are \$1.50.

Besides can't-be-beat prices, the store is the perfect place for kickin' back and chatting with roommates, friends, and dates. "It's a cozy place to hang out, kind of the Starbucks atmosphere," Christian said.

With a warm-color décor along with the six foot LoveSac in the corner, and in the company of other Smart Cookies, (framed pictures of famous personalities line the walls, including Einstein, Mozart, and Darwin, to name a few) and with a satisfying dessert students can afford, who can resist? By Rebekah Jakeman

advertorial



feature How to Spend Valentine's Day

Valentine's Day is the greatest! The candy, the cards, the love - mostly the candy. But for some reason, many people dread February 14th. They've had bad experiences or just feel depressed when the holiday comes around because they are not in a relationship. But Valentine's Day is for everyone. So even if you're single, join in the fun! And if you're in a relationship, don't blow the most romantic day of the year. Here are some ideas on how to make your Valentine's Day special and fun! By Esther and Rae Harris



Ideas for Couples

- Impress your sweetie with your home cookin'. Go classic with a candlelight dinner. Show off your cooking skills and thoughtfulness as you plan this romantic dinner for two.
- Make a scavenger hunt for your date. You can plant little gifts, like flowers, candy, etc., at each stop with the next clue. You can be as creative or sentimental as you want.
- **Plan a picnic.** Take your special one to a park or the mountains where you two can be alone and enjoy the beautiful outside scenery.
- Go all out with a night on the town. Have dinner out and go to the theater. You can see "Much Ado About Nothing" at the Provo Theater or go to "Opera for Lovers" at the Scera Theater.
- Go for a walk. Plan a surprise for your date to find at the end of the walk or somewhere along the way.
- Throw a party. Have each couple come dressed as famous couples and enjoy a night of games.
- Go for a drive. Drive to a beautiful setting, exchange gifts, and just talk without the interruptions of roommates or anyone else.
- Plan the perfect dinner. Get all of your sweetie's favorites from different restaurants to form the perfect dinner- burritos from Café Rio, fries from Wendy's, shakes from the Malt Shop. This is a thoughtful way to show how much you care by making an extra effort and not to mention, it makes for a great meal!

- Ideas for Singles Celebrate all things dessert! Invite friends over for a dessert exchange and indulge.
- Rent your favorite chick flicks (or action-packed movies for you guys) and have a movie marathon.
- Throw a party! Invite all of your friends over for food, games, and a great time! Mix and mingle. If you play your cards right, this could be your last Valentine's Day alone!
- Frost cookies and either doorbell ditch or deliver them with your friends as a singing telegram.
- Make Valentines for all of your friends just like you were in elementary school again.
- Invite your friends over for a white elephant gift **exchange** and make it a rule that all of the presents have to coincide with a Valentine's Day theme. For example, all of the gifts might have to be red or pink.

And for you bitter singles...

If Valentine's Day really makes you cringe and you want no part of the lovey-dovey holiday, you can try an alternate route- dress in black, watch war movies, sabotage your roommates' dates, throw water balloons at couples making out, or picket Valentine's Day outside of restaurants. Whatever is your preferred way to spend the holiday, we wish you the best Valentine's Day ever!





Valentine's Day

- **Restaurants** 1. Melting Pot
- 2. Carrabba's
- 3. Tucanos
- 4. PF Chang's
- 5. Ottavio's

Valentine's Day **Movies**

- 1. "Sleepless in Seattle"
- 2. "Princess Bride" 3. "Return to Me"
- 4. "Chocolat"
- 5. "Just Like Heaven"

Valentines Gift Ideas

The Classics

You may be tired of giving flowers and chocolates year after year, but pretty much no one is tired of getting them. Spice it up with a little creativity. How about a Valentines box filled with everything red? Find all red candy and include some red roses and maybe a red book of poetry. Other Valentine's gifts traditionally include stuffed animals, jewelry or perfume. You can't go wrong with these Valentine's Day classics.

Make it Personal

The most memorable Valentine's Day gifts have that personal touch that turns them into something really special. How about making a scrapbook of memories for you and your sweetheart? Or make a scavenger hunt that goes to all your "special places". You could make a personalized CD of all your love's favorite songs, or songs that remind you of special memories together. You could also make a love jar and fill it with reasons you love the person. And if you really, really love them, how about a love calendar with 365 reasons you love them? So every day can remind them of you. Any gift that shows how much you were listening is a great idea! Anything from buying their favorite ice cream or getting them their favorite childhood game because they're always telling stories about it, shows them what a good friend you really are.

Don't Spend a Dime

There are many thoughtful and creative gifts that won't cost you anything. It may sound cheesy, but you can write someone a poem or song. Make it sincere and witty, and you have yourself an unforgettable Valentine's Day present. You can also make a coupon book filled with different favors, or make someone feel special by heart attacking their apartment.

-By Esther and Rae Harris

single apprecia

February 14th is an evil day. That's a fact. Cars hit more puppies on February 14th than on any other day of the year. No movie released on this date has ever won best picture. February 14th is Justin Timberlake's birthday. There's no arguing that this is a truly heinous date. The real question is why do we celebrate such a day? Valentine's Day must be an inherently flawed holiday to be placed on the date when you are statistically most likely to die in a zeppelin-related accident. By Chris Sorensen

The real problem with Valentine's Day is that I don't have a girlfriend. Even worse is the fact that I have never had one on Valentine's Day. In all my years of dating, (beginning promptly at 16 and continuing until this point at 23, taking a two-year intermission) I have never had a girlfriend on February 14th. This curse is of much more concern to me than one on any baseball team or pirate ship. If the pattern continues, it bodes very poorly for a happy marriage lasting longer than 12 months.

Of course I am not alone in my loneliness. While it's true that Happy Valley is the world capital of courtship, there are many here who are single at any given time. These singles have adopted February 14th as SAD, Singles Awareness Day. While I appreciate a clever acronym as much as the next guy, perhaps more, I'd like to alter this one a bit. We're all painfully aware of how single we are. Those giggling couples are aware of this as well. This is why they tell us every other minute how great it is to be in a relationship and how we should really get out of our sweatpants and find a soul mate. We don't need a Singles Awareness Day; we need a Single Appreciation Day. If you prefer ire to melancholy you could also celebrate Marriage Antagonist Day.

Single Appreciation Day is really a more natural celebration than is Valentine's Day. You're born alone, you die alone, and you experience the more awkward stages of puberty alone: being single seems to be the natural state. Marriage on the other hand is insanity. A practical definition of insanity is repeating the same behavior and expecting different results. If you're reading this you're almost certainly in Provo or Orem. If you currently reside in either of these cities you have been on a date. It's the law. Go check the city ordinances, it's there. If you've been on a date you know they can range from slightly uncomfortable to mind-bogglingly excruciating. I have come close to stabbing my salad fork into my eye on more than one occasion. And yet common sentiment dictates that the immense pain of dating will immediately be transformed into extreme bliss once we're married. Same behavior -- different result: insanity.

"But Chris, dating is fun. Being loved is great. Surely you're just a



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valentine's Day – SO, SO SAD!!

jerk and/or loser." I admit, I may be both of these things. I further admit that not every date I've been on has involved attempted eye-gouging. But interacting with any girl can easily drive a man insane. Adjectives such as fickle, petty and irrational come to mind. Before I receive any hate mail, men have their fair share of adjectives as well: stubborn, insensitive, odiferous, grouchy, shallow, X-boxobsessed. Notice how I criticized men more heavily, so as to be politically correct. The bottom line is that the dating game sucks worse than a 52 Card Pickup marathon in mittens. Why do the sexes put up with each other? Is it not insane to think that these creatures that have tormented us endlessly since we were five will suddenly bring us happiness?

In reality I don't advocate celibacy. Props to those monks; they're better men than I -- or worse men, depending on how you define manliness. I'm actively seeking the girl that drives me the least insane and lacks a criminal record. When I find her and trick her into saying yes, we're as good as married. But until then I'm going to enjoy being single. I'm going to leave the toilet seat up, play video games and eat Twix for breakfast. I'm going to throw my third annual Love Sucks party on SAD and have a great time. I might even change out my sweatpants.



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feature



Age: 25 Team: USA Sport: Bobsledding Training: Six days a week Experience: Nine years

lympic Dreams

This month the world will watch as nearly 2,500 athletes from 85 countries compete in the XXth Olympic Winter Games held in Turino, Italy. Our eyes and ears will be filled with stories of success, and the agony of defeat. The wins and losses of athletes will become common speech in our everyday lives for those 16 days as they compete for Olympic glory in a country thousands of miles away from their homes.

Athletes compete in the Olympics for many reasons. Opinions vary a great deal as to what those reasons are. Money, say some. Fame, say others. Only the athlete that represents his or her country can answer the question of their motive. We decided to get an insider's view by talking to a local college-aged athlete, Jeremy Holm, who trains and competes for the United States in the sport of bobsled.

24 Schooled

SM: Jeremy, tell us a little about yourself. Holm: Well, I've lived in Utah for the past 15 years. I'm 25 and I'm attending school at Salt Lake Community College right now working toward a degree in journalism.

SM: How did you get involved in a sport like bobsledding?

Holm: I was lucky. You won't find too many bobsledders out there. My dad's company sponsored the U.S. teams for a season and they offered him a free bobsled ride. My mom didn't want to go, so he asked me to go. It only took once, and I was hooked. So I've been involved in bobsledding since I was 16.

SM: What's it like?

Holm: It's a crazy sport, I'll admit it. I mean, we put on skintight spandex suits (in freezing cold weather) then push a 300-pound bobsled down a 50-meter ramp and jump in. Not to mention we all have about 300 metal nails on the bottoms of our shoes to help us run on the ice. Acupuncture anyone? From that point on, as a driver, it is my job to make tiny steering corrections as we hurl down the track at about 80 miles an hour. What's the difference between winning and losing? It is sometimes as little as 1/100th of a second.

And it's expensive! We bought my sled for \$5,000, and that's cheap for a sled. Then you have to add in the cost of helmets, racing suits, coats, those special bobsled shoes, training and racing fees, coaching, and the cost of travel. Can you imagine the cost of shipping a 300-pound sled around the world?

But it's so amazing. Hurling down the track like that...it's like flying. Racing for the United States, I have stood on top of the medal's podium in front of the crowd when the National Anthem was played. I have felt the burning in my heart as that medal was placed around my neck. I wasn't crying -- just some dust in my eyes. It was cool to think that although I had never met most of the people in the crowd, they were cheering us on in the pursuit of our goals. Those are fun experiences.

SM: What is training like for you?

Holm: I train anywhere from one to five days a week on the track. I am at the gym or out running an average of four days a week. Lots of leg work! Plyos, sprints, stairs. I run up the Nordic Ski Jumps in Park City next to the track. Squats, power cleans, bench. You name it. One of my trainers even made us push his car around the parking lot to practice pushing our sleds.

SM: So what else do you do besides bobsled?

Holm: Well, again, school is a big thing for me. I also have two jobs to try to pay the bills of normal life as well as the costs of my sport. I love to be active and out playing. Writing is a big thing for me; I'm working on a book right now. Oh, and occasionally date when God provides the miracle.

SM: It sounds like you keep busy. Is that normal for an athlete like yourself? And why do you do it?

Holm: Yeah, I think it's normal. We all keep ourselves pretty busy doing this or that. It's not the money. Our sport doesn't pay anything really. Money will not get you up at 4 a.m. six days a week to drive to the gym to meet with a drill instructor of a trainer. It will not block out the pain from broken bones.

And I can say it's not the fame -- though it can be fun sometimes. Nothing beats making a little kid's day by autographing his T-shirt or something. But fame doesn't cover the doubts and fears that you have when that little voice calls from the back of your mind and asks: 'What if you're not good enough?'

This is common with athletes in all sports, but I have been blessed throughout the years to associate with athletes from dozens of different Olympic sports, summer and winter. I have my own opinion about some of those sports, however. Like...curling. But it was some of these athletes who slapped my back into reality when I was ready to quit on

several occasions. They pulled me back into the game, especially when I was young and just starting out. These athletes hurt and they ache. They have careers, they go to school, and they have relationship problems, and so on.

I guess that's part of the sport I love, the comradery. For example, I was in a race last December in Park City. For two hours before the race we did nothing but warm up and joke around with our fellow competitors. We were all about to walk out the doors to fight for medals, but we were the first in line to support each other.

I guess that's it. I do it because I love this sport.

SM: So what are your goals?

Holm: Well, finish school. Finish my book. Find a great girl and settle down. Well, as much as I can with as busy as I am! And bobsled until I die! Compete for the U.S. and one day have the honor of walking through a stadium somewhere in the world wearing the colors of my country, listening to the chants of 'USA! USA! USA!' The dream that win or lose, I will have the honor of living without regret, making the most of every opportunity, setting goals and working to achieve them.

SM: Why do you think people love the Olympics so much?

Holm: Well...I can see why the world almost stops during those 16 days. From the moment that torch is lit, as we watch the athletes, we see a little bit of ourselves out there. We remember the hopes and secret goals that we have for life and we say, 'I can do it if they can.'

So when I am out there freezing my butt off, dealing with the injuries, and stressing about the bills, I try to remember that I chose this path. It's my dream, my efforts. And when I watch those other athletes out there competing this month, I will smile, knowing that they have gone through the same thing I have.

SM: Anything else you would like to add?

Holm: Just keep dreaming and live life to the fullest. Set big goals and don't settle for less than you deserve. Too many people do that. They don't go after their dreams because they think they don't have what it takes. When in reality, we all do. You just have to believe.





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project legacy



2006 Ford F-150, 4 x 4 SuperCrew Lariat, 5.4L V8 Engine

Schooled Magazine has teamed up with Legacy Ford, located in Orem, to bring you Project Legacy. Last month we featured this stock 2006 Ford F-150 4x4 Lariat. This month we are excited to show you what we've done to soup it up and make it a driving sensation!





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Type X Components, and in the rear doors, they put in Alpine Type S Co-Axial Speakers. They used a Alpine

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5: Kentucky Men: 25.3 Women: 22.8

Each month, Schooled Magazine takes on the topics that are causing a stir with local college students. This month: Is there pressure here to get married young and get married fast?

Ben and Linda, both 23 years old, knew each other for 18 days before they announced their engagement. Two months later the couple was married. Most everyone has heard a similar story where two people meet, get engaged, and then marry, and the whole time you're wondering if they even know each other's last names. But is this the norm or exception of how relationships work in Utah Valley?

In general, I think that young adults in Utah Valley feel the need to be in a relationship for several reasons. Marriage is a constant topic. Billboards advertise wedding rings and bridal fairs. The subject of marriage seems to come up in class, church, and daily conversations. Whenever you go home for Thanksgiving or Christmas, you can always count on two questions being asked, "How's school?" and "So, are you dating anyone?" Maybe this awkwardness is what pushes young adults to enter relationships quickly so they can avoid being judged and feeling out of place.

quickly so they can avoid being judged and feeling out of place. By having a boyfriend or girlfriend, one is exempt from the uneasiness of single college life. When Friday night rolls around, you do not have to worry about spending another night at home with the roommates. When that dorky guy keeps asking you out, you can let him know that you're dating someone, and then you don't have to worry about dodging him every time you run into him on campus: Being in a relationship does offer a certain status, no matter how ridiculous it sounds. Because of societal pressures in the Utah Valley area, being in a relationship is often interpreted as better than being single. And unfortunately, some people would rather be dating someone rather than be alone, no matter what the

88

14.2 %

By Esther Harris

circumstances are. This is what worries me the most -- the kind of people that cannot be happy by themselves; they need someone else, anyone else, in order to make them happy. So, they will rush into a relationship and date the first person that shows them interest. It sounds harsh, but I have known several people who are like this.

sounds harsh, but I have known several people who are like this. Cindy Ford, a sophomore from Colorado, says, "Yes, people in Utah Valley rush into relationships. A lot of people in this area want a relationship and they don't care who with, so they just rush into whatever they get. And sometimes they don't last, but sometimes they do."

Another thing that surprises me is when a couple has only been dating for a month, and is already bombarded with questions about when they are going to get married. Can't you just date someone and get to know them first before you have to start planning the wedding?

It seems that marriage is in the back of everyone's minds because of the culture here. In fact, nationally, Utah has the lowest average age of first time marriages, which indicates that people are quicker to form relationships and marry young. But the fact that people tend to rush into relationships does not necessarily lead to disaster. Despite short courtships, many couples have still

experienced an enduring happiness. So, maybe the real question of concern is not whether a couple rushed into their relationship but why did the relationship move so quickly.

30.3 %

16.8 %

24.1 %

49.5 % 26.4 <u>%</u>



Males: Not married Married Other Females: Not married Married Other

Nationally

Males: Not Married Married Other Females: Not Married Married Other

*Taken from the US Census Bureau, 2000 Bu-

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The Sundance Film Festival

How the Pass-less, Poor, and Unknown Can Catch Indie Fever By Jamie Littlefield

Photos By Robb Costello

What do "Napoleon Dynamite," "Saw," "Clerks," and "The Blair Witch Project" have in common? Aside from being a few of the most watched films of their decade, these quirky independent flicks found their big break at the Sundance Film Festival.

Just an hour and a half out of the valley, Park City's festival is an annual event that draws independent filmmakers from around the world. Directors and producers submit their films months in advance, competing for precious viewing slots that often lead to production deals, greater publicity

and, sometimes, funding for a sequel.

This year, more than 7,000 films were submitted to the festival, 194 of which were selected for the big screen. The films and atmosphere drew huge crowds of directors, actors, and agents to the icy streets of the posh town, and lured in a number of A-list stars including Jennifer Aniston, Rosie 'O Donnell, Paris Hilton, and even Al Gore.

Inclusive passes for the star-struck event ranged from \$200 to \$2,500 and were sold months in advance. Tickets, although less expensive, were almost completely sold out weeks before opening night. Faced with prices that few 20-something coeds could afford, a surprisingly small number of valley students braved the winding canyon roads to attend. But, there is a way to have a blast at the festival without dolling out the dollars or starring in a show. With less than \$50, three

But, there is a way to have a blast at the festival without dolling out the dollars or starring in a show. With less than \$50, three Nutrigrain bars, and a half a tank of gas, I bundled myself in a thick coat and had the indie adventure of a lifetime. Sure, I had to wait in a lot of lines and didn't receive the "royal treatment." But, I met directors and actors, took the wildest bus ride of my life,

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heard a once de-famed Congresswoman speak about civil rights, and learned some unforgettable Sundance survival lessons along the way. Lesson #1: Heed the Indie Spirit

The most important lesson I learned at Sundance is that the flicks are number one. Save the red carpet for the Oscars and the hype for Entertainment Today. Film festivals are about grassroots movie making -- a time when directors and actors, many of whom have taken out personal loans in order to fund their projects, can sit next to movie-goers at their debut screenings. It's a once in a lifetime chance for everyday film buffs to ask actors about their roles and debate the validity of a movie's message with the director who shot it.

It's true that not everything connected with today's festival follows the grassroots tradition. Since its humble beginnings in the 1980s, the film festival's increase in popularity has caused a Hollywood-style glamour craze, including star sightings, media frenzy, and elitist parties with rude, bulky bouncers.

A number of critics argue that Sundance has sold-out by commercializing the event and not staying true to the indie nature of the showings. But, in fact, the institute has provided a way for us John Doe's to have a blast during the festivities with a couple \$20s and some time to spare.

¹Just before the opening night, Sundance president Robert Redford explained the intentions of the festival. Wearing a collared blue shirt with the top button undone, his eyes sparkled from behind his glasses. "It's about discovering the new film makers, to make an opportunity for them," he said. "Anyone that shows up in the middle of winter in Park City, Utah, is coming here because they want to support independent film."

It's this indie spirit that brought me, and hundreds of other "no-pass, no-ticket" movie buffs to the festival. It's what kept us waiting in lines for hours, chatting about our favorite movies and most recent adventures.

Lesson #2: Brave the Busses

The busses are the way to travel at Sundance. Tons of them wheel along the icy streets, picking up passengers just about anywhere on the festival route. I left my car at a distant parking lot, since it's next to impossible to drive to the venues. Instead, I rode alongside other excited festival-goers. As the massive busses bumped along the roads, hopeful directors discussed their movie projects and party-hoppers yakked on cell phones about the hottest affairs.

The busses are the best way to get the gossip. From what movies to avoid, to how long the lines are, all the information I needed could be procured from the movie buffs in the seats beside me. The buzz of excitement increases as the busses grow more crowded. On one evening, I found myself holding on for dear life on the bottom step of an over-packed bus, as the doors closed next to me and the buss whizzed on to the next stop.

Lesson #3: Find the Gems

The most coveted seats at showings with A-list personalities are generally filled by the pass holders, and few "no-pass, no-ticket" people get into these top flicks. However, there are dozens of gems waiting to be discovered through the wait-list method.

Since I didn't have any tickets, I arrived at showings early and staked out my spot in the wait-list line. Generally, I just plopped on the floor, sitting cross-legged, and chatted about the day's events. About an hour before the show, I was given a line number. Fifteen minutes before the showing I was allowed to purchase a ticket for only \$10. If the seats weren't filled up by then, I was let into the movie. If not, my money was refunded. The lines were long, but the indie festival-goers were tough, in good spirits, and eager to discuss the flicks.

One of the most intriguing movies I was admitted to was Ian Inaba's "American Blackout." The theater (which was likely the most liberal room in all of Utah) was packed for this provocative documentary about the continuing disenfranchisement of the black vote and the political and media warfare against black Congresswoman Cynthia McKinney. As the lights came back on, new fans rose to applaud the director and congresswoman, who had both viewed the show with the audience. They discussed their grassroots efforts during the question and answer session that followed. "I'm so glad I saw this," said a visibly emotional audience member to the congresswoman, "this movie has changed my life."

Lesson #4: Revel in the Experience

The Sundance Film Festival is one place you don't get more bang for your buck. In fact, it's the anonymous film buffs that set the festival apart from the over-hype of Hollywood. Riding the busses, waiting with fans, and discovering the unknown are what made the 2006 festival for me and all the other "no-pass, no-ticket" patrons. We're the grassroots indie fans. And we're proud of it.

See Sundance shorts for free at: festival.sundance.org/2006

Sundance Star Sightings

Not only were guests of the Sundance Film festival there to see the films, they were also there to see the stars. This years' star sightings had many heads turning and included:

Josh Hartnett Lucy Lui Ashley Judd Rob Lowe Gwyneth Paltrow Cybill Shepherd Paris Hilton Al Gore Catherine Bell Aisha Tyler Steve Carrell Greg Kinnear Toni Collette Terrence Howard Nick Nolte Robert Redford Jennifer Aniston Frances McDormand Catherine Keener Joan Cusack Winona Ryder Jack Osbourne Scott Caan Greg Germann Robert Downey Jr. Hill Harper Maggie Gyllenhaal Shannon Elizabeth Matt Dillon Amber Tamblyn William H. Macy Jessica Biel Rosie O'Donnell Wilmer Valderrama

... and many more!



Utah Connections

- Largely filmed in Utah and the mountain West, "Don't Come Knocking" features a cowboy movie star who leaves a Utah movie shoot to look for happiness.
- "The Darwin Awards," a dark comedy about people who improve the gene pool by accidentally killing themselves in stupid ways, was partially filmed in Salt Lake City.
- Salt Lake City actor Patrick Fugit stars in "Wristcutters: A Love Story," a drama about suicidal lovers who find themselves in a dingy afterlife filled with those who have killed themselves.
- "An Inconvenient Truth," the documentary that follows Al Gore's fight against global warning, was partially filmed in Sundance.





health & fitness



The following are 10 of the most common mistakes I find while training people at the gym. If you can work on correctly doing these things, you will be more productive in your workouts and will have a much more positive experience!

Incorrect Wrist Placement. Wrist injuries are the most common gym injury. When lifting weights, make sure that your wrists are aligned straight with your forearms. Wrists that are bent will put additional stress on the joint and cause the wrist to be vulnerable.



Lifting Too Heavy of Weight. Make sure your muscle has to do the work and not your momentum. Lifting lighter, but doing your rep slowly will work your muscle better than just lifting as much weight as you can.

Lifting Too Fast. Slow down the speed with proper alignment. Lifting too fast can cause injury and can strain your muscles.



Not Warming Up Properly. Warming up properly with five to 15 minutes of cardio will bring up the core temperature of your body to create better circulation when doing your weight or strength training. Warming up will help you avoid injury during your workout.

Warming Up For Too Long. Spending too much time on cardio before lifting will hurt you more than help. You should spend no more than 15 minutes on a warm-up.

Not Performing Cardio Fitness After Weight Lifting. Doing cardio after lifting or strength training will help you get rid of 50 percent of the lactic acid in the muscles. Cardio will help keep your metabolism up for the next six to 15 hours (with just a minimum of 15 minutes of cardio).

Not Monitoring Your Heart Rate Zone. Make sure you are staying within your target zone while exercising.

Not Stretching After Exercise. By stretching after your weight training and cardio, you will elongate your muscle fibers to help you to not feel stiff and sore.

Focusing Too Much on the Weight Scale. Muscle weighs more

lean body mass instead of your weight. The ratio is men 5.1

how you look and feel.



By Jed D. Hanson

Jed is the owner of Fitness Pros and one of the best Jed is the owner of Fitness Pros and one of the best fitness trainers in Utah. Currently he is the Head Strength & Conditioning Coach for the UVSC Hockey Team and the Corporate Trainer for Tahitian Noni. Jed is a Post-Rehab Conditioning Specialist (P.R.C.S.), Certified Personal Trainer (C.P.T.), Certified Re-boundologist (C.R.), and a Larry Scott Certified Trainer (L.S.C.T.). Over the past few years, Jed has trained several Mrs. & Ms. Utah's, been the Head Strength & Conditioning Coach for the BYU Ice Cats, and has worked with Nu Skin and Nature's Sunshine. Jed has been in the fitness business for Jed has been in the fitness business for 25 years and specializes in Women's Fitness.

Bve-b Blues

Ditch Depression and Welcome a Healthy Lifestyle



There's nothing more depressing than being overweight and underactive. The key to fighting winter blues is to get outside. Take a walk, build a snow hut for a winter hibernation, participate in extreme winter sports such as snowboarding, skiing, the luge, and for a low-budget fix try the ever-popular snow-ball fight (of course out of range of oppositional forces).

And if you can't bear the frigid air and the runny noses, just get out of your house and into someone else's. Starry Night and Muse offer musical getaways that feature local bands and a chance to talk to someone who's not your roommate. There's always roommate. dancing the night away at various clubs or parties. Just get out.

It's also imperative to ditch the fatty comfort foods for a healthy diet. Though it's easier to turn to junk food for consolation during the long winter nights, you'll be in heaven for 10 minutes and then a depressive hell for the rest of the season. You don't need to deprive yourself of food that you love, but a balanced diet will help ward-off the chilling melancholy.

By Patricia Auxier
health & fitness

Mommy...I'm sick!! **By Patricia Auxier**

When your mom is around, the flu is almost a vacation: You get to sleep all day, someone is at your beckon call, 7-UP is good for you, and you may even lose weight when you can't keep your food down.

Now that mother is gone, and unless you have a devoted significant other, being sick has become less eventful and more - sickly. You may have to learn to fend for yourself. Here are a few short tips for personal treatment. Of course, if you suspect something is seriously wrong, you should always consult your doctor.

TIP #1 As a preemptive strike: Take good care of yourself. Common sense should tell you to get enough sleep and make sure you are eating right. Do all you can to keep yourself strong enough against potential illness.

TIP #2 You know those medicine bottles your mom would always pick up? It's time for you to figure out what they were -- not only their name, but also the proper dosage and ingredients. Learn what is in your headache pill of choice that you respond to. This way, if your preference happens to be out of stock, you will be able to find something similar for the relief you need.

TIP #3 Buy a medical dictionary complete with written symptoms and treatments of conditions. Your first physician should always be your doctor, but knowing what you're dealing with can never hurt and may even help you notice something you wouldn't have ordinarily.



Last but not least, make sure to wash your hands throughout the day. You never know what doorknob, keypad, or chair, someone touched after they coughed the flu virus on their hand.



For the Love of the Gam **By Amy We**

"You would never wake up thinking you're going to be one limb less in a few weeks time. My advice is enjoy having four limbs, and don't go street luging, ever." This is what Christopher Smith wrote in an English paper four years ago about a month after his accident. His attitude has remained much the same over the years – not sad, or bitter, but bringing a positive sense of humor everywhere he goes, with a little bit of a sarcastic streak.

Photos By Teagan Alex

When I first met Chris at the beginning of fall semester, he gave me some bogus story of getting his leg trapped in a bear trap. The story soon changed to having it surgically removed, along with his Siamese twin, and then my favorite: a routine mole removal gone wrong. "Me and my friends were always doing pranks when I grew up, so when I lost my leg it just gave us hundreds of more ideas of pranks to do." This facetious attitude is a defining characteristic of Chris - nothing can get him down.

That kid has one leg! I can't believe it -- is what you might have heard if you had seen Chris at the Raintree apartments during his performance in the January Polar Plunge. But don't be surprised if you see him doing everything else you like to do, and many times, doing it better than you do. " I rock climb, snowboard, play racquetball, ultimate Frisbee, football, anything you can do. Not only that, but he's a member of the U.S. National Standing Disabled Hockey Team. "In March we're going to Connecticut and in April we're going to Latvia," Chris said, anxious to compete with the team. The closest player on the team lives in Las Vegas. So, in between games, Chris keeps in shape practicing with the UVSC hockey team at the Seven Peaks arena.

Chris' life-changing experience happened when he spun out of control going about 75 mph at the point of the mountain in Draper. No, it wasn't in a car accident. It was the thrilling sport of street luging that called Chris out that morning of August 2001.

After a couple months of trying to save his leg, the doctors amputated Chris' right leg just below the knee, "Nov. 9 that's my ampu-versary," Chris said smiling.

Chris keeps a scrapbook in memory of his one-legged adventure with the title of "Chris' Crash" and a winding road drawn on the cover. "Is this supposed to be blood?" I ask, looking closely at the road in the drawing – it is. Inside, the book has everything: letters sent to him in the hospital from family and friends, gorey photos of his broken femur tearing through his skin, and the blood spot left in the road, and several newspaper and magazines, which featured his story.

"I don't like people reading about me, it's kind of embarrassing. I just do it because I hope it inspires someone. I hope someone sees it and it gives them motivation to do better."

When asked if he ever felt sorry for himself or pessimistic about losing his leg, Chris said, no. "I had too much to look forward to with playing hockey again,

too much to do. I kept myself busy, and kept myself happy and positive making jokes about it - with a goal in mind of being able to ice skate again.'

Chris has one year completed at BYU. He plans on working through the summer, playing hockey, and hopefully doing some humanitarian work in another country for a year. "Chris' one-legged person does more than my two-legged person does," said Chris' roommate David Crowther. Chris says he hopes to go on to medical school. But those who know Chris, know he doesn't have to hope, if he wants something he'll make it happen.



iss Uto

Pageant waves, cheesy smiles, a perfected walk and big hair is generally what trained "Pageant Pattys" are prepared for, but for 22-year-old Soben Huon the pageant was all about being real.

By Jennifer Borget Photo By Teagan Alex

Huon will compete in Baltimore, Maryland, in **Donald Trump's** Miss USA pageant on April 21st. Be sure to watch and make her your pick for Miss USA 2006.

Huon, a native to Long Beach, Calif. made history this year, as she became the first minority to be crowned Miss Utah USA in early November 2005. She will be taking the next semester off from her political science studies at Brigham Young University (BYU) to fulfill her duties as Miss Utah by making public appearances, giving speeches and by representing Utah in various events.

"My main thing is promoting the value of education ... especially higher education," she said. "Twenty years ago it was fine that you graduated from high school and it got you a decent job but not now."

If you have ever wanted to get into the mind of a beauty queen, now is your chance. I interviewed Miss Utah herself to get her thoughts on subjects from rumors about back stabbing pageant competitors, to advice for other women aspiring to be a future Miss Utah.

SM: What made you want to participate in the Miss Utah USA pageant?

Huon: The ability to network and meet so many new people ... it's pretty much kind of set my career in the direction that I've wanted, in that people would clicking on 'Countdown want me because I have accomplished something. to the Crown.' You can SM: What are your

career goals?

register to win prizes, Huon: I don't really want to even a trip to Marydefine it yet, because I want to take up all of these opporland to see the Miss tunities like with lobbying for instance. I want to do that but I USA Pageant! want to get with the best lobbying groups and have the opportunity to do that. Through networking I will be able to. Being there and just sitting there in on a UN

meeting, that would be great for me. SM: How did you prepare for the pageant? Huon: My friends really helped me out with shooting interview questions at me. I really stressed about the interview because luckily, that's what [the judges] looked toward the most. SM: What did you think of the girls you competed against?

Huon: The great thing about my group of girls was that they saw pageantry as just a means to their ends -- it wasn't their life. I wish I could say there were cat fights in the back but I didn't really see that. Of course there were girl politics where girls get together and critique on other girls, I saw that, but I was lucky there wasn't any kind of major drama.

SM: What was your favorite part of the whole experience?

Huon: After my crowning I was able to go home to my parents, and bring the crown to show them. That was my favorite part. You love

showing your parents how well you did. **Everyone** SM: What's your worst fear?

can vote for

Miss Utah by visiting

CoverGirl.com and

Huon: Temporally, it's disappointment from anyone. Being this kind of role model to people and to little kids. And it's such an honor to be a role model, but then again if I did something to disappoint them that would really affect me. I fear losing trust

SM: What are your plans for the future?

Huon: Because of this title I will be able to go to Cambodia which is my mother's homeland and I

will do service out there and I guess they will have a party there. SM: Any plans for a family?

Huon: Of course! As far as that is concerned,

I think there are so many things that I can see myself doing as a single person. Since I've moved up here, I've just been learning how to be an individual. Before, I was always dependent on my mom and dad. I love being this individual person out here on my own. As far as a family goes, I love them and I want to have one, but only after I've accomplished so much. Of course I want to get married first, and whenever he decides to come along great! And if not, I'm OK with that too.

SM: So then are you dating anyone?

Huon: It's really not my focus right now, but I am dating around. I figure when it comes it'll come.

SM: What is your idea of a perfect guy?

Huon: Somebody who treats me like my dad. If a guy wants to win me over, he needs to see how my dad treats me and then he'll know how to treat me because my dad treats me so well. SM: What are some trials you had to overcome in life to get you where you are today?

Huon: As far as deciding whether or not I should be Mormon and realizing that this is how I was going to raise my kids through the gospel. Deciding that I was going to be Mormon really set the stage for my life. My parents were pretty opposed to having me go out here. I got into USC as well as BYU and they did not want me to go to BYU. Leaving my parent's nest and deciding to come out here was the biggest decision I have ever made. And I'm so glad I made it.

SM: What is your advice to other girls that aspire to be Miss Utah?

Huon: I think the person who wins Miss USA pageants is the person who is above the girl politics and not the "Pageant Patty." They are looking for girls who want to do bigger things. That definitely worked to my advantage. S

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career\$finance Student Stereotypes

In Search of the Typical **BYU** and **UVSC** Student

Are BYU girls dying to tie the knot? Do UVSC students throw the best parties? Th are some of the stereotypes heard in the halls of the valley's largest college campus UVSC students often assume that BYU students are College Republican do-gooder who spend their time scrapbooking, trading casseroles, and recalling mission stories. Meanwhile, BYU students joke that UVSC students are the rebellious kids wh couldn't make it at the Y.

But, who are these students, really? We've scoured our sources to find the cold, h facts about studying residents. Find out if you fit the mold. By Jamie Littlefield

Republi-

cans club

club, but

no gay-

straight

alliance



Student Background

- 51% of students are male
- 86% are white
- 78% are single
- 28% of are from Utah
- Average student age is 21
- 98% of students are members of the Church of Jesus Christ of Latter-day Saints

 Over 80% of the men and 12% of the women have served missions for the Church.

- 57.5% of students are male
- 88.8% are white
- 54% are from Utah

40 Schoole prage student age is 24

40 Schooled

Life Before College

- Average ACT score: 27
- Average high school GPA: 3.74
- 98% ranked in top half of their high school class
- 82% ranked in top quarter of their class
- Average ACT score: 20
- Average high/school GPA: 2.97
- 43% ranked in the top half of their high school class
- 12% ranked in top quarter of their class

5 interesting facts **UVSC** has Both BYU **BYU** has **UVSC** has and UVSC College 21,700 a gaystraight have Demoparking parki College crats alliance,

but no

Demo-

crats

College

spaces and 24,149 students

BYU ł 17,72 spac and 29,93 time stude

According to the Unscientific-Stereotypical-Averages-Calculator:

If you attend BYU: You are an American white male, around the age of 21. You served a mission for the LPS church and attend services regularly. You are single and live in school approved off-campus housing where you are required to abide by strict rules. You did well in high school and ranked in the top quarter of your class. Within six years, you will graduate with a degree in the business and marketing or history and social science fields. You will also get married before graduation.

If you attend UVSC: You are a Utah-raised single white male who is three years older than the typical BYU student. You applied to UVSC with a 6PA of 2.97. You can choose whatever off-campus housing you like, but you might also live with your parents or other relatives. You have more freedoms than BYU students, but are often required to abide by the rules of BYUinfluenced housing. In addition to a full load of college courses, you intend to work at least 16 hours a week. Chances are 50/50 that you'll graduate with a degree in business or marketing within the next six years.

What They're Doing Now

- LDS students are paying \$1,640 a semester
- Non-LDS students are paying \$2,460 a semester
- 80% of students live in housing owned or approved by the university
- The biggest majors are business and marketing (16%) and history and social sciences (15%)
- Students study three hours for each hour in class
- 71% graduate within six years
- Students spend about \$1,240 a year on books and supplies
- On-campus residents pay \$5,570 for room and board.
- There are 8,000 campus jobs available
- 54% of August 2005 graduating class were married
- Tuition is \$1,511 a semester for Utah residents
- Non-Utah residents pay \$4,860 a semester
- All students live off-campus
- 34% of bachelors degrees are awarded in business or marketing
- 45% graduate within six years
- Students study two hours for each hour in class
- Students spend approximately \$1,487 on books and supplies each year
- Students pay about \$3,193 on off-campus rent each year
- 73% of incoming students plan to work 16 or more hours a week
- 42% of incoming students live with their parents or other relatives S

Student Speak

How would you describe the typical UVSC student?



"The average UVSC student possesses a clear intellect, an obvious capacity for learning, and many other similarities to the modern chimpanzee." -Sterling Beck



How would you describe the typical BYU student?



"The typical BYU student knows how to have fun without getting in too much trouble."

-Ryan French,

"Most BYU students are wellrounded and conservative." -Nathan Beck



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style

Schooled Magazine goes on campus to see what everyone's wearing! This month we went to BYU to see what's stylin' this winter season. -Photos & Story By Amy West



Tyler Dohrman, 24, is living proof that the crew-cut-guy is still in style. And, no, guys – the side bag is not girly.



Elizabeth Kelly, 21, sports a blazer in action. It is great for all kinds of looks –dressing up or down.



stylin' students

Clint Poulsen, 24, shows a comfy-looking shirt and sweater style with bright colors creating a trendy look.



Erika Mendiovoz, 21, shows how to make a simple grey cardigan elegant. Grey is a great winter color.



-Mens C7-Womens / -Family

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Arcita Gardens	547 N, 300 E, / 375,6710	Call	\$130	\$2851	Coll	\$180	\$370
Baywood	72 W. 330 N. / 375.6715	- 1 <u>- 1</u>		-	Coll	\$195	\$295
Bolmont	509 N. Belmart Pt. / 607,1680				\$385	\$315	Call
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Campus Plaza	669 E, 800 N / 374 1160	\$210+	\$99+	\$215+		Debuggerer Dreitere	
Campus View	722 N. 200 C. / 375.6710	2.000			Coll	\$310	\$305
Capi	630 N 100 E / 375.6719	Call	\$125	\$250	Sin	gles & Marrie	d
Castille Condea	419 N. 500 L. / 375.6719	Coll	\$100	\$290	Call	\$225	\$375
Chatsworth	695 N. 100 E. / 375.6719	Call	\$130	\$315	<u></u>		2019
Courteida	948 N. 50 E. 1375.6719	Call	\$145+	\$270+		Arrest Contractor	
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Goldstone	Shared:	\$260	\$160	Cell
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